



GUIDE

FOREST TRAIL

Northern part

Long-distance hiking trail
LATVIA (Riga) – ESTONIA (Tallinn)



~1060 km

WWW.BALTICTRAILS.EU





THE FOREST TRAIL IN FACTS AND FIGURES

The Forest Trail is a part of the European long-distance hiking route E11.

The route E11 goes as follows: Scheveningen (NL) – Osnabrück (D) – Potsdam (D) – Poznan (PL) – Ogrodniki (PL) – Kaunas (LT) – Riga (LV) – Tallinn (EE).

THE FOREST TRAIL is designed as a part of the European long-distance hiking path E11 in the Baltic States, which leads through the most beautiful forests and national parks of Lithuania, Latvia and Estonia. It starts in Lazdijai town on the Polish-Lithuanian border, crosses Latvia, turning into Riga, and arrives in Tallinn, Estonia.

Forest Trail start and end points: Lazdijai (LT) / Town Hall Square in Riga (LV) / Port of Tallinn (EE)

Length: ~2100km



This guidebook describes the section from RIGA to TALLINN.

NAME in Latvia: **Mežtaka**;
in Estonia: **Metsa matkarada**

STARTING POINT: Riga Town Hall Square in Latvia

END POINT: Port of Tallinn in Estonia.

The route can be followed in both directions, so you can choose Tallinn as the starting point.

LENGTH: ~1060 km (~1.3 million steps):

333 km in Latvia,
720 km in Estonia

THE FOREST TRAIL PASSES THROUGH

Gauja National Park, Northern Gauja and Veclaicene Protected Landscape Area in Latvia. In Estonia, it winds through the Haanja Upland, Setomaa (Land of Setos) and along the western shore of Lake Peipus until it reaches the Gulf of Finland in North Estonia, where it turns westwards. From there, it follows along the North-Estonian coastline and many peninsulas of Lahemaa National Park, until it comes to its end point in Tallinn.

THE ROUTE:

In Latvia: Rīga–Vangaži–Sigulda–Līgatne–Cēsis–Valmiera–Strenči–Gaujiena–Trapene–Ape–Korneti

In Estonia: Haanja–Vana-Vastseliina–Värskä–Räpina–Kallaste–Mustvee–Kauksi–Toila–Kunda–Loksa–Maardu–Tallinn.

TIME REQUIRED TO COMPLETE THE ROUTE:
50–58 days

The Forest Trail passes by more than 400 natural, historical and cultural objects and monuments, including Riga and Tallinn, whose old towns have been awarded with the UNESCO World Heritage status. The Forest Trail runs through the historical Livonian and Setos territories.

Information:

WWW.BALTICTRAILS.EU



EUROPEAN UNION
European Regional Development Fund



Legend

- Main roads
- Regional roads
- Other roads
- Railway
- Ferries
- National boundary
- Forest Trail route section

1 : 1 500 000
0 15 km



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HOW TO USE THE GUIDE

The guide divides the Forest Trail in **8 regions**:


- 1 RIGA AND RIGA REGION,
- 2 GAUJA NATIONAL PARK,
- 3 NORTHERN GAUJA FORESTLAND,
- 4 VECLAICENE FORESTLAND,
- 5 HAANJA UPLAND,
- 6 SETOMAA,
- 7 LAKE PEIPUS SHORE, and
- 8 NORTH-ESTONIAN COASTLINE.


Each section is marked in a different colour.


The **~1060 km** of the Forest Trail are split up into **50 one-day long walks**. Each section can be completed in a day, but if the mileage is longer, the section description provides suggestions on how to divide the section into a two-day walk.

THE DESCRIPTION OF EACH SECTION INCLUDES:

A MAP

with a marked Forest Trail 


the starting and end points of the specific section 

most interesting tourism points are marked as "Worth seeing" 

services available in the area



PRACTICAL INFORMATION ABOUT THE SECTION:

 **Length** in kilometres



Duration: approximate time required to complete the section



Starting point: a convenient place to begin the walk



End point: a convenient place to finish the walk; you can also go in the opposite direction



Course of the route: the largest populated areas



Road surface



Difficulty:

easy



medium



hard



Obstacles: shows natural and man-made obstacles; suggestions on how to overcome them



Danger points: be extra careful!



Keep in mind! Useful information.



Alternative route options: other roads and trails that can be taken in case of bad weather or other situations



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



SERVICES:


information with  and coordinates about





SERVICES AND INFRASTRUCTURE

Information on services and infrastructure can be found in the section descriptions of this guidebook and at baltictrails.eu

 The number of accommodation places varies between different sections of the Forest Trail. Information on the accommodations can be found in the description of each section. It gives the name of the accommodation, its coordinates and the . It is a good idea to book the accommodations in advance, since they tend to be booked during the tourism season. However, during the winter, some accommodations may be closed.

 The availability of catering services varies between the sections. Some sections feature no catering providers at all. Please note that some companies operate only during the summer or at certain times, so it is advisable to call before visiting.



There are more than 100 publicly accessible, well-developed and free-of-charge rest areas near the Forest Trail. They have canopies, tables, benches, garbage bins, as well as campfire or grill sites and toilets. There are also rest areas in campsites and near accommodation places, but seek prior approval from their owners to use them. The symbol  in the guidebook indicates campsites available for tenting. The symbol  indicates places where campfires and grills are allowed.



Shops can be found in the more populated areas. Keep in mind that there are some sections of the Forest Trail with no shops within one or more days' walking distance. This information is given in the descriptions of the sections.






Public transport (mostly bus, train in some parts) is available in the immediate vicinity of the Forest Trail, but check the running schedules ahead of time.


In Latvia: www.1188.lv/satiksmes,
in Estonia: www.peatus.ee, www.tpilet.ee.
You can use the urban public transport in Riga and Tallinn.

Estonia's islands can be reached via small boats: Prangli (www.tuuleliinid.ee), Naissaar (www.monica.ee), Pedassaar (mart.praks@gmail.com, +372 5040792).




Section description and maps provide information on


ATMs ,
pharmacies  and

the nearest tourism information centres .

In case of emergency:  112!

HOW TO HIKE THE FOREST TRAIL

- The Forest Trail consists of #50 separate sections which are described in the guide.
- Each # section is considered to be a separate, independent route. The guide uses  as symbols for the recommended starting and end points for each specific section. By combining sections, you can complete multiple sections as one route.
- The Forest Trail can be started from any physically available location and it can be hiked in both ways (there are markers in both directions).
- Depending on your interests and possibilities, some sections can be covered by public transport rather than on foot. You can also make a deal with the owners of accommodation places to arrange personal and luggage transport.
- You can get printable descriptions of the route for each # section and download the GPX files at baltictrails.eu.
- There are specific markers  on trees and other objects along the route to help you get your bearings in nature and not lose track of the road. In populated areas, the Forest Trail is marked by stickers  on road signs and other objects. In places where the trail overlaps with the trails developed by the Estonian State Forests

(RMK) , different colour marking will appear. Special info plates will inform the hiker about the changes in marking.

- Significant tourist sites along the Forest Trail are marked by information boards.
- In wooded areas, the Forest Trail leads along small forest or rural roads and trails, where possible. In order for the Forest Trail to exist as one, uninterrupted route, in some parts it runs along the side of asphalt roads. On the northern shores of Lake Peipus and in some places along the Gulf of Finland, it runs along sandy beaches or stony, rocky and sometimes overgrown shores. In cities and settlement areas, the Forest Trail leads along pedestrian sidewalks or the side of the street.
- The maps attached to the guide will help you to complete the Forest Trail. You can also ask the locals for directions.



HOW DO I TRAVEL ALONG THE FOREST TRAIL IF I LEAVE MY CAR AT THE STARTING POINT?

- Where possible, you can use the public transport to get back to your car and head to the place of accommodation or another destination.
- You can make an agreement with the owner of the accommodation place regarding transfer services. That is, the host can take you back to your car or pick you or your belongings up, if necessary.
- Hikers can organise their transportation by leaving one car at the end point and another one at the starting point. In this way you can use the car in the end point to return to the car parked at the starting point.



NATURE ALONG THE FOREST TRAIL

- A part of the Forest Trail runs through Vidzeme, Alūksne and Haanja Uplands, while some parts pass through lowlands. The lowest parts of the Forest Trail are at sea level, and the highest point (~256 m above sea level) is located at the foot of Suur Munamägi Hill. The second highest point is the Drusku castle mound (246 m above sea level). Suur Munamägi Hill (318 m above sea level) is the highest summit in the Baltic States.
- Distinct terrain is found in the ancient valley of Gauja River and the ravines of its tributaries, as well as in the territory of the North-Estonian Klint – a steep and rocky 56 m high cliff stretching along the northern coast of Estonia. For five days, the Forest Trail runs through the ancient valley of the Gauja River, the largest and deepest valley in the Baltic States, and later winds along the North-Estonian Klint for five more days in the Toila–Kunda section of the trail.
- The Trail passes by the following natural heritage sites: Ehalkivi, the largest giant boulder in the Baltic States (930 m³), Valaste waterfall, the highest waterfall in the Baltic States (26 m), Jägala waterfall, which is one of the most impressive waterfalls in the area. Magnificent sandstone outcrops with natural and man-made caves rise on the banks of the Gauja and the Piusa rivers. The Piusa caves is the longest system of man-made underground sandstone caves in the Baltic States. Million-year-old fossils can be seen on the shores of the Gulf of Finland.

- The Forest Trail passes through some of the most wooded areas of Latvia and Estonia, and hikers get to see most of the forest habitats and forest types present in the Baltic States. It passes by massive trees of different species and trees related to historical events and stories.
- The Forest Trail is a great place for bird and animal watching. Here you can observe Europe's largest animal, the moose. If you are silent enough, there's a chance you'll see roe deer, red deer, foxes, hares, martens, otters, squirrels and hedgehogs. There might be footprints of wolves and lynxes. Beavers, who cut trees and make their homes near by the water, are quite common as well.
- Bird watchers can observe (or hear) the black and white stork, lesser spotted eagle, corncrake, Eurasian pygmy owl, greenish warblers, various species of owls and woodpeckers, including the largest woodpecker in Europe, the black woodpecker, and the common kingfisher.
- The Forest Trail passes through three national parks, of which Gauja National Park is the oldest national park in Latvia, and Lahemaa National Park is the oldest in Estonia and the Baltic States. Alutaguse National Park (established in 2018) is the newest of the 15 national parks in the Baltic States. In total, the Forest Trail passes through or by approximately 40 specially protected nature territories.

- For more than a week, the Forest Trail runs along Lake Peipus, the fourth largest lake in Europe (along with Lake Pskov). The locals have been growing onions here since the Tsar's times, selling beautiful onion strings on roadside. Beautiful dunes up to 13 m high have formed along the northern shores of Lake Peipus.
- There are several islands off the trail in Northern Estonia that are great for shorter hikes to see more of the nature and local culture – Pedassaar, Prangli, Aegna, Naissaar.
- Natural disasters are uncharacteristic to the Baltic States. Strong storms are rare, and usually occur in autumn or winter. There are no tides on the seashore that would restrict movement along the seashore or render it unsafe. Water levels are higher during strong winds and storms.
- During the summer, sea water temperatures can reach +18°C or higher. Inland waters may also have higher water temperatures. Prolonged periods of rainfall and lower air temperatures are possible during the summer, spring and autumn, so be sure to check on the weather before you go.
- Residents of Latvia and Estonia love wandering out in the forest to forage wild food, mostly mushrooms and wild berries such as bilberries, lingonberries and raspberries, as well as cloudbberries and cranberries in marshy forests and bogs. Wild herbs can be used to brew medicinal teas.

FOREST DIVERSITY

Every human associates the forest with something else. For some, a true forest comprises of tall, slender pine trees and white moss, while for others, the first association is a primary forest with moss-covered fallen trees. Some people will think of a birch grove with humid valley floors covered with kingcups. Forests are diverse, but each and every one of them has a role to play in maintaining biodiversity. The following are just a few of the forest types present in Latvia and Estonia. Each has its own place, meaning and use.

Boreal forest or northern coniferous forest is a biome characterised by spruce and pine stands of different ages. These are natural and old forests with a great diversity of species. Forests with a diverse population age structure and size of trees which form glades are important for nature. Boreal forests may have been subject to human influence, but no clearcutting has

been carried out in these forests for at least several hundreds of years.

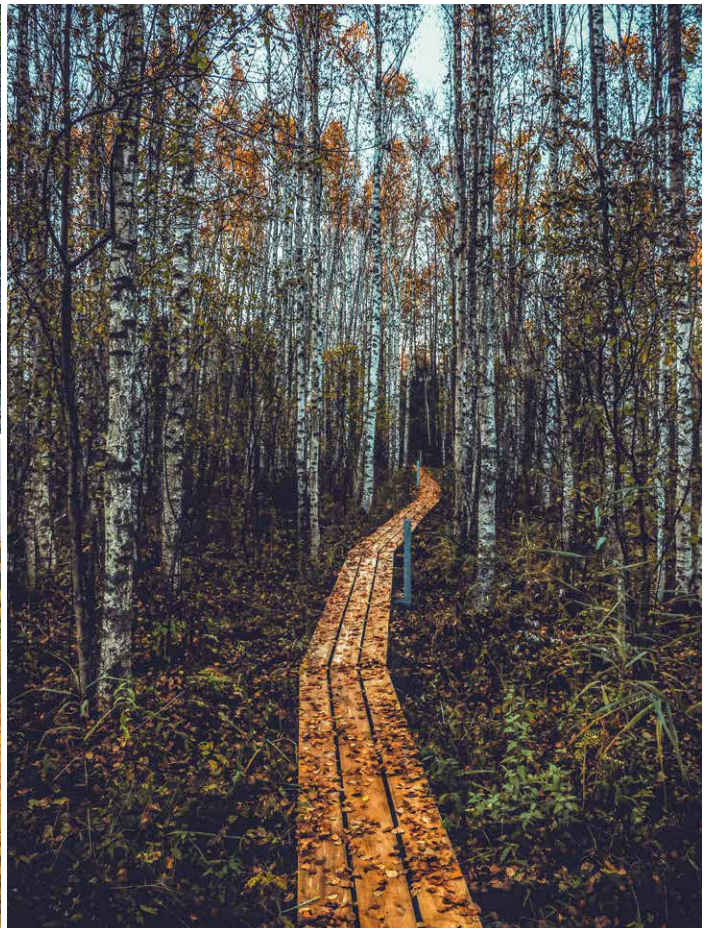
There is no single dominant tree species in **broadleaf forests**. They retain elements characteristic of forests with low forestry impact and important for maintaining biodiversity – hollow trees, snags, deciduous trees, which are essential for the survival of many plant, insect, bird and animal species.

Marsh tea, cranberries and various sphagnum species, as well as small pine trees, spruce trees, bog birch, black alder, small shrubs and sword grasses grow in **marshy forests**.

Wet floodplain broadleaf forests or alluvial forests which grow on coasts and banks are often seen besides watercourses. This forest type is quite common near the Gauja River.

Forests growing on slopes and ravines near river valleys are incredibly picturesque. Here, coniferous trees grow together with oaks, lindens and elms. Often, the landscape is adorned by glorious outcrops and caves, small watercourses that increase the biodiversity of the area.

In the broader sense, forests are made up of many stands formed at various periods of time, which have grown unevenly and have formed under different historical and economic conditions, both naturally and with human involvement. The diverse forests provide room for many residents, who all have different demands regarding living conditions. The balance between nature conservation and forest management ensures that we can enjoy the forest and take walks, gather mushrooms and berries, as well as reap the economic benefits.



FOREST MANAGEMENT

The Forest Trail passes through both protected and commercial forests. Forest management in commercial forests is based on an 80 to 120-year forest management cycle.

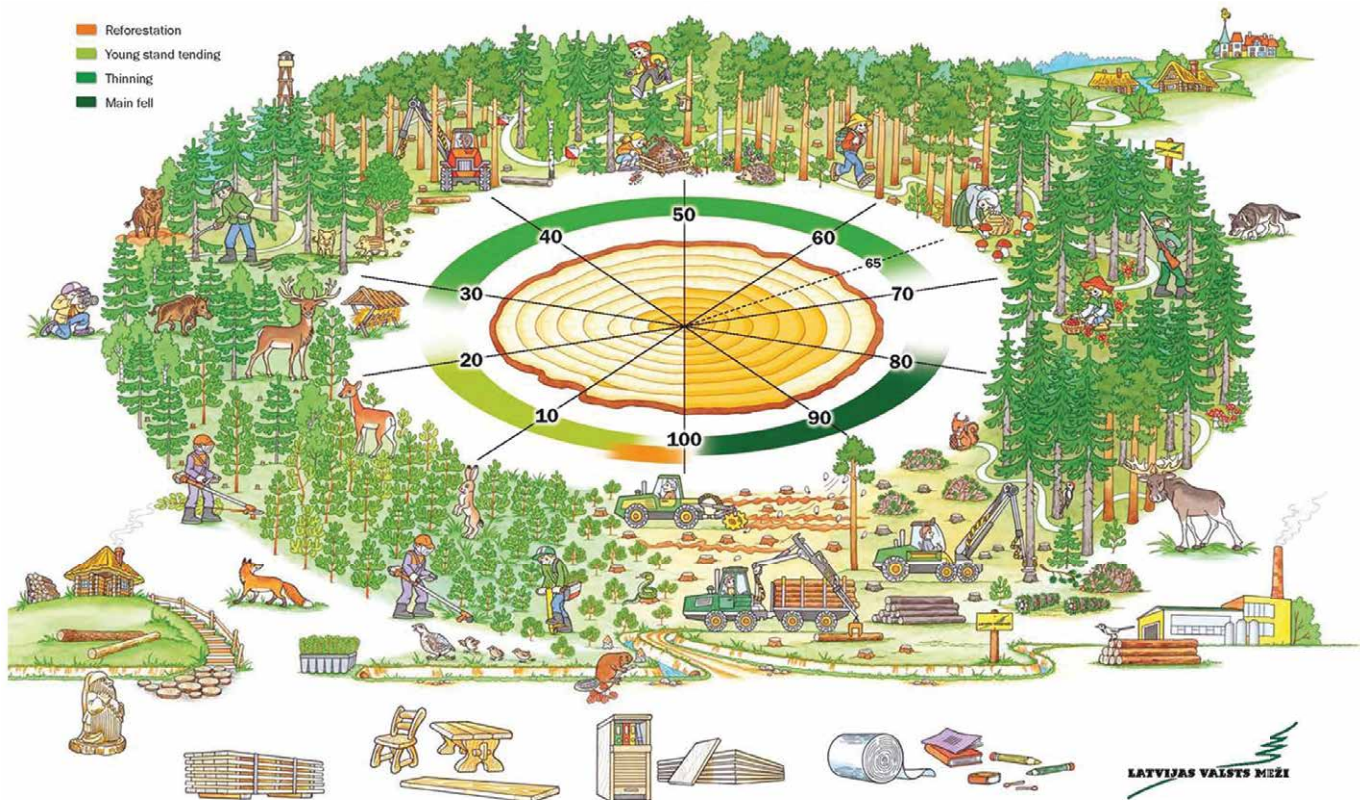


Image: Latvia's State Forests

The forest management cycle covers the life cycle of a forest stand. It starts with seeds from specially selected trees, which are grown to seedlings in nurseries. Young trees are planted under the best growing conditions for each specific species of tree. It regenerates the forest and creates a young forest stand.

A forest demands care in order for it to grow beautiful and valuable. When the trees reach a height of 1.5–2 meters, foresters thin out the stand to lessen competition for the healthier and more valuable trees, and form the composition of the forest. It is the basis for a valuable and healthy forest which is resistant to snowfall, strong wind and other kinds of damage. Tree

stands are thinned two to three times per year over a period of several years. Bilberries, forest strawberries and raspberries grow thick in young forest stands.

For the forest to continue to grow beautiful, it must also be cared for when it ages to mid-succession. This allows the trees to develop hardy trunks and a thick crown of leaves which binds more carbon dioxide.

When trees reach a height of 12 m, the forest is thinned to give the trees more space, providing them with light and room for growth. Mid-succession stands are thinned 1 to 2 times, as necessary.

As the forest reaches the age of main harvesting, a continuous felling is carried out to give room for a new forest. With this step, the forest management cycle closes, and begins anew with the planting of new seedlings.

Nowadays, special importance is paid to environmentally, economically and socially responsible forest management, which enhances the value of the forest, cultivates productive stands, produces various wood and non-timber forest products, as well as provides opportunities to spend time in the forest.

HIGHLIGHTS OF RIGA AND RIGA REGION

- **Old Riga** – UNESCO World heritage site
- **Freedom Monument** and **Latvian National Opera House**
- **Riga Central Market** – historical aircraft (zeppelin) hangars
- The cultural and natural heritage of **Vērmāne Garden park**
- **Art Nouveau buildings** on Tērbatas Street
- **The Ethnographic Open-Air Museum** of Latvia
- **Riga water supply museum** – industrial heritage
- **Garden of Artists** by Anna Ludiņa
- **Inčukalns** Hunting Palace
- **Hunting trail** and Inčukalns Velnala (Devil's) Cave





LATVIA **RIGA AND RIGA REGION**

THE PICTURESQUE CONTRAST REGION –
FROM TOWERS TO FORESTS AND CLIFFS

#1-3

Old Riga – Rāmkalni, 54 km

The city of Riga is surrounded by forests, which means that if you begin your hike in the heart of the city, in a couple of hours you will find yourself in a beautiful coniferous forest. The trail leads through a wooded coastal dune area, along Gauja River and along a historical postal road which was once used to travel to neighbouring countries. In early summer, the meadows show a magnificent display of blooming catchflies.





LATVIA
RIGA AND RIGA REGION



OLD RIGA - BALTEZERS, 19 km

Through Riga – UNESCO World Heritage Site

The starting point of Forest Trail in Latvia is located in the heart of Old Riga, the Town Hall Square. The route leads along Kaļķu Street, passes the Monument of Freedom, through Vērmāne Garden and along the historic Tērbatas street. Then it arches over the Zemitāni railway station pedestrian bridge and treads into Bīķernieki and Šmerlis forests. The Forest Trail winds through Jugla, passes the Latvian Ethnographic Open-Air Museum and goes on along the pedestrian-bicycle path until Baltezers.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Old Riga, Town Hall Square (Rātslaukums) by the Riga TIC

🚩 Baltezers, by the hotel "Baltvilla"

📍 Rātslaukums – Kaļķu street – Inženieru street – Vērmāne Garden park – Tērbatas street – Tallinas street – Krišjāņa Barona street – Pērnavas street – Zemitāni railway sta-

tion pedestrian bridge – Ieriķu street – Kastrānes street – Raunas street – Ķeguma street – Bīķernieki forest – Šmerlis – Šmerlis forest – Brīvības avenue – Melderu street – Rožu street (avenue) – pedestrian-cycle path along Rīga-Sigulda highway – Senču avenue – Baltezers



Mainly paved sidewalks, pedestrian and cycle paths, forest roads and trails

Easy

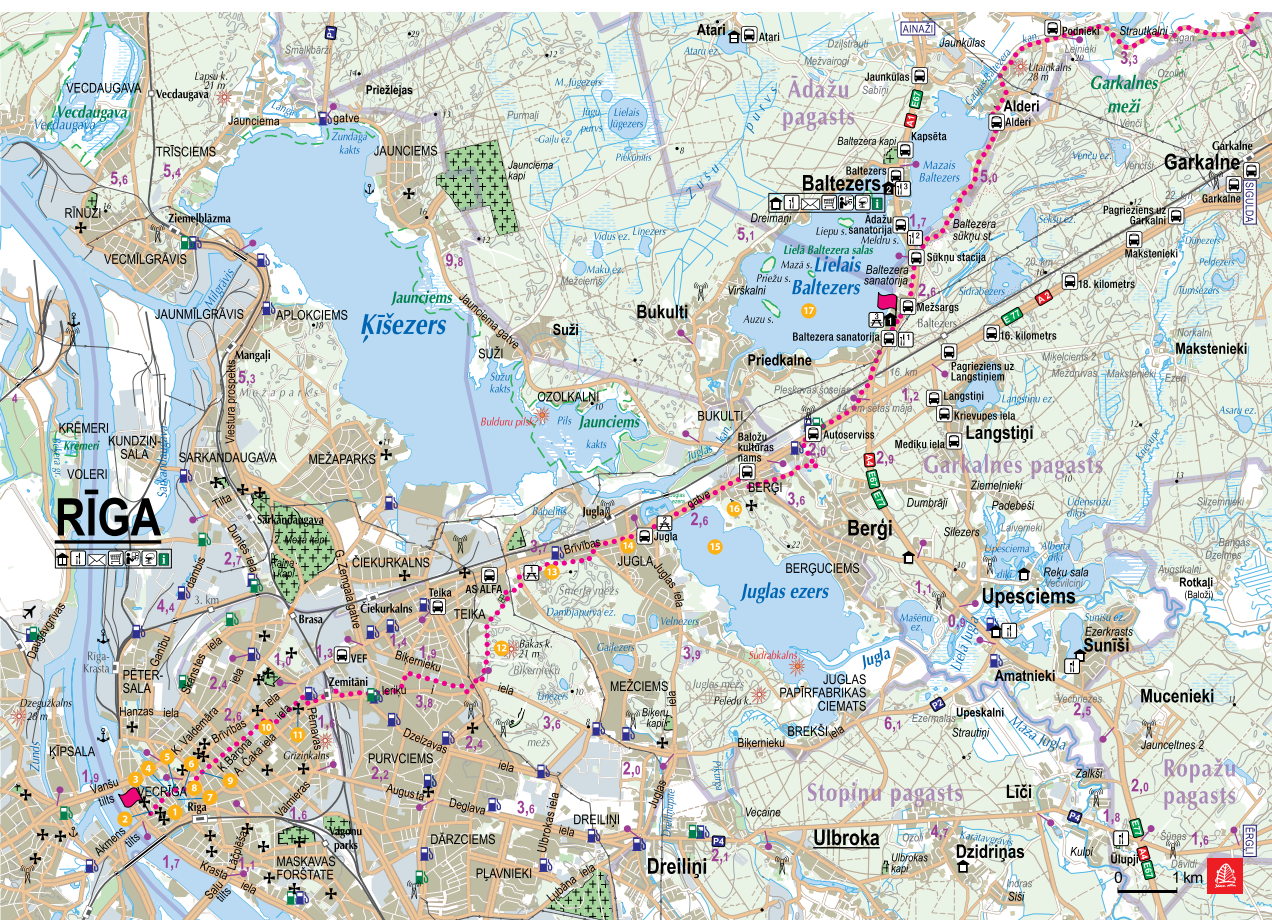
Cross highways and railway tracks only in designated areas!



The division between pedestrian and cycle lanes, as well as safety rules must be observed when walking the shared pedestrian and cycle paths.



The route from the Monument of Freedom may be continued along Brīvības avenue. An intercity bus may be taken to Baltezers (crossing Gauja River over Kadagas Bridge) to Rāmkalni. The recommended time is two days, spending the night in the camping "Leiputrija".



FORESTS

The Forest Trail begins in Riga, where natural heritage is concentrated in the gardens and parks of the city. One of the oldest wild tree species, the ginkgo, can be found by the city canal. Riga is considered to be one of the most northern points where this type of tree can survive outdoors. The Manchurian walnut, Canadian poplar, broadleaf and silver linden, Caucasian wingnut and other rarities can be found in the Vērmāne Garden park. The Forest Trail winds through forested dunes in Bīķernieki and Šmerlis forests, where giant pine trees may be seen. Šmerlis forest provides home to such rare species as the sweet chestnut and grey walnut.

WORTH SEEING!

- 1 Old Riga.** UNESCO World Heritage Site, the most popular tourist destination in Latvia. GPS: 56.94928, 24.10969
- 2 Town Hall Square.** Until the 19th century, this was the administrative centre of Riga with the Town Hall and the House of the Blackheads. GPS: 56.94762, 24.10663
- 3 Livu Square.** Built after World War II, 18th century residential buildings have been preserved here. GPS: 56.94956, 24.10907
- 4 Laima Clock.** The most popular meeting place in Riga since 1924. GPS: 56.95041, 24.11199
- 5 Freedom Monument.** Built in 1935 using money donated by residents. Built to honour the fallen Latvian freedom fighters. GPS: 56.95148, 24.11328
- 6 University of Latvia.** Founded in 1919. Largest University in the Baltic States. GPS: 56.95053, 24.11563
- 7 Latvian National Opera.** Founded in 1863 as a German Theatre. GPS: 56.94943, 24.11399

- 8 Vērmāne Garden park.** One of the oldest and most beautiful parks in Riga centre (as of 1817). Features an insect house. GPS: 56.95105, 24.11860
- 9 Tērbatas street.** Buildings No. 14, 15/17 and 33/35 are gems of Art Nouveau architecture. GPS: 56.95371, 24.12147
- 10 Krišjāņa Barona street.** Named after the greatest Latvian folklorist and folk song collector. GPS: 56.96107, 24.14099
- 11 St.Trinity Orthodox church.** One of the most vivid orthodox churches in Latvia. Located next to Sergius Female monastery. GPS: 56.96340, 24.14753
- 12 Bīķernieki forest.** War memorial to The Holocaust victims of World War II and Bākas hill. GPS: 56.97229, 24.20793
- 13 Šmerlis forest.** The most biologically diverse forest in Riga with 200-year-old pine stands. GPS: 56.98447, 24.21700
- 14 Jugla.** The etymology of the name shows a presence of the indigenous people of Riga, the Livs: *jok, jog, joig* meaning "river" in Livonian language. GPS 56.98866, 24.23914
- 15 Lake Jugla.** A shallow lake with important bird nesting sites. GPS: 56.99121, 24.25372
- 16 The Ethnographic Open-Air Museum of Latvia.** One of the oldest open-air museums in Europe. GPS: 56.99480, 24.26994
- 17 Baltezers.** A settlement place between the Lakes Lielais Baltezers and Mazais Baltezers since late 13th century. The region developed into a private house village in the post-war period. GPS: 57.01878, 24.31039

TOURIST INFORMATION:

i Riga TIC, Town Hall Square,
Rīga, Rātslaukums 6
www.liveriga.com, +371 67037900;
GPS: 56.94726, 24.10707

SERVICES

- Accommodations**
- 1. "Hotel Baltvilla",** +371 67840640;
GPS: 57.02197, 24.31323
 - 2. "Vanaga ligzda",** +371 22443232;
GPS: 57.04217, 24.31485
- Staying in Riga:
www.liveriga.com
- Catering**
- 1. Café "Korsārs",** +371 25999077;
GPS: 57.01925, 24.31328
 - 2. "Pica&Grill",** +371 67436066;
GPS: 57.03407, 24.31945
 - 3. "Vanaga ligzda",** +371 22443232;
GPS: 57.04217, 24.31485
- Where to eat in Riga: www.liveriga.com
- Shops**
- Shops and gas stations along the route.
- Public transport**
- In Riga:**
You can travel to Jugla by tram No.1 or train. City public transport timetables: www.rigasatiksme.lv; intercity bus and train timetables: www.1188.lv
- In Baltezers:**
www.sabiedriskaisautobuss.lv

- Rest areas**
- 1. In Šmerlis forest,**
GPS: 56.98385, 24.21271
 - 2. By Lake Jugla,**
GPS: 56.99139, 24.25003
 - 3. By Lake Baltezers,**
GPS: 57.02203, 24.31125



LATVIA
RIGA AND RIGA REGION



BALTEZERS – VANGAŽI, 22 km

The historic Tērbata road along the banks of Gauja River and lakes

The Forest Trail crosses the VIA Baltica motorway via a tunnel and goes on through a private housing along the Lake Mazais Baltezers. Then it turns east, following the Gauja-Baltezers Canal. In the Garkalne-Āņi section, beautiful meadows stretch on both sides of the Forest Trail, drowning in heaps of blossoming red catchflies, white daisies and yellow buttercups during the summer. Since days of old, medieval roads have ran along the banks of Gauja River, and travellers used the ferry crossing at Iļķene to get across. Beyond Āņi, the Forest Trail passes through forested areas and a populated country area, and finally reaches Vangaži via Gaujas street.

PRACTICAL INFORMATION

..... 22 km

⌚ 7 – 9 h

🚩 Baltezers, by the hotel "Baltvilla"

🚩 Vangaži Centre, Gaujas street

📍 Baltezers (Senču avenue – Mētru street – Alderu street – Kanāla street) – Alderi – Garkalne – Āņi – Romantika – Vangaži



Paved road up to Āņi, gravel roads from Āņi to Vangaži, paved road from Romantika to Vangaži



Easy



Cross highways and motorways only in designated areas! Follow safety rules when walking on the side of the road!



A large portion of the route runs along the road (there is no heavy traffic, but there are no sidewalks either), so

travellers must take care, especially where the road makes a curve. Garkalne is connected to Riga via minibuses.



You can also walk along the opposite (right) bank of Gauja River to measure the distance from Baltezers through Ādaži (crossing Gauja River over Kadagas Bridge) to Rāmkalni. The recommended time is two days, spending the night in the camping "Leiputrija".



FORESTS

The Forest Trail leads through forested dunes and continues along Lake Mazais Baltezers, which is a nutrient-rich and, therefore, overgrown lake. Specially protected old or natural boreal (dry coniferous) forests can be observed in certain places. This section of the Forest Trail leads along the nature reserve “Garkalnes meži”, which is the largest nesting place of the European rollers in Latvia. It is home to the protected sand lizard, which lives in dry and sparse pine forests.

WORTH SEEING!

- Lake Lielais Baltezers.** A relict of the Baltic Ice Age, all its isles are part of a nature reserve. The neighbourhood has developed into an area of exclusive mansions. GPS: 57.02467, 24.29904
- Riga Water Supply Museum.** Although the area is said to have been established in 1988, it has been populated since the mid-17th century. +371 67088326; GPS: 57.03623, 24.32756
- Lake Mazais Baltezers.** Since 1904, the lake serves as the source of Riga's drinking water supply. GPS: 57.047123, 24.328337
- Alderī.** The name of the village comes from a brewery that used to operate here. In early 20th century, rafters who used to transport timber via the Gauja-Daugava canal began settling here. GPS: 57.05709, 24.35401
- Utaīnkalns.** A dune with a great view. GPS: 57.06176, 24.34874
- Gauja-Baltezers Canal.** A fragment of the Gauja-Daugava waterway, built in 1903 to transport timber between Gauja and Vecmīlgrāvis. GPS: 57.06629, 24.36659

- Garkalne Lutheran Church.** Built in 1848. GPS: 57.06889, 24.41989
- Iļķene ferry crossing.** Operated until 1940s. Named after the estate of David Hilchen, the secretary of King of Poland. GPS: 57.08963, 24.47497
- Historic Road.** Since 13th century a road passed through here, which went on to become the most important postal route of Vidzeme, connecting Riga with Tartu and St. Petersburg. GPS: 57.09001, 24.47265
- Vangaži.** First mentioned in the 17th century. After World War II, rich sand and gravel deposits were discovered and a reinforced concrete factory and a workers' village were established here. GPS: 57.09286, 24.54680

- Vangaži Christian Parish Church.** GPS: 57.09444, 24.5406
- Vangaži Town Museum.** GPS: 57.09188, 24.55057

SERVICES



Accommodations

- Guest house “Mazpipari”.** +371 29 667 472; GPS: 57.07281, 24.44875
 - Camping “Leiputrija”.** +371 29267705; GPS: 57.08960, 24.44514
- Staying in Ādaži:** www.adazi.lv/turisms/



Catering

- In Ādaži:** www.adazi.lv/turisms/
- “Pie Brāļa”.** +371 67995015; GPS: 57.09138, 24.56016



Shops

- „Lats”, Alderī,** GPS: 57.05408, 24.34232
„Lats”, Ādaži, GPS: 57.06837, 24.36214
„Aibe”, Garkalne, GPS: 57.07140, 24.42168

Shop in Vangaži,
 GPS: 57.09055, 24.54338

Shop in Vangaži - 2,
 GPS: 57.09276, 24.54430

Shop in Vangaži - 3,
 GPS: 57.09251, 24.54685



Pharmacies

Pharmacy in Vangaži,
 GPS: 57.09563, 24.54315

Pharmacy in Vangaži - 2,
 GPS: 57.09093, 24.54478



ATM

In Vangaži: GPS: 57.09246, 24.54675



Public transport

Buses run from Vangaži to Riga or Sigulda up to several times an hour.
 Route timetables: www.1188.lv and www.sabiedriskaisautobuss.lv. Vangaži railway station is located 3–4 km from the centre of Vangaži (Riga and Sigulda directions).



Rest areas

- Mazais Baltezers (Alderī) beach,** GPS: 57.05311, 24.34220
- By Garkalne Lutheran Church,** GPS: 57.06889, 24.41989
- In Ānī by Gauja (former Iļķene ferry crossing),** GPS: 57.08955, 24.47516
- Camping spots (during the summer) by Vangaži ponds,** +371 29473726; GPS: 57.11295, 24.53889

TOURIST INFORMATION:



Ādaži Municipality Council,
 Gaujas street 33A, Ādaži; +371 67997350;
 GPS: 57.08005, 24.33212



Tourist information stand on Alderī beach, GPS: 57.05311, 24.34220



LATVIA
RIGA AND RIGA REGION



VANGAŽI – RĀMKALNI, 13 km

Along Inčukalns hunting palace towards Gauja National Park

After leaving Vangaži, the Forest Trail leads through smaller paths, reaching Vangaži Lutheran Church and the Werewolf Pine. On its way to the Hunting Palace, it goes along the so-called Katrīna Road, disappears into the forest for a while and after the Hunting Castle continues along the Hunting trail. The first side ravines with pronounced relief of the ancient Gauja valley can be seen here. One of them is located by Inčukalns Velnala (Devil's) Cave, surrounded by small river channels of old Gauja. From there, the Forest Trail continues through meadows and crosses the Murjāņi–Valmiera motorway, where the recreation park "Rāmkalni" is located.

PRACTICAL INFORMATION

..... 13 km

⌚ 4 – 6 h

🚩 Vangaži Centre, Gaujas street

🚩 Recreation park "Rāmkalni"

📍 Vangaži – Pavēji –
Kārļzemnieki – Rāmkalni

🌲 Gravel roads, forest roads and
paths



Easy



Cross the motorway Murjāņi–
Valmiera (A3) only in the
designated area!



You can also walk along the
opposite (right) bank of Gauja
River to measure the distance
from Baltezers through Ādaži
(crossing Gauja River over
Kadagas Bridge) to Rāmkalni.
It is a two-day walk with an
overnight stay at one of the
tourist accommodations on
the other bank of the river.



FORESTS

Pine forests of various ages. A botanical plantation with about 80 tree and 120 shrub species is located in the middle of the route, at "Līgotnes" in Inčukalns. By the end of the section, coniferous forests are gradually replaced by deciduous stands, and the landscape features sandstone outcrops – Devonian sedimentary rocks and habitats protected in Latvia.

WORTH SEEING!

- Vangaži Lutheran Church.** Built in 1789, destroyed in World War I and restored in 1935. Used as a warehouse during the Soviet era. The church was re-consecrated in 1992. GPS: 57.11883, 24.57752
- Kalnabranti Werewolf Pine.** A tree with a peculiar bumpy trunk. Coins found under the bark suggest that it might have been used as a cult site. GPS: 57.12053, 24.57158
- Garden of Artists by Anna Ludiņa.** A 1.2 ha large tree nursery established in 1964 by opera singer Anna Ludiņa at "Līgotnes" in Inčukalns. GPS: 57.13056, 24.58443
- Inčukalns Hunting Palace.** Built in 1914, commissioned by baron Von Zonberhard, director of the Baltic Petroleum Base, as a gift to his three sons and daughter. Over time, the building has served as a sanatorium, a war hospital and an orphanage. GPS: 57.12799, 24.63237
- Hunting trail.** You can see the trench lines of the last two wars, great trees and the rising spring of the Stalšēni River. GPS: 57.12837, 24.63319
- Inčukalns Velnala (Devil's) Cave.** It is said that the Devil used to live in this cave, but was banished by the God of Thunder. The cave features massive dome-shaped ceiling and a spring said to possess healing powers. It is forbidden to visit the cave from autumn through spring, so as not to disturb the hibernation of bats. GPS: 57.12685, 24.63849
- Recreation park "Rāmkalni".** GPS: 57.12503, 24.65857

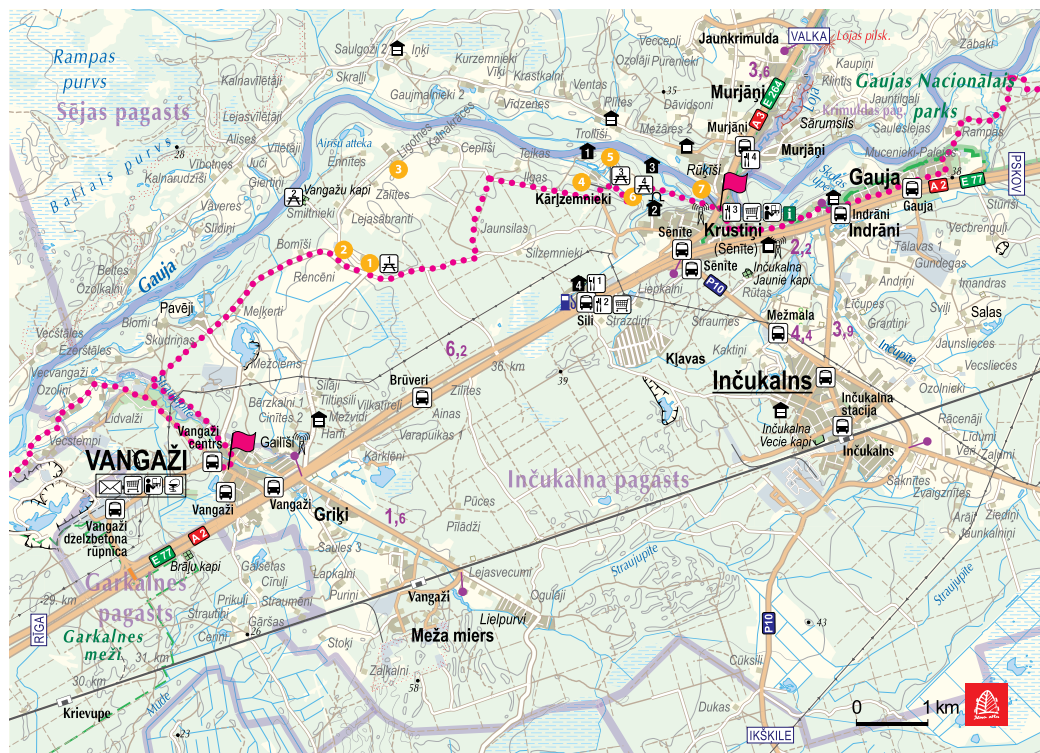
SERVICES

Accommodations

- Guest House "Citi Krasti",** +371 24001871; GPS: 57.13179, 24.62316
- Guest House "Aivari",** +371 29221519; GPS: 57.12456, 24.64302
- Camping "Zuši",** In summertime. +371 29699363; GPS: 57.13009, 24.64307
- Motel "Sorbās"** +371 28 445 544; GPS: 57.11387, 24.62602

ATM

"Rāmkalni", +371 29100280; GPS: 57.12503, 24.65857



Catering

- "Subway",** +371 28611054; GPS: 57.11510, 24.62990
- Motel "Sorbās",** +371 28 445 544; GPS: 57.11387, 24.62602
- Recreation park "Rāmkalni",** Murjāni, +371 29100280, +371 67977277; GPS: 57.12503, 24.65857
- "Viganti",** +371 67977829; GPS: 57.13273, 24.66416



Shops

- Recreation park "Rāmkalni",** Murjāni, +371 29100280, +371 67977277; GPS: 57.12503, 24.65857
- Gas station "Total",** +371 28611054; GPS: 57.11376, 24.63006



Public transport

Buses run at regular intervals between Murjāni and "Sēnīte" (the intersection of Valmiera and Vidzeme highways), and Vangaži, and regular bus service connects Riga and Sigulda (intercity bus schedules: www.1188.lv).



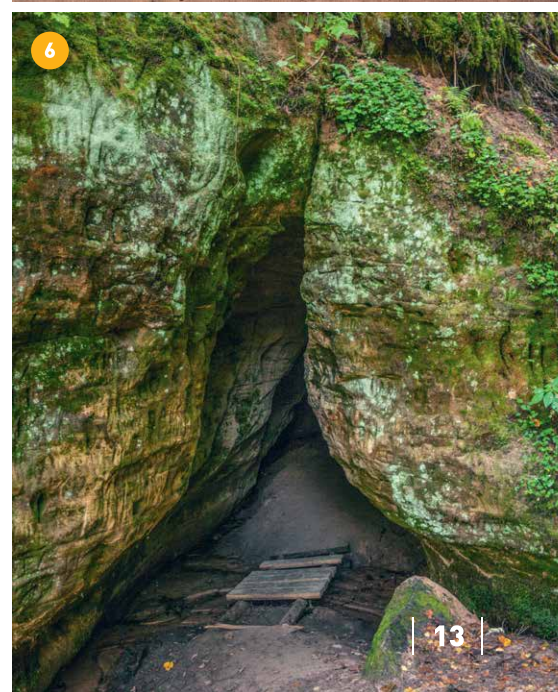
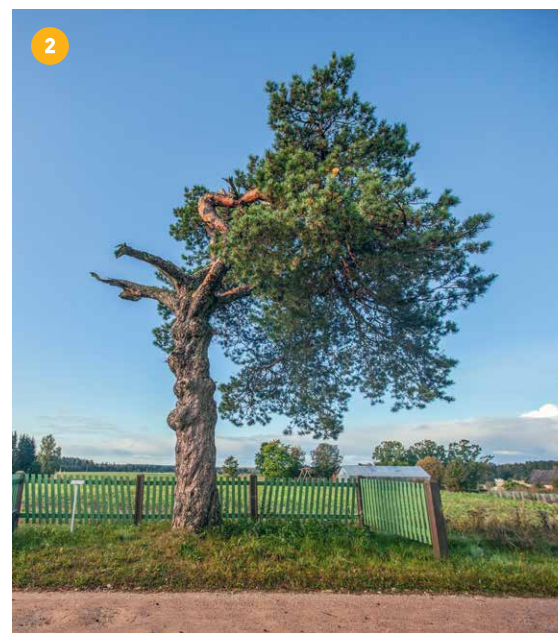
Rest areas

- By Vangaži Lutheran Church,** GPS: 57.11886, 24.57730
- By Gauja past Vangaži Cemetery,** GPS: 57.12720, 24.56003
- By the Hunting Trail,** GPS: 57.12802, 24.63441
- By Inčukalna Velnala (Devil's) Cave,** GPS: 57.12755, 24.63852

TOURIST INFORMATION:



Recreation park "Rāmkalni", Murjāni, www.ramkalni.lv, +371 67977277; GPS: 57.12503, 24.65857



HIGHLIGHTS OF GAUJA NATIONAL PARK

- **The ancient valley of Gauja River** – the deepest river valley in the Baltic States
- **Sigulda** – one of the most popular tourist destinations in Latvia
- **Bobsleigh and Luge Track** Sigulda
- **Sigulda cable car** over river Gauja at a height of 43 m
- **Medieval castles** of Sigulda, Krimulda, Turaida and Cēsis
- **Gūtmaņala Cave**, the largest grotto in the Baltic States
- **Līgatne Nature Trails** offer a chance to observe local wildlife and birds
- **Līgatne Paper Mill Village** – industrial heritage
- **Secret Soviet Bunker** in Skaļupes
- **Medieval Old Town** of Cēsis
- **Devil's Cave cliff, Kūķu Rock, Zvārtes Rock, Ērgēļu Cliffs and Sietiņezis** – the most impressive Devonian sandstone outcrops in Latvia
- **Valmiera** – northern gateway to the Gauja National Park





LATVIA GAUJA NATIONAL PARK

GAUJA VALLEY – MOST IMPRESSIVE ANCIENT
RIVER VALLEY IN LATVIA

#4-8

Rāmkalni – Valmiera, 112 km

For some 100 km, FOREST TRAIL stretches through the ancient valley of Gauja River and Gauja National Park. The banks of the Gauja River reveal colourful sandstone outcrops which are reflected in the water. The sights are most wonderful in springtime, when bird cherry trees are in full bloom, and in autumn, as the trees turn red and yellow. The ancient valley of Gauja River has a distinctive terrain relief that can fluctuate up to 80 m. The largest part of the road leads through forest paths, along the river, and exits the woods in Līgatne and Sigulda.





LATVIA GAUJA NATIONAL PARK



RĀMKALNI – SIGULDA, 19 km

Stunning scenery of the ancient valley of Gauja River near Sigulda

Past “Rāmkalni”, the Forest Trail wanders up the steep banks of Gauja valley, passes through Gauja village and comes back down. Then it crosses river Lorupe and continues along the bends of river Gauja, passing one of the most spectacular outcrops of the river, the Velnala Cliffs, goes up to Ķeizarskats observation spot and circles down to Ķeizarkrēsls, adventure park “Mežakaķis” at Kaķīškalns and the Sigulda Bobsleigh and Luge Track.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Recreation park “Rāmkalni”

🚩 Sigulda Railway Station Square

📍🎵 Leisure park “Rāmkalni” – Gauja – Viesulēni – Kaķīši – Sigulda (across Kalna, Šveices and Ausekļa streets)



Mainly forest roads and trails, paved roads and sidewalks in Gauja village and Sigulda



Medium



Some stretches of road and river slopes in the ancient valley of Gauja may be slippery in damp conditions and winter. Swimming in Gauja River can be dangerous!



The entire section of the Forest Trail falls within the territory of Gauja National Park.



The road from Rāmkalni to Sigulda can be measured along the other (right) side of Gauja River, but the path sidetracks and does not run along the riverside at all times.

