



# GUIDE FOREST TRAIL

## *Southern part*

Long-distance hiking trail  
LITHUANIA (Lazdijai) – LATVIA (Rīga)



**1088 km**

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





# THE FOREST TRAIL IN FACTS AND FIGURES

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

Route E11 takes its start by the North Sea in Scheveningen, in outskirts of the Hague, the Netherlands, and ends in Tallinn, the capital of Estonia. It passes through six countries — the Netherlands, Germany, Poland, Lithuania, Latvia and Estonia — and cities such as Osnabrück (D), Potsdam (D), Frankfurt an der Oder (D) and Poznań (PL). At Ogrodniki, it crosses the Polish/Lithuanian border.

## IN THE BALTIC STATES

**STARTING POINT** — Polish/Lithuanian border, 7 km south of the town of Lazdijai, Lithuania, **END POINT** — Port of Tallinn, Estonia. The route can be walked in either direction, and Tallinn can be a starting point.

**LENGTH:** 2141 km, including: 747 km in Lithuania, 674 km in Latvia and 720 km in Estonia.

**NAME** in Lithuania — Miško takas, in Latvia — Mežtakas, in Estonia — Metsa matkarada.

The Forest Trail passes through the old towns of both Rīga and Tallinn, listed by UNESCO as World Heritage Sites, and Kaunas, approved by UNESCO as a City of Design.

In Lithuania, the Forest Trail passes through Dzūkija and Žemaitija ethnographic regions and the national parks of the same name, Aukštaitija ethnographic region, as well as eight regional parks — Veisiejai, Nemunas Loops, Kauno Marios, Dubysa, Tytuvėnai, Kurtuvėnai, Varniai and Salantai. In Latvia, the Forest Trail passes through the nature preserve of the Venta Valley in Kurzeme historical region, the nature parks of the Riežupe and the Abava. In coastal lowland, it passes through Ķemeri National Park while in Vidzeme historical region — the Gauja National Park and the protected landscape areas of Ziemeļgauja and Vecļaicene. In Estonia, the Forest Trail passes through Haanja Upland, the Land of Setos (Setomaa), proceeds along the western shore of Lake Peipus, and having reached the Gulf of Finland in Northern Estonia, turns westwards. From there, it winds through the many peninsulas of the coast of Northern Estonia and Lahemaa National Park and finally reaches Tallinn.



## ROUTE

**In Lithuania:** Lazdijai – Druskininkai – Merkinė – Alytus – Birštonas – Kaunas – Vilkija – Ariogala – Tytuvėnai – Kurtuvėnai – Pavandenė – Telšiai – Plateliai – Salantai – Mosėdis – Skuodas;

**In Latvia:** Gramzda – Priekule – Aizpute – Kazdanga – Kuldīga – Renda – Sabile – Kandava – Tukums – Ķemeri – Bigauņciems – Rīga – Vangaži – Sigulda – Līgatne – Cēsis – Valmiera – Strenči – Gaujiena – Trapene – Ape – Korņeti;

**In Estonia:** Haanja – Vana-Vastseliina – Värskä – Rāpina – Kallaste – Mustvee – Avinurme – Kauksi – Kuremäe – Toila – Aseri – Kunda – Võsu – Loksa – Maardu – Tallinn.

**TIME REQUIRED TO COMPLETE THE ROUTE:** about 102–114 days

**Chance to see** over 870 nature, historical and cultural sites and monuments.

## WHAT'S IN THE GUIDE?

The guide covers **THE SOUTHERN PART OF THE FOREST TRAIL** — the route from the **Polish/Lithuanian border (Lazdijai) through Lithuania and the Latvian region of Kurzeme to Rīga.**

The length of the route is **1088 km**, including **747 km** in Lithuania, and **341 km** in Latvia.

The route is split in **# 52** sections of one-day or two-day walk. Each

section has reasonable starting and end point and can be hiked as a stand-alone route in either direction. The guide provides a detailed description of each section.

It takes **52–56 days** to complete the southern part of the Forest Trail.

More than **470** various nature, historical and cultural sites and monuments can be seen on the route.

**Latest and most up-to-date information can be found on the website:** [WWW.BALTICTRAILS.EU](http://WWW.BALTICTRAILS.EU)



EUROPEAN UNION



**Interreg**  
Latvija–Lietuva  
European Regional Development Fund



EUROPEAN UNION



1: 1 500 000

0 15 30 45 km

Rīgas jūras līcis

BALTIJAS JŪRA

LATVIJA

LIETUVA

ROSSIJA

### Legend

- Main roads
- Regional roads
- Other roads
- Railway
- Ferries
- National boundary
- RĪGA** National capital
- One-day route
- The Forest Trail





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# HOW TO USE THE GUIDE?

In the guide, the Forest Trail is split into **10 regions**:

- 1 **DZŪKIJA ETHNOGRAPHIC REGION**
- 2 **ALONG NEMUNAS RIVER LOOPS**
- 3 **KAUNAS AND KAUNAS DISTRICT**
- 4 **ALONG THE BANKS OF THE DUBYSA RIVER VALLEY**
- 5 **ŽEMAITIJA ETHNOGRAPHIC REGION**
- 6 **SOUTH KURZEME REGION**
- 7 **KULDĪGA AND SURROUNDINGS**
- 8 **ABAVA RIVER VALLEY**
- 9 **TUKUMS AND ĶEMERI NATIONAL PARK**
- 10 **JŪRMALA AND RĪGA**


Each region is marked in a different colour in the guide.


The total length of the Southern part of the Forest Trail (1088 km) is split into **52 sections**. Each section can be completed in a day, though in cases when the distance is greater, the section description provides recommendations on how it can be split into a two-day hike.

## DESCRIPTION OF EACH SECTION CONTAINS:

### MAP

with the Forest Trail marked on it 

the starting and the end point of the section 


selection of places worth seeing 


services available on the section





## PRACTICAL INFORMATION FOR EACH SECTION


 **Length** in kilometres.

 **Duration** — approximate time needed to complete the section.

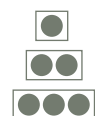
 **Starting point** — a place where you can conveniently start the hike.

 **End point** — a place where you can conveniently finish the hike; you can choose the direction of hiking.

 **Route**, including major settlements.

 **Road surface** in a short description and graphic image.

## Difficulty:



easy

medium

hard



**Obstacles** — natural or man-made obstacles with suggestions how to overcome them.



**Danger points** — proceed with caution!



**Keep in mind** — useful information.




**Alternative route options** — other roads or trails that can be taken in case of adverse weather or in other situations.



**WORTH SEEING!** Names or short descriptions (including GPS coordinates) of most interesting objects.

## SERVICES




Information, including  and GPS coordinates, on







and .


# SERVICES AND INFRASTRUCTURE


Information on services and infrastructure can be found in the section descriptions in this guide and at [www.baltictrails.eu](http://www.baltictrails.eu)

 Number of accommodation options, including campsites  varies in each section of the Forest trail. Information on accommodation is found in the relevant section description. It provides the name of the property, its GPS coordinates and . It is recommended to book the accommodation in advance because of the limited availability during the high season (June–August). On the other hand, in winter, some properties may be closed.

 Availability of catering service varies between the sections. Some sections feature no such service. Please note that some providers operate only during summer or at certain times, so it is recommended to call before visiting.



 There are more than 90 publicly-accessible properly-developed free rest sites near the Forest Trail. They may feature canopies, tables, benches, garbage bins, camp-fire places, toilets (not necessarily). Rest sites may be found at accommodation sites, though seek the owner's approval before using them. If there is the icon  in the rest site information within the section description, you may camp there. At the sites marked with the icon , camp-fires and grills are allowed.

 Shops are generally located in settlements. Keep in mind that there are sections of the Forest Trail with no shops within a day's or several days' walk. Relevant information can be found in the section descriptions.


 Public transport (most often bus/coach, occasionally train) is available in the immediate vicinity of or around the Forest Trail, however, it is recommended to check the timetable in advance.

In Latvia — coaches: [www.autoosta.lv](http://www.autoosta.lv), trains: [www.pv.lv](http://www.pv.lv), public transport: [www.1188.lv](http://www.1188.lv), in Lithuania — coaches: [www.autobusubilietai.lt](http://www.autobusubilietai.lt), trains: [www.traukiniobilietas.lt](http://www.traukiniobilietas.lt). Public transport in Kaunas: [www.stops.lt/kaunas/#bus](http://www.stops.lt/kaunas/#bus) and in Rīga: [www.rigassatiksme.lv/lv/](http://www.rigassatiksme.lv/lv/).





Maps include

information on ATMs , and pharmacies , while maps and section descriptions — on the nearest tourism information centers .

In case of emergency

 112 (in Lithuania and Latvia).

# HOW TO HIKE THE FOREST TRAIL?

- The Southern part of the Forest Trail is split into 52 individual sections described in the guide.
- The section numbering reflects the order of establishment of the route, so the section numbers of the Southern part of the Forest Trail from Lazdijai to Rīga range from 51 to 102. Sections 1 to 50 make up the earlier-established Northern part of the Forest Trail from Riga (Latvia) to Tallinn (Estonia).
- Each section can be hiked as a stand-alone route. In the guide, the icons   denote the recommended starting and end points of the given section. By combining sections with the view of the available time, you can hike routes for the duration of several days, weeks or even months.
- You can start hiking the Forest Trail at any point in either direction. The markings can be followed from either direction.
- Depending on your interests and possibilities, some sections of the Forest Trail can be covered by public transport rather than on foot. With some hosts of a property, you can also try and agree in advance upon transport services or transfer of your belongings to the next accommodation site.
- You can print individual section description and download GPX files from [www.baltictrails.eu](http://www.baltictrails.eu).
- The Forest Trail markings  on trees and other objects help you navigate in the field. Within settlements, navigation is facilitated by the Forest Trail stickers  on road signs and other objects. In the national parks in Lithuania and Latvia and regional parks in Lithuania, the Forest Trail occasionally overlaps with other hiking and

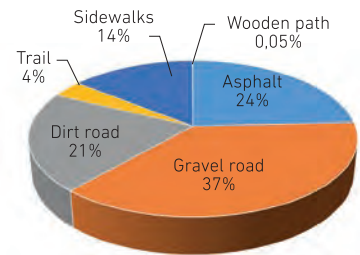
cycling routes, which are also marked with paint markings on trees and other objects. In such places, you should follow the Forest Trail markings carefully and use GPX files that can be downloaded from [www.baltictrails.eu](http://www.baltictrails.eu).



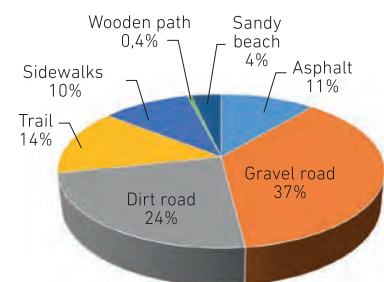
- Occasionally, information plaques are placed along the Forest Trail to help you navigate in the terrain.
- In forested areas the Forest Trail passes along minor forest or rural roads and trails, where possible. In order to secure continuity of the Forest Trail, in some places it passes along shoulders of paved roads. In settlements, it may pass along pavements, combined walking/cycling lanes or the roadside. From Bigaunciems to Lielupe, the Forest Trail passes along a sandy beach.
- The maps included in the guide will help you navigate along the Forest Trail. Or you can always ask locals for the way.

- The trail surface information breakdown for the entire Forest Trail route in Lithuania and Latvia is as follows:

Lithuania



Latvia



- In some sections, you can encounter a loose dog at farmsteads or by them. For such cases, the phone number of the farmstead is provided so that approaching hikers could call in advance and alert the owner.

## HOW TO HIKE THE FOREST TRAIL IF YOU LEAVE YOUR CAR AT THE STARTING POINT?

- You may try and agree with the host of the accommodation upon transport services in advance. Specifically, the host can drive you back to the starting point or, if necessary, pick you up or take your belongings at/to an agreed place.
- Hikers can organise their own logistics by leaving a car at the end point beforehand, and other one at the starting point. When you reach the end point, the other car can be used for returning to the starting point. Public transport can be used for this purpose, where possible.
- If you are going to hike the entire Forest Trail, you should plan your journeys by public transport in advance, both within a country and between the two countries. There is regular coach service between Riga and Kaunas. From Kaunas you can reach Lazdijai by coach. Vilnius (airport, coach terminal) and Klaipėda (port, coach terminal) are easy to reach from Kaunas.

## “HIKER-FRIENDLY” LABEL



The “Hiker-friendly” label is bestowed to tourism service providers in the Baltic countries who have proven they understand and respect the needs of hikers and to the places where hikers are welcome. The business may provide essential and necessary services for hikers, such as route information, drinking water, a first aid kit, charging of electrical equipment, possibility of drying or washing wet/dirty clothes, boots and other personal equipment.



# NATURE ALONG THE FOREST TRAIL

● The Forest Trail passes through the three national parks — Dzūkija and Žemaitija National Parks in Lithuania and Ķemeri National Park in Latvia. Ķemeri Bog with the surrounding swamps and wet forests is among the largest wetlands in the Baltic countries. In total, the Forest Trail passes through or by about 25 specially protected nature areas.



● The Forest Trail passes through Sūduva, Dzūkija and Žemaitija Uplands in Lithuania, Rietumkursa and Austrumkursa Uplands or parts thereof in Latvia. The uplands are interspersed with lowlands, e.g. Kursa lowland and coastal lowland. The lowest stretches of the Forest Trail lie at sea level (Bigauņciems–Lielupe section, where the Forest Trail passes along the coast of the Gulf of Riga), while the highest point — Šatrija mound (228 m above sea level) — is located in Žemaitija Upland.



● Upland areas are rich in lakes. Both countries are covered by a dense network of bigger and smaller rivers and streams that provide a pleasant refreshment in summer.



● Along the Forest Trail, highly distinct terrain is found along of the Nemunas and the Dubysa, in the Abava Valley, and along the tributaries of those rivers.

● There are many natural heritage objects, such as enormous boulders, springs, gi-

ant trees, avenues and interesting forms of terrain, such as hills, ravines, river valleys etc, in the vicinity of the Forest Trail. Banks of the Nemunas and its tributaries feature majestic and spectacular sediment material outcrops.

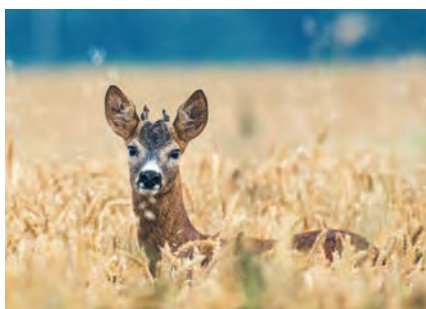


● The Forest Trail passes through the most-wooded areas of Lithuania and Latvia, where majority of the forest habitats and forest types of the Baltic countries may be explored.

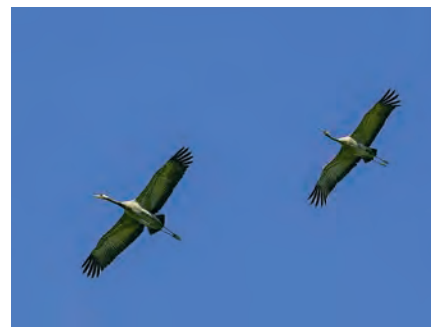


● Along the Latvian coastline, dune habitats, protected on the European Union level can be seen.

● The Forest Trail provides excellent opportunities for bird and animal watching. The second largest animal in Europe, the moose, can be observed along the trail. If you keep quiet, there is a chance of seeing the doe, the red deer, the fox, the hare, the marten, the otter, the squirrel and the hedgehog. You can spot footprints of the wolf and the lynx. By the water, you can often see gnawed trees and homes, built with branches by the beaver.



● At relevant times, birdwatchers can observe (or hear) the black and the white stork, the lesser spotted eagle, the corn-crake, the Eurasian pygmy-owl, the greenish warbler, various species of the owls and the *Piciformes*, among them Europe's largest woodpecker — the black woodpecker, while by the water — the kingfisher.



● Natural disasters seldom occur in the Baltic countries. Strong storms are rarely; they mostly strike in autumn or winter. During thunderstorms and lightning strikes, care must be taken and a safe shelter must be sought. 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.

● In a warm summer, the sea-water temperature can reach +18°C – +20°C or higher – +26°C, however, water can also be ice-cold even in hot weather. Water temperatures of inland waters can reach higher numbers. There may be prolonged periods of rain and lower air temperatures in summer, spring and autumn, so be sure to check the weather forecast before heading for the trail.

● Residents of Lithuania and Latvia love wandering out in the forest and picking what nature offers — mushrooms (chanterelles, russulas, ceps, various boletes, etc.) and wild berries (blue and red bilberries, raspberries), while in marshy forests and bogs — cloudberries and cranberries. Wild plants are used for making medicinal teas.





# FOREST DIVERSITY

● The word “Forest” evokes different emotions and associations for everyone. For some, it is about slender pines and white moss, for others, there is a bunch of fir trees, while for others, the first association is a primeval forest with moss-covered fallen deadwood. Some people will think of a birch grove or a mire with marshy depressions and vernal blossom of marsh-marigolds. Forests are diverse, and each and every one of them has a role to play in maintaining biodiversity. Only some of the forest types present in Lithuania and Latvia are described below. Each has its own place, role and use.

● The **Boreal forest** <sup>1</sup> or the northern coniferous forest, features fir and pine stands of various age. These are natural and old forests with a great diversity of species. Forests with diverse age structure and dimensions, where glades are formed, are important to nature. The Boreal forests may have been subject to human impact, though no clear-cuts have been carried out in them within the least hundred years. In Latvia, the Forest Trail passes through excellent habitats of the Boreal forests, while towards the south, the Boreal forests are gradually replaced by broad-leaved (so-called nemoral) forests,

increasingly featuring oaks, lime-trees and species of trees, such as the common hornbeam, that in the wild are encountered in the southwestern part of Kurzeme, where the climate is milder. Large areas of the Boreal forests can be found also in southern Lithuania, for example, in Dzūkija ethnographic region.

● There is no single dominant tree species in **broad-leaved forests**, where oaks, lime-trees, ashes, maples and elms grow. They retain elements characteristic to forests with low forestry impact and important for sustaining biodiversity, such as hollow trees, snags, large-dimension fallen deadwood, which are essential for the survival of many plant, insect, bird and animal species.

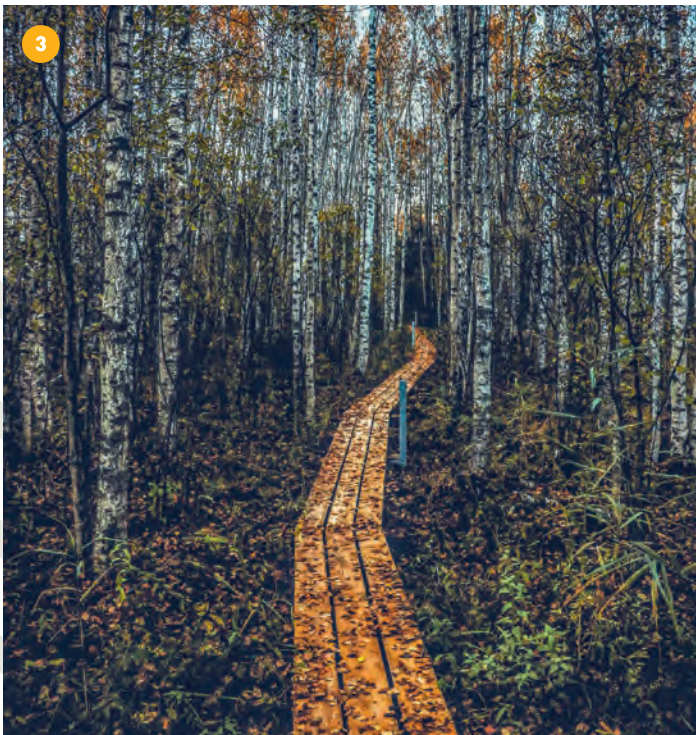
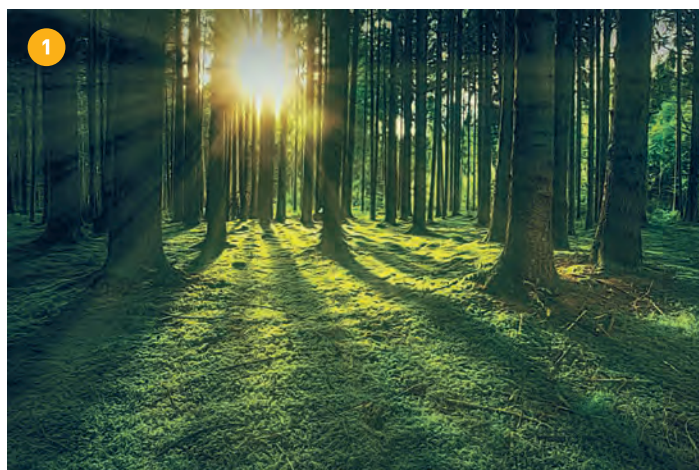
● In the **marshy forests** <sup>2</sup>, wild rosemary, cranberries, various types of peat moss, as well as tiny pines, firs, downy birch, black alder, small shrubs and various species of sedge grow.

● **Wet floodplain broad-leaved forests** <sup>3</sup> or alluvial forests, are most common besides watercourses. When walking along the Nemunas or the Dubysa, such forests occasionally can be seen.

● **Forests of slopes and ravines** <sup>4</sup>, found in river ravines and valleys, are incredibly picturesque and diverse. In them, oaks, lime-trees and elms grow together with coniferous trees. Outcrops, caves and small watercourses, that increase the biodiversity of the area, often complement the diversity of the landscape.

● **Oak forests**, composed of oak, lime-tree and common hornbeam stands, are widespread in Lithuania. Oak forests grow in the valley of the Nemunas and near other large rivers.

● In a broader sense, forests are made up of many stands, which have formed at various periods, have been growing unevenly and evolved under different historical and economic conditions, both naturally and with human involvement. The forest is diverse, multifaceted and serves as the home for many residents, who all have different demands regarding living conditions, e.g. humidity and lighting. Diversity and the balance between nature conservation and forest management ensure that we can enjoy the forest ecosystem, both while hiking and picking mushrooms and berries, and in terms of economic benefits.





# HIGHLIGHTS OF DZŪKIJĀ ETHNOGRAPHIC REGION

- Dzūkija forests, rich in mushrooms and berries
- Blossom of yellow dwarf everlasts
- Swimming in clear lake-waters
- Druskininkai resort town and salt water springs
- Spectacular landscapes of Sūduva and Dzūkija Uplands
- Dzūkija National Park — an intact area where people live in harmony with nature
- Ethnographic villages with wooden building, hive trees and craft traditions







# LITHUANIA

## DZŪKIJA ETHNOGRAPHIC REGION

THE MOST FORESTED AREA IN LITHUANIA

#51-56

Lazdijai (Polish/Lithuanian border) –  
Nemunaitis: 140 km

The Dzūkija landscape was shaped by a glacier more than 10,000 years ago. The Forest Trail passes through a vast, sparsely populated woodland and small villages along forest roads. Features and traditions of Dzūkija ethnographic region have been shaped by the forest. People's occupation and the traditional lifestyle are linked to the forest. Since ancient times, they have been going to the woods to pick and later sell mushrooms. Hence there is the saying of the people of Dzūkija: "If not mushrooms and berries, the girls of Dzūkija would be naked". The resort of Druskininkai has evolved thanks to springs of salty natural mineral water. The name of the town originates from the Lithuanian word *druska* — salt. The town of Merkinė, at the confluence of the Merkys and the Nemunas, is among the oldest settlements in Lithuania. In this region, the Forest Trail passes through Dzūkija National Park.







## Lazdijai – Veisiejai

### Along the hills of the Sūduva Upland

A little further than 1 km from the Lazdijai Tourism Information Center, the Forest Trail leads along the Lazdijai–Augustow road (No. 135), then turns onto a small country-forest road, which used to serve as a border guard road during the “Iron Curtain”. Walking along it, the landscapes of the Sūduva Upland offer beautiful landscapes. After crossing a more open place opposite Kučiūnai village, the Forest Trail slips into a wooded area again. After about 5.5 km, it turns east, further winds through a maze of forests and lakes, crosses the Zapsė river and meets the Lazdijai–Kučiūnai–Veisiejai road (No. 2510). After less than 6 km, the Forest Trail turns right to Dainaviškiai village. Then it turns around the bays of Veisiejai lake and, through Veisiejai Manor Park, takes you to the center of the town. The section before the town of Veisiejai is part of the Veisiejai Regional Park.



## PRACTICAL INFORMATION

..... 28 km    ⌚ 7 – 10 h



Lazdijai Tourism Information Center



Veisiejai center, by the Independence Monument



Lazdijai Tourism Information Center – Lithuanian/Polish border area – Petroškai – Veisiejai



Mainly gravel roads, small forest roads; in populated areas – asphalt, pavement.



Hard



There may be puddles and mud on the border road in wet weather.



Be careful when walking along the side of the road!



To cross the Lithuanian–Polish border, valid identity

documents are required. There are no shops, catering or accommodation between the starting point and end point of the route.



Accommodation is available only at the starting and end points of the section. If you can't go all the length of the section in one day, try negotiating transport service with the hosts of accommodations in advance.



## NATURE

In Lithuania, the Forest Trail first leads through the eastern part of the Sūduva Upland. About 90 km long and 20 km wide, the Sūduva Upland formed in the last Ice Age as the further edge of glaciation. The upland is divided into several parts by the valleys of Šešupė, Kirsna and other rivers. The highest terrain point (282.9 m) in Lithuania is located in the western part of the Sūduva Upland, where Vištytis Regional Park has been founded for the purpose of protecting landscape, nature and cultural values. The upland then extends into Polish territory. In total, it has around 250 lakes.

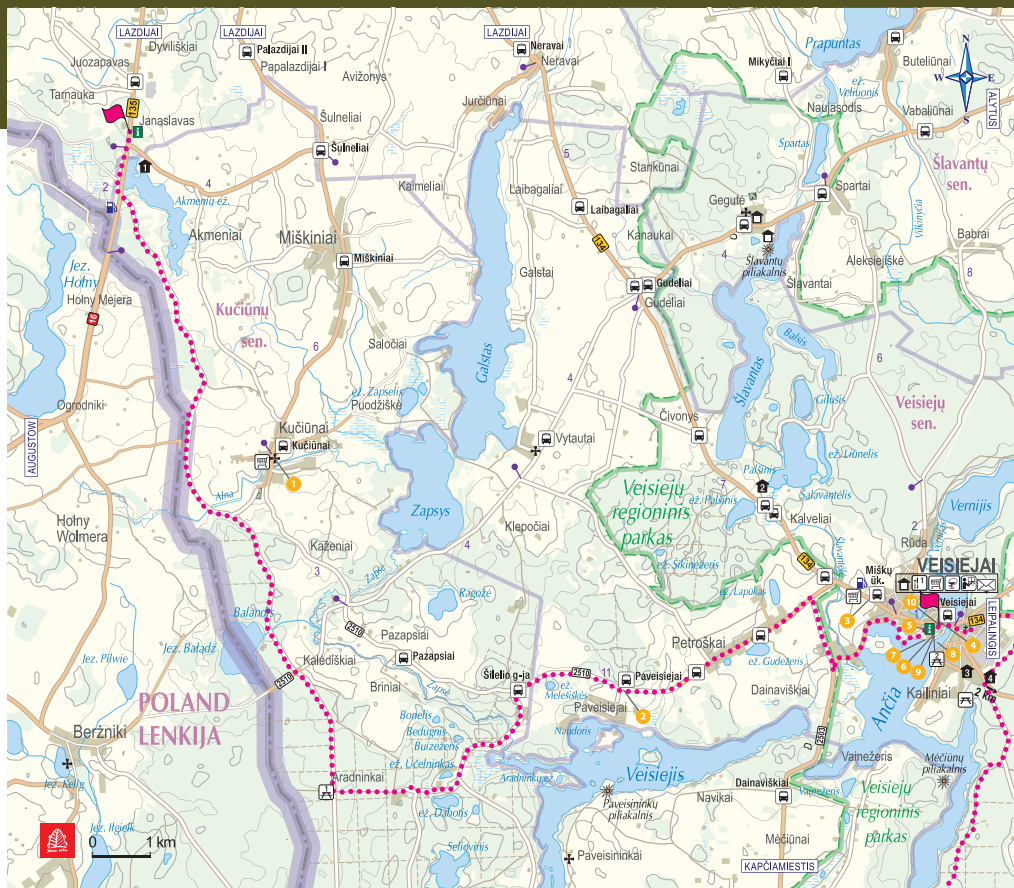
## WORTH SEEING!

- 1 St. Casimir's Church in Kučiūnai.** There are 15 churches in Lithuania named after St. Casimir, one of them is located in Kučiūnai. GPS: 54.12609, 23.51915
- 2 Paviesiejai triple oak.** At a height of 2 m from the ground, the tree branches into three trunks. GPS: 54.09024, 23.61200
- 3 The sculpture park "Garden of Childhood".** The sculptures will especially appeal to the youngest travellers. GPS: 54.10444, 23.67585
- 4 The town of Veisiejai.** Located on the peninsula with its houses are very close to the water, Veisiejai is called the Venice of Lithuania. GPS: 54.10105, 23.69544
- 5 Directorate of Veisiejai Regional Park.** Located in the wing of the Veisiejai Manor house – the oldest building in the Veisiejai area. The exposition "Life Between the Waters" is especially important, because there are as many as 37 lakes in Veisiejai Regional Park! +370 31856234; GPS: 54.09990, 23.69283
- 6 Veisiejai Manor Park.** Founded in the 17th century. Its most important element is a circle of 22 about 200-year-old lindens. GPS: 54.09920, 23.69339
- 7 Veisiejai ash.** The second thickest ash in Lithuania. GPS: 54.09825, 23.69118
- 8 Veisiejai musical fountain.** There is a fountain with light and sound installations on Ančia lake, not far from Veisiejai City Park. Operates in summer. GPS: 54.09799, 23.69438
- 9 Monument to L. L. Zamenhof.** Veisiejai is considered a birthplace of the Esperanto language, and in honour of this, a monument bust of Ludwik Lejzer Zamenhof has been installed in the city park. GPS: 54.09904, 23.69346
- 10 Independence Monument.** GPS: 54.10075, 23.69460

## SERVICES

### Accommodations

- 1. Homestead "Akmenėlis",** +370 60104848; GPS: 54.17046, 23.48445



- 2. Homestead "Joginta",** +370 68724108; GPS: 54.12116, 23.64803
- 3. Veisiejai School of Technology and Business,** +370 60853192; GPS: 54.09350, 23.70217
- 4. Camping place "Saulėtekis",** +370 68608663, 68886831; GPS: 54.09372, 23.72715 (in summer).



### Catering

- 1. Veisiejai pizzeria – kebab shop,** +370 62220785; GPS: 54.10108, 23.69582



### Shops

- Gas station "Emsi" in Akmeniai, +370 31851089; GPS 54.17556, 23.48104
- Parduotuvė (the shop) in Kučiūnai, +370 867790245; GPS: 54.12628, 23.51797
- Gas station "Mekasta" in Kalveliai, GPS: 54.10600, 23.67378
- "Aibė" in Veisiejai, GPS: 54.10140, 23.69343
- "Norfa S" in Veisiejai, GPS: 54.10142, 23.69577



### Pharmacies

- "Camelia vaistinė" in Veisiejai, GPS: 54.10072, 23.69523



### ATMs

- "Swedbank" in Veisiejai, GPS: 54.10036, 23.69377
- Bank terminal "Perlas" in Veisiejai, GPS: 54.10140, 23.69343



### Resting areas

- 1. Resting area,** GPS: 54.07455, 23.53515
- 2. Veisiejai Manor Park,** GPS: 54.09920, 23.69339



### Public transport

Bus No. 623 (from Lazdijai via Veisiejai) and No. 661 (from Lazdijai via Veisiejai to Druskininkai) run twice a day; No.153 (from Lazdijai to Veisiejai) only on Fridays 2 times a day; No. 702 (from Lazdijai to Veisiejai) only on Wednesdays once a day. Bus routes and schedules in Lazdijai district: [www.lazdijuaubusai.lt](http://www.lazdijuaubusai.lt) Intercity routes: [www.autobusbilietai.lt](http://www.autobusbilietai.lt)

## TOURISM INFORMATION



**Lazdijai Tourism Information Center,** Janaslavo village 10, Lazdijai district, [www.lazdijai-turizmas.lt](http://www.lazdijai-turizmas.lt), +370 31851881; GPS: 54.17632, 23.48113



**Directorate of Veisiejai Regional Park,** Santarvės street 9, Veisiejai, Lazdijai district, <https://veisiejuparkas.lrv.lt>, +370 31856234; GPS: 54.09990, 23.69283







## Veisiejai – Trikojis

### Through the Veisiejai Regional Park

After leaving the center of Veisiejai town, the Forest Trail crosses the channel of Veisiejai lake, then, along Vytauto, Turgaus and Leipalingio streets (road No. 134), it takes you to the shore of Snaigynas lake, where there is an observation tower and recreation places. After crossing a small forest massif near Veisiejai, the Forest Trail leads for about 1.4 km on the Veisiejai – Barčiai (No. 2529) road, then turns right. It continues through a beautiful pine forest along Ančia lake, which is rich in berries and mushrooms. Turning to the east, the Forest Trail approaches Barčiai village from the south, and further to Trikojis lake leads through cereal fields. At the bay of Trikojis lake, the Forest Trail crosses wooded areas and goes to road No. 2517. This section of the Forest Trail is part of the Veisiejai Regional Park.



## PRACTICAL INFORMATION

..... 15 km

⌚ 4 – 5 h

🚩 Veisiejai center by the Independence Monument

🚩 Trikojis lake

📍 Veisiejai – Barčiai – Trikojis lake



Small forest and country roads, trails, asphalt in the vicinity of Veisiejai.



Easy



In the second half of the summer, some sections of the road can be covered with abundant vegetation.



Be careful when walking along the side of the road!



Shops are only available in Veisiejai town. There is a dense network of trails around Ančia lake and beyond, so follow the markers in nature and / or use the GPX file.



## NATURE

The Veisiejai Regional Park was founded in 1992 to protect the landscapes, biodiversity and cultural monuments of the Sūduva Upland. One of the treasures of the park is 37 lakes, the elongated shapes of which are the result of glacial activity. During the last icing, the edge of the glacier was here. The lakes are surrounded by larger forest massifs located on continental (inland) dunes. They are suitable for recreation, nature watching, berry picking and mushroom picking. The park has bathing places and nature trails. The small rivers connecting the lakes are suitable for canoeing. The Veisiejai Regional Park has a great diversity of plant and animal species. Rare species are protected here – the European tree frog (*Hyla arborea*), which is a symbol of the park, the European pond turtle (*Emys orbicularis*), and various orchid species.

## WORTH SEEING!

- 1** **Veisiejai St. George's Church.** It is the largest church in Lazdijai region, also known as Dzūkija Cathedral.  
GPS: 54.10170, 23.69494
- 2** **The historical center of Veisiejai town.** The old part of Veisiejai, formed before the end of the 19th century.  
GPS: 54.10088, 23.69371
- 3** **Veisiejai Regional Museum.** A large part of the exhibition is dedicated to the ophthalmologist, creator of the international Esperanto language L. L. Zamenhof who in 1885 came to work in Veisiejai and here finished creating Esperanto.  
+370 31856535; GPS: 54.10098, 23.69666
- 4** **Veisiejai monument in memory of Lithuanian partisans.** Located on the north-eastern side of the cemetery, at the end of the main road, on a hillside.  
GPS: 54.10064, 23.70166
- 5** **Snaigynas – Veisiejai observation tower.** Located in the northwestern part of Snaigynas lake. From the 15 m high observation tower you can admire the three islands of the lake and the panorama of Veisiejai.  
GPS: 54.10135, 23.72211
- 6** **Ančia lake – the largest lake in the territory of Veisiejai Regional Park,** which covers an area of 490 ha. Long, winding, similar to a wide river, it surrounds the town of Veisiejai.  
GPS: 54.09599, 23.67405
- 7** **Hiking trail on the shore of Ančia lake.** A walk along the circular route is a great opportunity to get acquainted with the biological diversity of the forest. Length of the route: 4 km.  
GPS: 54.08974, 23.70810

## SERVICES

### Accommodations

- 1. Homestead "Tėviškė",**  
+370 68604158;  
GPS: 54.07949, 23.74397
- 2. Homestead "Trikojis",**  
+370 68670706;  
GPS: 54.07372, 23.75589
- 3. Homestead "Prie ežero",**  
+370 65505373;  
GPS: 54.07228, 23.75739
- 4. Camping place "Varnalizdis" (Bertašiūnai village),** +370 68848111;  
GPS: 54.05834, 23.77870 (in summer).

### Catering

- 1. Veisiejai pizzeria – kebab shop,** +370 62220785;  
GPS: 54.10108, 23.69582
- 2. Veisiejai School of Technology and Business,**  
+370 60853192;  
GPS: 54.09350, 23.70217

### Shops

- "Norfa S" in Veisiejai,  
GPS: 54.10142, 23.69577  
"Aibė" in Veisiejai,  
GPS: 54.10138, 23.70558

### Pharmacies

- "Camelia vaistinė" in Veisiejai,  
GPS: 54.10072, 23.69523

### ATMs

- "Swedbank" in Veisiejai,  
GPS: 54.10036, 23.69377  
Bank terminal "Perlas" in Veisiejai,  
GPS: 54.10140, 23.69343

### Public transport


- Bus stop in Barčiai,  
GPS: 54.06262, 23.72811  
Bus routes and schedules in Lazdijai district: [www.lazdijautobusai.lt](http://www.lazdijautobusai.lt)

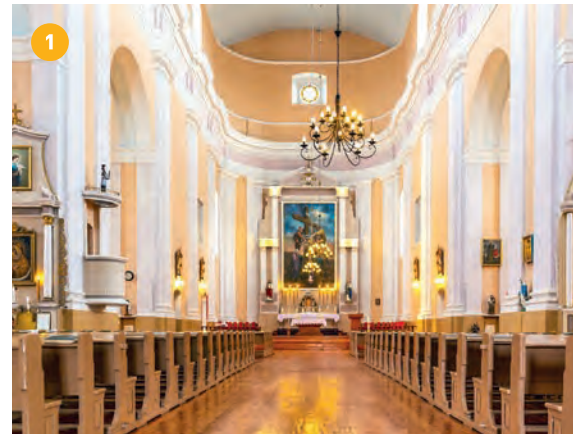
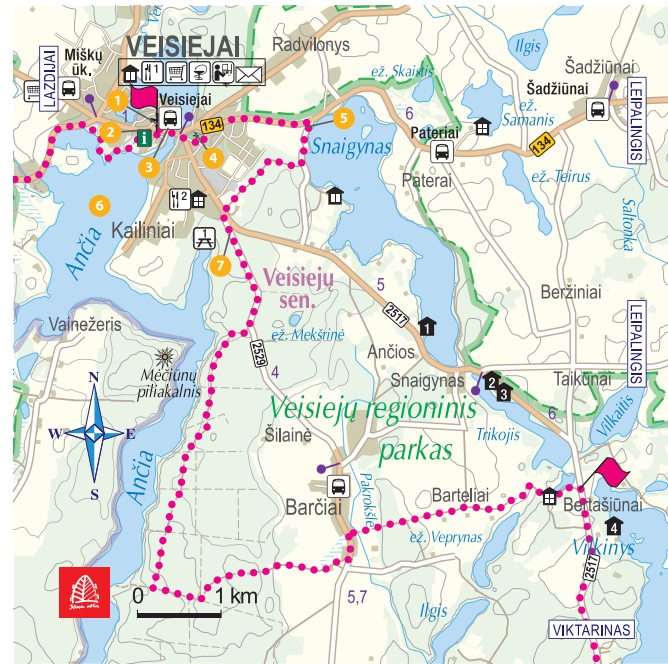
### Resting areas

- 1. Resting place,**  
GPS: 54.08882, 23.70439

## TOURISM INFORMATION

-  **Lazdijai Tourism Information Center,**  
Janaslavo village 10, Lazdijai district,  
[www.lazdijai-turizmas.lt](http://www.lazdijai-turizmas.lt),  
+370 31851881;  
GPS: 54.17632, 23.48113

-  **Directorate of Veisiejai Regional Park,**  
Santarvės street 9, Veisiejai, Lazdijai district,  
<https://veisiejuparkas.lrv.lt>,  
+370 31856234;  
GPS: 54.09990, 23.69283







## Trikojis – Didžiasalis

Forests rich in forest goods – mushrooms and berries

From Trikojis lake and Bertašiūnai village, the Forest Trail goes south along the road No. 2517, crosses the Leipalingis–Kapčiamiestis road (No. 2505) and Viktorinas village. Further on, the trail turns around Stirtos lake and winds its way through wide forest massifs, where in some places you can see fields and small villages. In summer, the forest is rich in blueberries and mushrooms. Then, the Forest Trail crosses the canal connecting the Baltajis Bilsas and Juodajis Bilsas lakes, rises on the steep shore of the lake and turns south. From here you can see Didžiasalis village. The section from Trikojis lake to Viktorinas village belongs to the Veisiejai Regional Park.



### PRACTICAL INFORMATION

..... 19 km

⌚ 5 – 7 h

🚩 Trikojis lake

🚩 Didžiasalis by the farm “Augu ūkis”

📍 Trikojis lake – Bertašiūnai – Viktorinas – Dulgininkai – Vilkanastrai – Didžiasalis



Gravel roads and forest roads. In larger populated areas – asphalt.



Easy



Be careful when walking along the side of the road!



Shops are only available in Viktorinas and Didžiasalis villages.



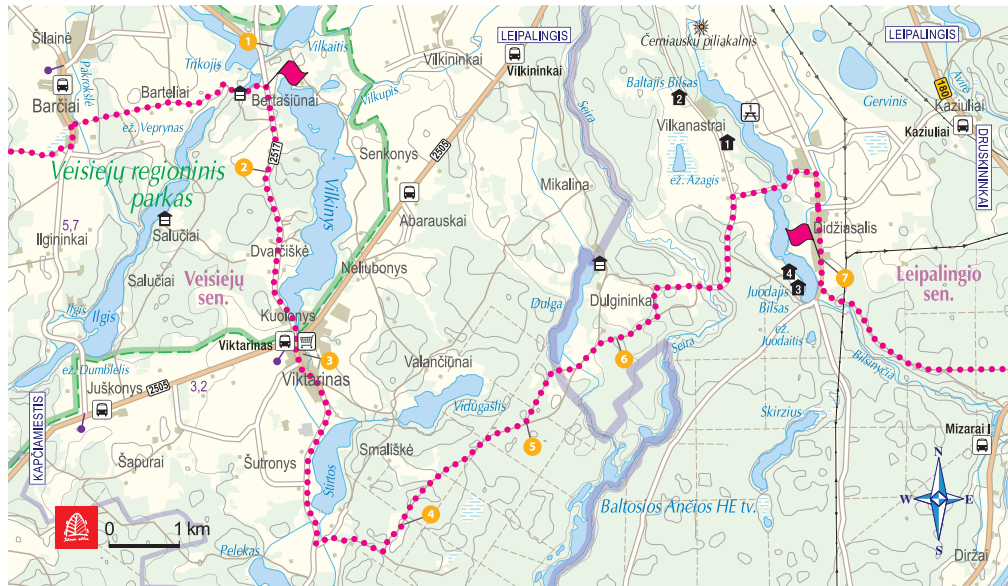


## NATURE

The Latin name for the dwarf everlast or immortelle (*Helichrysum arenarium*), means golden sun growing in sandy places. The Latvian name (dzeltenā kakpēdiņa) comes from the fact that the flower cluster of the plant resembles a cat's foot. The dwarf everlast grows in dry, sunny meadows, where there are distinctly sandy soils, therefore it is an integral part of the landscape of Dzūkija dry meadows and open places. In Latvia, the plant is mainly found in the south-eastern part. The dwarf everlast is known as a medicinal plant. It is used against colds, skin and intestinal diseases, depression and anxiety. In dried form, it is also a popular ornamental plant. Although the dwarf everlast is not a protected plant, the number of these plants diminishes as natural habitats wane and open spaces become overgrown.

## WORTH SEEING!

- 1 Taikūnai pine.** Protected botanical natural heritage object by Vilkaitis lake. A roof pillar was erected next to the pine, commemorating the partisans of the Mindaugas homeland squadron of the Dainava district's Šarūnas team who died in the former bunker (about 3 m from the pine). GPS: 54.06786, 23.77377
- 2 French Mountain.** The locals still remember the legends told by their ancestors that Napoleon Bonaparte had stopped here for a short time to rest. GPS: 54.05169, 23.77296
- 3 Viktorinas.** A village between two lakes – Vilkinis and Stirtos – in Veisiejai Regional Park. The Vilkinė river meanders through the village, connecting both lakes. This old village is located in a beautiful place near the Leipalingis pine forest. GPS: 54.02831, 23.78095
- 4 Cross of Remembrance.** Built in 1948 in memory of the fallen partisans of Pušcia A. Radžiukynas, J. Leščinskas and A. Ramanavičius. GPS: 54.00665, 23.80261
- 5 Commemorative cross.** To honor World War I soldiers. GPS: 54.01965, 23.82936
- 6 Castle mound.** GPS: 54.03051, 23.84898
- 7 Farm "Augų ūkis".** Produces and sells various types of cheese: sweet milk, mould, fermented and matured. There are tastings of these cheeses taking place, where guests are told about the cheese path "from the meadow to the table", showing the cheese farm and mould cheese maturing cellar. During the educational program "How cheese is born", guests can make their own sweet milk cheese. +370 61477838, GPS: 54.04078, 23.89340



## SERVICES



### Accommodations

- 1. Homestead "Bilso sodyba",** +370 68726807; GPS: 54.05517, 23.87210
- 2. Homestead "Vilkanastrų dvaras",** +370 61222206, 62011330; GPS: 54.06094, 23.86222
- 3. Homestead "Ami Residence forest",** +370 68798019; GPS: 54.03676, 23.88805
- 4. Homestead "Ami Residence",** +370 68798019; GPS: 54.03865, 23.88648



### Catering

None in this section.



### Shops

- Viktorinas food shop,  
GPS: 54.02965, 23.77908
- "Augų sūrinė" in Didžiasalis,  
+370 61477838; GPS: 54.04078, 23.89340



### Pharmacies

None in this section.



### ATMs

None in this section.



### Public transport

Bus stop in Viktorinas,  
GPS: 54.03004, 23.77789.  
Current schedules:  
[www.lazdijuautobusai.lt](http://www.lazdijuautobusai.lt)



### Resting areas

- 1. "Barbora",** +370 68554410;  
GPS: 54.05898, 23.87679

## TOURISM INFORMATION



**Druskininkai Tourism and Business Information Center,** M. K. Čiurlionio street 65, Druskininkai, <https://druskininkai.lt>, +370 31351777; GPS: 54.01546, 23.97713



**Lazdijai Tourism Information Center,** Janaslavo village 10, Lazdijai district, [www.lazdijai-turizmas.lt](http://www.lazdijai-turizmas.lt), +370 31851881; GPS: 54.17632, 23.48113



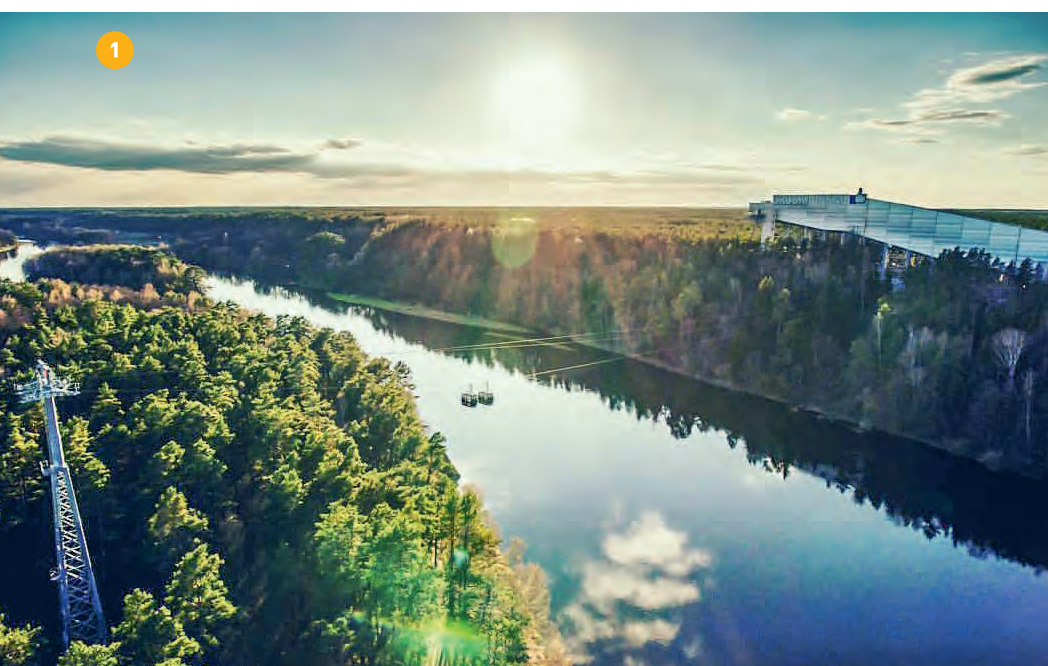




## Didžiasalis – Druskininkai – Žiogeliai

### Druskininkai – the most popular resort in Southern Lithuania

Between Didžiasalis village and the resort town of Druskininkai, the Forest Trail leads through a coniferous forest with abundant berry and mushroom spots. Before Druskininkai, the Forest Trail merges with the Nemunas road, turns around the Druskininkai Snow Arena and continues along the pedestrian and bicycle path to the Park Bridge across the Nemunas river. After crossing the bridge, the Forest Trail continues on Maironio street, and continues along the small streets of the historic Druskininkai resort and the park roads, crossing the Ratnyčia river and the forest park on the right bank of the Nemunas. The route behind Veisiejai street goes along the sidewalk of Neravų street and after about 1 km turns left into Sodžiaus street, which at the end of Neravai village becomes a beautiful forest road. This is where Dzūkija National Park begins. The Forest Trail turns around Viečiūnai village, opening a beautiful landscape to the Liškiava monastery on the opposite bank of the Nemunas. The Forest Trail then leads to Žiogeliai village along a beautiful secluded forest road.



## PRACTICAL INFORMATION

..... 23 km

⌚ 6 – 8 h

🚩 Didžiasalis, by the farm “Augų ūkis”

🚩 Žiogeliai village

📍 Didžiasalis – Druskininkai – Viečiūnai – Žiogeliai



Gravel and forest roads, in Druskininkai – asphalt sidewalks, pedestrian / bicycle sidewalks, pavement.



Medium



Be careful when walking along the side of the road!

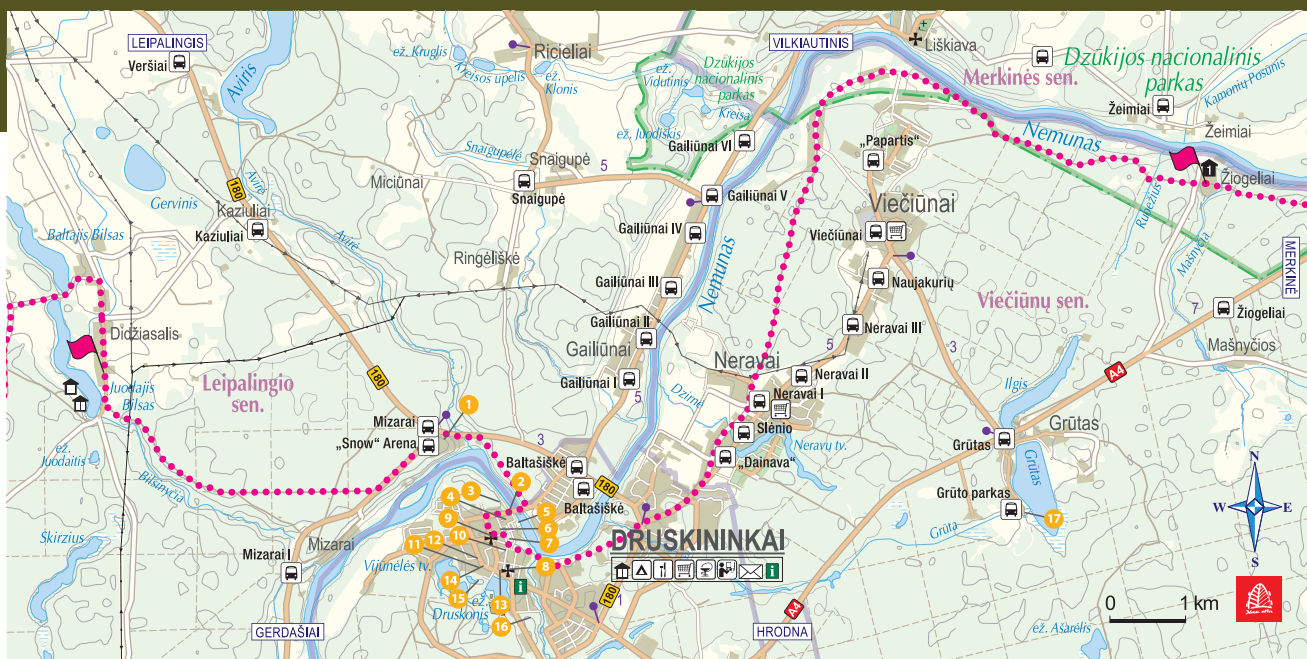


In Druskininkai it is recommended to provide food for this and the next section.



The route can be divided into two parts and you can spend the night in Druskininkai. It is worth spending the day to see Druskininkai and take a boat trip along the Nemunas to Liškiava. You can get by an aerial cableway from the Snow Arena to Druskininkai Water Park (Maironio street), shortening the road by two kilometres.





## NATURE

More than 2,000 species of cap mushrooms are found throughout Lithuania, of which about 380 species are edible. However, ~ 120-140 mushroom species are used in practice. In the Dzūkija ethnographic region, the land is infertile, it is covered by the largest forest massifs in Lithuania, growing in sandy soil, therefore in Dzūkija picking berries and mushrooms, especially chanterelles, was very important both as a source of livelihood and profit. The basic rule of mushrooming is to collect and use for food only those mushrooms that you know well and are not in doubt about! In summer and autumn, the great complement to food supplies and a source of vitamins are wild berries: wild strawberries, wild raspberries, blueberries, bog bilberries, blackberries, lingonberries and guelder roses.

## WORTH SEEING!

- 1** **Snow Arena.** One of the largest indoor ski runs in Europe. +370 61535415; GPS: 54.03285, 23.96150
- 2** **Health and recreation center "AQUA-PARK".** Water amusement park. +370 69708000; GPS: 54.02396, 23.97430
- 3** **Adventure park "UNO PARK".** Climbing tracks in the trees. +370 60720911; GPS: 54.02542, 23.97300
- 4** **The cable car "Lynų kelias".** Connects the water park and the Snow Arena across the Nemunas river valley. +370 62049351; GPS: 54.02351, 23.97409
- 5** **The source of beauty.** The saltiest and deepest mineral water well in Druskininkai. GPS: 54.02299, 23.97679
- 6** **Museum of Resistance and Exile.** The expositions show the deportation and 1944-1953 guerrilla war. +370 31345842; GPS: 54.02213, 23.97312
- 7** **The musical fountain.** GPS: 54.02113, 23.97501
- 8** **Church of Saint Mary's Scapular.** GPS: 54.01755, 23.97466
- 9** **Joy of All Who Sorrow Church.** GPS: 54.02138, 23.97129
- 10** **Inverted house.** Museum of Illusions. +370 67217669; GPS: 54.01966, 23.97417

- 11** **Jonynas Gallery.** Exhibition of works by Lithuanian artist V. K. Jonynas. +370 31355553; GPS: 54.01764, 23.96864
- 12** **Craft center "Menų kalvė" ("Forge of Arts").** Here exhibitions of works by artists are regularly held and educational programs take place. +370 67176108; GPS: 54.01862, 23.96850
- 13** **Druskininkai City Museum.** Resort history exposition. +370 31351024; GPS: 54.01720, 23.97303
- 14** **M. K. Čiurlionis Memorial Museum.** The heritage of the Čiurlionis family. +370 31351131; GPS: 54.01781, 23.96948
- 15** **Vijūnėlė Park.** GPS: 54.01593, 23.96857
- 16** **Dineika wellness park.** GPS: 54.01171, 23.97911
- 17** **Grūtas Park (Grūto parkas).** Open-air garden of Soviet symbols and sculptures. +370 31355511; GPS: 54.01358, 23.99470

## SERVICES



### Accommodations

Accommodation in Druskininkai:  
<https://druskininkai.lt/apgyvendinimas>  
**1. Homestead "Žiogeliai",**  
 +370 60023161; GPS: 54.06448, 24.11547



### Catering

Catering places in Druskininkai:  
<https://druskininkai.lt/maitinimas>



### Shops

"Ekopeko" in Druskininkai,  
 +370 60768826; GPS: 54.02354, 23.96983  
 "IKI - Druskininkai", +370 80011454;  
 GPS: 54.02158, 23.97214  
 "Rimi" in Druskininkai, +370 80029000;  
 GPS: 54.02175, 23.97356  
 "Maxima" in Druskininkai,  
 +370 80020050; GPS: 54.01592, 23.97818  
 "Lidl" in Druskininkai,  
 GPS: 54.02344, 24.00203  
 "Margvytė" in Neravai, +370 31355284;  
 GPS: 54.03660, 24.02803  
 "Maxima" in Viečiūnai,  
 GPS: 54.05702, 24.05181



### Pharmacies

All Druskininkai pharmacies:  
<https://druskininkai.lt/en/travel-planning/help-in-the-city>



### ATMs

All Druskininkai ATMs:  
<https://druskininkai.lt/en/travel-planning/help-in-the-city>



### Public transport

Bus timetable in Druskininkai:  
<http://www.stops.lt/druskininkai/>  
 From Druskininkai to Viečiūnai there is a bus no. 2, to Didžiasalis - bus no. 31, to Žiogeliai - intercity bus Druskininkai - Vilnius.  
 Current schedules:  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



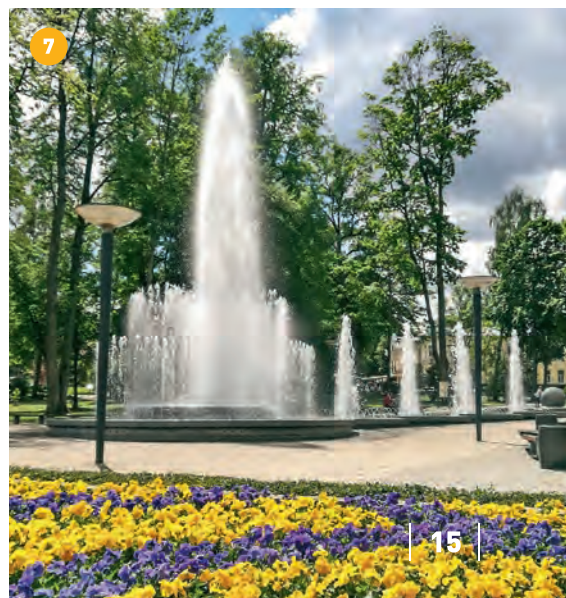
### Resting areas

You will find resting areas along the bike path from the Snow Arena to the city limits, as well as in the city and its parks.

## TOURISM INFORMATION



**Druskininkai Tourism and Business Information Center,**  
 M. K. Čiurlionio street 65, Druskininkai,  
<https://druskininkai.lt>,  
 +370 31351777;  
 GPS: 54.01546, 23.97713







## Žiogeliai – Merkinė

### Through the Dzūkija National Park

Up to the Merkys estuary to the Nemunas, the Forest Trail leads along the banks of the Nemunas valley, where it is surrounded by large and beautiful forests of Dzūkija in the vicinity of the Dainava Lowland (Dainavos lyguma). In some places in the forest massif there are open places where small villages are scattered. Nearby Česukai village, the Forest Trail forms a large circle around the Merkys estuary to the Nemunas, because the nearest bridge is on the A4 road. Here you can see picturesque landscapes over the wide and deep Merkys valley. After crossing Merkys, the Forest Trail stretches along a narrow country road on the left bank of the river and leads to the Merkinė mound, from which one of the most beautiful landscapes of Southern Lithuania opens up. Along the small and winding streets of Merkinė (Piliakalnio, V. Sladkevičiaus, S. Dariaus and S. Girėno) the Forest Trail reaches the town center. This section of the Forest Trail is a part of Dzūkija National Park.



## PRACTICAL INFORMATION

..... 25 km    ⌚ 6 – 8 h



Žiogeliai village



Merkinė center by Merkinė Regional Museum



Žiogeliai – Utieka – Krušonys – Maksimai – Česukai – Merkinė



Small forest and country roads, gravel roads, in a short



section – trails and asphalt (Merkinė), by the castle mounds – stairs.

Medium



There is a small stream behind the Utieka, over which there is no bridge.



The Merkys river must be crossed via the A4 road bridge. You have to cross the road and walk along the side of the road for a few hundred

metres. Be careful!

There are hogweeds in the vicinity of the Utieka, which must not be touched, because they cause burns!



There are no shops or catering sites from Žiogeliai to Merkinė. In the section from Krušonys to Merkinė the Forest Trail coincides with the cycling route of the Dzūkija National Park, marked with similar signs and colors, therefore the marking of the Forest Trail in Dzūkija National Park is supplemented with a hiker sign.



## NATURE

Walking along the banks of Nemunas and Merkys valleys, dry pine forests are often visible. Dry pine forests are sparse, sunny coniferous forests that grow on infertile, sandy soils. The natural coniferous forests of the northern hemisphere are also called boreal forests. The existence of dry pine forests is under threat, as the soil is gradually becoming more fertile, uncharacteristic plants begin to grow in these forests, and the sparse forest is overgrown with thick spruces. In dry pine forests, there are species that do not live elsewhere, such as the sand lizard (*Lacerta agilis*). In dry pine forests, very important are elements of biological diversity, such as small forested meadows [glades] and snags – dry and dead trees and fallen deadwood – the remains of trees lying on the ground in different stages of decay. In dry pine forests, walkers will be delighted with lingonberries, beautiful juniper stands with healthy buds, and a variety of edible mushrooms.

## WORTH SEEING!

- Žiogeliai.** An ethnographic village where you can see how the Panemunians lived in the past. GPS: 54.06322, 24.11560
- Group of 5 sculptures at Mikalojus Konstantinas Čiurlionis Road.** It consists of sculptures: "The Sun", "The Artist", "Čiurlionis's Monogram". GPS: 54.05790, 24.14544
- "The Spring", a Roof Pillar at Mikalojus Konstantinas Čiurlionis Road.** On the occasion of the centenary of his birth, 26 folk masters built monumental sculptures and chapel columns along the Varėna–Druskininkai road and named it the M. K. Čiurlionis Road. GPS: 54.06135, 24.17334
- Cross in memory of Vytautas Kvaraciejus.** GPS: 54.14848, 24.18228
- Merkinė bioenergetic pyramid.** People also call it the "Temple of Hearts". According to hundreds of witnesses, after spending half an hour in the pyramid in the glass dome, there is a positive physical and mental change. +370 68261617; GPS: 54.14222, 24.19836
- "Čiurlionis the Rifleman", the monumental sculpture at Mikalojus Konstantinas Čiurlionis Road.** GPS: 54.14181, 24.21048
- Merkys exposure.** A place where you can see the history of the earth's surface over a thousand years – from the late Ice Age to the present day. GPS: 54.15145, 24.19386
- Merkinė mound.** The view from this castle mound is considered to be one of the most beautiful in Lithuania. GPS: 54.15824, 24.18237
- Merkinė bridge.** Bridge over the Nemunas in Merkinė, near the confluence of the Nemunas and Merkys rivers. Length – about 210 m. GPS: 54.15747, 24.18018

## SERVICES



### Accommodations

- Homestead "Merkio slėnis",** +370 66224488; GPS: 54.13345, 24.23766
- Homestead "Jonionys",** +370 61446741; GPS: 54.15916, 24.16200
- Arūno Glavicko stovyklavietė (camping site),** +370 61618592; GPS: 54.16660, 24.19992 (in summer).



### Catering

- Bistro "Šilo kopa",** +370 60242411; GPS: 54.16381, 24.18858
- Merkinė canteen,** +370 69327377; GPS: 54.16403, 24.18547
- Restaurant "Dzūkynė",** +370 62065767; GPS: 54.16322, 24.18489



### Shops

"Iki" in Merkinė, GPS: 54.16254, 24.18537  
 "Aibė" in Merkinė, GPS: 54.16241, 24.18466  
 Rūtos parduotuvė (Rūta's shop) in Merkinė, GPS: 54.16376, 24.18502



### Pharmacies

"Gintarinė vaistinė" in Merkinė, GPS: 54.16231, 24.18474



### ATMs

Bank terminal "Perlas" in Merkinė, GPS: 54.16254, 24.18537



### Public transport

The intercity bus Druskininkai–Alytus runs ~ 5 times a day and stops at the station "Merkinės kryžkelė". Bus schedules: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



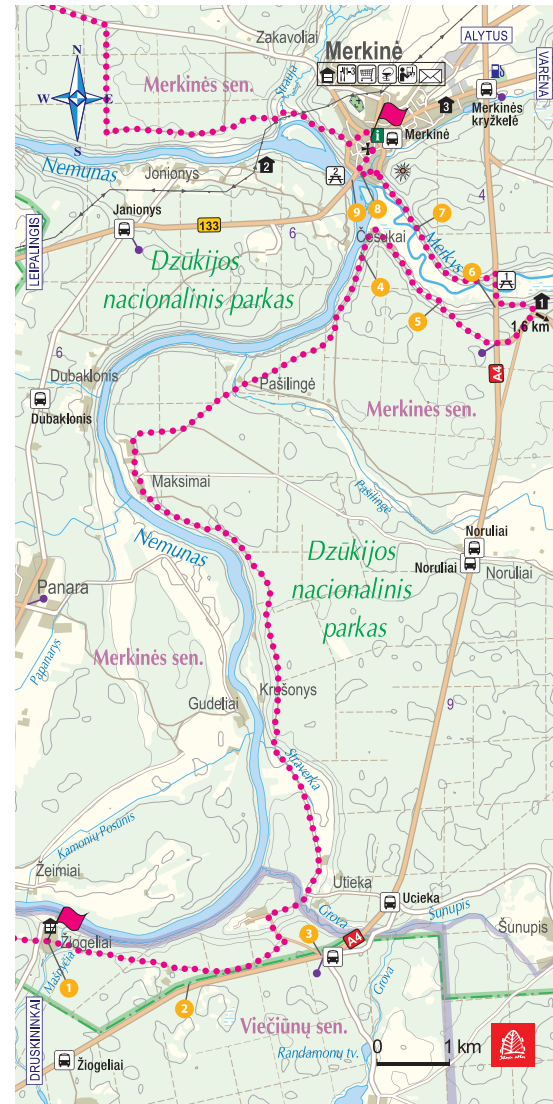
### Resting areas

- Merkio tilto stovyklavietė (Merkys bridge camping),** 🏕️, GPS: 54.14411, 24.21361
- Jonionių stovyklavietė (Jonionys camping),** 🏕️, GPS: 54.15752, 24.17695

## TOURISM INFORMATION



**Dzūkija National Park Merkinė Visitor Center,** Vilniaus street 3, Merkinė, Varėna district, +370 67246275; GPS: 54.16317, 24.18597







## Merkinė – Nemunaitis

### Along the Nemunas valley

In Merkinė small town, the Forest Trail goes along Seiny street in the direction of the Nemunas, turns right and comes to the observation tower. It offers an excellent landscape over the wide river valley and the island in the Nemunas river, which is grazed by livestock. For more than 3 km, the Forest Trail moves to the steep slopes of the Nemunas valley, then sharply turns to the north and further goes along small forest roads to the villages of Netiesos and Druskininkai. After Druskininkai village, it crosses the largest open area of this section with beautiful views. Then the Forest Trail runs along the Nemunas valley, but the river itself is not visible from the trail. In some places along the way there are hills with steep slopes. At Vangelonys village, the Forest Trail comes out again in an open place, crosses a small forest massif and reaches the main street of Nemunaitis village along Vangelonių and Saulėtekio streets. Part of this section from Merkinė to Druskininkai village is located in Dzūkija National Park.



## PRACTICAL INFORMATION

..... 30 km

⌚ 8 – 10 h

🚩 Merkinė center by Merkinė Regional Museum

🚩 Nemunaitis, Vytauto street



Merkinė – Maksimonys –  
Netiesos – Druskininkai –  
Vertelkos – Jociūnai –  
Vangelonys – Nemunaitis



In Merkinė and Nemunaitis –  
asphalt and pavement,  
elsewhere – small forest and  
country roads.



Hard



Be careful when walking along  
the side of the road!



There are no shops or catering  
services from Merkinė to Ne-  
munaitis. This section cannot  
be divided into two days as no  
accommodation is available.



If the section cannot be com-  
pleted in one day, try negotiat-  
ing transport service with the  
hosts of accommodations.



## NATURE

Dzūkija National Park was founded in 1991. It is the largest specially protected nature area in Lithuania and one of the most forested areas in the country. The national park is rich in rivers, the banks of which have impressive sedimentary outcrops, as well as hundreds of springs. Also valuable habitats are meadows, floodplain meadows, marshes and other wetlands. In total, almost 2,000 plant species and 2,108 animal species, including insects, have been found in the park. One of the most important cultural and historical values is the ethnographic villages, where beekeeping, crafts, architecture, culinary and other traditions have been preserved. The well-known local tradition is mushrooming and berry picking. There are walking, cycling and water tourism routes in the park. Visitor centers are located in Merkinė small town and Marcininkys village.