16





FORESTS

The forest path passes through the largest and oldest national park in Latvia – the Gauja National Park. Almost half of the park is covered by forests. The Gauja National Park is known for great diversity of specially protected forests, featuring both herbaceous spruce forests, slope and ravine forests, as well as mixed broadleaf forests. The diversity of forests creates suitable living conditions for a wide variety of plant and animal species. Keizarskats, Keizarkrēsls, the Sigulda Bobsleigh and Luge Track all reveal spectacular landscape of the Turaida Castle and the vast, forested Gauja valley, formed by a melting glacier during the Ice Age and the subsequent period.

WORTH SEEING!

- 1 **Recreation park “Rāmkalni”.**
GPS: 57.125056, 24.65864
- 2 **Patilte (Upe, Vītiņi) Cave.** ~15 m deep sandstone cave. GPS: 57.12473, 24.66022
- 3 **Concrete Firing Point.** World War I bunker. GPS: 57.12266, 24.67005
- 4 **Historical Vehicle Club “Gauja”.**
+371 26884037. GPS: 57.12803, 24.70177
- 5 **Katlapu Cliffs.** The first (when hiking from Riga) and largest sandstone outcrop on the Forest Trail. GPS: 57.14176, 24.72645
- 6 **Ziedleju Cliffs.** A sandstone outcrop on the banks of Gauja River. GPS: 57.14471, 24.77878
- 7 **Lorupe Ravine.** A deep tributary on the left bank of Gauja. GPS: 57.14557, 24.80372

- 8 **Pedestrian bridge over Gauja.** Built in 1979. GPS: 57.14866, 24.80742
- 9 **Velnala Cliffs.** The largest sandstone outcrop of the Piķenes Cliff (2.5 km wide) with the 35 m deep Velnala (Devil's Cave). GPS: 57.15029, 24.81170
- 10 **Keizarskats.** Viewpoint. GPS: 57.14305, 24.81781
- 11 **Keizarkrēsls.** A massive wooden chair. GPS: 57.14275, 24.82381
- 12 **Adventure park “Mežakāķis”.**
GPS: 57.14357, 24.82907
- 13 **View to the ancient valley of Gauja.**
GPS: 57.14933, 24.83901
- 14 **Bobsleigh and Luge Track.** Built in 1986, Length – 1420 m. GPS: 57.15086, 24.84126
- 15 **Gutman's cave.** Largest grotto in the Baltic States. GPS: 57.17615, 24.84234
- 16 **Sigulda Railway Station Square.** Built in 1950 to replace the railway station which was built in 1925 based on the design of Pēters Feders. It was later destroyed in war. The destroyed railway station is said to have been the most beautiful building of its kind in Latvia. GPS: 57.15352, 24.85391

SERVICES



Accommodations

1. **Guest House “Zviguļi”.**
+371 20789789; GPS: 57.12530, 24.68513
In Sigulda:
www.tourism.sigulda.lv/naksnosana/



Shops

Gas station “Virši”. +371 67977921;
GPS: 57.12698, 24.70397
as well as shops in “Rāmkalni”,
Gauja village and Sigulda.



Catering

Recreation park “Rāmkalni”. Murjāni,
+371 29100280, +371 67977277;
GPS: 57.125056, 24.65864

1. **Gas station “Virši”.**
+371 67977921; GPS: 57.12698, 24.70397
2. **Tavern “Kaķītis”.**
+371 67 976886; GPS: 57.14376, 24.82909

In Sigulda:

www.tourism.sigulda.lv/catering-lv



Public transport

Buses and trains ensure regular transit between Sigulda and Riga (route timetables: www.1188.lv). Intercity buses run from Murjāni and “Sēnīte” (the intersection of Valmiera and Vidzeme highways) to Riga at regular intervals.



Rest areas

1. **Above Katlapu Rock,**
GPS: 57.14176, 24.72578
2. **A table and bench,**
GPS: 57.14296, 24.75143
3. **“Lielais akmens”.**
GPS: 57.15036, 24.76145
4. **By the Pedestrian Bridge,**
GPS: 57.14973, 24.81181
5. **Keizarskats.** Viewpoint.
GPS: 57.14305, 24.81781

TOURIST INFORMATION:



Recreation park “Rāmkalni”.
Murjāni, +371 29100280, +371 67977277;
GPS: 57.125056, 24.65864



Sigulda Municipality TIC,
Ausekļa street 6, Sigulda,
+371 67971335. www.tourism.sigulda.lv
GPS: 57.15320, 24.85378



FORESTS

This part of the Forest Trail and the Gauja National Park is characterised by a gradual transition from diverse, deciduous forests (ash, grey alder, oak, birch, linden) to coniferous stands. A restored park-like forest landscape has been developed at Klaukas bight, where Vējupīte enters Gauja. Nowadays, when meadows and pastures are no longer used for grazing and hay gathering, many bights of the Gauja River overgrow, even though there used to be lush meadows here in early 20th century. The area also featured many large, solitary trees that used to be home to more than 300 species of mosses, lichens, invertebrates, birds and mammals.

LATVIA GAUJA NATIONAL PARK



SIGULDA - LĪGATNE, 24 km

In the heart of Gauja National Park

After passing through Sigulda, the Forest Trail follows the River Vējupīte to Mound Paradīzes, where a steep staircase leads down into the ancient valley of Gauja River and the ravine of River Vējupīte. It continues to wind down smaller paths through meadows, crossing small rivers whose banks reveal sandstone outcrops. The last six kilometres of this section follow a smaller path down Līgatne Nature Trails. As it draws closer to Līgatne, the Forest Trail moves up the hills of Gauja valley, before descending back down into the deep ravine of Līgatne River, where the village of the former Līgatne Paper Mill is located.

PRACTICAL INFORMATION

..... 24 km

⌚ 8 – 10 h

🚩 Sigulda Railway Station Square

🚩 Līgatne TIC

📍 Sigulda (Pils street – Līvkalna street – Miera street) – Līgatne (across Dārza and Brīvības streets).



Predominantly forest roads, forest and country trails, wooden stairs by Mound Paradīzes, paved roads and sidewalks in Sigulda and Līgatne.



Medium



Some stretches of trails and river slopes in the ancient valley of Gauja may be slippery in damp conditions and winter. Swimming in Gauja River can be dangerous!



The Vējupīte ravine is a great cross-country skiing destination during snowy winters. The Nurmiži Nature Reserve is not open to visitors.



You may take Gauja street in Sigulda – forest trails along the Gauja River will lead you to Vējupīte.



WORTH SEEING!

- 1 Sigulda Railway Station Square.**
GPS: 57.15352, 24.85391
- 2 Sigulda Lutheran Church.** Damaged in the Polish-Swedish battles during the Livonian War. During the Soviet Era, this was the only church in Sigulda.
GPS: 57.16241, 24.85202
- 3 Ravine of the River Vējupīte** and the Kraukļu Gorge, Kraukļu Cave, Mound Paradīzes, Satezeles Hillfort and Peter's Cave. GPS: 57.17115, 24.87634
- 4 Kraukļu Gorge.** A 5 m deep cave has formed in the 11.5 m high ravine.
GPS: 57.17416, 24.86777
- 5 Mound Paradīzes.** Also called the Painters' Mound, since the breath-taking landscape inspired Latvian painters J. Feders, V. Purvītis and J. Rozentāls.
GPS: 57.17521, 24.86575
- 6 Elpu Rock.** 90 m wide sandstone outcrop.
GPS: 57.24420, 24.95366
- 7 Launaga Rock.** On the other bank of the river. GPS: 57.25068, 24.97147
- 8 Līgatne Nature Trails.** The 5 km long nature trail offers a chance to observe local wildlife and birds. +371 64153313, 28328800; GPS: 57.24798, 25.01529
- 9 Jumpravu Rock.**
GPS: 57.24986, 25.02921
- 10 Līgatne Net Park.** 4–7 m high net labyrinths among treetops.
+371 25779944; GPS: 57.23612, 25.03751
- 11 Līgatne.** Industrial heritage.
GPS: 57.23743, 25.04182

SERVICES



Accommodations

- 1. Glamping "Klaukas",**
+371 27489107; GPS: 57.17766, 24.86545
- 2. Conference and Retreat Complex "Ratnieki",** +371 26445211, 64155688;
GPS: 57.22306, 24.96069
- 3. Christian Retreat Center „Gančauskas”**
+37164129237; GPS: 57.24563, 24.94025
- 4. Guest House "Avoti",**
+371 25141190; GPS: 57.23665, 25.01557

In Sigulda:

www.tourism.sigulda.lv/accomodation/

In Līgatne:

www.visitligatne.lv/kurgulet



Catering

In Sigulda:

www.tourism.sigulda.lv/catering-en/

In Līgatne:

- 1. "Zeit Café",** +371 25779944;
GPS: 57.23608, 25.03759
- 2. "Vilhelmīnes dzirnavas",**
+371 27551311; GPS: 57.23354, 25.04024
- 3. "Pie Jančuka",**
+371 29149596; GPS: 57.23254, 25.04291



Public transport

Buses and trains ensure regular transit between Sigulda and Augšlīgatne (route timetables: www.1188.lv), buses from Augšlīgatne to Līgatne and Gaujasmala located 6–7 km away travel at less frequent intervals (~ 7 times per day).



Shops

Shops in Sigulda and Līgatne. Coffee and sweet treats available at the Līgatne Nature Trails visitor centre.



Rest areas

- 1. By the ravine of River Vējupīte,**
GPS: 57.17326, 24.86683
- 2. Water tourist camp "Vējupīte",**
🔥 ⚠️ GPS: 57.17767, 24.86169
- 3. Water tourist camp "Bērzi",**
🔥 ⚠️ GPS: 57.21645, 24.90246
- 4. By Vildoga,** GPS: 57.24671, 24.96093
- 5. Water tourist camp "Katrīnas",**
🔥 ⚠️ GPS: 57.25192, 25.01769
- 6. Līgatne Nature Trails,**
The 5 km long nature trail offers a chance to observe local wildlife and birds.
+371 64153313, 28328800.
GPS: 57.24798, 25.01529

TOURIST INFORMATION:



Līgatne Nature Trails. The 5 km long nature trail offers a chance to observe local wildlife and birds.
www.ligatnesdabastakas.lv,
+371 64153313, 28328800;
GPS: 57.24798, 25.01529



Sigulda Municipality TIC,
Ausekļa street 6, Sigulda,
www.tourism.sigulda.lv,
+371 67971335; GPS: 57.15320, 24.85378



Līgatne TIC, Līgatne, Sprīņu street 2,
www.visitligatne.lv,
+371 64153169, 29189707;
GPS: 57.23352, 25.03968



LATVIA
GAUJA NATIONAL PARK



LĪGATNE – CĒSIS, 26 km

Along the old Cēsis road through the valley of Amata River

One of the most scenic parts of the Forest Trail stretches along the historic village of the Līgatne Paper Mill, passes Sprinģi Rock, curves along Skaļupe Trails and the Mythological Trail, stops at one of the most secret sites on this side of the Iron Curtain, the Soviet Bunker, then continues along Roči Nature Reserve, crosses Amata (the most beautiful and rockiest part of the river) and finally comes to Zvārtes Rock. Next, the Forest Trail runs along the high banks of Amata valley and follows the historic Cēsis–Rīga “highway” (now a small rural/forest road with old mileposts) to Rakši, then ascends up the Vāļukalni hills and Ozolkalns, following along the River Gauja until it meets Cīrulīši Nature Trails. It comes to a stop at Gaujas street, but travellers may continue down the path for a further 2.8 km to Cēsis, spend the night there, and continue walking on the following day.

PRACTICAL INFORMATION

..... 26 km



8 – 10 h



Līgatne, Līgatne TIC



Gauja street in Cēsis near the bridge over Gauja.



Līgatne (Brīvības street – Gaujas street) – Skaļupes trail – Skaļupes – Ķūķu Cliffs – Amatas geological trail – Zvārtes Rock – V329 road (up to Krustkalni) – Rakši – Meijermuiža – Cīrulīši



Nature Trails – Cēsis (Gaujas street)



Predominantly forest or small country roads, forest trails, gravel roads, paved roads and sidewalks in Līgatne



Medium / hard (if planned for one day)
Some stretches of trail in the ancient valley of Gauja and Amata river slopes may be slippery in damp conditions, winter and spring. Be careful on the shores of Amata! Swimming in Gauja River can



be dangerous!



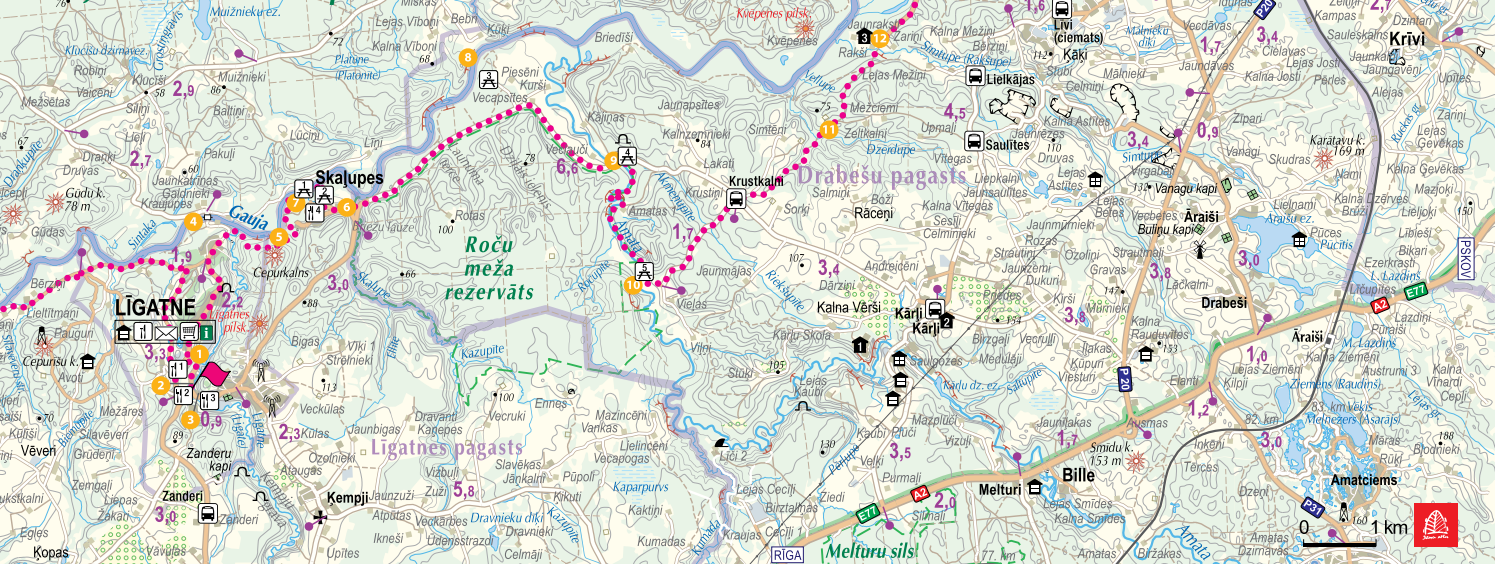
The Roči Forest Reserve is not open to visitors.

This section can be divided and completed in two days: on the first day, continue on the route from Zvārtes Rock via the Amata trail to Kārļi (~ 10 km, follow the trees marked in orange, total length ~ 25 km); on the second day, walk from Kārļi to Krustkalni (3.3 km), then continue along the Rakši road to Cēsis (total distance ~11 km), just as the main route would.

FORESTS

The trail passes through areas rich in natural heritage and specially protected forests. There are both slope and ravine forests formed on steep hills, as well as old or naturally boreal, mostly coniferous forests characteristic of the North, which are important for cavity nesters such as white-backed, grey and black woodpeckers. Alluvial forests, which form on nutrient-rich soils of river sediments and can be flooded periodically, can be seen on the banks of the Amata River. In winter, the white-throated dipper, a dark brown bird with bright white breast, which lives near running water and dives for food, can be observed near Amata.

Gaujas Nacionālais parks



WORTH SEEING!

- 1 **Former Līgatne Paper Mill and the Village.** GPS: 57.23773, 25.04210
- 2 **Līgatne Paper Mill Workers' Flat.** GPS: 57.23436, 25.04028
- 3 **Līgatne Winery.** Wine tastings. +371 26521467, 28602642; GPS: 57.23314, 25.04189
- 4 **Līgatne ferry crossing.** Moved by the river current. GPS: 57.25492, 25.04436
- 5 **Springu Rock.** 600 m wide sandstone outcrop. GPS: 57.25266, 25.06090
- 6 **Secret Soviet Bunker.** 2000 m² of floor area 9 m underground. Open to visitors. +371 64161915, 26467747; GPS: 57.25606, 25.07636
- 7 **Mythological Trail.** GPS: 57.25680, 25.06475
- 8 **Kūku Cliffs.** The highest Devonian rock outcrop in Latvia – 43 m. GPS: 57.27446, 25.10554
- 9 **Amata Valley and Amata Geological Trail.** GPS: 57.26152, 25.13796
- 10 **Zvārtes Rock.** One of the most beautiful sandstone outcrops in Latvia. GPS: 57.24588, 25.14214
- 11 **Spring.** GPS: 57.26481, 25.18695
- 12 **Rakši.** Open-Air ZOO – camels, llamas, alpacas etc. +371 20009097; GPS: 57.27616, 25.19879
- 13 **Ozolkalns.** An adventure park during the summer, a ski and snowboard hill during the winter. +371 26400200; GPS: 57.29416, 25.22170
- 14 **Žagarkalns.** Ski resort. GPS: 57.30075, 25.22960

Cīrulīši Nature Trails with three places of interest:

- 15 **Dzidravots,** GPS: 57.29991, 25.21921;
- 16 **Spoguļu Cliffs,** GPS: 57.30088, 25.21973;
- 17 **Zvanu Cliffs,** GPS: 57.30947, 25.22716
- 18 **Cēsis,** GPS: 57.31314, 25.27159

SERVICES

Accommodations

1. **Holiday House "Eglaines",** +371 29127332; GPS: 57.23838, 25.19108
2. **Country Hotel "Kārlamuīža",** +371 26165298; GPS: 57.24038, 25.21289
3. **Concept Hotel "Rakši",** +371 20009098; GPS: 57.276279, 25.198577
4. **Camping "Oškalns",** +371 20034344, GPS: 57.29385, 25.22674
5. **Camping "Ozolkalns".** +371 26400200, GPS: 57.29416, 25.22170
6. **Holiday House "Zābacīni",** +371 29119797, +371 28346374; GPS: 57.29626, 25.22873
7. **Camping "Žagarkalns".** +371 26266266; GPS: 57.30077, 25.23045

In Cēsis: www.turisms.cesis.lv/kur-palikt



Public transport

Buses and trains ensure regular transit between Cēsis and Augšlīgatne (route timetables: www.1188.lv), buses from Augšlīgatne to Līgatne and Gaujasmala located 6–7 km away travel at less frequent intervals (~ 7 times per day).



Catering

1. **"Zeit Cafe",** +371 25779944; GPS: 57.23608, 25.03759
2. **"Vilhelmīnes dzirnavas",** +371 27551311; GPS: 57.23354, 25.04024
3. **"Pie Jančuka",** +371 29149596; GPS: 57.23254, 25.04291
4. **Café of Rehabilitation Centre "Līgatne",** +371 64161915, 26467747; GPS: 57.25558, 25.06879

In Cēsis: www.turisms.cesis.lv/en/where-to-eat/



Shops

In Līgatne and Cēsis. Coffee and sweets available at the Zvārtes Rock visitor centre.



Rest areas

1. **Mythological Trail,** GPS: 57.25680, 25.06475
2. **In Skaļupes,** GPS: 57.25661, 25.07043
3. **By Kūku Cliffs,** GPS: 57.27170, 25.10940
4. **By Amata** (water tourist camp), GPS: 57.26188, 25.13985
5. **By Zvārtes Rock,** GPS: 57.24718, 25.14408
6. **Cīrulīši Nature Trails,** GPS: 57.30146, 25.22020

TOURIST INFORMATION:



Līgatne TIC, Līgatne, Springu street 2, www.visitligatne.lv, +371 64153169, 29189707; GPS: 57.23352, 25.03968



Cēsis TIC, Cēsis, Baznīcas laukums 1, www.turisms.cesis.lv, +371 28318318; GPS: 57.31268, 25.27169



LATVIA
GAUJA NATIONAL PARK



CĒSIS – CAUNĪTES, 23 km

Impressive sandstone outcrops on the banks of River Gauja

The Forest Trail follows small roads and trails through the woods up until the water tourist camp “Lenči”, winds through the ever-changing terrain past Ērģeļu Cliffs and enters the ancient valley of Gauja River. Having passed Ērģeļu Cliffs, the trail turns back towards Cēsis, but then veers off towards Rāmnieki in Piešķalni, crossing the river. After the water tourist camp “Jāņarāmis” the Forest Trail enters a beautiful, bright pine forest, proceeding through the woods until it reaches “Caunītes”, which is one of the most beautiful places on the banks of the Gauja River.

PRACTICAL INFORMATION

..... 23 km

⌚ 7 – 9 h

🚩 Gaujas street in Cēsis near the bridge over Gauja.

🚩 “Caunītes”

📍 Cēsis (Peldu street – Dzirnavu street – Upes street) – water camp “Lenči” – Ērģeļu Cliffs – Piešķalni – Rāmnieki – “Caunītes”



Small forest or country trails, gravel roads, wooden staircase at Ērģeļu Cliffs.



Medium



Some staircases and river slopes in the ancient valley of Gauja may be slippery in damp conditions, spring and winter. Be careful on the Ērģeļu Cliffs! Swimming in Gauja River can be dangerous!



There are no shops on the two-day walk between Cēsis and Valmiera!



You can get straight to Ērģeļu Cliffs by walking down Lenču Street from the centre of Cēsis. It might be a good idea to combine this section of the trail with visiting the most noteworthy tourism sites in Cēsis.

FORESTS

The beginning of the section features grey alder stands on the banks of the Gauja River, as well as pine and birch forests at the high points of the banks. Past Rāmnieki Bridge, the trail mostly leads through sparse and dry pine forests. Plant and animal species living in such forests are particularly adapted to nutrient-poor life and would not be able to survive elsewhere. These include the sand lizard, the spreading Pasqueflower, clubmoss and various lichens. The existence of dry forests is particularly endangered as forest soil is gradually becoming more fertile. As a result, unusual plants appear in the forest, and the forest gradually overgrows with thick spruce trees.



WORTH SEEING!

- 1 **Cēsis.**
GPS: 57.31314, 25.27159
- 2 **"Sīļķes".** Home of the sculptors Jansoni family for 200 years; visitors can participate in sculpture workshops.
+371 29124876, 26498912;
GPS: 57.31766, 25.23032
- 3 **Ērgļu Cliffs.** The observation terrace provides a great view of the impressive 700 m wide sandstone cliff and the beautiful natural landscape.
GPS: 57.36081, 25.26076
- 4 **Rāmnieki.** Bridge over Gauja.
GPS: 57.35745, 25.30126
- 5 **Chair Manufacturer Museum.**
An opportunity to discover the ancient traditions of the chair manufacturers of Vaidava, as well as participate in a pottery workshop.
+371 29481519; GPS: 57.39314, 25.36380

SERVICES

Accommodations

1. **Treehouse by Lake Ninieris,**
+371 29462628; GPS: 57.33574, 25.29324
2. **"Caunītes",** +371 29284119;
GPS: 57.39839, 25.38180
3. **Vacation House "Leimaņi",**
+371 22011560; GPS: 57.42975, 25.33619

In Cēsis:

www.turisms.cesis.lv/en/where-to-stay

In Kocēni Municipality:

visit.koceni.lv

Catering

In Cēsis:

www.turisms.cesis.lv/en/where-to-eat

Shops

In Cēsis



Public transport

Buses between Cēsis and Ērgļu Cliffs run 3 times per day; and once a day between Cēsis and Rāmnieki. The bus runs between 5–6 times a day between Valmiera and Brieži (the nearest bus stop to "Caunītes" is located at an approximate 3.5 km distance). Route timetables: www.1188.lv



Rest areas

1. **Water tourist camp "Lenči",**
GPS: 57.35836, 25.23745
2. **Water tourist camp "Jāņrāmis",**
GPS: 57.36146, 25.30533
3. **"Caunītes",**
GPS: 57.39839, 25.38180

TOURIST INFORMATION:



Cēsis TIC, Cēsis, Baznīcas laukums 1,
www.turisms.cesis.lv,
+371 28318318;
GPS: 57.31268, 25.27169



Tourism information in Kocēni Municipality, Kocēni, Alejas iela 8
GPS: 57.520463, 25.33982



Zilaiskalns Cultural History and Visitor Center, Zilaiskalns, Parka iela 2,
visit.koceni.lv, +371 28644530;
GPS: 57.557250, 25.215556





LATVIA
GAUJA NATIONAL PARK



CAUNĪTES – VALMIERA, 20 km

On the road to Valmiera – the “Green City”

From Caunītes, the Forest Trail leads through mesmerising pine forests and wetlands, across and around hills and slopes. One of the most beautiful views of the River Gauja opens from Sietiņezis, and it might be worth devoting some extra time to visit the Sietiņezis Nature Trail. The further road stretches along farmsteads and through forests, until reaching Valmiera. After Valmiera bypass, the Forest Trail leads down urban sidewalks, while the last stretch of road – from the so-called “Dzelzītis” (a narrow-gauge railway bridge) to Cēsu street – follows a wooded path along the Gauja River.

PRACTICAL INFORMATION

..... 20 km

⌚ 6 – 8 h

🚩 “Caunītes”

🚩 Valmiera, Cēsu street bridge over Gauja

📍 “Caunītes” – Sietiņezis – Valmiera bypass – Jumaras street – Leona Paegles street – “Dzelzītis” – Plostnieku street



Small forest or country roads, trails, gravel roads, paved roads and sidewalk in Valmiera and the surrounding area, paths and wooden staircases in the Sietiņezis Nature Trail.



Easy



Swimming in Gauja River can be dangerous! Be careful on the narrow and winding road around Jumara!



There are no shops on the two-day walk between Cēsis and Valmiera.



It might be a good idea to combine this section of the trail with visiting some of the tourist sites in Valmiera.

FORESTS

In some places, birch and spruce stands can be seen, but the Forest Trail mainly winds through pine forests of various fertility (growing in dry mineral soils). Sietņiezis cliff is distinguished by a great variety of shapes, from small caves, niches and erosion ravines to sandstone formations that resemble poles. The name “Sietņiezis” is probably derived from the numerous small nests made by solitary bees who have burrowed their way into the sandstone and made it to resemble a sieve.

WORTH SEENING!

- 1 **Sietņiezis Rock, Nature Trail.** The largest white sandstone outcrop in the Baltic States – 15 m high and 400 m wide. GPS: 57.42784, 25.38644
 - 2 **Monument above Sietņiezis.** GPS: 57.42660, 25.38583
 - 3 **Spring.** GPS: 57.46551, 25.38536
 - 4 **Jumara River.** The edge of Gauja National Park. GPS: 57.50503, 25.37590
 - 5 **“Dzelzītis”.** Built in 1911 on the narrow-gauge railway route Smiltene–Valmiera–Ainaži. The last train was sent down this route in 1971. GPS: 57.52842, 25.40833
 - 6 **Ģīme Nature Trail.** The 440 m long Trail aims to educate on topics related to earth, water and air. GPS: 57.53073, 25.40717
 - 7 **Valmiera State Gymnasium.** The building was erected in 1903. It used to have a church-like dome in the shape of the letter “E”, representing the first letter of the word “Gospel” (or “Evangel”) in Latvian. GPS: 57.53272, 25.40855
 - 8 **Sculpture “The Boys of Valmiera”.** Next to Vidzeme University of Applied Sciences. Characters of P. Rozītis’ novel “The Boys of Valmiera” by sculptor T. Munkēviča. GPS: 57.53467, 25.4241756
- Other objects of Valmiera are described in the next section.

SERVICES



Accommodations

1. Guest House “Straupnieki”,

+371 29423234;

GPS: 57.47729, 25.38022

In Valmiera:

www.visit.valmiera.lv/en/accommodation/



Catering

In Valmiera:

www.visit.valmiera.lv/en/catering/



Shops

In Valmiera



Public transport

The bus runs between 5–6 times a day between Valmiera and Brieži (the nearest bus stop to “Caunites” is located at an approximate 3.5 km distance). Route timetables: www.1188.lv



Rest areas

1. By Sietņiezis, GPS: 57.42913, 25.38628

2. Picnic area, GPS: 57.48385, 25.37946

3. By “Dzelzītis”, GPS: 57.52875, 25.40763

TOURIST INFORMATION:



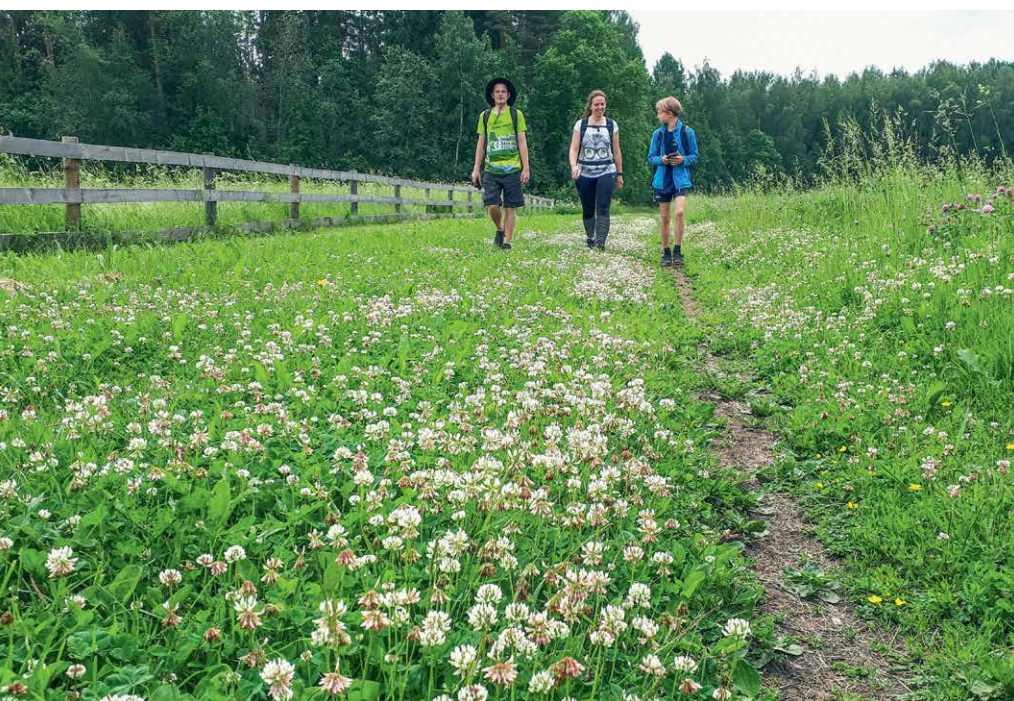
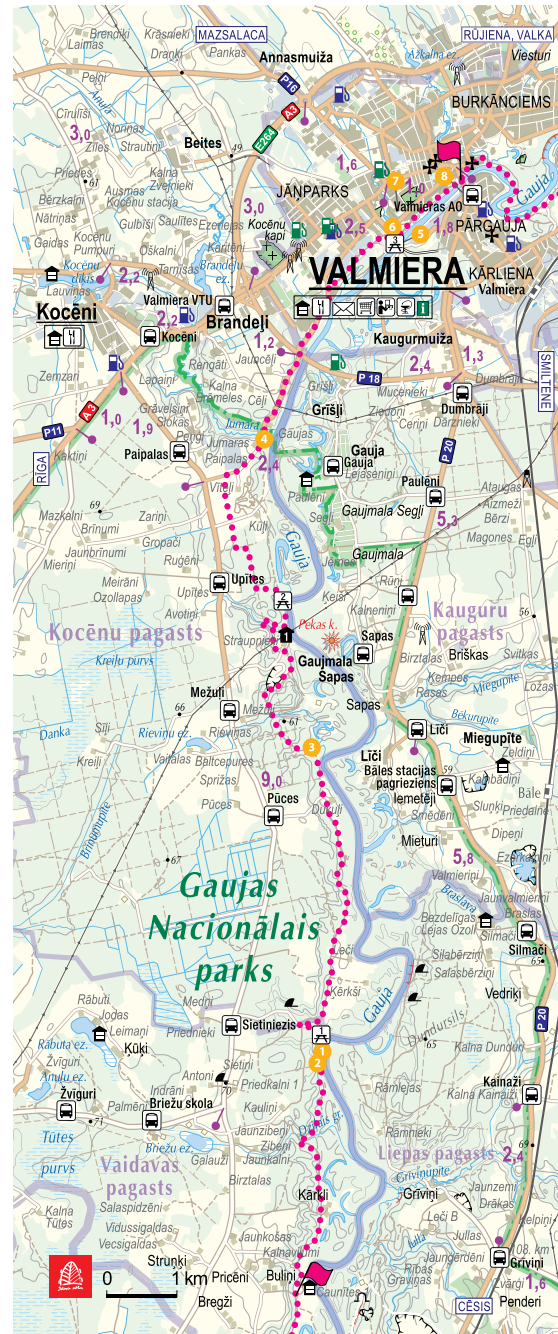
Tourism information in Kocēni Municipality, Kocēni, Alejas iela 8 GPS: 57.520463, 25.33982



Zilaiskalns Cultural History and Visitor Center, Zilaiskalns, Parka iela 2, visit.koceni.lv, +371 28644530; GPS: 57.557250, 25.215556



Valmiera TIC, Valmiera, Rīgas street 10, www.visit.valmiera.lv/en, +371 64207177, 26332213; GPS: 57.53866, 25.42130



HIGHLIGHTS OF NORTHERN GAUJA FORESTLAND

- **Park of Senses** on the bluffs of the Gauja River – trail in the trees and barefoot trail in Valmiera city
- **The bridge over the Gauja River** next to Strenči
- **Strenči** – a town with ancient rafter traditions
- **Seda** – a town built in socialist urban style, featuring classical architecture of Stalin's era
- **Cirgaļi inland dunes** and a viewing tower
- **Castle of Zvārtava** – a Neogothic castle built in 1881
- **Trapene larch alley**
- **Kalamecu - Markūzu ravines** – magnificent ravines with waterfalls and a cave-like niche





LATVIA **NORTHERN GAUJA FORESTLAND**

MOST UNTOUCHED FOREST
REGION OF VIDZEME

#9-13

Valmiera – Trapene, 123 km

One of the least populated and most densely forested areas on FOREST TRAIL. The forests are abundant in mushrooms and berries, birds and wild animals. Here Gauja, the longest river in Latvia, curves along inland dune ranges which are covered in scarce, transparent pine forests. The land is covered in white reindeer moss which enchants the forest with a bright, sun-lit hue. Climb to the peaks of the hills to take in the panorama in its full splendour: river bends, vast meadows and ancient, majestic oak trees. Here you can see the typical Latvian landscape with individual farmsteads enclosed by forests and fields.



WWW.BALTICTRAILS.EU



FORESTS

Mainly pine stands of different ages. As the Gauja River approaches, the forest landscape changes rapidly, and trees such as oaks, ash, wych elm, fluttering elm, aspen, black alder appear. The pine and oak stands growing here are almost 200 years old. The forests in the Northern Gauja ("Ziemeļgauja") protected landscape area are very diverse. There are old or natural boreal (northern) forests and marsh forests, oak forests, alluvial forests (formed on river sediments which periodically flood) and mixed oak, wych elm and ash forests along the river. The many old and branched oaks indicate that there used to be park-like meadows and landscapes here, which have been mowed or grazed since. There are many bird cages in the trees, the largest of which are intended for a rare dweller of the woods, the common dormouse.

LATVIA NORTHERN GAUJA FORESTLAND



VALMIERA – STRENČI, 29 km

Along Abuls to Strenči, the capital of rafters

The trail passes through the historical centre of Valmiera and the Atpūtas Park, which is a popular place among hikers and Nordic walkers, then crosses the suspension bridge, passes Pauku priedes pine forest and Baiļu kalns. From there it follows the Abuls Trail, curving along the banks of the river until reaching the Brenguļi Brewery, and further down, beyond Pūpoli, enters vast, unpopulated forest areas. The first part of this section passes by numerous small summer cottage villages with names such as Enerģētīķis, Saulītes, Sprīdītis, Gaujmaļi, Pūpoli and Gaujaslāči, which were initially established during the Soviet period as summer cottage neighbourhoods of the people of Valmiera and the surrounding territories. Near Ūdriņas, the Forest Trail leads through a labyrinth of the riverbeds and turns north, crossing the Gauja Bridge, where a resting and boating stop is located. The centre of Strenči is located at a 1.5 km distance. Part of the section passes through the Northern Gauja protected landscape area.

PRACTICAL INFORMATION

..... 29 km



1 (long) day or 2-day route



Valmiera, Cēsu street



Gauja Bridge next to Strenči



Valmiera (Cēsu street) – Atpūtas Park – Vanšu Bridge – Enerģētīķis – Brenguļi – Pūpoli – Ūdriņi – Gauja bridge next to Strenči (Trikātes street)



Forest trails and small forest roads, gravel roads, paved roads and sidewalks in populated areas.



Medium moderate, if the section is completed in two days, hard, if completed in one day.



Slopes tend to be extremely steep in the Abuls Nature Trail.



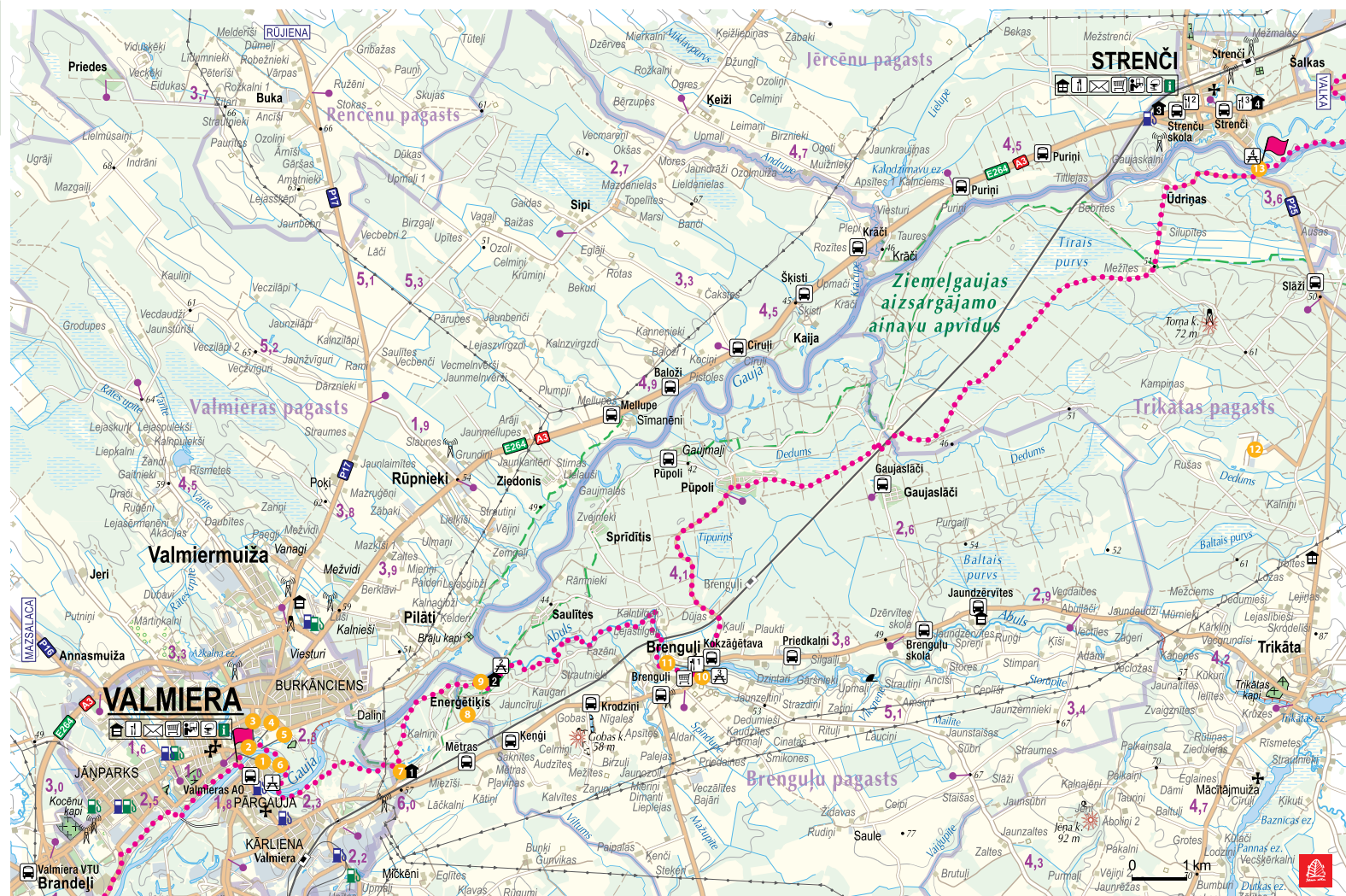
Make sure you are safe when you cross railroad tracks, and walk along the roadside!



The banks of River Abuls may be slippery in damp conditions.



Strong hikers without heavy backpacks will be able to complete the distance in one day. It is advisable to divide the section into a two-day walk with an overnight stay at the recreation centre "Baiļi" or camping "Jaunarāji" (~ 6 km on the first day and 23 km on the second day). A great chance to visit Valmiera on day one. You can take a bus to Brenguļi.



WORTH SEEING!

- 1 Remains of Riga Gate.** The medieval (15th century) fortification fragment of the castle can be seen under glass panels. Its visual reconstruction can be seen on the adjoining house wall. GPS: 57.53795, 25.42328
- 2 Valmiera St. Simon's Church.** The construction of the church began in 1283, which is also considered the year of founding the town. The tower of the church features a viewing platform. +371 28472152; GPS: 57.53845, 25.42626
- 3 Ruins of the Livonian Order Castle.** 13th to 17th century. GPS: 57.538823, 25.427764
- 4 Valmiera Museum.** Features exhibitions on the history of Valmiera and the surrounding area, other exhibitions, the herb garden of the museum. +371 64223620; GPS: 57.53930, 25.42893
- 5 Valterkalniņš.** A fragment of the city defence system established in the 17th century. The wooden pavilion provides a magnificent view of the Gauja River. GPS: 57.53830, 25.43001
- 6 Kazu Rapids.** Rowing slalom track. GPS: 57.53590, 25.43486
- 7 Baiļu kalns.** Ski slopes in winter, camping and event venue in summer. +371 29284119; GPS: 57.53447, 25.46863
- 8 Z/s "Mazkalnēni".** Discover more about beekeeping, taste the produce made at the farm and take part in other activities. +371 29393630; GPS: 57.54260, 25.48540
- 9 Bekuru Giant Oak.** By the Gauja River at Jaunarāji, circumference 6.6 m. GPS: 57.54729, 25.48923
- 10 Spring.** GPS: 57.54733, 25.54856

- 11 Brenguļi hydropower plant and Brenguļi Brewery.** An impressive HPP waterfall and a tavern. +371 64230272; GPS: 57.54847, 25.54679
- 12 Strenči tree nursery.** One of the most advanced tree nurseries in the world in terms of seedling technology. +371 29395418, 29413952; GPS: 57.57813, 25.69806
- 13 Gauja Bridge next to Strenči.** Second oldest multi-span reinforced concrete bridge in Latvia (1909). GPS: 57.61861, 25.70123

SERVICES



Accommodations

- 1. Recreation Centre "Baiļi",** +371 29284119; GPS: 57.53447, 25.46863
 - 2. Camping "Jaunarāji",** +371 29121702; GPS: 57.54701, 25.49007
 - 3. Guest House "Strenči",** +371 20242829; GPS: 57.62660, 25.67453
 - 4. Hostel "Ceļa viesnīca",** +371 20281058; GPS: 57.62690, 25.70106
- In Valmiera:**
www.visit.valmiera.lv/en/accommodation



Catering

- 1. Brenguļi Brewery,** +371 64230272; GPS: 57.54834, 25.54839
 - 2. Café "Sanvik",** +371 29178252; GPS: 57.62770, 25.68450
 - 3. Café "Irina & Madis",** +371 29403948; GPS: 57.62800, 25.70060
- In Valmiera:**
www.visit.valmiera.lv/en/catering



Shops

- Shop in Brenguļi,** GPS: 57.54664, 25.54495
- Shop In Strenči - 1,**
 GPS: 57.62770, 25.68450
- Shop In Strenči - 2,**
 GPS: 57.62708, 25.68873
- Also in Valmiera.**



Pharmacy

- In Strenči,** GPS: 57.62721, 25.68439



Public transport

Buses course at regular intervals between Valmiera and Strenči, the train courses twice a day. Route timetables: www.1188.lv



Rest areas

- 1. By Gauja in Valmiera,** GPS: 57.53317, 25.43224
- 2. Estuary of Abuls,**   GPS: 57.54914, 25.49421
- 3. Brenguļi Brewery,** +371 64230272; GPS: 57.54834, 25.54839
- 4. By Strenči Bridge,**   GPS: 57.61923, 25.70014

TOURIST INFORMATION:



Valmiera TIC,
 Valmiera, Rīgas street 10,
www.visit.valmiera.lv/en,
 +371 64207177, 26332213;
 GPS: 57.53866, 25.42130



Strenči Municipality TIC,
 Strenči, Rīgas street 7,
www.strencunovads.lv,
 +371 64715667, GPS: 57.62723, 25.68481



LATVIA NORTHERN GAUJA FORESTLAND



STRENČI – SPICU BRIDGE, 27 km

Through the beautiful forests of Vidzeme

The beginning of the Forest Trail at this section coincides with the Gauja Nature Trail, which runs along the very bank of the river. The Forest Trail crosses the A3 in two places (before the turn to Seda and before Kauči) (be careful!) and continues along small forest roads, a sand-gravel quarry, then continues down a gravel road at the turn to Oliņas. After 3.5 km, turn right again and follow the route to Spicu Bridge via small and remote forest roads where some of the most beautiful sights of the Northern Gauja ("Ziemeļgauja") protected landscape area can be seen by the so called Zemā sala (Low Isle). A picnic area and a camp are located at the end of this section, where the P24 crosses the Spicu Bridge.

PRACTICAL INFORMATION

..... 27 km



1 (long) day or 2-day route



Gauja Bridge next to Strenči



Spicu Bridge by Gauja River



Gauja Nature Trail – Kauči – Oliņas – Spicu Bridge



Mainly small forest roads and trails, gravel road



Medium moderate, if the section is completed in two days, hard, if completed in one day.



The A3 must be crossed in two places after Strenči. Make sure you are safe when crossing the road! Swimming in Gauja River can be dangerous!

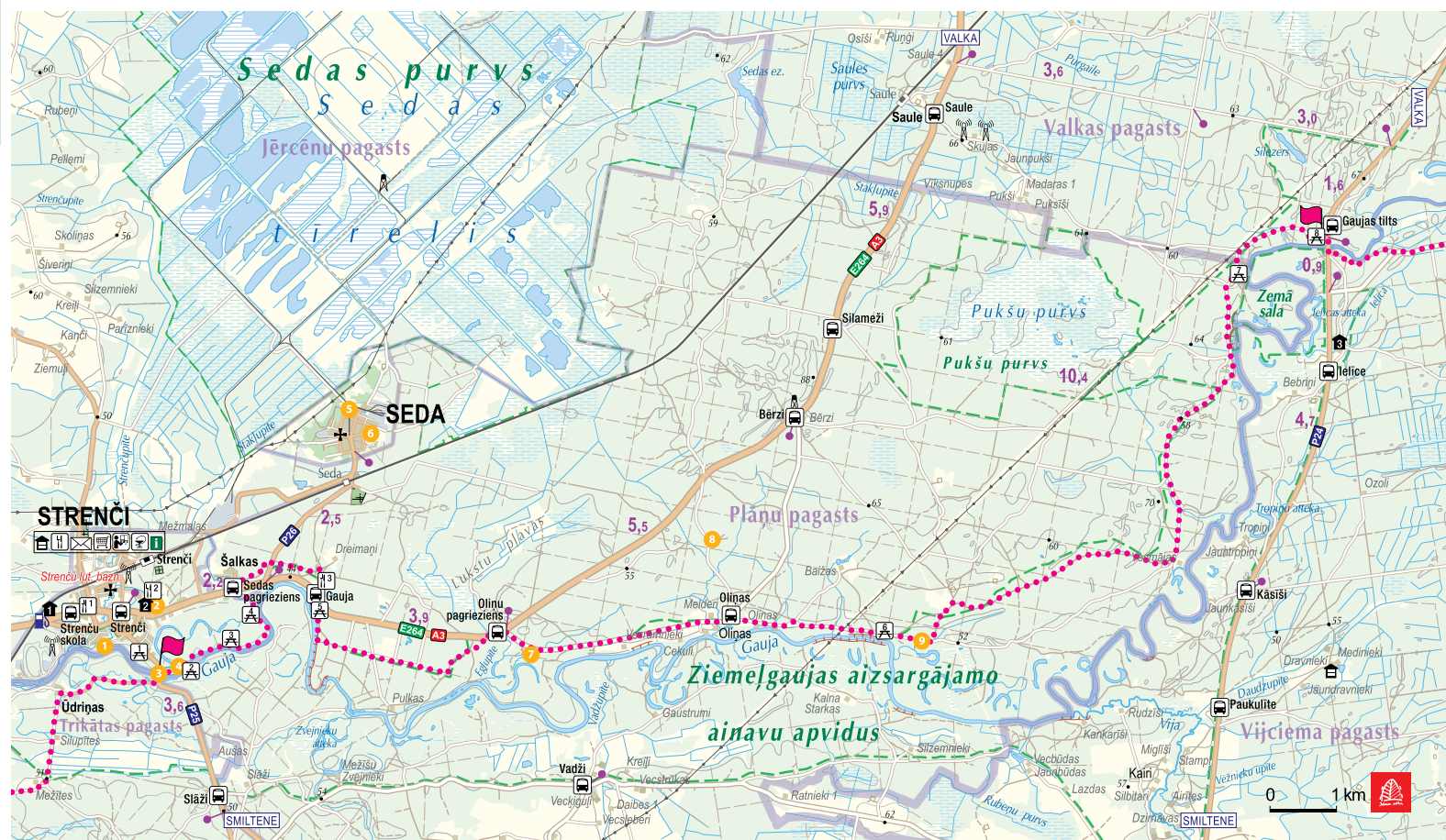


There are no shops or caterers between Strenči and Gaujiena (3–5 day walk)! Be sure to carefully follow the markings

or use a GPX file to avoid getting lost on the route.