## WORTH SEEING!

- 1 St. Virgin Mary's Assumption church in Merkinė.** The Gothic-Baroque church is considered to be the oldest in Dzūkija, it is mentioned in historical documents as early as in 1392. GPS: 54.16155, 24.18434
- 2 Vaza house in Merkinė.** The house where Lithuanian's Grand duke V. Vaza died is one of the oldest heritage sites in Merkinė. GPS: 54.16263, 24.18437
- 3 Merkinė Regional Museum.** The current exposition tells about the history of the town. You can use the services of a guide. +370 31039136; GPS: 54.16294, 24.18515
- 4 Merkinė cross hill.** The largest memorial to Lithuanian partisans who died in the struggle for the country's freedom. GPS: 54.16531, 24.18230
- 5 Merkinė observation tower.** 26 m high landscape observation tower. GPS: 54.16379, 24.17473
- 6 The Great Stone of Dzūkija.** The ninth largest boulder in Lithuania. GPS: 54.27253, 24.02030
- 7 Church of the Birth of the Blessed Virgin Mary in Nemunaitis.** Neo-Gothic stone church with a high tower. There is a plate on the church stairs marking one of the geodetic points of the Republic of Lithuania. +370 68268176; GPS: 54.30221, 24.01924
- 8 Monument to those who died for the independence of Lithuania.** GPS: 54.30140, 24.01992

## SERVICES

### Accommodations

- 1. Nemunaitis recreation area by the Nemunas,** 🏕️🚶, GPS: 54.30407, 24.02355



- 2. Nemunaitis branch of Alytus district art and sports school ,** +370 60613431 (must be contacted in advance), GPS: 54.30162, 24.01943



### Catering

- 1. Restaurant "Dzūkynė",** +370 62065767; GPS: 54.16322, 24.18489
- 2. Merkinė canteen,** +370 69327377; GPS: 54.16403, 24.18547



### Shops

- "Iki" in Merkinė, GPS: 54.16254, 24.18537  
 "Aibė" in Merkinė, GPS: 54.16241, 24.18466  
 Rūtos parduotuvė (Rūta's shop) in Merkinė, GPS: 54.16376, 24.18502  
 "Parduotuvė-Baras" in Nemunaitis, GPS: 54.30086, 24.02785  
 "Klevas" in Nemunaitis, GPS: 54.29975, 24.02968



### Pharmacies

- "Gintarinė vaistinė" in Merkinė, GPS: 54.16231, 24.18474



### ATMs

- Bank terminal "Perlas" in Merkinė, GPS: 54.16254, 24.18537



### Public transport

The intercity bus Druskininkai–Alytus runs ~ 5 times a day and stops at the station "Merkinės kryžkelė". Bus schedules: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. Resting place,** GPS: 54.18746, 24.07188
- 2. Nemunaitis recreation area by the Nemunas,** 🏕️🚶, GPS: 54.30407, 24.02355

## TOURISM INFORMATION



**Dzūkija National Park Merkinė Visitor Center,** Vilniaus street 3, Merkinė, Varėna district, +370 67246275; GPS: 54.16317, 24.18597





# HIGHLIGHTS OF NEMUNAS LOOPS

- The tallest pedestrian bridge in Lithuania in Alytus
- Green parks of the Alytus town
- Nemunas Loops and spectacular outcrops on the riverbanks
- Resort of Birštonas and mineral water springs
- Parks and recreational zones of Prienai town
- Tall castle-mounds and churches on the riverbanks
- Wooden crucifixes and chapels on the roadside







# LITHUANIA

## ALONG NEMUNAS RIVER LOOPS

ANCIENT PINWOOD OF PUNIA, SPECTACULAR  
RIVERSIDE SLOPES AND MINERAL WATER RESORT

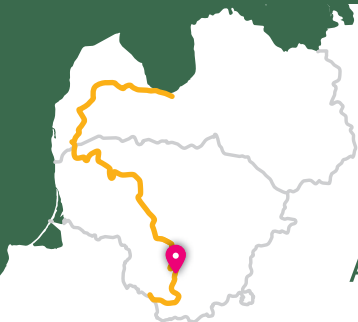
#57-61

**Nemunaitis – Pakuonis: 111 km**

The Forest Trail meanders along the wooded banks of the Nemunas through Nemunas Loops Regional Park. In the stretch of the Nemunas between Alytus and Pakuonis, where the river forms several large loops with outcrops up to 40 m high, exceptionally picturesque landscapes abound. Nemunaitis, like a majority of Lithuania's small villages, features an impressive brick-and-stone church, while Alytus Castle-mound inhabited by ancient Lithuanians dates back to as early as the 14 th century. Today Alytus features the tallest pedestrian bridge in Lithuania and recreational parks. Birštonas, a resort town on the right bank of the Nemunas, is a popular mud therapy resort with springs of medicinal mineral water. At Birštonas, visitors can treat themselves with mineral water for free at specially designed public places.







## Nemunaitis – Alytus

Across the highest pedestrian bridge to Alytus

From Nemunaitis along Vytauto street and the Kaniūkai–Einorai–Nemunaitis road (no. 1102), the Forest Trail goes 1.5 km in northeast direction, then turns left to the north and after 3 km reaches Gečialaukis village. Then the Forest Trail turns right to the east and after 3.3 km meets the road No. 1102 again. After another 3.3 km, the Forest Trail reaches road No. 128 and descends along the sidewalk in the Nemunas valley. From here, a beautiful trail in the Nemunas valley with a length of more than 3 km leads through the forest to a pedestrian bridge across the river. After a long ascent to the highest pedestrian bridge in Lithuania, there opens a view of the endless and mighty landscape of the Nemunas. After the bridge, the Forest Trail passes along the former railway dam, meanders along the streets of the Alytus resort park, and in the center of the town, along S. Dariaus and S. Girėno street goes to the Old Town Square. The Alytus Tourism Information Center is located on its southern side.



### PRACTICAL INFORMATION

..... 20 km

🕒 5 – 7 h

🚩 Nemunaitis, Vytauto street

🚩 Alytus Tourism Information Center

📍 Nemunaitis – Gečialaukis – Užupiai – Alytus



Gravel roads, asphalt, forest trails and small forest roads, park paths (asphalt, pavement).



Easy



You have to cross a small stream – a tributary of the right bank of the Nemunas (it is easy to cross it in the dry period).



Be careful when walking along the side of the road and crossing the road! Cross Vilniaus street by the river Nemunas at the bottom of the bridge.



Catering companies are located in Alytus.



It is worth spending at least half a day for a walk around Alytus.



## NATURE

Walking through the Lithuanian and Latvian countryside, you can often see the common chicory (*Cichorium intybus*) on the roadsides. The perennial herbaceous plant of the daisy family Asteraceae with blue flowers can reach a height of 1.5 m. The plant has a thick root, which is traditionally used to make a coffee-like beverage in the Baltic States. The root was dug up, fried, ground, poured with hot water, and then coffee was made from it. It is believed that chicory coffee originated in the 18th century in France, as a substitute for coffee in times of shortage of coffee beans. Today, there are still farms in Latvia and Lithuania that produce delicious decaffeinated chicory coffee. In folk medicine, chicory root is used to stimulate appetite, treat liver and gallbladder diseases, and also as a diuretic and mild laxative.

## WORTH SEEING!

- 1 Nemunaitis mound.**  
GPS: 54.30568, 24.03982
- 2 Dzūkija arboretum.** 700 different plants grow on the 5 ha area, including those that are very rare in Lithuania.  
GPS: 54.33663, 24.11660
- 3 Pastor's stone.** Legendary Pastor's stone in Nemunaitis, not far from the Alytus mound.  
GPS: 54.39141, 24.08501
- 4 White Rose Bridge.** The highest pedestrian and cycling bridge in Lithuania. Its height – 38 m, length – 240.5 m.  
GPS: 54.39315, 24.08138
- 5 Alytus mound.**  
GPS: 54.39639, 24.07949
- 6 Old railway station.** Built around 1899. Closed in 1997, and the railway through the town has been dismantled. A hiking and cycling trail has been built in its place.  
GPS: 54.38878, 24.05588
- 7 Resort park.** In the park you will find the Big and Little Dailidė lakes, as well as various memorial and recreation places.  
GPS: 54.39425, 24.05413
- 8 Monument "Angel of Freedom".** The 13 m high sculpture was built in 1929 in memory of those who died for the independence of Lithuania.  
GPS: 54.39405, 24.04947
- 9 Alytus City Garden.** The city garden with a fountain, built in 1931.  
GPS: 54.39422, 24.04746
- 10 Alytus Local History Museum.** In the museum, modern and interactive expositions creatively tell the history of the region; here you can see almost 100 thousand exhibits.  
GPS: 54.39780, 24.05033
- 11 Alytus Church of the Holy Guardian Angels.** The church has features of neoclassicism and neo-baroque. In the church garden, there is a cemetery where 114 volunteers who died in the battles for Lithuanian independence are buried.  
GPS: 54.39838, 24.05198

- 12 Alytus Old Town Square.** The square has a multi-colored fountain-compass and lounge benches.  
GPS: 54.39906, 24.04871

## SERVICES



### Accommodations

- 1. Homestead "Girinio sodyba",**  
+370 61479002;  
GPS: 54.36393, 24.05331  
Accommodation in Alytus:  
[www.alytusinfo.lt](http://www.alytusinfo.lt)



### Catering

- 1. "Parduotuvė-Baras" in Nemunaitis,**  
GPS: 54.30086, 24.02785  
Cafes and restaurants in Alytus:  
[www.alytusinfo.lt](http://www.alytusinfo.lt)



### Shops

- "Parduotuvė-Baras" in Nemunaitis,  
GPS: 54.30086, 24.02785  
"Klevas" in Nemunaitis,  
GPS: 54.29975, 24.02968  
Gas station "Stateta" in Užupiai,  
GPS: 54.36620, 24.12190  
"Maxima" in Alytus,  
GPS: 54.38844, 24.04270  
"Rimi" in Alytus,  
GPS: 54.38774, 24.04389  
"Iki Express" in Alytus,  
GPS: 54.39608, 24.04924  
"Iki" in Alytus,  
GPS: 54.39635, 24.03572



### Pharmacies

- "Gintarinė vaistinė" in Alytus,  
GPS: 54.39602, 24.04807  
"Gintarinė vaistinė" in Alytus,  
GPS: 54.39651, 24.03601  
"Camelia vaistinė" in Alytus,  
GPS: 54.39786, 24.04589



### ATMs

- "SEB" in Alytus,  
GPS: 54.39542, 24.05063  
"Swedbank" in Alytus,  
GPS: 54.39586, 24.04941  
"Šiaulių bankas" in Alytus,  
GPS: 54.39835, 24.04864



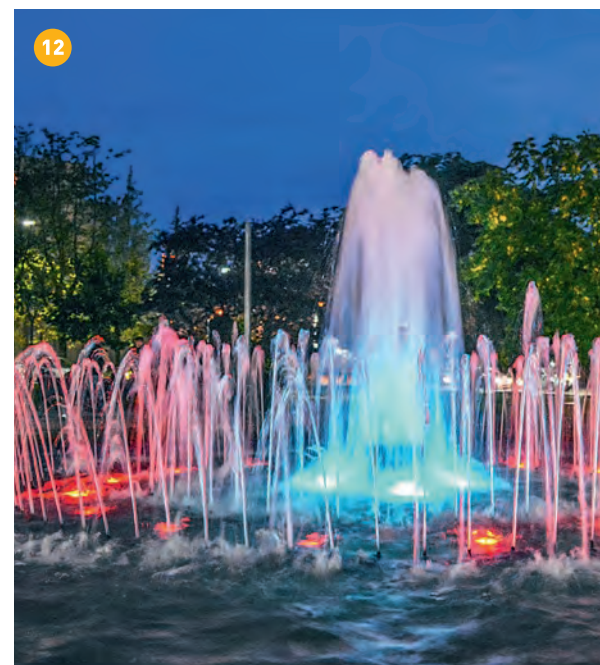
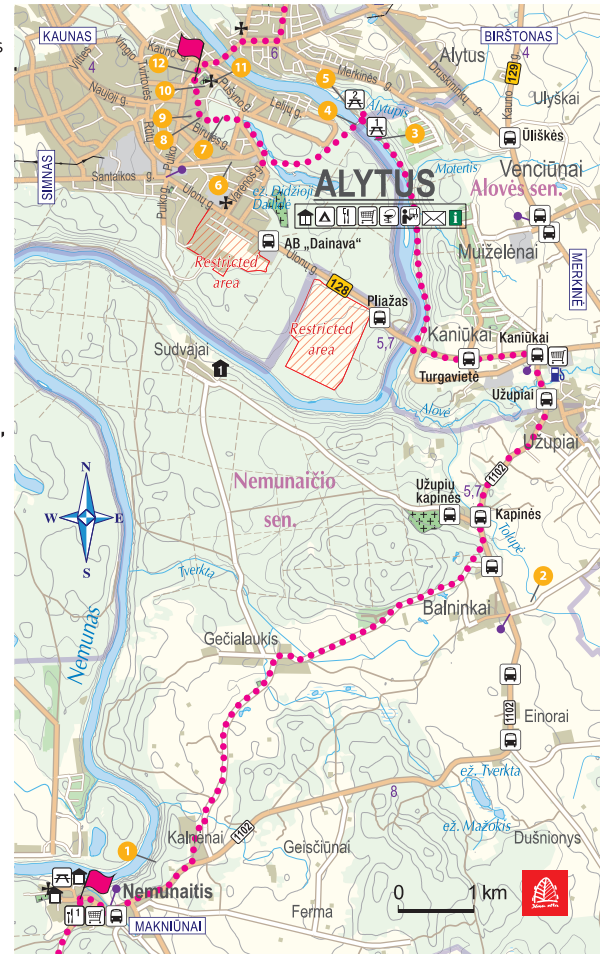
### Public transport

The Nemunaitis–Alytus intercity bus runs 3 times a day every working day.  
Schedule:  
<https://www.arsa.lt/index.php?2156933962>  
Bus schedules in Alytus:  
[www.stops.lt/alytus/](http://www.stops.lt/alytus/)  
Intercity bus timetables:  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. Resting place in Muizėlėnai recreation park,**  
GPS: 54.39252, 24.08464
- 2. Recreation area by the Alytus mound,**  
GPS: 54.39675, 24.07736

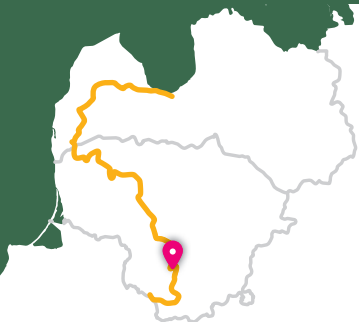


## TOURISM INFORMATION



**Alytus Tourism Information Center,**  
S. Dariaus and S. Girėno street 1, Alytus,  
[www.alytusinfo.lt](http://www.alytusinfo.lt),  
+370 31552010, 68707703;  
GPS: 54.39851, 24.04867





## Alytus – Panemunis

### Along the hills of the Dzūkija Upland

From Alytus, the Forest Trail takes you along Vilniaus street, crosses the Nemunas through the A. Juozapavičiaus Bridge, then turns left to the north along Jiezno street and further crosses the Normandy–Nemunas road along Miškininkų street (No. 1334). Having passed almost 2 km through the forest, the Forest Trail comes out on a small country road and goes another 8 km in a northern direction. There are vast and open landscapes of the Dzūkija Upland in this area. After Staniava village the Forest Trail leads down a beautiful forest road to the Nemunas and then up a steep slope to the Punia castle mound, which overlooks the river. Along the Punia church along Kauno, Šilo and Birštono streets, after less than 4 km, the Forest Trail reaches a larger forest massif. Crossing it, after 5 km the Forest Trail comes out to Nemajūnai village. 3.5 km away is the destination of this section.



## PRACTICAL INFORMATION

..... 29 km ⌚ 7 – 10 h



Alytus Tourism Information Center



Panemunis, in front of homestead "Panemunio sodyba"



Alytus – Staniava – Punia – Šilėnai – Nemajūnai – Nečiūnai – Panemunis



Gravel roads, in a small section – forest roads, in the vicinity of Punia mound – steep trails and stairs, in the vicinity of Alytus and Nemajūnai village – asphalt.



Hard



Be careful when walking along the side of the road and crossing the Normandy–Nemunas road (No. 1134)!



The slopes of the Punia mound can be slippery in wet weather.

If the route seems too long for one day, contact the hosts of the tourist accommodation and negotiate on transport services. The route can be divided into two parts and you can spend the night in Punia.



## NATURE

In some places on the steep banks of the Nemunas and its tributaries there are habitats protected on a European scale – sloping forests and ravine forests. They consist of mixed forests with linden, maple, oak, elm, willow and ash. Spruce may be found on the north-facing slopes. In such forests, the impact of human activities tends to be small, as steep slopes and poor accessibility make timber extraction difficult. Species diversity is enhanced by springs and spring streams, rock outcrops and rocks in the beds of small creeks that form streams.

## WORTH SEEING!

- 1 **Alytus Synagogue.** The old synagogue seemed completely abandoned a few years ago, but renovations will be completed in 2021, and a branch of the Alytus Museum will be located here. GPS: 54.40095, 24.04816
- 2 **Church of St. Ludvick's in Alytus.** It is the oldest building in Alytus, its bell rings from 1669, and there is a 19th century painting of St. Ludvick's in the church. GPS: 54.40465, 24.05776
- 3 **The historical square of the First Alytus.** The Nemunas divides the town into two parts: on the right bank there is the First Alytus, where the town began to develop, on the left – the Second Alytus. GPS: 54.40271, 24.06495
- 4 **Monumental stone "Normandia-Nemunas".** Built in 1981 in honour of pilots who took up military missions from a nearby aerodrome during World War II. GPS: 54.41081, 24.06744
- 5 **Nečiukų spring.** At the foot of Punia mound you will find a stepped Nečiukų spring. GPS: 54.51149, 24.08789
- 6 **Punia mound.** GPS: 54.51227, 24.09154
- 7 **St George's chapel in Punia.** Tower-Shaped Stone Chapel is dedicated to commemorate the participants in the 1831 uprising. GPS: 54.51159, 24.09457
- 8 **Church of St. Jacob the Apostle in Punia.** Baroque and Classicist style church, built in 1863. GPS: 54.51200, 24.09594
- 9 **Ethnographic exposition of local history "Punia over the centuries".** Introduces the history of the town, school and local people. +370 65640657; GPS: 54.51258, 24.09698
- 10 **"Šilėngirė Valley".** Chance to see and feed alpacas, goats, sheep and rabbits. GPS: 54.55868, 24.13420
- 11 **Nemajūnai St. The Church of the Apostles Peter and Paul.** Built in 1878, the church is the only original wooden neo-Gothic style work in Lithuania. GPS: 54.55971, 24.07605
- 12 **Nemajūnai chapel.** A small, wooden, romantic style chapel, built in the mid 19th century by local masters. GPS: 54.56194, 24.07640

- 13 **Nemajūnai Craft Center.** Educational program "Dzūkiškos bandos" ("Dzūkai loaves") – preparation and baking of dzūkai potato loaves on cabbage leaves in a bread oven; tasting. Must be booked in advance. +370 67205345, 60014309; GPS: 54.57018, 24.07915

## SERVICES



### Accommodations

1. **Guest house "Punios Ainiai",** +370 68368872; GPS: 54.51260, 24.09687
2. **Homestead "Panemunio sodyba",** +370 60104848, 60102555; GPS: 54.55395, 24.03316



### Catering

1. **Cottage of Punia Resident.** The living environment of the 19th century locals has been revived at this site. The tasting program must be booked in advance. +370 61145791; GPS: 54.51332, 24.09663



### Shops

- "Iki" in Alytus, GPS: 54.40338, 24.05960
- "Aibė" in Punia, GPS: 54.51086, 24.09988
- Food shop in Nemajūnai,** GPS: 54.55937, 24.07446



### Pharmacies

- "Gintarinė vaistinė" in Alytus, GPS: 54.40335, 24.05997



### ATMs

- "Šiaulių bankas" in Alytus, GPS: 54.39835, 24.04864
- "Swedbank" in Alytus, GPS: 54.40357, 24.05998



### Public transport

The intercity bus Alytus–Punia runs ~4 times a day.  
Bus schedules: <https://www.arsa.lt/index.php?2156933962>



### Resting areas

1. **By the Nemunas in Punia,** GPS: 54.51225, 24.08766
2. **At Punia mound,** GPS: 54.51211, 24.09296

## TOURISM INFORMATION



**Alytus Tourism Information Center,** S. Dariaus and S. Girėno street 1, Alytus [www.alytusinfo.lt](http://www.alytusinfo.lt), +370 31552010, 68707703; GPS: 54.39851, 24.04867



**Birštonas Tourism Information Center,** B. Sruogos street 4, Birštonas, [www.visitbirštonas.lt](http://www.visitbirštonas.lt), +370 31965740; GPS: 54.60032, 24.03254







## Panemunis – Birštonas

### Nemunas loops and ethnographic farmsteads

Repeating the loops of the Nemunas, the Forest Trail forms more than 20 km long bend in Nemunas Loops Regional Park, winding through open landscapes and small villages with typical wooden buildings painted in different colours. A larger forest massif can be found only between Siponys and Puzonys villages, through which the route leads along small forest roads. Crossing the Vilnius–Marijampolė road (A16), the Forest Trail descends to the next loop of the Nemunas, where the popular Birštonas resort is located. Along the sidewalk of B. Sruogos street, the Forest Trail reaches the Birštonas Tourism Information Center.



## PRACTICAL INFORMATION



25 km



6 – 8 h



Panemunis, in front of homestead “Panemunio sodyba”



Birštonas Tourism Information Center



Panemunis – Siponys – Puzonys – Matiešonys – Žemaitkiemis – Naudžiūnai – Birštonas



Asphalt, in a small section – gravel roads, in Birštonas – pedestrian sidewalks, pavement.



Easy



Be careful when walking along the side of the road and crossing the Prienai road (A16)!



Accommodations must be booked in advance during the season.



It is worth spending at least one day to visit Birštonas. It is convenient to use electric scooters for this purpose, because the city and surrounding roads are suitable for this type of transportation.



## NATURE

Nemunas Loops Regional Park was founded in 1992 and aims to protect plants, animals, landscapes and geological monuments. The park includes five large loops of the Nemunas river, in the center of which is Birštonas – one of the most important Lithuanian resorts. Impressive sedimentary outcrops can be seen on the steep banks of the Nemunas loops. The deep ravines of the Nemunas tributaries are also important from the point of view of nature diversity and landscape. Old sloping and ravine forests can be found in the park (see the description of the previous section). The tallest trees in Lithuania grow in the forests of Punia and Prienai. In total, 973 plant and 1713 species of animals (mammals, birds, amphibians, reptiles, insects, etc.) and 505 species of mushrooms have been found in the park. Prienai woodworking masters, who make wooden crosses, are important successors of cultural traditions. The park's visitor center is located in Birštonas.



## WORTH SEEING!

- 1 Šaltinėnai mound.  
GPS: 54.54859, 23.99806
- 2 Siponys Manor. It was mentioned as early as the 16th century. One manor house has survived to this day.  
GPS: 54.53029, 23.99682
- 3 Siponys outcrop.  
GPS: 54.51194, 23.99547
- 4 House of Folk's Artist Rimantė Butkuvė. A unique museum surrounded by a forest, where you can meet the wood carver and see the angels created by her. GPS: 54.53154, 23.91530
- 5 Birštonas observation tower. The tallest observation tower in Lithuania (45 m).  
GPS: 54.60359, 24.01289
- 6 Škėvonys educational trail.  
GPS: 54.60485, 24.00347
- 7 Mineral water "Versmė" buvette.  
GPS: 54.60169, 24.02936
- 8 Yellow buvette. Drinking water fountain in Birštonas. +370 31965525;  
GPS: 54.59976, 24.03353
- 9 Vytautas Park. Here you will find the monument of Vytautas the Great and Birštonas mound. GPS: 54.59866, 24.03441
- 10 Kurhaus. The wooden architecture building that since 1885 has been adorning the Birštonas resort. It hosts cultural events and has a great restaurant.  
GPS: 54.60034, 24.03351
- 11 Kneipp Garden. Based on the methodology of the German physician and clergyman Sebastian Kneipp, a garden was created to harden the body and strengthen immunity. GPS: 54.60089, 24.03399
- 12 Mineral water pavilion "Birutės vila". The closed building has a mineral water pool, fountain, water evaporation wall.  
GPS: 54.59973, 24.03484

## SERVICES

### Accommodations

1. Homestead "Panemunio sodyba"  
+370 60104848; GPS: 54.55395, 24.03316
2. Homestead "Punios aidas",  
+370 31969026, 68670328;  
GPS: 54.53547, 24.00173
3. Homestead "Krakila",  
+370 65068298; GPS: 54.52286, 23.96933
4. Birštonas health resort "Versmė",  
+370 31965673; GPS: 54.60131, 24.03027
5. "Tulpės" sanatorium,  
+370 31965525; GPS: 54.60083, 24.03217
6. Guest house "Vila Klasika",  
+370 68208626; GPS: 54.60057, 24.03336
7. Sanatorium "Baltoji Vila",  
+370 31965525; GPS: 54.59955, 24.03426
8. Hotel "Banginuko poilsio namai",  
+370 62621337; GPS: 54.60111, 24.03586

### Catering

1. Cafe "Birštono seklytėlė",  
+370 31965800; GPS: 54.60452, 24.00813
2. Cafe "Bokšto terasa",  
+370 65066033; GPS: 54.60340, 24.01477
3. Restaurant "Kurhausas",  
+370 68723801; GPS: 54.60035, 24.03351
4. Restaurant "Old Town Grill. Birštonas",  
+370 60633484; GPS: 54.60170, 24.03606

### Shops

Shop-bakery (Birštonas farmstead),  
GPS: 54.59214, 24.02870

Birštonas market, II–V 07:00–10:00,  
GPS: 54.60395, 24.02194

"Norfa XL" in Birštonas, +370 65526670;  
GPS: 54.60483, 24.01962



### Pharmacies

"Nvaistinė" in Birštonas,  
GPS: 54.60455, 24.02003

"Gintarinė vaistinė" in Birštonas,  
GPS: 54.60555, 24.02852



### ATMs

"Šiaulių bankas" in Birštonas,  
GPS: 54.60263, 24.03174

"Swedbank" in Birštonas,  
GPS: 54.60561, 24.02893



### Public transport

The Birštonas–Nemajūnai–Siponys bus runs 2 times a day. From Birštonas bus station it is possible to go to Prienai, Kaunas, Alytus, Vilnius, Klaipėda, Druskininkai, Rīga (Ecolines, in summer season). All information: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



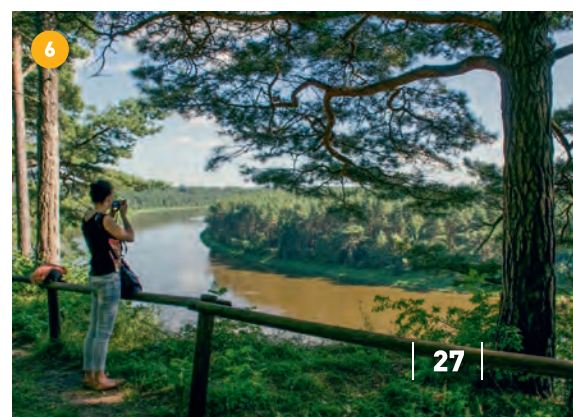
### Resting areas

None in this section.

## TOURISM INFORMATION



Birštonas Tourism Information Center,  
B. Sruogos street 4, Birštonas,  
[www.visitbirštonas.lt](http://www.visitbirštonas.lt), +370 31965740;  
GPS: 54.60032, 24.03254







## Birštonas – Alksniakiemis

### Through the Birštonas resort

From Birštonas Tourist Information Center the Forest Trail leads for more than 1 km along the Nemunas bank promenade, then turns onto Algirdo street, crosses Vytautas Jurgis Meška Park, returns to the promenade and after 0.6 km turns onto the pedestrian and bicycle path. The path crosses the Žvėrinčiaus forest for about 5 km, and then leads through the Paprienė recreation area, reaching the Greimų bridge over the Nemunas river. After the bridge the Forest Trail moves along the Vytauto, Nemuno, J. Zdebskio, Kęstučio, J. Basanavičiaus and Kęstučio (No. 3306), leaving central part of Prienai town. Along Paupio street, it forms a loop around the Nemunas and about 7 km from the center of Prienai turns left to northeast towards Alksniakiemis. Part of this section is located in Nemunas Loops Regional Park.



## PRACTICAL INFORMATION

..... 19 km

🕒 5 – 7 h

🚩 Birštonas Tourist Information Center

🚩 Alksniakiemis, Bičiulių street

📍 Birštonas – Prienai – Rūdupis – Alksniakiemis



Asphalt and paved sidewalks – coastal promenade, pedestrian / bicycle paths, in a small section – gravel road.



Easy



Be careful when walking along the side of the road!



There are no shops or catering services in the end point



There is a ferry between Birštonas and the left bank of the Nemunas. If you use a ferry, you can continue along Turistų street, after less than 3 km turning right to Alksniakiemis. Thus, the route can be shortened by about 14 km and half of the day can be spent exploring Birštonas. Ferry opening hours: [www.visitbirštonas.lt/en/activities-what-to-do/small-ferry-birštonas](http://www.visitbirštonas.lt/en/activities-what-to-do/small-ferry-birštonas)



## NATURE

One of the biggest natural values of Birštonas resort is mineral waters. In the old territory of the resort, on the right bank of the Nemunas, there were previously nine natural springs. Two of them, "Vytautas" and "Aldona", were lost when the Kaunas hydroelectric power plant was built in 1959. The "Vytautas" spring was decorated with a whale sculpture – the symbol of Birštonas. Other springs have lost their practical significance and have been eliminated. Nowadays, the resort uses mineral water from wells. In 1960, hydrogeologists discovered mineral water in the underground layers, similar in chemical composition to the water of the historical "Vytautas" spring. It can be tasted in the Yellow buvette (from French – "building on a mineral spring"), which belongs to the "Tulpės" sanatorium. Non-carbonated mineral water "Vermė", whose chemical composition is slightly different from the previously mentioned, can be tasted in the buvette belonging to the sanatorium "Vermė".

## WORTH SEEING!

- 1 Church of St. Anthony of Padua in Birštonas. GPS: 54.60159, 24.03388
- 2 Birštonas Museum of Sacral Art. +370 31965699; GPS: 54.60208, 24.03413
- 3 Birštonas museum. +370 31965605; GPS: 54.60469, 24.03245
- 4 Mineral water evaporation tower "Druskupis". You can enjoy the particularly healthy "sea effect" air. +370 31965740; GPS: 54.60878, 24.03291
- 5 Nemunas Loops Regional Park Visitor Center. +370 31965610; GPS: 54.60762, 24.02612
- 6 Velniabliūdis cognitive path. You can get acquainted with forest and bog habitats, the most typical plants and animals. GPS: 54.63183, 23.96199
- 7 Greimų Bridge. A bridge over the Nemunas, which connects the Dzūkija and Suvalkija parts of Prienai, which are separated by a river. GPS: 54.63122, 23.95079
- 8 Statue of Grand Duke Kęstutis. GPS: 54.63201, 23.94902
- 9 Prienai water mill. GPS: 54.62926, 23.94837
- 10 Revuona Park. You can relax and enjoy the healing water of the Revuona spring. GPS: 54.62911, 23.94709
- 11 Prienai Regional Museum. +370 31960379; GPS: 54.63222, 23.94527
- 12 Christ Revelation Church in Prienai. GPS: 54.63491, 23.94906
- 13 Beržynas park. GPS: 54.64435, 23.95422
- 14 Bird watching area. GPS: 54.64781, 23.99116

## SERVICES



### Accommodations

1. "Centro Spa", +370 61623016; GPS: 54.60359, 24.03437
2. "Vila Liepa", +370 69969888; GPS: 54.60401, 24.03274
3. Holiday house "BIRŠTONASTA", +370 63365345; GPS: 54.60786, 24.02534
4. Camping "NaturCamp", +370 67352202; GPS: 54.61038, 24.01902
5. "Villa Žverinčius", +370 69964366; GPS: 54.61615, 24.01373
6. Homestead "Druskų miškas", +370 69817230; GPS: 54.62543, 24.04680



### Catering

1. Restaurant "Skveras", +370 68791952; GPS: 54.60281, 24.03267
2. "PIZZA FUN", +370 65900250; GPS: 54.60320, 24.03403
3. Sushi restaurant "Sušinė", +370 62222079; GPS: 54.60330, 24.03406
4. Restaurant "SODAS", +370 67635710; GPS: 54.63029, 23.95485
5. Prienai Chebureks, +370 69920530; GPS: 54.63226, 23.94344
6. "TANGO PIZZA&GRILL", +370 64642288; GPS: 54.63304, 23.94744
7. Cafe "New Star", +370 31946893; GPS: 54.63503, 23.94671
8. Cafe of the Culture and Leisure Center, +370 61379056; GPS: 54.63514, 23.94560
9. Cafe "Vėlyvė", +370 60446003; GPS: 54.63604, 23.94764
10. Pizzeria "Ant kampo", +370 67520772; GPS: 54.63810, 23.94402



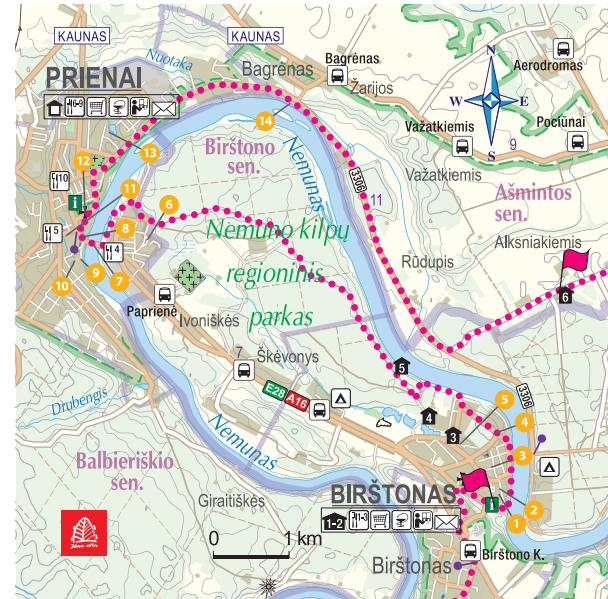
### Shops

- "Aibė" in Birštonas, GPS: 54.60334, 24.03162
- "VĖSA" in Birštonas, GPS: 54.60426, 24.03030
- "IKI - Birštonas", GPS: 54.60560, 24.02913
- "Iceco" in Prienai, GPS: 54.63398, 23.94797
- "Maxima" in Prienai, GPS: 54.63392, 23.94678
- Food shop in Prienai, GPS: 54.64137, 23.95441
- "IKI - Prienai", GPS: 54.64254, 23.95047



### Pharmacies

- "Gintarinė vaistinė" in Prienai, GPS: 54.64441, 23.95754
- "Gintarinė vaistinė" in Prienai, GPS: 54.63400, 23.94770



"Euro vaistinė" and "Camelia vaistinė" in Prienai, GPS: 54.63441, 23.94667

"Gintarinė vaistinė" in Prienai, GPS: 54.64263, 23.95012



### ATMs

- "Šiaulių bankas" in Birštonas, GPS: 54.60273, 24.03158
- "Swedbank" in Birštonas, GPS: 54.60559, 24.02889
- "SEB" in Prienai, GPS: 54.63408, 23.94740
- "Luminor" in Prienai, GPS: 54.63628, 23.94806



### Public transport

Intercity buses  
Birštonas–Prienai–Kaunas  
Birštonas–Prienai  
Prienai municipality routes:  
No. 1. Prienai–Pakuonis  
No. Prienai–Kėbliškiai via Pakuonis (about 4 times a day).  
All information: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

There are 11 recreational areas on the Žverinčius forest hiking / cycling trail, .

## TOURISM INFORMATION



Birštonas Tourism Information Center, Sruogos street 4, Birštonas, [www.visitbirštonas.lt](http://www.visitbirštonas.lt), +370 31965740; GPS: 54.60032, 24.03254



Prienai District Municipality Administration, Laisvės square 12, Prienai, [www.prienai.lt](http://www.prienai.lt), +370 31961190; GPS: 54.63581, 23.94737





## Alksniakiemis – Pakuonis

### Along the banks of the Nemunas through the Kalviai forest

From Alksniakiemis, the Forest Trail winds along a small country road on the left bank of the Nemunas and forms a more than 7 km long loop of forest roads and trails through the Kalviai Forest Massif (Kalvių Miškas). From Vangai village to Pašventupys, about 3 km, the Forest Trail winds along the banks of the Nemunas, from which picturesque panoramas open. Hikers will be delighted by the ever-changing landscape: small villages with gardens and fields sinking in the flowers in spring and summer, as well as fishing boats or other little boats on the flat river bank. 3 km past Pašventupys village by road No. 3313, the Forest trail reaches center of Pakuonis town.



## PRACTICAL INFORMATION

..... 18 km

⌚ 4 – 6 h

🚩 Alksniakiemis, Bičiulių street.

🚩 Pakuonis center, Aušros and Sodų street junction.

📍 Alksniakiemis – Kalviai –  
Vangai – Pašventupys



Small forest roads and country gravel roads, in Pakuonis town – asphalt.



Easy



Be careful when walking along the side of the road!



There are no catering services at this section. Shops are available only in Pakuonis town.







## NATURE

Walking along the banks of the Nemunas is a great opportunity to watch birds. One of the most common species of waterbirds is the wild duck (*Anas platyrhynchos*). You will also be able to see the goosanders (*Mergus merganser*), black-headed gulls (*Chroicocephalus ridibundus*, formerly *Larus ridibundus*), mute swans (*Cygnus olor*) and common goldeneyes (*Bucephala clangula*). These birds also nest near the banks of the river, so you must behave quietly and responsibly during their nesting. If you are lucky, you may be able to see one of the most ornate birds in the Baltic States – the common kingfisher (*Alcedo atthis*), which feeds on fish and nests in small caves on the slopes of the washed-up shores. When the river is at a lower level, in the sandy and rocky meadows and on the islands you can see the little ringed plovers (*Charadrius dubius*), common terns (*Sterna hirundo*) as well as common sandpipers (*Actitis hypoleucos*), but less often – little terns (*Sternula albifrons*). In some meadows you may be lucky enough to see the northern lapwing (*Vanellus vanellus*). The grey herons (*Ardea cinerea*) and great cormorants (*Phalacrocorax carbo*) are often visible in the area. The sand martins (*Riparia riparia*) nest in caves of coastal outcrops.

## WORTH SEEING!

- 1 Pociūnai aerodrome. Flight center located in Prienai district, Pociūnai, in the territory of the Nemunas Loops Regional Park. GPS: 54.65295, 24.05612
- 2 Kalviai forest. GPS: 54.66104, 24.10724

- 3 Old abandoned military base. GPS: 54.67177, 24.12721
- 4 Pašventupio I mound. It was installed on the edge of the valley on the left bank of the Nemunas and dates back to the 1st millennium. There is a resting area. GPS: 54.70175, 24.06725
- 5 Pašventupio II mound. The mound is overgrown with a dense mixed tree forest and is located 440 m east of the Pašventupio I mound. GPS: 54.70355, 24.07342
- 6 Daukšiagirės Manor. Built in the second half of 19th century by Frenkels, three Jewish brothers. The manor has been restored, it hosts private celebrations and corporate events. +370 68718769; GPS: 54.71667, 24.07257
- 7 St. Virgin Mary's Assumption church in Pakuonis. The church is historic, it has a rectangular layout, with a turret, a lower apse and a side extension. GPS: 54.72361, 24.05360

## SERVICES

### Accommodations

1. Homestead "Dvaro bravoro menė", +370 69995675; GPS: 54.71744, 24.07346

### Catering

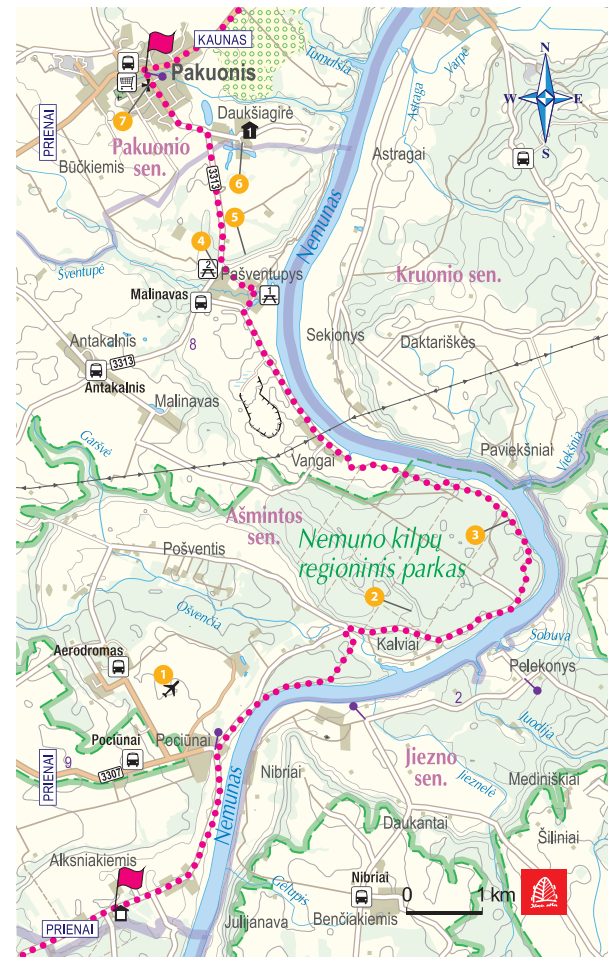
None in this section.

### Shops

- In Pakuonis, GPS: 54.72541, 24.05022
- In Pakuonis, GPS: 54.72497, 24.04974

### Pharmacies

None in this section.



### ATMs

None in this section.



### Public transport

No. 1. Prienai–Pakuonis via Ašminta, Malinavas (about 2 times a day)  
No. 19. Prienai–Kėbliškiai via Pakuonis.  
More detailed bus routes and lists:  
[www.prienai/go.php/lit/Autobusu-tvarkarasciai](http://www.prienai/go.php/lit/Autobusu-tvarkarasciai) and [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

1. Resting place, 🌳, +370 64742349; GPS: 54.69840, 24.07686
2. On Pašventupio I mound, 🌳, GPS: 54.70355, 24.07342

## TOURISM INFORMATION



Prienai District Municipality  
Administration, Laisvės square 12,  
Prienai, [www.prienai.lt](http://www.prienai.lt), +370 31961190;  
GPS: 54.63581, 23.94737





# HIGHLIGHTS OF KAUNAS AND KAUNAS DISTRICT

- Kauno Marios Regional Park with the unique landscape of the embankment complex and rock outcrops
- Modernist architecture of 1919–1940 in Kaunas — the European heritage
- Forests and parks of the city of Kaunas
- Blossoming meadows on the banks of the Nemunas
- Kulautuva — a popular resort with pine forests, green parks and a sandy beach
- Ferry across the Nemunas at Vilkija — a live witness of by-gone times







# LITHUANIA

## KAUNAS AND KAUNAS DISTRICT

PICTURESQUE TOWNS SURROUNDED BY GREENERY AND  
INTERWAR ARCHITECTURE AT THE CONFLUENCE OF TWO RIVERS

#62-66

**Pakuonis – Vilkija: 79 km**

Kaunas, one of the most beautiful Lithuanian cities, is located at the confluence of the Nemunas and the Neris. It is Lithuania's second largest city, the capital of the former Kovno Governorate of the Russian Empire (1842–1915) and the interim capital of Lithuania (1919–1940). Panemunės šilas is the largest park in Kaunas, with beaches on the bank of the Nemunas, bicycle lanes and footpaths. Lampėdis quarry (125 ha) used to be a gravel extraction site. Its banks serve as a popular recreational and bathing area for townspeople. Along the Nemunas coast, the footpath and bicycle lane meanders, offering picturesque views of the river. On the way to Vilkija, a diverse landscape with small settlements, castle-mounds and forests can be enjoyed.



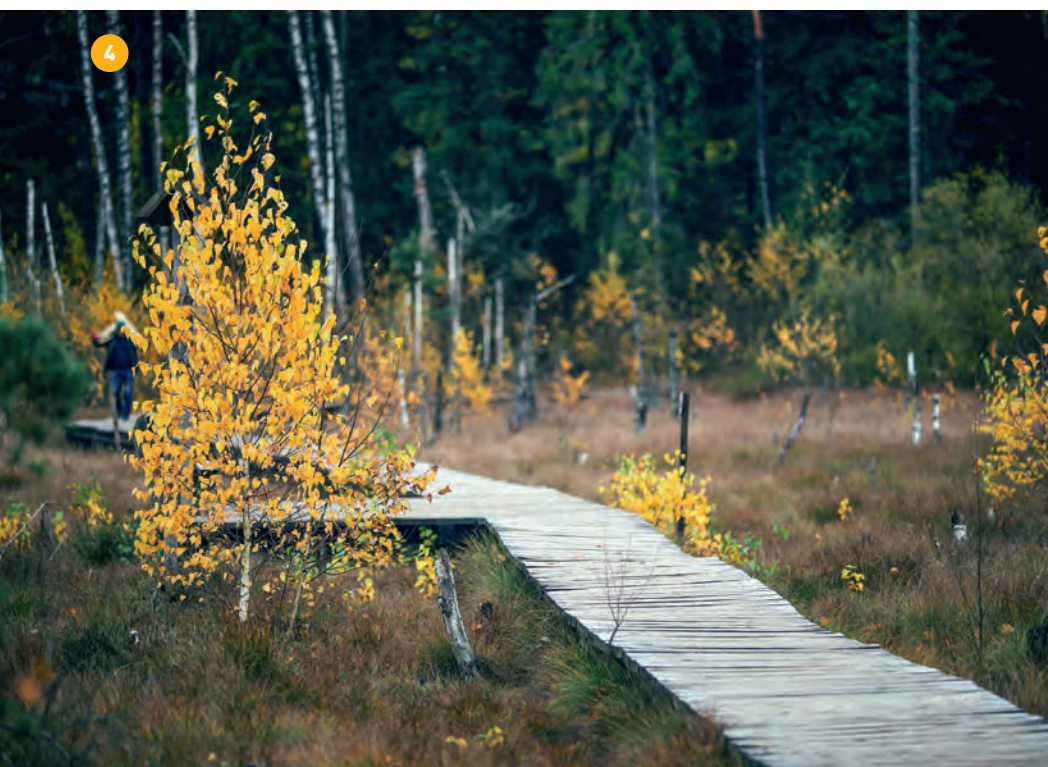




## Pakuonis – Vaišvydava

### Through the Kaunas Lagoon Regional Park

From Pakuonis town the Forest Trail continues along Kauno street (No. 1901) in the northwest and northern direction and after 7 km reaches Piliuona town. After Piliuona, it runs along Nemuno street and after about 1.6 km turns left in the direction of Dubravai. After crossing the forest massif, after about 2.4 km the Forest Trail leads to Dubravai village, winds along its main street and after 3 km (Klonio street, No. 1937) reaches Vaišvydava village, where the visitor center of Kaunas Lagoon Regional Park is located.



### PRACTICAL INFORMATION

..... 21 km

⌚ 5 – 7 h

🚩 Pakuonis center, Aušros and Sodų street junction.

🚩 Vaišvydava, Kaunas Lagoon Regional Park Visitor Center

📍🚩 Pakuonis – Piliuona – Dubravai – Vaišvydava

🌳 Asphalt, before Dubravai village – forest trail

📷 Easy

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







## NATURE

Kaunas Lagoon Regional Park was founded in 1992. It includes the flooded section created by Kaunas HPP – the largest water reservoir in Lithuania from Kaunas to Piliuona town. One of the most important values of the park is the landscape formed by the long interaction between man and nature. 950 plant species and 600 animal species, including 34 fish species have been found in the park. Important natural values of the park are forests, high bogs, juniper grove. In the park, you can see the witnesses of various historical periods – old mounds, Pažaislis Monastery, 5th Fort of the Kaunas Fortress, as well as Rumšiškės Open-Air Museum – one of the largest (195 ha) museums of this type in Europe. There is a visitor center in the village of Vaišvydava, and there are nature trails in the park, such as the Žiegždriai Geological Trail and Dubrava Cognitive Trail.

## WORTH SEEING!

- 1 Piliuona Chapel.** The chapel is located inside the building, on the ground floor. GPS: 54.77764, 24.12309
- 2 Trees the Twins.** Two trees, oak and pine, whose trunks have grown together. GPS: 54.81680, 24.12202
- 3 Dubravai mound.** GPS: 54.829492, 24.11140
- 4 Dubrava Reserve Area.** The Dubravos hiking trail is laid on here. + 370 37383071; GPS: 54.84806, 24.07878
- 5 Pakalniškės mound.** 27 m high hill, from the top of which a panorama of Kaunas lagoon and Pažaislis opens. The Pakalniškės cognitive trail route leads from the mound to Girionys. GPS: 54.85606, 24.01905

- 6 Dubrava arboretum.** Dendrological collection, in which valuable local and foreign trees and shrubs are collected and stored. +370 37383557; 61685232; GPS: 54.85013, 24.04101
- 7 “Vaišvydavo blindažas”.** The surviving ruins remind of the construction of Kaunas Fortress before the First World War. GPS: 54.85183, 24.03213
- 8 Kaunas Lagoon Regional Park Visitor Center and nature school,** +370 37383071; GPS: 54.84337, 24.04219

## SERVICES



### Accommodations

- 1. Homestead “Ažuolų dvarelis”,** +370 65082800; GPS: 54.79551, 24.11857
- 2. Kaunas Lagoon Regional Park Visitor Center.** +370 37383071; GPS: 54.84337, 24.04219



### Catering

- 1. Pizzeria “Taurakiemis”,** +370 61352404; GPS: 54.77823, 24.12086



### Shops

- “Balta parduotuvė” in Gervėnupis, GPS: 54.83557, 24.13020
- UAB “Pas Leoną” in Vaišvydava, +370 61090763; GPS: 54.84160, 24.04601



### Pharmacies

None in this section.



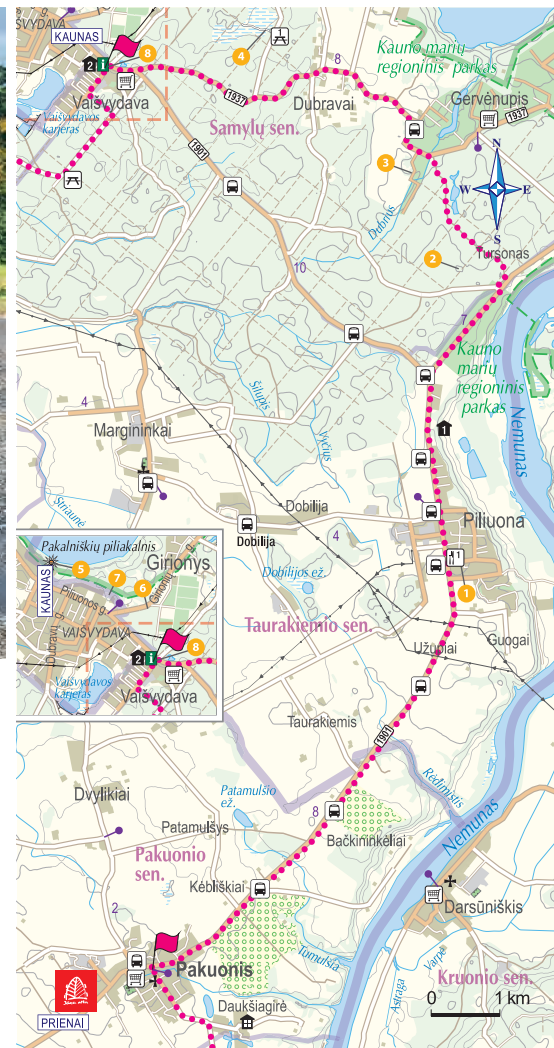
### ATMs

None in this section.



### Public transport

Bus No. 179 Pakuonis–Piliuona–Kaunas. The bus stops in Vaišvydava. Runs about 11 times a day. Bus timetables and routes: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. The beginning of Dubrava Educational Trail.** GPS: 54.84778, 24.08019

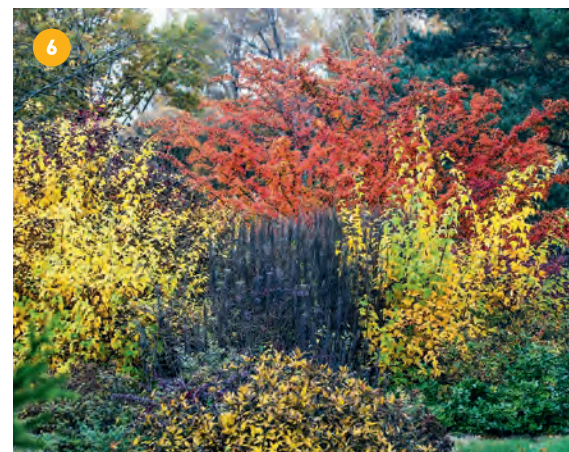
## TOURISM INFORMATION



**Kaunas Lagoon Regional Park Directorate, Visitor Center, nature school,** Miškininkų street 2, Vaišvydava village, Kaunas district, [www.kaunomarios.lt](http://www.kaunomarios.lt), +370 37383071; GPS: 54.84337, 24.04219



**Kaunas District Tourism and Business Information Center,** Pilies takas 1, Raudondvaris, Kaunas district, [www.kaunorajonas.lt](http://www.kaunorajonas.lt), +370 37548118; GPS: 54.94292, 23.78322

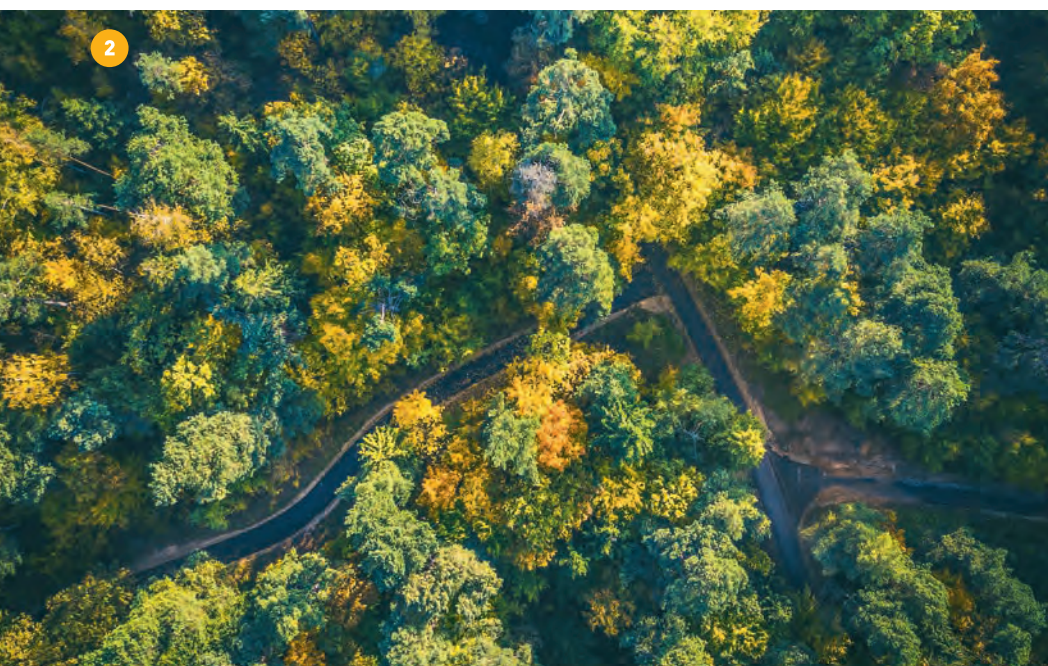




## Vaišvydava – Kaunas

### Through Kaunas parks


From the Kaunas Lagoon Regional Park Visitor Center, the Forest Trail leads through the Roky forest and along the Miškininkų, Kelmyno, Muraškinės, Žarstos, Garšvės and Rokelių streets, circles the Kaunas suburbs, crosses the Marijampolė road (No. 139) and continues in the direction of Balčkalnio street to Panemunė district. At the stadium of Kaunas University of Technology Engineering Lyceum, it descends to Vaidoto street, then continues along the sidewalk to Bateriajos highway, where it turns left. About a third of Kaunas city area is occupied by parks and other nature territories. The Forest Trail crosses the city through its greenest parts. About 2.5 km long the Forest Trail passes through the Panemunė pinewood, which has a dense network of trails, recreation areas and a beach. The Forest Trail crosses the Nemunas along the Three Virgin Bridge, leads through Gričiupis district, runs along Kaunas Zoo, crosses the vast Oak-Wood Park (Ažuolynas) and leads through Vytautas Park behind the Lithuanian Sports University. Down the park stairs, the path descends to the beginning of the Avenue of Freedom (Laisvės Alėja) and continues to the destination of the section in Kaunas center.




## PRACTICAL INFORMATION

..... 19 km    ⌚ 5 – 7 h

 Vaišvydava, Kaunas Lagoon Regional Park Visitor Center

 Kaunas center, Church of St. Michael the Archangel on Avenue of Freedom (Laisvės Alėja).

 Vaišvydava – Panemunė pinewood – Three Virgin Bridge – Oak-Wood Park (Ažuolynas) –



Vytautas Park – Avenue of Freedom (Laisvės Alėja).

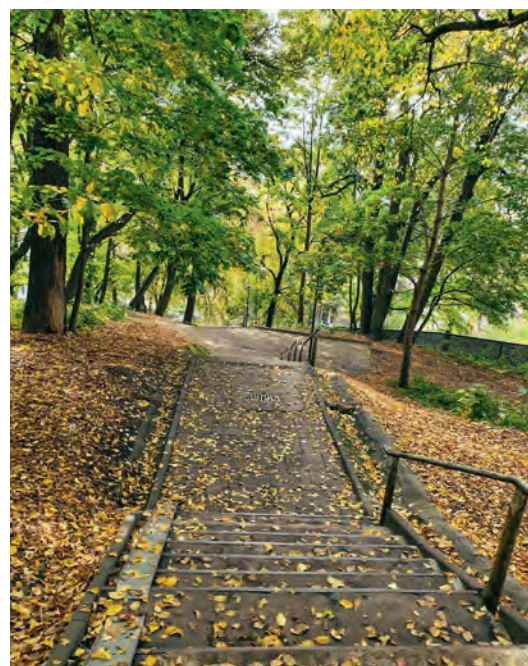
Asphalt, asphalted or paved sidewalks, asphalted or gravel park paths, in a small section – forest trail, stairs.



Easy



Be careful when walking along the side of the road and crossing streets!





## NATURE

Panemunė pinewood (Panemunės šilas), surrounded by the wide circle of the Nemunas river, is the third oldest park in Lithuania and is built in a natural forest. During the interwar period, the resort operated in the Panemunė pinewood. Its sanatoriums and wooden villas were used by the wealthy inhabitants of Kaunas. The park has a dense network of asphalt and natural trails and paths. The left bank of the Nemunas and the river valley in the park create a wide perspective of the terrain. In the park, dry pine forests alternate with deciduous forest areas, but on the banks of the Nemunas valley, there grow protected sloping forests, which contain old trees, including oaks. The park has a 4.6–5.6 km long nature trail with informative signs. The sandy beach of the Nemunas is a favourite place for city holidaymakers during the season.



## WORTH SEEING!

- 1 Panemunė beach.**  
GPS: 54.87575, 23.96635
- 2 Panemunė Pinewood.** Pine forest with bicycle and hiking trails, beach.  
GPS: 54.88653, 23.96264
- 3 Three Virgin Bridge.**  
GPS: 54.89449, 23.96977
- 4 Fort VI.** The construction of the fortress around Kaunas began in the late 19th century. There is an exposition of military equipment in this fort.  
GPS: 54.90110, 23.97970
- 5 Kaunas University of Technology campus.** After 1990, regaining the status of a university, KTU embarked on a rapid path of study and scientific reform. KTU "Santakos" valley is one of the largest and most modern science and innovation centers in the Baltic region. GPS: 54.90393, 23.95779
- 6 KTU Faculty of Chemical Technology.** In 1937, the most modern research laboratory in the Baltics at that time was built there. In 2015, it has been awarded the European Heritage Label.  
GPS: 54.90455, 23.95108
- 7 Lithuanian Zoological Garden.** The oldest zoo in the country, founded in 1918.  
GPS: 54.90302, 23.95030
- 8 Oak-Wood Park (Ažuolynas).** One of the largest oak massifs in Europe (more than 700 trees). In the park you can find the sculpture "Bison".  
GPS: 54.90095, 23.94494
- 9 Monument to Steponas Darius and Stasys Girėnas.** Dedicated to pilots who in 1933 crossed the Atlantic Ocean.  
GPS: 54.89907, 23.93570
- 10 The central building of Lithuanian Sports University.** Architect Vytautas Landsbergis – Žemkalnis, 1937.  
GPS: 54.89833, 23.93462

- 11 Kaunas Sports Hall.** Built in 1939. In the same year, there was held the European Basketball Championship, which was won by the Lithuanian men's team. Later, the basketball team "Žalgiris" played here.  
GPS: 54.89626, 23.93608
- 12 Vytautas Park.** The park on a hill overgrown with oak trees was founded in 1892 by order of Tsar Nicholas I. Great place for walks in nature for many Kaunas residents. GPS: 54.89684, 23.92979
- 13 Avenue of Freedom (Laisvės Alėja).** The most important street in Kaunas and one of the longest pedestrian streets in Europe (1.7 km). The avenue has cafes, bars, restaurants, cosy shops. It is a favourite place for walks and meetings.  
GPS: 54.89675, 23.92721
- 14 St. Michael the Archangel's Church or the Garrison Church.**  
GPS: 54.89704, 23.92147
- 15 Mykolas Žilinskas Art Gallery.**  
GPS: 54.89648, 23.92042

## SERVICES



### Accommodations

Accommodation in Kaunas:  
<https://visit.kaunas.lt>



### Catering

Catering in Kaunas: <https://visit.kaunas.lt>



### Shops

Shopping center "Molas" in Kaunas,  
GPS: 54.89911, 23.96768



### Pharmacies

"BENU" in Kaunas,  
GPS: 54.89911, 23.96768  
"Gintarinė vaistinė" in Kaunas,  
GPS: 54.89913, 23.96653



### ATMs

Shopping center "Molas": "Swedbank", "Luminor", "Citadele", "Šiaulių bankas", "SEB", GPS: 54.89911, 23.96768




### Public transport

No. 46. Šlienava (Žiegdžiai)–Kauno pilis (Kaunas Castle). From Vaišvydava it is possible to reach Panemunė pinewood (the Vaidoto street stop). About 15 times a day on weekdays, about 14 times a day on weekends and holidays.  
No. 68. Vaišvydava–Tilto street. After getting off at Vaidoto street stop, continue to Panemunė pinewood. Trolleybus and bus timetables and routes in Kaunas: [www.kvt.lt/tvarkarasciai](http://www.kvt.lt/tvarkarasciai)  
Intercity buses: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

**1. Camping "Lepšynė",**   
GPS: 54.82894, 24.03405

Resting spots can be found in parks.

## TOURISM INFORMATION



**Kaunas Tourism Information Center,**  
Rotušės square 15, Kaunas,  
[www.visit.kaunas.lt](http://www.visit.kaunas.lt),  
+370 61623828; GPS: 54.89688, 23.88591



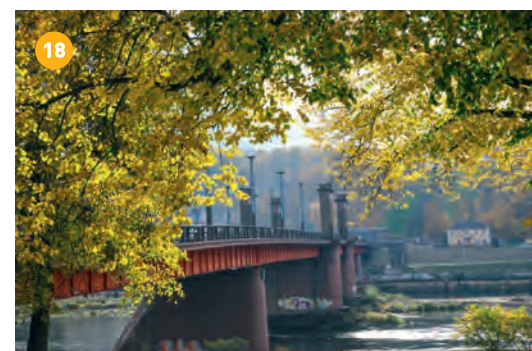




## Kaunas – Lampėdis

### Through the historical center of Kaunas

Kaunas is the second largest city in Lithuania. The 1621 m long Avenue of Freedom (Laisvės Alėja) stands out for its unique modernist architecture – its 1914–1940 buildings has received the European Heritage Label. Vilniaus street is the “gateway” to the medieval city of Kaunas, that was then administered by Hanseatic merchants. The Forest Trail runs along Avenue of Freedom (Laisvės Alėja) – with surrounding streets, crosses the Old Town of Kaunas with churches, historical buildings and the Town Hall Square, and throws a circle along Confluence Park (Santakos parkas), where Lithuania’s largest rivers, the Nemunas and the Neris, meet. After crossing the Neris river, the Forest Trail continues along the footpaths and bicycle paths to the 4 km distant former Lampėdis gravel quarry, which is filled with water and now is a popular place for recreation and swimming.



## PRACTICAL INFORMATION

..... 9 km

⌚ 2 – 3 h

🚩 Kaunas center, Church of St. Michael the Archangel on Avenue of Freedom (Laisvės Alėja)

🚩 Lampėdis lake, Kaunas camping



Avenue of Freedom (Laisvės Alėja) – Vilniaus street – Town Hall – Confluence Park (Santakos parkas) – P. Vileišio bridge – Brastos street – Raudondvario avenue – Lampėdis lake



Asphalt or paved footpaths, pedestrian – bicycle paths.



Easy



Kaunas is an important transport hub with a wide range of public transport options.



This day is worth dedicating to discover the most important sights of Kaunas. You can rent a bike or an electric scooter in Kaunas to easily explore the city center.



## NATURE

The beginning of the Neris river can be found in Belarus, where the name of the river is Vilija. The Neris is the second longest river in Lithuania. It flows through the two largest Lithuanian cities, Vilnius and Kaunas, and bends around the ancient Lithuanian medieval capital Kernavė. Near Kaunas, it flows into the Nemunas river. The confluence of both rivers has been a strategically important point, therefore Kaunas Castle was built on this site and Kaunas Old Town is located nearby. It is believed that the name of the river is associated with the Lithuanian word *nerti*, which means to dive.

## WORTH SEEING!

- 1** Fresco "Kaunas Jews". GPS: 54.89647, 23.91776
- 2** Kaunas Garrison Officers' Club. The palace stands out for its "national" style and patriotic symbols. GPS: 54.89669, 23.91725
- 3** Cinema "Romuva". Historical cinema. GPS: 54.89774, 23.91562
- 4** Vienybės (Unity) Square. An impressive well designed square open to skaters, families with children, seniors and everyone else, it is surrounded by cafés and restaurants, as well as fountains that are open during the summer season. GPS: 54.89937, 23.91331
- 5** Vytautas the Great War Museum and K. Čiurlionis National Museum of Art. GPS: 54.89988, 23.91200
- 6** Fountain in Avenue of Freedom (Laisvės Alėja). GPS: 54.89727, 23.91356
- 7** Kaunas State Musical Theatre. Next to it there is City Garden, where it is good to relax in the shade of trees. GPS: 54.89641, 23.90616
- 8** Drawing "The Pink Elephant". GPS: 54.89993, 23.90788
- 9** Courtyard gallery (Kiemo galerija). The artist living here unites the community through his work and strives to preserve historical memory. GPS: 54.89912, 23.90482
- 10** Former Lithuanian post office building. GPS: 54.89793, 23.90450
- 11** Tadas Ivanauskas Kaunas Zoological Museum. GPS: 54.89796, 23.90400
- 12** The Historical Presidential Palace. GPS: 54.89752, 23.89731
- 13** Vilniaus gatvė. The main street of the Old Town. GPS: 54.89663, 23.89467
- 14** Cathedral Basilica of apostles St. Peter and St. Paul of Kaunas. GPS: 54.89723, 23.88894
- 15** Kaunas Town Hall. GPS: 54.89685, 23.88609
- 16** Thunder House (Perkūno namas). GPS: 54.89563, 23.88645

- 17** Vytautas' the Great Church of the Assumption of The Holy Virgin Mary. GPS: 54.89506, 23.88661
- 18** Vytautas the Great Bridge. GPS: 54.89389, 23.88746
- 19** Old pier. It is possible to go to Raudondvaris by boat. GPS: 54.89464, 23.88562
- 20** Confluence Park (Santakos parkas). GPS: 54.89639, 23.88044
- 21** Kaunas Castle. GPS: 54.89892, 23.88540
- 22** Fresco "The Wise Old Man". GPS: 54.90027, 23.88940
- 23** The Neris river. The second longest river in Lithuania, the right tributary of the Nemunas. GPS: 54.90095, 23.88483
- 24** Kaunas passenger pier. You can take a boat to Nida. GPS: 54.90271, 23.86868
- 25** Lampėdis lake (quarry) and beach. GSP: 54.91536, 23.83269  
More objects: <https://visit.kaunas.lt/lt/>

## SERVICES



### Accommodations

- 1.** Camping "Kaunas Camp in", +370 60233444; GPS: 54.91583, 23.83333  
More objects: [www.visit.kaunas.lt](http://www.visit.kaunas.lt)



### Catering

- 1.** Restaurant "Spurginė", GPS: 54.89777, 23.90878
- 2.** Beach bar "Sunny Beach Kaunas", +370 64650696; GPS: 54.91543, 23.83351  
More information: [www.visit.kaunas.lt](http://www.visit.kaunas.lt)



### Shops

- Shopping center "Akropolis" in Kaunas, +370 617 57126; GPS: 54.89083, 23.91955
- "Rimi" in Kaunas, +370 80029000; GPS: 54.90868, 23.86580
- "IKI - Raudodvaris", GPS: 54.91428, 23.84101
- More shops: [www.visit.kaunas.lt](http://www.visit.kaunas.lt)



### Pharmacies

- "Euro vaistinė" in Kaunas, GPS: 54.89733, 23.91863
- "BENU vaistinė" in Kaunas, GPS: 54.91343, 23.84259
- "Camelia vaistinė" in Kaunas, GPS: 54.91445, 23.84141



### ATMs

- "Swedbank", "Luminor", "Citadele", "Šiaulių bankas", "SEB" in Kaunas, GPS: 54.89083, 23.91955
- "Swedbank" in Kaunas, GPS: 54.91444, 23.84067



### Public transport

Trolleybus and bus timetables and routes in Kaunas: [www.kvt.lt/tvarkarasciai](http://www.kvt.lt/tvarkarasciai)



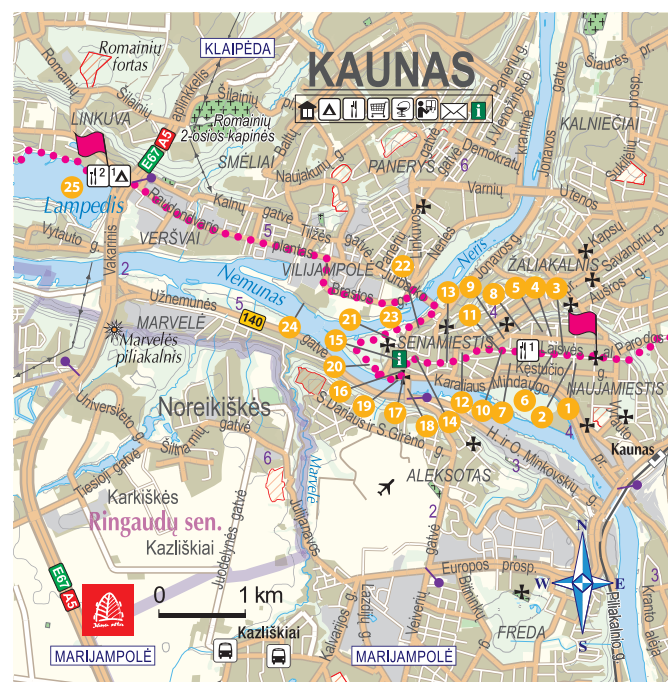
### Resting areas

More information: [www.visit.kaunas.lt](http://www.visit.kaunas.lt)

## TOURISM INFORMATION



**Kaunas Tourism Information Center**, Rotušės square 15, Kaunas, [www.visit.kaunas.lt](http://www.visit.kaunas.lt), +370 61623828; GPS: 54.89688, 23.88591





## Lampėdis – Kulautuva

### Along the bank of the Nemunas

The first 2 km the Forest Trail winds along the northern shore of the Lampėdis lake and leads to the highway in front of the cemetery. Continuing its journey along the sidewalk in the direction of Raudondvaris, the Forest Trail crosses the Nevėžis river. After 0.6 km, the Forest Trail turns left onto Pakalnės street and, in front of the confluence of the Nevėžis and Nemunas, continues along small paths on the right bank of the Nemunas. Old mounds can be seen on the banks of the Nemunas valley. Beyond Šilelis village, the Forest Trail continues along a pedestrian / bicycle path to the small-town of Kulautuva, in front of which it throws a circle along a small forest path. Then the trail moves along Pušyno and V. Augustausko street until it reaches the destination of this section.