Strong hikers without heavy backpacks will be able to complete the distance in one day. It is advisable to divide the section into a two-day walk with an overnight stay at the rest area past Oliņas (tent spots only), located approximately in the middle of this section.



FORESTS

The Gauja Nature Trail in the territory of Strenči is one of the best places to take in the diversity and seasonal changes of the forest. A multitude of cultural and historical objects of different times can be found here as well. As autumn approaches, the forest attracts foragers, as it is one of the best wild berry and mushroom spots in Vidzeme. The forest also contains evidence of World War I, such as bullets, barbed wire, projectile chips and bunker sites. In this section, the Forest Trail passes the North Vidzeme Biosphere Reserve, which is the only and the largest nature conservation area of its kind in Latvia. Oak, elm and ash forests that are quite rare in Latvia grow in the floodplains of the river near Zemā sala (Low Isle) (by Gauja River near Spicu Bridge).

WORTH SEENIG!

- 1 Wooden sculpture park.** Sculptures made in honour of raftsmen, a profession which used to be widespread in the region. GPS: 57.62239, 25.68837
- 2 Strenči Psychoneurological Hospital.** The architect A. Reinbergs also designed the building of the Latvian National Theatre. The hospital water tower-chimney is one of the most unusual engineering structures in the Baltic States. GPS: 57.62789, 25.70115
- 3 Gauja Bridge next to Strenči.** Second oldest multi-span reinforced concrete bridge in Latvia. GPS: 57.61873, 25.70128
- 4 Dravas (Hive) Oak Tree.** The trunk of the oak tree is adapted for use in beekeeping. GPS: 57.61962, 25.70629

- 5 Seda town housing.** A city built in the style of socialist urbanism and features examples of Stalinist Classicism architecture. GPS: 57.65041, 25.75078
- 6 Seda Culture Centre.** An exhibition on cultural heritage tells the history of the Seda area. +371 29436275; GPS: 57.65045, 25.75454
- 7 Oliņas Spring.** GPS: 57.62056, 25.79697
- 8 Hunting monuments.** To the Russian Grand Duke Vladimir Alexandrovich and opera singer Rihards Veide. GPS: 57.63481, 25.84149
- 9 Kaķu Giant Pine.** May be the oldest giant pine tree in Latvia. GPS: 57.62035, 25.89368

SERVICES



Accommodations

- 1. Guest House "Strenči",** +371 20242829; GPS: 57.62660, 25.67453
- 2. Hostel "Ceļa viesnīca",** +371 20281058; GPS: 57.62690, 25.70106
- 3. Ethnographic farmstead "Ielīcas",** +371 29461673; GPS: 57.65790, 26.00147



Catering

- 1. Café "Sanvik",** +371 29178252; GPS: 57.62770, 25.68450
- 2. Café "Irina & Madis",** +371 29403948; GPS: 57.62800, 25.70060
- 3. Café "Kauči",** +371 29413873; GPS: 57.62969, 25.74229



Shops

- Shop In Strenči - 1,** GPS: 57.62770, 25.68450
- Shop In Strenči - 2,** GPS: 57.62708, 25.68873



Pharmacy

In Strenči,
GPS: 57.62721, 25.68439



Public transport

There is regular bus service from Valmiera and Valka to Strenči, the train runs twice a day. The closest stop to Gauja Bridge is Ielīcas, located on the P24 road-way, the bus runs 3–5 times a day on the Valka–Smiltene route. Route timetables: www.1188.lv



Rest areas

- 1. By the swimming spot in Strenči,** 🏊 ⚠️ GPS: 57.62134, 25.69474
- 2. Picnic area - 1,** 🌳 GPS: 57.61916, 25.70600
- 3. Picnic area - 2,** No more than 3 fire-places. GPS: 57.62225, 25.71949
- 4. Picnic area - 3,** GPS: 57.62672, 25.72638
- 5. By Gauja next to parking lot on A3,** 🏊 ⚠️ GPS: 57.62756, 25.74049
- 6. By Gauja past Oliņas,** 🌳 ⚠️ GPS: 57.62105, 25.88398
- 7. By Gauja,** 🌳 ⚠️ GPS: 57.66756, 25.97700
- 8. By Spicu Bridge,** 🌳 ⚠️ Camping with tents allowed. GPS: 57.67265, 25.99651

TOURIST INFORMATION:



Strenči Municipality TIC,
Strenči, Rīgas street 7,
www.strencunovads.lv
+371 64715667, GPS: 57.62723, 25.68481



Valka TIB, Valka, Rīgas street 22,
www.visit.valka.lv/en, +371 64725522 or
+371 26446602; GPS: 57.77427, 26.01927



LATVIA NORTHERN GAUJA FORESTLAND



SPICU BRIDGE – ZAĶI, 31 km

Through the magnificent Cirgaļi dunes

The Forest Trail crosses Spicu Bridge and leads to the four Kokši lakes (about 4 km), which are interconnected by a small stream. Here you will find a picnic area, tent spots and a nature trail for travellers. The surrounding nature is beautiful, and the forests are rich in edible mushrooms. After passing the last of the Kokši lakes, Lake Dibena, in an hour or two you will reach the Cirgaļi dune massif, which you will cross towards north-south. The further section of the Forest Trail crosses a large forested area, and a lone homestead or a smaller lake can be seen here and there. The section ends in a small village named Zaķi. The village provides no services, so be sure to consider the necessary arrangements and accommodation options as you plan your hike. The section is located in the Northern Gauja ("Ziemeļgauja") protected landscape area.

PRACTICAL INFORMATION

..... 31 km



1 (long) day or 2-day route



Spicu Bridge by Gauja River



Zaķi



Spicu Bridge – Kokšu Lakes – Cirgaļi dunes – Zaķi



Small forest roads, trails, gravel roads



Easy, if the section is completed in two days,
hard, if completed in one day.



Watch out for cars on winding gravel roads!

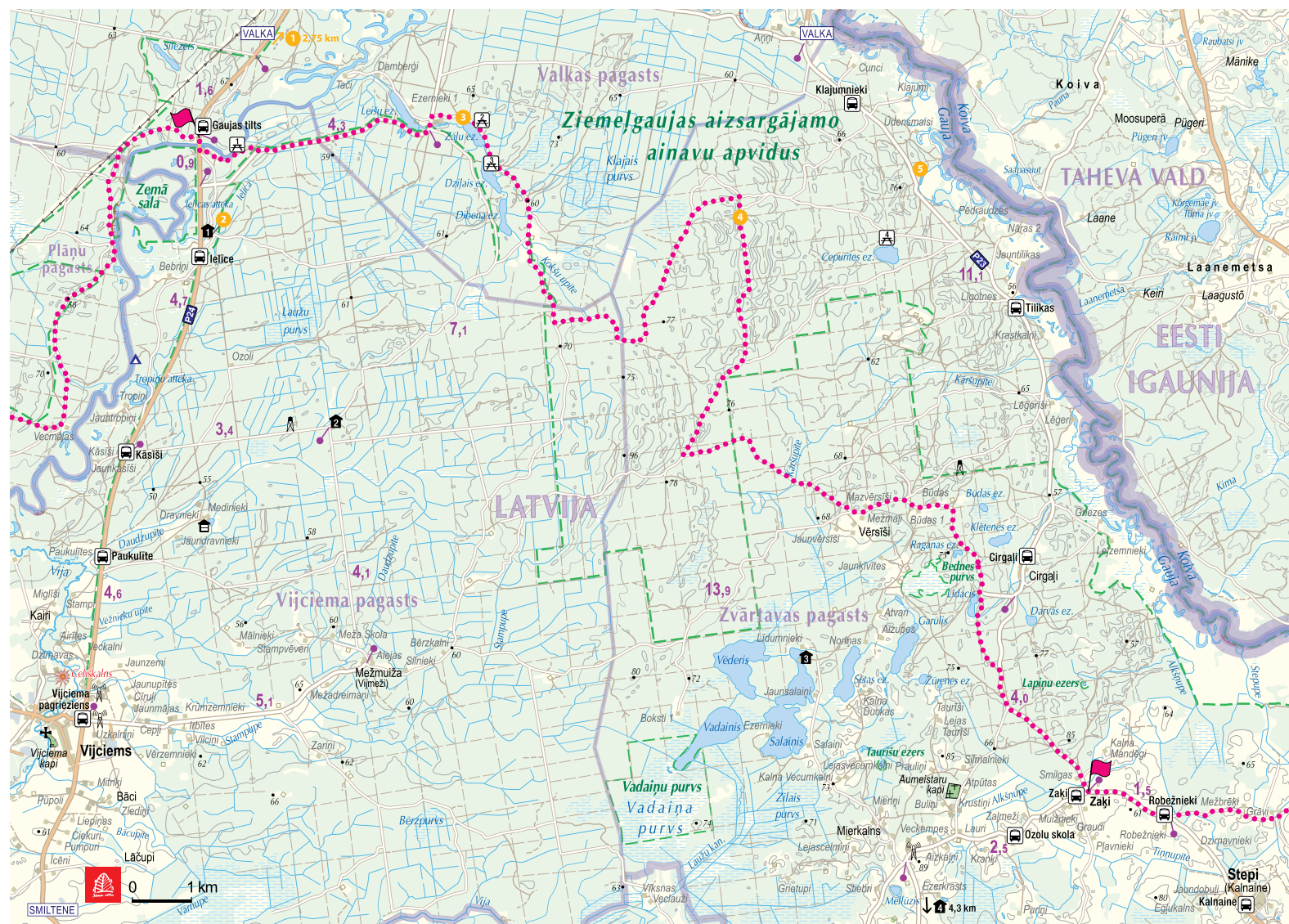


The nearest accommodations are within a 5 to 8 km radius of Zaķi. You can try asking the hosts to pick you up or take the Smiltene–Gaujiena bus (at 15:10 (does not run on Saturdays, Sundays and public holidays) and 19:15), which connects Zaķi with Aumeisteri,

Zvārtava and Gaujiena. The mentioned locations offer accommodation.



Strong hikers without heavy backpacks will be able to complete the distance in one day. It is advisable to divide the section into a two-day walk with an overnight stay at the rest area by Cepurīte Lake (tent spots only, ~ 3 km from the Forest Trail) located approximately in the middle of this section.



FORESTS

The forest path leads through the sparse pine forests where protected habitats may be observed and photographed: lichen-rich pine forests, which are found only on the inland dunes apart from the Piejūra (maritime) lowlands. Here pine forests and marshes grow on the Cirkāļi inland dune massif, which originated at the end of the Ice Age, creating beautiful areas rarely seen in Latvia's inland. The western capercaillie nests here, and if you happen upon this bird, do not bother it and leave quietly. A white line marks several large pine trees along the route – these are the so called seed trees. Scientists are doing research on CO₂ capture in old forest stands. In some places, old pine stands have been preserved with fishtail-shaped scars on the trunk, which have been formed by resin mining during the past century.

WORTH SEEING!

- Zīle and Vekši Nature Trails.**
Located ~ 4.5 km from the start of this section. If you are travelling to the starting point or the end of the route by car, it is advisable to visit and explore these trails as well. GPS: 57.70289, 26.04634

- Ethnographic farmstead "Ielīcas".**
18th to 19th century. A Vidzeme farmstead, featuring a full building complex that is characteristic to solitary farms of the region. +371 29461673; GPS: 57.65790, 26.00147
- Kokšu Nature Trails.**
2.7 km and 4.5 km long and well-maintained trails around the Lakes Zāļu and Dziļais. GPS: 57.67506, 26.07358
- Cirkāļi inland dunes.**
A magnificent pine-covered dune massif stretching across 30 km². Some dunes are over 1 km long and 15–25 m high. GPS: 57.65866, 26.15087
- Cirkāļi observation tower.**
At the height of 27 m, the dunes offer a beautiful view to the meandering Gauja River and its tributaries, as well as surrounding forests and meadows. GPS: 57.66448, 26.20078

SERVICES



Accommodations

- Ethnographic farmstead "Ielīcas",**
+371 29461673; GPS: 57.65790, 26.00147
- Guest House "Bergervilla",**
+371 2926847; GPS: 57.62884, 26.03309
- Recreation Centre "Mednieki",**
+371 25770081; GPS: 57.59146, 26.16517
- Guest House "Aumeisteri",**
+371 64728457; GPS: 57.52333, 26.20361



Public transport

The closest stop to Spicu Bridge is Ielīcas, located on the P24 roadway, the bus runs 3–5 times a day on the Valka–Smiltene route. On the Smiltene–Zāķi–Gaujiena route, the bus runs twice a day (see the section "Keep in mind!"). Route timetables: www.1188.lv



Rest areas

- Picnic area by Gauja,**
⚠️ No more than 3 tents.
GPS: 57.67161, 26.00984
- By Zāļu Lake,**
GPS: 57.67439, 26.07481
- By Dziļais Lake,**
GPS: 57.66783, 26.08152
- By Cepurīte Lake,**
GPS: 57.6539, 26.19283

TOURIST INFORMATION:



Valka TIB, Valka, Rīgas street 22,
www.visit.valka.lv/en,
+371 64725522 or +371 26446602;
GPS: 57.77427, 26.01927



LATVIA NORTHERN GAUJA FORESTLAND



ZAĶI – GAUJIENA, 15 km

Along Zvārtava Castle to Gaujiena

1.5 km after Zaķi the Forest Trail turns off the Sēļi–Vireši road (P23) and continues on a small rural road all the way to Zvārtava, where Zvārtava Castle awaits at the end of a long alley. Having passed through Zvārtava, the Forest Trail returns to P23 and after a 2 km walk goes up a steep hill, reaching the centre of Gaujiena. A part of the section is located in the Northern Gauja (“Ziemeļgauja”) protected landscape area.

PRACTICAL INFORMATION

..... 15 km

⌚ 5 – 7 h

🚩 Zaķi

🚩 Gaujiena

📍🗺️ Zaķi – Zvārtava – Gaujiena

🌳🚶 Gravel roads, paved roads in Gaujiena

🟡 Easy

⚠️ Watch out for cars on winding gravel roads!

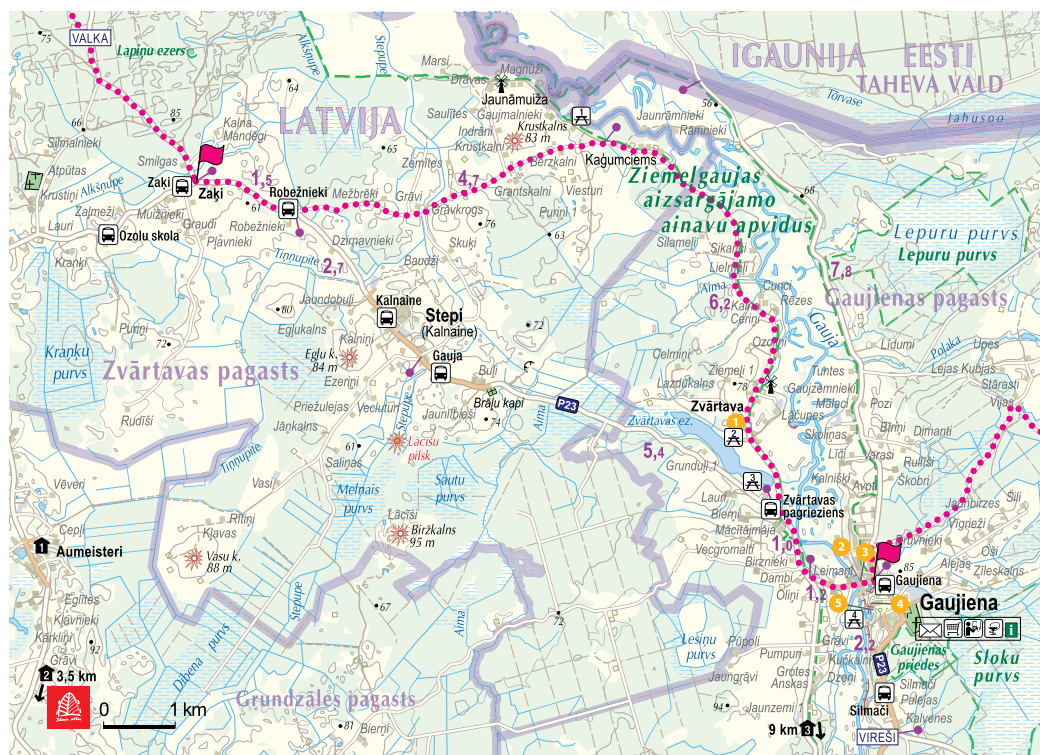
❗ There are no places to eat on the stretch of road between Strenči and Ape, and no shops between Strenči and Gaujiena, so be sure to take enough food with you.



FORESTS

The landscape of this section of the Forest Trail predominantly consists of wide agricultural lands and protected grasslands with large, solitary deciduous trees. They are particularly important for many lichen and moss species, as well as invertebrates, including protected insects such as the hermit beetle and marbled rose chafer. Both beetles are the so-called umbrella species, which confirms the quality and suitability of the habitats to hundreds of other species that live here.

The composition of tree species is heterogeneous: pine, birch, alder, spruce trees all grow here. As regards bird species, the European nightjar, barred warbler, Blyth's reed warbler, marsh warbler can be observed, among others.



WORTH SEEING!

- 1 Zvārtava Castle.**
A neogothic castle built in 1881. Artists' Union of Latvia residence and symposium venue.
+371 29454543; GPS: 57.53719, 26.36903
- 2 Gaujiena Nature Trail.**
The 6 km long trail includes cultural heritage sites, dolomite outcrops, springs and landscapes typical of the Northern Gauja valley. The landscape features a significant diversity of habitat and species.
GPS: 57.521319, 26.39031
- 3 Baznīckalns.**
A wonderful view of the ancient valley of Gauja. GPS: 57.51712, 26.39571
- 4 Gaujiena Palace ensemble and park.**
Baron Julius von Wulf believed Gaujiena to be the centre of Europe. Classicism-style palace, outbuildings and park.
GPS: 57.51438, 26.39730
- 5 Jāzeps Vītols memorial museum "Anniņas".** "Gaujiena is my paradise..." said the composer Jāzeps Vītols.
+371 29247772; GPS: 57.51327, 26.39852

SERVICES

Accommodations

- 1. Guest House "Aumeisteri",**
+371 64728457;
GPS: 57.52333, 26.20361
- 2. Recreation Centre "Trīssaliņas",**
+371 29477124;
GPS: 57.49106, 26.21902
- 3. Guest House "Jaunzilākši",**
+37129204530;
GPS: 57.45685, 26.30313



Shops

In Gaujiena,
GPS: 57.51726, 26.39951



Pharmacy

In Gaujiena:
GPS: 57.51897, 26.39866



Public transport

The bus runs twice a day on the Smiltene-Zaķi-Gaujiena route.
Route timetables: www.1188.lv



Rest areas

- 1. Rozītes,**
+371 20237377;
GPS: 57.57579, 26.33419
- 2. Zvārtava Castle,**
+371 26628302;
GPS: 57.53719, 26.36903
- 3. By Zvārtava Lake,**
GPS: 57.52923, 26.37142
- 4. In Gaujiena,**
GPS: 57.51199, 26.39348

TOURIST INFORMATION:



Valka TIB, Valka, Rīgas street 22,
www.visit.valka.lv/en,
+371 64725522 or +371 26446602;
GPS: 57.77427, 26.01927



Gaujiena TIC,
Gaujiena, "Pilskalni",
www.apesnovads.lv/turisms-apesnovads/,
+371 64381601 or +371 28386923;
GPS: 57.51490, 26.39924





LATVIA NORTHERN GAUJA FORESTLAND



GAUJIENA – TRAPENE, 21 km

Along Latvia's longest larch alley to Trapene

The stretch of road between Gaujiena and Līzespasts leads through remote forests, surrounded by large swamps. Mežciems is the only settlement here, and there are no solitary homesteads. Further along, the 5 km walk from Līzespasts to Trapene features open agricultural landscapes with lush meadows and landscapes typical of western Alūksne hillocks. About half of these 5 km lead through the breath-taking Trapene larch alley.

PRACTICAL INFORMATION

..... 21 km

⌚ 7 – 9 h

🚩 Gaujiena

🚩 Trapene

📍 🚩 Gaujiena – Līzespasts –
Trapene

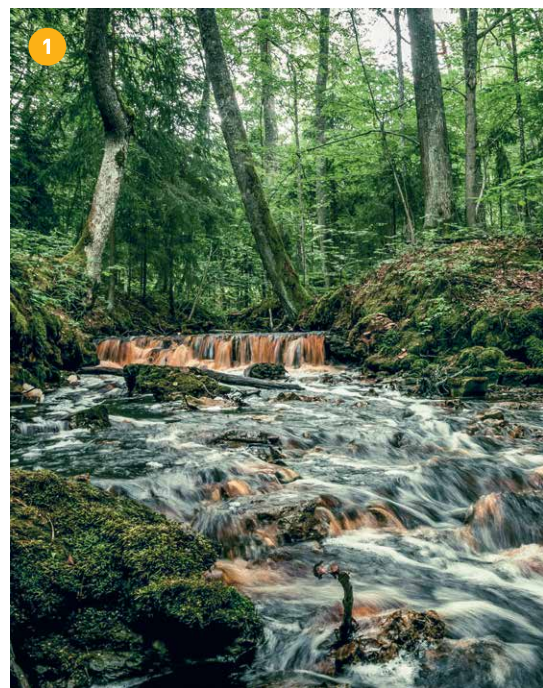
🚶 Mainly gravel roads. Paved
road in the section between
Līzespasts and Trapene.

🟩 Easy

⚠️ The road through Trapene
larch alley is narrow and
winding, so be careful and
observe safety rules!

❗ The only shops are located at
the starting and end points.
No places to eat between
Strenči and Ape.

🚌 Līzespasts–Trapene section
can be travelled by bus (in the
evening).





FORESTS

From Gaujiena, the Forest Trail winds along several large swamps: Melnsala, Sloka, Kaulezers and Tetersala, with “Paris” in the middle (some time ago, a baron who lived on this side loved name the houses of his gamekeepers after European cities). The common buzzard and other birds of prey are often spotted in the area. There are various specially protected habitats here: bogs, mires, old or naturally boreal (northern) forests, old mixed broadleaf forests. There is a protected European larch alley near Trapene, and many trees in the alley have reached formidable size. The alley is particularly important for maintaining the diversity of various insect species.

WORTH SEEING!

- 1 Kalamecu-Markūzu ravines.**
The glorious ravines with waterfalls and cave-like niche are most beautiful during spring rainfalls, when rapids and waterfalls form. GPS: 57.54597, 26.44651
- 2 Līzespasts post rider station and tavern complex.**
Buildings on the Riga-Pskov road were built in early 19th century. GPS: 57.47620, 26.52625

- 3 Trapene larch alley.**
The most spectacular larch tree alley in Latvia is located on the Līzespasts-Bornaņmuiža road. GPS: 57.456277, 26.564985
- 4 Baron Wulf's Bornaņmuiža Estate.**
Since 1934, the building houses the Trapene People's House, now the Culture Centre. A monument to writer Linards Laicens is erected by the Culture Centre. GPS: 57.44949, 26.59496
- 5 Trapene Local Heritage House.**
Part of the exposition is dedicated to the local author and poet Ojārs Vācietis. You can listen to recordings of the poet reciting his own poems. +371 25413403; GPS: 57.44840, 26.58960
- 6 Antiquities Museum “Fazāni”.**
The collection contains around 40,000 items. The oldest item is the ~ 300-year-old refrigerator which used to belong to Ernst Glick. +371 29498605; GPS: 57.44815, 26.59789

SERVICES



Accommodations

- 1. Guest House “Jaunzilākši”,**
+37129204530; GPS: 57.45685, 26.30313
- 2. Holiday House “Jaunvosi”,**
+371 64355346 or +371 26116845; GPS: 57.51246, 26.67812
- 3. Accommodation House “Kalpaki”,**
+371 29160419; GPS: 57.51563, 26.68708



Shops

In Gaujiena,
GPS: 57.51726, 26.39951

In Trapene,
GPS: 57.45059, 26.59204



Pharmacy

In Gaujiena:
GPS: 57.51897, 26.39866



Public transport

The bus between Gaujiena and Trapene runs once a day in the morning; between Līzespasts and Trapene, depending on the day of the week, 1 to 3 times a day. Route timetables: www.1188.lv



Rest areas

1. In Gaujiena,
GPS: 57.51199, 26.39348

TOURIST INFORMATION:



Gaujiena TIC,
Gaujiena, “Pilskalni”,
www.apesnovads.lv/turisms-apesnovads/,
+371 64381601 or +371 28386923;
GPS: 57.51490, 26.39924

HIGHLIGHTS OF VECLAICENE FORESTLAND

- **Landscapes of Alūksne hillocks** with hills and lakes
- **Historical centre of Ape** – dolomite buildings and cobblestones
- **Kornetu - Peļļu subglacial bed** – one of the most impressive in Latvia
- **Drusku castle mound** and Dzērve hill watchtower
- **Witches' Cliffs** on the bank of the Vaidava River





LATVIA **VECLAICENE** **FORESTLAND**

MOST UNTOUCHED FOREST
REGION OF VIDZEME

#14-15

Trapene – Korneti, 44 km

FOREST TRAIL stretches over the hillocks of Alūksne. This is one of the most difficult hiking sections, since the area is hilly. There are many glacial ravines and hills featuring panoramic views stretching all the way to Estonia and Munamägi. The highest hills are castle hills with thousands of years of history, which were purposefully selected for their high ground so that any hostile armies could be seen far away. In this section, FOREST TRAIL takes a small detour through Paganamaa or Devil's Land in Estonia, where hikers will find a viewing tower overlooking the picturesque forest lakes. The scenery is most beautiful in spring, when dandelions are in bloom, and in autumn, as leaves turn red.



WWW.BALTICTRAILS.EU



LATVIA VECLAICENE FORESTLAND



TRAPENE – APE, 19 km

Towards Ape, where witches used to reside on the banks of Vaidava River

The first 6 kilometres of the Forest Trail lead along P44 until it turns North on the Ādams–Ape road. 4 km before the Riga–Pskov motorway (A2), the Forest Trail passes through a magnificent, dense forest, which is a popular spot for foraging berries and mushrooms in Autumn. After the Riga–Pskov highway, the Forest Trail runs through agricultural lands until it reaches the centre of Ape, one of the smallest towns in Latvia, after crossing the former Ape–Valka narrow-gauge railway line.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Trapene

🚩 Ape

📍🚶 Trapene – Ādams – Ape

🌳 Mainly gravel roads, Paved road in Trapene and Ape



Easy

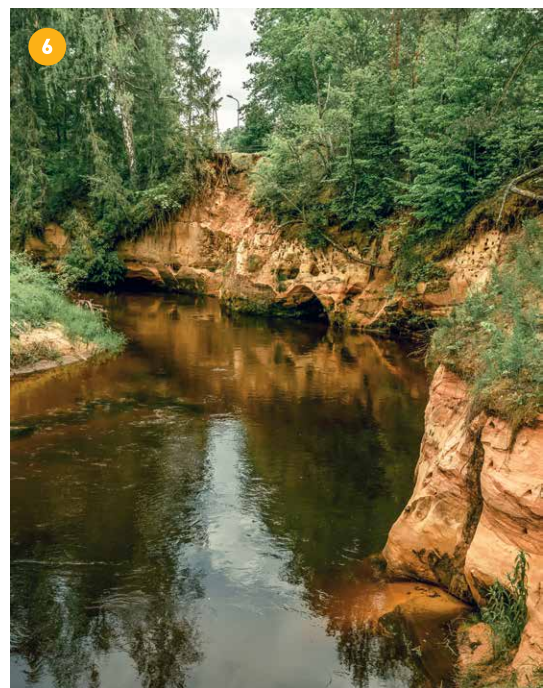


Watch out for cars on winding roads. Be careful when crossing Riga–Pskov motorway!



The only shops are located at the start and finish points. The working hours of café “Krodziņš” in Ape is 12:00–16:00 and it is closed on weekends.

6



FORESTS

The path from Trapene winds through a mosaic landscape, where fields alternate with clusters of forests and massifs. During the summer, the lesser spotted eagle can be seen here. This species of bird prefers places where fields alternate with forests. The bird prefers to nest in trees at the edges of mixed and deciduous woods, but prefers to hunt in meadows and fallow lands, less often forests and fields. As you walk through the forest, be prepared to meet other travellers, for these parts are popular among foragers and people who practice orienteering sports. The forests in this hilly terrain are mostly dry forest with the pine tree as the dominant species.

WORTH SEENING!

- 1 Historical Centre of Ape.**
Dolomite buildings and cobblestone road on Pasta street.
GPS: 57.53932, 26.69407
- 2 E. Zālīte Memorial House.**
The exhibition features personal items of the writer.
+371 2649325; GPS: 57.54103, 26.68622
- 3 Miniature pine tree.**
May be the smallest pine tree in Latvia with specifically shaped branches.
GPS: 57.54189, 26.69801
- 4 Monument to writer Elīna Zālīte.**
The Bronze sculpture was restored in 2016 using donations.
GPS: 57.54076, 26.70621
- 5 Vaidava Nature Trail.**
1.5 km long trail along Vaidava River.
GPS: 57.54026, 26.70708
- 6 Raganu Cliffs.**
8–10 m tall and up to 100 m wide cliffs on the banks of Vaidava River.
GPS: 57.53994, 26.70764
- 7 Dzenīši Willow Tree.**
The largest white willow in the Baltic States, its trunk diameter reaching 10 m.
GPS: 57.54306, 26.71618

SERVICES



Accommodations

- 1. Holiday House "Jaunvosi",**
+371 64355346, 26116845;
GPS: 57.51246, 26.67812
- 2. Accommodation House "Kalpakī",**
+371 29160419;
GPS: 57.51563, 26.68708



Catering

- 1. Café "Krodziņš",**
+371 26594554;
GPS: 57.53746, 26.69592



Shops

In Trapene,
GPS: 57.45059, 26.59204

Shops in the centre of Ape:
GPS: 57.53929, 26.69412



Pharmacy

In Ape,
GPS: 57.53985, 26.69570



Public transport

The bus between Trapene and Ape on the A2 runs once a day, except Saturdays and Sundays. The bus between Līdza and Ape on the A2 runs 5–7 times a day. Route timetables: www.1188.lv



Rest areas

In Ape
+371 26595683 (call before arrival);
GPS: 57.53911, 26.71589

TOURIST INFORMATION:



Gaujiena TIC,
Gaujiena, "Pilskalni",
www.apesnovads.lv/turisms-apesnovads/,
+371 64381601 or +371 28386923;
GPS: 57.51490, 26.39924



Self-service Tourist Information Point in Ape, Ape, Skolas street 4,
www.apesnovads.lv/turisms-apesnovads/, +371 29131404;
GPS: 57.53756, 26.69277



FORESTS

The various forest stands (pine, birch, spruce, alder, aspen, etc.) are home to protected bird species such as the hazel grouse and Eurasian pygmy owl. Various species of bats have been observed as well. Past Dauškāni, the Forest Trail winds through the protected landscape area “Veclaicene”, which was created to preserve and protect the cultural landscape and natural heritage of North Vidzeme. The Korneti-Peļi Nature Reserve is important for the protection of ravine slope forests and boreal (northern) forests. It is characterized by coniferous, mixed and broadleaf forests, as well as large areas of fertilised grassland.

LATVIA VECLAICENE
FORESTLANDAPE – PAGANAMAA – KORNETI –
LATVIAN/ESTONIAN BORDER, 25 kmThrough the Korneti-Peļi Furrow and the
Paganamaa or Devil's Land

After leaving Ape, the Forest Trail winds through a hilly farmland landscape, then enters a dark forest massive, occasionally interrupted by the blue surfaces of lakes. After Peļi, the Forest Trail moves down the same path as Peļi trail, crosses the Latvian/Estonian border and winds along the shores of Lakes Smilšājs, Sūneklis and Ilgājs for 2 km on the Estonian side, known as Paganamaa (translation: Devil's Land). There it descends and enters the Korneti-Peļi subglacial depression, one of the most impressive ravines in Latvia. The Forest Trail returns to Latvia at Ilgājs and, after a steep climb, takes you through a hilly area to the Drusku castle mound. The Forest Trail descends in Korneti. It is less than 3 km from the centre of Korneti to the Latvian/Estonian border. Features beautiful landscapes on the banks of Lake Lielais Baltiņš and Lake Mazais Baltiņš along the route. The section is located in the protected landscape area “Veclaicene”.

PRACTICAL INFORMATION

..... 25 km

⌚ 8 – 10 h

🚩 Ape

🚩 Korneti or the Latvian/
Estonian border. The closest
public transport to the border
is in Korneti (2.6 km)📍 Ape – Dauškāni – Peļi –
Paganamaa (In Estonia) –Renci – Druskas – Korneti –
Latvian/Estonian borderGravel roads, forest trails,
nature trails, wooden stairs,
pavement in Ape and Korneti.

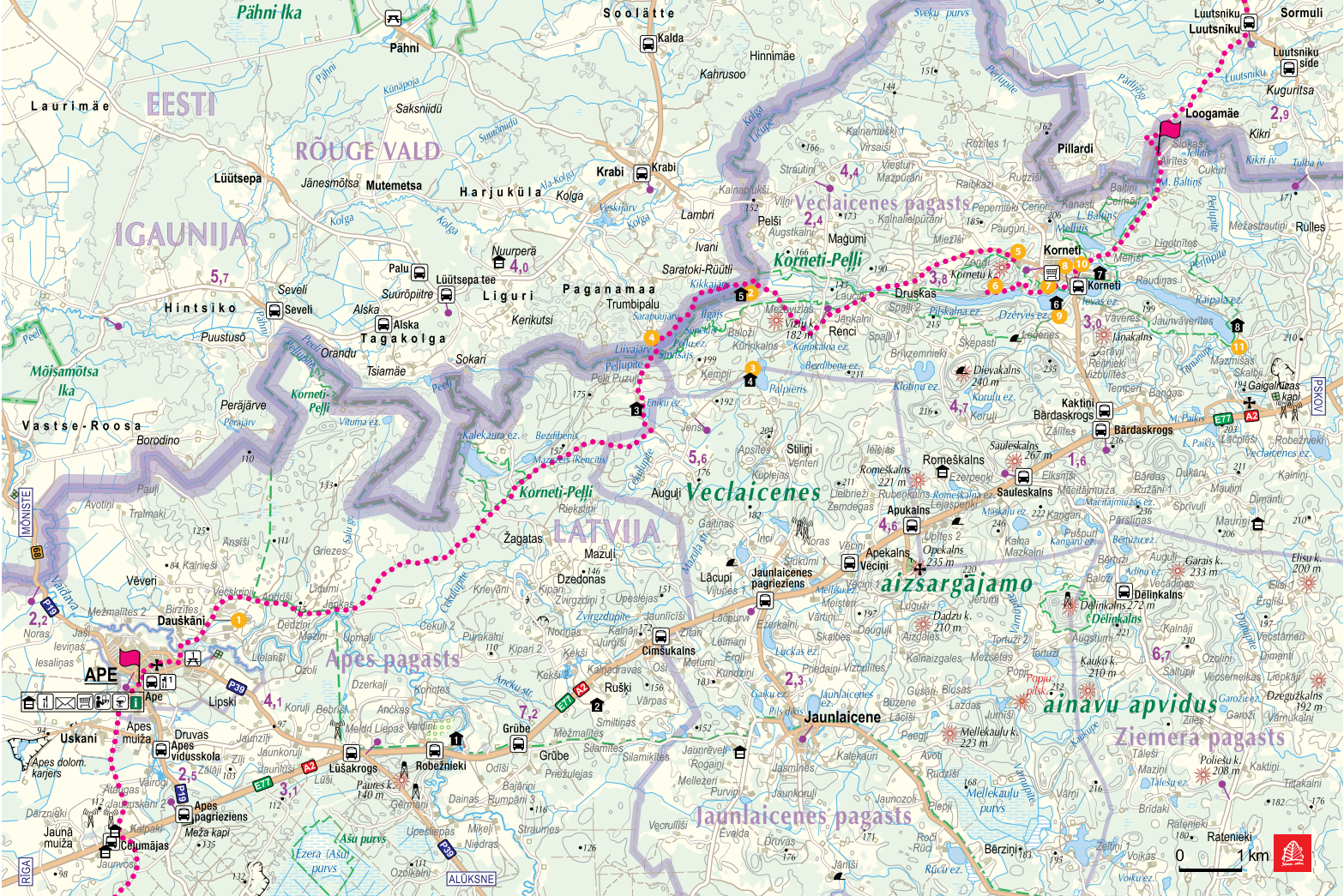
Hard if completed in one day

The slopes of ravines and
hills may be slippery in damp
conditions.

The route crosses the Latvian/
Estonian border (2 km through
Estonia), so be sure to bring an
ID. The only shops are located
in Ape and Korneti. There are
no places to eat from Ape
to the Estonian border and
further to Haanja (2–3 days
walk).



This section can be completed
in two days, staying over
in one of the places of
accommodation.



WORTH SEENIG!

- Descriptions of objects in the town of Ape can be found under the previous section.
- 1 Ape Motocross Track.** The venue of motocross “Vaidava Cup”. GPS: 57.54658, 26.71369
 - 2 Peļi Trail.** 7 km long trail along 7 lakes, which crosses the Latvian/Estonian border twice. GPS: 57.59146, 26.86182
 - 3 Ilgājs–Naudas Rock Trail.** 4.5 km long hiking trail from Lake Ilgājs to Naudas (Money) Rock, under which, as the legend goes, Swedish soldiers buried a money box during the Northern War. GPS: 57.57989, 26.86189
 - 4 Paganamaa Nature Trail and Observation Tower.** Located in Estonia, north of Smilšājs. GPS: 57.58508, 26.83473
 - 5 Drusku Castle Mound Nature Trail.** 3.5 km long arching trail. GPS: 57.59458, 26.93307
 - 6 Drusku castle mound.** The steep southwestern slope is located 90 m above the level of Pilskalna Lake (highest and steepest castle mound in Latvia). GPS: 57.59080, 26.92644
 - 7 Dzērves Hill observation tower.** The 27 m high tower allows you to take in the scenery of Haanja Upland and spot Munamāgi. GPS: 57.58977, 26.94185
 - 8 Veclaicene history depository.** Discover more about local history, humans and nature. +371 29347398; GPS: 57.58978, 26.947299
 - 9 “Mucenieki”.** Horseback riding and riding with a horse and buggy. +371 28382899; GPS: 57.58575, 26.94435

- 10 Lake Raipals Nature Trail.** 7.5 km long nature trail passing 3 picturesque Alūksne hillocks lakes: Raipals, Trumulītis and leva. GPS: 57.59003, 26.94877
- 11 Mišu Honey Museum.** Collects and restores antique beekeeping equipment and photos, researches beekeeping traditions. +371 26699005; GPS: 57.58016, 26.99209

SERVICES

- Accommodations**
- 1. Retreat Complex “Grūbe”,** +371 20379986 or +371 29496005; GPS: 57.52662, 26.77583
 - 2. Guest House “Kalnarušķi”,** +371 26594554; GPS: 57.53209, 26.81650
 - 3. Nature House by Lake Eniķi,** +371 29130280, 25442335; GPS: 57.57462, 26.83133
 - 4. Nature House by Lake Palpiers,** +371 29130280, 25442335; GPS: 57.57901, 26.8135
 - 5. Nature House by Lake Ilgājs,** +371 29130280 or +371 25442335; GPS: 57.59046, 26.86270
 - 6. Lake House “Dzērve”,** +371 26391443; GPS: 57.58717, 26.94405
 - 7. Holiday House “Ezerlīči”,** +371 26186570; GPS: 57.59064, 26.95559
 - 8. Nature House by Lake Raipals,** +371 29130280 or +371 25442335; GPS: 57.58471, 26.99452

- Catering**
- 1. Café “Krodziņš”,** +371 26594554; GPS: 57.53746, 26.69592

- Shops**
- Shops in the centre of Ape:** GPS: 57.53929, 26.69412
- In Korneiti,** GPS: 57.591466, 26.94432
- Pharmacy**
- In Ape,** GPS: 57.53985, 26.69570
- Public transport**
- Buses between Riga and Ape course twice a day; between Korneiti and Alūksne – twice a day except Saturdays and Sundays. Buses between Alūksne and Riga run 5–7 times a day. Route timetables: www.1188.lv

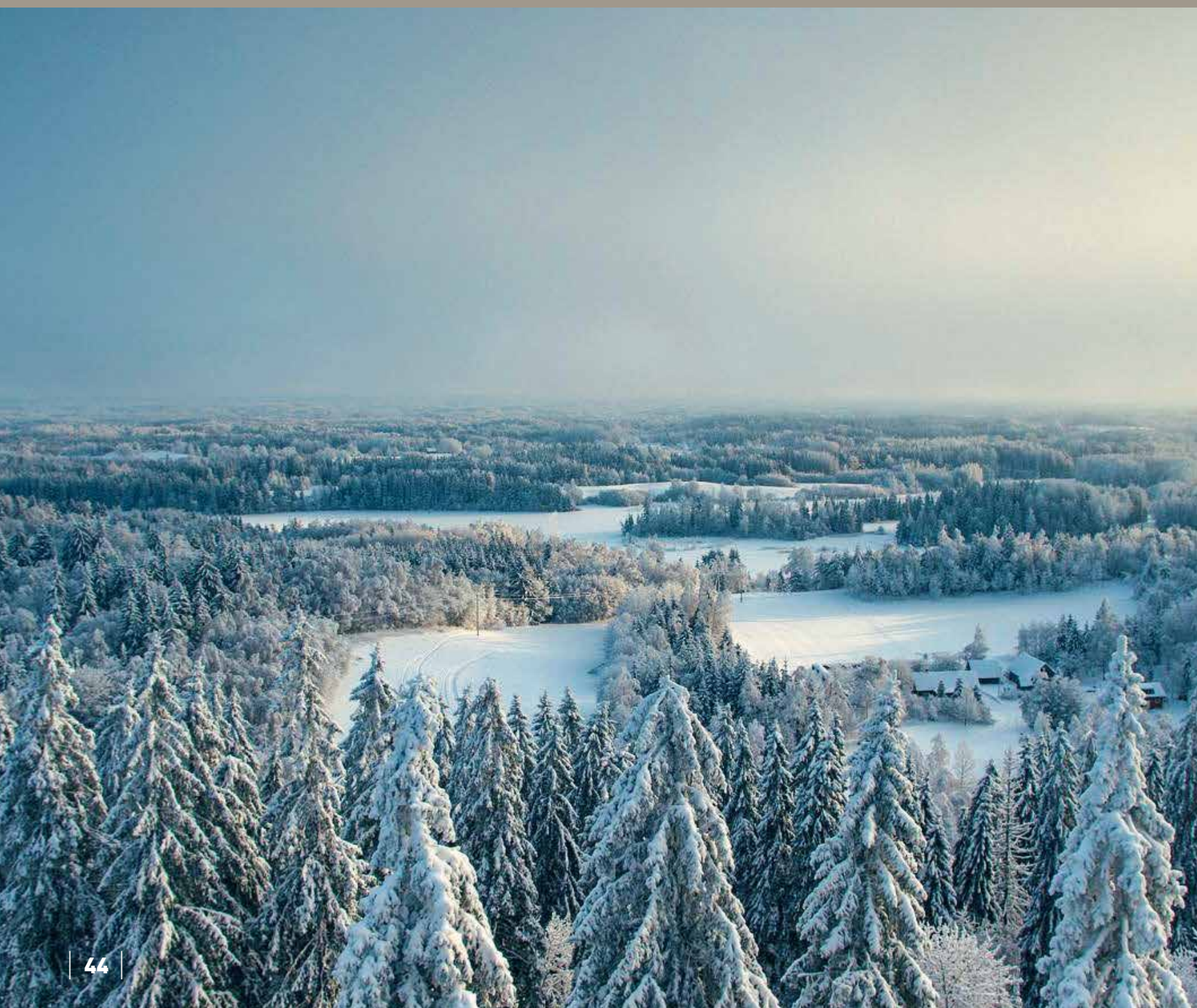
- Rest areas**
- 1. Raganu Cliffs,** GPS: 57.54036, 26.70717

TOURIST INFORMATION:

- Self-service Tourist Information Point in Ape,** Ape, Skolas street 4, www.apesnovads.lv/turisms-apes-novads/, +371 29131404; GPS: 57.53756, 26.69277
- Alūksne TIC** Alūksne, Pils street 25 a, www.visitaluksne.lv +371 25442335 or +371 29130280; GPS: 57.42447, 27.04878
- Tourism Information in Veclaicene Parish,** www.veclaicene.lv, +371 29347398
- Self-service Tourist Information Point in Korneiti,** “Vainagi”, Korneiti, Veclaicene parish, GPS: 57.58999, 26.94831

HIGHLIGHTS OF HAANJA

- **Haanja Nature Park** – diverse landscapes and beautiful nature
- **Suur Munamägi viewing tower**
- **Cafe at the highest peak** in the Baltic states
- **Tradition of smoke sauna** – UNESCO intangible cultural heritage
- **Nopri farm** – local dairy producer
- **Vastseliina** Bishop's Castle Ruins and Pilgrim's House
- National Geographic yellow frames in the villages of **Haanja** and **Vana-Vastseliina**





ESTONIA HAANJA UPLAND

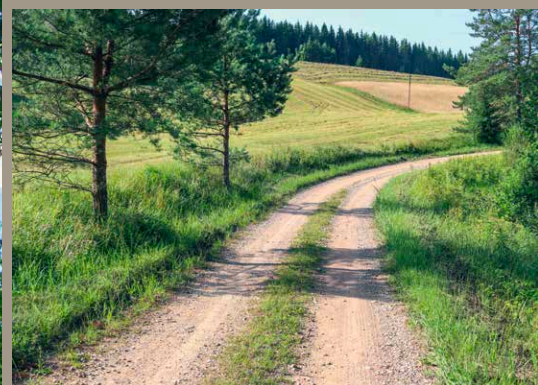
SUUR MUNAMÄGI IN HAANJA NATURE PARK -
THE HIGHEST PEAK IN THE BALTICS

#16-18

Loogamäe – Vana-Vastseliina, 54 km

The best view of the 50 km wide landscape of Haanja Upland opens from the Suur Munamägi viewing tower. Suur Munamägi Hill reaches 318 m above sea level, and it is the highest peak in the Baltic states. FOREST TRAIL leads through minor rural roads here, along farmsteads. Forests in this region alternate with agricultural land.





ESTONIA
HAANJA UPLAND



LOOGAMÄE – HAANJA (Suur Munamägi), 23 km

On the way to the highest point in the Baltic States – Suur Munamägi Hill

Having crossed the border of Latvia and Estonia via a small local road, the Forest Trail follows a country road, passes solitary farmsteads and villages, then drifts upward the west slope of Haanja Upland until reaching Suur Munamägi ('Great Egg Hill' in Estonian). This is the highest peak on the entire route from Riga to Tallinn. Feel free to linger here for a while to enjoy the Haanja scenery and the local cuisine.

PRACTICAL INFORMATION

..... 23 km

⌚ 7 – 9 h

🚩 Latvian/Estonian border
between Lake Mazais Baltnijs
and Loogamäe

🚩 Haanja village by Suur
Munamägi

📍 Loogamäe – Luutsniku –
Viitina – Haanja



Gravel roads and paved roads.
Stairs on Suur Munamägi Hill.



Medium



Be careful on the smaller and
winding rural roads!



The only places to eat and
shop are located in Haanja
village.



FORESTS

In Estonia, the trail begins in the old western taiga of the Väike-Palkna landscape protection area. The trail continues along smaller and larger roads in the cultural landscape of the Haanja Upland, where you can see forest-covered domes everywhere. Larger masses of forests are in the villages of Saluora, Mahtja and Haanja. Most of these forests are western taigas growing on fertile soil, but there are also single fragments of deciduous forest.