## PRACTICAL INFORMATION

..... 16 km

⌚ 4 – 6 h

🚩 Lampėdis quarry, Kaunas camping

🚩 Kulautuva, V. Augustausko street

📍🚶 Lampėdis – Šilelis – Netoniai – Karnavė – Kulautuva



Asphalt pavements and pedestrian / bicycle path, in a short section – trails.



Easy



Be careful when crossing the streets (Raudondvario, J. Naujalis, No. 141)!



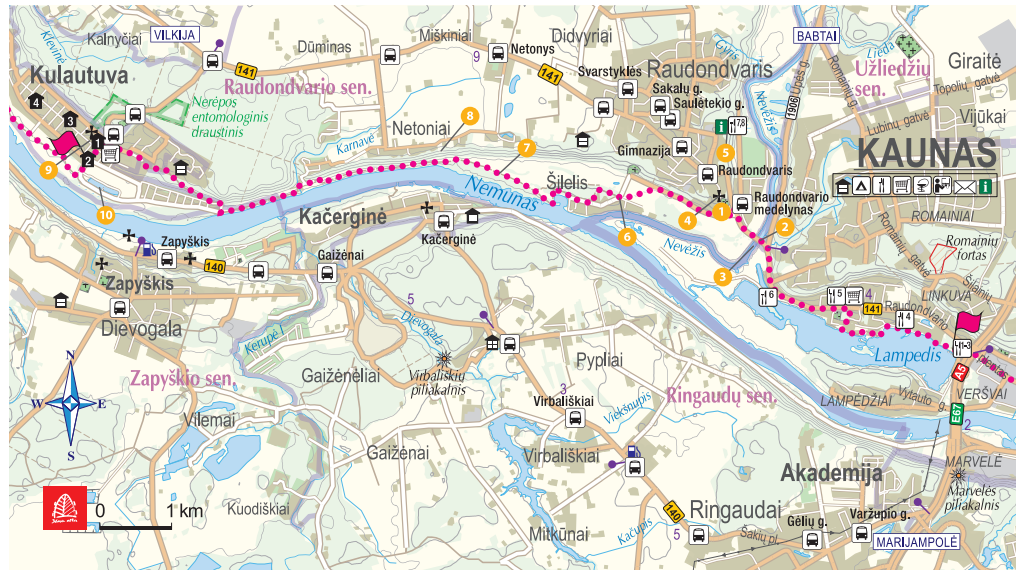


## NATURE

The Nemunas is the longest river in Lithuania. Its source is located south of the Belarusian capital Minsk. The total length of the river is 937 km, of which 359 kilometres are in Lithuania. The Nemunas flows through the Lithuanian resorts of Druskininkai and Birštonas. In the vicinity of Birštonas it throws large circles, which are called Nemunas loops. Here, the river flows in a deep riverbed with steep banks, the bends of which reveal impressive outcrops of sedimentary rocks. Nemunas are collected by Kaunas HPP, as a result of which the largest artificial water body in Lithuania, Kaunas Lagoon, was formed in this place. After Kaunas, the Nemunas flows in a northwest-west direction and absorbs the rapid waters of the Neris, Nevėžis and Dubysa rivers. Further on, the Nemunas is a border river between Lithuania and the Kaliningrad Region. Finally, the river flows into the Curonian Lagoon, forming a wide delta, which is a very important place for many bird species. The Nemunas crosses specially protected nature territories – Dzūkija National Park, Nemunas Loops, Kaunas Lagoon, Panemunė, Rambynas and Nemunas Delta Regional Parks. The river is wide and up to 5 m deep. During the year, 21.6 km<sup>3</sup> of water flows into the Baltic Sea. There are many important cultural and historical monuments on the banks of the river – castle mounds, manors, churches, monasteries, Rumšiškės Folk Museum, etc. The Nevėžis river flows into the Nemunas near the village of Šilelis. One of the explanations for its name is that there are no crayfish in the river (“vėžys” means crayfish in Lithuanian).

## WORTH SEEING!

- 1 Raudondvaris** – a beautiful town in the middle of Lithuania, famous for its rich historical past, the architectural ensemble of the manor, surrounded by nature GPS: 54.93312, 23.78578
- 2 Kazys Veverskis (Raudondvaris) Bridge.** GPS: 54.92922, 23.79107
- 3 Nevėžis river.** The sixth longest river in Lithuania (209 km), the right tributary of the Nemunas. GPS: 54.93237, 23.75513
- 4 Raudondvaris St Theresa Of The Child Jesus Church.** GPS: 54.93472, 23.78220
- 5 Raudondvaris Manor (Raudondvaris Castle).** One of the most impressive reborn Renaissance architectural monuments in Lithuania. The most striking traces in the history of the castle were left by its last owners, counts Tiškevičiai. Today there is a hall for representative events. Kaunas district museum is located in northern part of the manor. GPS: 54.94319, 23.78448



- 6 Monument to Vladas Dautartas.** A monument to the memory of a writer, essayist and playwright. GPS: 54.93439, 23.76073
- 7 Šilelis Manor.** Archaeological site of the manor, which has been inhabited since the Stone Age GPS: 54.93746, 23.73460
- 8 Netoniai hill.** Offers a great view. GPS: 54.94039, 23.72196
- 9 Kulautuva.** Kulautuva received great interest back in 1929, when the first sanatorium “Poilsis” was opened here. In 1933, the status of resorts granted to the towns of Kulautuva and Kačerginė marked their golden age. GPS: 54.94147, 23.64499
- 10 Kulautuva beach.** Located next to the Kulautuva quarry, there is a beach volleyball court, a water board park, and a café in summer. GPS: 54.93541, 23.64784

## SERVICES

### Accommodations

- 1. Hotel “Poilsis Kulautuvoje”,** +370 68200879; GPS: 54.94134, 23.64716
- 2. Homestead of Petrauskai,** +370 68927519; GPS: 54.93891, 23.64510
- 3. Homestead “Gojus”,** +370 67548861; GPS: 54.94370, 23.64176
- 4. Park apartments in Kulautuva,** +370 64052217; GPS: 54.94606, 23.63348

### Catering

- 1. Pizzeria “Express Pizza”,** +370 61158454; GPS: 54.91648, 23.83597
- 2. Restaurant “Asia express”,** +370 64884446; GPS: 54.91657, 23.83556
- 3. Beach bar “Sunny Beach Kaunas”,** +370 64650696; GPS: 54.91544, 23.83358
- 4. Grill bar “BONAS”,** +370 65013266; GPS: 54.91855, 23.82183
- 5. Cafe “ELARA”,** +370 61593406; GPS: 54.92099, 23.80957
- 6. Kebab shop “Šefo Kebabai”,** +370 64877749; GPS: 54.92279, 23.79448
- 7. Restaurant “Medžiotojų užėiga”,** +370 37320956; GPS: 54.94309, 23.78473

- 8. Restaurant “Raudondvario oranžerija”,** +37068552294; GPS: 54.94354, 23.78248



### Shops

- “Maxima” in Kaunas,  
GPS: 54.92128, 23.82127
- “Viada” in Kaunas,  
GPS: 54.92140, 23.81033
- Shop in Kulautuva,  
GPS: 54.94105, 23.648743
- “Express Market” in Kulautuva,  
GPS: 54.94048, 23.64722



### Pharmacies

- “Gintarinė vaistinė” in Kaunas,  
GPS: 54.91807, 23.83354
- “Euro vaistinė” in Kaunas,  
GPS: 54.92142, 23.82135



### ATMs

- “Swedbank” in Kaunas,  
GPS: 54.92152, 23.82111



### Public transport

No. 48. Kauno pilis (Kaunas Castle)– Raudondvaris. From Lampėdžiai to Raudondvaris. Runs about 9 times a day. No. 161. Kaunas bus station–Kulautuva. The bus stops in Lampėdžiai. Runs about 7 times a day. Trolleybus and bus timetables and routes in Kaunas: [www.kvt.lt/tvarkarasciai/](http://www.kvt.lt/tvarkarasciai/) Intercity buses: [web.trafi.com/lt/kaunas](http://web.trafi.com/lt/kaunas)



### Resting areas

There are at least 4 rest areas next to the bicycle / pedestrian path between Šilelis and Kulautuva, .

## TOURISM INFORMATION



**Kaunas District Tourism and Business Information Center,**  
Pilies takas 1, Raudondvaris, Kaunas district, [www.kaunorajonas.lt](http://www.kaunorajonas.lt), +370 37548118; GPS: 54.94292, 23.78322





## Kulautuva – Vilkija

Along the meadows flooded by Nemunas

Throughout this section, the Forest Trail leads along paths and small country gravel roads on the right bank of the Nemunas. Beautiful landscapes with views of the river, riverside meadows and small villages. The destination of the section – the Vilkija ferry can be seen from afar on the banks of the Nemunas. Opposite the ferry there is a center of the Vilkija town. In the second half of the summer, the Nemunas meadows bloom in yellow and blue flowers. It is worth trying a round-trip by river motor ferry, because such a vehicle is preserved in only a few places in the Baltic States.



### PRACTICAL INFORMATION

..... 14 km

⌚ 4-5 h

🚩 Kulautuva, V. Augustausko street

🚩 Vilkija ferry across the Nemunas

📍 Kulautuva – Paštuva – Brūžė – Vilkija



Small country roads with gravel pavement, trails, in a small section – asphalt.



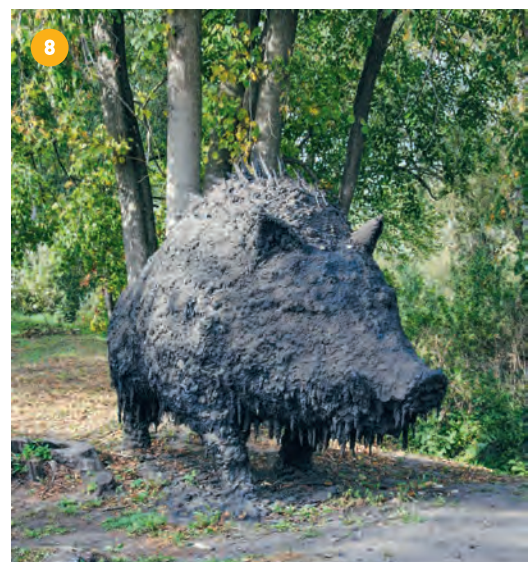
Easy



In wet weather, there may be wet spots and puddles on some sections of the route.



It is worth visiting the town of Vilkija, which offers spectacular views of the Nemunas valley.





## NATURE

Kulautuva has long been known for its pine forests, parks and beaches. In 1935, businessman R. Polovinskis built a hotel here with a restaurant, games rooms, tennis courts, playgrounds and fountains. On weekends, by the number of summer residents, which reached 5 thousand, Kulautuva was second only to the Baltic seaside resort of Palanga. The Lithuanian elite, guests from Western Europe, America, Argentina and other countries came to Kulautuva. The microclimate here is especially healthy. Fresh pine air helps to recover from fatigue, stress and regain strength. In Kulautuva, mineral water rich in microelements is extracted from the depths of the earth.

## WORTH SEEING!

- 1 Kulautuva – legendary resort of the interwar period, famous for its pine forests, parks, 1.5 km clean sandy beach.
- 2 The bell tower of the Church of the Holy Name of the Virgin Mary. GPS: 54.94267, 23.64594
- 3 Kulautuva Hiking – Wellness Trail I. The trail is located in the Nerėpa entomological reserve, which covers the forested Nerėpa river valley. GPS: 54.94311, 23.64578
- 4 Kulautuva mineral water buvette. GPS: 54.94245, 23.64337
- 5 Valley of Gods and Goddesses. A sculpture park representing pagan gods and goddesses. GPS: 54.94533, 23.64408
- 6 Kulautuva pier. GPS: 54.94085, 23.62957
- 7 Kulautuva park. Since July 2001, the festival of singing poetry "Acacia Alley" takes place here. GPS: 54.94501, 23.63473
- 8 The wild boar sculpture. GPS: 54.95618, 23.62589
- 9 Monastery of the Barefoot Carmelites of St. Joseph and St. Teresa of the Infant Jesus. GPS: 54.98467, 23.60607
- 10 Church of St. Barbara in Paštuva. GPS: 54.98422, 23.60843
- 11 Paštuva botanical nature reserve. GPS: 55.01657, 23.59928
- 12 Jaučakiai mound. GPS: 55.03179, 23.59583
- 13 Vilkija town – an object of urban heritage, which has been known since the 14th century. Its development was determined by the nearby Nemunas river. GPS: 55.03804, 23.57876
- 14 Antanas and Jonas Juška Museum of Ethnic Culture. It is the oldest surviving building in Vilkija. +370 37556400; GPS: 55.03771, 23.58380
- 15 Vilkija outcrop and viewing area. From here you can admire the breath-taking views of the Nemunas. GPS: 55.03756, 23.57988

- 16 St. George Church of Vilkija. The landscape of the Nemunas 4 bends opens from the observation deck next to the church. GPS: 55.04035, 23.58324
- 17 Viewing area. A mysterious avenue of old trees leads to it, and a little below, a unique panorama of the Nemunas appears on the slope. GPS: 55.04020, 23.58154
- 18 Vilkija ferry "Vilkynė". The only ferry in Lithuania which carries across the Nemunas river. GPS: 55.03841, 23.57448

## SERVICES



### Accommodations

1. Homestead "Penki Milžinai", +370 65234621; GPS: 54.98734, 23.605856
2. Homestead "Paštuva", +370 61463461; GPS: 54.99490, 23.59958
3. L. and S. Sadauskų guest house, +370 61961958; GPS: 55.02240, 23.62667



### Catering

- Kebab shop "Juodai Skanu", +370 64549607; GPS: 55.04347, 23.58343
- Pizzeria "Sotus Kampas", +370 60399037; GPS: 55.04357, 23.58225



### Shops

- "Mini Market" in Vilkija, GPS: 55.03744, 23.58074
- "IKI – Vilkija", +370 80011454; GPS: 55.04378, 23.58268



### Pharmacies

- "Camelia vaistinė" in Vilkija, GPS: 55.04187, 23.58272
- "BENU" in Vilkija, GPS: 55.04394, 23.58296



### ATMs

- "Luminor" in Vilkija, GPS: 55.04369, 23.58295



### Public transport

No. 154. Kaunas bus station–Vilkija–Čekiškė. From Kulautuva it is possible to get to Vilkija. About 4 times a day.

No. 170. Kaunas bus station – Ž. Panemunė – Čekiškė – Vilkija. From Kulautuva to Vilkija. About 4 times a day.

Bus timetables and routes: [web.trafi.com/lt/kaunas](http://web.trafi.com/lt/kaunas)



### Resting areas

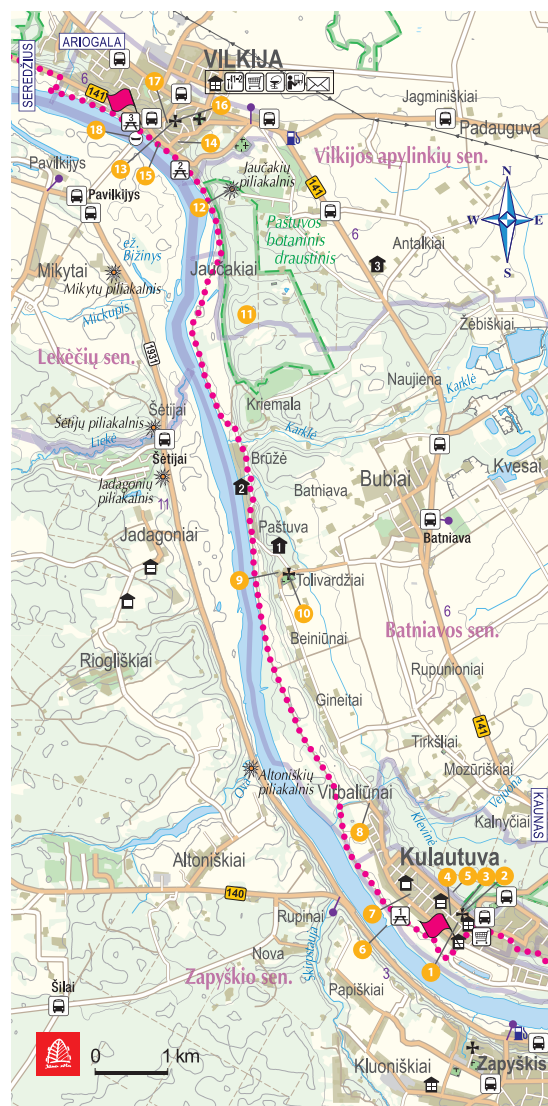
1. Iki grill area: Kulautuva pier, 🍷, GPS: 54.94225, 23.63219
2. Vilkija viewing area, GPS: 55.03568, 23.58605
3. Vilkija park, GPS: 55.03889, 23.57725.

## TOURISM INFORMATION



### Kaunas District Tourism and Business Information Center,

Pilies takas 1, Raudondvaris, Kaunas district, [www.kaunorajonas.lt](http://www.kaunorajonas.lt), +370 37548118; GPS: 54.94292, 23.78322





## HIGHLIGHTS OF DUBYSA RIVER VALLEY

- Rapid and clear waters of the river Dubysa and the deep valley
- Fortified castle-mounds and wooden crosses in Dubysa Regional Park
- Tallest and longest railway bridge in Lithuania
- Šiluva — place of one of the first apparitions of Virgin Mary in Europe (1608)
- Tytuvėnai Regional Park — a land of lakes and forests
- Tytuvėnai Monastery — among the most beautiful pilgrimage destinations in Lithuania







# LITHUANIA

## ALONG THE BANKS OF THE DUBYSA RIVER VALLEY

MULTICOLOURED MEADOWS OF LITHUANIA'S MOST  
PICTURESQUE RIVER VALLEY

#67-72

**Vilkija – Dengtiltis: 141 km**

For a day-and-a-half walk, the Forest Trail passes through Dubysa Regional Park, where castle-mounds, historical churches and other testimonies of culture and history dot the riverbanks. The Dubysa is a beautiful river favoured by nature lovers because of its rapid flow. The Dubysa is shallow, water in the river is clear, and campsites and camps have been established on its sandy banks. The Forest Trail passes through the historic settlements of Betygala, Ugioniai and Šiluva and finally reaches Tytuvėnai Regional Park. The most valuable natural asset of the park is lakes surrounded by wetlands — an important habitat for many animals and birds, including thousands of cranes. The town of Tytuvėnai is renowned for the Baroque-style Bernardine monastery and church, built in the 17th century. Šiluva is an important Catholic-pilgrimage site.







## Vilkija – Padubysys

Between the valleys of two rivers – the Nemunas and the Dubysa

The first kilometre the Forest Trail leads along the bank of the Nemunas, then turns off the Kaunas–Jurbarkas road (No. 141) and continues on a pedestrian / bicycle path to Ringovė mound. Turning to the right to the north, the Forest Trail crosses a small forest massif (entomological nature reserve for insect protection) and further follows the road No. 1929. After 2 km, the Forest Trail turns left and travels through agricultural lands. Before Lazduoniai village, it crosses the deep valley of the Lazduona river, follows the road No. 1917 for 0.2 km and then turns right to the northwest until it reaches the deep and wide Dubysa river valley. In the next 2 km, the Forest Trail winds along a country road on the left bank of the Dubysa, where you can see solitary farmsteads. The river water is clear in summer, the flow is calm and it is interrupted only by the remnants of the former mill dam. Finally, the Forest Trail winds up on the steep bank of the Dubysa river valley and reaches the destination of this section.



### PRACTICAL INFORMATION

..... 16 km ⌚ 4 – 6 h



Vilkija ferry across the Nemunas



Padubysys village by “Zalensų sodyba” (tourist accommodation)



Vilkija – Lazduoniai – Padubysys



Gravel roads, in a small section – asphalt (pedestrian / bicycle path) and trails with natural surface.



Easy



Be careful when walking along the side of the road and crossing the road No.141!



Shops are available only in Vilkija town.





## NATURE

In the second half of the summer, tansy (*Tanacetum vulgare*) grows abundantly in the dry meadows of the Nemunas. It is a perennial plant of the Asteraceae family with many yellow flowers in the flower cluster, which have an aromatic scent. The leaves and roots of the plant are poisonous, but its flowers are used in folk medicine to expel worms, treat gastrointestinal diseases, headaches, rheumatism, for the removal of oedema, as well as epilepsy and hysteria. The tansy as a treatment plant should be used with caution. In case of poisoning, abdominal pain, vomiting and diarrhoea may occur, but in more severe cases the central nervous system is affected. Then you need medical help.

## WORTH SEEING!

- 1 Dubysa river.** The longest river that flows only in the territory of Lithuania. Very popular among kayak enthusiasts. GPS: 55.07820, 23.42043
- 2 Ringovė mound.** Also called Pilike or Merry Mountain. An important monument in honor of Lithuanian battles with the Crusaders. GPS: 55.05035, 23.52178
- 3 Ringovė entomological nature reserve.** Founded in the valleys of the Nemunas and Ringovė rivers to protect the populations of butterfly species and their habitats. GPS: 55.05161, 23.52086
- 4 Purviškiai pond.** Created by damming the Lazduona river (tributary of the Dubysa). GPS: 55.09642, 23.47553
- 5 Palazduonis Spring.** It is surrounded by a forest of mixed trees with 9 springs flowing into one spring. Spring water is considered to have medicinal qualities. GPS: 55.10300, 23.47774

## SERVICES

### Accommodations

- 1. Homestead "Pas Pinčiuką",** +370 68633209; GPS 55.11163, 23.46954
- 2. Homestead "Žalensų sodyba",** +370 68633209; GPS: 55.11198, 23.47360
- 3. Homestead "Lazduona",** +370 603 85438; GPS: 55.11561, 23.49809
- 4. Camping place "Dubysa",** GPS: 55.12198, 23.47752

### Catering

None in this section.

### Shops

None in this section.

### Pharmacies

None in this section.

### ATMs

None in this section.



### Public transport

Bus No. 153 and 154 runs from Vilnius to Čekiškė 2-3 times a day on weekdays. Possible bus routes and schedules: <https://web.trafi.com/lt/kaunas>



### Resting areas

- 1. At the foot of Ringovė mound.** GPS: 55.05014, 23.52165
- 2. Place by the Palazduonis Spring.** GPS: 55.10300, 23.47774

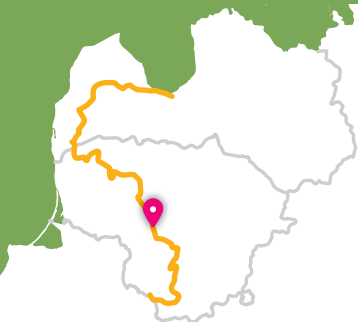
## TOURISM INFORMATION



Kaunas District Tourism and Business Information Center, Pilies takas 1, Raudondvaris, Kaunas district, [www.kaunorajonas.lt](http://www.kaunorajonas.lt), +370 37548118; GPS: 54.94292, 23.78322







## Padubysys – Ariogala – Kirkšnovė

On the way to one of the oldest settlements  
in Lithuania – Ariogala

Winding on the steep bank of the Dubysa valley, the Forest Trail crosses a small forest for 2.5 km and further 4 km up to Čekiškė through an area where large corn fields bloom in summer. A similar landscape can be seen for the next 9 km, until the Forest Trail crosses the Kaunas–Klaipėda highway (A1) along the bridge. About 1.5 km further, before Gėluva village, the Forest Trail descends into the deep Dubysa valley and winds along small paths and quiet country roads along the bends of the river, revealing wide views of the town of Ariogala at the top of the valley. Along Dubysos and Gedimino streets, it winds up to the town's central street, Vytauto street. Further along Plento street, the Forest Trail 5 km from the center reaches the point where you have to turn to the end of the section – Krikšnovė pond (another 0.2 km).



### PRACTICAL INFORMATION

..... 27 km

🕒 7 – 8 h

🚩 Padubysys village by “Zalensų sodyba” (tourist accommodation)

🚩 Krikšnovė pond

📍 Padubysys – Čekiškė – Ariogala – Krikšnovė pond



Asphalt, in Dubysa valley – small trails and dirt roads.



Hard



Be careful when walking along the side of the road!



It is worth buying food supplies for the next two days in Ariogala.



This step must be done in one day, as there is no accommodation in and around Ariogala.

### TOURISM INFORMATION

**i** Kaunas District Tourism and Business Information Center,  
Pilies takas 1, Raudondvaris, Kaunas district, [www.kaunorajonas.lt](http://www.kaunorajonas.lt),  
+370 375481118;  
GPS: 54.94292, 23.78322

**i** Public Institution “Atrask Rasenius”,  
Vytauto Didžiojo street 17, Raseiniai,  
<https://atraskrasenius.lt>,  
+370 61834611;  
GPS: 55.38233, 23.11730

If this is not possible in one day, you can use the bus from Ariogala or contact the hosts of accommodation to arrange a transfer from a specific location on the route.



## NATURE

The source of the Dubysa river is located near Šiauliai. The river crosses the Žemaitija Upland, flowing into the Nemunas near Seredžius village. The water level in Dubysa varies greatly and is influenced by both melting snow and rainwater collected by the rivers and streams of the Žemaitija Upland. It is not for nothing that this river is very popular with water tourists. In summer it has a calm flow, the river is clear, the bottom is sandy in most places, which makes Dubysa very suitable for peaceful swimming. The Dubysa river valley is one of the deepest (20–40 m) and widest (up to 0.5 km) in Lithuania, formed by a glacier. During the Russian Empire in 1825, a project was launched to connect Dubysa with Venta via the so-called Venta–Dubysa Canal or Vindava Canal. The work was carried out by 18,000 soldiers and 3,000 civilians. The purpose of the canal was to connect the Nemunas basin with the Baltic Sea and the port of Ventspils, because the lower reaches of the Nemunas were under Prussian control at that time. These works were disrupted by various historical events, including the First World War, after which the canal lost its significance as Lithuania acquired land in the lower reaches of the Nemunas. Back in the 1970s, the canal was used for rowing competitions, but today it is abandoned and overgrown, although it is declared a cultural monument.

## WORTH SEEING!

- 1 Čekiškė – a settlement with a historic old town, which has preserved many wooden houses belonging to the Jewish community, as well as a brick synagogue. GPS: 55.15869, 23.51905
- 2 The Synagogue of Čekiškė. GPS: 55.15792, 23.51868
- 3 Čekiškė St. Trinity Church. GPS: 55.15945, 23.51905
- 4 Gėluva Manor. In the 17th century it was a large manor that belonged to one of the first Lithuanian Calvinist nobles. Some buildings and fragments of the park have been preserved. GPS: 55.24852, 23.51634
- 5 Gėluva mound or Birutkalnis. The castle mound is surrounded by the Dubysa valleys. The castle mound dates back to the 1st millennium – the beginning of the 2nd millennium. GPS: 55.24813, 23.50620
- 6 Ariogala – one of the oldest towns in Lithuania, known since the 13th century. GPS: 55.26543, 23.46608
- 7 Ariogala Square. Main town square with fountain. GPS: 55.26329, 23.46986
- 8 Ariogala Valley of Songs. It was founded in the Dubysa river valley and now is pride of Ariogala town. Both district and republican events take place here. The road to the valley is decorated with sculptures. GPS: 55.26249, 23.46121

- 9 Hanging bridge over Dubysa. GPS: 55.26217, 23.45937
- 10 Purvė Park. A picturesque area suitable for relaxation surrounded by nature in the very center of the town. GPS: 55.26667, 23.47254
- 11 Church of St. Michael the Archangel in Ariogala. GPS: 55.26604, 23.46757
- 12 The Daugirdai Chapel, Ariogala. GPS: 55.26994, 23.46106
- 13 Chapel for partisans of Ariogala district. GPS: 55.27037, 23.45832
- 14 Ariogala spring. The water in this spring is believed to have healing powers. GPS: 55.28041, 23.44416
- 15 Kirkšnovė pond. GPS: 55.30324, 23.44061

## SERVICES



### Accommodations

1. Homestead "Dvarelis", +370 61653190; GPS: 55.14964, 23.48865
2. Homestead "Kirkšnovė", +370 62099222; GPS: 55.30313, 23.44060
3. Homestead "Prie Dubysos", +370 68782026; GPS: 55.30277, 23.42323



### Catering

1. Canteen "Rūta", +370 61850353; GPS: 55.26287, 23.48320
2. Kebabs, +370 60579717; GPS: 55.26426, 23.46873
3. Cafe "Arka", +370 67502311; GPS: 55.26548, 23.46479
4. Pizzeria "SiTo Pica", +370 60630010; GPS: 55.26615, 23.46884



### Shops

- Shop in Čekiškė, GPS: 55.15864, 23.51893
- Shop in Plikiai, GPS: 55.20471, 23.53514
- "ČIA" in Ariogala, +370 42850070; GPS: 55.26249, 23.48175
- "Aibė" in Ariogala, GPS: 55.26444, 23.46844
- Food products in Ariogala, 55.26549, 23.46627
- "Maxima" in Ariogala, +370 80020050; GPS: 55.26817, 23.47108



### Pharmacies

- "Ariogalos vaistinė" in Ariogala, GPS: 55.26363, 23.46892
- "Euro vaistinė" in Ariogala, GPS: 55.26431, 23.46861
- "Camelia vaistinė" in Ariogala, GPS: 55.26458, 23.46842



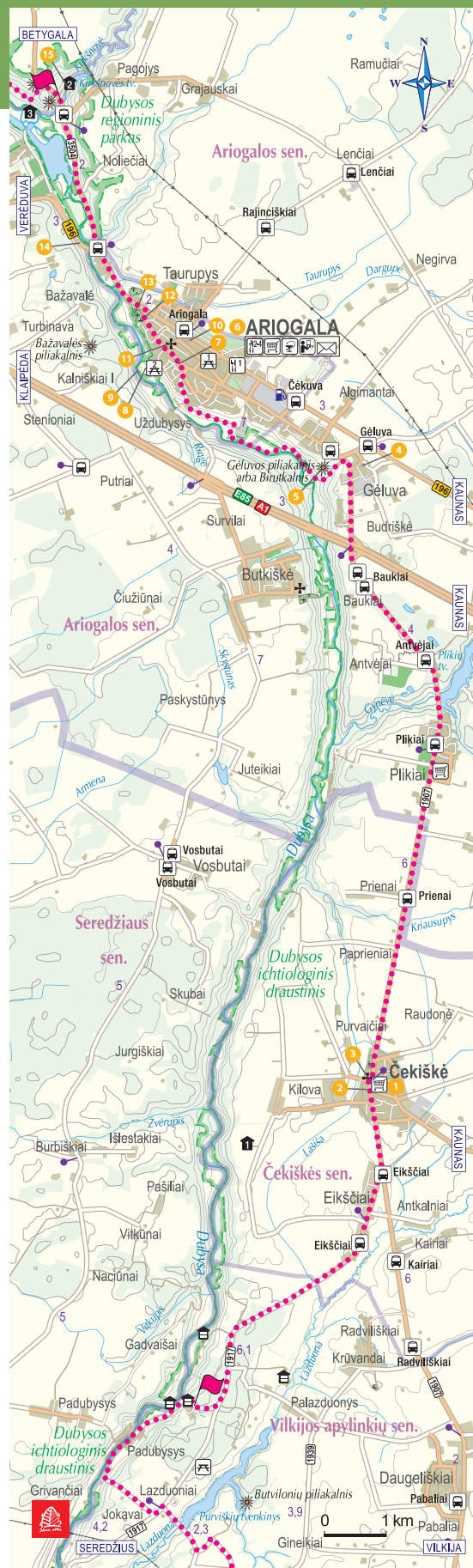
### ATMs

- "Swedbank" in Ariogala, GPS: 55.26822, 23.47105



### Public transport

There is no public transport from Padubysys to Ariogala. A bus runs from Ariogala to Raseiniai via Kirkšnovė and Betygala. More information:



[www.autobusubilietai.lt](http://www.autobusubilietai.lt) and  
<https://raseiniuaubusuparkas.lt>



### Resting areas

1. Purvė Park, GPS: 55.26381, 23.47671
2. Ariogala, GPS: 55.26249, 23.46121



## Kirkšnovė – Kaulakiai

### Through Dubysa Regional Park

About 0.5 km after Kirkšnovė the Forest Trail turns left from the Ariogala–Betygala road (No. 3504) and then up to the destination at the Raseiniai–Baisogala road (No. 225) winds along the bends of the Dubysa river, where floodplain meadows alternate with small forest massifs and little villages. In some places there are vast views of the high banks of the Dubysa valley and the castle mounds. There is a pronounced land relief in this section – the Forest Trail winds up and down the steep slopes of the shores, ensuring a memorable hiking experience. This is a section for hikers – “gourmets”!



## PRACTICAL INFORMATION

..... 25 km

⌚ 6 – 9 h

🚩 Kirkšnovė pond

🚩 Kaulakiai village by Dubysa Regional Park Administration (located 0.7 km from the main route)



Vandžiai – Smulkiškė –  
Pakalniškiai –  
Maslauskiškiai – Kybartėliai –  
Kaulakiai



Very small country gravel or  
natural roads, trails.



Hard



In some places the trail may  
be overgrown.



Some places have steep  
slopes, a coastal erosion has  
occurred in one.



Shops are only in Betygala  
village, located just over a  
kilometre from the main route,  
and in Kaulakiai village. At  
this section, the Forest Trail  
crosses the yard of the farm  
(GPS: 55.32639, 23.34747).