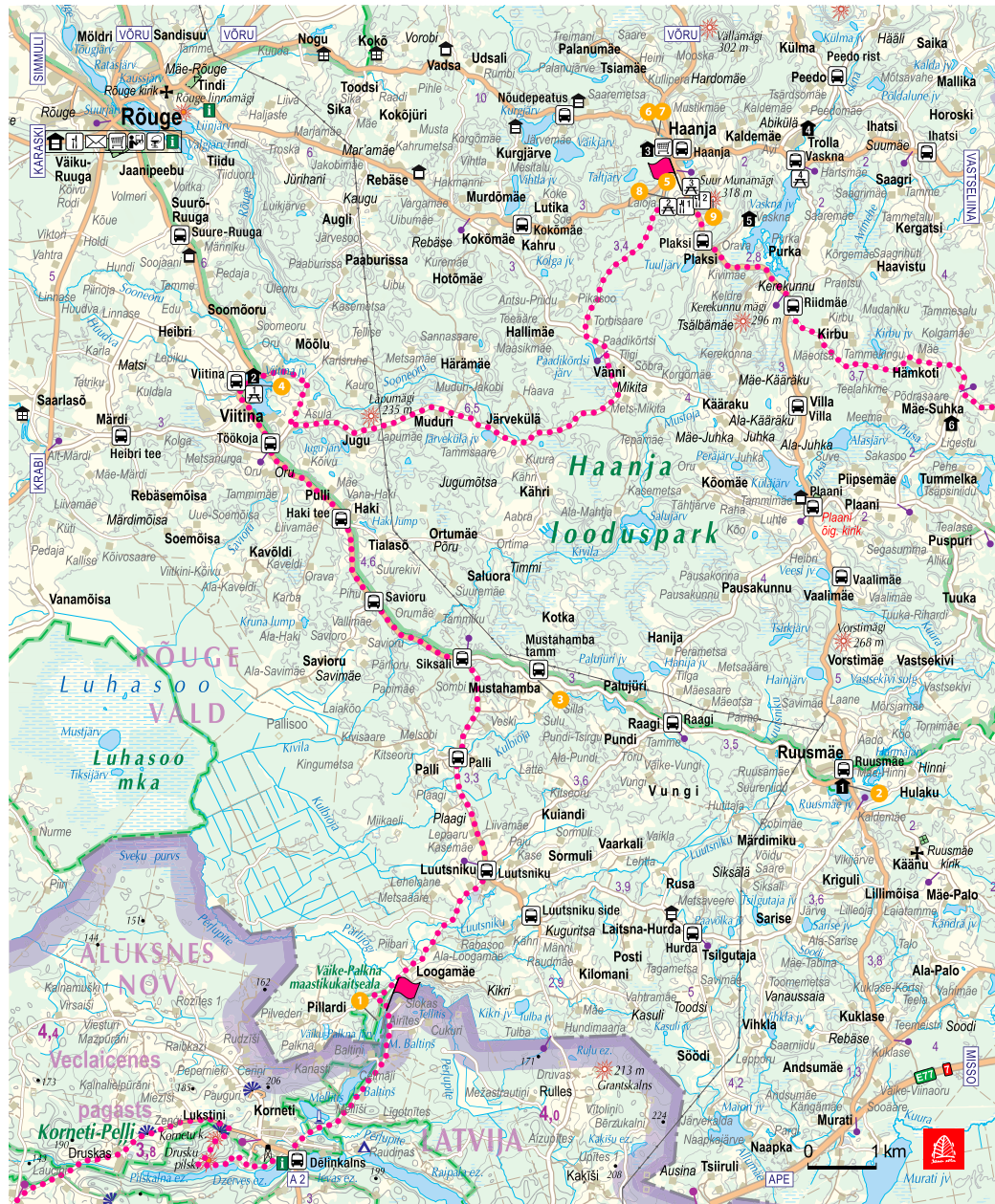
WORTH SEEING!

- 1 Väike-Palkna nature reserve** is located just off the Latvian border and forms an integral whole with the nature reserve in the Republic of Latvia. GPS: 57.6083, 26.9716
- 2 Rogosi castle manor in Ruusmäe.** First mentioned in 1957. GPS: 57.6361, 27.0880
- 3 Mustahamba oak.** The tree has a circumference of 6.65 m and height of 25 m. The picturesque oak tree is thought to be over 350 years old. GPS: 57.65165, 27.01322
- 4 Viitina manor (and park)** was a knight's manor, first mentioned in 1542. GPS: 57.6927, 26.9458
- 5 Haanja nature park.** Roughly 18% of the territory of the nature park lies more than 250 meters above the sea level. Here, one can find the highest peak in the Baltic states – (318 m) Suur Munamägi and the deepest lake in Estonia – Rõuge Suurjärv (38 m). GPS: 57.7166, 27.0499
- 6 Haanja recreation and sports centre.** The skiing slopes and cross-country skiing tracks in Haanja are suitable for beginners and experienced skiers alike. Next to the recreation centre is a shooting range for biathlon lovers. GPS: 57.7227, 27.0488
- 7 Haanja disc golf park** has a total of 18 baskets on a course of almost 2 km. Perfect for more experienced players. GPS: 57.7227, 27.04888
- 8 National Geographic yellow window** draw the guests' attention to special places, historical events, traditions, culture and nature in South-Estonia and tell the story of the local people. GPS: 57.71374, 27.05497
- 9 Suur Munamägi Hill.** 318 m above the sea level. The highest point of the Baltics provides its visitors with a splendid 50 km range view of the Estonian nature. GPS: 57.71397, 27.05994

SERVICES

Accommodations

- 1. Rogosi Manor guesthouse,** +372 5051547; GPS: 57.63580, 27.08830
- 2. County house "Viitina Puhkemaja",** +372 5248067; GPS: 57.69100, 26.94540



3. Guesthouse "Haanja Village Holiday House",

+372 5289100; GPS: 57.72050, 27.05130

4. Country house "Jõeniidu Holiday House",

+372 5304733; GPS: 57.72191, 27.08532

5. Country house "Vaskna Tourism Farm",

+372 5087359; GPS: 57.71048, 27.07015

6. Country house "Suhka Tourism Farm",

+372 5193800; GPS: 57.68250, 27.11690



Shops

In Haanja, +372 7878831; GPS: 57.72074, 27.05168



Catering

- 1. Café Suur Muna,** +372 58664668; GPS: 57.71330, 27.05520
- 2. Café 318,** +372 55543116, GPS: 57.7138, 27.0600



Public transport

Bus Võru–Rõuge–Haanja–Luutsniku–Haanja–Võru once a day.



Rest areas

1. Picnic area in Viitina,

GPS: 57.69244, 26.94624

2. Haanja campfire site,

▲(up to 4 tents are allowed) 🏕️
GPS: 57.71304, 27.05078

3. Suur Munamägi campfire site,

Paved parking space for up to 6 buses or 20 cars. The site has benches, information boards, and a separate dry toilet for women and men. GPS: 57.7151, 27.0554

4. Vaskna lake campfire site,

▲(up to 10 tents are allowed) 🏕️
GPS: 57.71628, 27.08315

TOURIST INFORMATION:



Võru County Tourist Information Centre, www.visitvõru.ee, +372 7821881; GPS: 57.8479, 26.9944



Rõuge Tourisminfo Center, +372 5032341 (June–August); GPS: 57.72840, 26.93913

#17 HAANJA (Suur Munamägi) - TSIISTRE



ESTONIA HAANJA UPLAND



HAANJA (Suur Munamägi) – TSIISTRE, 12 km

On the winding roads of Haanja Upland

The Forest Trail leads down from the highest point of the Haanja Upland, circles around the southern part of Lake Vaskna, and continues down small country roads surrounded by solitary homesteads and small clusters of farms. The hills along the route are covered in trees, but areas on the gentler slopes have been cultivated. As the village of Tsiistre draws closer, the landscape shows the presence of agricultural land, which turn into fields of gold by the end of the summer.

PRACTICAL INFORMATION

..... 12 km

⌚ 4 – 6 h

🚩 Haanja village by Suur Munamägi

🚩 Tsiistre village house

📍 Haanja – Kirbu – Pari – Tsiistre



Paved road for the first 3 km, rural gravel roads for the remaining distance



Easy



Be careful on the smaller and winding rural roads!



There are no shops or places to eat in this section past Haanja.



FORESTS

The old western taiga spruce forest growing on the slopes of Suur Munamägi Hill is a sight in itself. Through the nearly 150 years old spruces, the path leads to the observation tower of Suur Munamägi Hill. Along the trail, like everywhere in Haanja, western taiga dominates, with many deciduous trees besides the spruces - mainly aspen, birch and also some other ones. In the dells between the domes, there are numerous damp patches of swamp forest, where traces of the activities of beaver can often be seen.

WORTH SEENING!

- Haanja nature park.** Roughly 18% of the territory of the nature park lies more than 250 meters above the sea level. Here, one can find the highest peak in the Baltic states – (318 m) Suur Munamägi Hill; the deepest lake in Estonia – Rõuge Suurjärv (38 m). GPS 57.7166, 27.0499
- National Geographic yellow window.** draw the guests' attention to special places, historical events, traditions, culture and nature in South-Estonia and tell the story of the local people. GPS: 57.71374, 27.05497
- Suur Munamägi Hill.** 318 m above the sea level, is the highest point of the Baltics provides its visitors with a splendid 50 km range view of the Estonian nature. GPS 57.7152, 27.0601
- Haanja recreation and sports centre.** The skiing slopes and cross-country skiing tracks in Haanja are suitable for beginners and experienced skiers alike. Next to the recreation centre is a shooting range for biathlon lovers. GPS 57.7227, 27.0488
- Haanja disc golf park** has a total of 18 baskets on a course of almost 2 km. Haanja disc golf park is perfect for more experienced players. GPS 57.7227, 27.0488

SERVICES

Accommodations

- Country house "Jõeniidu Holiday House",** +372 5304733; GPS: 57.72191, 27.08532
- Country house "Vaskna Tourism Farm",** +372 5087359; GPS: 57.71048, 27.07015
- Country house "Suhka Tourism Farm",** +372 5193800; GPS: 57.68250, 27.11690
- Guesthouse "Tsiistre Village House",** +372 57800992; GPS: 57.66241, 27.19333



Shops

Haanja, +372 7878831;
GPS: 57.72074, 27.05168

Dairy store in Nopri Farm,
+372 5660 8722;
GPS: 57.64750, 27.20190

There are no shops from Haanja to Vastseliina!



Catering

2. Café Suur Muna,
+372 58664668;
GPS: 57.71330, 27.05520

3. Café 318,
+372 55543116;
GPS: 57.71380, 27.06000

No catering possibilities before Vana-Vastseliina (only in June-August) and Obinitsa.



Public transport

Bus Võru-Haanja-Misso-Haanja-Võru, 2 times a day.



Rest areas

1. Suur Munamägi campfire site,
GPS: 57.71516, 27.05546

2. Vaskna lake campfire site,
▲ (up to 10 tents are allowed) 🔥
GPS: 57.71628, 27.08315

3. Tsiistre, 🔥
GPS: 57.66241, 27.19333

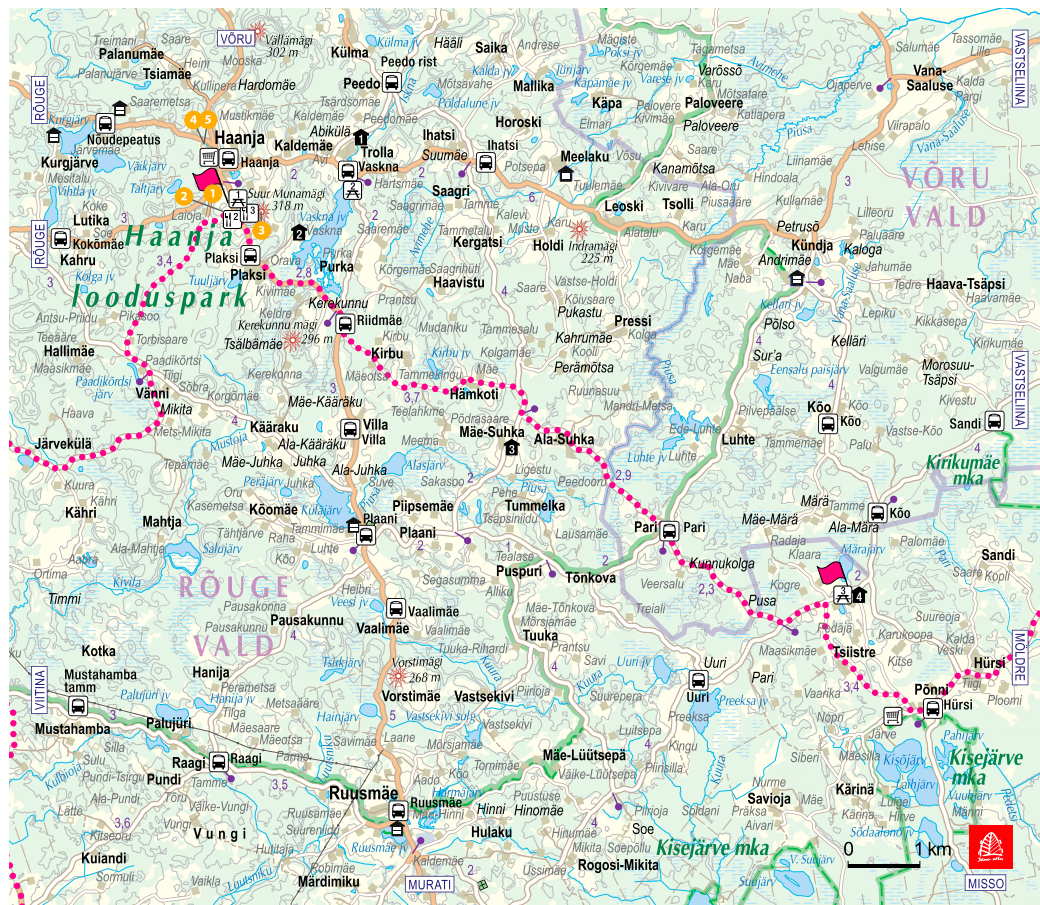
TOURIST INFORMATION:



Võru County Tourist Information Centre,
www.visitvõru.ee,
+372 7821881;
GPS: 57.84790, 26.99440



Rõuge Tourist Information Centre,
+372 5032341 (June-August);
GPS: 57.72840, 26.93913





ESTONIA
HAANJA UPLAND



TSIISTRE – VANA-VASTSELIINA, 19 km

Along the ancient pilgrim paths to Vana-Vastseliina

During this section, the Forest Trail passes through the northern part of the Haanja Upland and descends to Vana-Vastseliina, an ancient pilgrimage destination in the Piusa River valley. On its high bank the ruins of the bishop's castle are quite a sight.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Tsiistre village house

🚩 Vana-Vastseliina Episcopal Castle

📍 Tsiistre - Möldre - Vana-Vastseliina

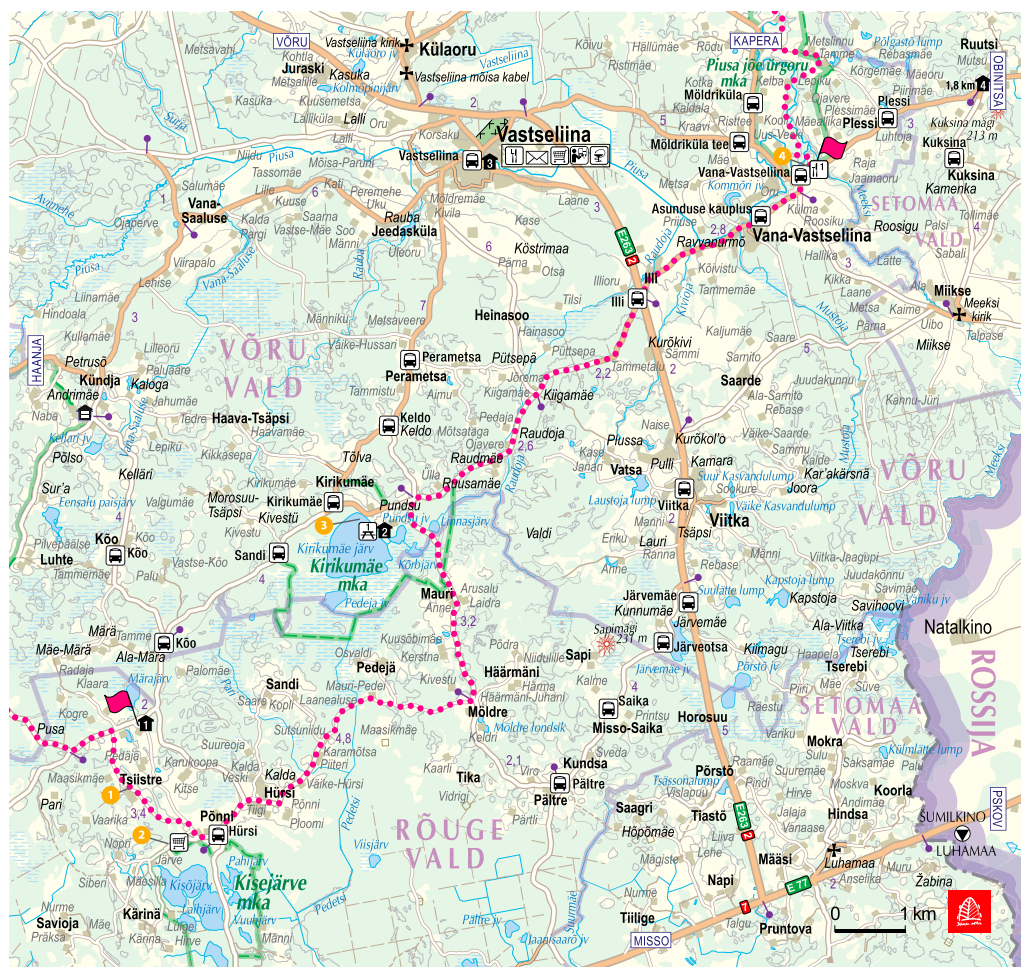
🌳 Rural gravel roads, paved road for the last 4 km

🟢 Easy

⚠️ Be careful when crossing the Võru - Tartu motorway (No. 2)!

❗ The closest shops and places to eat are located in the village of Vastseliina (not to be confused with Vana-Vastseliina. The distance between the two villages is 5 km). You can spend the night at the pilgrimage site next to the ruins of the Vana-Vastseliina Episcopal Castle.





FORESTS

Moving from Tsiistre towards Vana-Vastseliina it is not so obvious that it is mainly an agricultural area. Small copses of trees can be seen everywhere and they alternate with fields and meadows. It is only in the Kirikumäe landscape reserve that the trail again reaches a larger natural landscape, with bogs and forests spreading around Lake Kirikumäe. While only old western taiga can be seen along the trail, there are also bog woodlands a few hundred meters from the trail. After Kirikumäe the trail winds in a larger forest massif and managed western taiga can be seen beside the trail.

WORTH SEENING!

- 1 Tsiistre linen museum.** The museum has a collection of folk linen. Flax is one of the oldest cultural plants in Estonia. A few decades ago, blue flax fields were a common sight in southern Estonia
GPS: 57.65432, 27.19228
- 2 Nopri dairy farm and shop.** Here you can see where the milk comes from, see and touch a REAL cow, watch the making of cheese from curds, yogurt, cottage cheese and other milk products, and taste different products.
GPS: 57.6475, 27.2019
- 3 Lake Kirikumäe.** Forest and meadow communities.
GPS: 57.68731, 27.25210
- 4 Entertainment centre in the Vastseliina Episcopal Castle.** This is a place full of legends. Ruins of the fortress and a sanctuary from the 14th century. NB! When entering castle grounds additional fees will apply. GPS: 57.729180, 27.361285

SERVICES



Accommodations

- 1. Guesthouse "Tsiistre Village House",**
+372 57800992;
GPS: 57.66241, 27.19333
- 2. Country House "Kirikumäe Tourist House and Cabins",** +372 5084264;
GPS: 57.68550, 27.25440
- 3. Vastseliina Guest Apartment,**
+ 372 59021001;
GPS: 57.73160, 27.28470
- 4. Guesthouse "Setomaa Tourism Farm",**
+ 372 5161941;
GPS: 57.74000, 27.43050



Shops

- Dairy store in Nopri Farm,**
+372 5660 8722; GPS: 57.64750, 27.20190
- Shop in Vastseliina,**
GPS: 57.73208, 27.28435



Catering

- 1. "Neuhausen tavern",**
Open only from June to August.
+372 53030648; GPS: 57.72886, 27.36230



Public transport

Only 1-2 times per day.



Rest areas

- 1. Kirikumäe campfire site,**
▲ (up to 2 tents are allowed) ▲
GPS: 57.68552, 27.25486

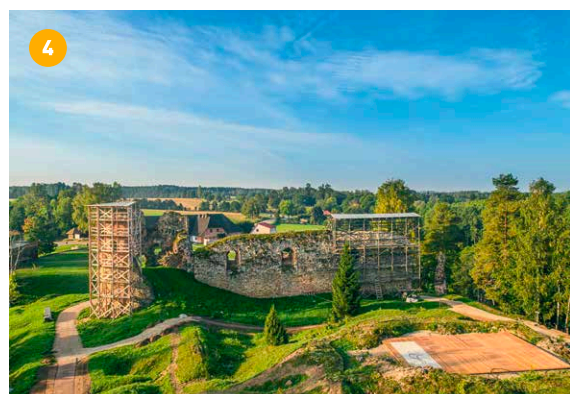
TOURIST INFORMATION:



Võru County Tourist Information Centre,
www.visitvõru.ee, +372 7821881;
GPS: 57.84790, 26.99440



Rõuge Tourisminfo Center,
+372 5032341 (June-August);
GPS: 57.72840, 26.93913



HIGHLIGHTS OF SETOMAA

- **Unique culture** – traditions, architecture, handicrafts, language, cuisine
- **Seto leelo** – Seto traditional polyphonic singing, UNESCO intangible cultural heritage
- **Forest sites** for picking wild mushrooms and berries
- Valley of the **Piusa River**, caves and bats
- **Härma Walls** – Estonia's highest Devonian sandstone outcrop
- **Mustoja landscape reserve**
- **Seto museums** in Värskä, Saatse and Obinitsa
- **Värskä mineral water and healing mud**
- National Geographic yellow frames in the villages of **Obinitsa** and **Podmotsa**





ESTONIA **SETOMAA**

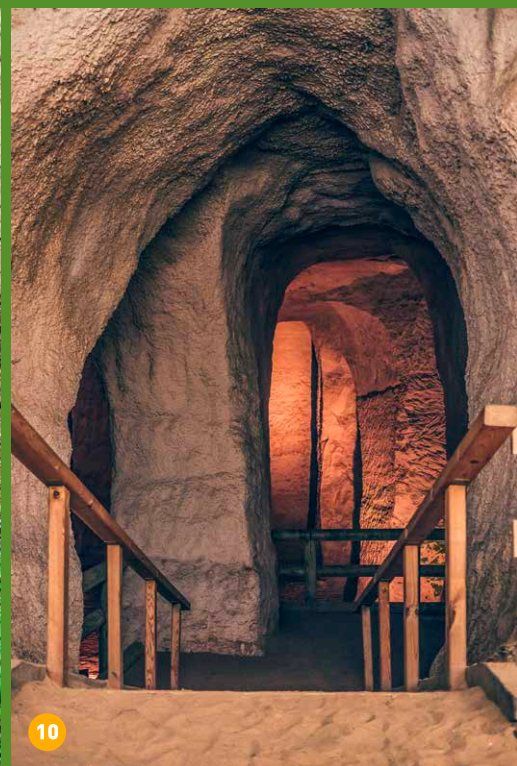
SETOS LAND – DIVERSE NATURE COMBINED
WITH AUTHENTIC CULTURE

#19-21

Vana-Vastseliina – Ristipalo, 73 km

Setomaa or “the Land of Setos” is inhabited by Setos – an ethnographic group with specific ancient traditions and a unique language dialect. FOREST TRAIL hikers can visit the traditional Seto homestead and enjoy Seto cuisine. The forests of the region are especially charming in early autumn, when the ground is coloured lilac by the blooming heather. One of the most beautiful sections of the trail in Setomaa leads along the Piusa River, where the river is surrounded by sandstone outcrops. Located at the Värskas Bay, underneath a beautiful pine forest there is Värskas resort with its sanatorium and SPA which use the strengths of local nature: mineral water and lake mud. Värskas mineral water is well known in Estonian and elsewhere.





ESTONIA SETOMAA



VANA-VASTSELIINA – KOLODAVITSA, 26 km

Along the banks of Piusa, the fastest river in Estonia

The first part of this section of the Forest Trail winds along the magnificent Piusa River valley, then, at Härmä village, it turns towards Obinitsa, an important cultural centre of Setomaa, the Land of Setos. Here you can discover the traditions of the local Seto people. After Obinitsa, the Forest Trail leads through beautiful pine forests rich in heather, descends back into the depths of the Piusa River valley and turns east at Piusa caves. From there it follows the left slope of Piusa valley until it reaches the motorway and railway line by Koidula railway station.

PRACTICAL INFORMATION

..... 26 km

⌚ 8 – 10 h

🚩 Vana-Vastseliina Episcopal Castle

🚩 Kolodavitsa by Koidula motorway

📍 Vana-Vastseliina – Piusa River valley – Lindsa – Obinitsa – Piusa – Kolodavitsa



Small forest roads, forest trails, paths through meadows in the Piusa River valley and its surroundings; gravel roads and paved roads elsewhere



Hard



Some slopes of the Piusa valley are steep and may become slippery in wet weather



Don't go too close to the edge of the sandstone outcrop!



Shoes may become wet in damp conditions. There are no shops and caterers in the destination. You can spend the night at the pilgrimage site next to the ruins of the Vana-Vastseliina Episcopal Castle.



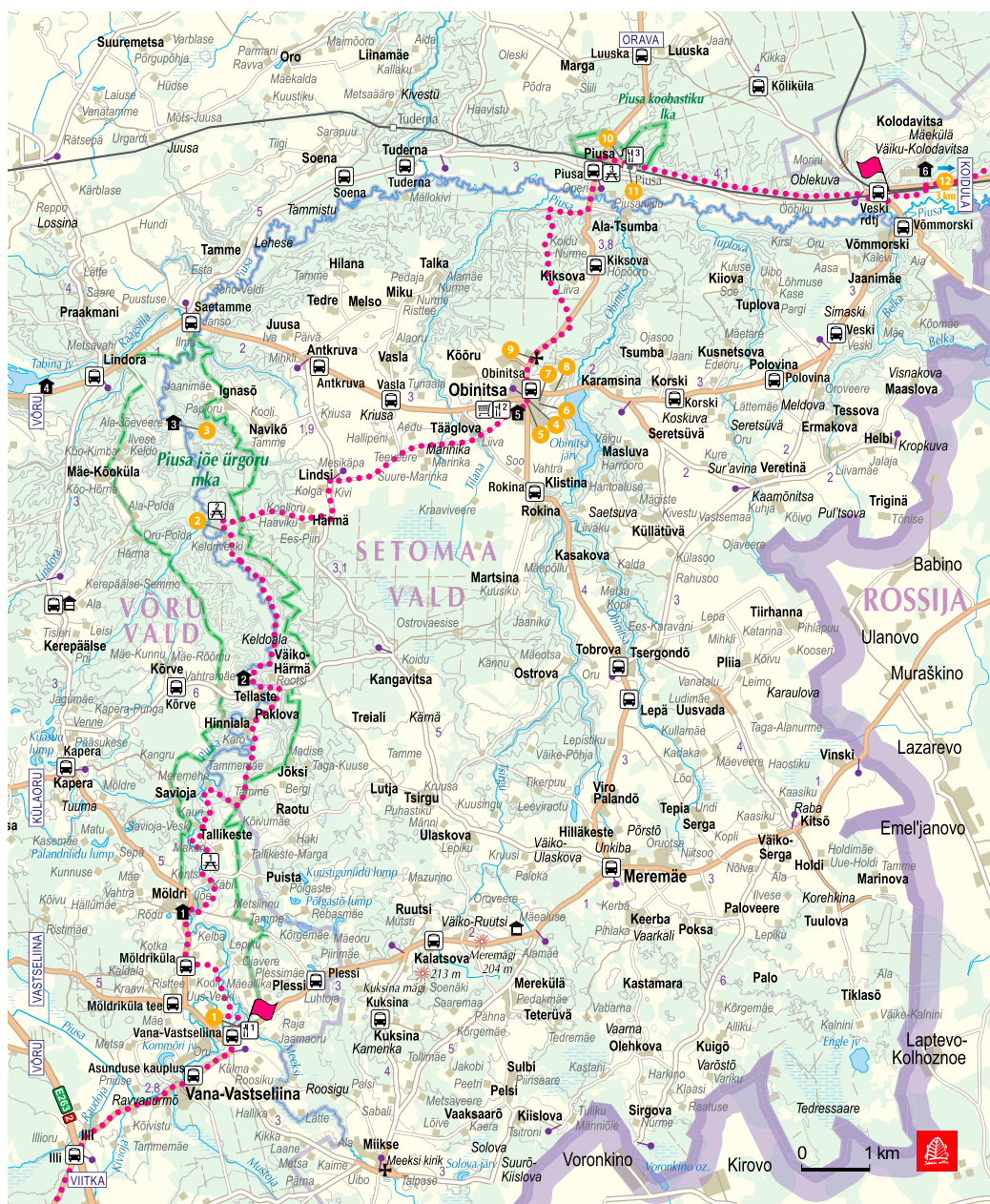
The section can be split into two days, spending the night in one of the accommodation places in Piusa Valley or Obinitsa, and completing the stretch of road to Kolodavitsa in the second day.

FORESTS

From Vana-Vastseliina, the trail runs through the Piusa primeval valley landscape reserve in quite a length. Here the look of the forests begins to change. The Vastseliina Manor Park, rich in species, also includes hardwoods such as ash, oak and maple. Moving further, at first, on the steep banks of the primeval valley, there are still western taiga and, at the bottom of the primeval valley, fragments of floodplain forest. The main tree species of the landscape reserve area is pine, which is very evident in the northern part of the reserve. There is a large mass of dry pine forests there. Around Lindsi and Obinitsa the trail passes through a territory of large fields, but a few kilometres after Obinitsa, the trail once again reaches into dry pine forests filled with light. As the Devonian sandstone is exposed here and there around Piusa, small patches of heath pine forests grow in the driest areas.

WORTH SEEING!

- Entertainment centre in the Vastseliina Episcopal Castle.** This is a place full of legends. Ruins of the fortress and a sanctuary from the 14th century. NB! When entering castle grounds additional fees will apply. GPS: 57.729180, 27.361285
- Härma Walls (sandstone outcrops) in the Piusa River primeval valley.** The Upper Härma wall is Estonia's highest Devonian sandstone outcrop. GPS: 57.79475, 27.36323
- Jõeveere museum (private museum).** +372 5280952; GPS: 57.80918, 27.35225
- Seto Studio-Gallery.** You can see older and contemporary Seto art and folk art, the sale of arts and crafts is open in the historic shop. +372 5117361; GPS: 57.80974, 27.43965
- National Geographic yellow windows** draw the guests' attention to special places, historical events, traditions, culture and nature in South-Estonia and tell the story of the local people. GPS: 57.810062, 27.439529
- Obinitsa museum.** +372 56227732; GPS: 57.80978, 27.44289
- Obinitsa village chapel.** GPS: 57.809472, 27.442778
- Singing Mother monument.** You can see the memorial to all the "singing mothers" of Setomaa. GPS: 57.81115, 27.44695
- Obinitsa church and cemetery.** The church was built in the 1952 and the cemetery is at least 1,500 years old. GPS: 57.81525, 27.44247
- Piusa caves visitor centre.** The sandstone caves have been created during the mining of glass sand in 1922–1966. +372 5304 4120; GPS: 57.84125, 27.46628
- Piusa Pottery ceramics studio.** An open ceramics studio and shop. +372 5233316; GPS: 57.84013, 27.46785
- Koidula railway station.** GPS: 57.837153, 27.575472



SERVICES



Accommodations

- Guesthouse "Vasekoja Holiday Centre",** +372 5038056; GPS: 57.74457, 27.34815
- Guesthouse "Piusa Ürgorg (Primeval Valley) Holiday Complex",** +372 5289134; GPS: 57.77500, 27.36669
- Country house "Jõeveere Farm",** +372 5280952; GPS: 57.80918, 27.35225
- Guesthouse "Tabina Holiday House",** +372 5090143; GPS: 57.81507, 27.32105
- Guesthouse "Obinitsa Holiday House",** +372 53536015; GPS: 57.80821, 27.43728
- Country house "Hundi Tourist Farm",** +372 56649957; GPS: 57.83765, 27.54108



Shops

- Shop in Vastseliina,**
+ 372 7851081; GPS: 57.73208, 27.28435
- Shop in Obinitsa,**
+372 7854160; GPS: 57.80897, 27.43957



Catering

- "Neuhausen tavern",**
+372 53030648;
GPS: 57.72886, 27.36230
Open only from June to August.

- Cafe "Taarka Tarõ",**
+372 56203374; GPS: 57.81055, 27.44035
- Cafe in Piusa Caves Visitor Centre,**
+372 53044120; GPS: 57.84125, 27.46628
Open only from June to August.



Public transport

Bus Vana-Vastseliina–Meremäe–Obinitsa–Koidula 3–4 times a day.



Rest areas

- Make campfire site,**
▲ (up to 2 tents are allowed) 🏕️
GPS: 57.75140, 27.35590
- Härma campfire site,**
▲ (up to 5 tents are allowed) 🏕️
GPS: 57.79733 27.36124
- Piusa campfire site,**
▲ (up to 4 tents are allowed) 🏕️
GPS: 57.83965, 27.46330

TOURIST INFORMATION:



Võru County Tourist Information Center,
www.visitvõru.ee,
+372 7821881; GPS: 57.84790, 26.99440



Setomaa Tourist Information Point in Värskä, www.visitsetomaa.ee,
+372 56821268; GPS: 57.95786, 27.63356



ESTONIA SETOMAA



KOLODAVITSA - VÄRSKA, 22 km

Historical heritage and living traditions in Setomaa, the land of Seto people

The Forest Trail leads through the vast forests of Setomaa, along mires and moors, which are painted a fabulous shade of purple in September. This is a sparsely populated region, and hikers have the chance to really connect to the nature. At Lake Õrsava, the Forest Trail crosses several pedestrian bridges, circles around the lake and leads to the centre of Värskä borough. Take your time to discover local Seto traditions and cuisine.

PRACTICAL INFORMATION

..... 22 km

⌚ 7 – 9 h

🚩 Kolodavitsa by Koidula motorway

🚩 Värskä by Setomaa Tourist Information Point

📍 Kolodavitsa - Säpina - Õrsava - Värskä



Small forest roads, trails, gravel roads, paved roads near Säpina and Värskä.



Medium



Former railway bridge (arched tunnel) by Matsuri village, where water flows after spring showers. You may have to wade through or climb up/down the railway embankment.



Be careful when walking on the side of the motorway!



Some parts of the path from Kolodavitsa to Säpina and elsewhere may be covered in dense vegetation. Shoes and clothes may become wet in damp conditions. There are no shops or cafeterias on the Forest Trail from Obinita and Piusa caves to Värskä. You can spend an entire day exploring the historical resort in Värskä and the various trails in the vicinity of Väike-Rõsna.

FORESTS

The most beautiful part of the day is where the trail passes through the Mustoja landscape reserve. It is home to Estonia's largest and most embossed area full of bulge-like elevations, including sandy regions and lake plains, the Mustoja River primeval valley, heath and dry pine forests, and wooded and treeless bogs with large bog-islands. The vegetation of the area has been heavily affected by major forest fires, the most recent in 1963, when the forest burnt nearly on 600 hectares. From time to time, as a result of the fires, forests have been replaced by heaths. Pine crops have been established in the outcrops, which grow very well in some places, while in other areas the heaths remain. Old-growth forests, peculiar heath-heather birch forests, and occasionally uncrusted pine forests - these are examples of the rare and peculiar communities.

WORTH SEENIG!

- 1 Koidula railway station.**
GPS: 57.837153, 27.575472
- 2 Säpina village chapel.**
GPS: 57.852232, 27.583800
- 3 Mustoja landscape reserve.**
GPS: 57.87372, 27.64089
- 4 The Northern Camp.**
GPS: 57.94421, 27.64672
- 5 Verhulitsa pine.**
GPS: 57.93971, 27.65191
- 6 Värskä farm museum.**
You can see how Seto people lived in the late 19th and early 20th century.
+372 5054673; GPS: 57.942246, 27.651567
- 7 House of the Captain of "Aurora".**
You can see a summerhouse with an interesting architecture, built by the captain of cruiser Aurora. GPS: 57.95933, 27.62801
- 8 Värskä church.** The church has an original iconostasis or icon wall and numerous beautiful handcrafted sacred items.
GPS: 57.96028, 27.62971
- 9 Värskä harbour.**
GPS: 57.9575, 27.62900
- 10 Värskä Resort Hotel.**
+372 7993901; GPS: 57.98547, 27.62276
- 11 Värskä resort beach and harbour.**
GPS: 57.98673, 27.61957
- 12 Väike-Rõsna village chapel.**
GPS: 57.98870, 27.62170
- 13 Saarõpää look-out tower.**
GPS: 57.990667, 27.651556

SERVICES



Accommodations

- 1. Country house "Hundi Tourist Farm",**
+372 56649957; GPS: 57.83765, 27.54108
- 2. Country house "Peko Holiday Home",**
+372 5256695; GPS: 57.93318, 27.65838
- 3. Guesthouse "Koidu's Home",**
+372 53412864; GPS: 57.94576, 27.63230
- 4. Country house "Veelinnu farm camp-sites",**
+372 521 7684; GPS: 57.94584, 27.63390



- 5. Guesthouse "Helena holiday home",**
+ 372 5097865; GPS: 57.95050, 27.65587
- 6. Guesthouse "Hirvemäe Recreational centre",**
+372 7976105; GPS: 57.95583, 27.62962
- 7. Värskä Guesthouse,**
+372 5239697; GPS: 57.95666, 27.62978
- 8. Värskä Spa Water Park Hotel,**
+372 7999334; GPS: 57.98282, 27.62430
- 9. Värskä Resort Hotel,**
+372 7993901; GPS: 57.98547, 27.62276



Catering

- 1. Café Seto Tsäimaja,**
+372 5054673; GPS: 57.94324, 27.65086
- 2. Näki café in Värskä Water Park,**
+372 7999335; GPS: 57.98282, 27.62356
- 3. Café Lahe,**
+ 372 7964698; GPS: 57.98602, 27.62263



Shops

- Värskä "A ja O",**
GPS: 57.959068, 27.631552
- Värskä "Lemmik",**
GPS: 57.95912, 27.63094



Public transport

Bus traffic between Koidula and Ristipalo goes ~7 times a day.



Rest areas

- 1. Värskä campfire site,**
▲ (up to 10 tents are allowed) 🏕️
GPS: 57.94656, 27.63360

TOURIST INFORMATION:



Setomaa Tourist Information Point in Värskä, www.visitsetomaa.ee,
+372 56821268; GPS: 57.95786, 27.63356



ESTONIA SETOMAA



VÄRSKA - RISTIPALO, 25 km

Värška – historical resort

After leaving Värška, the Forest Trail turns northwest towards Värška Gulf of Lake Pskov. Having circled around in the forest, the trail leads to Laossina village, where the visitors have the opportunity to learn more about the religious traditions of the Seto people. This section of the Forest Trail passes through the Lake Peipus lowlands, so the terrain is flat. The land is mainly used for agriculture. After crossing the Võhandu River near Võõpsu village, the Forest Trail turns towards Räpina.

PRACTICAL INFORMATION

..... 25 km

⌚ 8 – 10 h

🚩 Värška by Setomaa Tourist Information Point

🚩 Ristipalo by the Estonian State Forest Management (RMK) Office

📍 Värška - Laossina -
Toomasmäe - Varesmäe -
Võõpsu - Ristipalo



Paved road in Värška and the last 4 km of the distance; forest roads and trails, gravel roads.



Medium



The only cafés are located in Värška and Räpina.



If you have travelled a long way, it is advised to take a day off and enjoy the Värška SPA and pool to give your body a break. The more active hikers can take a walk around the historical resort and the various trails in the vicinity of Väike-Rõsna.



FORESTS

It is a peculiar area of Setomaa, where both pine and heath pine forests grow on predominantly sandy land. The forests alternate with the small Seto villages and fields. Forests are of different ages because the forests are actively managed here. There are a couple of cross pines near Ristipalo. Cutting a cross into a tree is still a part of the funeral tradition of South-East Estonia and trees with cross marks in our nature are unique features of the regional burial culture.

WORTH SEEING!

- Värsk church.** The church has an original iconostasis or icon wall and numerous beautiful handcrafted sacred items.
GPS: 57.96028, 27.62971
- Suure-Rõsna village chapel.**
GPS: 57.996383, 27.609117
- Laossina beach.**
GPS: 57.980879, 27.585912
- Laossina village chapel.** Laossina village chapel is located in a medieval village cemetery that is still in use. Several medieval crosses stand behind the chapel.
GPS: 58.029615, 27.579956
- Võõpsu village chapel.** This is the largest wooden chapel of Setomaa (on the Estonian side). Most likely, it originally served as a barn. GPS: 58.07917, 27.54432
- Võõpsu harbour.**
GPS: 58.081965, 27.545221
- Võõpsu Orthodox church.**
GPS: 58.08182, 27.53749
- Võõpsu fire station.** In 1928 a fire station was built on the Võõpsu market square. The station was used for storing fire equipment, and fire hoses were dried in the station's tower. Nowadays the station is used for exhibitions as well as community and open-air events.
GPS: 58.08191, 27.5383

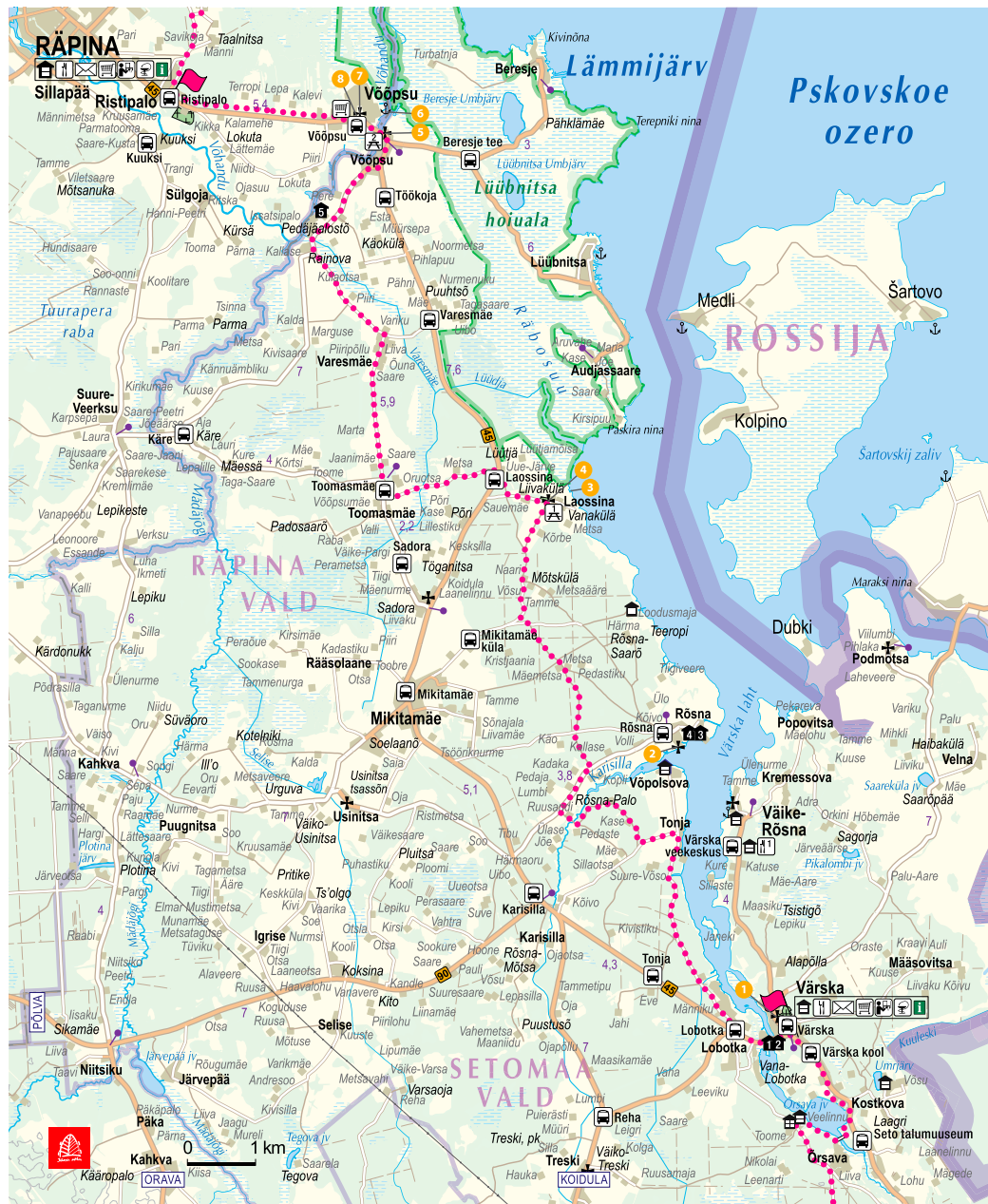
SERVICES

Accommodations

- Guesthouse "Hirvemäe Recreational centre",** +372 7976105;
GPS: 57.95583, 27.62962
- Värsk Guesthouse,**
+372 523697; GPS: 57.95666, 27.62978
- Country house "Rõsna Holiday Home",**
+372 58190203; GPS: 57.99771, 27.61294
- Guesthouse "Sadama Recreation Area",**
+ 372 5063301; GPS: 57.99762, 27.61469
- Guesthouse "Eve Holiday Home",**
+ 372 56651353; GPS: 58.06891, 27.52771

Catering

- Näki café in Värsk Water Park,**
+372 7999335; GPS: 57.98282, 27.62356



Shops

Võõpsu shop,
GPS: 58.08111, 27.53707



Public transport

Bus traffic between Koidula and Ristipalo goes ~7 times a day.



Rest areas

- Laossina,**
▲ (up to 4 tents are allowed) 🏕️
GPS: 58.02941, 27.57941
- At Võõpsu chapel,**
GPS: 58.07917, 27.54432

TOURIST INFORMATION:



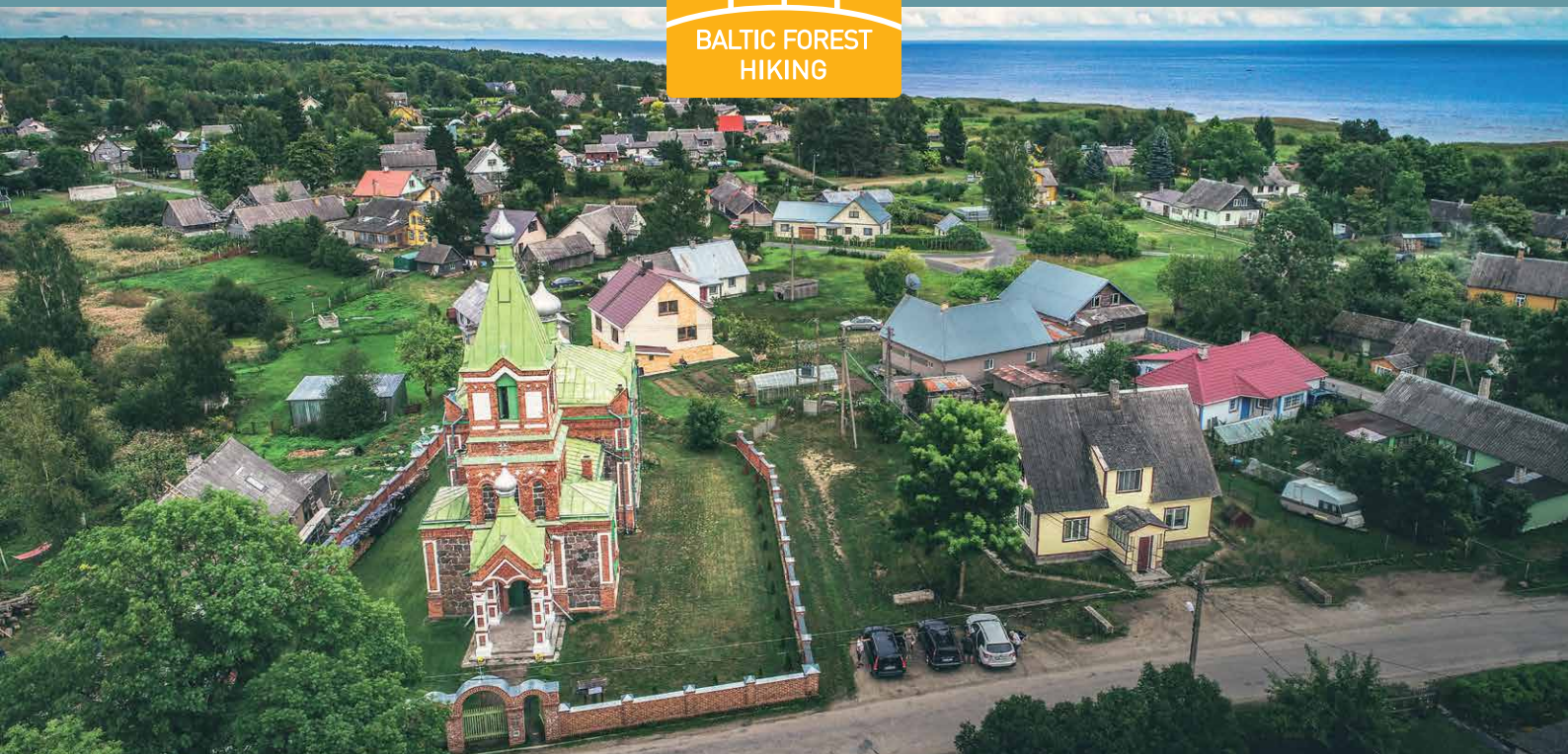
Setomaa Tourist Information Point in Värsk,
www.visitsetomaa.ee,
+372 56821268;
GPS: 57.95786, 27.63356



HIGHLIGHTS OF LAKE PEIPUS SHORE

- **Peipus** – the fourth largest lake in Europe
- **Kavastu Ferry** – the only manually powered ferry in the Baltic states
- **Emajõe wetland** with a wooden footpath
- **Varnja, Kolkja, Kallaste, Mustvee** – Old Believers' villages, where onions are traditionally grown
- **Fishing traditions and fish restaurants** in Lake Peipus area
- **Alatskivi castle**
- **Kallaste sandstone cliffs**
- **Lake Peipus lighthouses**
- **Avinurme** handicraft centre
- **Sandy beach** on the northern shore of Lake Peipus
- **Alutaguse National Park** is one of the most densely wooded and swampy areas in Estonia
- **Kuremäe Monastery** – a popular pilgrimage place





ESTONIA LAKE PEIPUS SHORE

FISHING VILLAGES AND ONION ROUTE

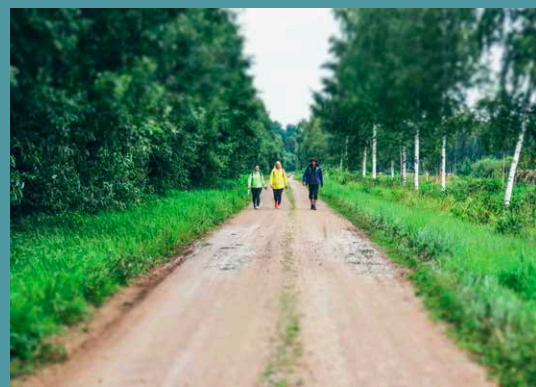
#22-33

Ristipalo – Kuremäe, 255 km

Lake Peipus is so large that it could be mistaken for sea. FOREST TRAIL leads along the shores of the lake, passing through villages that are linked together by long streets. The streets are packed with rows of colourful houses. An influence of Orthodox culture can be sensed in the way these villages are constructed. Since the time of the Russian Emperor Tsar Nicholas, a tradition of growing onions persists in this region, and often people sell strings of home-grown onions on street sides. Visitors can buy fresh fish from Lake Peipus in shops or enjoy delicious meals served in local restaurants. As FOREST TRAIL reaches the northern shore of Lake Peipus, the route stretches along a sandy beach for two days.



WWW.BALTICTRAILS.EU



ESTONIA LAKE PEIPUS SHORE



RISTIPALO - MEHIKOORMA, 23 km

Through the polder meadows of Lake Peipus

Nearly half of this section runs on straight polder roads of the Lake Peipus lowlands. The polders are designed to protect the surrounding land from flooding in spring. The flat polder meadows are used for agriculture and grazing livestock. The section from Naha to Mehikoorma leads along the Rāpina - Mehikoorma road. A beautiful view of Lake Lämmijärv opens from the Mehikoorma Lighthouse. This lake is a narrowing between Lake Pskov and Lake Peipus. Russia lies on the other side of Lake Lämmijärv (1.7 km).

PRACTICAL INFORMATION

..... 23 km

⌚ 7 – 9 h

🚩 Ristipalo by the Estonian State Forest Management (RMK) Office

🚩 Mehikoorma village centre



Ristipalo - Raigla - Naha -
Meeksi - Mehikoorma



Paved roads for approximately
half of the trail, gravel roads
or polders for the remaining
distance.



Easy



Be careful when walking along
the side of the road!



Roads in the polder meadows
may be overgrown with
long grass, so keep in mind
that your feet will get wet
in the morning dew and on
rainy days. The only shops
are located in Rāpina and
Mehikoorma. Stock up on
groceries in Mehikoorma, as
the next shop is located in
Kavastu village at a two-day
walk distance.

FORESTS

The moist dell of Lake Peipus also changes the character of the forest along the hiking trail. More and more moist and fertile forests with spruce dominate. In even wetter places, common trees include birch, aspen and willow.

WORTH SEEING!

- 1 Rāpina local history and gardening museum.** The museum introduces the history, horticultural school and gardening related to the parish and town of Rāpina. +372 5207811; GPS: 58.09726, 27.45084
- 2 Rāpina creative centre (Loomemaja).** The Rāpina Creative Centre introduces the skills and techniques that the local people have been and are doing today. +372 521 8202; GPS: 58.09639, 27.45070
- 3 St. Michael's Lutheran church in Rāpina.** The church was completed in 1785. Built in late Baroque style, the walls of the church are made of stone and plastered. The front of the church is adorned with sculptures from the same time, symbolizing hope and love. GPS: 58.09932, 27.45758
- 4 St. Zachariah's and Elizabeth's Orthodox church in Rāpina.** The church was built in 1829-1833 and consecrated in 1834. The church building has the Latin perpendicular shape. GPS: 58.09241, 27.45399
- 5 Rāpina port.** Port for holidaymakers, professional fishermen, recreational fishermen and water sports enthusiasts. +372 5251225; GPS: 58.12491, 27.52965
- 6 Mehikoorma lighthouse.** The tallest of the three lighthouses on Lake Peipus. GPS: 58.23334, 27.47657

SERVICES

Accommodations

- 1. Guest house "Pedaja",** +372 5214932; GPS: 58.08564, 27.40977
- 2. Hotel "Rāpina",** +372 7300460; GPS: 58.10390, 27.45301
- 3. Guest house "Maarjamäe maja",** +372 5292478; GPS: 58.12191, 27.44873
- 4. Guest apartment „Haudamäe”,** +372 5234202; GPS: 58.09682, 27.46146
- 5. Guest house "Mehikoorma Külaliskodumaja",** +372 5237240; GPS: 58.23302, 27.47577

Catering

- 1. "Puuriida Pubi",** +372 7964665; GPS: 58.09472, 27.45928
- 2. "Provintsi kohvik",** +372 7750223; GPS: 58.09989, 27.45859
- 3. "Kiudoski Restoraan",** +372 7300460; GPS: 58.10380, 27.45293
- 4. Rāpina Sadamakohvik,** +372 5251225; GPS: 58.12491, 27.52965



Shops

- Rāpina "Coop",**
GPS: 58.09488, 27.45948
- Rāpina "Maxima X",**
GPS: 58.09745, 27.46353
- Rāpina "Olerex tankla 24h",**
GPS: 58.10154, 27.45801



Public transport

Bus connection Ristipalo–Rāpina–Mehikoorma 2 times a day.



Rest areas

- 1. RMK Ristipalo campsites,** GPS: 58.085543, 27.49172

TOURIST INFORMATION:



Põlvamaa Tourist Information Centre,
Rāpina, Kooli 1, www.visitpolva.ee,
+372 7995001; GPS: 58.09729, 27.46505





ESTONIA LAKE PEIPUS SHORE



MEHIKOORMA - LÄÄNISTE, 26 km

Around the Emajõe-Suursoo wetland

The stage fully justifies the name of the Forest Trail, as the next three days lead through one of Estonia's largest wetlands, the Emajõe-Suursoo wetland, which is surrounded by extensive forest areas. The only settlement area between Jõepera and Ahja River is Järvelja, enclosed by forests. The terrain is flat, since the Forest Trail still runs through the Lake Peipus lowlands. The destination is located by the Ahja River, which is known for its scenic Devonian sandstone outcrops and a popular boat route.

PRACTICAL INFORMATION

..... 26 km

⌚ 8 – 10 h

🚩 Mehikoorma village centre

🚩 Lääniste village by the bridge over Ahja River

📍🚩 Mehikoorma - Jõepera - Järvelja - Lääniste



Gravel roads, paved road for 2 km



Medium

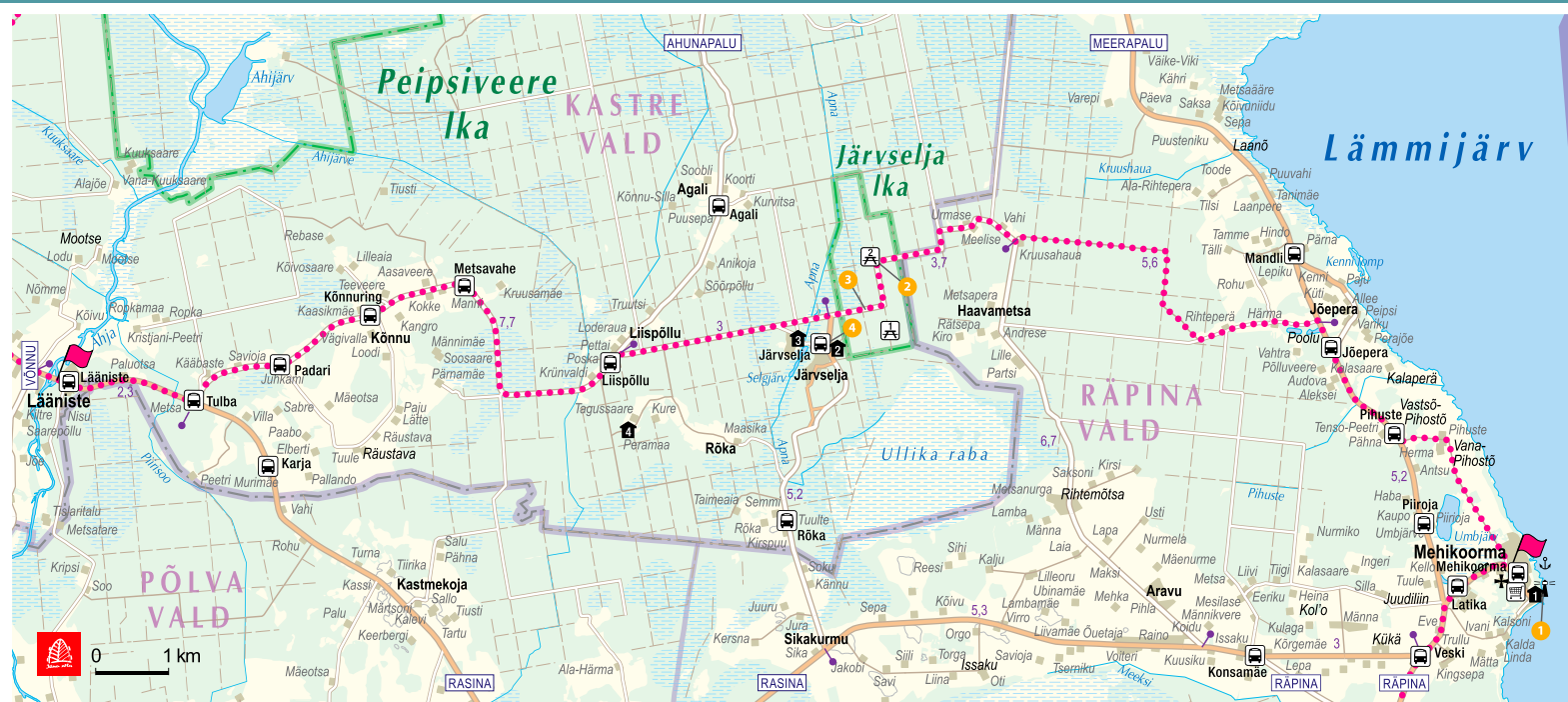


Be careful when walking along small and winding rural roads!



There are no shops or caterers between Mehikoorma and Kavastu (two-day walk)! No places of accommodation near Lääniste. Buses run between

Järvelja and Lääniste a few times a day (about 15 min drive), so you can go back from the destination to Järvelja, stay the night and return to the starting point the following morning. If you are leaning towards this option, make sure to look at the bus schedules: www.peatus.ee. You can also ask the host whether he can pick you up with a car.



FORESTS

Järvelja is home to Estonia's oldest forest conservation area, the so-called "primeval forest quarter" (under protection since 1924). Several generations of Estonian forest scientists and forest managers have gained knowledge and practice in the surrounding forests. Forestry tests and research are still ongoing in Järvelja. The forests here are of different types due to different soil moisture.

SERVICES



Accommodations

- Guest house "Mehikoorma Külastemaja",**
+372 5237240; GPS: 58.23302, 27.47577
- Hostel "Järvelja Õppe- ja Katsemetsakond",**
+372 7411334; GPS: 58.26751, 27.31371
- Castle "Järvelja Jahiloss",**
+372 53813661; GPS: 58.26920, 27.30612
- Guest house "Peramaa Puhkekeskus",**
+372 55687026; GPS: 58.25892, 27.26546



Shops

Mehikoorma "A & O",
GPS: 58.23560, 27.46988



Catering

There is no eatery in this area.



Public transport

Bus connection Mehikoorma–Lääniste 2 times a day.



Rest areas

- Riiupalu outdoor study class by the study trail,**
▲ (up to 4 tents are allowed) 🏕️
GPS: 58.26971, 27.32808
- Järvelja LKA,**
GPS: 58.27833, 27.32508

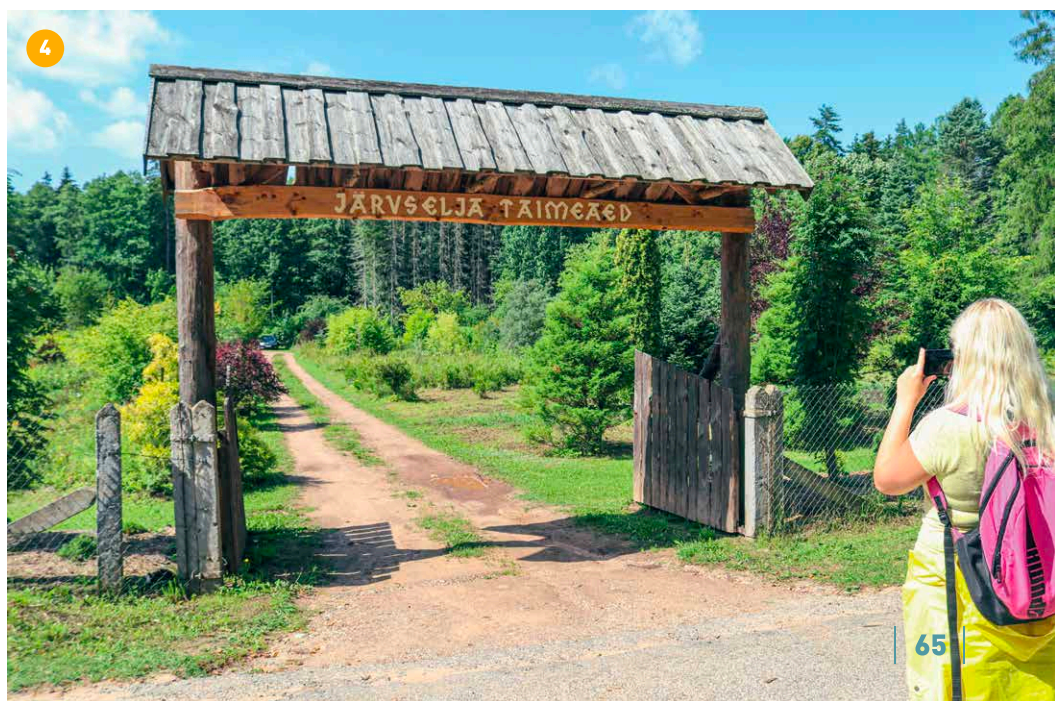
TOURIST INFORMATION:



Tartu Tourist Information Centre,
Tartu, Town Hall Square,
www.visittartu.com,
+372 7442111;
GPS: 58.37989, 26.72200

WORTH SEEING!

- Mehikoorma lighthouse.**
The tallest of the three lighthouses on Lake Peipus.
GPS: 58.23334, 27.47657
- Järvelja nature study trail.**
Part of the hiking trail is boardwalks, two outdoor classes and two houses.
GPS: 58.27833, 27.32508
- Järvelja king's pine.**
The age of the king pine has been measured to be nearly 360 years.
GPS: 58.27245, 27.32243
- Järvelja study and testing forest district.**
It is possible to get acquainted with collection plants and take a walk in the parks. +372 7411334;
GPS: 58.268457, 27.312392





ESTONIA LAKE
PEIPUS SHORE



LÄÄNISTE - KAVASTU, 20 km

Crossing the Emajõgi River by the only cable ferry in Estonia

Most of this section of the Forest Trail passes through an uninhabited forest area to the west of the Emajõe-Suursoo wetland, which is protected by the Peipsiveere nature reserve. At the village of Kastre, the Forest Trail returns to civilisation, and hikers have to cross the Emajõgi River by the local cable ferry to get to the Kavastu village. The Peipsiveere visitor centre and nature trails are located at a 3.5 km distance from Kavastu.

PRACTICAL INFORMATION

..... 20 km

⌚ 7 – 9 h

🚩 Lääniste village by the bridge over Ahja River

🚩 Kavastu village centre

📍 Lääniste - Aruaia - Kastre - Kavastu

🌳 Mainly gravel roads and forest roads, paved road for ~4 km

🟢 Easy

🚢 The Emajõgi River is crossed by the Kavastu Ferry. It operates all year round, except when the river is frozen over.
Opening hours:
Monday-Friday
06:30-09:30; 13:30-15:00;
16:00-19:00;
Saturday-Sunday
09:00-10:00; 14:00-15:00;
18:00-19:00.
Fee: EUR 1 (in cash).
Contacts: +371 53302611.



There are no shops or caterers between Mehikoorma and Kavastu (two-day walk)!



You can stay in Kavastu for a day to explore the visitor centre and the nature trail.

FORESTS

From Lääniste to Kavastu, the road alternates between open terrain and mixed forests. To the east of it, the wetland around the Ahja River, the downstream part of the Emajõgi River and the Koosa River up to Piirissaar in Lake Peipus have been united into Estonia's largest nature reserve named Peipsiveere.

WORTH SEEING!

- Kastre manor park.**
Knight manor, which was founded after the fortress was destroyed and named after it.
GPS: 58.37686, 27.07071
- Kavastu raft.**
The river crossing by ferry is the only one of its kind in Estonia today.
GPS: 58.37694, 27.04520
- Emajõe-Suursoo nature centre.**
The Nature Centre is located on the banks of the beautiful Emajõgi River.
GPS: 58.38218, 27.10583

SERVICES

Accommodations

- Guest house "Varastatud parve hotell",**
+372 5226185;
GPS: 58.37895, 27.04533
- Tourism house "Kuu Turismitalu",**
+372 5093759;
GPS: 58.38240, 27.10125

Catering

There is no catering service in this area.

Shops

- Kavastu "Väino pood",**
GPS: 58.38207, 27.04318

Public transport

Bus connection Lääniste–Kastre once a day.

Rest areas

- Kastre manor park, ▲**
GPS: 58.37686, 27.07071
- Kavastu park, ▲**
(up to 4 tents are allowed) 🔥
GPS: 58.38037, 27.04388
- RMK Kantsi campsite, ▲ 🔥**
GPS: 58.38198, 27.10471

TOURIST INFORMATION:

- Tartu Tourist Information Centre,**
Tartu, Town Hall Square,
www.visittartu.com,
+372 7442111;
GPS: 58.37989, 26.72200





ESTONIA LAKE PEIPUS SHORE



KAVASTU - VARNJA, 32 km

Towards the Varnja old believers' village

The Forest Trail has been circling around the Emajõe-Suursoo (a part of the Peipsiveere nature reserve) wetland for three days now. The most interesting part of the walk is the section between Vanaussaia and Varnja, where the Forest Trail runs along small rural roads. Before Varnja it reaches the shore of Lake Peipus (Peipsi), and here you can really feel the true size of the lake. The following distance from Varnja to Remniku along the shores of Lake Peipus and the surrounding territory will take about one week. Over this week, the hikers will learn more about the traditional culture of Eastern Estonia, such as onion cultivation, fishing, culinary heritage, crafts and the culture of the Old Believers.

PRACTICAL INFORMATION

..... 32 km

⌚ 10 – 12 h

🚩 Kavastu village centre

🚩 Varnja museum

📍 Kavastu - Viira - Tähemaa -
Põdra - Koosa - Vanaussaia -
Varnja

🌳 Mainly paved road. Gravel
roads between Kavastu and
Viira, Vanaussaia and Varnja



Easy when combined with a
bus ride,
hard if the distance is com-
pleted in one day on foot.



Be careful when walking on
the side of the motorway!



A part of the section [Kavastu
(or Viira) - Koosa or Koosa -
Varnja] can be travelled by
bus, walking the remaining
distance. Bus schedules:
www.peatus.ee.



FORESTS

From Kavastu to Varnja, the trail goes through scattered villages and agricultural landscape, all drained from Lake Peipus lowland wet forests and wetlands of Emajõgi River delta. The forest types surrounding the arable land from both sides are mainly paludifying and swamp forests, growing on wet and fertile soils as well as bog pine forests and forests in transitional mires. Due to the low land and nutrients, brought in by River Emajõgi, the peatlands between the trail and Lake Peipus are mainly fens and quagmires, even with peat layer more than 4-5 meters deep.

TOURIST INFORMATION:

i Tartu Tourist Information Centre,
Tartu, Town Hall Square,
www.visittartu.com,
+372 7442111;
GPS: 58.37989, 26.72200



WORTH SEENING!

- 1 Emajõe study trail.**
3 km long and 1.2 m wide study trail along the River Emajõgi.
GPS: 58.38283, 27.10677
- 2 Varnja museum.**
The museum introduces the lifestyle of the Old Believers in the late 19th and early 20th centuries.
+372 524 0410;
GPS: 58.49099, 27.24122
- 3 Varnja Old Believers' prayer house.**
Old Believers' Shrine with rich iconography. GPS: 58.49194, 27.24088
- 4 Gallery "Voronja".**
The gallery is adapted from a boathouse of a typical Old Believers' cottage.
+372 55647963;
GPS: 58.49596, 27.23750

SERVICES

Accommodations

- 1. Tourism house "Kuu Turismitalu",**
+372 5093759; GPS: 58.38240, 27.10125
- 2. Guest house "Mesi Tare Kodumaja",**
+372 5181125;
GPS: 58.48096, 27.24246

Catering

- 1. Café of the gallery "Voronja",**
+372 58844909;
GPS: 58.49594, 27.23754

Shops

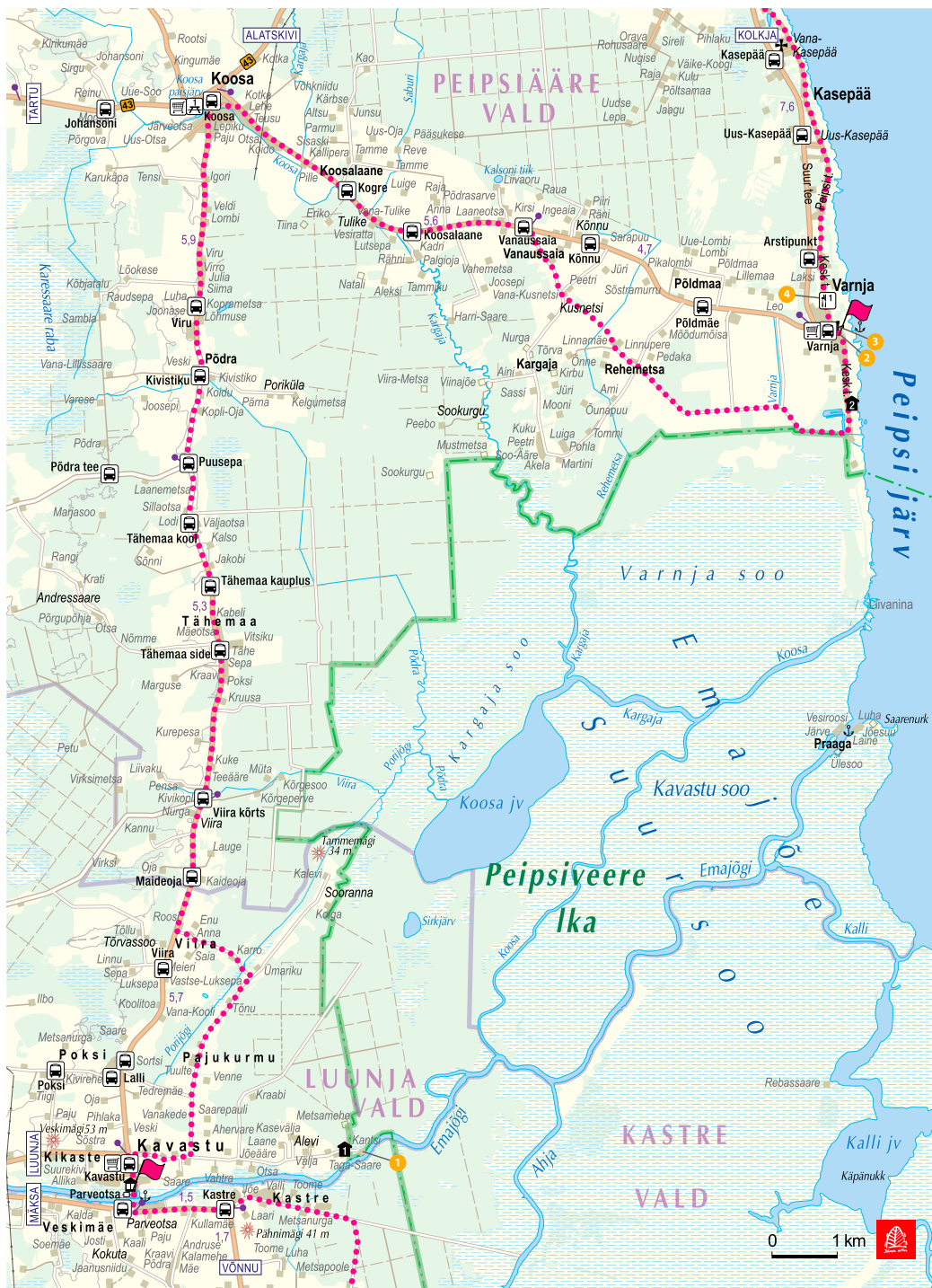
- Koosa kauplus,**
GPS: 58.52613, 27.07474
Kauplus "Varnja",
GPS: 58.49162, 27.23676

Public transport

Bus connection Kavastu–Koosa 2 times a day. Koosa–Varnja 3 times a day.

Rest areas

- 1. Koosa marketplace,**
(wc and shower),
GPS: 58.52650, 27.07823





ESTONIA LAKE PEIPUS SHORE



VARNJA - ALATSKIVI, 19 km

Visiting the onion farmers of Lake Peipus

A scenic and tradition-rich stretch of the Forest Trail symbolised by the onion. Onions were brought to the region by Old Believers in the 17th century. Ladies and gentlemen selling home-made onion strings on the roadside have become somewhat of a business card of the villages. The villages on the twenty-four kilometre stretch of road between Varnja and Kallaste are connected by the tourist route called Onion Road. The landscape is decorated by colourful wooden houses, small fish shops and a restaurant where you can enjoy tea made in the samovar, true to the traditions of Old Believers. The fish vendace (räabis) from Lake Peipus is served throughout the year.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Varnja museum

🚩 Alatskivi Castle Park

📍 Varnja - Kasepää - Kolkja -
Lahe - Nina - Alatskivi

🌳 Mainly paved road, gravel road
for a small part of the section

🟩 Easy

⚠️ Be careful when walking on
the side of the road or street!

❗ Onions are sold starting from
July. Onion Fair in August.
Onion traders sell their pro-
duce by the roadside and at
their homes August through
September.



FORESTS

The villages have been established on shoreline of Lake Peipus featuring wet and fertile soil, flooded regularly during high water tables and heavy rains. Land, won from the paludifying and swamp forests centuries ago has developed specific lifestyle, land use practices and traditions of onion cultivation.

WORTH SEENING!

- 1 **Kasepää abulARToorium.** Photo gallery.
+372 58050201; GPS: 58.530121, 27.231475
- 2 **Kolkja Old Believer's museum.** The museum exhibits traditional clothing, household items, handicrafts, tools, photographs, books and more of Old Believers.
+372 56623980; GPS: 58.54872, 27.22161
- 3 **Chicory museum.** In the museum of Chicory, you can get acquainted with the history of chicory cultivation in row villages near Lake Peipus and see the tools related to chicory cultivation.
+372 55639398; GPS: 58.55354, 27.21359
- 4 **Kostja's onion farm.** The host is happy to welcome guests, show onion cultivation and offer wonderful pies.
+372 53588555; GPS: 58.54851, 27.21745
- 5 **Nina Orthodox church.** Nina Church has been recognized as a cultural monument since 1997. GPS: 58.60697, 27.20880
- 6 **Eduard Tubin's museum.** The exposition of the museum gives a good overview of the life and work of Eduard Tubin, one of the best-known composers of Estonia.
+372 5286598; GPS: 58.60201, 27.13562
- 7 **Alatskivi nature centre.** The Nature Centre is located in the manor house built in the late 19th century. Located in the Alatskivi landscape reserve.
+372 55511061; GPS: 58.60209, 27.13546
- 8 **Alatskivi castle.**
The castle was built by the landlord Arved von Nolcken in 1880-1885.
+372 5286598; GPS: 58.60375, 27.12899

SERVICES

Accommodations

- 1 **Kolkja guesthouse,**
+372 56941921; GPS: 58.55491, 27.20715
- 2 **Kalamehe farm guesthouse,**
+372 5537785; GPS: 58.59525, 27.20625
- 3 **Nina strawbale cabins,**
+372 5067605; GPS: 58.59902, 27.21026
- 4 **Vaino tourist farm guesthouse,**
+372 5073167; GPS: 58.60507, 27.20986
- 5 **Nina guesthouse,**
+372 56225533; GPS: 58.60719, 27.20789
- 6 **Nina guard station (Kordon) guest-house,**
+372 5067605; GPS: 58.60918, 27.20297
- 7 **Sepikoja guesthouse,**
+372 5200532; GPS: 58.60249, 27.13402
- 8 **Alatskivi castle hotel,**
+372 5286598; GPS: 58.60375, 27.12899



Catering

1. **Fish and onion restaurant,**
+372 5049908; GPS: 58.54980, 27.21754
2. **Café Tädi Šura kohvik,**
+372 56629329; GPS: 58.55359, 27.21358
3. **Kivi Tavern,**
+372 506 7605; GPS: 58.60179, 27.13607
4. **Tavern "Mõisa Talli Pubi",**
+372 56478162; GPS: 58.60262, 27.13610
5. **Tavern "Sepikoja Trahter",**
+372 5200532; GPS: 58.60249, 27.13403
6. **Restaurant of the Alatskivi castle,**
+372 53032485; GPS: 58.60376, 27.12894



Shops

- Kolkja „Sadama kauplus”,**
GPS: 58.55130, 27.21659
- Kolkja pood,**
GPS: 58.55122, 27.21640
- Alatskivi A&O,**
GPS: 58.59966, 27.13305



Public transport

Bus connection Varnja-Alatskivi once a day.



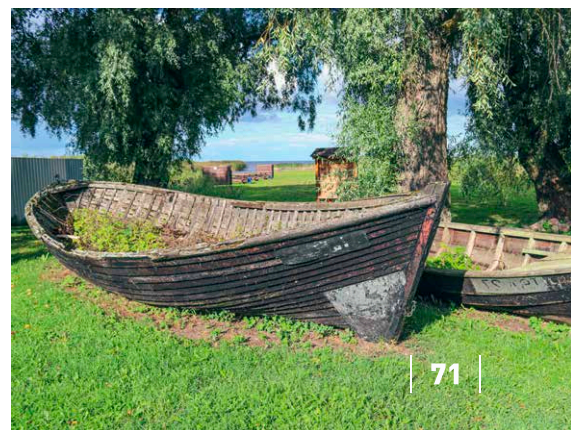
Rest areas

1. **Kolkja recreational and beach area,**
GPS: 58.55306, 27.22050
2. **At Nina village,**
GPS: 58.59675, 27.21246
3. **National Geographic yellow window,**
GPS: 58.60405, 27.13223

TOURIST INFORMATION:



Tartu Tourist Information Centre,
Tartu, Town Hall Square,
www.visittartu.com,
+372 7442111;
GPS: 58.37989, 26.72200





ESTONIA LAKE PEIPUS SHORE



ALATSKIVI - RANNAMÕISA, 19 km

Smoked fish and onion pie – the culinary heritage of Lake Peipus

Alatskivi is a great place to try the traditional dishes of Lake Peipus, including the famous onion pie. After Alatskivi, the Forest Trail ascends to a higher ground, which offers beautiful views of Lake Peipus, and then descends to meet the shore of the lake again at Kallaste. In Kallaste, look out for the local fish restaurant and shop, and try smoked vendace (rääbis) as well as zander from Lake Peipus. The last part of this section leads along a road overlooking the lake.

PRACTICAL INFORMATION

..... 19 km



6 – 8 h



Alatskivi Castle park



Rannamõisa Holiday Centre



Alatskivi - Pusi - Kallaste - Kodavere - Rannamõisa



Pavement in settlements, sandy and rocky beach in Kallaste, gravel roads, pavement for the last 6.5 kilometres of the section



Easy



Be careful when walking on the side of the road!



Lake Peipus vendace is sold throughout the year. Onion season starts in July, and onions are sold on streets until late September.



If the water level in Lake Peipus is low (depending on the weather and wind direction), beautiful beaches are revealed opposite the Kallaste village, perfect for walking and enjoying the coastal scenery. You can also walk across Kallaste along the Võidu street, which hosts several shops and summer cafés. You can take a bus from Kallaste to Ranna. See www.peatus.ee.

FORESTS

There is a museum working in the castle in Alatskivi, and the old manor granary accommodates a nature centre. The park has a study trail. From Alatskivi towards Kallaste the trail leads through agricultural landscape. There is relatively little forest in this area. Predominant alder or birch forests alternate with spruce forests. Forests are intensively managed.

WORTH SEENIG!

- 1 Kallaste red sandstone cliff.**
Estonia's longest Devonian sandstone outcrop.
GPS: 58.65808, 27.16490
- 2 Kallaste look-out tower.**
A 12-meter-high wooden observation tower overlooking Lake Peipus.
GPS: 58.66793, 27.16598
- 3 Kodavere church.**
The church was first mentioned in 1342. In the 15th century there was a wooden church.
GPS: 58.69240, 27.15040
- 4 Ranna 1000-year-old oak tree.**
The oak is a sacred tree in Ranna village.
GPS: 58.72650, 27.10510
- 5 Rannamõisa park.**
Located in a beautiful place.
GPS: 58.73348, 27.09610

TOURIST INFORMATION:

- i Tartu Tourist Information Centre,**
Tartu, Town Hall Square,
www.visittartu.com,
+372 7442111;
GPS: 58.37989, 26.72200

SERVICES



Accommodations

- 1. Peipsi Lake guesthouse,**
+372 55924435;
GPS: 58.65456, 27.16329
- 2. Anna's Bed & Breakfast,**
+372 58143157;
GPS: 58.66004, 27.16387
- 3. Kadrina manor guesthouse,**
+372 5286481;
GPS: 58.70523, 27.09258
- 4. Rannamõisa guesthouse,**
+372 55592975;
GPS: 58.73442, 27.09351
- 5. Ranna Puhkebaas guesthouse,**
+372 5224660;
GPS: 58.73495, 27.10265
- 6. Willipu guesthouse,**
+372 56955758;
GPS: 58.60294, 27.14063



Catering

- 1. Café Anna,**
+372 58143157;
GPS: 58.66004, 27.16387
- 2. "Peipsi Kalapunkt",**
+372 56220203;
GPS: 58.66453, 27.16431



Shops

- 1. Kallaste "Coop",**
GPS: 58.66088, 27.16148
- 2. Kallaste fish shop (kalapood),**
GPS: 58.66851, 27.16346



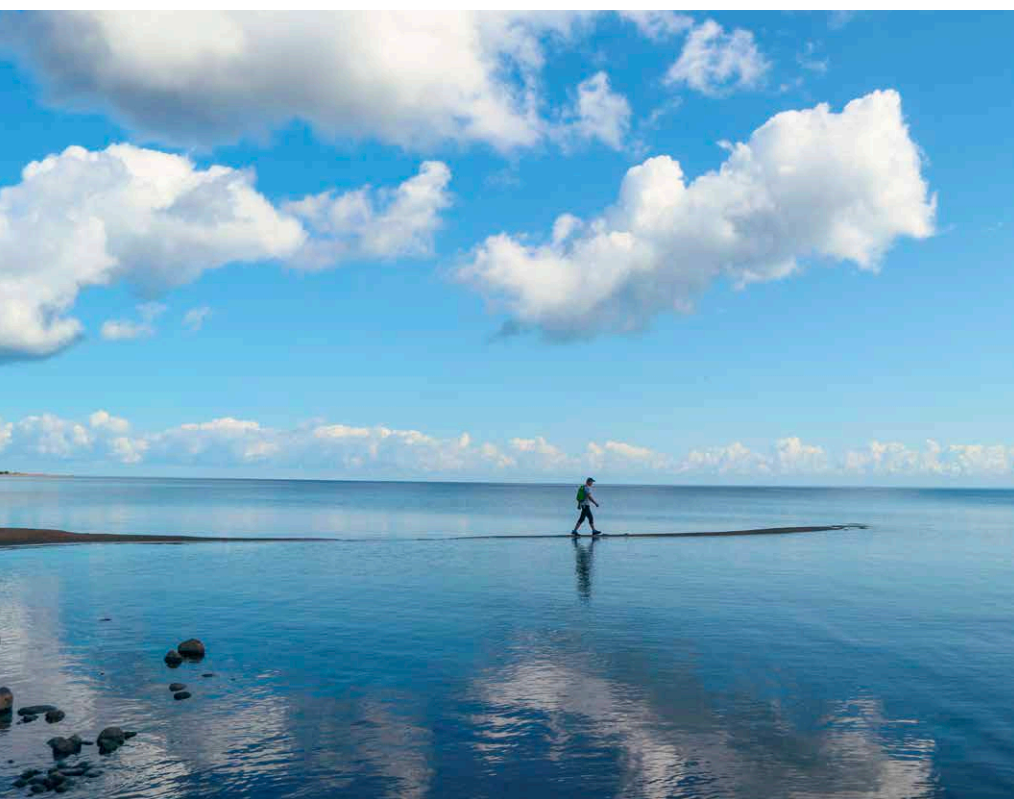
Public transport

Bus connection Alatskivi-Ranna once a day.



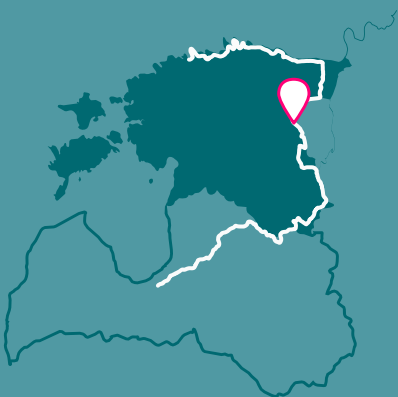
Rest areas

- 1. Kallaste recreational and beach area,**
GPS: 58.66790, 27.16631





ESTONIA LAKE PEIPUS SHORE



RANNAMÕISA - MUSTVEE, 19 km

Through the vibrant villages on the shores of Lake Peipus to Mustvee

Onions, fish, villages that stretch out for several kilometres where the buildings are lined along the main street, ornate Old Believers' churches, small harbours with fishing boats and wooden houses, each painted in a different colour! Cafés, shops and a view of Lake Peipus, which looks more like a sea rather than a lake. That is how you could describe this section of the Forest Trail. For eight kilometres from Kasepää to Mustvee, the Forest Trail passes through small coastal villages, offering a pleasant change for those who have walked for a longer period of time.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Rannamõisa Holiday Centre

🚩 Mustvee harbour

📍 Rannamõisa - Omedu -
Kasepää - Tiheda - Kükita -
Raja - Mustvee



Paved road, gravel roads for a small part of the section



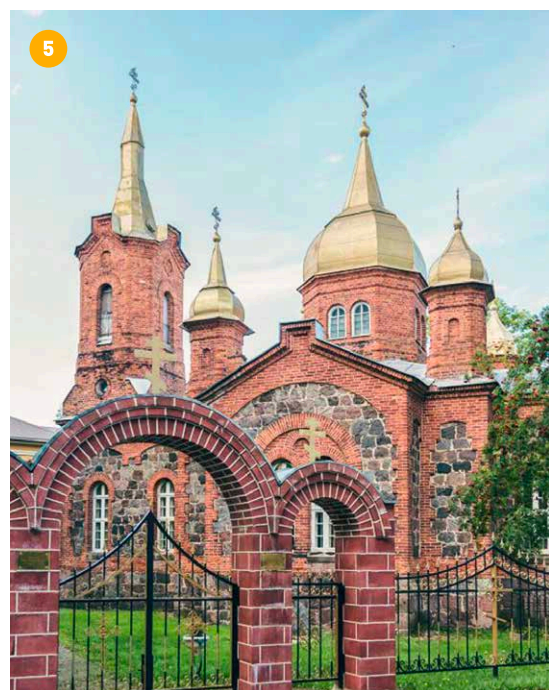
Easy



Be careful when walking on the side of the road!



Various festivals are held in the villages of Lake Peipus throughout the year, so make sure to check the calendar for events!



FORESTS

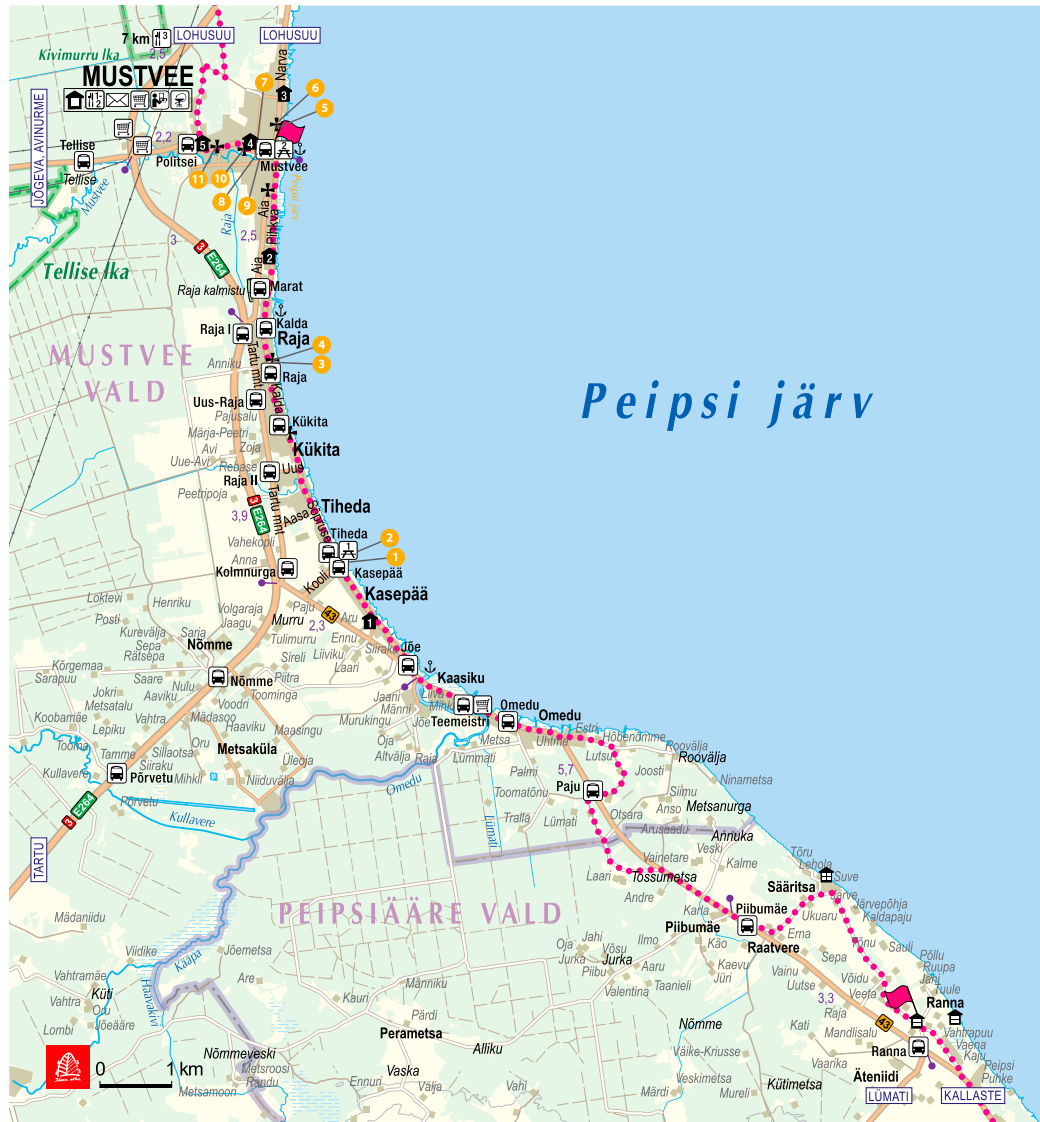
Forests are mainly mixed forests, where drier areas contain pine groves, lower and wetter areas alder, aspen and birch forests.

WORTH SEENIG!

- 1 Peipsimaa museum.**
In the museum you can learn about the life of the Old Believers, their church and cuisine culture and icon painting.
+372 53745471; GPS: 58.79566, 26.95913
- 2 Permanent exhibition "Lake Peipus living room".**
+372 5374 5471; GPS: 58.79612, 26.95897
- 3 Kükita congregation of Old Believers.** The Church was built in 1740.
GPS: 58.82471, 26.91239
- 4 Mustvee Old Believers' prayer house.**
The largest prayer house for Old Believers in Estonia, which can accommodate over a thousand people.
GPS: 58.82061, 26.94559
- 5 Mustvee Trinity Sole Religion church.**
The church operated there until 1957, after which the building became a flour and furniture store. In 1980 it regained its functions as a temple, but was placed at the disposal of the Baptist church rather than the Orthodox church.
GPS: 58.85053, 26.94888
- 6 Mustvee Old Believer's museum.**
The museum exhibits items related to the life of the Old Believers.
+372 7726445; GPS: 58.85011, 26.94896
- 7 Mustvee Bethany congregation.**
The prayer house features stained-glass windows by Dolores Hoffmann.
GPS: 58.84849, 26.94382
- 8 Heino Lubja's weight museum in Mustvee.**
The collection includes over 120 items related to different weights and other weights.
+372 55650811; GPS: 58.84707, 26.94381
- 9 Mustvee suspension bridge.**
The bridge with a load capacity of 15 tonnes was designed in 1931 and completed in 1934. GPS: 58.846445, 26.944800
- 10 St. Nicholas church of Mustvee.**
The Orthodox church is unique in its appearance and dates from 1864.
GPS: 58.84776, 26.94113
- 11 Mustvee Lutheran church.** The construction of the Neo-Gothic church began in 1877 according to the design of architect J. Maas. The church was completed and consecrated in 1880.
GPS: 58.84827, 26.93462

TOURIST INFORMATION:

i Jõgeva County Tourist Information Centre, Palamuse, Köstri road,
www.visitjõgeva.com,
+372 7768520;
GPS: 58.74595, 26.39781



SERVICES

Accommodations

- 1. Nisura guesthouse,**
+372 53486620; GPS: 58.78771, 26.96671
- 2. Apartment "Mustvee Kortermajutus",**
+372 518 6483; GPS: 58.83350, 26.94511
- 3. Kalameeste maja guesthouse,**
+372 5041067; GPS: 58.85406, 26.95052
- 4. Hotel Ankur,**
+372 53009231; GPS: 58.84779, 26.94273
- 5. Mustvee guesthouse,**
+372 5227965; GPS: 58.84822, 26.92938

Shops

- Omedu pood,**
GPS: 58.77700, 26.98919
- Mustvee "Meie toidukaubad",**
GPS: 58.84821, 26.94194
- Mustvee COOP,**
GPS: 58.84777, 26.94477
- Olerex gas station, Mustvee,**
GPS: 58.84809, 26.91483
- Circle K, Mustvee, Open 24 h.**
GPS: 58.85075, 26.91340



Catering

- 1. Restaurant Ankur,**
+372 53009231; GPS: 58.84779, 26.94273
- 2. Restaurant Peipsi Teemaja,**
+372 58353554; GPS: 58.84837, 26.93797
- 3. Cafe "Õige koht",** +372 50663442;
GPS: 58.89899, 26.98165



Public transport

There is no bus service along this route



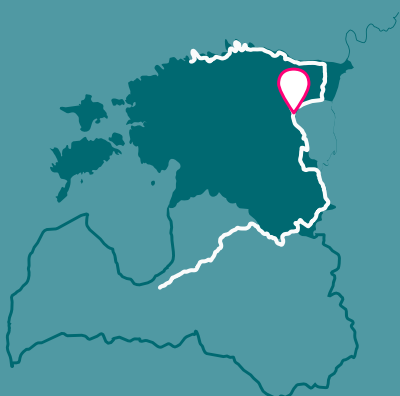
Rest areas

- 1. Kasepää singing grounds, ▲**
GPS: 58.79619, 26.96018
- 2. Mustvee harbour,**
GPS: 58.84715, 26.94957





ESTONIA LAKE PEIPUS SHORE



MUSTVEE - AVINURME, 20 km

Down the old Sonda–Mustvee narrow-gauge railroad track

After leaving the Mustvee promenade and beach, the Forest Trail curves through the city and continues along the former Sonda–Mustvee narrow-gauge railroad track for the next 16 km. The railway tracks have been replaced by a gravel road on a straight line that connects Mustvee and Avinurme. Information stands placed along the railway designate former settlements that have been overtaken by the forest or turned into clearings to be reforested soon.

PRACTICAL INFORMATION

..... 19 km

⌚ 7 – 9 h

🚩 Mustvee harbour

🚩 Avinurme wooden handicrafts centre

📍 Mustvee – Avinurme



Paved road in Mustvee and Avinurme, the rest of roads are gravel roads and dirt road for a small distance



Easy

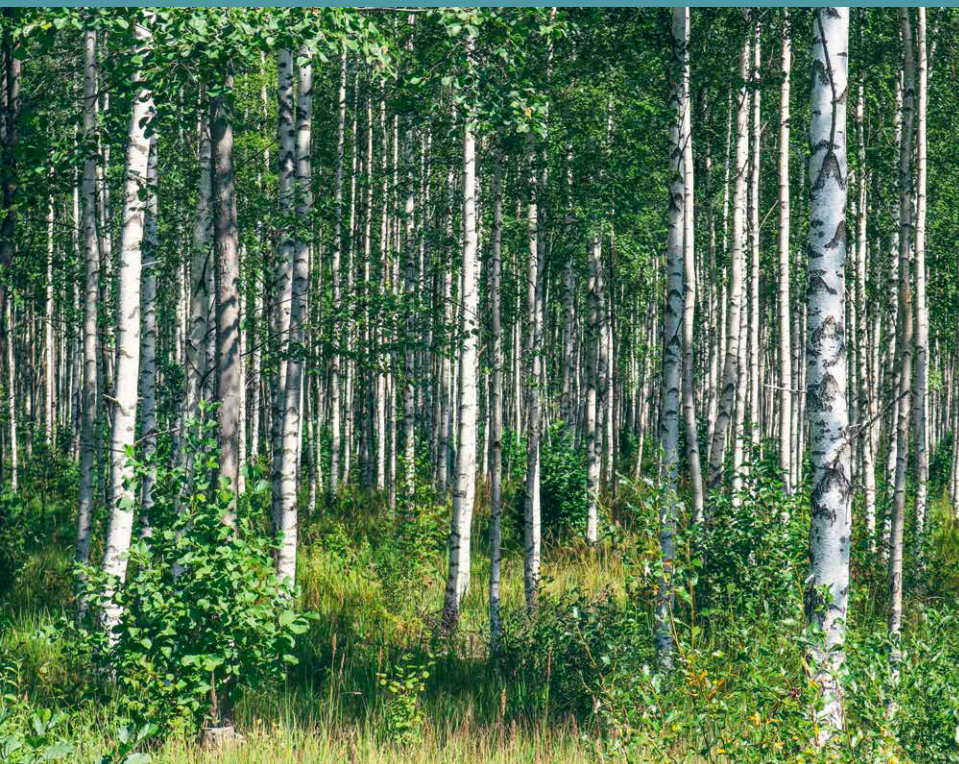


Be careful when crossing the Tartu – Jõhvi motorway (No. 3)!