## NATURE

Dubysa Regional Park was founded in 1992. It covers the impressive Dubysa valley, which is up to 40 m deep and 0.5 km wide. The beautiful slopes of the valley are crossed by deep ravines of lateral tributaries. Important habitats that are protected at European level are found here, such as dry grasslands in calcareous soils, species-rich pastures and pasture meadows dominated by local cattle, moderately moist meadows, old natural boreal (northern) forests, sloping and ravine forests and oak groves. A total of 805 plant species and 922 animal species have been found here, many of which are protected and rarely found in Lithuania and Baltic States. The unusual beauty of this place has influenced the ancient pagan traditions – Betygala was home to the last pagan priest Gintautas, who was called Krivių Krivaitis. This was the name of the chief priests of the Baltic nations. An ethnographic museum was established in the homestead of the birthplace of the famous Lithuanian poet Maironis (1862–1932). The park visitor center is located in Kaulakiai village.

## WORTH SEEING!

- 1 Ročiškė mound.** It is speculated that the Voruta castle of the famous King Mindaugas may have been here. GPS: 55.30889, 23.38236
- 2 Uģioniai chapel.** It is built above a spring considered sacred. Spring water is believed to have healing powers. GPS: 55.31600, 23.36319
- 3 St. Virgin Mary's Assumption church in Uģioniai.** A stone church with the features of folk classicism was built in 1836, using the stones of the Dubysa–Venta canal. GPS: 55.31597, 23.36165
- 4 Betygala I mound.** There are paths, viewing area, a chapel. GPS: 55.35096, 23.37151
- 5 Monkey Bridge.** Built on the site of a former bridge for strollers and other vehicles. During the Soviet years, it was destroyed by an icebreaker. GPS: 55.35329, 23.34976
- 6 The spring of St. John.** According to people, its bubbling water is real, alive and provides energy. GPS: 55.35773, 23.35441
- 7 Lelyko river outcrop.** GPS: 55.35949, 23.35773
- 8 Betygala community house.** Educational programs "Bread Path", "Tea Path" are being implemented. There is a tea garden where you can get acquainted with the types of herbs and their cultivation. GPS: 55.36227, 23.36562
- 9 Church of St. Nicholas, Betygala.** GPS: 55.36246, 23.36685
- 10 Monument to Vytautas the Great.** The monument is dedicated to Vytautas, the Grand Duke of Lithuania. GPS: 55.36154, 23.36802
- 11 Betygala Museum.** The exposition of the history of Betygala honors its compatriots. The geological exposition includes miner-

als, rocks, fossils, shells from all over the world. GPS: 55.35960, 23.37054

- 12 Burbiškės Manor.** The manor house and fragments of the park have survived. GPS: 55.36318, 23.34563
- 13 Maslauskisčiai water mill.** Built in 1895, made of brick and stone, it belonged to the former manor here. It suffered during World War II but was rebuilt. Visiting by prior arrangement. GPS: 55.36535, 23.32142
- 14 Paliepiukai multi-stem linden.** On the bank of Dubysa, about 30 m from the bank, grows an impressive multi-stem linden. GPS: 55.36546, 23.30208
- 15 Dubysa Regional Park Directorate.** There is an exposition on the topic "Sung Dubysa"; information is provided to travellers. GPS: 55.42664, 23.25235

## SERVICES



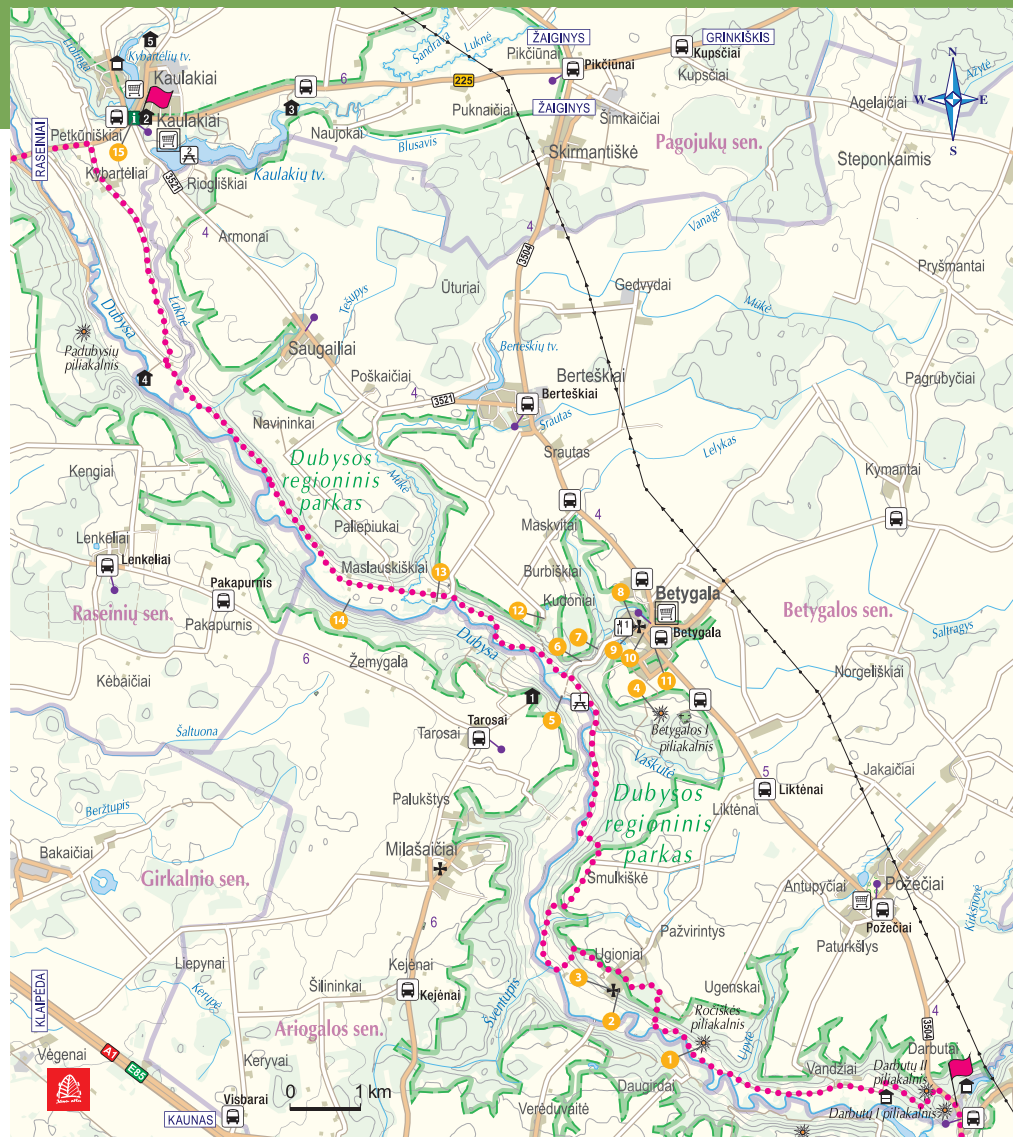
### Accommodations

- 1. Camping place "Griežinė",** +370 65603603; GPS: 55.35303, 23.34288
- 2. Dubysa Regional Park Directorate,** +370 42870330; GPS: 55.42666, 23.25235
- 3. Homestead "Floriencija",** +370 61112469; GPS: 55.42830, 23.28819
- 4. Camping "Dvarviečių",** +370 68774147; GPS: 55.39303, 23.25499
- 5. Homestead "Liolingos",** +370 64683110; GPS: 55.43673, 23.25604



### Catering

- 1. Betygala community house,** +370 61834611; GPS: 55.36227, 23.36562



### Shops

- Food shop in Betygala,** +370 68579702; GPS: 55.36188, 23.36531  
**Shop in Kaulakiai,** +370 61221418; GPS: 55.42918, 23.25336



### Pharmacies

None in this section.



### ATMs

None in this section.



### Public transport

Kaulakiai can be reached by bus from Ariogala to Raseiniai. Possible routes and lists: [www.autobusubilietai.lt](http://www.autobusubilietai.lt) and <https://raseiniuautobusuparkas.lt>



### Resting areas

- 1. Betygala rest area,** GPS: 55.35237, 23.35498
- 2. Luknė camping,** GPS: 55.42155, 23.26544

## TOURISM INFORMATION



**Public Institution "Atrask Raseinius",** Vytauto Didžiojo street 17, Raseiniai, [www.atraskraseinius.lt](http://www.atraskraseinius.lt), +370 61834611; GPS: 55.38233, 23.11731



**Dubysa Regional Park Visitor Center,** Dubysos street 2a, Kaulakiai village, Raseiniai district, [www.dubysa.info](http://www.dubysa.info), GPS: 55.42665, 23.25241





## Kaulakiai – Šiluva

### Dubysa valley and the highest railway bridge in Lithuania

Moving along the Raseiniai–Baisogala road (No. 225) and along its pedestrian sidewalk, the Forest Trail crosses the deep Dubysa valley and turns right at the village of Ginčaičiai. After throwing a wide circle through the surrounding countryside, after 6 km it leads to the Raseiniai–Šiluva road (No. 148) and after about 3 km, crossing the Dubysa valley again, it reaches the Kušeliškė village. For the next 5.5 km, the Forest Trail runs along the Kušeliškė–Lyduvėnai (No. 3516) road, where the famous and scenic Lyduvėnai railway bridge can be seen in the distance. On the bend of the road before the Dubysa motorway bridge, the Forest Trail turns right to the northeast and along the road No. 3544 after 9 km reaches Šiluva and after another 0.8 km – the center of the town. In this section, the terrain is gradually becoming more pronounced, as it leads to the area where the Dubysa valley alternates with the southern part of the East Žemaitija Upland. The section of the route to Lyduvėnai leads along or nearby the Dubysa Regional Park, but Šiluva is part of the next section – Tytuvėnai Regional Park.



## PRACTICAL INFORMATION

..... 28 km

⌚ 7 – 9 h

🚩 Kaulakiai village by Dubysa Regional Park Administration (located 0.7 km from the main route)

🚩 Šiluva, by the Basilica of the Nativity of the Blessed Virgin Mary



Kaulakiai – Ginčaičiai –  
Bedančiai – Kušeliškė –  
Lyduvėnai – Naudvaris –  
Ribukai – Šiluva



Asphalt and gravel roads.



Hard



Be careful when walking along the side of the road!



The shop is only in Šiluva.



The route can also be divided into two days with an overnight stay in the middle.

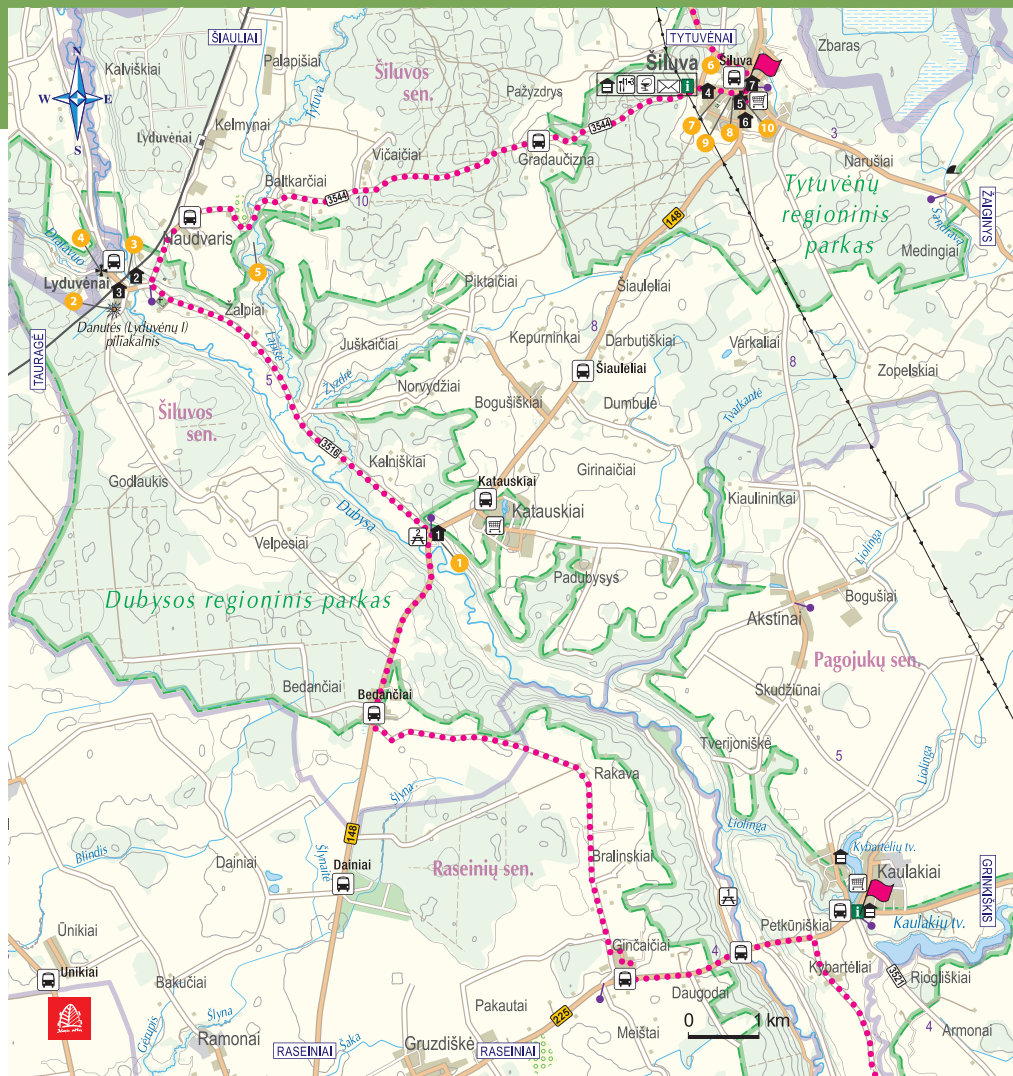


## NATURE

In the countryside around Šiluva, during spring and autumn migrations, you can see cranes feeding and resting. The common crane (*Grus grus*) is a common nesting bird in the bogs of the Baltic States. Cranes are social birds that gather in large migratory flocks of up to 400 or more birds. Young birds and non-nesting adult birds are the first to migrate south. The cranberry is mostly a herbivore, but it also eats a variety of invertebrates during feeding. What is special is the voice of the crane, which can be heard when the birds are flying or when the birds are anxious. When we see cranes, let us be responsible and not disturb them during their rest!

## WORTH SEEING!

- 1 Adventure hill.** You can try sliding with a special tyre along two special paths. +370 687 74147; GPS: 55.47297, 23.15866
- 2 Danutė Hill (Lyduvėnai I).** GPS: 55.50210, 23.08452
- 3 Lyduvėnai Bridge.** The longest and highest railway bridge not only in Lithuania, but also in the Baltic States. The height of the bridge is 42 m, the length is 599 m. It is not possible to visit the bridge at the moment, but it is planned to install a viewing area in the near future. GPS: 55.50632, 23.08729
- 4 Lyduvėnai Church of St. Apostles Peter and Paul.** If you are interested in late baroque style, then it is definitely worth visiting here. GPS: 55.50710, 23.08137
- 5 Žalpiei stone.** State-protected boulder. The legend has it that God and the Devil once sat on this stone together, thus creating footprints on the stone. GPS: 55.51081, 23.11560
- 6 Šiluva – a town surrounded by forests** where in 1608 St. Virgin Mary appeared. The annual feast is celebrated on September 8–15, and Mary's Day is celebrated on the 13th of each month. The apparition was officially recognized by the Vatican, and in 1993 Pope John Paul II was here. GPS: 55.53082, 23.22502
- 7 Chapel of the Apparition of the Blessed Virgin Mary in Šiluva.** The chapel is famous for the legendary stone on which the Blessed Virgin Mary appeared. GPS: 55.53062, 23.21993
- 8 Šiluva Square.** It connects the chapel and the basilica, and there is a monument to Pope St. John Paul II and sculpture of the Virgin Mary. During the Feast, thousands of believers gather here and Holy Mass is held. GPS: 55.53040, 23.22271
- 9 Šiluva Pilgrim Information Center Museum.** The exhibits stored here help to preserve, nurture and spread the echoes of the life of Šiluva and the Church. +370 6181170; GPS: 55.53009, 23.22224
- 10 Basilica of the Nativity of the Blessed Virgin Mary in Šiluva.** The large altar of the church has a painting of Mary, famous for its miracles. GPS: 55.53024, 23.22460



## SERVICES



### Accommodations

- 1. Homestead "Pakalnė",** +370 68774147; GPS: 55.47402, 23.15659
- 2. Camping "Lyduvėnų baidarės",** +370 68242584; GPS: 55.50634, 23.08751
- 3. Homestead "Prie tilto",** +370 61414091; GPS: 55.50440, 23.08652
- 4. Rasa and Juozas Šlepai rural tourism homestead,** +370 61540956; GPS: 55.53102, 23.21759
- 5. House of John Paul II,** +370 68787124; GPS: 55.52949, 23.22446
- 6. Šiluva Parish House,** +370 69855030; GPS: 55.52735, 23.22408
- 7. Hotel "Šiluvos Karūna",** +370 61835888; GPS: 55.53086, 23.22509



### Catering

- 1. House of John Paul II,** +370 68787124; GPS: 55.52949, 23.22446
- 2. Restaurant "Šiluvos Karūna",** +370 61835888; GPS: 55.53086, 23.22509
- 3. Cafe,** +370 68416172; GPS: 55.53196, 23.22581



### Shops

- Shop in Šiluva,** +370 42843195; GPS: 55.52956, 23.22584



### Pharmacies

None in this section.



### ATMs

None in this section.



### Public transport

On the route Raseiniai – Lyduvėnai – Šiluva – Raseiniai there runs a bus, stop nearby homestead "Pakalnė". Possible routes and lists: [www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. Bralinskių Camping,** GPS: 55.42829, 23.22472
- 2. Kušeliškės Camping,** GPS: 55.47335, 23.15315

## TOURISM INFORMATION



**Public Institution "Atrask Rasenius",** Vytauto Didžiojo street 17, Raseiniai, [www.atraskrasenius.lt](http://www.atraskrasenius.lt), +370 61834611; GPS: 55.38233, 23.11731



**Dubysa Regional Park Visitor Center,** Dubysos street 2a, Kaulakiai village, [www.dubysa.info](http://www.dubysa.info), GPS: 55.42665, 23.25241



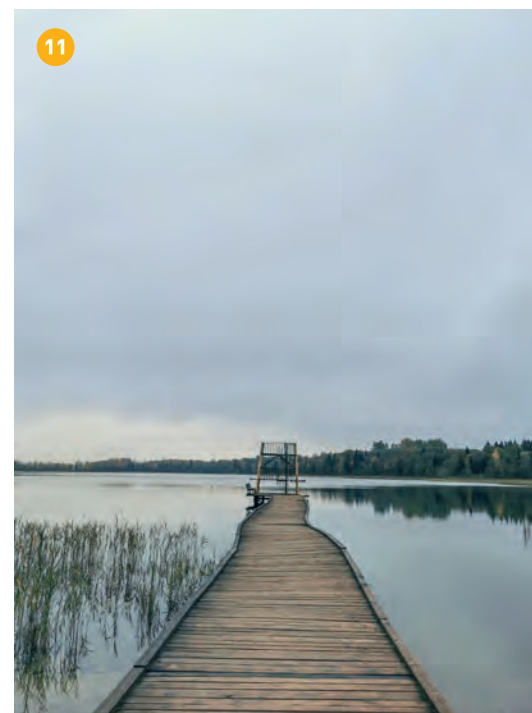
**Šiluva Pilgrim Information Center,** M. Jurgaičio street 17, [www.siluva.lt](http://www.siluva.lt), +370 61811701; GPS: 55.53011, 23.22205



## Šiluva – Tytuvėnai – Aukštiškiai

### Through the Tytuvėnai Regional Park

From Šiluva to Tytuvėnai, a 7 km long paved pedestrian / bicycle lane leads along the road. The Forest Trail crosses the center of Tytuvėnai along Šiluvos and Maironio streets, turns to Miško street and continues as a scenic trail along the western shore of Gilius lake. In the northern part of the lake, it turns east along the old railway dam, after about 1.4 km reaches Kuršių street (No. 148) and, following its pedestrian sidewalk, after 0.6 km opposite Budraičiai village turns left to the west. Another 4 km trail leads along a gravel country road until it reaches the final destination of this section – Aukštiškiai.



### PRACTICAL INFORMATION

..... 18 km

⌚ 5 – 6 h

🚩 Šiluva, by the Basilica of the Nativity of the Blessed Virgin Mary

🚩 Aukštiškiai



Šiluva – Ruteliai – Tytuvėnai – Gilius lake – Budraičiai – Tolučiai – Aukštiškiai



Up to and including Tytuvėnai – asphalt, along Gilius lake – small trails, followed by gravel roads and in a short section, asphalt



Easy



Be careful when walking along the side of the road!



There are no catering companies or shops in the destination, so food must be purchased in Tytuvėnai.



One extra day can be spent exploring the Tytuvėnai Regional Park, and a few hours – exploring the town of Tytuvėnai.



## NATURE

Tytuvėnai Regional Park was founded in 1992 to preserve the hilly, forested, lakey, swampy landscape, historical Šiluva and Tytuvėnai urban monuments, unique nature and cultural heritage values. The creator of the terrain here, as elsewhere in the Baltic States, has been a glacier that has brought and left behind long ridges of boulders. The greatest natural value is the elongated chain of lakes surrounded by century-old pine forests. The park grows old and natural boreal forests, old and mixed deciduous forests with oaks, lindens, maples, ashes and elms, species-rich spruce forests, swamp forests, sloping and ravine forests and alluvial (flooded) forests. In the middle of the park there are large wetlands [called *tyruliai*] – homes for wetland birds and various animals. Thousands of cranes (*Grus grus*) gather here every year during migrations. In the visitor center of Tytuvėnai Regional Park it is possible to get acquainted with the life of these birds and look from above, like a crane's eye view, to see the most interesting sights of the park.

## WORTH SEEING!

- Vičiai sculptures.** Sculptures of the Devil's Museum created by the folk artist Petras Stundžia. GPS: 55.56982, 23.19931
- Bridvaišis lake recreation trail.** GPS: 55.59405, 23.21090
- Bridvaišis mound.** It is located in the lands of the Samogitian tribes, on a hill on the northern shore of Bridvaišis lake. GPS: 55.59406, 23.21574
- St. George's hill.** After the baptism of Lithuania, St. George's Church was built on this hill in 1581. Now only the foundations have remained. GPS: 55.59404, 23.20173
- Church of the Tytuvėnai God Mother Icon "Kazanska".** The stone Orthodox church in the very center of the town. GPS: 55.59636, 23.19774
- Tytuvėnai St. Virgin Mary of the Angels Church and Bernardine monastery.** One of the most interesting and largest Lithuanian sacral architecture ensembles of the 17th and 18th centuries. Famous for arcades, enclosed courtyards, ancient buildings and objects of worship: the Holy Steps Chapel and the famous painting of the Mother of God and Child. +370 61151976; GPS: 55.59680, 23.20097
- Tytuvėnai Chapel – Mausoleum.** Built in 1853. The managers of Tytuvėnai and Pagryžuvis manors and their relatives are buried in the basement of the chapel. GPS: 55.59966, 23.19638
- Tytuvėnai Regional Park Directorate and Visitor Center.** The exposition "From the Flight of the Crane" has been created, introducing the life of these birds. +370 42759030; GPS: 55.60087, 23.20173

- The thick pine of Tytuvėnai forest.** The age of the pine is about 300 years. GPS: 55.60428, 23.19016
- Forest Museum.** Here you will see a variety of animal and bird stuffings, woodwork and other attractions. GPS: 55.60899, 23.19016
- Gilius lake educational trail.** GPS: 55.61067, 23.19054
- Couronian burial mounds.** At the end of the 19th century, there were 14 graves in the mounds, in which the brass jewellery, a silver brooch and an iron hatchet were found. GPS: 55.61124, 23.20453
- Apušys lake viewing area.** GPS: 55.61525, 23.19427
- Emilija Digrevičienė Creative Museum.** Fine lawns, birds and other works knitted from yarn are on display. +370 42741178; GPS: 55.62101, 23.22949

## SERVICES

### Accommodations

- Resting place "Sedula",** +370 68246498; GPS: 55.58911, 23.22216
- Guest house "Domus Rafaeli",** +370 67558506; GPS: 55.59677, 23.20129
- The guest house of Eglė Adomaitienė,** +370 68611162; GPS: 55.59708, 23.19748
- Cafe and Guest house "Žara",** +370 61062216; GPS: 55.59790, 23.20177
- Guest house "Tarp trijų ežerų",** +370 61522469; GPS: 55.59784, 23.20537
- Motelis "Antivis",** +370 42756249; GPS: 55.60096, 23.20982
- Homestead "Nendrė",** +370 65916277; GPS: 55.60493, 23.20672
- Homestead "Raganynė",** +370 61490851; GPS: 55.64171, 23.22541

### Catering

- Grill bar in Tytuvėnai,** +370 60614689; GPS: 55.59302, 23.19244
- Cafe "Kamara",** +370 61219790; GPS: 55.59632, 23.19746
- Cafe and guest house "Žara",** +370 61062216; GPS: 55.59790, 23.20177
- Pizzeria "Piero pizzeria",** +370 60732462; GPS: 55.59805, 23.19597

### Shops

- Shopping center "Tau" in Tytuvėnai,** +370 42759249; GPS: 55.59487, 23.19935
- "Tytuva" in Tytuvėnai,** +370 68604914; GPS: 55.59691, 23.19695
- "Maxima X" in Tytuvėnai,** +370 42756587; GPS: 55.59739, 23.19719

### Pharmacies

"Euro vaistinė" in Tytuvėnai, +370 80050005; GPS: 55.59732, 23.19764

### ATMs

"Swedbank" in Tytuvėnai, GPS: 55.59691, 23.19695

### Public transport

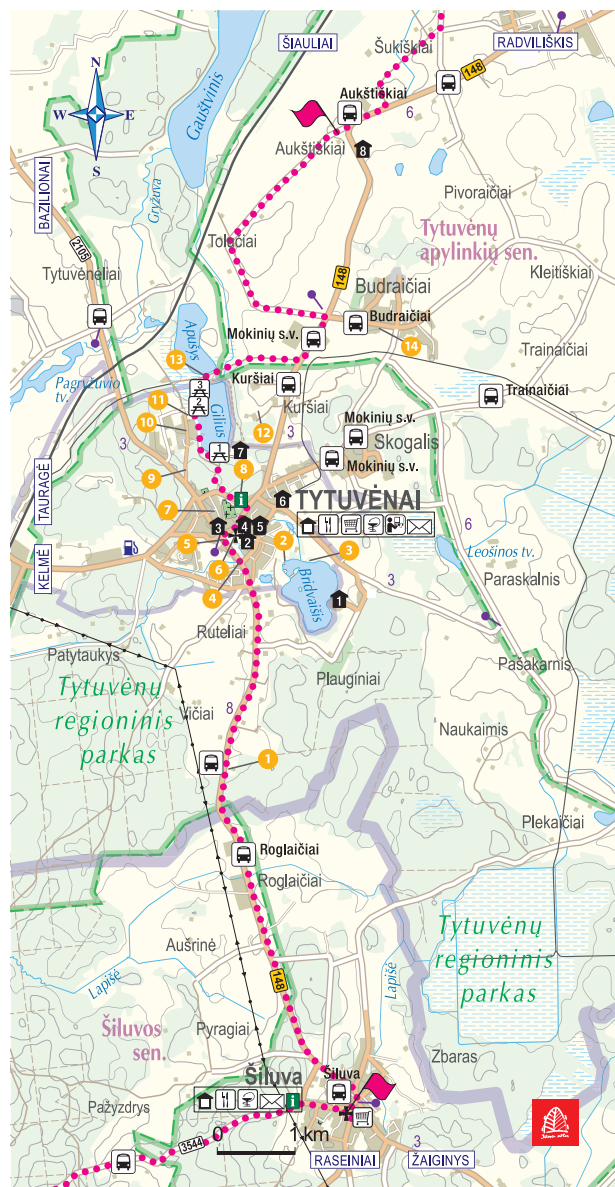
Current bus routes and timetables: [www.kelmesautobusai.lt](http://www.kelmesautobusai.lt), [www.autobusubilietai.lt](http://www.autobusubilietai.lt)

### Resting areas

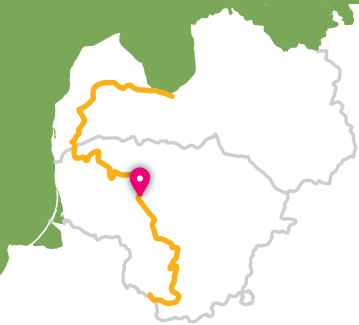
- Resting and bathing place,** GPS: 55.60580, 23.19685
- Resting and bathing place,** GPS: 55.61186, 23.19235
- Resting and bathing place,** GPS: 55.61433, 23.19278

## TOURISM INFORMATION

**Tytuvėnai Regional Park Visitor Center,** Miško street 3, Tytuvėnai, [www.trp.lt](http://www.trp.lt), +370 42759031; GPS: 55.60078, 23.20158





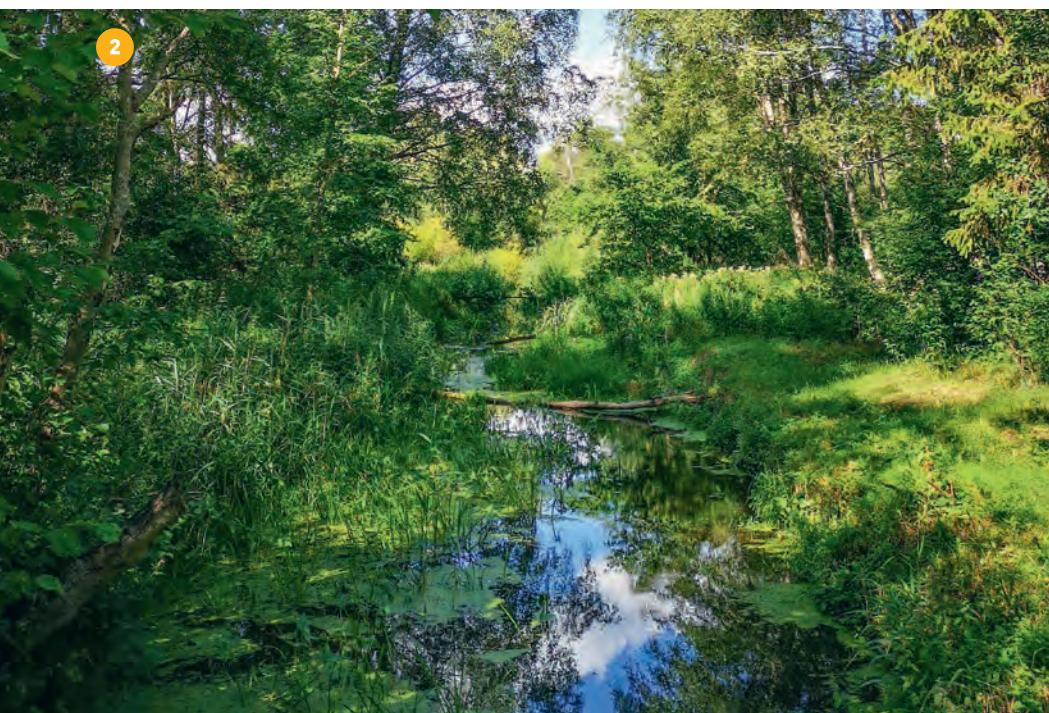


## Aukštiškiai – Dengtiltis

### Through the picturesque Šimša Forest

The section of the route leads to the East Žemaitija Upland.

The Forest Trail bends through for 5 km between cultivated fields, crosses the Šiauliai – Tauragė railway line and reaches Kiaunoriai village through small forest roads in Šimša Forest in Tytuvėnai Regional Park. It leads through the village along the main street – Draugystės street, and after 0.5 km turns left to the northwest (road No. 2122); after 4 km it reaches Pašiaušė village. After another 4 km, the Forest Trail descends into the Dubysa valley and turns left, where it meanders along the right bank of the river. After 0.5 km, the route reaches the final destination of the section. Dengtiltis and the next section of the Forest Trail are located in Kurtuvėnai Regional Park.





## PRACTICAL INFORMATION

..... 27 km ⌚ 7 – 9 h


 Aukštiškiai


 Dengtiltis campsite


 Aukštiškiai – Užpelkiai –  
Pažerys – Kiaunoriai –  
Pašiaušė – Dengtiltis

 Gravel roads, forest roads  
with natural or gravel surface,  
asphalt.

●●● Hard

 Be careful when walking along  
the side of the road!

 There are only tent sites at  
the destination of this section.  
There are no catering services  
at this section.

 The nearest accommodation  
is in the vicinity of Pageluvis  
(Geluva lake).



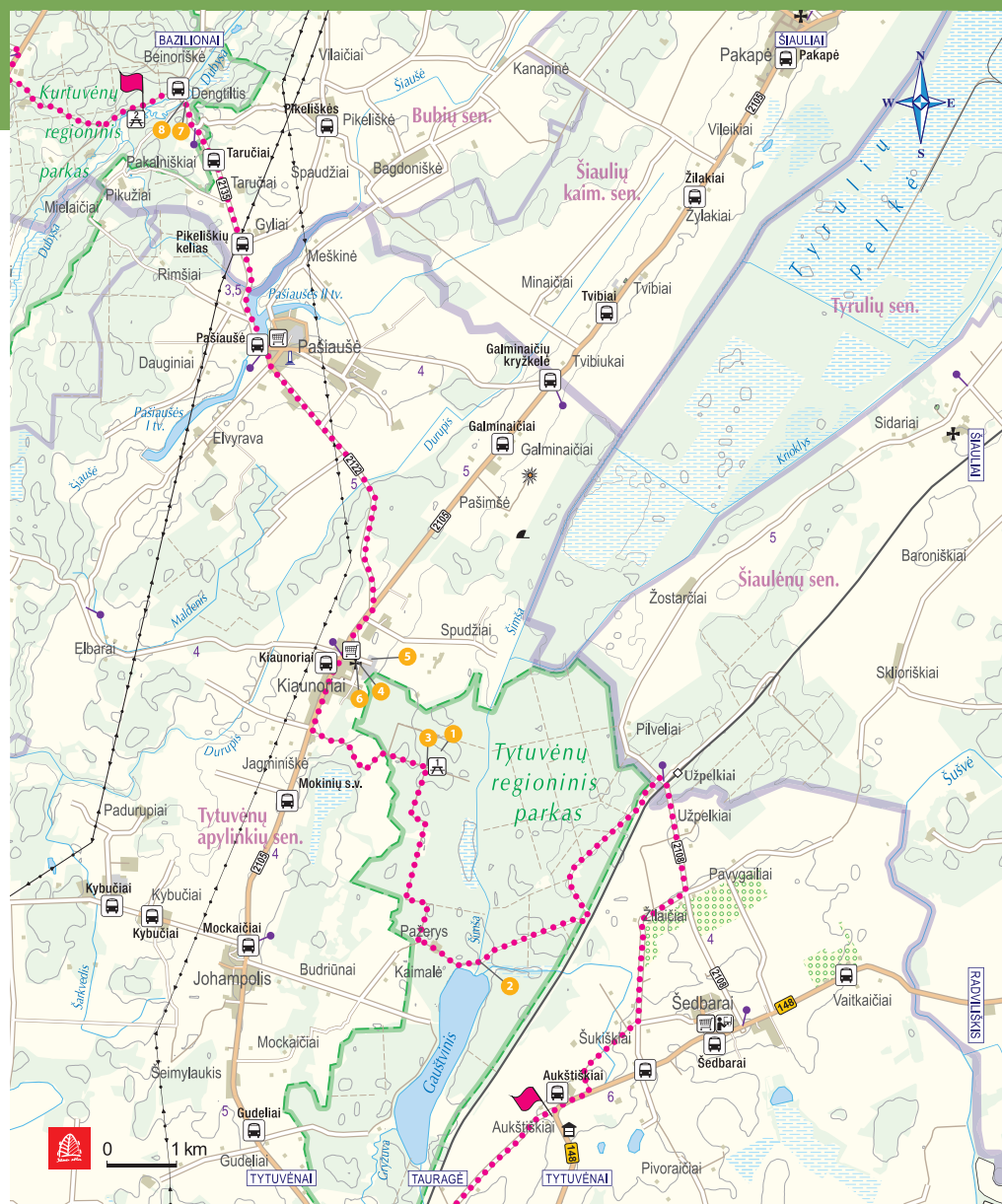


## NATURE

The Baltic countries are covered with a thick layer of sediment – sand, gravel and clay, formed in the Quaternary period, with the glacier was initially approaching the territory of the present Baltic States and then retreating from it. Due to the glacier, a lot of boulders are found – the pieces of rock torn and carried by the glacier which, as the glacier melted, remained in the places where they were brought. The further the glacier carried the stones, the rounder and smaller they became. Therefore, it is noted that the largest boulders are found in Northern Estonia, where they often resemble broken rock blocks, but the smallest and most rounded ones – in Lithuania. There are places where boulders form large clusters – piles, embankments. In the rivers, rock assemblages formed rapids and streams, which are interesting for water tourists. Stones can be found everywhere – in meadows, fields, forests, river and lake shores, at sea, above and below water. Hiking on this Forest Trail section you will reach an educational trail with the stripes of stones (Akmenų rūšos pažintinis takas), which reveals a unique glacial legacy.