No services between Mustvee and Avinurme.





FORESTS

Mixed forests alternate with pine forests and deciduous forests.

WORTH SEENING!

- 1 Piilsi station building.**
Kain station. GPS: 58.917564, 26.896573
- 2 Avinurme museum train.**
From 1926 to 1972 a narrow-gauge railway crossed . The 178.5-meter section of the railway has now been restored.
GPS: 58.98705, 26.84500
- 3 Avinurme lifestyle centre.**
Avinurme lifestyle centre provides an overview of how to preserve, transfer and develop a local lifestyle and craft skills.
+372 5521331; GPS: 58.98472, 26.86373

- 4 Avinurme church.** Avinurme church has a rectangular master plan.
GPS: 58.98451, 26.86473

- 5 Avinurme wooden handicrafts centre.**
The centre is a tourist centre offering quality time in different workshops.
+372 3397410; GPS: 58.98545, 26.8646

SERVICES



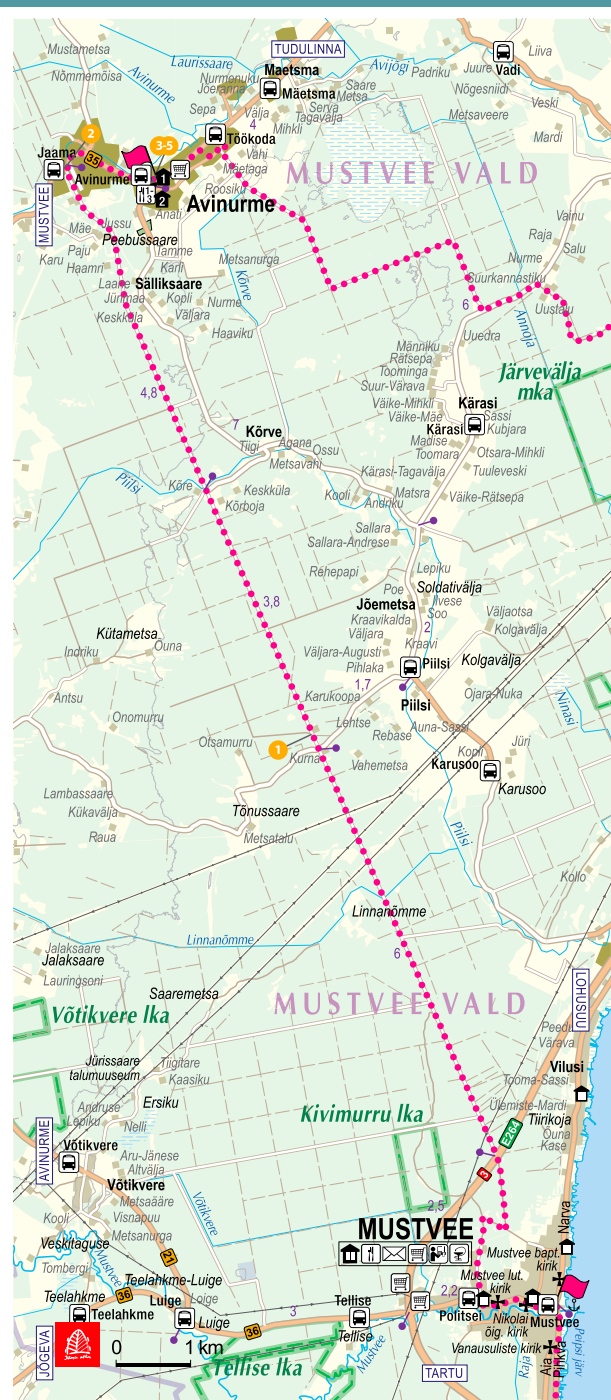
Accommodations

- 1. Hostel "Avinurme",**
+372 5183123; GPS: 58.98532, 26.86658
- 2. Aasa guesthouse,**
+372 5032912; GPS: 58.98253, 26.86747



Shops

- Avinurme "Maali pood",**
GPS: 58.97989, 26.82998
Avinurme COOP,
GPS: 58.98616, 26.86979



Catering

- 1. Café/restaurant of Avinurme wooden handicrafts centre,**
+372 55213310; GPS: 58.98460, 26.86385
- 2. Café Puiduaida,**
+372 339 7410; GPS: 58.98545, 26.86465
- 3. Café Apteekri Puhvet,**
GPS: 58.98484, 26.86541



Public transport

Bus connection Mustvee - Avinurme once a day.

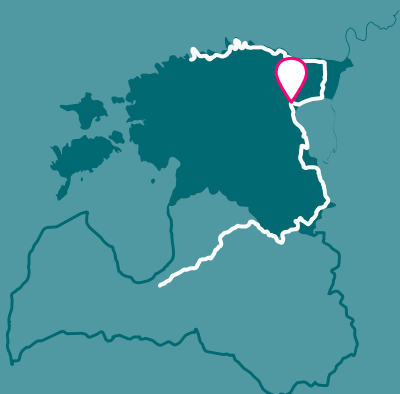
TOURIST INFORMATION:



Jõgeva County Tourist Information Centre, Palamuse, Kõstri road,
www.visitjogeva.com,
+372 7768520;
GPS: 58.74595, 26.39781



ESTONIA LAKE
PEIPUS SHORE



AVINURME - LOHUSUU, 16 km

A visit to the craftsmen of Avinurme

Before going further down the Forest Trail, it is worth visiting the Avinurme wooden handicrafts centre, which has the richest selection of wickerwork in Estonia and offers various workshops such as basket weaving, felting, baking bread, candle making among many others. Up to the village of Separa, the Forest Trail passes through a large forest rich in bilberries, blueberries and mushrooms during late summer.

PRACTICAL INFORMATION

..... 16 km

⌚ 5 – 7 h

🚩 Avinurme wooden handicrafts centre

🚩 Lohusuu centre

📍🚶 Avinurme - Separa - Lohusuu



Mainly gravel roads, paved roads in Avinurme and from Separa to Lohusuu



Easy



Be careful between Separa and Lohusuu, as the trail leads along a winding road.



No tourist services available from Avinurme and Lohusuu.



FORESTS

A straight trail, by the side of which grow young stands regenerating as a result of forest management, alternating with single older forest stands. More than 100 years old woods, where spruce trees and aspens grow, are also suitable habitats for the flying squirrels. The stand on Lohusuu side is dominated by pine, while on the Avinurme side deciduous and mixed forests prevail.

WORTH SEENIG!

- 1 Lohusuu church.**
Built in neo-Gothic style, the church was completed between 1878 and 1882.
GPS: 58.95136, 27.04554
- 2 Lohusuu Baptismal church of the Lord.**
Lutheran congregation.
GPS: 58.94885, 27.04716
- 3 Monument of the Lohusuu Battle of the War for Independence.**
On the back of the memorial is the text: "Opened July 26, 1931 / broken 1940 / reopened June 23, 1990".
GPS: 58.94876, 27.04761

SERVICES

Accommodations

- 1. Torioja cabins,**
+372 3393687;
GPS: 58.95108, 27.05006
- 2. Guesthouse "Õige koht",**
+372 50663442;
GPS: 58.89899, 26.98165

Catering

- 1. Cafe "Õige koht",**
+372 50663442;
GPS: 58.89899, 26.98165

Shops

- Lohusuu,**
GPS: 58.94782, 27.04827

Public transport

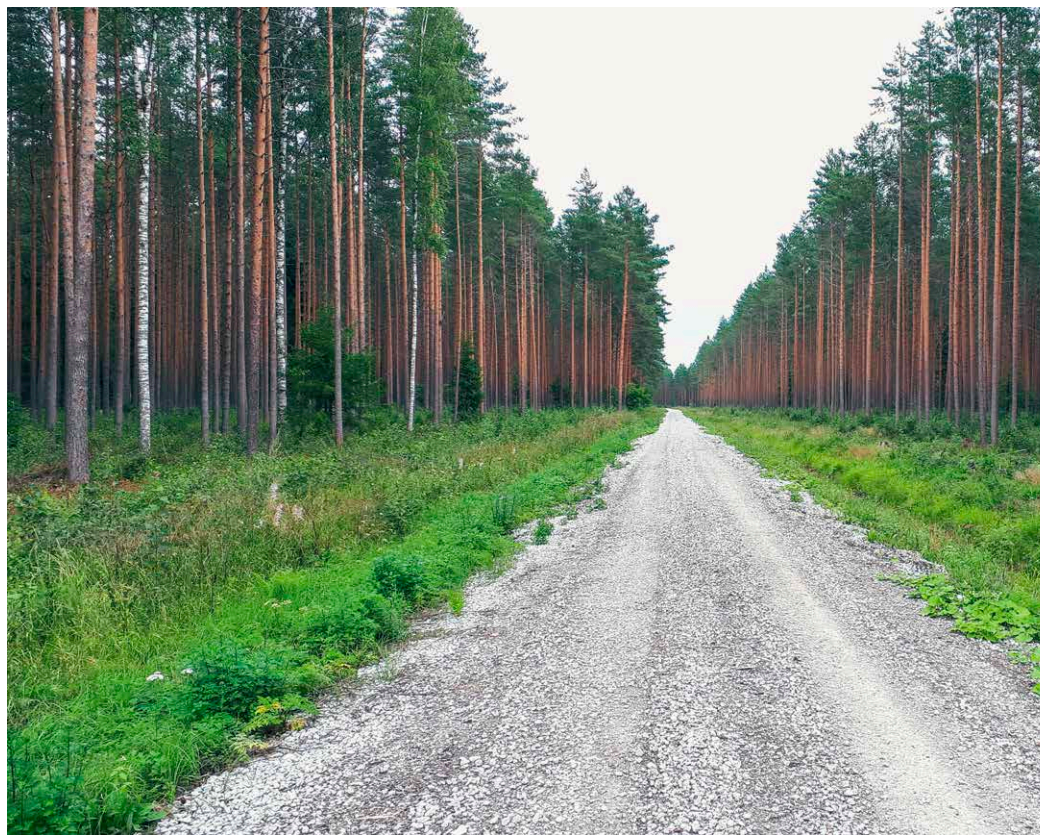
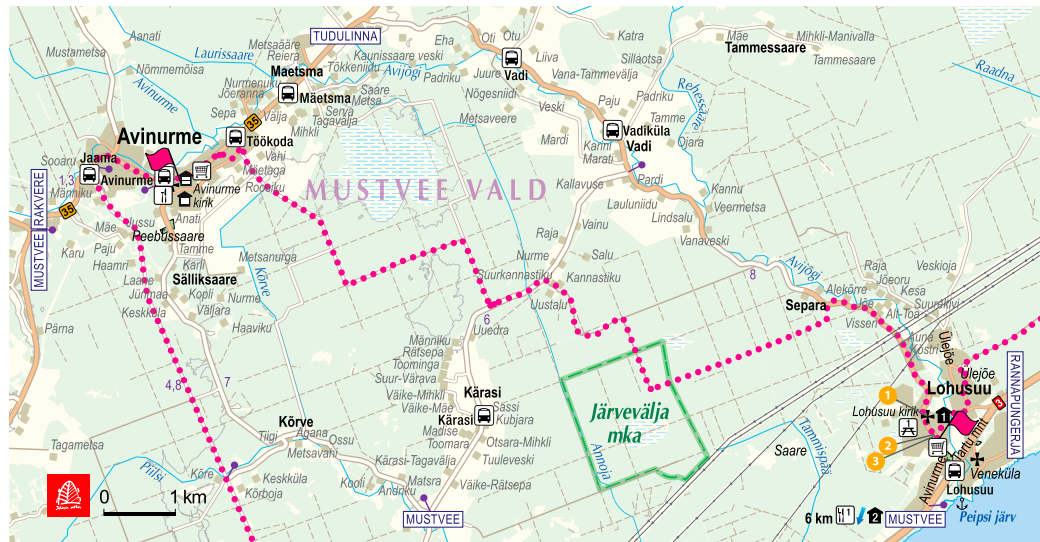
www.peatus.ee

Rest areas

- 1. Camping site of Farm "Elulõng",**
GPS: 58.95009, 27.04078

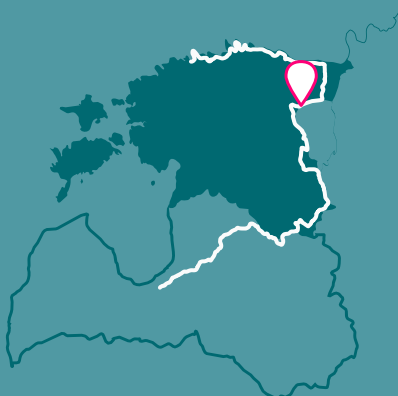
TOURIST INFORMATION:

- Jõgeva County Tourist Information Centre,** Palamuse, Köstri road,
www.visitjogeva.com,
+372 7768520;
GPS: 58.74595, 26.39781





ESTONIA LAKE PEIPUS SHORE



LOHUSUU - KURU, 18 km

Through the mushroom and berry forests on the northern shore of Lake Peipus

The first half of this section leads through magnificent coniferous forests, especially in the Järvevälja reserve, where the trail is surrounded by beautiful dunes in the north and a raised bog in the south. It is well worth visiting the kiosk at Rannapungerja to buy smoked fish – the Lake Peipus vendace (rääbis) and some local farm produce. The Forest Trail crosses the Rannapungerja River via the motorway bridge and comes to the shores of Lake Peipus at Kauksi. There is a picnic area to cosy up and eat the fish you've brought along. Here, the shores of Lake Peipus resemble a magnificent beach surrounded by beautiful pine-covered dunes.

PRACTICAL INFORMATION

..... 18 km



6 – 8 h



Lohusuu centre



Kuru beach near the Kuru shop and café



Lohusuu - Rannapungerja - Kauksi - Kuru



Paved roads, forest roads and trails, pavement for 3 km, sandy beach by Lake Peipus



Easy



The 3 km section between Rannapungerja and Kauksi runs along the edge of Tartu - Jõhvi motorway (No. 3). The edge is wide, and it is mown in the summer, so it's convenient for walking. Be careful when you are crossing the motorway!



There are only some shops and cafés (mostly seasonal) on the northern shore of Lake Peipus, so be sure to plan

ahead and bring enough food with you, especially if you plan to go further to Kuremäe, where no services will be available for the next two days.



The 3 km long section between Rannapungerja and Kauksi can be taken by bus, check bus schedules in advance:

www.peatus.ee

A small paved road along the northern coast of Lake Peipus leads to Vasknarva, which can be used in the event of a storm or bad weather in Lake Peipus.



FORESTS

The trail from Lohusuu to Rannapungerja runs along the former Lake Peipus coastal dune and the old post road. It passes through Raadna village and crosses the Raadna stream. There are mainly pines growing on the sandy foreland, while on the side of it pine forests alternate with swamp forests. In Kauksi pine forests are predominant, but mixed forest grows on the shores of Kauksi stream. On the sandy northern shore of Lake Peipus there are dunes and coastal pine forests.

WORTH SEENING!

- 1 Järuska bridge.**
Järuska wooden bridge with exciting architecture completed in 2013 is unique because it is the first roof bridge in the whole Estonia.
GPS: 59.01259, 27.13809
- 2 Rannapungerja lighthouse.**
Constructed in 1937. The viewing platform at the base of the lighthouse, covered with timber planking, offers a wonderful view of Lake Peipus and the landscape on the shore.
GPS: 58.97942, 27.17554
- 3 Kauksi beach.**
One of the best known and most beautiful beaches on Lake Peipus is Kauksi.
GPS: 58.98880, 27.22908
- 4 Kauksi visitor centre.**
Different workshops, study programs.
GPS: 58.99287, 27.22628
- 5 Kuru pine.**
Kuru pine with an interestingly crawling stump is under nature protection in Kuru village in Alutaguse rural municipality. Kuru pine is located about 200 meters from Lake Peipus.
GPS: 58.99515, 27.26988

SERVICES



Accommodations

- 1. Rest house „Lemmaku”,**
+372 5330 2385; GPS: 59.01465, 27.13495
- 2. Rest house „Kauksi”,**
+372 521 9326; GPS: 59.00759, 27.24414
- 3. Tent camp „Kauksi”,**
+372 5035221; GPS: 58.99200, 27.24130
- 4. Holiday Village „Kauksi”,**
+372 5664 0649; GPS: 58.98938, 27.22904
- 5. Rest house “Peipsi Puhkemajad”,**
+372 55646860; GPS: 58.99426, 27.25416
- 6. Rest house “Kuru”,**
+372 56906876; GPS: 59.00399, 27.29168



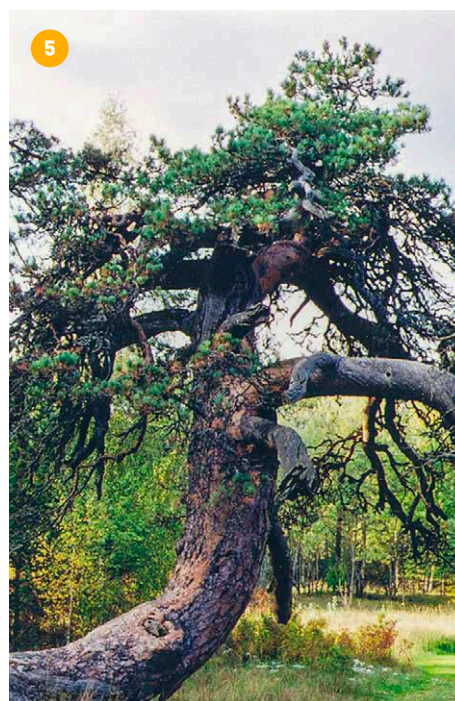
Catering

- 1. “Kauksi ranna baar”.** Open in summer.
GPS: 58.98931, 27.22925



Shops

- Shop/Café “Kuru kauplus/ kohvik”,**
GPS: 58.99876, 27.28722



Public transport

Bus connection Lohusuu - Kuru once a day.



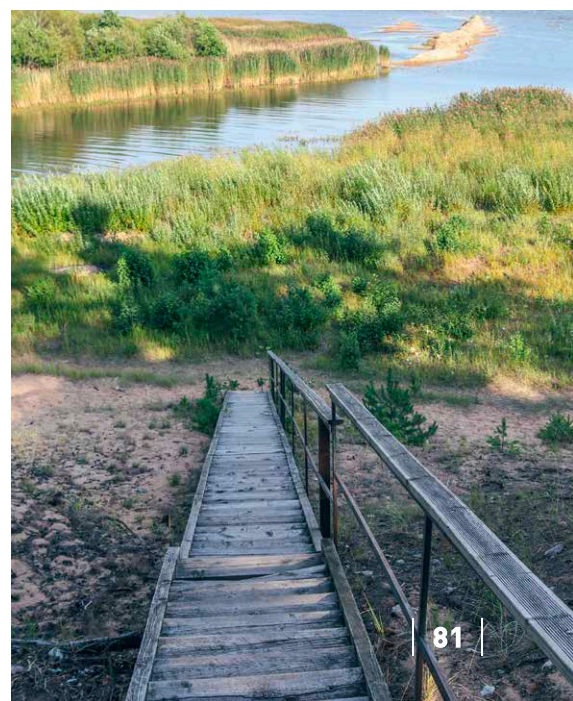
Rest areas

- 1. Raadna, ▲**
GPS: 58.97565, 27.10133
- 2. Rannapungerja, ▲**
GPS: 58.98550, 27.17161
- 3. RMK Kauksi campsite on Oja hiking trail, ▲**
GPS: 58.98908, 27.21211
- 4. RMK Kauksi beach, ▲**
GPS: 58.98976, 27.22585
- 5. Luite hiking trail, ▲**
GPS: 58.99210, 27.22661

TOURIST INFORMATION:

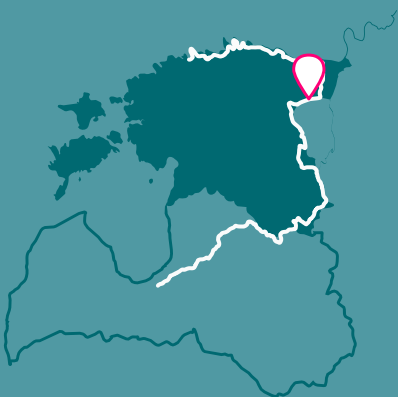


Jõhvi Tourist Information Centre,
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568;
GPS: 59.35714, 27.41010





ESTONIA LAKE PEIPUS SHORE



KURU - REMNIKU, 13 km

The beautiful dunes and beaches of Lake Peipus

Apart from the Alajõe village, the Forest Trail winds along the coast of the beautiful Lake Peipus. During the summer, when the water level in the lake is lower, beautiful, sandy beaches with wide shallows appear. Past Alajõe, the highest dunes of Lake Peipus (up to 20 m) rise on the landscape, providing a distant view of Lake Peipus, one of the largest lakes in Europe.

PRACTICAL INFORMATION

..... 13 km



5 – 6 h



Kuru beach near the Kuru shop and café



Remniku beach opposite Suvi wellness and recreation centre



Kuru - Uusküla - Katase - Alajõe - Remniku



Mainly sandy beaches, paved road and trails in the Alajõe village



Easy



The Alajõgi River must be crossed via a bridge in the village of Alajõe. Other small rivers become dry during the summer, or you can wade through them.



There are only some shops and cafés (mostly seasonal) on the northern shore of Lake Peipus, so be sure to plan ahead and bring enough food with you, especially if you plan to go further to Kuremäe,



where no services will be available for the next two days.

You can take another day to walk along the shores of Lake Peipus to Vasknarva (11 km) and visit the ruins of the stronghold of the Livonian Order in Vasknarva overlooking Russia. You can travel back to Remniku by bus (or walk), just be sure to plan your trip ahead by checking the bus schedules on www.peatus.ee.

FORESTS

The entire trail runs along the sandy north-ern coast of Lake Peipus, with alternating white and grey dunes, dune pine forests and some old oaks in pine forest. On the dunes of Kuru there are old, dried and pris-tine trees.

WORTH SEENIG!

- Church of the nativity of the mother of god in Alajõe.**
Built in 1889, a red brick historicist church with a typical architectural solution.
GPS: 59.00943, 27.42302

SERVICES

- Catering**
There is no catering available.

Accommodations

- Camping area "RMK Uusküla Telkimisala",**
+372 56815722; GPS: 59.00057, 27.30297
- Rest house "Puhkemaja Valsid",**
+372 55993839; GPS: 59.00920, 27.43865
- Rest house "Okka Puhkemaja",**
+372 56905968; GPS: 59.00915, 27.44010
- Camping area "RMK Karjamaa telkimisala",**
+372 56815722; GPS: 59.00987, 27.49265
- Guest house "SUVI",**
+372 3393119; GPS: 59.01073, 27.49818
- Guest house "Remniku õppe- ja puhkuskeskus",**
+372 5086656; GPS: 59.01199, 27.52586

Shops

- "Alajõe kiosk",** GPS: 59.01098, 27.42659
"Alajõe pood", GPS: 59.00904, 27.43340
- There are no shops in Remniku! The distance between Remniku and Alajõgi is 7 km.

Public transport

Bus connection Kuru-Alajõe 2 times a day. Bus connection Alajõe-Remniku once a day.

Rest areas

- Camping area "RMK Uusküla telkimisala",**
GPS: 59.00057, 27.30297
- "Alajõe supelrand",**
GPS: 59.00636, 27.41785
- Camping area "RMK Karjamaa telkimisala",**
GPS: 59.00987, 27.49265

TOURIST INFORMATION:

- RMK Kauksi Visitor centre,**
Kauksi küla, Alutaguse vald, Ida-Virumaa.
+372 56200080 or 5681 5722
GPS: 58.99284, 27.22643

- Jõhvi Tourist Information Centre,**
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568; GPS: 59.35714, 27.41010





ESTONIA LAKE PEIPUS SHORE



REMNIKU - KUREMÄE, 30 km

Through Alutaguse – Estonia's newest national park

From here on, the Forest Trail passes through the newest member of Estonian national park family, the Alutaguse national park (several parts of the park in a wider area, to be exact), which was founded in 2018. The main objective of the park is the protection of Estonia's largest coniferous forests and swamp areas. This is also one of the most sparsely populated areas of North-eastern Estonia.

PRACTICAL INFORMATION

..... 30 km

🕒 10 – 12 h



Remniku beach opposite Suvi wellness and recreation centre



Kuremäe Convent



Remniku - Imatu - Kaatermu - Kaidma - Kuremäe



Gravel forest roads, paved road in Kuremäe



Easy if completed in two days,
Hard if completed in one day



It is advised to split this section in two days, spending the night in a tent in the picnic area of the Agusalu nature reserve by Lake Imatu. No services between Remniku and Kuremäe. The closest place offering services is Kuremäe.



You can also get from Alajõe to the Kuremäe Convent by following the respective section of the long-distance hiking trail Penijõe - Aegviidu - Kauksi (613 km) established by the Estonian State Forest Management Centre (RMK). This will take approximately three days.

FORESTS

The day's journey is mostly along a straight, uniform forest path, with predominantly pine forests, but with active forest management.

WORTH SEENING!

- 1 Kuremäe convent.**
The Kuremäe (Pühtitsa) dormition convent of the Russian Orthodox Church is directly under the patriarch of Moscow and all Russia.
GPS: 59.19906, 27.53542
- 2 Kuremäe sacrificial oak.**
Kuremäe sacrificial oak was a sacred tree for old Estonians.
GPS: 59.20158, 27.53516
- 3 Kuremäe holy spring I.**
The holy spring is a protected spring which waters are believed to have curative powers. GPS: 59.20295, 27.52824
- 4 Kuremäe holy spring II.**
The holy spring is a protected spring and is open a couple of times a year.
GPS: 59.19071, 27.54760

SERVICES

Accommodations

- 1. Hostel "Kuremäe Apteegi",**
+372 53226207;
GPS: 59.20202, 27.53484

Catering

- 1. Café Kuremäe "Apteegi Kohvik",**
GPS: 59.20202, 27.53484
- 2. Café "Kuremäe kohvik",**
GPS: 59.20167, 27.53560

Shops

Nearest shop in Illuka.

Public transport

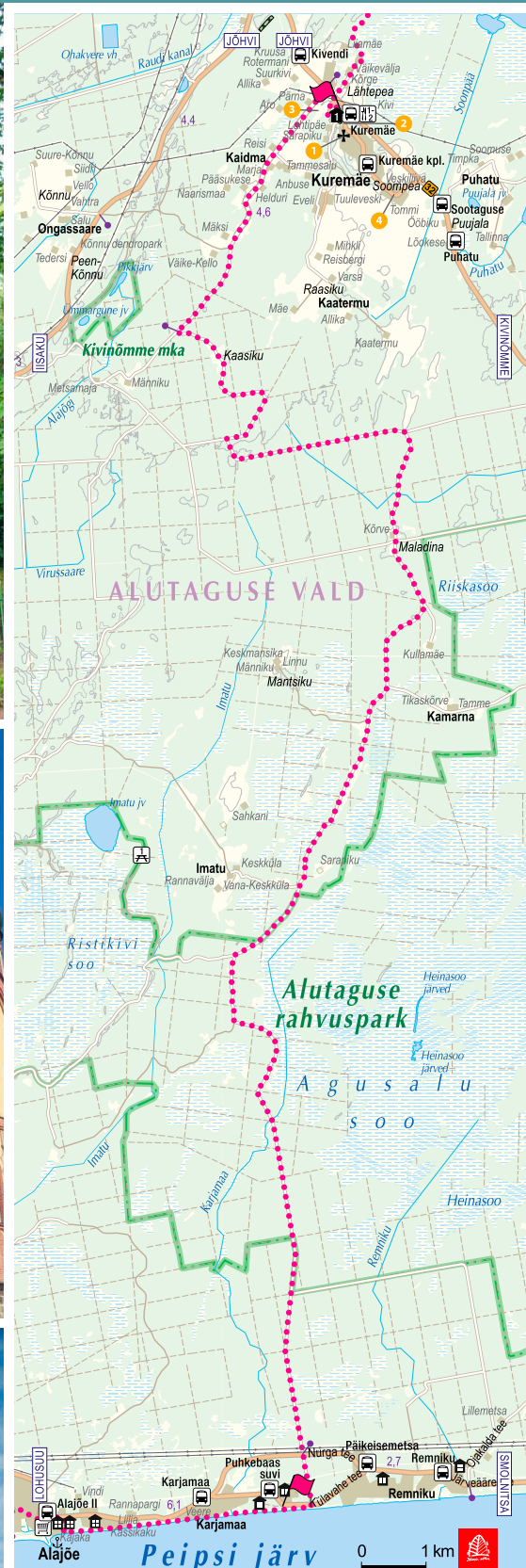
There is no bus connection between Remniku and Kuremäe.

Rest areas

- 1. „Agusalu LKA”,**
▲ (up to 4 tents are allowed) 🏕️
GPS: 59.10069, 27.46971

TOURIST INFORMATION:

- i Jõhvi Tourist Information Centre,**
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568;
GPS: 59.35714, 27.41010



HIGHLIGHTS OF NORTH ESTONIAN COASTLINE

- **The North Estonian Glint** – the most impressive outcrop in the Baltics
- **Waterfalls** and the largest boulders of Northern Europe
- Industrial heritage in **Kunda**
- **Lahemaa** – the oldest national park in the Baltic States
- **Altja** – a traditional fishing village
- **Käsmu** – a popular Estonian sea captains' village
- **Purrekkari Cape** – the northernmost point of the Estonian mainland
- **Military heritage** – coastal fortifications
- **Pirita** – the most popular resort and Olympic centre in Tallinn
- **Old Town of Tallinn** – UNESCO heritage site





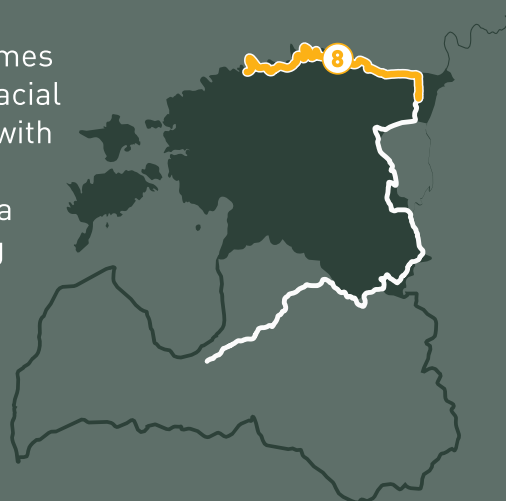
ESTONIA **NORTH** **ESTONIAN COASTLINE**

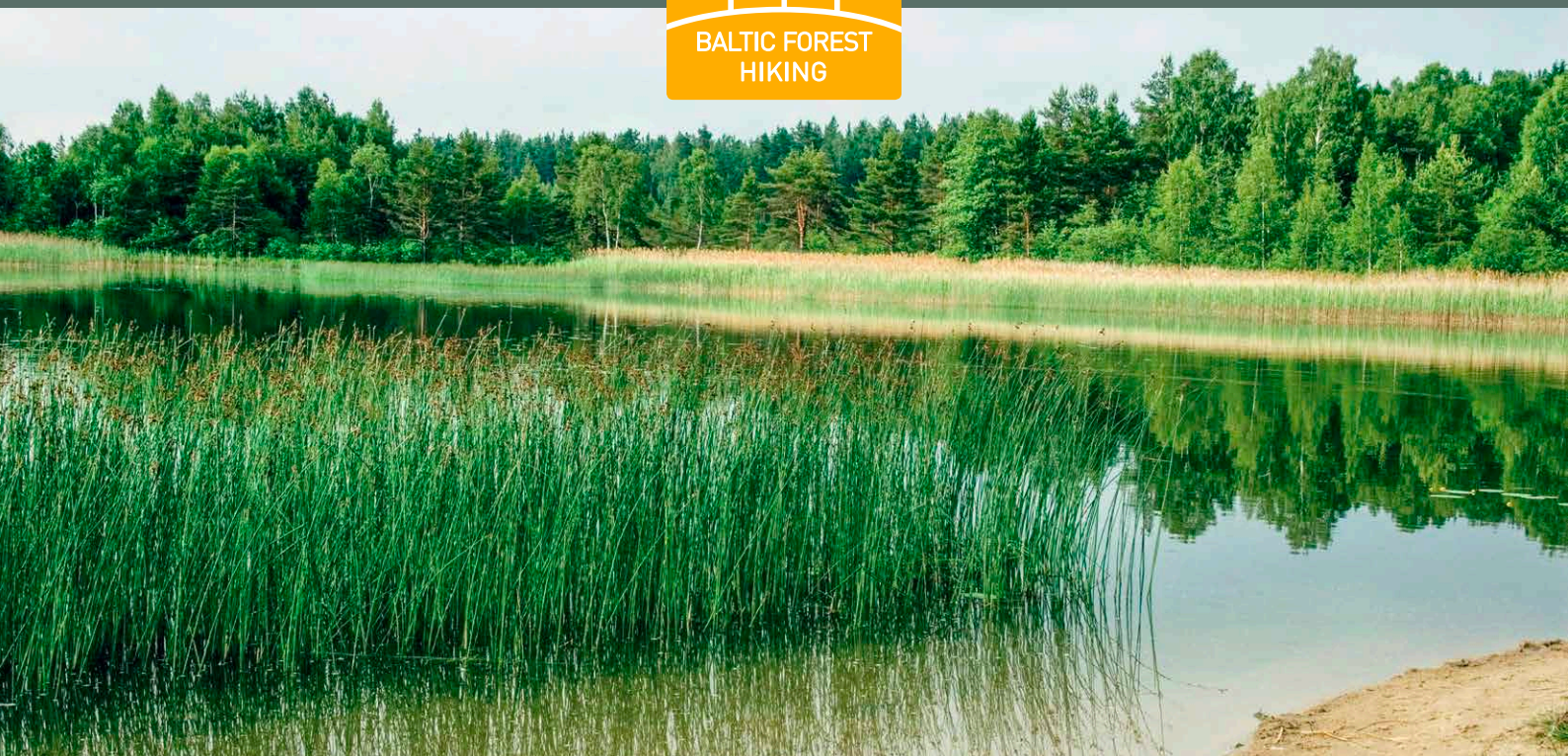
LAHEMAA NATIONAL PARK, WATERFALLS,
STONES AND CLIFFS

#34-50

Kuremäe – Tallinn, 338 km

In the Northern Estonia section of the route, nature becomes harsher and increasingly Nordic. Here you can see the glacial boulders the size of a house, sparsely populated islands with pristine scenery, as well as waterfalls that are quite wide and tall for the Baltic region. The North Estonian Glint is a long rocky outcrop on the coast of the Baltic Sea. Walking on the shore of the Gulf of Finland a spectacular landscape of both rocky and sandy beaches may be observed. Lahemaa National Park is characterised by many bays, peninsulas, forests and villages of rich cultural heritage. FOREST TRAIL passes through the typical Estonian juniper fields and into the suburbs and the centre of Tallinn.





ESTONIA NORTH ESTONIAN COASTLINE



KUREMÄE - VASAVERE, 16 km

Through the Kurtna Protected Landscape Area

Having left the Kuremäe Convent hill, the Forest Trail continues along the picturesque Kurtna landscape reserve (part of Alutaguse national park), ornamented by the mirror surfaces of its many lakes (42 lakes in total, the highest density in Estonia) among beautiful, bright coniferous forests. Wooden footbridges pass through the wetter areas, while bridges are built over ditches and small rivers. A network of hiking and Nordic walking trails has been established in the vicinity of the Alutaguse recreation and sports centre.

PRACTICAL INFORMATION

..... 16 km



5 – 7 h



Kuremäe Convent



Alutaguse recreation and sports centre



Kuremäe - Konsu - Vasavere



Forest trails, forest roads, wooden footbridges in wetlands, gravel roads



Easy



Shops are located in Kurtna and Oru, which is in the middle of the next day.



FORESTS

The landscape of this lake-rich area has mosaic relief and vegetation. Here you can enjoy the alternation of dry pine forests, mixed forests, wet forests and wetlands with marvellous views to the lakes. Near the northern part of the lakes you will pass the Pannjärve sandpit (of national importance), where the cross-sections offer great overview of the structure of the drumlins and their formation in the end of last Ice Age.

WORTH SEENIG!

- 1 Sulu watermill dam and the shepherd's road of the Kuremäe convent.**
Located on the ditch of Holy Spring. Old shepherd's path is still in use.
GPS: 59.210188, 27.539492
- 2 Lake Konsu.**
The largest lake in the Kurtina Lake District. This is where the biggest lake district in Estonia begins. The district is characterized by a strong mosaic of relief and vegetation.
GPS: 59.228825, 27.570840
- 3 Lake Nõmmjärv.**
The hiking trail of Kurtina 11 lakes begins at the parking lot. The trail introduces the lakes in the heart of the Kurtina landscape reserve.
GPS: 59.244328, 27.550381
- 4 Lake Mustjärv.**
GPS: 59.247964, 27.545983
- 5 Lake Niinsaare.**
GPS: 59.252302, 27.543346
- 6 Lake Väike Laugasjärv.**
GPS: 59.257168, 27.548426
- 7 Lake Kurtina Suurjärv.**
GPS: 59.258407, 27.546908
- 8 Lake Ahnejärv.**
GPS: 59.260669, 27.56301
- 9 Lake Martiska.**
GPS: 59.264100, 27.570700
- 10 Lake Kuradijärv.**
GPS: 59.265984, 27.570468
- 11 Pannjärve sandpit.**
The largest national sand quarry of national importance.
GPS: 59.283224, 27.56794
- 12 Lake Mätasjärv.**
GPS: 59.288051, 27.56767
- 13 Alutaguse adventure park.**
There are five adventure tracks for various levels of difficulty, children's adventure track and a tubing track which is open throughout the year. +372 53057776;
GPS: 59.28937, 27.557728
- 14 Alutaguse health trails & disc golf park.**
The sports mecca of Ida-Viru County, which hosts several sports events in the region. There are marked 1, 2, 3, 5 and 7.5 km long health trails, a 2.4 km rollerblading track and 18-basket disc golf track.
GPS: 59.28937, 27.557728

SERVICES



Accommodations

- 1. Niinsaare Holiday Center,**
+372 5257516;
GPS: 59.24854, 27.53885
- 2. Guest house at Alutaguse Health and Sports Centre,**
+372 53057776;
GPS: 59.28918, 27.55818



Catering

- 1. Café at Alutaguse Health and Sports Centre,**
+372 53057776;
GPS: 59.28918, 27.55818



Shops

- Kurtina kauplus,**
GPS: 59.26887, 27.51390



Public transport

Bus Nr. 198 Tallinn–Rakvere–Aseri–Jõhvi–Kuremäe (Mon.–Fri. once a day).
Bus Nr. 116 Jõhvi–Illuka kool–Kuremäe (once a day). Bus Nr. 546 Kohtla–Järve–Jõhvi–Vasknarva–Gorodenka (Wed. once a day).



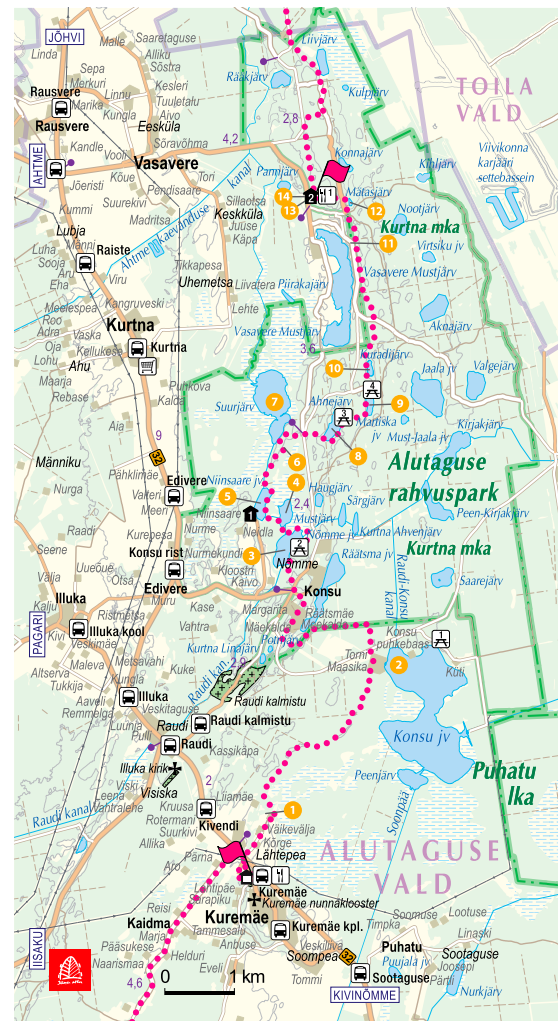
Rest areas

- 1. Camping area "RMK Konsu telkimisala",**
GPS: 59.23143, 27.58494
- 2. Picnic area "RMK Nõmmjärve puhkekoht",**
GPS: 59.24433, 27.55038
- 3. By the Lake Ahnejärv,**
GPS: 59.26067, 27.56301
- 4. Picnic area "RMK Martiska puhkekoht",**
59.26410, 27.57070

TOURIST INFORMATION:



Jõhvi Tourist Information Centre,
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568;
GPS: 59.35714, 27.41010





ESTONIA NORTH ESTONIAN COASTLINE



VASAVERE - TOILA, 25 km

Towards the rocky coast of Northern Estonia near Toila

Behind Vasavere, the Forest Trail continues through the Kurtina landscape reserve, encircles over a peat bog, crosses the town of Oru, passes through the Voka River valley and arrives at the Baltic Sea, where it turns west. Here, on the coast of the Gulf of Finland, rises the North-Estonian Klint – a steep, rocky and forest-covered cliff that stretches non-continuously to Tallinn and further to the islands of West-Estonia. The Forest Trail runs on top of the cliff and occasionally descends into valleys. It crosses the deep and vast Pühajõgi valley in the Toila-Oru park and comes to Toila, a popular coastal resort.

PRACTICAL INFORMATION

..... 25 km

⌚ 8 – 10 h

🚩 Alutaguse recreation and sports centre.

🚩 Toila SPA Hotel

📍 Vasavere - Oru - Voka - Toila park - Toila



Forest roads and paths, park and meadow paths, gravel roads, pavement in populated areas



Medium



Be careful when crossing the Tallinn-Narva motorway (No. 1) and walking along the road! Do not approach the steep and rocky seashore as it may collapse!



The slopes of Voka River valley may be slippery.



If you take Pargi street in the Voka village, you can shorten the route by 3 km.

FORESTS

On the klint edge, on the banks of Pühajõe river valley, the 75 ha species rich park with more than 200 taxa of tree species is waiting for visitors from the beginning of 20th century. The park has seen better and worse times and today attracts with diverse alleys and tree groups, natural plant cover in underlying forest and richness of nesting birds. The lowland between the sea and the North-Estonian klint is covered with thicker and taller forest, with specific microclimate, water regime and soil and nutrient types. Because of its exuberance and impassibility, it is sometimes called local jungle or North rain forest. The lower front is formed by high and dense ferns together with hops twisting and dropping from the tree trunks.

WORTH SEENING!

- 1 Lake Liivjärv.**
GPS: 59.304525, 27.562592
- 2 Oru peat fields.**
GPS: 59.343284, 27.575287
- 3 Voka gulch.**
Almost 30 m deep gulches give the area a primitive look.
GPS: 59.412627, 27.596676
- 4 Voka beach.**
GPS: 59.414324, 27.59577
- 5 Voka manor park.**
GPS: 59.413727, 27.584831
- 6 Pühajõe church.**
GPS: 59.411901, 27.537622
- 7 Aluoja waterfalls.**
The viewing platforms are right next to the Aluoja cascade, providing a powerful spectacle.
GPS: 59.40290, 27.533375
- 8 Oru park landscape reserve, Toila-Oru park: witch forest, grotto, castle ground.**
Oru park is unique in its position, design and richness of species. The park is characterized by varied terrain and the rapids valley of the Pühajõgi River.
GPS: 59.422652, 27.532364
- 9 Toila beach and port.**
GPS: 59.426224, 27.531462
- 10 Toila old port pier.**
GPS: 59.428294, 27.500992
- 11 German soldiers' cemetery.**
GPS: 59.424575, 27.522662

SERVICES



Accommodations

- 1. Hostel at Voka sportcenter,**
+372 56661294; +372 53068323;
GPS: 59.40642, 27.58713
- 2. Holiday House "Kasteheina kodu",**
+372 5268096; GPS: 59.40849, 27.56074
- 3. Pühajõe Holiday House,**
+372 5225906; GPS: 59.41986, 27.54112
- 4. Guesthouse "Motovilla",**
+372 53022058; GPS: 59.40507, 27.54086
- 5. Aluoja Holiday Center,**
+372 5110853; GPS: 59.40364, 27.53295
- 6. Valgevilla Apartments,**
+372 5289364; +372 56333789;
GPS: 59.42075, 27.52339
- 7. Guesthouse "Villa Meretare",**
+372 53451181; GPS: 59.41566, 27.51673
- 8. Toila SPA Hotel,**
+372 3342900; GPS: 59.42537, 27.51397
- 9. Camping "Männisalu",**
+372 3342900; GPS: 59.42537, 27.51397
- 10. Virulase Holiday House,**
+372 56476805; GPS: 59.42595, 27.50871



Catering

- 1. Restaurant "Toila Mereresto",**
+372 58111114; GPS: 59.42659, 27.53196
- 2. Café "Toila Pargi Kohvik",**
+372 53619900; GPS: 59.42145, 27.52143
- 3. Restaurant Mio Mare at Toila SPA Hotel,**
+372 3342915; GPS: 59.42537, 27.51397
- 4. Pub "Vana Fregati Pubi",**
+372 56996446; GPS: 59.41865, 27.51164



Shops

- Oru "Grossi toidukaubad",**
GPS: 59.37167, 27.56835
- Voka "Grossi toidukaubad",**
GPS: 59.40419, 27.58141
- Toila "Meie Pood",**
GPS: 59.41872, 27.51140



Public transport

Bus Nr. 105 Jõhvi-Toila-Valaste-Saka-Kohtla-Järve-Jõhi (Mon.-Fri. 3 times a day, Sat. 2 times a day, Sun. once a day);
Bus Nr. 106 Jõhvi-Toila-Voka-Jõhvi (4 times a day);
Bus Nr. 108 Jõhvi-Voka-Toila-Jõhvi (6 times a day)



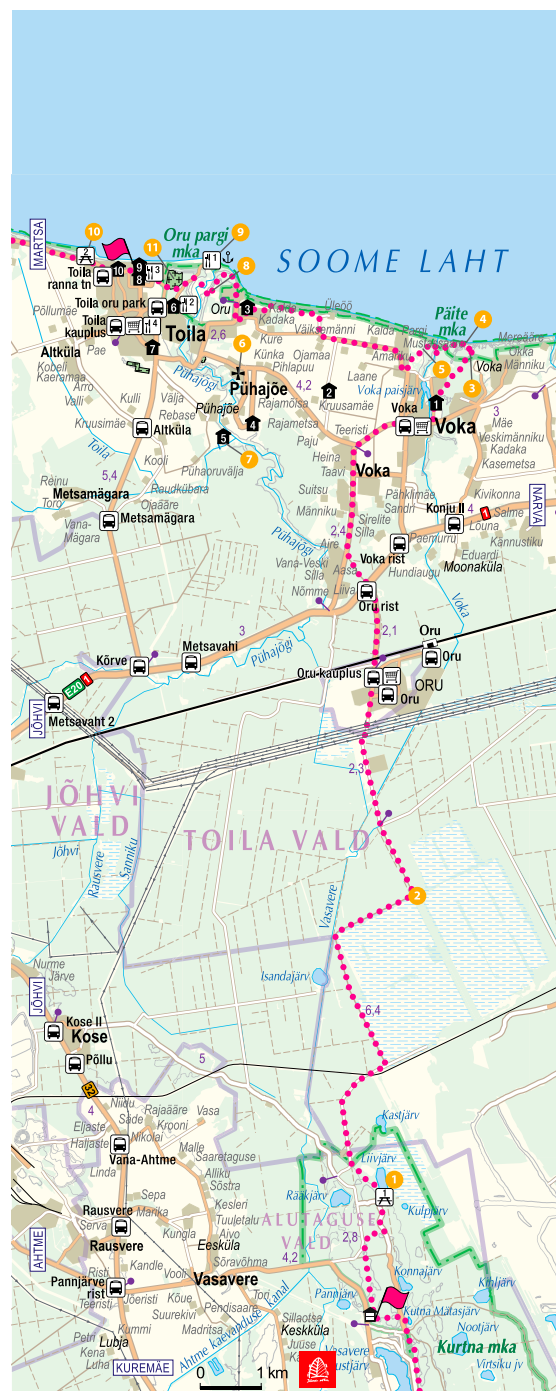
Rest areas

- 1. Campfire site "RMK Liivjärve lõkkekoht",**
GPS: 59.30453, 27.56259
- 2. Picnic area "RMK Toila puhkekoht",**
GPS: 59.42829, 27.50099

TOURIST INFORMATION:

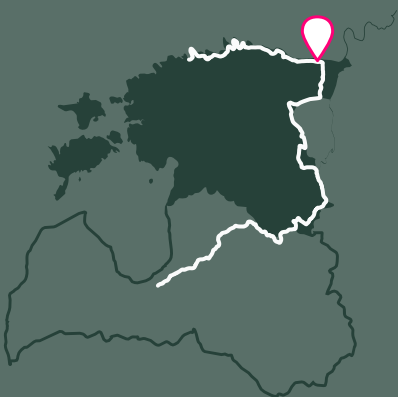


Jõhvi Tourist Information Centre,
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568;
GPS: 59.35714, 27.41010





ESTONIA NORTH ESTONIAN COASTLINE



TOILA - SAKA, 21 km

The scenic North-Estonian Klint between Toila and Saka

One of the most unusual sections of the Forest Trail in Northern Estonia, which leads along the foot of the impressive North-Estonian Klint in good weather, then climbs to the top of the klint in the villages of Valaste and Saka, revealing breath-taking views of the Gulf of Finland from the so-called Viru Rise. In the Saka - Ontika - Toila section (about 23 km), the maximum height of the North-Estonian Klint reaches 55 m. If the weather is clear, you can see the isles named Great and Small Tütarsaar, which belong to Russia, at a 50 km distance.