## WORTH SEEING!

- 1 The Užpelkiai Botanical–Zoological Reserve.** One of the oldest nature reserves, which is distinguished by a great diversity of flora and fauna. Its value is the piles of stones, two of which have been declared natural monuments: the Pile of Stones (Tučkinės rūža) and the Devil's Road (Paežerio, Pelenio rūža). The largest lake in Tytuvėnai Regional Park – Gauštvinis (126 ha) is located in the reserve. GPS: 55.69047, 23.19546
- 2 Šimša.** The river in Šiauliai and Kelmė districts, which flows through Kiaunoriai and flows into Gauštvinis lake in the Užpelkiai Botanical–Zoological Reserve. GPS: 55.66324, 23.20475
- 3 Stone educational trail.** Visitors to the trail will see a rock, clay and sand embankment formed by the retreating ice age with boulders, sculptural expositions and stone installations on the surface. GPS: 55.68857, 23.19232
- 4 Kiaunoriai Oak.** Centuries-old oak is a state-protected monument. GPS: 55.70196, 23.17618
- 5 Kiaunoriai manor.** The homestead of the former manor, built on a hill with beautiful views of the surroundings, is a valuable example of wooden architecture. GPS: 55.70230, 23.17943
- 6 Kiaunoriai St. Joseph's Church.** A church standing on a very high hill. Interesting architecture with Gothic and Renaissance style features. GPS: 55.70157, 23.17585



- 7 Dubysa river.** One of the most beautiful rivers in Lithuania, loved by water sports enthusiasts. River loops and furrows, forested slopes, watery and fast tributaries flowing through deep valleys form a distinctive ecosystem rich in plant and animal species. GPS: 55.77380, 23.13506
- 8 Dengtiltis water mill.** At the beginning of the 19th century a bridge with a thatched roof was built over Dubysa at the site where the Dengtiltis water mill now stands. It is said that the name of the place is derived from it. GPS: 55.77392, 23.13460

## SERVICES



### Accommodations

None in this section. Possibility to spend the night in tents in Dengtiltis campsite. You can also take a bus from Dengtiltis to Pageluvis (on accommodation options, see next section for information).



### Catering

None in this section.



### Shops

**Shop in Šedbarai,**  
GPS: 55.65454, 23.25765  
**Shop in Kiaunoriai,**  
GPS: 55.70206, 23.17323

**Shop in Pašiaušė,**  
GPS: 55.74258, 23.15718



### Pharmacies

None in this section.



### ATMs

**Bank terminal "Perlo" in Šedbarai,**  
GPS: 55.65454, 23.25765



### Public transport

Current bus routes and timetables:  
[www.kelmesautobusai.lt](http://www.kelmesautobusai.lt),  
[www.autobusbilietai.lt](http://www.autobusbilietai.lt) (there is a bus on the route Pašiaušė–Dengtiltis–Pageluvis)



### Resting areas

- 1. Resting area,** GPS: 55.68848, 23.19234
- 2. Dengtiltis camping,** GPS: 55.77258, 23.12502

## TOURISM INFORMATION



**Kelmė Tourism and Business Information Center,** Birutės street 9, Kelmė,  
[www.infokelme.lt](http://www.infokelme.lt), +370 42761430;  
GPS: 55.63066, 22.93745



**Šiauliai District Tourism and Business Information Center,** J. Basanavičiaus street 7, Kuršėnai, [www.siauliurajonas.lt](http://www.siauliurajonas.lt),  
+370 41584486; GPS: 56.00349, 22.93592



# HIGHLIGHTS OF ŽEMAITIJA ETHNOGRAPHIC REGION

- Kurtuvėnai Regional Park — a land of forests, including intervening fishing ponds and small lakes
- Landscapes of Žemaitija Upland and views from the queen of the Lithuanian hills – Šatrija
- Telšiai — town on seven hills by Lake Mastis
- Žemaitija National Park where the largest and deepest lake in Žemaitija - Plateliai Lake - surrounded by forests and swamps
- Žemaičių Kalvarija — pilgrimage destination where the Roman Catholic festival dedicated to St. Mary takes place every year
- Mosėdis — a town of stones with a unique display of boulders
- Žemaitian dialect, customs and traditional festivals







# LITHUANIA ŽEMAITIJA ETHNOGRAPHIC REGION

THROUGH ŽEMAITIJA UPLAND

#73-86

**Dengtiltis – Skuodas – Lithuanian/Latvian border:  
276 km**

The Forest Trail passes through Kurtuvėnai, Varniai and Salantai Regional Parks and Žemaitija National Park presenting the natural and cultural heritage of Žemaitija ethnographic region. The Forest Trail opens a view on a hilly and wooded landscape, dotted with lakes, rivers, streams, swamps and springs. More than a half of the Žemaitija National Park area is covered in forest, mainly thick and dark fir forests and natural, old coniferous and mixed forests, while the open areas feature meadows. Forests and hills conceal what once was human settlements and castle-mounds. The forest trail passes through the unique villages and towns of Žemaitija where people have preserved their dialect, customs and traditional holidays (Shrove Tuesday, Midsummer Night).





## Dengtiltis – Kurtuvėnai

### Through Kurtuvėnai Regional Park

Kurtuvėnai Regional Park is one of the most forested areas in Central Lithuania with very pronounced glacier-shaped terrain forms spread in the Eastern Žemaitija Upland, between the rivers Venta and Dubysa. From Dengtiltis, along small forest roads, the Forest Trail leads to Kelmė road (No. 2106), for a short time moves along to a northeast and after 0.4 km turns left. The trail further winds along forest paths in the direction of Pageluvis and Geluva lakes. After turning a loop around Geluvos, Barsukyno and Dubuko lakes, the Forest Trail continues in a westerly and north-westerly direction, crosses the A12 highway through a tunnel and further, along more open places, where small villages are located, makes another loop around Dambos pond. Kurtuvėnai village is located on the western side of the pond. Along the P. Višinskio street – main street of the village, the Forest Trail reaches the destination of this section.



## PRACTICAL INFORMATION

..... 15 km

⌚ 4 – 6 h

🚶 Dengtiltis campsite

🏰 Kurtuvėnai, at Kurtuvėnai church of St. Jacob the Apostle

📍 Dengtiltis – Vabalai – Pageluvis – Zuikiškė – Sodėliukai – Kurtuvėnai



Mainly small forest roads and trails, in some places gravel roads, in Kurtuvėnai and in the vicinity – asphalt.



Easy



Steep slopes can be slippery in wet weather.



At this and the next section, it is advisable to carefully follow the markers in nature and use GPX files, because the network of off-road trails is very dense and the terrain is difficult. In



this section, the Forest Trail intersects with other hiking routes.

Physically able hikers can combine this section with the next one and cross the Kurtuvėnai Regional Park in one day (31 km in total). In Kurtuvėnai Park, it is worth staying longer and taking the time get to know other trails and routes: [www.krpd.lt/index.php?module=editable&action=separated&id=449](http://www.krpd.lt/index.php?module=editable&action=separated&id=449)



## NATURE

Kurtuvėnai Regional Park was established in 1992 to preserve the landscape of the lake-rich forested hills, natural ecosystem and the cultural heritage values of this region. Kurtuvėnai Regional Park is a kingdom of forests, including intervening fishing ponds and small lakes. The terrain of the park is hilly, so the land is not used for agricultural purposes. There are boreal (including large areas of western taiga), swamp forests, small wetlands and springs abound in the waterholes. Natural meadows of varying humidity have mostly survived in the eastern part of the park, in the Dubysa Valley. Dubysa's old furrows are also very valuable from the nature point of view. To date, over 1,000 plants and about 1,500 species of animals have been found in the park, but there are more of them (not all systematic groups have been studied). The Directorate of the regional park and visitor center is located in the buildings of the former homestead of Kurtuvėnai manor. Kurtuvėnai celebrates traditional holidays, of which Shrove Tuesday (included in the list of Lithuania's intangible heritage) and theatre festivals can be distinguished.

## WORTH SEEING!

- 1 Dengtiltis outcrop.** Here you can see layers of sand and other sediments deposited by the melting waters of the glacier. There is a recreation area.  
GPS: 55.77259, 23.12347
- 2 Geluva lake.** Lake, surrounded by forests, located in Kurtuvėnai Regional Park. In the southern part of the lake, the Niauka river flows towards the Deglė, tributary of the Dubysa river. GPS: 55.79817, 23.10280
- 3 Barsukynas ridge.** A long, narrow hill of exceptional size and appearance, which stretches into the Pageluvys Landscape Reserve. GPS: 55.80350, 23.09833
- 4 Pageluvys I and II mounds.** Were used in the 1st millennium – the beginning of the 2nd millennium. Pageluvys first mound was built at the highest point of the Barsukyno ridge. It is believed that the construction of the second mound was not completed because there are no visible signs of fortifications. It is possible that this is part of the unfinished fortification complex associated with the Pageluvys first mound. GPS: 55.80333, 23.09662
- 5 Zuikiškės oak.** The largest oak in Kurtuvėnai Regional Park. Although not very thick, it is one of the highest. State-protected botanical object.  
GPS: 55.79883, 23.07607
- 6 Kurtuvėnai church of St. Jacob the Apostle.** Late Baroque church in Kurtuvėnai town, on the left bank of flooded Kurtuva. The uniqueness of the church – the main altar. In the niche on the right side there were the family lodges of the owners of the manor. There is a wooden bell tower in the church garden.  
GPS: 55.82843, 23.04746

## SERVICES



### Accommodations

- 1. Homestead "Pageluvio šilas",**  
+370 65221964; GPS: 55.79651, 23.11263
- 2. Homestead "Pageluvio sodyba",**  
+370 41432613;  
GPS: 55.79890, 23.10353
- 3. Homestead "Erelis lizdas",**  
+370 61425701;  
GPS: 55.82862, 23.05245
- 4. Camping "Kurtuvėnai",**  
+370 41370333;  
GPS: 55.82682, 23.04663



### Catering

- 1. Tavern "Kryžkelė",**  
+370 67401316; GPS: 55.82857, 23.04986



### Shops

- "Gulbelė" in Kurtuvėnai,  
GPS: 55.82946, 23.05083  
"Aibė" in Kurtuvėnai,  
GPS: 55.82905, 23.04877



### Pharmacies

- Kurtuvėnai medical point,  
+370 41370131; GPS: 55.82997, 23.05133



### ATMs

- Bank terminal "Perlas" in Kurtuvėnai,  
GPS: 55.82905, 23.04877



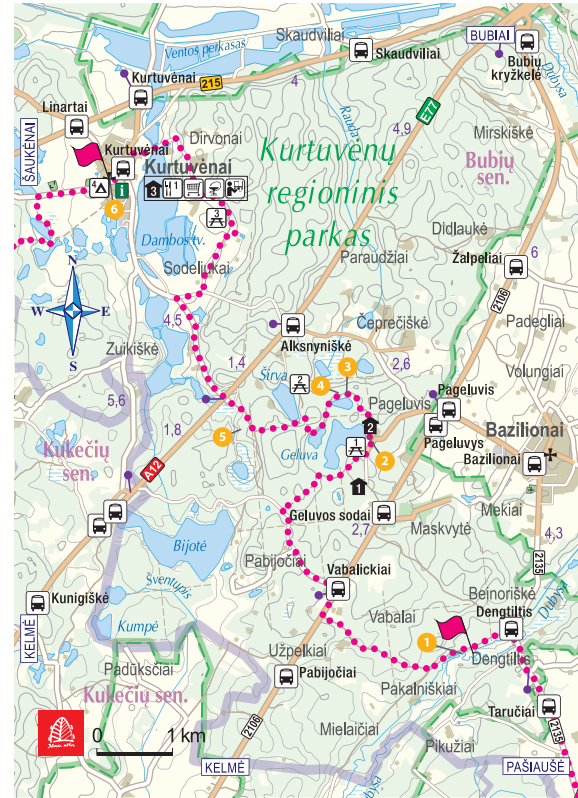
### Public transport

- Current bus routes and timetables:  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. At Geluva lake,** ,  
GPS: 55.79652, 23.10191
- 2. "Širva",** , +370 67883584;  
GPS: 55.80430, 23.08788
- 3. Resting place,**  
GPS: 55.82441, 23.07291



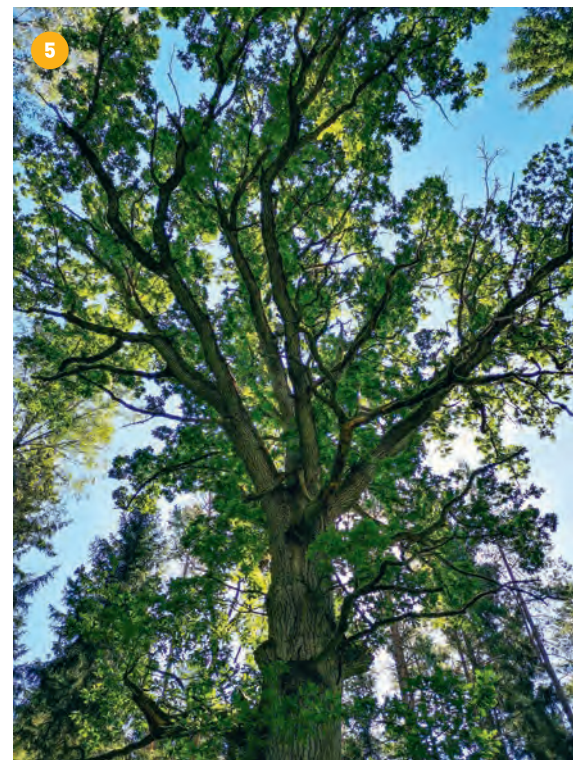
## TOURISM INFORMATION



Kurtuvėnai Regional Park Visitor Center,  
Parko street 2, Kurtuvėnai,  
[www.krpd.lt](http://www.krpd.lt), +370 61829964;  
GPS: 55.82625, 23.04932



Šiauliai District Tourism and Business  
Information Center, J. Basanavičiaus  
street 7, Kuršėnai, [www.siauliurajonas.lt](http://www.siauliurajonas.lt),  
+370 41584486; GPS: 56.00349, 22.93592



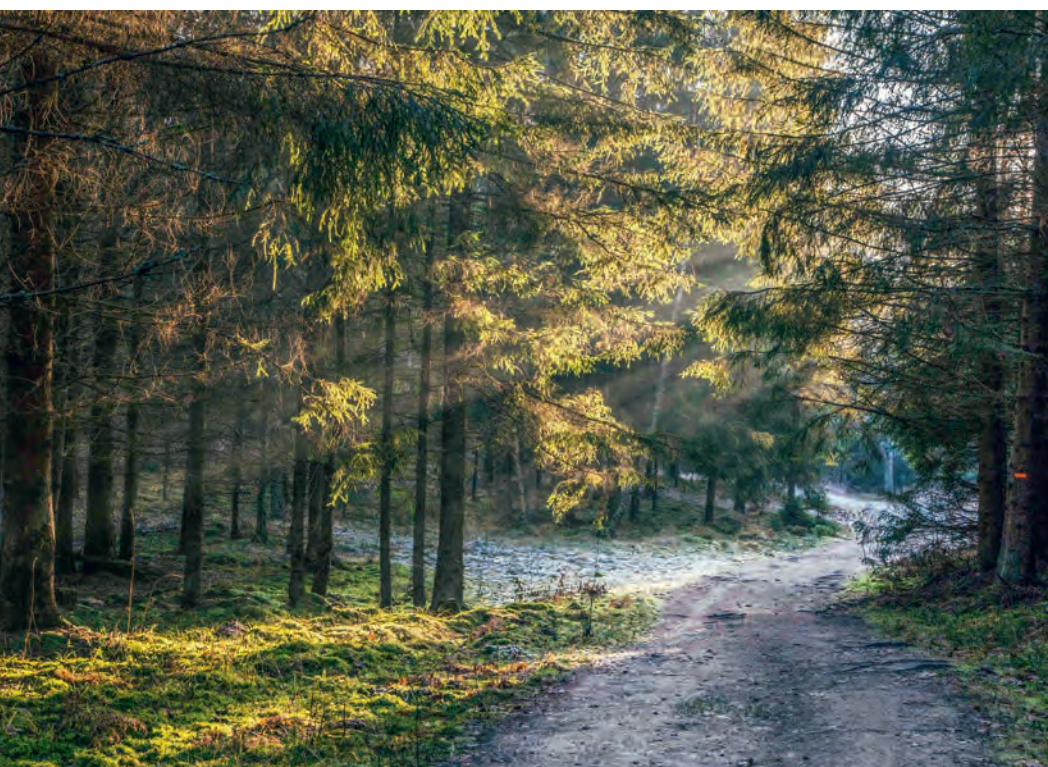




## Kurtuvėnai – Šaukėnai

### Natural wonders in Kurtuvėnai Regional Park

Along forest paths and small roads, the Forest Trail leads through Kurtuvėnai Regional Park. It is equipped with nature trails. From Kurtuvėnai, the Forest Trail leads along a beautiful tree alley and further along a small country trail winds between fish ponds, small hills overgrown with meadows, until it reaches the forest again. The trail turns around Vainagiai village, leads along a wooden footbridge through the wetland and reaches the castle mound on the shore of Vainagiai lake. For the next 8 km to Šaukėnai, it continues as a small forest road and, before entering the Šaukėnai small town, surrounds the northwestern shore of Juodlė lake. In Šaukėnai small town, the Forest Trail continues along Juodlės street.



### PRACTICAL INFORMATION

..... 16 km

⌚ 4 – 6 h

🚩 Kurtuvėnai, at Kurtuvėnai church of St. Jacob the Apostle

🚩 Šaukėnai center nearby the library

📍 Kurtuvėnai – Vainagiai –  
Gabriejė – Šaukėnai



Small forest trails and small forest roads, wooden footbridges in wet places, asphalt in Šaukėnai



Easy



In this section, the Forest Trail intersects with other hiking routes. The markers should be followed carefully and it is advisable to use GPX files. Catering services are available only in Kurtuvėnai village, shops – in Kurtuvėnai and Šaukėnai.



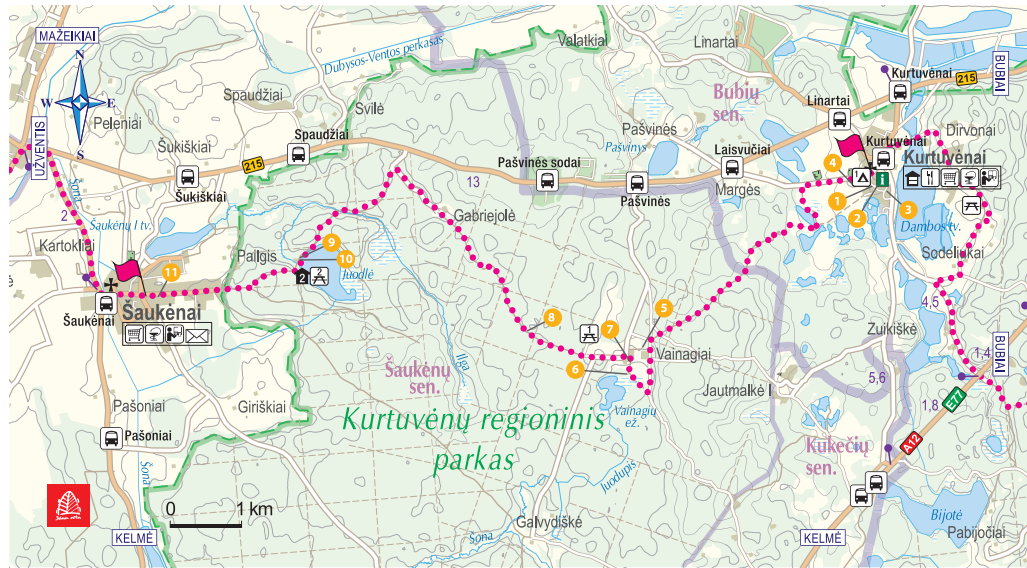


## NATURE

On the south-eastern edge of Juodlė lake there is a low marsh – transition marsh ecosystem, which can be seen along the Juodlė cognitive trail. They formed by flooding a stream flowing from the lake. Low marshes, as well as high marshes and transition marshes, are very important wetlands, an important habitat for many plant, fungi and animal species. Large wetlands not only affect the local microclimate, but also maintain a constant humidity regime in the wider area. After winter and rain, they accumulate water like large sponges, and then slowly “give it back” to springs, rivers and streams. Wetlands are not only marshes, but also wet forests – black alder bogs, swamps and quagmires, overflowing meadows, shallow and overgrown lakes, swampy river deltas and shallow sea area. Wetlands can be both natural and man-made. Wetlands also play an important role as natural filters, as they purify water from heavy metals and nutrients that leak from agricultural lands. Bogs and other wetlands with wooden footbridges are interesting places to explore and observe nature.

## WORTH SEEING!

- 1 Kurtuvėnai Manor barn.** Kurtuvėnai Manor is one of the oldest manors in Lithuania. The most valuable building of the restored manor house complex is a unique 18th century building – the baroque wooden barn. +370 61829964; GPS: 55.82616, 23.04805
- 2 Kurtuvėnai Regional Park Visitor center.** Provides information about places to visit, tourism services. The visitor center has an exposition “Landscape Diversity”, which introduces the values of the regional park. +370 61829964; GPS: 55.82625, 23.04932
- 3 Horse Museum.** Located in the stables of Kurtuvėnai Manor. The horse-farm has over 30 horses. It is possible to go horse-back riding, ride in an authentic carriage, cart or two-wheeled cart. Educational programs and trips along the routes of the regional park are organized. +370 64033444; GPS: 55.82540, 23.05134
- 4 Kurtuvėnai mound (Kapa).** GPS: 55.82645, 23.04365
- 5 Vainagiai forestry rhododendron farm.** A rhododendron nursery has been established in Vainagiai, in a natural pine forest. The exhibition is dominated by rhododendrons, which grow abundantly in three geographical regions – Asia, North America and Europe. GPS: 55.80698, 22.99791
- 6 Vainagiai mound.** The Vainagiai mound surrounded by swamps dates back to the beginning of the second millennium. It was not inhabited and the boulders found on the castle mound indicate that it was probably a place of worship. GPS: 55.80202, 22.99392



- 7 Vainagiai educational trail.** The circular route trail in Vainagiai Landscape Reserve introduces the woodland key habitats and forest diversity. GPS: 55.80409, 22.99388
- 8 Pustlaukis pit.** In the Pustlaukis geomorphological nature reserve, there have been preserved rare relief forms – thermokarst pits, also called devil pits. The most impressive of them is the Pustlaukis pit. GPS: 55.80738, 22.97158
- 9 Juodlė lake.** Lake surrounded by Juodlė forests. It breeds about 30 species of birds. Since 1967 this lake has been declared a bird reserve. GPS: 55.81587, 22.92069
- 10 Juodlė cognitive path.** One of the most beautiful paths in Kurtuvėnai Regional Park. Here you can get to know the landscape, the main forest habitats, wetlands, rare plant and animal species. GPS: 55.81603, 22.92050
- 11 Šaukėnai Local History Museum.** There is an exposition that tells about the history of the town and the people who lived here. An exposition of a farmstead has been set up. +370 65763149; GPS: 55.81094, 22.88905

## SERVICES



### Accommodations

- 1. Camping “Kurtuvėnai”,** +370 41370333; GPS: 55.82682, 23.04663
- 2. Association “Šaukėnų miestelio bendruomenė”,** +370 68224532; GPS: 55.81415, 22.92088



### Catering

None in this section.



### Shops

None in this section.



### Pharmacies

None in this section.



### Public transport

Current bus routes and timetables: [www.kelmesautobusai.lt](http://www.kelmesautobusai.lt), [www.autobusbilietai.lt](http://www.autobusbilietai.lt) (here is a bus on the route Kurtuvėnai–Šaukėnai).



### Resting areas

- 1. Vainagiai tree nursery recreation area,** (if you are resting, give a message about it by calling the telephone indicated on the stand), GPS: 55.80697, 22.98522
- 2. At Juodlė lake,** GPS: 55.81384, 22.92087

## TOURISM INFORMATION



**Kurtuvėnai Regional Park Visitor Center,** Parko street 2, Kurtuvėnai, [www.krpd.lt](http://www.krpd.lt), +370 61829964; GPS: 55.82625, 23.04932



**Kelmė Tourism and Business Information Center,** Birutės street 9, Kelmė, [www.infokelme.lt](http://www.infokelme.lt), +370 42761430; GPS: 55.63066, 22.93745



**Šiauliai District Tourism and Business Information Center,** J. Basanavičiaus street 7, Kuršėnai, [www.siauliurajonas.lt](http://www.siauliurajonas.lt), +370 41584486; GPS: 56.00349, 22.93592



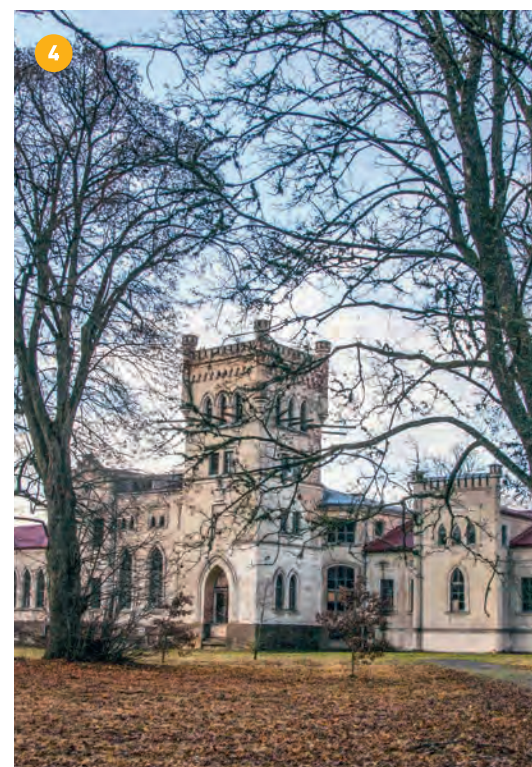




## Šaukėnai – Gaulėnai

### In the heart of the Žemaitija Upland

From the center of Šaukėnai small town along Laisvės street, the Forest Trail reaches Kelmė Road (No. 2103), turns right to the north, and after 2.2 km on Road No. 215 turns left and continue on the Ramučiai–Užvenčio road (No. 159). After 3.5 km, the Forest Trail turns right to Beržėnai village, where it continues along Liepų and Degsnės streets. Behind Beržėnai, it winds for more than 14 km through the surrounding fields and forests until it reaches the Ramučiai–Luokė road (No. 2111). Walking quietly, there is a great opportunity to see wildlife at this section. After 3.6 km, the Forest Trail reaches the end of the section.



## PRACTICAL INFORMATION

..... 25 km

⌚ 6 – 8 h

🚩 Šaukėnai center nearby the library

🚩 Gaulėnai center nearby the bus stop



Šaukėnai – Ramučiai –  
Beržėnai – Gaulėnai



Small forest or country roads  
with gravel or natural surface,  
asphalt between Šaukėnai and  
Beržėnai.



Medium

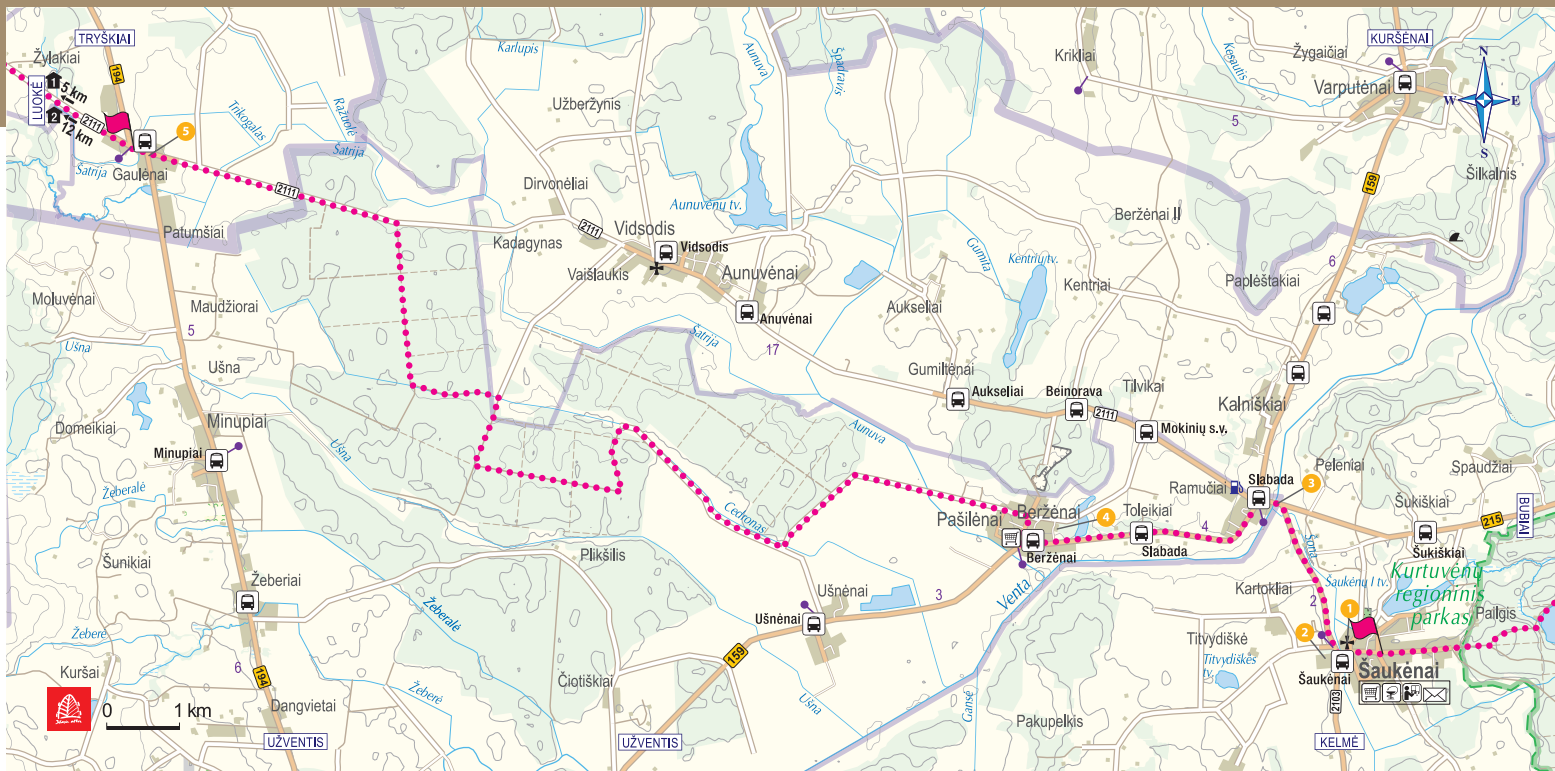


On the Šaukėnai – Beržėnai  
section, be careful when walk-  
ing along the side of the road!



There are no accommodations  
at the destination of the route  
and there are no catering  
establishments throughout the  
section. Shops are available  
only in Šaukėnai and Pašilėnai.





## NATURE

In this section the Forest Trail crosses one of the largest rivers in Lithuania – the Venta river, only the Nemunas and the Neris rivers are ahead of the Venta in their length. The Venta is a river in north-western Lithuania and western Latvia. The length of the Venta river is 343,3 km. Further, turning towards Beržėnai manor, more than 14 km the trail winds through the surrounding fields and larger forest massifs – Barboravas, Užventis, Patumšiai. The area of Patumšiai forest is 629.6 ha. In this forest deciduous, mixed deciduous trees and conifers account for 41.5% of the total forest area. Hiking through this section it is possible to see wild animals. After passing the most forested part of this section, in the open cultivated fields white storks (*Ciconia ciconia*) can be found during the warm season. In Latvia and Lithuania, the white stork is common and an integral part of the rural landscape, but in many parts of Europe the white stork is either rare or even extinct.

## WORTH SEEING!

- 1 **Šaukėnai St. Trinity Church.** A brick church was newly built in 1989, replacing the former wooden church. The courtyard of the church is surrounded by a fence with a baroque gate, the cemetery has a bell tower, which has survived since the 18th century. GPS: 55.81213, 22.87840
- 2 **Šaukėnai manor park.** It has been mentioned in written sources as early as the 15th century. For some time there was an agricultural school, later Šaukėnai tuberculosis sanatorium, and after a while, a psychiatric hospital. Most of the park is located outside the hospital, with a mixed layout and the dominant elements of a landscape park. GPS: 55.81029, 22.87337

- 3 **The Venta river.** River in Lithuania and Latvia. One of the largest rivers flowing through the territory of Lithuania – the third longest river in Lithuania after the Nemunas and the Neris. GPS: 55.82931, 22.86233
- 4 **Beržėnai manor.** On the road Užventis – Ramučiai you can find Beržėnai manor. 2. The manor house, built in the second half of the 19th century, belonged to the counts Čapskis. At one time, the luxurious manor with a neo-Gothic style building is now abandoned. Not suitable for visiting. GPS: 55.82582, 22.81407
- 5 **J. Andriusevičius Museum in Gaulėnai.** There are archaeological materials from the earliest times (Neolithic), as well as later times, reminiscent of the historical evidence of Šatrija, Gaulėnai, Maudžiorai, Luokė areas. +370 68249806 (call in advance); GPS: 55.86979, 22.61331

## SERVICES



### Accommodations

None in this section. Nearest available accommodation:

1. **A community house in Luokė,** +370 65509253 (zvaniet iepriekš); GPS: 55.89411, 22.52508
2. **The house of the Vieškėnaliai community “Šatrijos vingis”,** +370 68600429 (call in advance); GPS: 55.84049, 22.51597



### Catering

None in this section.