PRACTICAL INFORMATION

..... 21 km

10 – 14 h

Toila SPA Hotel

Saka manor

Toila - Martsa - Valaste -
Ontika - Saka

Paved road in Toila, a narrow,
rocky, challenging seashore
for the rest of the distance

Hard

The Clint has formed several
mass slides and mudslides,
which together with the vegetation -
trees and bushes - make walking dif-
ficult.

Going near the top and bot-
tom part of the North-Estonian
Klint is dangerous, especially after spring
and autumn showers, as it can collapse.

This section is challenging.
Although the distance is not that
great, plan the walk to take two to three
times longer than usual. During stronger
north, northwest, or northeast winds, the
narrow shore (beach) may be completely
covered with water in places and thus not

suitable for walking. In calm weather, it is
advised to split the section in a two-day
walk with an overnight stay in Valaste.
Shoes with fixed ankle and walking poles
will help you keep balance. Keep in mind
that there are only a few places where
you can climb up or down the 50 m high
Klint: near the villages of Martsa (a steep
slope), Valaste (stairs), Saka (stairs). The
stairs are steep. There are no services at
the foot of the Klint.

If the sea is rough and the rolling
waves are too strong, go along
the Toila - Ontika - Saka road on top of the
klint or take the bus.



FORESTS

In Martsa the trail descends the scree slope, and continues in the mysterious and rare cliff forest, dominated by black alder, lime trees, elms and other broad-leaved species. The dollar-like fruits of perennial honesty are visible all-year round. This plant is characteristic to North-Estonian Klint forests.



Catering

- Café Valaste,**
+372 53912120;
GPS: 59.44335, 27.33583
- Saka manor restaurant,**
+372 3364901;
GPS: 59.43773, 27.17942



Shops

No shops



Public transport

Bus No 105
Jõhvi - Toila - Valaste - Saka - Kohtla-Järve - Jõhvi (Mon.-Fri. 3 times a day, Sat. 2 times a day, Sun. once a day).

TOURIST INFORMATION:



Jõhvi Tourist Information Centre,
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568;
GPS: 59.35714, 27.41010

WORTH SEENIG!

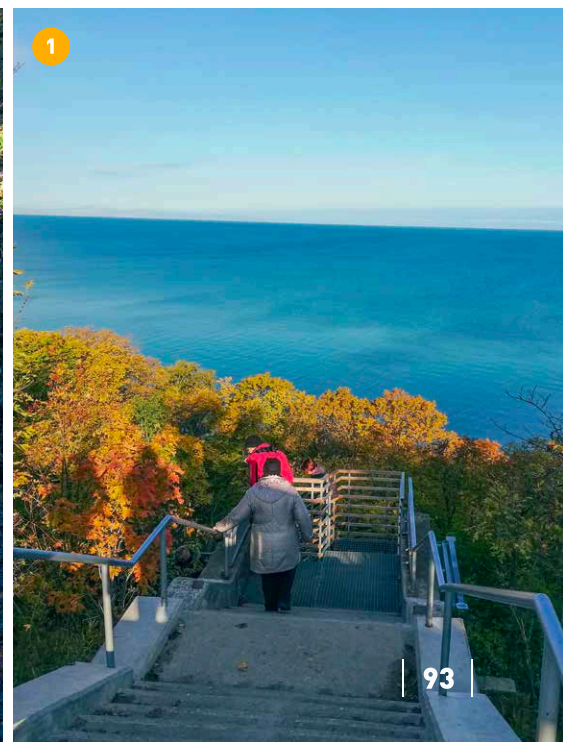
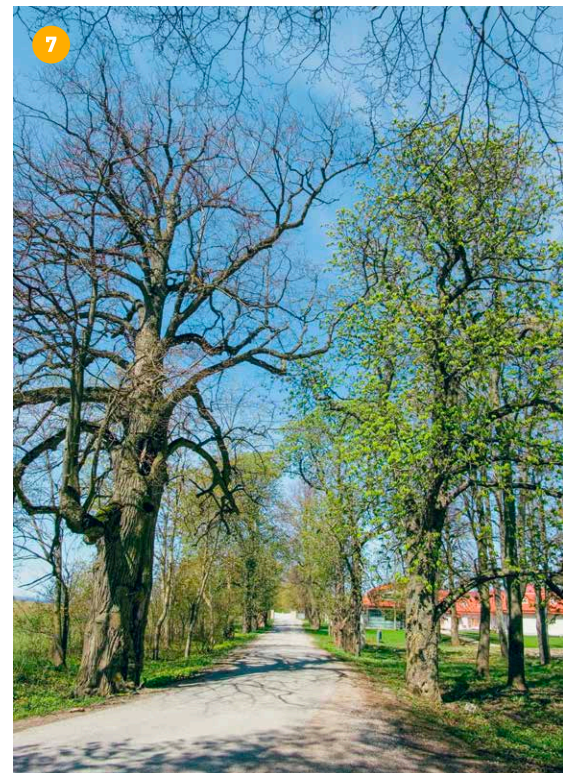
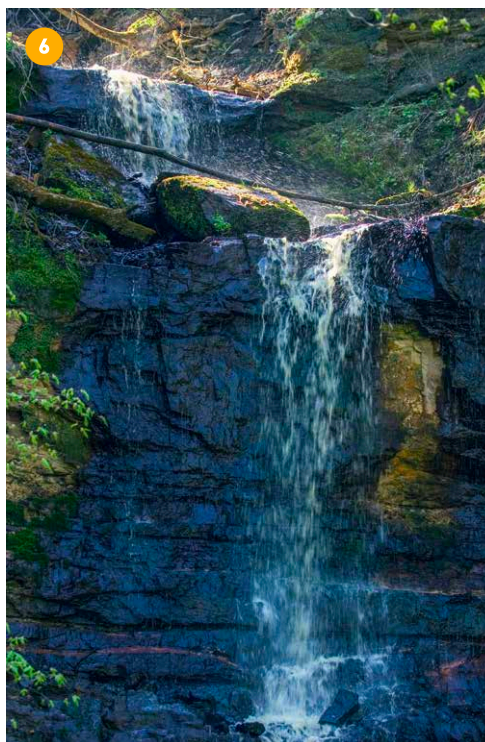
- Valaste waterfall.**
The highest waterfall in Estonia.
GPS: 59.443684, 27.335067
- Valaste study and hiking trail.**
The hiking trail runs in the heart of the Ontika landscape reserve, over 800 m on the beach and nearly 700 m in the bank forest on sloping cliffs where the boardwalk is built for this purpose.
GPS: 59.443369, 27.324657
- Ontika manor.**
GPS: 59.437323, 27.29967
- Karjaoru waterfall.**
GPS: 59.442855, 27.270026
- Saka deep-sea discharge point.**
GPS: 59.442029, 27.21484
- Kivisilla waterfall.**
GPS: 59.439222, 27.184098
- Saka manor and park.**
A small and romantic manor complex on the edge of a unique Klint cliff.
GPS: 59.437161, 27.180598

SERVICES



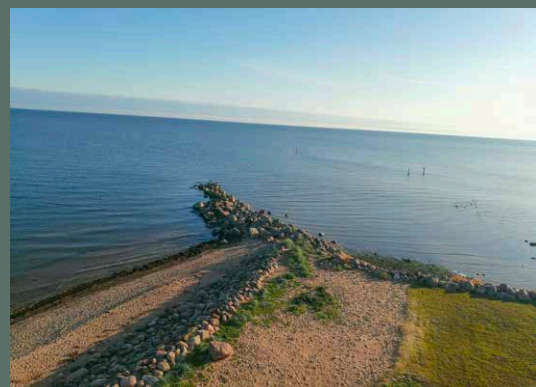
Accommodations

- Valaste Holiday Village & Hostel,**
+372 53912120; GPS: 59.44335, 27.33583
- Hotel Kalle at Ontika Manor House,**
+358 407687011; GPS: 59.43665, 27.29913
- Saka manor hotel and camping,**
+372 3364900; GPS: 59.43773, 27.17942





5



6



ESTONIA NORTH ESTONIAN COASTLINE



SAKA - ASERI, 22 km

Millions of years old fossils on the seashore

At Saka manor, the Forest Trail ventures down a steep staircase to the seashore, where it continues along the beach for less than 6 km. At the villages of Moldova and Jabara, the Forest Trail moves back up the North-Estonian Klint (great scenery from the Viru Rise), passes through the village of Purtse, circles around the Purtse River and moves further down the narrow seacoast to Aseri. Shortly before arriving at the town, it climbs the slope of the klint again. Animal fossils can be observed by the seashore below the North-Estonian Klint, some of them hundreds of millions of years old.

PRACTICAL INFORMATION

..... 22 km

⌚ 8 – 10 h

🚩 Saka manor

🚩 Aseri municipality house

📍 Saka - Aa - Moldova - Purtse -
Liimala - Aseri

🌳 Sandy, sandy to rocky beaches,
dirt and gravel roads, paved
road in Aseri and between
Purtse and Liimala

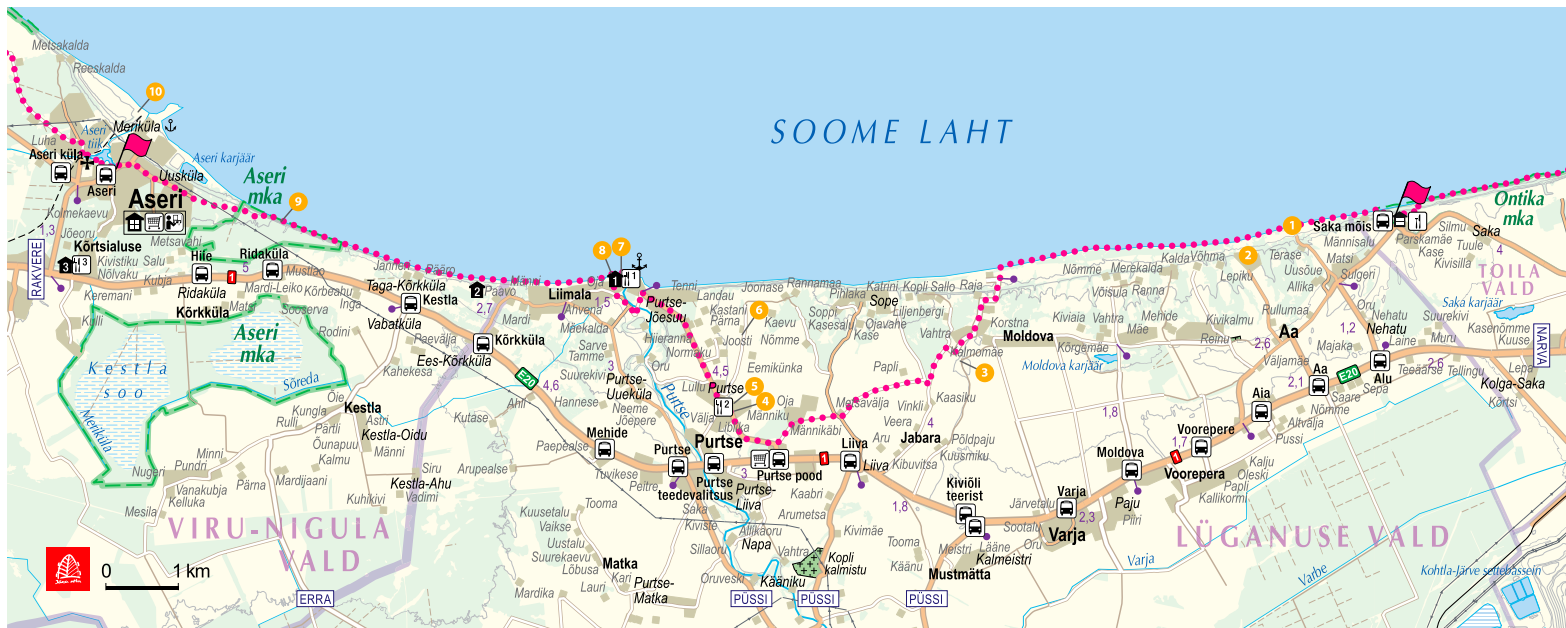
●●● Hard

⚠️ The Klint has formed several mass slides and mudslides in the section between Liimala and Aseri, which together with the vegetation - trees and bushes - make walking difficult. The Trail may be overgrown before Aseri.

⚠️ Going near the top and bottom part of the North-Estonian Klint is dangerous, especially after spring and autumn showers, as it can collapse.

⚠️ During stronger north, northwest, or northeast winds, the narrow shore (beach) may be completely covered with water in places and thus not suitable for walking. Shoes with fixed ankle and walking poles will help you keep balance. Keep in mind that you cannot climb up or down the 50 m high North-Estonian Klint from any place on the beach.

🚌 If you cannot walk on the seashore because of the waves, take a bus from Purtse to Aseri that runs on the Tallinn - Narva motorway.



FORESTS

Aa village has an interesting manor park with ponds and a protected pine forest. On the way, one will encounter Purtse River and the sacred Purtse forest hill, where oaks are planted in memory of the victims of communism. Aseri is an industrial city where clay bricks have historically been made, so one can see clay quarries surrounded by mixed forests.

WORTH SEENING!

- 1 **Aa beach.**
GPS: 59.438012, 27.153445
- 2 **Aa manor.**
GPS: 59.434462, 27.14229
- 3 **Jäbara stone barrows.** The largest group of archaeologically investigated older Iron Age stone barrows in North-eastern Estonia. The funeral site covers the period 500 years BC and 500 years AD.
GPS: 59.423258, 27.07105
- 4 **Purtse brewery.**
GPS: 59.418576, 27.014553
- 5 **Purtse fortress.** The oldest preserved castle in the county can be visited daily from June until the end of August, other times to be booked in advance.
GPS: 59.419067, 27.01295
- 6 **Purtse Hiimägi (Grove Hill), sacrificial linden tree and sacrificial stone.**
GPS: 59.427763, 27.018463
- 7 **Tulivee bootlegging tourist centre.** The centre introduces and lets you experience true stories related to moonshine that happened almost a century ago.
GPS: 59.435319, 26.990299
- 8 **Liimala beach.**
GPS: 59.435973, 26.987679
- 9 **Aseri clay outcrop.**
GPS: 59.444352, 26.907364
- 10 **Aseri beach and clay quarry.**
GPS: 59.45876, 26.873689

SERVICES



Accommodations

1. **Tulivee Villa,**
+372 3340017; +372 53451841;
GPS: 59.43514, 26.98817
2. **Mereoja Camping,**
+372 59084196;
GPS: 59.43451, 26.95447
3. **Kõrtsialuse Guesthouse,**
+372 5163192;
GPS: 59.43970, 26.85462



Catering

1. **Tulivee Restaurant,**
+372 5218046;
GPS: 59.43514, 26.98817
2. **Purtse caste café/restaurant,**
+372 53079661;
GPS: 59.41907, 27.01295
3. **Restaurant Jäagrigrill,**
+372 5163192;
GPS: 59.43940, 27.85476



Shops

- Purtse pood,**
GPS: 59.41226, 27.02556
- Aseri "Grossi toidukaubad",**
GPS: 59.44970, 26.86690



Public transport

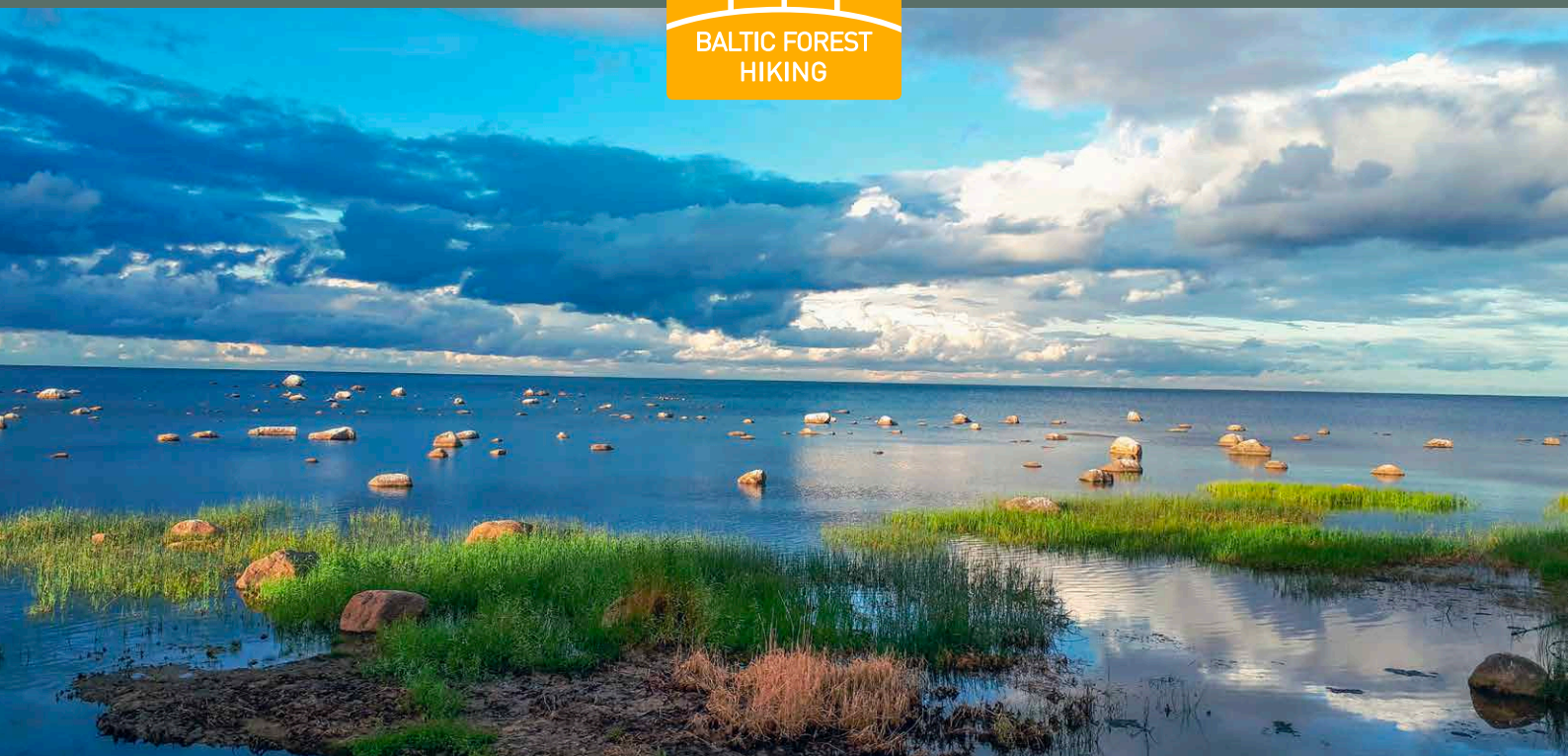
Nearest transport:
Tallinn - Narva highway,
www.peatus.ee.

TOURIST INFORMATION:



Jõhvi Tourist Information Centre,
Jõhvi, Kooli 2, johvi@visitestonia.com,
+372 3370568;
GPS: 59.35714, 27.41010





ESTONIA NORTH ESTONIAN COASTLINE



ASERI - MAHU, 20 km

Towards Aseri, the capital of Estonia's brick production

Before you continue the hike, consider visiting the seaside to take a look at the giant quarries. These quarries have produced clay for brick production for a very long time and are still used today. Behind Aseri, the Forest Trail passes through a former Soviet military territory, moves along the top of the North-Estonian Klint for about a kilometre, offering beautiful views of the Gulf of Finland, passes the Kalvi manor and continues further along the road towards Mahu. It crosses a beautiful forested area behind the Pada River (nature reserve), then comes to the seashore and continues through coastal forests until Mahu.

PRACTICAL INFORMATION

..... 20 km

⌚ 7 – 9 h

🚩 Aseri municipality house

🚩 Mahu village by the Mahu beach

📍 Aseri - Kalvi - Kurna - Koila - Mahu



Paved roads, gravel and dirt roads



Easy



There are pastures between Aseri and Kalvi that may be enclosed by a regular or electric fence.



Watch out for barbed wire and sharp objects in the territory of the former military base. Be careful when walking on the side of the road!



Approaching the edge of the North-Estonian Klint is dangerous because it can collapse. There are no shops and places to eat near the Forest Trail between Mahu and Kunda (the destination of the next day). For more information regarding accommodations, take a look at the next section.

FORESTS

The hiking trail runs along the beautiful coastal vegetation, protected by the Aseri landscape reserve. Cliff forests, swamp forests and dry pine forests alternate here according to the terrain. There are also species-rich meadows in the landscape where abundant orchids bloom in the middle of the summer. The most beautiful forests of the day are located in the Mahu-Rannametsa nature reserve, which combines wet floodplain and bog forests with drier old natural forests as well as broadleaf forests.

WORTH SEEING!

- 1 **Old Aseri training site of Soviet border guards.**
GPS: 59.470751, 26.839642
- 2 **Kalvi manor.**
GPS: 59.482686, 26.787949
- 3 **Kalvi beach.**
GPS: 59.495283, 26.784049
- 4 **Mahu harbour.**
GPS: 59.519321, 26.729699
- 5 **Ruins of St. Mary's chapel.**
GPS: 59.444563, 26.701752
- 6 **Viru-Nigula St. Nicholas' church.**
GPS: 59.445950, 26.689247
- 7 **Vasta manor.**
GPS: 59.459640, 26.690145

SERVICES

Accommodations

1. **Holiday Home "Kalvi tee",**
Contact via www.booking.com;
GPS: 59.44689, 26.69026
2. **Kuuseoksa Holiday House,**
+372 5226947;
GPS: 59.48252, 26.71852

Catering

No places to eat.

Shops

1. **Viru-Nigula "Meie toidukaubad",**
GPS: 59.44493, 26.69120

Public transport

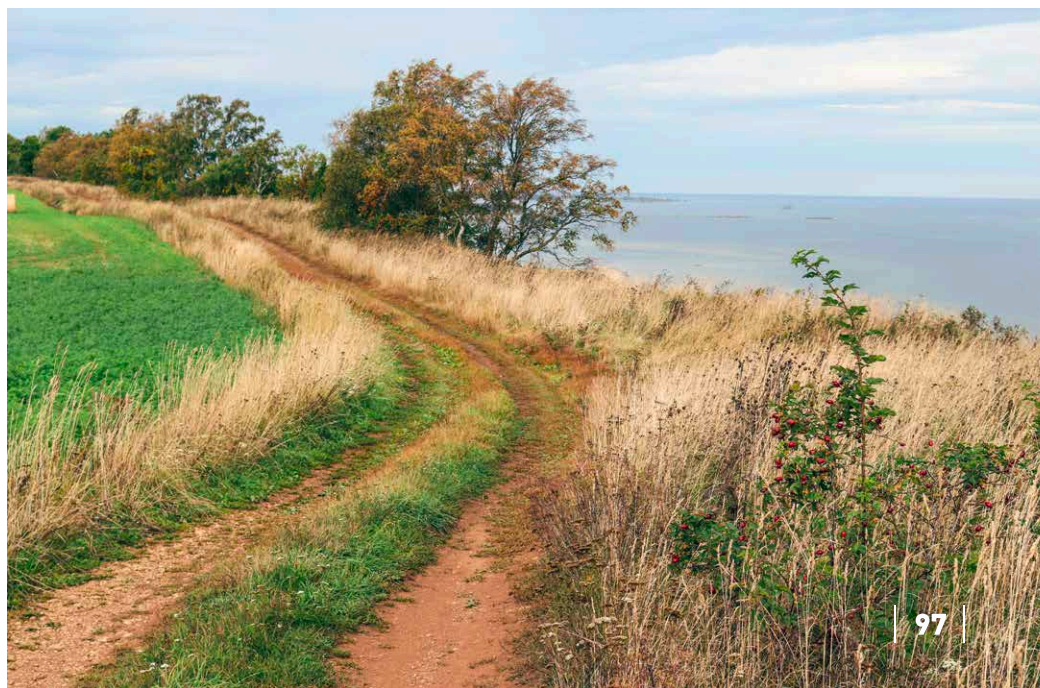
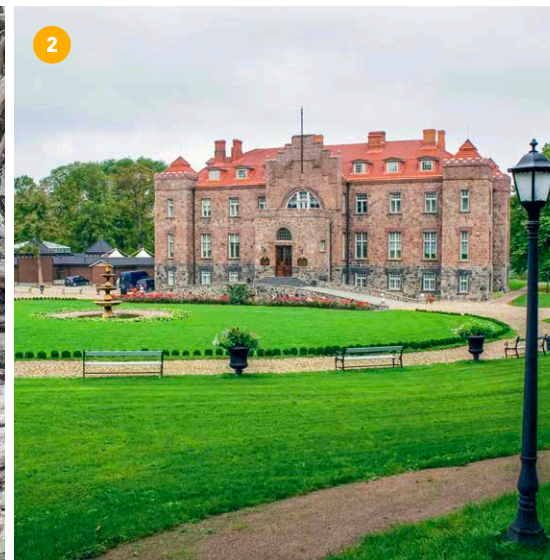
Bus traffic a couple of times a day to Viru-Nigula. www.peatus.ee

Rest areas

1. **Unukse-Mahu campsite,**
GPS: 59.50142, 26.72398

TOURIST INFORMATION:

1. **Rakvere Tourist Information Centre,**
Rakvere, Lai 20,
+372 3242734;
GPS: 59.34809, 26.36041





ESTONIA NORTH ESTONIAN COASTLINE



MAHU - KUNDA, 18 km

Experiencing the Kunda industrial heritage

From Mahu to Letipea village, the Forest Trail runs along small coastal roads close to the sea and along the coastline for a stretch of road. It may be worth taking a 2 km detour (there and back) to the Ehalkivi Boulder. For the next three kilometres from Simunamäe, the Forest Trail leads along the foot of the North-Estonian Klint, which is covered by a primary forest. The coastline is about a kilometre away from here. Information boards about the history of Kunda have been placed in the territory surrounding the Lontova manor. You can also visit the many objects located in the city and along the river that are related to the historical development of the city cement plant.

PRACTICAL INFORMATION

..... 18 km



6 – 8 h



Mahu village by the Mahu beach



Kunda, Kasemäe street (Kasemäe tee)



Mahu - Männiku - Letipea - Simunamäe - Lontova - Kunda



Gravel and dirt roads, sandy and overgrown beach, paved road behind Simunamäe and in Kunda



Easy



Be careful when walking on the side of the road!



Shops and food services available only in Kunda.



FORESTS

The hiking trail leads to the beautiful Letipea landscape reserve with its old natural forests and beautiful coastal landscapes. The area is an important migratory area for birds.

WORTH SEENIG!

- 1 Letipea lighthouse.**
GPS: 59.552421, 26.606869
- 2 Ehalkivi.**
Estonian biggest boulder.
GPS: 59.549761, 26.587607
- 3 Ruins hotel Neu London.**
Luxury hotel in Czar-era.
GPS: 59.509529, 26.547654
- 4 Kunda stone church.**
GPS: 59.503883, 26.535960
- 5 Kunda hydroelectric plant.**
First hydroelectric plant in Baltics.
GPS: 59.502779, 26.541714
- 6 Ruins of old cement factory.**
GPS: 59.500027, 26.539935
- 7 Kunda cement museum.**
GPS: 59.500682, 26.536425

SERVICES



Accommodations

- 1. Karineeme Holiday House,**
+372 5213421;
GPS: 59.53325, 26.69536
- 2. Lontova Holiday House,**
+372 53606666;
GPS: 59.50955, 26.53964
- 3. West-Wind Holiday House,**
+372 56479170,
GPS: 59.50096, 26.50235



Catering

- 1. Café Blücher,** +372 53606666;
GPS: 59.50955, 26.53964
- 2. Café Põdra pubi,** +372 3225205;
GPS: 59.49999, 26.53179
- 3. Café Vabriku,** +372 3221480;
GPS: 59.499164, 26.527932
- 4. Café Saarepiiga,** +372 3224255;
GPS: 59.50004, 26.52323



Shops

- Kunda "Grossi Toidukaubad",**
GPS: 59.50025, 26.51857
- Kunda Konsum,**
GPS: 59.50304, 26.50328



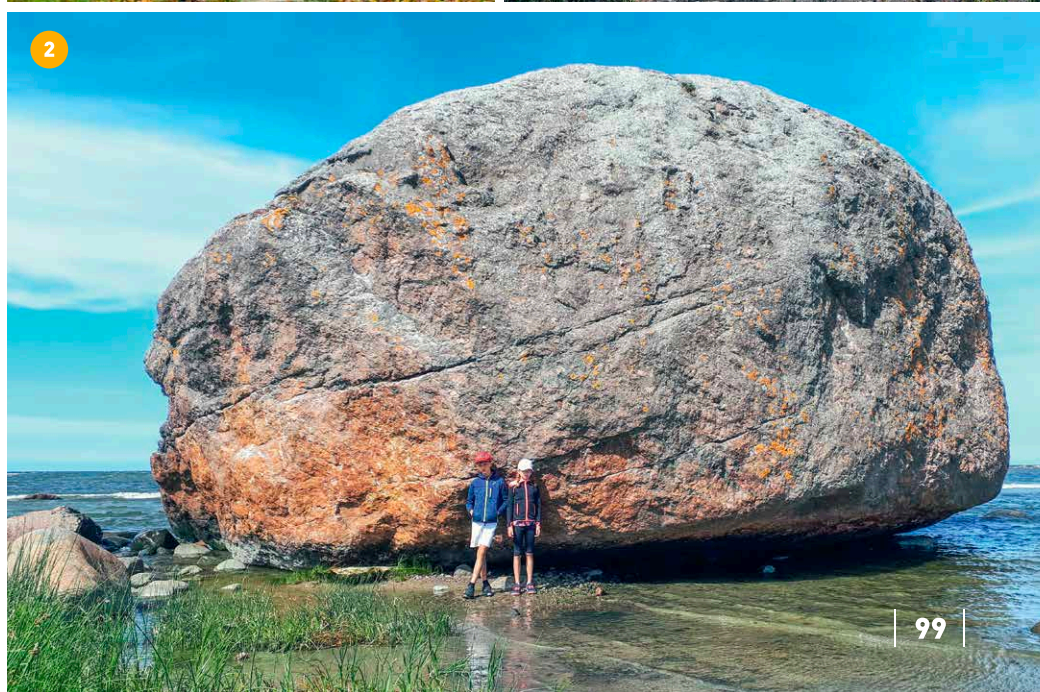
Public transport

Frequent bus connection to Rakvere.
www.peatus.ee

TOURIST INFORMATION:

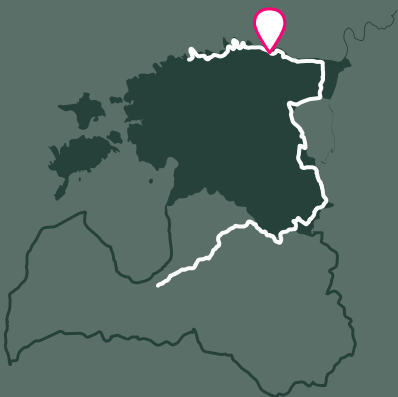


Rakvere Tourist Information Centre,
Rakvere, Lai 20,
+372 3242734;
GPS: 59.34809, 26.36041





ESTONIA NORTH ESTONIAN COASTLINE



KUNDA - EISMA, 19 km

Coastal fishing traditions and art in Karepa

After leaving Kunda, the Forest Trail comes out by the North-Estonian Klint and follows along its surface for the next two kilometres. In the village of Toolse, it is worth taking a two-kilometre detour to visit the romantic Toolse castle ruins. Lamprey catching traps, which is a rare type of fishing in Estonia, are placed near the bridge over the Selja River. They are owned by the museum, located in a beautiful farmhouse on the right bank of the river, which can be seen from the Selja bridge. From Toolse to Eisma, the Forest Trail runs along the road, making a brief detour on a beautiful, rock-covered beach before Eisma.

PRACTICAL INFORMATION

..... 19 km



6 – 8 h



Kunda, Kasemäe street
(Kasemäe tee)



Eisma harbour



Kunda (Kasemäe põik -
Kalda - Koidu - Toolse tee) -
Toolse - Karepa - Eisma



Mainly paved roads, forest
roads for a short period, sandy
and rocky seashore



Easy



Do not go near the edge of the
North-Estonian Klint because
it may collapse.



Stock up on groceries in
Kunda, as there are no
shops and places to eat (only
seasonal) for the next three
days.



You can also use the bus on the
Kunda-Eisma section.





FORESTS

The hiking trail passes through the Toolse nature reserve, which includes the limestone shore terrace and the klint forest beneath it in the vicinity of the Toolse River valley and a rare swampy oak forest on the river floodplain. A beautiful view from a slightly higher cliff to Kunda Bay opens from Toolse. Before Eisma, the hiking trail crosses the Selja River landscape reserve, where after crossing the river one can meet floodplain meadows and thereafter a wonderful species-rich old forest.

WORTH SEENING!

- 1 Kunda Kronskallas.**
A high cliff offering a beautiful viewpoint.
GPS: 59.50913, 26.51395
- 2 Toolse nature reserve.**
GPS: 59.51132, 26.49376
- 3 Toolse Order castle.**
The ruins of a medieval castle located next to the sea. GPS: 59.53468, 26.46823
- 4 Karepa medicinal plant gardens.**
+372 5296536; GPS: 59.54292, 26.41734
- 5 Karepa Kalame farm museum.**
19th c fisherman farm buildings, art.
+372 53878897;
GPS: 59.54525, 26.40520
- 6 The Selja river landscape reserve.**
GPS: 59.54385, 26.40496
- 7 Eisma harbour.**
+372 53452487;
GPS: 59.56925, 26.30213

SERVICES



Accommodations

- 1. Toolse Holiday Village,**
+372 56600815;
GPS: 59.52552, 26.45971
- 2. Arma riding farm/Holiday House,**
+372 53403806;
GPS: 59.54859, 26.37598
- 3. Kalaranna Holiday House,**
+372 56507170;
GPS: 59.56582, 26.30713
- 4. Eisma Guesthouse,**
+372 5027366;
GPS: 59.56972, 26.29663



Catering

- 1. Summer café Rannapere,**
+372 5380 1008;
GPS: 59.54975, 26.38072



Shops

No shops after Kunda until Võsu.



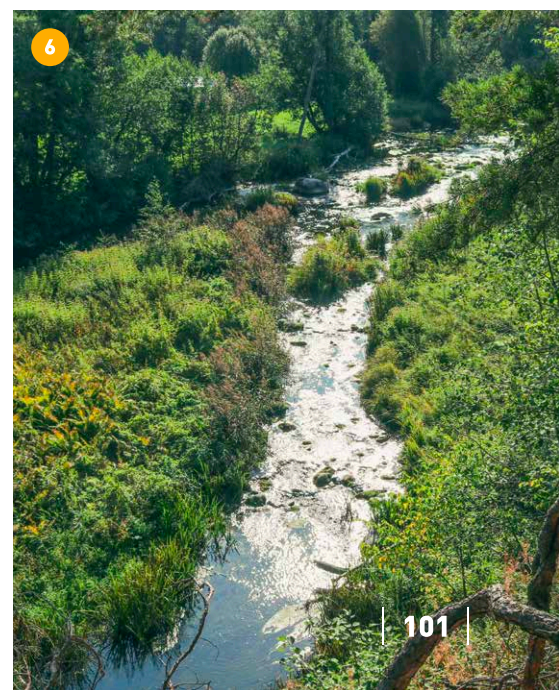
Public transport

Bus traffic a couple of times a day.
www.peatus.ee

TOURIST INFORMATION:

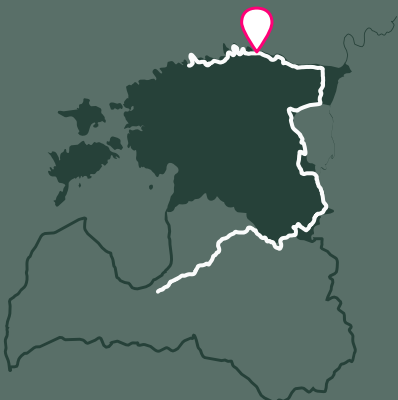


Rakvere Tourist Information Centre,
Rakvere, Lai 20,
+372 3242734;
GPS: 59.34809, 26.36041





ESTONIA NORTH ESTONIAN COASTLINE



EISMA - OANDU, 15 km

Along the trails of Lahemaa National Park

Behind the village of Vainupea, the Forest Trail enters the first Estonian national park - Lahemaa which means the land of bays in Estonian. For the next five and a half days, the Forest Trail will continue along the bays and peninsulas of Lahemaa national park, introducing the hikers to its most significant natural and cultural heritage. On this day, the Forest Trail passes through beautiful and quiet coastal forests, where mushrooms grow abundantly in autumn. It passes through the scenic Altja fishing village. The section comes to an end at RMK Oandu visitor centre, where hikers can learn more about forest habitat types and forest management traditions.

PRACTICAL INFORMATION

..... 15 km



5 – 7 h



Eisma harbour



Oandu visitor centre



Eisma - Vainupea - Mustoja -
Altja - Oandu



Mainly small forest roads and
trails, sandy beach for a small
stretch of the road. Paved road



from Eisma to Vainupea and
from Altja to Oandu.



Be careful when walking on
the side of the road!



The closest shop to Oandu is
at a full day's walk.



There are several nature trails
around Oandu; you can linger
here for another day or so and
visit them.



FORESTS

Moving on from Eisma, the hiker reaches the Vainupea special protection zone of Lahemaa national park. The hiking trail runs along the seashore in an old coniferous forest. The forest tracks are not used by motor vehicles and the forest is not used for the production of wood. This makes the area a suitable habitat for many species.

WORTH SEEING!

- 1 **Vainupea chapel.**
+372 55598316; GPS: 59.58219, 26.27163
- 2 **Vainupea cemetery.**
GPS: 59.58332, 26.27107
- 3 **Vainupea lighthouse.**
GPS: 59.58580, 26.26493
- 4 **Suureliiva beach.**
GPS: 59.58536, 26.25884
- 5 **Altja nature and cultural heritage trail.**
GPS: 59.58274, 26.12883
- 6 **Altja Suurkivi/Titekivi.**
Erratic boulder. GPS: 59.58691, 26.11533
- 7 **Altja fishing huts.**
Typical old fishing huts.
GPS: 59.58686, 26.11663
- 8 **Altja old fishing village.**
GPS: 59.58320, 26.11179
- 9 **Beaver trail. 1 km.**
GPS: 59.57208, 26.11200
- 10 **RMK Oandu visitor centre.**
Exposition, information, different trails.
+372 5099397; GPS: 59.56505, 26.10198
- 11 **Oandu old-growth forest nature trail, 4,7 km.** GPS: 59.56563, 26.09992

SERVICES

Accommodations

1. **Meresihi Farm Holiday House,**
GPS: 59.57654, 26.27895
2. **Adami Guesthouse,**
+372 5584538; GPS: 59.57542, 26.26893
3. **Toomarahva Tourist Farm,**
+372 5050850; GPS: 59.58312, 26.11138
4. **Vergi Guesthouse,**
+372 55576426; GPS: 59.59895, 26.08365
5. **Vergi Holiday Houses,**
+372 56186861; GPS: 59.59918, 26.08489
6. **Villa Oandu Watermill,**
+372 5045782; GPS: 59.56495, 26.10452
7. **Oanduia Forest Relax Spa,**
+372 5202044; GPS: 59.56057, 26.10636
8. **Haaviku Nature Lodge,**
+372 5108325; GPS: 59.56028, 26.09145

Catering

1. **Altja tavern,** open during summer time, +372 55599977;
GPS: 59.58236, 26.11218



Shops

The nearest shop is in Võsu.



Public transport

Bus traffic from Vainupea and Altja a couple of times a day. www.peatus.ee



Rest areas

1. **RMK Mustoja free campsite,**
▲ [camping for 9 tents (for 4)]
GPS: 59.58252, 26.17539
2. **RMK Oandu free campsite,**
▲ [camping for 15 tents (for 4)]
GPS: 59.56250, 26.09671

TOURIST INFORMATION:



Rakvere Tourist Information Centre,
Rakvere, Lai 20,
+372 3242734;
GPS: 59.34809, 26.36041

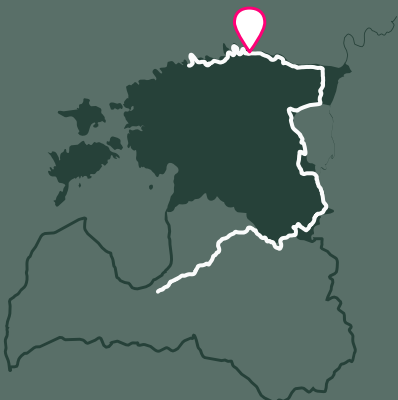


RMK Oandu visitor centre,
+372 5099397;
GPS: 59.56505, 26.10198





ESTONIA NORTH ESTONIAN COASTLINE



OANDU - KÄSMU, 18 km

Käsmu captains' village and ship building site

The next 9 kilometres of the Forest Trail between Oandu and Võsu coincide with the RMK trail, so be aware of the change of the signs. The trail goes through a beautiful, wooded inland dune area, where hikers can see cuts on pine trees, used to extract resin from the trees. Resin was obtained in the Baltic States using this method up to the 1960s-1970s. Trees are richly covered in lichen, indicating that the air is clean. In autumn, mushrooms and blueberries adorn the edges of the trail. After passing through Võsu village (a popular resort), the Forest Trail continues along a beautiful coastal forest promenade to Käsmu village. It is worth walking an additional extra kilometre to the Vana-Jüri rocks and the historical sites of Käsmu at the tip of the peninsula.

PRACTICAL INFORMATION

..... 18 km

⌚ 6 – 8 h

🚩 Oandu Visitor Centre

🚩 Käsmu village,

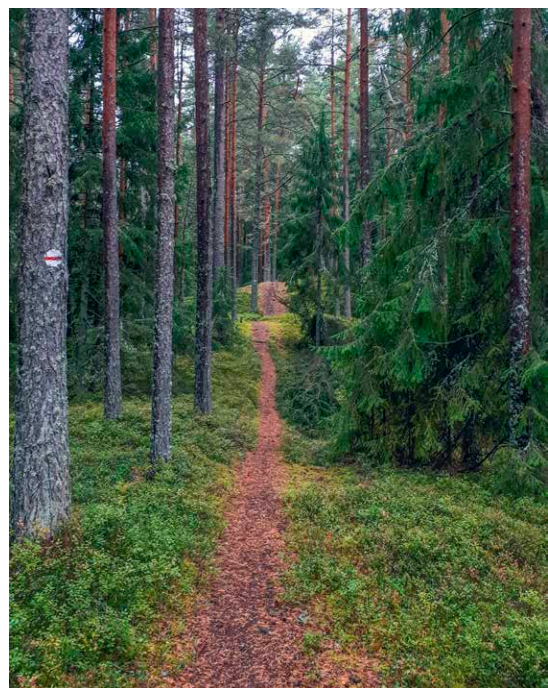
📍🚶 Oandu - Võsu - Käsmu

🌲 Half of the distance comprises forest trails and roads, the rest of it runs along paved road.

🟢 Easy

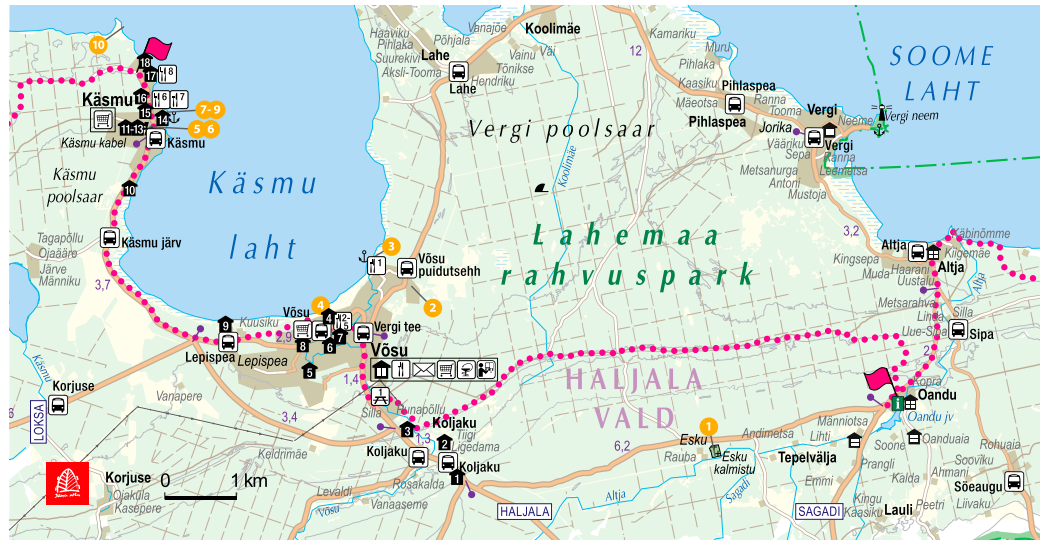
⚠️ Be careful when walking on the side of the road!

🗺️ The Käsmu Peninsula is surrounded by a dense network of hiking trails, so you can stay here for another day and explore the local trails. The 375 km long Oandu - Aegviidu - Ikla trail starts at the Oandu visitor centre and ends in Ikla at the Estonian-Latvian border.



FORESTS

The pine forests of Lahemaa alternate with spruce forests. In Oandu the trail occasionally joins the Oandu - Ikla hiking trail, in the vicinity there are the Oandu visitor centre and several other hiking trails of Lahemaa national park - nature forest trail, cultural heritage trail, beaver trail, herb trail. On the way from Oandu to Võsu you can enjoy the old western taiga. Käsmu is a traditional holiday village with villas in a pine forest.



WORTH SEEING!

- 1. Esku chapel and cemetery.**
Nice and quiet little chapel and cemetery in the middle of the forest.
GPS: 59.55942, 26.05649
- 2. Jaanioja handicraft farm.**
+372 56470187; GPS: 59.58169, 25.98274
- 3. Võsu harbour.**
+372 5058145; GPS: 59.58538, 25.97248
- 4. Võsu beach.**
Võsu, with its seaside pine forest, sandy beach and shallow warm bay, has been a popular resort for 150 years.
GPS: 59.57877, 25.96048
- 5. Käsmu captains' village.**
Today it is a popular place for summer holidays and hosting events.
GPS: 59.60201, 25.91933
- 6. Käsmu chapel and cemetery.**
The cemetery has one of Estonia's most beautiful monuments.
GPS: 59.60252, 25.91774
- 7. Käsmu Viking ship Aimar.**
At least six people are needed for rowing to take the Viking ship out to the sea.
GPS: 59.60436, 25.92345
- 8. Käsmu marine museum.**
Exhibits reflect all the areas connected to the sea. GPS: 59.60456, 25.92192
- 9. Käsmu lighthouse.**
The lighthouse is open for visitors as a museum. GPS: 59.604711, 25.923238
- 10. Vana-Jüri boulder.**
GPS: 59.61549, 25.91312

SERVICES

Accommodations

- 1. Allika Holiday House,**
+372 515 0799; GPS: 59.55719, 25.99410
- 2. Ligidama Guesthouse,**
+372 534 16533; GPS: 59.56077, 25.99293
- 3. Sae Hostel,**
+372 56560901; GPS: 59.56395, 25.98038
- 4. Võsu Veranda tenting,**
+372 55630418; GPS: 59.57758, 25.96359
- 5. Männisalu Hostel,**
+372 3238320; GPS: 59.57166, 25.95643
- 6. Metsa Hostel,**
+372 56460677; GPS: 59.57437, 25.96275

- 7. Guesthouse Villa Veranda,**
+372 55630418; GPS: 59.57555, 25.96395
- 8. Rannaliiv Guesthouse,**
+372 51946000; GPS: 59.57444, 25.95556
- 9. Lepispea Caravan & Camping,**
+372 54501522; GPS: 59.57602, 25.93565
- 10. Merekalda Apartment,**
+372 566 44377; GPS: 59.59595, 25.91387
- 11. Vahtra Tourism Farm,**
+372 56487235; GPS: 59.60283, 25.91563
- 12. Laane Pension,**
+372 5078904; GPS: 59.60236, 25.91694
- 13. Sireli Holiday House,**
+372 5224851; GPS: 59.60205, 25.91869
- 14. Käsmu Holiday House,**
+372 5372 5550; GPS: 59.60403, 25.92191
- 15. Rannamännid Guesthouse,**
+372 5117975; GPS: 59.60515, 25.91862
- 16. Sinisalu Guesthouse,**
+372 5076778; GPS: 59.60592, 25.91775
- 17. Lainela Resort,**
+372 5089110; GPS: 59.60929, 25.91942
- 18. Uustalu Bed&Breakfast,**
+372 53736150; GPS: 59.61072, 25.91778



Catering

- 1. Restaurant Wöse,**
+372 58547150; GPS: 59.58537, 25.97252
- 2. O Pub,**
+372 5165115; GPS: 59.57759, 25.96710
- 3. Bar Ukulele,**
+372 5119897; GPS: 59.57760, 25.96501
- 4. Restaurant Kuum Kahvel,**
+372 514 5202; GPS: 59.57625, 25.96123
- 5. Café Ranna,**
+372 53626888; GPS: 59.57665, 25.96076
- 6. Bar Prunni ait,**
+372 5017572; GPS: 59.60406, 25.91997
- 7. Käsmu pood (shop),**
+372 53725550; GPS: 59.60413, 25.92188
- 8. Restaurant Kaspervik,**
+372 5173096; GPS: 59.60925, 25.91955



Shops

- In Võsu,**
GPS: 59.57588, 25.95949
- In Käsmu,**
GPS: 59.60413, 25.92188



Public transport

Bus traffic from Võsu and Käsmu to Rakvere, Kunda and Tallinn several times a day. www.peatus.ee



Rest areas

1. RMK Võsu campsite.

▲ [camping for 9 tents (for 4)] 🔥
GPS: 59.56783, 25.97377

TOURIST INFORMATION:



RMK Oandu Visitor Centre.

Exposition, information, different trails.
+372 5099397; GPS: 59.56505, 26.10198





ESTONIA NORTH ESTONIAN COASTLINE



KÄSMU - VIINISTU, 26 km

In the kingdom of the giant rocks of Käsmu Peninsula

The first part of this section passes through the fairytale-like Käsmu Peninsula with its wooded dunes and moss-covered rock fields. From Eru it continues along the Võsu - Kotka road for 2 km, passes through Vihasoo village and further along the road, from where you can see Eru Bay and Käsmu Peninsula. The section features some of the most impressive boulders in Lahemaa national park, the Tammispea and Jaani-Tooma boulders, which resemble huge monoliths. From Viinistu, you can spot the Mohni Island and its lighthouse in the distance.

PRACTICAL INFORMATION

..... 26 km

⌚ 8 – 10 h

🚩 Käsmu village,

🚩 Viinistu harbour

📍-🚩 Käsmu - Eru- Vihasoo-
Kasispea- Turbuneeme-
Viinistu



A third of the distance comprises forest roads and trails, some gravel roads.



Medium if completed in one day,



Easy if completed in two days



Be careful when walking on the side of the road!



There are no shops or caterers between the start and finish points of this section.



This section can be divided into two days: Käsmu - Kasispea (18 km and an overnight stay) and Kasispea - Viinistu (8 km and an overnight stay), or take the bus in the section between Kasispea and Viinistu, just don't forget to check the bus timetables before.

FORESTS

The trail from Käsmu to Viinistu passes the largest field of boulders in Estonia and takes the hiker to the border between the sea and the pine forest. The route runs around, where the islands are a stopover for birds.

WORTH SEEING!

- 1 Käsmu field of boulders.**
Massive stones, the biggest standing 4.8 metres high. GPS: 59.608937, 25.908365
- 2 Tammispea boulder.**
GPS: 59.56028, 25.81683
- 3 Vihasoo birdwatching tower.**
The most bird-populated area of Lahemaa national park. GPS: 59.569371, 25.779473
- 4 Jaani-Tooma Suurkivi.**
A boulder that is one of the symbols of Lahemaa national park. GPS: 59.60047, 25.77172
- 5 Viinistu village museum.**
Inside a community house, displays former work items and commodities. +372 56636823; GPS: 59.64569, 25.75239
- 6 Viinistu art museum.**
Displays works of hundreds of Estonian artists. GPS: 59.646004, 25.754148
- 7 Viinistu harbour.**
Old fishing harbour has become a marina. Boat rides to Mohni island. GPS: 59.646389, 25.753889

SERVICES

Accommodations

- 1. Viinistu Hotel,**
+372 56658633;
GPS: 59.64677, 25.75301

Catering

- 1. Viinistu beach restaurant,**
+372 55586984;
GPS: 59.64677, 25.75301

Shops

No shops after Käsmu until Loksa.

Public transport

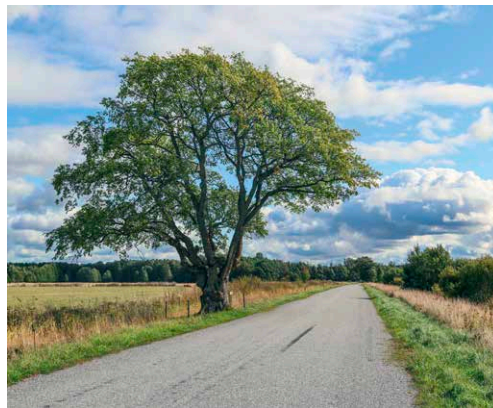
Bus traffic on Pärissaare peninsula goes 7 times a day. www.peatus.ee

Rest areas

- RMK Purekkari campsite,**
▲ camping for 18 tents (for 4) 🔥
GPS: 59.66758, 25.69748

TOURIST INFORMATION:

- RMK Oandu Visitor Centre.**
Exposition, information, different trails.
+372 5099397; GPS: 59.56505, 26.10198





ESTONIA NORTH ESTONIAN COASTLINE



VIINISTU - LOKSA, 20 km

Purekkari - the northernmost point of the Estonian mainland

The forest trail continues around the Pärismepe Peninsula, which is part of Lahemaa national park, until it reaches Purekkari Cape. In windless weather, you can take a walk along the kilometre-long pebble-covered cape and visit the impressive Purekkari stone. From there, the Forest Trail follows down the winding coast of Hara Bay through former Soviet military bases and then passes through Loksa, where a brick factory used to operate (historical buildings). It curves through the centre of the town until it reaches the finish point, half a kilometre away from a fantastic beach.

PRACTICAL INFORMATION

..... 20 km

⌚ 7 – 10 h

🚩 Viinistu harbour

🚩 Kuivoja holiday centre by Loksa

📍 🚩 Viinistu - Purekkari -
Pärismepe - Suurpea - Loksa -
Kuivoja



Mainly paved road. Gravel roads around the Purekkari Cape



Easy



Be careful when walking on the side of the road!



Stock up on food supplies in Loksa as there are no grocery shops or catering services available during the next day's walk.



FORESTS

On the side of Hara bay in Suurpea area there is an old military campus and several good views on the coastal pine forests and the partitioned coastline of Lahemaa national park.

WORTH SEENIG!

- 1 Cape Purekkari.**
The northernmost point of Estonian mainland. GPS: 59.67421, 25.69684
- 2 The buildings of Loksa shipyard and old brick factory.**
In 1874 a brick factory was opened here. GPS: 59.58633, 25.70854
- 3 Orthodox church of St John of Kronstadt in Loksa.**
This sanctuary reconstructed from a kindergarten is beautiful and distinctive. GPS: 59.585873, 25.723492
- 4 Loksa bus station.**
The town symbol, built of local red bricks in 1939, was the first bus station building in Estonia. GPS: 59.57975, 25.72496
- 5 Lutheran church of the Blessed Virgin Mary in Loksa.**
A luminous and well-cared-for church in the middle of greenery. GPS: 59.575418, 25.724472
- 6 Loksa beach.**
GPS: 59.57916, 25.70750

SERVICES

Accommodations

- 1. Kelluka Guesthouse,**
+372 56644834;
GPS: 59.65570, 25.68582
- 2. Dharma Holiday Home,**
+372 53320032;
GPS: 59.65491, 25.68451
- 3. Kärka Holiday House,**
+372 5110917;
GPS: 59.60062, 25.71753
- 4. Kuivoja Holiday Centre,**
+372 5048233;
GPS: 59.56977, 25.70814

Catering

- 1. Lucky bar.**
GPS: 59.57975, 25.72496
- 2. Loksa Konsum (shop).**
+372 57438571;
GPS: 59.57947, 25.72411

Shops

Several shops, a pharmacy, an ATM and a post office in Loksa.



Public transport

Bus traffic between Viinistu and Loksa goes 7 times a day. Good bus traffic between Loksa and Tallinn. www.peatus.ee



Rest areas

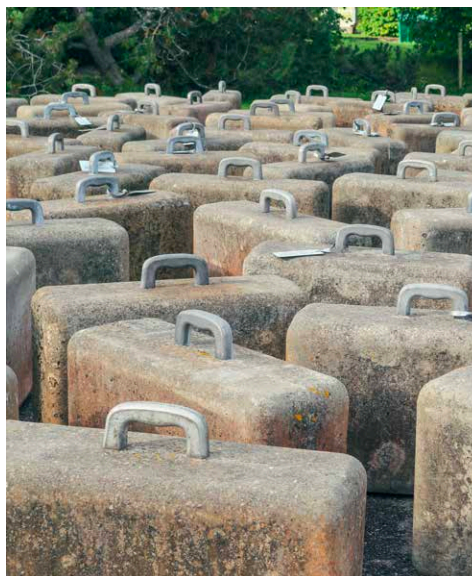
- 1. RMK Purekkari campsite,**
▲ (camping for 18 tents (for 4))
GPS: 59.66758, 25.69748

TOURIST INFORMATION:

www.visitharju.ee



- RMK Oandu Visitor Centre,**
Exposition, information, different trails.
+372 5099397.
GPS: 59.56505, 26.10198





ESTONIA NORTH ESTONIAN COASTLINE



LOKSA - TSITRE, 21 km

Through the forests and swamps of the Juminda Peninsula

On this day, the Forest Trail crosses the Juminda Peninsula. After leaving Loksa, through an area of beautiful forests and marshes, with high, dense forested sand dunes at the western end of the territory. It continues down the road from Pedaspea to Tsitre and passes a small section of the North-Estonian Klint just before Tsitre, where the Muuksi stronghold hill is located. The Tsitre picnic area is located 0.2 km from the sea.

PRACTICAL INFORMATION

..... 21 km

⌚ 7 – 9 h

🚩 Kuivoja holiday centre by Loksa

🚩 Tsitre, RMK campsite

📍 Kuivoja - Hara - Pedaspea - Pudasoo - Tsitre



Paved road, forest paths, wooden footbridges in the bog



Easy



Be careful when walking on the side of the road!



There are no shops and catering services in the immediate vicinity of the trail, so pick up groceries in Loksa.



Buses run between Pedaspea and Tsitre (7 km). You can also plan your route along the Juminda Peninsula differently. On the first day, go from Loksa to the northernmost part of the Juminda Peninsula (about 20 km), where you will find the Juminda RMK campsite, the Juminda lighthouse and military heritage sites. You can stay the night in the RMK campsite or Leesi village (another 6 km). On the second day, continue from Juminda (22 km) or Leesi (15 km) to Tsitre.

FORESTS

The visitor hikes through the fragrant coniferous forest characteristic of Lahemaa national park, sometimes alternating with deciduous forest. Aabla bog is surrounded by sandy areas and dunes. The trail passes Lahemaa's largest rock, Majakivi, which lies beneath an old coniferous forest. There is an observation tower on the edge of the bog on the side of Aabla, from where one can see the Tallinn TV Tower, for example.

WORTH SEEING!

- 1 Lake Lohja.**
GPS: 59.55340, 25.68702
- 2 Hara harbour and submarine base.**
A former military submarine base. Entrance with ticket.
+372 56900433;
GPS: 59.589018, 25.612838
- 3 Hara island.**
Book a boat ride from Hara harbour.
+372 56900433;
GPS: 59.58441, 25.62433
- 4 Allika farm shed museum.**
A small private museum about fishermen's life in the 20th c, on pre-order.
+372 56491282;
GPS: 59.58999, 25.60633
- 5 Majakivi - Pikanõmme study trail and observation tower.**
GPS: 59.58866, 25.59520
- 6 Majakivi (House stone).**
The third largest boulder in Estonia.
GPS: 59.58312, 25.57585
- 7 Tsitre park, beach and observation tower.**
GPS: 59.517642, 25.514581

SERVICES

Accommodations

- 1. Projekt-kodu retreat & ecohostel,**
+372 56997449; GPS: 59.55383, 25.66290
- 2. Hara harbour Glamping pods,**
+372 56900433; GPS: 59.58869, 25.61302
- 3. Klaukse Holiday House,**
+372 567 47541; GPS: 59.56866, 25.52796
- 4. Annenhof Holiday Home,**
+372 5288628; GPS: 59.51848, 25.55613

Catering

- 1. Home restaurant Johannes,**
+372 5200600; GPS: 59.56925, 25.52805
- 2. Restaurant MerMer,**
+372 5134590; GPS: 59.56876, 25.52656

Shops

No shops after Loksa.



Public transport

Bus traffic between Loksa and Tsitre runs once a day. www.peatus.ee



Rest areas

- 1. RMK Cape Juminda campsite,**
▲ (camping for 6 tents (for 4))
GPS: 59.64765, 25.50813
- 2. RMK Tsitre campsite,**
▲ (camping for 21 tents (for 4))
GPS: 59.51764, 25.51458

TOURIST INFORMATION:

www.visitharju.ee



RMK Oandu Visitor Centre.

Exposition, information, different trails.
+372 5099397;
GPS: 59.56505, 26.10198





ESTONIA NORTH ESTONIAN COASTLINE



TSITRE - KABERNEEME, 24 km

Sandy beaches and isles in Kolga Bay

A harbour was established at the Tsitre village as early as the Viking times. The first 4 km of the Forest Trail in this section pass through the territory of the Lahemaa national park. Between the villages of Muuksi and Soorinna, the road crosses an oval plateau, the klint elevation of northern Estonia, covered with scenic juniper fields. At the village of Põhja, the trail passes by the coastal wetland, and comes out by the sea behind the Salmistu harbour. From here, look out for the 1.3 km distant Pedassaar isle to the northeast, and the Umblu and Rohusi isles to the northwest. On Valkla beach, a nice beach restaurant awaits hikers. In Haapse the beach you can swim, sea gets quickly deep.

PRACTICAL INFORMATION

..... 24 km

⌚ 8 – 10 h

🚩 Tsitre, RMK campsite

🚩 RMK Kaberneeme campfire site

📍 Tsitre - Muuksi - Põhja -
Salmistu - Valkla - Haapse -
Kaberneeme



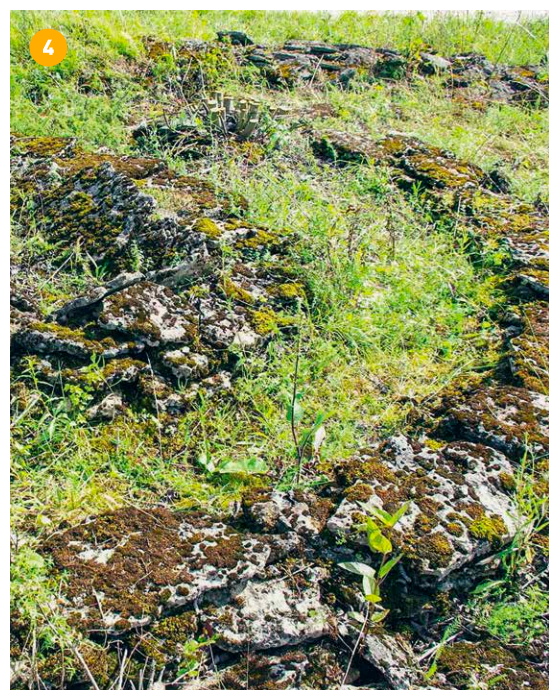
Gravel roads, paved roads,
sandy beaches.



Medium



Be careful when walking on
the side of the road!





FORESTS

Beautiful and engaging views of Kolga Bay and Juminda Peninsula open from the edge of the klint. Today, species-rich meadows have been restored in Muuksi for nature protection purposes. From Haapse to Kaberneeme there are mainly coastal pine forests.

advance. There is an interesting hiking trail (4 km) on the island. The trail runs along the coast of the northern part of the island in the Kolga Bay, which is unique in many ways.

GPS: 59.512281, 25.373012

8 Augu Suurkivi is a boulder in Haapse vil-
lage.

GPS: 59.502588, 25.301976

9 Haapse beach pine grove – a rare and
unique beach pine grove with a high sandy
back. GPS: 59.503735, 25.298645

Shops

In Valkla and Kaberneeme

Public transport

Bus traffic between Tsitre–Upsi and Upsi–
Kaberneeme. www.peatus.ee

Rest areas

1. RMK Kaberneeme campfire site,
GPS: 59.50688, 25.26758

WORTH SEENING!

- 1 Lahemaa heritage house.**
Heritage tours and workshops on pre-
order.
+372 55959817; GPS: 59.49518, 25.54431
- 2 Muuksi stronghold hill.**
Its main task was most likely to be the
coastguard and a lighthouse.
GPS: 59.511384, 25.519364
- 3 Toomani farmhouse museum.**
Toomani antiquities include a lot of
objects that used to be commonplace and
which carry on the historical flavour of
Muuksi very well.
GPS: 59.502919, 25.517767
- 4 Hundikangrud (ancient burial grounds).**
Making barrows of stone piles was a
burial habit originating from the Scandi-
navian countries.
GPS: 59.496814, 25.511891
- 5 Tülivere sacred oak.**
Located on private land, so it can only be
visited during the daytime.
GPS: 59.467315, 25.443187
- 6 Näkiallika smithy-museum of tools.**
An incredible place full of thousands of
tools.
+372 5519196; GPS: 59.45869, 25.45964
- 7 Island Pedassaar.**
The island is accessible from Kab-
erneeme or Salmistu harbour only on

SERVICES

Accommodations

- 1. Hiie Farm and Holiday Village,**
+372 56607078; GPS: 59.47529, 25.54316
- 2. Jõekäärü Holiday Centre,**
+372 5038148; GPS: 59.48320, 25.47584
- 3. Laugu Guesthouse,**
+372 5270246; GPS: 59.47850, 25.45638
- 4. Suurekivi Hostel,**
+372 53481076; GPS: 59.49171, 25.38010
- 5. Salme Villa Guesthouse,**
+372 53481076; GPS: 59.49358, 25.37435
- 6. Recreation centre “Valkla Rand”,**
+372 56244544; GPS: 59.49370, 25.34971
- 7. Kaberneeme Holiday House,**
+372 5511145, 5517623;
GPS: 59.52358, 25.27153

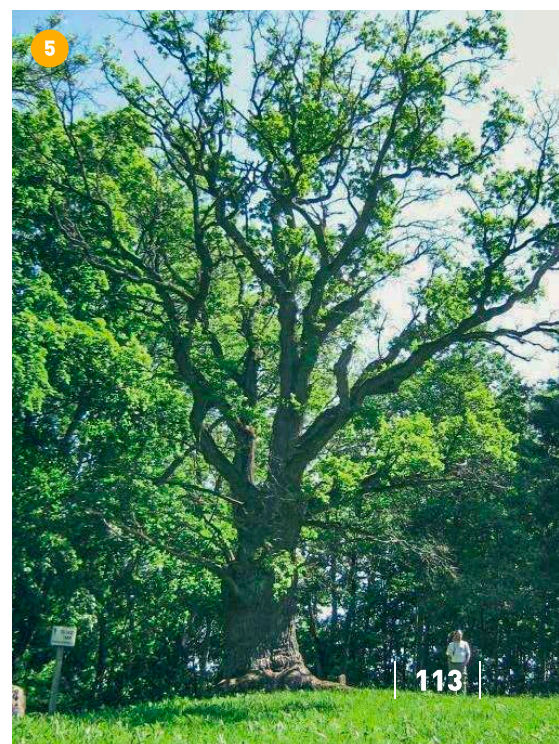
Catering

- 1. Salmistu harbour café,**
GPS: 59.49681, 25.36760
- 2. Beach restaurant “Valkla rannaresto”,**
+372 56244544; GPS: 59.49350, 25.35057
- 3. Valkla Forell fishing and restaurant,**
+372 5050043; GPS: 59.48101, 25.33615
- 4. Pootsmägi Summer Café,**
+372 56466105; GPS: 59.51787, 25.27419

TOURIST INFORMATION:

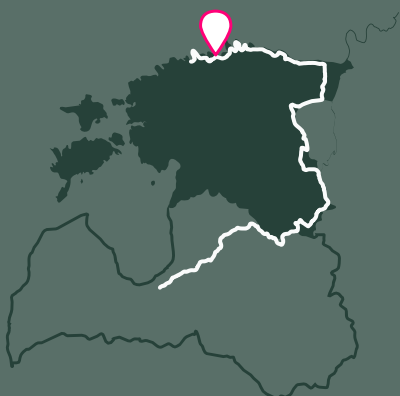
www.visitharju.ee

Tallinn Tourist Information Centre,
Tallinn, Niguliste 2,
www.visittallinn.ee;
+372 6457777;
GPS: 59.43649, 24.74449





ESTONIA NORTH ESTONIAN COASTLINE



KABERNEEME - JÕELÄHTME, 21 km

Along the banks of the Jägala River

From Kaberneeme the route runs through a forest where you can see piles of stones carried here during the last ice-age. Soon the trail climbs about 20 m up to the hiking trail which runs on the old shore line of Lake Ancylus. Trail crosses the Kaberla-Kaberneeme road and follows over a small sandy canyon of the Kaberla stream, before arriving at the Kalevi-Liiva memorial of holocaust. The trail continues to the Linnamäe HES and a suspension bridge. Follow the trail over the ancient fortress hill of Linnamäe and continue on the right bank of the Jägala river, until reaching the Jägala waterfall. The Suka bridge is about 500 meters up from the waterfall. After crossing the river, the trail strolls through the Jägala waterfall park. Finally, the trail runs through the village of Koogi and arrives at Jõelähtme.

PRACTICAL INFORMATION

..... 21 km

⌚ 6 – 8 h

🚩 RMK Kaberneeme campfire site

🚩 Jõelähtme church, **P**

📍 Kaberneeme - Kalevi - Liiva - Linnamäe - Jägala - Joa - Jõelähtme



The first half of the track runs mainly on a hiking trail. From the Jägala waterfall on paved roads.



Medium



Starting from Koogi, the route runs through Rebala Heritage Area (open area, old fields and villages).



This area does not have a good public transport support. Transport connection is good starting from Jõelähtme.

You can take short-cuts or alternative tracks: 1) over the Linnamäe HES up to Jõelähtme Golf and Country Club but there you have to follow trails which are on private property (you have the right to move there from sunrise until sunset).

FORESTS

Near Kaberneeme pine forests alternate with mixed forests and sandy ridges. Economic forests grow near the Jägala waterfall and hydroelectric power plant. Jägala waterfall is surrounded by mixed forests.

WORTH SEEING!

- 1 Ubari cliff.**
A 20 meters high limestone and sandstone denudation of the North-Estonian Klint. GPS: 59.492645, 25.285060
- 2 Ubari nature centre.**
Hikes and programmes with guides. +372 5132149; GPS: 59.487520, 25.267578
- 3 Kalevi-Liiva Holocaust memorial,**
GPS: 59.480332, 25.250024
- 4 River Jägala and a suspension bridge.**
Experience wonderful views in the mouth of the river. GPS: 59.47392, 25.15183
- 5 Linnamäe hydro-electric power station.**
The most powerful hydro-electric power station in Estonia. GPS: 59.46552, 25.15754
- 6 Jägala Jõesuu hill fort.**
One of the largest hill forts in Estonia. GPS: 59.466955, 25.160119
- 7 Jägala waterfall.**
The highest natural waterfall in Estonia, more than 8 m high. GPS: 59.44959, 25.17849
- 8 Rebala heritage reserve museum.**
You can see the ancient funeral culture that reflects both the mentality as well as everyday life of ancient people. +372 5032774; GPS: 59.44028, 25.13403
- 9 Church of Blessed Virgin Mary.**
One of the oldest churches in Estonia, established in 1220s. +372 56647686, 6033087; GPS: 59.44591, 25.12406

SERVICES

Accommodations

- 1. Kaberneeme Holiday House,**
+372 5511145, 5517623;
GPS: 59.52358, 25.27153
- 2. ÕÖD Hõtel Jõeranna,**
+372 5017139; GPS: 59.44817, 25.19023

Catering

Olerex gas station in Jõelähtme,
+372 56973408; GPS: 59.44080, 25.13755

Shops

Olerex gas station shop at Jõelähtme,
+372 56973408; GPS: 59.44080, 25.13755
In Kaberneeme,
+372 6082355; GPS: 59.51787, 25.27444
In Koogi,
+372 6076662; GPS: 59.44113, 25.17089



Public transport

Transport connection is good starting from Jõelähtme. www.peatus.ee



Rest areas

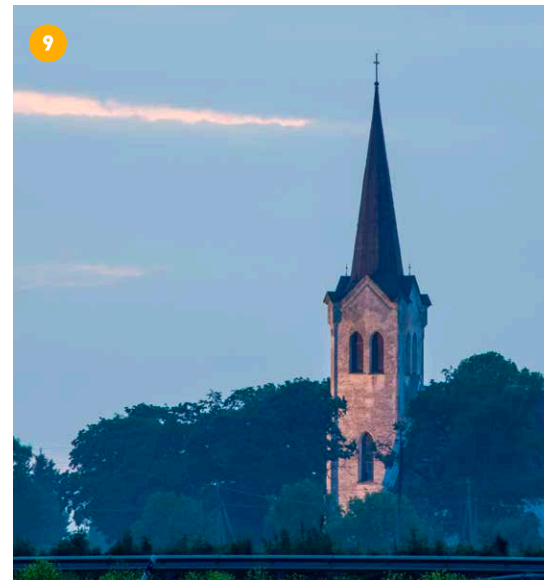
- 1. RMK Kaberneeme campfire site,**
GPS: 59.50688, 25.26758
- 2. Jägala-Joa waterfall park,**
GPS: 59.44962, 25.17804

TOURIST INFORMATION:

www.visitharju.ee

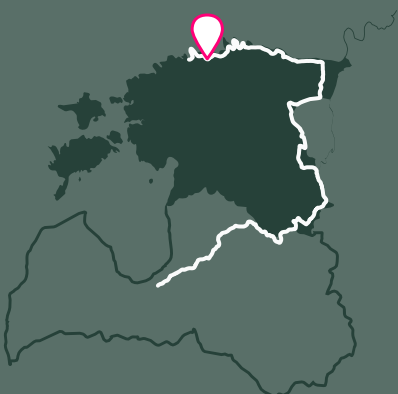


Tallinn Tourist Information Centre,
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www.visittallinn.ee;
+372 6457777;
GPS: 59.43649, 24.74449





ESTONIA NORTH ESTONIAN COASTLINE



JÕELÄHTME - MUUGA, 16 km

Through Maardu, the phosphorite mining area

The Forest Trail passes the village of Jõelähtme, then turns northwest 1 km before the sea and follows the North-Estonian Klint for the next 3 kilometres. Behind Ülgase, the Forest Trail passes through Kallavere, Maardu and Muuga, the suburb of Tallinn. It takes a few hours to get from Muuga to Old Tallinn, but the Forest Trail takes a two-day detour through the Viimsi Peninsula before arriving at the capital of Estonia.

PRACTICAL INFORMATION

..... 16 km

⌚ 5 – 7 h

🚩 Jõelähtme church, P

🚩 Muuga, Kallavere street

📍 Jõelähtme - Ülgase -
Kallavere - Muuga

🌳 Paved roads (including
sidewalks), gravel roads

🟢 Easy

⚠️ Be careful when walking on
the side of the road! Walk on
sidewalks in populated areas.

❗ Due to nature preservation
and safety reasons, the Ülgase
mines are closed to visitors.
There is a regular bus service
from Maardu and Muuga to
Tallinn with many bus stops
between the settlements.





FORESTS

Moving in the direction of Muuga the trail passes the Ülgase nature reserve, where rare, wet broadleaf cliff forests grow under the high bank. At the beginning of the road under the bank you can take a short 400-meter uphill walk to Hõbemägi (Silver Hill), where you can see the past two days track and enjoy an amazing view to the Finnish Gulf and nearby islands. The landscape is formed by historical and contemporary phosphorite mining sites.

WORTH SEENING!

- 1. Old phosphate mine of Ülgase.**
Closed in 1938, the caves created by mining phosphate rock are now a place for bats to hibernate.
GPS: 59.488938, 25.086685
- 2. Rootsi-Kallavere village museum.**
Local coastal folk museum which tells a story of village's origin and its inhabitants.
+372 5013258; GPS: 59.489600, 25.028710
- 3. Church of Archangel Michael.**
GPS: 59.485110, 25.021037
- 4. Muuga Kabelikivi.**
One of the largest erratic boulders in Baltic states.
GPS: 59.486950, 24.948100

SERVICES

Accommodations

- 1. Guesthouse Gabriel,**
+372 56661283, 55944855;
GPS: 59.47657, 25.01260

- 2. Hotel Dominika,**
+372 55932554;
GPS: 59.48263, 24.93987



Catering

- 1. Sushi restaurant Little Japan,**
+372 56661514;
GPS: 59.48689, 25.01947
- 2. Café Baget,**
+372 6386087,
GPS: 59.48721, 25.01817
- 3. Hesburger,**
+372 58531999,
GPS: 59.48742, 25.01862
- 4. Armenian restaurant Maardu Grill,**
+372 58663330,
GPS: 59.47271, 25.01954
- 5. Olerex gas station in Maardu,**
+372 56994345
GPS: 59.47058, 25.01644



Shops

- In Koogi,**
+372 6076662;
GPS: 59.44113, 25.17089



Public transport

Bus traffic starting from Maardu towards Tallinn is very good. www.peatus.ee

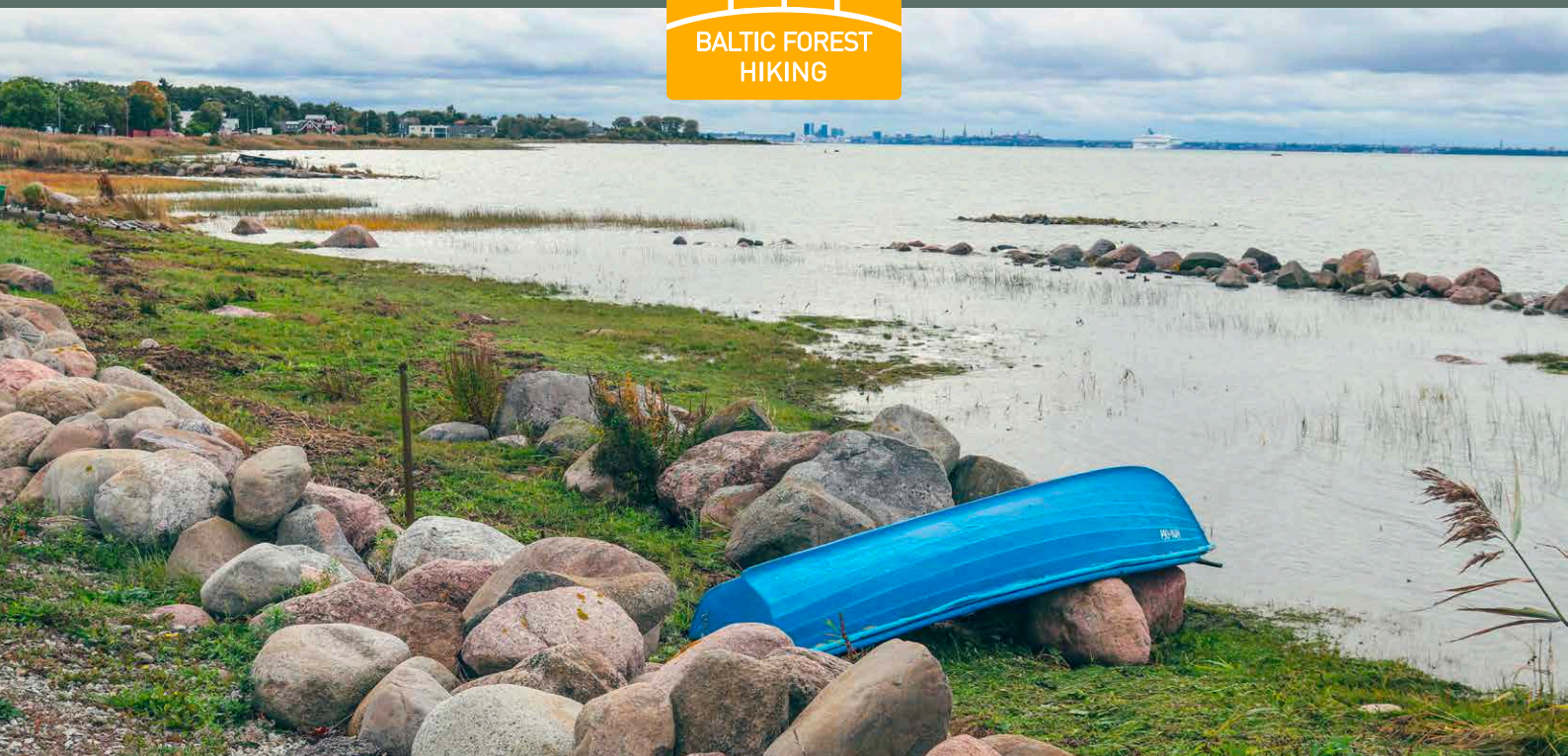
TOURIST INFORMATION:

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+372 6457777;
GPS: 59.43649, 24.74449





ESTONIA NORTH ESTONIAN COASTLINE



MUUGA - PÜÜNSI, 19 km

Through the magnificent Viimsi Peninsula

The Forest Trail passes through the most densely forested area of the Viimsi Peninsula, where several nature protection areas have been established. It crosses the former Soviet-era military territory in Rohuneeme. On this day, the Forest Trail follows along pedestrian sidewalks and the many roads running through the peninsula. It turns south at the Püünsi village, where towers, skyscrapers and the Port of Tallinn with ferries can be seen in the distance across the Gulf.

PRACTICAL INFORMATION

..... 19 km

⌚ 6 – 8 h

🚩 Muuga, Kallavere street

🚩 Püünsi, Rohuneeme street

📍 Muuga - Randvere -
Leppneeme - Rohuneeme -
Püünsi



Mainly paved pedestrian roads, gravel roads and trails for a small section



Easy



The trail leads through the former military territory by Rohuneeme.



A more direct road can be taken from the Muuga village to Tallinn (the walk will take from a couple of hours to about a half a day):

follow Muuga, Pärnamäe, Kloostirimetsa streets, pass the Tallinn TV Tower and Botanical Garden, then go further along the Pirita River health trails to Pirita beach, and continue via the waterfront promenade to downtown Tallinn. City buses pass through the Viimsi Peninsula (and to Muuga) and the network of stops is quite dense: www.visittallinn.ee/eng/visitor/plan/getting-around/public-transport. Feel free to take the taxi.

FORESTS

Muuga is an old Soviet-era area of summer residences. Muuga harbour, which is very important in the trade of oil products and other transit goods, is located by the bay. From Muuga, along the western part of the Viimsi Peninsula, the trail leads through the former coastal villages, which by now have become the suburbs of Tallinn. When the hiking trail is on a level ground, younger mixed forests grow along the path, sometimes beneath higher banks alternating with undercliff forests.

WORTH SEEING!

- 1 Randvere church.**
GPS: 59.50431, 24.90828
- 2 Rohuneeme boulder.**
Estonia's 5th largest boulder.
GPS: 59.55423, 24.81431
- 3 Rohuneeme church.**
GPS: 59.55882, 24.80893
- 4 Aegna Island.**
The island has an area of around 3 km², and has 6 registered residents. Aegna is a popular destination for day and camping trips, and has around 15 km of walking routes. GPS: 59.58414, 24.75851

SERVICES

Accommodations

- 1. Villa Mary Boutique Hotel,**
+372 53003880; GPS: 59.55661, 24.79309
- 2. Viimsi hostel,**
+372 56945400; GPS: 59.54208, 24.80462

Catering

- 1. "Viimsi Talveaed",**
+372 57406062, 6090835;
GPS: 59.54176, 24.79965

Shops

- Randvere kauplus,**
GPS: 59.49899, 24.90304
- Rohuneeme A&O,**
GPS: 59.55063, 24.79553

Public transport

Bus traffic between Muuga and Püünsi goes three times during day.
www.peatus.ee

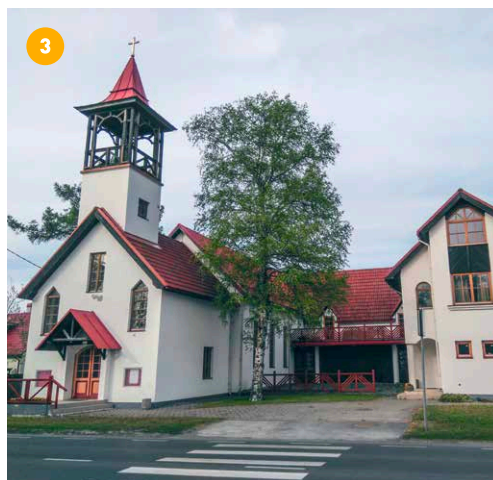
Rest areas

- 1. RMK Tädu campsite,**
GPS: 59.51311, 24.89743

TOURIST INFORMATION:

www.visitharju.ee

- Tallinn Tourist Information Centre,**
Tallinn, Niguliste 2, www.visittallinn.ee;
+372 6457777; GPS: 59.43649, 24.74449





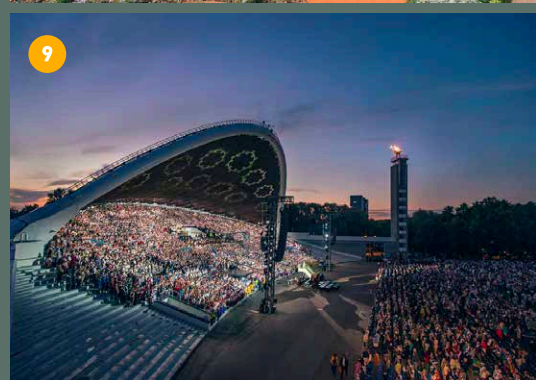
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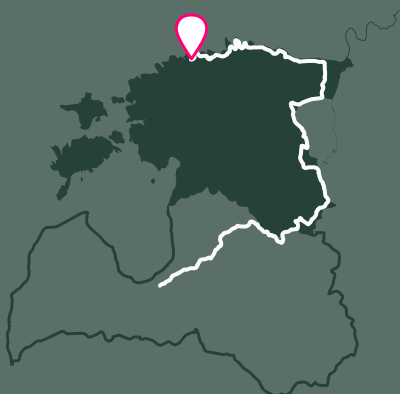
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9



ESTONIA NORTH ESTONIAN COASTLINE



PÜÜNSI - TALLINN, 17 km

Most beautiful sights of Old Tallinn

The Forest Trail passes by the Gulf of Tallinn, and beautiful views of the towers, harbour and skyscrapers of the city can be seen as early as in Püünsi. The Forest Trail turns into a beautiful pine forest before Pirita, then follows along a sandy beach for 2 km. Behind Pirita, all the way to the Port of Tallinn, the Forest Trail takes you along the beautiful city waterfront promenade, which overlooks the city's most important cultural and historical sites, and offers beautiful views of the sea and the port. The final destination of the Forest Trail is located in the Port of Tallinn, next to the Old Town. You can spend another day or two visiting various tourist locations of Tallinn.

PRACTICAL INFORMATION

..... 17 km

⌚ 6 – 8 h

🚩 Püünsi, Rohuneeme street

🚩 Port of Tallinn

📍 Püünsi - Pringi -
Haabneeme - Pirita - Tallinn



Paved sidewalks

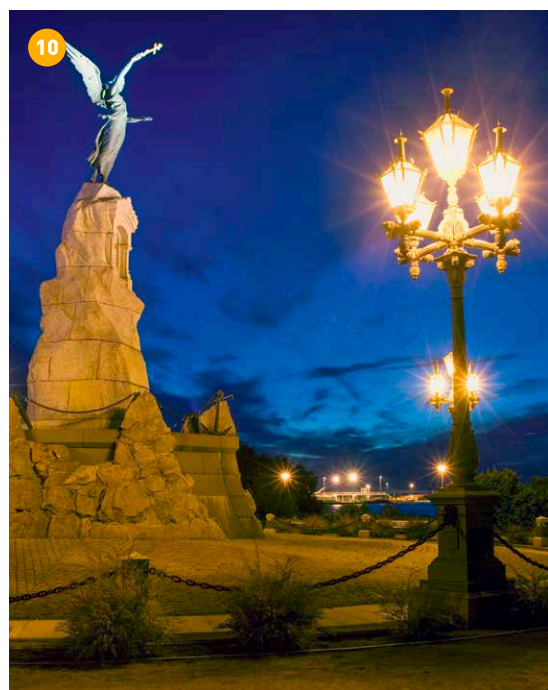


Easy



You can use the city public transport.

10



FORESTS

On the eastern shore of the Gulf of Tallinn, along the Viimsi peninsula, the hiking trail passes through old fishing villages of Püüsi, Pringi, Haabneeme, Miiduranna, etc. The old villages have now become a suburb of Tallinn. Looking north from the top of the peninsula can see Aegna island. To the west is Island Naissaar. There is a beautiful coastal pine forest on Pirita.

WORTH SEENING!

- 1 Viimsi open air museum.** Authentic and historical coastal village. GPS: 59.52333, 24.79777
- 2 Museum of coastal folk.** The museum focuses on the multifaceted history and culture of Estonian coastal folk. GPS: 59.52111, 24.80777
- 3 St. Jacob's Church in Viimsi.** This is the first and so far, the only Lutheran church built in Estonia since World War II. GPS: 59.52083, 24.80777
- 4 Tallinn recreation area and RMK Viimsi nature centre.** There is a permanent exhibition called "The Forest Has Might!". GPS: 59.51472, 24.81694
- 5 Pirita beach.** The biggest beach in Tallinn. GPS: 59.47058, 24.82953
- 6 Ruins of Bridgettine Convent.** In 1407 the largest nunnery in Old Livonia was founded here. GPS: 59.46751, 24.83601
- 7 Victims of communism memorial.** Dedicated to the Estonian people who suffered from Soviet terror. GPS: 59.45666, 24.81361
- 8 Estonian History Museum – Maarjamäe Palace.** Estonian Film Museum. The palace and the surrounding park were awarded the Best Tourism Object and Development Award in 2018. Film museum provides an overview of the history of Estonian films and the behind the scenes of the world's film industry. GPS: 59.45244, 24.81028
- 9 Tallinn song festival grounds.** Unique in Europe, a copy of the song stage was later erected in Vilnius. GPS: 59.44457, 24.80732
- 10 The Russalka memorial.** Memorial to those who lost their lives at the Gulf of Finland on the Russian navy vessel called Russalka. GPS: 59.44342, 24.79386
- 11 Kadriorg palace.** The palace with its magnificent main hall is one of the most beautiful examples of Baroque architecture in Estonia and in Northern Europe as a whole. GPS: 59.43856, 24.79096
- 12 Kadriorg park.** The most outstanding palatial and urban park in Estonia. GPS: 59.43870, 24.78582
- 13 Museum of Estonian architecture.** The museum has a permanent exhibition of the models of the city, providing an overview of Estonian architecture in the 20th century. GPS: 59.44028, 24.75652

- 14 The Naissaar Island.** In the 11th century records referred to as Terra Feminarum (Isle of Women). The island, mainly covered by forest, has been a nature park since 1995. There is a 11 km hiking trail. GPS: 59.558528, 24.550338
- 15 Promenade of the Reidi road.** A new 0.5 km promenade on the Reidi road is equipped with numerous benches and offers great views to the sea. GPS: 59.44328, 24.78560

SERVICES



Accommodations

- 1. Tallinn Viimsi Spa Hotel & Aquapark,** +372 6061000; GPS: 59.50799, 24.82971
 - 2. Lavendel Spa Hotel,** +372 6035900; GPS: 59.50666, 24.82694
 - 3. Birgitta guesthouse,** +372 5655312; GPS: 59.50211, 24.83488
 - 4. Pirita Beach Apartments & Spa,** +372 6103124; GPS: 59.47202, 24.83183
 - 5. Tallink Express Hotel,** +372 6678700; GPS: 59.44440, 24.75562
- Tallinn offers wide accommodation, catering and shopping options. See www.visittallinn.ee



Catering

- 1. Beachside restaurant Paat,** +372 6090840; GPS: 59.52565, 24.79724
- 2. Craft burger restaurant Burger Kitchen,** +372 59199181; GPS: 59.50638, 24.83166
- 3. Reval Café Viimsi,** +372 6010877; GPS: 59.497281, 24.828199
- 4. Restoran Tuljak,** +372 53022020; GPS: 59.44849, 24.80673
- 5. Jaapani restoran Washoku Story,** +372 6612622; GPS: 59.44170, 24.75480



Shops

- Viimsi farmers' market.**
Open every Saturday all year.
GPS: 59.52333, 24.79777
- Shops In Viimsi and in Tallinn.



Public transport

Several in hour.



Rest areas

- 1. At Rohuneeme street,** GPS: 59.51691, 24.81220

TOURIST INFORMATION:



Tallinn Tourist Information Centre,
Tallinn, Niguliste 2,
www.visittallinn.ee;
+372 6457777;
GPS: 59.43649, 24.74449



USEFUL ADVICE

CASH AND 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.
- You must carry identity documents valid for travel when crossing the border between Latvia and Estonia.

EQUIPMENT

- Closed footwear is best for stony and rocky sections such as the shores of the Gulf of Finland, 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 containing band-aids is advisable, especially for novice hikers.
- Grabbing a power bank for your phone may be a good idea.

TENTS AND CAMPFIRES

- Places where tents can be set up and campfires lit are indicated in the descriptions of the sections. Look for more information in local **i**.
- If no firewood is provided, dry and fallen branches can be collected for campfire. Always make sure that the fireplace is properly extinguished. It is forbidden to light campfires during periods of high fire danger.

SAFETY AND COMMUNICATION

- If you have any questions about the Forest Trail, contact the local **i**.

- In some places, mobile network coverage may be unavailable. Next to the Russian border, your phone might connect to Russian mobile operators.
- Most accommodations and catering facilities offer Wi-Fi.
- Cliffs and bluffs consist of unconsolidated sedimentary rocks. Landslides and landfalls may form near them.
- If strong wind is blowing, approaching places where the bluffs are washed against by waves may be dangerous; they should be bypassed.
- Mosquito repellent will come in handy in warm weather. Ticks may be encountered in bushes and grasslands.
- There are no plant or animal species which are poisonous or dangerous to humans (including jellyfish) in the Baltic Sea or inland waters. The viper is the only poisonous snake species in the Baltic States. It usually won't attack unless threatened. 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. They like to bask in the sun on trails.
- If you need to call the police, dial the numbers ☎ 110 or 112.
- Former military sites that are not open to visitors may be unsafe.

ECO-FRIENDLY TRAVELLING

- It is perfectly safe to drink tap water in Latvia and Estonia. Please use a reusable bottle!
- Try to buy products with less packaging and take the trash produced to the nearest waste bin. **When in nature, leave nothing but your footprints behind!**

- Walk silently to not disturb the animals.
- Observe the "rules of conduct" in specially protected areas. More information here: www.daba.gov.lv. The so-called green tips for environmentally friendly travel in protected nature areas can be found here: www.daba.gov.lv/public/lat/dabas_aizsardzibas_plani/turistiem/zalie_padomi/
- The Estonian Environmental code of conduct for those rambling outdoors can be found here: <http://loodusega-koos.ee/rules-of-conduct/freedom-to-roam>. It is forbidden to use bicycles and motor vehicles on pedestrian paths in Estonian special protection areas.

IF YOU ARE TRAVELLING WITH A DOG

- Each local government determines where dogs are permitted or where you can walk a dog without a leash. These rules are subject to change, so the safest way to clarify the situation is to call the local government **i**.
- In most cities and villages outside a demarcated area, the dog must be on a leash. It is forbidden to bring dogs into children playgrounds, sports grounds and recreational areas, especially in designated swimming areas. When entering the rest areas indicated in the guide, the dog must be on a leash.
- As you walk through the forest, take extra care to make sure that the dog does not disturb nesting birds and other wildlife.

The information compiled in this guide and the content of the GPX files correspond to the situation in 2019/2020. When using the GPX files, keep in mind that in forests, cities and populated areas, by bluffs, etc., the itinerary of the Forest Trail is/may be slightly shifted (there might be errors)

The project “**The long-distance cross-border hiking route FOREST TRAIL**” (04/01/2019–06/30/2021) is partly funded by the European Union and the Central Baltic Programme 2014–2020 of the European Regional Development Fund.

ABOUT THE PROJECT: www.baltictrails.eu/en/forest
www.celotajs.lv/lv/project/19

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PROJECT PARTNERS: LATVIA



ESTONIA



INFORMATION:



LATVIA
Mežtaka – Forest Trail



Meztaka



ESTONIA
Metsa matkarada - Baltic Forest Hiking - Mežtaka

Photos courtesy of “Lauku ceļotājs”, the partners of the Forest Trail project, tourist information centers, Lembit Michelson, www.visitestonia.com and others.



EUROPEAN UNION
European Regional Development Fund



The 1060 km long northern part of the Forest Trail hiking route is a chance to escape the rat race and discover a place of peace and quiet. Here you can spend some time alone, breathe in the fresh forest air, lie down on the sun kissed moss carpet, allowing your mind to be still. Take a basket with you if you are into foraging wild food or grab a notebook to keep records of all the different species of birds you have identified. Be prepared to meet like-minded people, all carrying backpacks and maps, on their way to conquer the trails and slopes of Forest Trail. The watchtower offers a panoramic view of endless green, stretching as far as the horizon and concealing Forest Trail from the eyes of the visitor. But the path is always there to safely lead you through the forest, along country roads through small villages and several cities. In Latvia the Forest Trail is identified as **Mežtaka**, but in Estonia – as **Metsa matkarada**. The Forest Trail takes no days off and is always happy to welcome hikers.

GENERAL INFORMATION ABOUT THE COUNTRIES

www.visitestonia.com – official tourist information website in Estonia

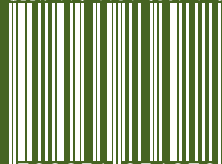
www.latvia.travel – official tourist information website in Latvia

www.maaturism.ee – Estonian Rural Tourism Organisation "Eesti Maaturism"

www.celotajs.lv – Latvian Country Tourism Association "Lauku ceļotājs"

WWW.BALTICTRAILS.EU

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