### Shops

- Shop in Šaukėnai,**  
GPS: 55.81090, 22.88159
- Shop in Šaukėnai,**  
GPS: 55.81140, 22.87932

- “Aibė” in Šaukėnai,**  
GPS: 55.81180, 22.87855
- Gas station Ramučos,**  
GPS: 55.83032, 22.85343
- Food shop in Pašilėnai,**  
GPS: 55.82370, 22.80628



### Pharmacies

- “Camelia vaistinė” in Šaukėnai,**  
GPS: 55.81013, 22.88560



### ATMs

- Bank terminal “Perlas” in Šaukėnai,**  
GPS: 55.81140, 22.87932
- Bank terminal “Perlas” in Šaukėnai,**  
GPS: 55.81180, 22.87855



### Public transport

Current bus routes and timetables:  
[www.kelmesautobusai.lt](http://www.kelmesautobusai.lt),  
[www.telsiuap.lt](http://www.telsiuap.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)

## TOURISM INFORMATION



**Kelmė Tourism and Business Information Center,** Birutės street 9, Kelmė,  
[www.infokelme.lt](http://www.infokelme.lt),  
+370 42761430;  
GPS: 55.63066, 22.93745



**Varniai Regional Park Visitor Center,** Dumbrių street 3, Ožtakiai,  
<https://varniurp.lrv.lt>,  
+370 44447415;  
GPS: 55.73229, 22.38420



**Žemaitija Tourism Information Center,** Turgaus square 21, Telšiai,  
[www.visit.telsiai.lt](http://www.visit.telsiai.lt),  
+370 61863448;  
GPS: 55.98364, 22.25332



## Gaulėnai – Pavandenė

To the place where the Žemaitija witches gathered

In this section of the Forest Trail, there is one of the highest regions of the Žemaitija Upland and one of the highest hills – Šatrija Hill, which offers an excellent landscape. The Žemaitija Upland are crossed by small, winding roads, which from time to time rise up to a high hill and soon descend again sharply. The first 2.4 km of the Forest Trail meanders along the Ramučiai–Luokė road (No. 2111), then it turns left to the south, settling a wide circle around Šatrija Hill. Approximately 2 km from Šatrija Hill, the Forest Trail reaches the Užmiestis, where it turns left again to the south and continues for about 10 km on the Luokė – Užventis road (No. 2114). Then it goes right to the southwest and after almost 7 km reaches the center of Pavandenė. Throughout the route, open spaces alternate with wooded areas, creating a nice mosaic landscape.



### PRACTICAL INFORMATION

..... 24 km

⌚ 6 – 8 h

🚩 Gaulėnai center nearby the bus stop

🚩 Pavandenė center by the shop



Gaulėnai – Pašatrija (Šatrija Hill) – Užmiestis – Žaduvėnai – Kietkalnis – Negirbiai – Pavandenė



Gravel roads, asphalt in a short section.



Medium



Be careful when walking along winding and hilly roads!



There are no shops, catering or accommodation in the section up to Pavandenė. Arrangements for transport from a specific location along the route can be arranged with the hosts of accommodation.

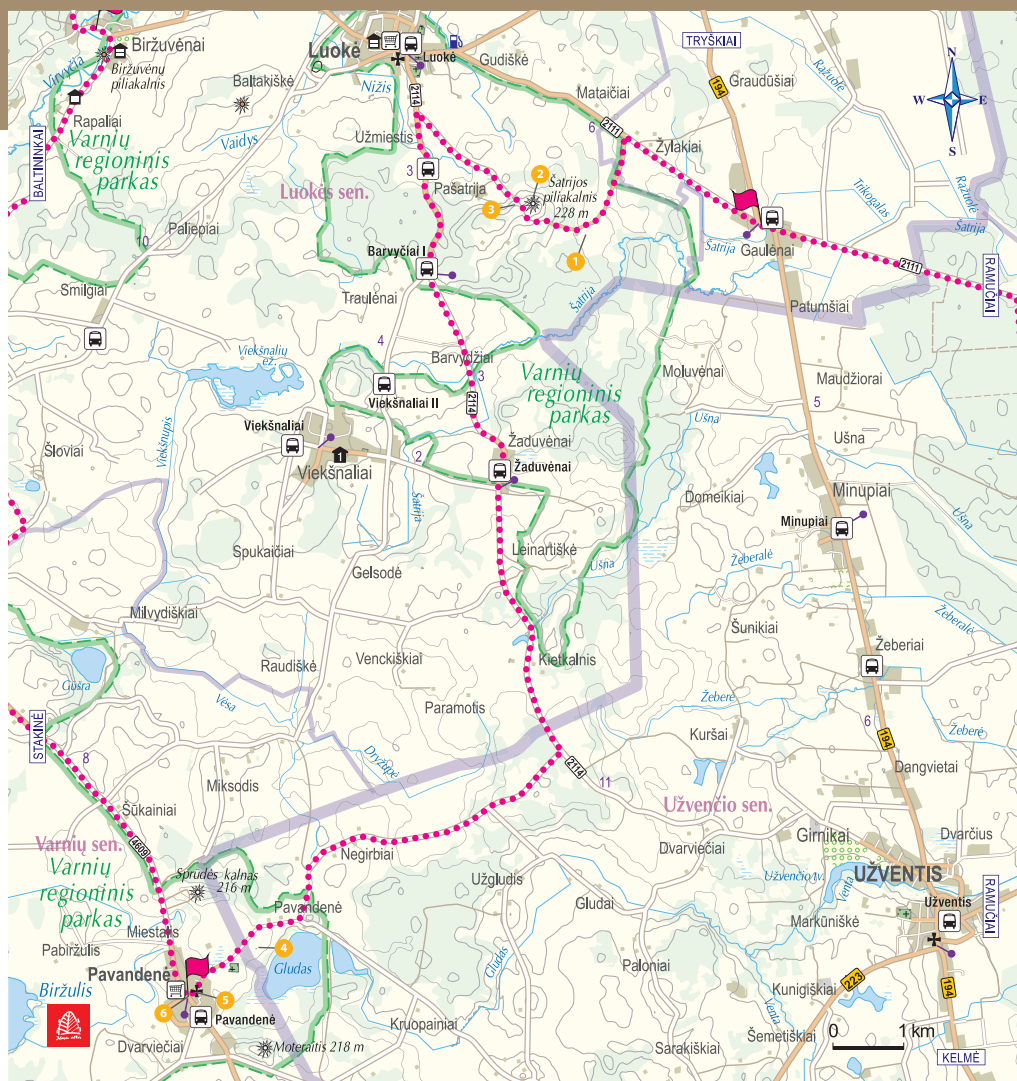


## NATURE

This section of the route ends in Pavandenė town, which is part of the Varniai Regional Park. The surroundings of Pavandenė town with Gludas lake are included in Pavandenė Landscape Reserve. The reserve is characterized by the typical landscape of large individual hills featuring the distinctive Moteraitis, Sprūdė and Knabė hills, castle mounds, Gludas lake, the former Pavandenė manor site, the protected plant species – Hollow root (*Corydalis cava*), and the protected animal species – the Clouded Apollo (*Parnassius Mnemosyne*), the Old World swallowtail (*Papilio machaon*). In the Varniai Regional Park there stand the highest hills – mounds. Here stands the highest hill in Žemaitija – Medvėgalis (234 m above sea level), and the queen of the Lithuanian hills – Šatrija (228 m above sea level). It is believed that in one of the most beautiful hills of Žemaitija – Šatrija – gathered all the witches of Žemaitija. Hiking through this section of the Forest Trail there will be an opportunity to visit this mound and admire the scenic panorama of the surrounding area.

## WORTH SEEING!

- 1 Monument to Vytautas the Great, Samogitian Baptist.** Dedicated to the 600th anniversary of the baptism of Žemaitija (Samogitia).  
GPS: 55.86890, 22.57026
- 2 Šatrija Hillfort.** The most famous and most visited hill in Telšiai district. According to researchers, in ancient times on Šatrija Hill there was one of the most important pagan temples in this region, the significance of which disappeared after the baptism of Žemaitija. From Šatrija Hill there are wonderful views of hilly Žemaitija. GPS 55.87251, 22.55828
- 3 The Eternal Fire of Šatrija.** 600 years ago, the carriers of foreign cultures despised the eternal fire and it was taken away from our ancestors. In 1994, on the Šatrija Hill, according to the customs of Aistians and thanks to the efforts of Samogitian Honour Krivaitis A. Gedvilas, the Fire was lit again in his homestead. Since then, every year in mid-summer – on the third Saturday of July – the Fire is brought and lit on Šatrija Hill. In 2017, the Fire was returned to the Shrine of Šatrija. The Fire has been kept constantly burning by volunteer supervisors in Raudonkalnis. It is often carried up on Šatrija Hill.  
GPS: 55.87234, 22.55450
- 4 Pavandenė Alkakalnis (Sklepkalnis).** On the steep slope of the shore of Gludas lake in 1904, after the death of the nobleman Leonardas Sakelis, his son Zigmantas Sakelis established a family mausoleum. The remains of other Sakelis' and previous owners of Pavandenė manor were also transferred to it.  
GPS: 55.77747, 22.50014



- 5 Pavandenė, Church of St. Anne.**  
An example of wooden sacral architecture with elements of Baroque and Classicist architectural styles.  
GPS: 55.77174, 22.48632
- 6 Monument to the Decade of Independence in Pavandenė.**  
GPS: 55.77106, 22.48426

## SERVICES



### Accommodations

None in this section.  
The nearest accommodation is available in the house of the Viekšniai community "Šatrijos vingis", about 2.5 km from the route (about 11 km from the destination), +370 68600429 (call in advance), GPS: 55.84049, 22.51597



### Catering

None in this section.



### Shops

Shop in Pavandenė,  
GPS: 55.77101, 22.48458  
"Čia Market" in Luokė,  
GPS: 55.89180, 22.52709



### Pharmacies

None in this section.



### Public transport

Bus stop in Gaulėnai,  
GPS: 55.87047, 22.61139  
Current bus routes and timetables:  
[www.telsiua.lt](http://www.telsiua.lt),  
[www.autobusbilietai.lt](http://www.autobusbilietai.lt)

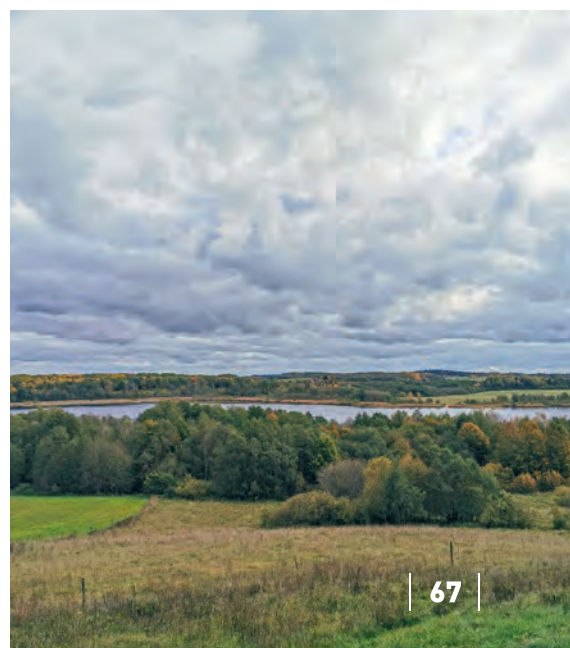
## TOURISM INFORMATION



Varniai Regional Park Visitor Center,  
Dumbrių street 3, Ožtakiai,  
[www.varniurp.lrv.lt/lt](http://www.varniurp.lrv.lt/lt),  
+370 44447415; GPS: 55.73229, 22.38420



Žemaitija Tourism Information Center,  
Turgaus square 21, Telšiai,  
[www.visit.telsiai.lt](http://www.visit.telsiai.lt),  
+370 61863448; GPS: 55.98364, 22.25332





## Pavandenė – Biržuvėnai

### Through Varniai Regional Park

From Pavandenė village, the Forest Trail continues in a north-western direction along the road no. 4609 and after 7.5 km turns right and then makes about 4 km long circle around a small wooded area, in which there hides Baltežeris lake. Near Kuršiai, it crosses the Luokė–Janapolės road (No. 4611), descends in the valley of the Virvytė river, passes through the Baltininkai village and crosses once more the Virvytė river, which is popular with water tourists. After about 5 km, winding along the right bank of the Virvytė river, the Forest Trail reaches Biržuvėnai village on the shore of the mill lake. While traveling this section of the Forest Trail, you can admire the hilly landscape of Varniai Regional Park.



### PRACTICAL INFORMATION

..... 20 km

⌚ 5 – 7 h

🚩 Pavandenė center by the shop

🚩 Biržuvėnai, at the Biržuvėnai manor



Pavandenė – Lingėnai –  
Kuršiai – Baltininkai –  
Rapaliai – Biržuvėnai



Gravel roads, asphalt.



Easy



Be careful when walking along  
the side of the road!





## NATURE

Founded in 1992, the Varniai Regional Park covers the highest part of the Žemaitija Upland. On the territory of the park, there is the highest hill of the Žemaitija, Medvėgalis (234 m above sea level) and the queen of the Lithuanian hills – Šatrija (228 m above sea level). Exclusive lakes also give the landscape of the Varniai Regional Park its uniqueness. One of them is Lūkstas – the only lake in Lithuania which washes out the amber on the shore and the largest natural lake in Žemaitija. Moreover, there are many wetlands with high biodiversity. The lakes and wetlands in the Varniai waterhole are one of the most valuable areas for birds in Lithuania. The Biržulis Botanical-Zoological Reserve with habitats of rare and endangered plant and animal species is distinguished for its ornithological value. It is a part of the European network of protected areas Natura 2000. Detailed information about the natural and cultural values of the park is available in the Varniai Regional Park Visitor Center.

## WORTH SEEING!

- 1 Varniai Regional Park.** The most prominent part of hilly Žemaitija (Samogitia) with the highest hills and lowlands of Lūkstas and Biržulis lakes. The Varniai Regional Park Visitor Center has an exposition "Seven Roads from Varniai", which provides detailed information on natural and cultural values in the regional park. GPS: 55.75285, 22.39287
- 2 Sprūdė mound.** A mound of impressive beauty, surrounded by 3 dykes and ditches between them. The mound covered with legends commemorates the times of the first Lithuanian ruler, King Mindaugas. GPS: 55.78434, 22.48587
- 3 Žasūgala mound.** Prior to the baptism of Samogitians, this hill was called Baltininkai mound. In ancient times, the territory of the castle mound belonged to the Curonian land, its purpose was protection and it was used as a guard hill. GPS: 55.85475, 22.39790
- 4 Virvytė river.** The largest river in Varniai Regional Park. There are archaeological, historical and cultural values on its banks. The winding and fast-flowing river is popular with water tourists. GPS: 55.85919, 22.41523
- 5 Museum of antique motorcycles.** It exhibits pre-war and post-war motorcycle models manufactured in 1901–1945. Motorcycles were brought to the museum from around the world. The antique motorcycle museum, established in the homestead "Auksinio elnio dvaras", is the largest museum in the Baltic States, with more than 40 rare antique motorcycle models, as well as several unique modern models. +370 61649253; GPS: 55.88450, 22.45312

**6 Biržuvėnai mound.** The mound is located on the right bank of the Virvytė, its history dates back to the 9th–12th centuries. It is believed that this mound served as a pier. GPS: 55.89073, 22.46063

**7 Homestead of Biržuvėnai manor.** Valuable example of the large wooden manors of 18th–19th centuries. The manor suffered greatly during the Soviet era, when the center of the Soviet economy was located on its territory, many buildings were used for other purposes. The manor house burned down in 2004, but at the end of 2011 it was renovated. The house is decorated with antique style furniture, it has authentic fireplaces with 18th century tiles, chimney, floor tiles. Various events take place in the yard of Biržuvėnai manor. +370 6998829; GPS: 55.89404, 22.45971

## SERVICES



### Accommodations

- 1. Non-traditional accommodation** (in wooden houses), +370 65574447; GPS: 55.84800, 22.41077
- 2. Homestead "Angelių malūnas",** +370 65574447; GPS: 55.84801, 22.41076
- 3. Homestead "Auksinio elnio dvaras",** +370 64032163; GPS: 55.88441, 22.45310
- 4. Homestead "Gusčių sodyba",** +370 60611560; GPS: 55.89081, 22.46380



### Catering

- 1. Restaurant "Auksinio elnio dvaras",** +370 64032163; GPS: 55.88441, 22.45310



### Shops

- Shop in Kūlio Dauba,** GPS: 55.84404, 22.42316  
**Shop in Baltininkai,** GPS: 55.85874, 22.41036



### Public transport

Current bus routes and timetables:  
[www.telsiup.lt](http://www.telsiup.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. Tent site,** +370 65574447; GPS: 55.84801, 22.41063

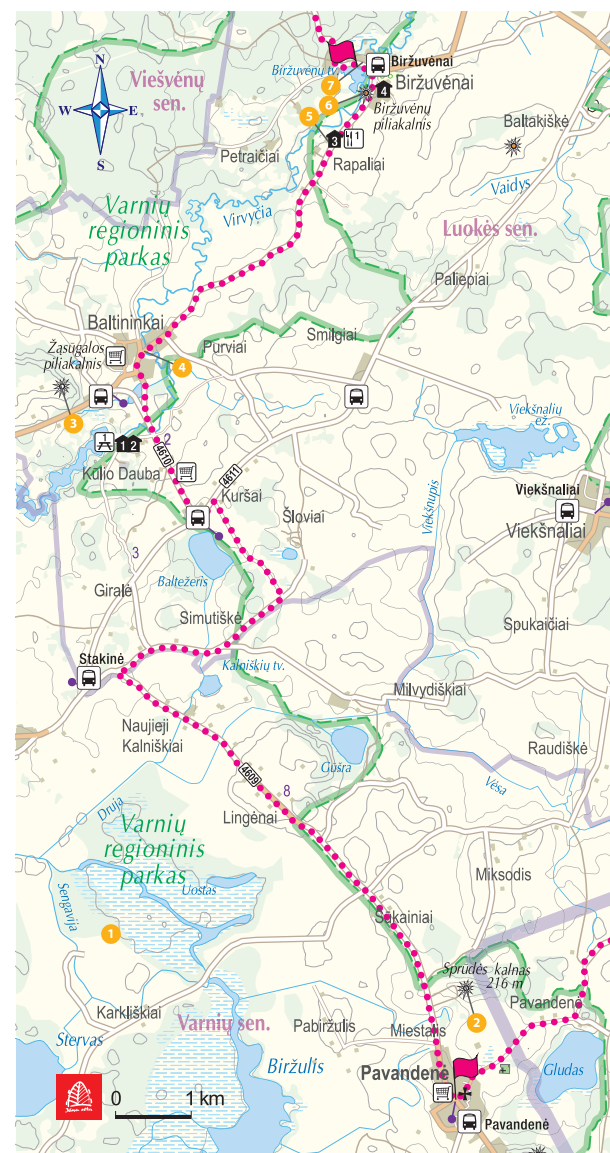
## TOURISM INFORMATION



**Varniai Regional Park Visitor Center,** Dumbrių street 3, Ožtakiai, <https://varniurp.lrv.lt>, +370 44447415; GPS: 55.73229, 22.38420



**Žemaitija Tourist Information Center,** Turgaus square 21, Telšiai, [www.visit.telsiai.lt](http://www.visit.telsiai.lt), +370 61863448; GPS: 55.98364, 22.25332







## Biržuvėnai – Telšiai

### On the way to the capital of Žemaitija – Telšiai

After Biržuvėnai, for the next 3 km the Forest Trail goes through Biržuvėnai forest. 1 km to the village of Rudupiai, it follows the Luokė–Viešvėnai road (No. 4605) until it turns right to the north-northwest. For the next 11 km, it travels through the agricultural area until it leaves the village of Rainiai. From Rainiai, the Forest Trail continues initially as a lane separated from the road and then as a pedestrian / bicycle path for about 3 km continues to Telšiai, where it turns into Kauno street and then reaches the shore of Mastis lake. Further, it winds through the park, revealing beautiful views of Mastis lake panorama from Zaksas hill. Then the Forest Trail bends around a small bay of Mastis lake and then reaches the destination of this section.



## PRACTICAL INFORMATION

..... 21 km

⌚ 5 – 7 h

🚩 Biržuvėnai, at the Biržuvėnai manor

🚩 Telšiai at the Big Boat Pier (Didžioji prieplauka)

📍 Biržuvėnai – Rūdupiai – Sakalai I – Rainiai – Telšiai



Gravel roads, asphalt, in the vicinity of Telšiai – asphalted pedestrian and pedestrian / bicycle paths, coastal promenade, in a short section – trails with natural pavement.



Easy



Be careful when walking along the side of the road!



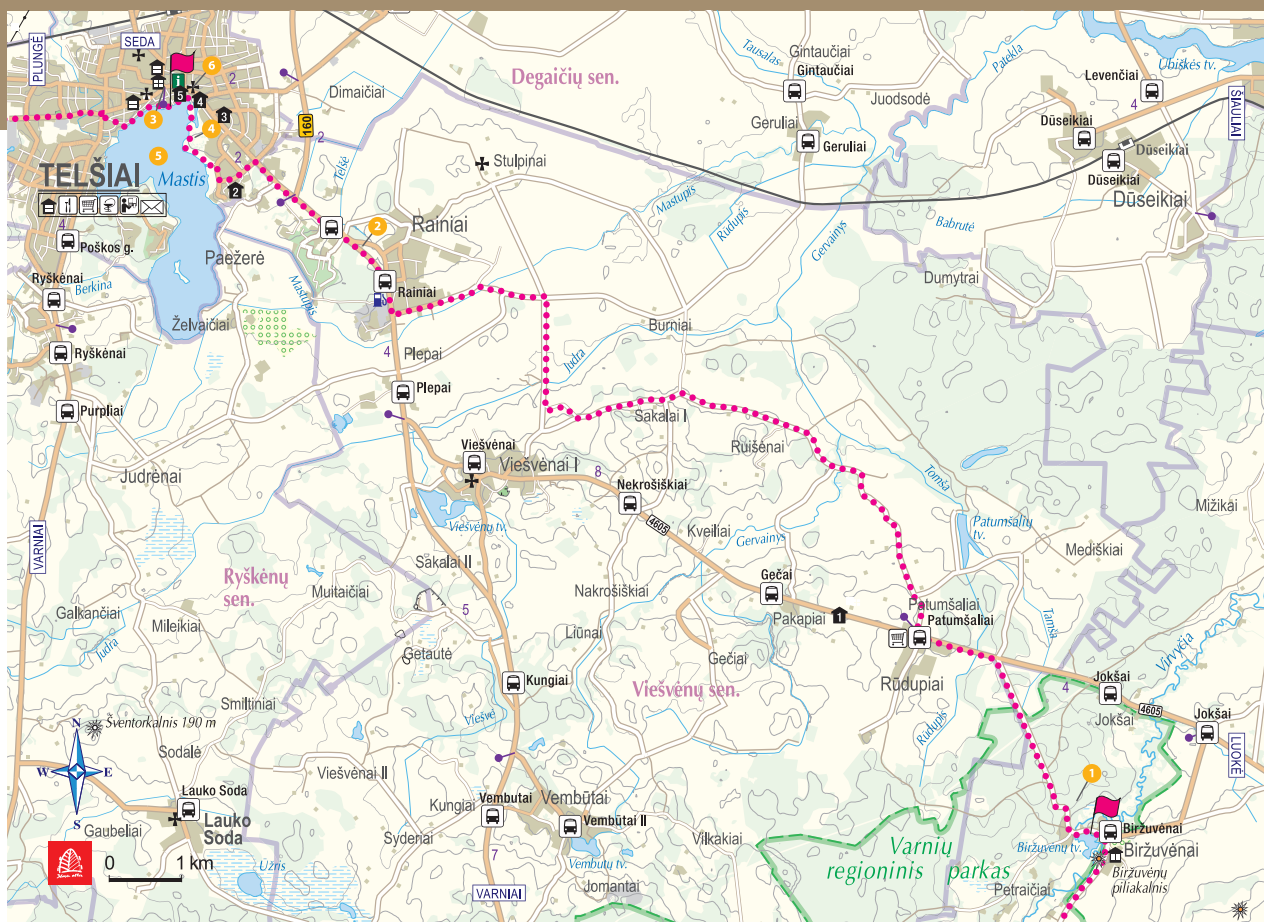
A visit to Telšiai takes at least half a day.

## TOURISM INFORMATION

**i** Varniai Regional Park Visitor Center, Dumbrių street 3, Ožtakiai, <https://varniurp.lrv.lt>, +370 44447415; GPS: 55.73229, 22.38420

**i** Žemaitija Tourist Information Center, Turgaus square 21, Telšiai, [www.visit.telšiai.lt](http://www.visit.telšiai.lt), +370 61863448; GPS: 55.98364, 22.25332





## NATURE

The Forest Trail behind the Biržuvėnai manor estate “disappears” in a huge forest massif. Almost half of its area is covered by pines, 24% by spruces and birches, 2% by white alders and 1% by aspens and black alders. Biržuvėnai forest is rich in blueberries and mushrooms, so it is a favourite place for locals for mushrooming and berry picking. Incoming visitors also have a unique opportunity to see a mythological ravine in the forest, reminiscent of a human footprint in its shape. This ravine is called the “Laumės pėda”. It is located near Biržuvėnai manor estate, on the left bank of Virvytė river.

## WORTH SEEING!

- 1** **Laumės pėda (“The fairy’s foot”).** Near the park of Biržuvėnai manor, at the foot of the hill, there is an impressive spring called Laumės pėda (“The fairy’s foot”). It is a natural ditch created by a spring washing up a slope. The ditch is reminiscent of the shape of the human foot. Hence the name of the source.  
GPS: 55.89770, 22.45557
- 2** **Chapel of Rainiai Suffering.** Memorial to the Rainiai martyrs. It also commemorates all the victims of Soviet terror. There are available guide services to Chapel of Rainiai Suffering and the torture site. Call in advance: +370 68475372,  
GPS: 55.96441, 22.29494
- 3** **Telšiai.** The capital of Žemaitija (Samogitia), the center of the county and the diocese; cultural and educational center. The town is located in the Žemaitija Upland, on seven hills by the beautiful Mastis lake and the Durbinis stream. Often compared to Rome, the capital of Italy.  
GPS: 55.98357, 22.25021

- 4** **Zakso Hill.** From here there is a wonderful panorama of Telšiai.  
GPS: 55.97743, 22.25717
- 5** **Mastis lake.** Surrounded by the town of Telšiai. The well-maintained shore of Mastis lake from the city side is adapted to the needs of society. There has been created a safe and attractive rest and recreation area. It has bicycle and hiking trails, beach, the built rotundas.  
GPS: 55.97897, 22.24788
- 6** **St. Virgin Mary’s Assumption church in Telšiai.** Built in 1536 after the founding of the Telšiai parish, it has been renovated and rebuilt several times. Rebuilt once more in the 21st century, it is a church of an unusual combination of styles.  
GPS: 55.98350, 22.25658

## SERVICES



### Accommodations

- 1. Homestead “Gražinos sodyba”,**  
+370 68032924; GPS: 55.91979, 22.40198
- 2. Homestead “Paežerė”,**  
+370 61292993; GPS: 55.97052, 22.26622
- 3. Guest house “Nakvynė Telšiuose”,**  
+370 67018505; GPS: 55.97977, 22.26307
- 4. Guest house “B&B Hotel Telšiai”,**  
+370 60195110; GPS: 55.98188, 22.25857
- 5. Hotel “Sinchronas”,**  
+370 65550313; GPS: 55.98341, 22.25318



### Catering

Catering places in Telšiai district:  
<https://visit.telsiai.lt/maistas/>



### Shops

Shop in Patumšaliai,  
GPS: 55.91747, 22.41805

Gas station “Milda” in Rainiai,  
GPS: 55.95659, 22.30113

Shopping center “MON” in Telšiai,  
GPS: 55.97439, 22.26767

“Norfa” in Telšiai,  
GPS: 55.97552, 22.26807

“Lidl” In Telšiai, GPS: 55.97609, 22.26683

Gas station “Circle K” in Telšiai,  
GPS: 55.97710, 22.26540

“IKI” in Telšiai,  
GPS: 55.97760, 22.26453

“Čia Market” in Telšiai,  
GPS: 55.98273, 22.25696

“Maxima” in Telšiai,  
GPS: 55.98335, 22.25310



### Pharmacies

“Nvaistinė” in Telšiai,  
GPS: 55.97526, 22.26806

“Camelia vaistinė” in Telšiai,  
GPS: 55.97725, 22.26364

“Gintarinė vaistinė” in Telšiai,  
GPS: 55.97769, 22.26435

“Euro vaistinė” in Telšiai,  
GPS: 55.98335, 22.25310



### ATMs

“Swedbank” in Telšiai,  
GPS: 55.98380, 22.25166

“Luminor” in Telšiai,  
GPS: 55.98396, 22.24982



### Public transport

Current bus routes and timetables:  
[www.telsiaup.lt](http://www.telsiaup.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)  
(there is a bus on the route Upyna–Luokė–Biržuvėnai–Telšiai).





## Telšiai – Buožėnai

### Through the Germantas Landscape Reserve

The Forest Trail along the pedestrian promenade throws a circle along the northern shore of Mastis lake and further along Ežero, L. Giros and Plungės streets (sidewalks, pedestrian / bicycle paths) heads west. Approximately 2.5 km from Mastis lake, it turns left to the south-west and follows road No. 4656 in the direction of Lieplaukė. After 2.1 km near the Užgiriai village, the Forest Trail turns right to the north to cross the Germantas landscape reserve along small forest paths and wooden footbridges.

After Germantas lake it continues along J. Perkovskio street, turns to Plungė street, crosses the railway, at the roundabout goes to the right (Margiukų street), then to the left (Šilelio street), crosses the A11 highway and along a small country road after 5 km reaches the Buožėnai village.



### PRACTICAL INFORMATION

..... 18 km

⌚ 5 – 7 h

🚩 Telšiai at the Big Boat Pier (Didžioji prieplauka)

🚩 Buožėnai

📍 Telšiai – Užgiriai – Germantas lake – Džiuginėnai – Buožėnai



Mostly gravel roads, asphalt, forest paths, in a swampy place - wooden paths, in Telšiai and surroundings - asphalted pedestrian and bicycle paths.



Easy



Be careful when walking on the side of the road and crossing the A 11 highway!



Catering and shops available in starting point and end point.





## NATURE

Germantas landscape reserve was founded in 1960 as one of the first protected nature areas of its kind in Lithuania. It aims to preserve the characteristic landscapes of the Middle Žemaitija Upland with lakes, forests, streams and bogs. The territory of the reserve includes Džiuginėnai, Pagermantė, Lieplaukė forests, as well as Germantas, Ilgis, Varlakaūšis and Durbinas I and II state lakes. The largest of these is Germantas lake (165 ha). The reserve is home to many species of birds, plants, fungi and lichens protected in Lithuania and Europe. Equipped with marked educational trails and cycling routes, rest areas and bathing areas. The trails of the reserve connect Germantas and Ilgis lakes (a total of 12.4 km of educational and bicycle paths have been installed in the territory).

## WORTH SEEING!

- 1 The Cathedral of St. Anthony of Padua in Telšiai.** A two-storey church of late Baroque and Classicism, impressive in its interior. Built in the 18th century as a church and part of the Bernardine Monastery. In 1926, after the founding of the Tent Diocese, it was named the Cathedral. +370 44460500; GPS: 55.98222, 22.24628
- 2 Monument to the Battle of Durbė.** Monument to the most important event in the history of Žemaitija, Lithuania and the Eastern Baltic of the 13th–14th century, which marks the historic Samogitian victory. GPS: 55.98134, 22.24545
- 3 Telšiai amphitheatre.** The unique building, which opens the panorama of Mastis lake and the surrounding area, is suitable for various events. GPS: 55.98105, 22.24559
- 4 Bear sculptures.** Various bear sculptures hiding on 6 bridges on the shore of Mastis lake. GPS: 55.98152, 22.25612
- 5 Telšiai sculpture park.** Founded in 2011 on the shores of Mastis lake. Constantly supplemented with student works, revealing the history of art education of the Telšiai faculty since 1931. GPS: 55.97695, 22.23908
- 6 Samogitian Museum “Alka”.** One of the oldest museums in Lithuania, founded in 1932. The most important museum of the history of the Žemaitija ethnographic region with more than 100 thousand exhibits. +370 68475372; GPS: 55.97525, 22.23571
- 7 Siraičiai manor.** The brick manor house was built at the turn of the 19th and 20th centuries. The manor is unique with its architecture and history. GPS: 55.97031, 22.19688
- 8 Cognitive trails in Germantas landscape reserve.** The main objects of the reserve are the well-maintained cognitive trails of Germantas and Ilgi lakes. There are recreation areas made there. GPS: 55.97018, 22.17421

**9 Džiuginėnai manor.** The life of this manor is connected with the famous Gorskiai family of landowners in Žemaitija, the writer Žemaitė, and the Samogitian art researcher, artist J. Perkovskis. +370 61026710; GPS: 55.98303, 22.17928

**10 Džiuginėnai mound.** Located on a separate hill, on the left bank of the Durbinas. GPS: 55.98360, 22.18312

## SERVICES



### Accommodations

- 1. Apartments “Džiugo kalnas”,** +370 65911929; GPS: 55.98371, 22.24882
- 2. Hotel “Telšiai”,** +370 44453292; GPS: 55.98524, 22.24941
- 3. Guest house “Pas Stefą”,** +370 68715038; GPS: 55.98141, 22.24530
- 4. Guest house “Bohema”,** +370 62297791; GPS: 55.98097, 22.24330
- 5. Guest house “Buožinta”,** +370 61400971; GPS: 56.02845, 22.19394
- 6. Homestead “Prie tvenkinio”,** +370 61548934; GPS: 56.02817, 22.20973



### Catering

Catering places in Telšiai district: <https://visit.telsiai.lt/maistas>



### Shops

- “Norfa” in Telšiai, GPS: 55.98232, 22.23825  
 “Rimi” in Telšiai, GPS: 55.98043, 22.23579  
 “Čia Market” in Telšiai, GPS: 55.97961, 22.22789  
 Gas station “Orlean” in Telšiai, GPS: 55.97918, 22.22707  
 “MON” in Telšiai, GPS: 55.97891, 22.22027  
 “Čia Market” in Telšiai, GPS: 55.97976, 22.20043



### Pharmacies

- “Gintarinė vaistinė” in Telšiai, GPS: 55.98043, 22.23579  
 “Gintarinė vaistinė” in Telšiai, GPS: 55.98324, 22.23285



### ATMs

- “Swedbank” and “SEB” in Telšiai, GPS: 55.98043, 22.23579  
 “Luminor” in Telšiai, GPS: 55.98201, 22.23744



### Public transport

Current bus routes and timetables: [www.telsiaup.lt](http://www.telsiaup.lt), [www.autobusubilietai.lt](http://www.autobusubilietai.lt)

(there is a bus on the route Telšiai – Buožėnai).



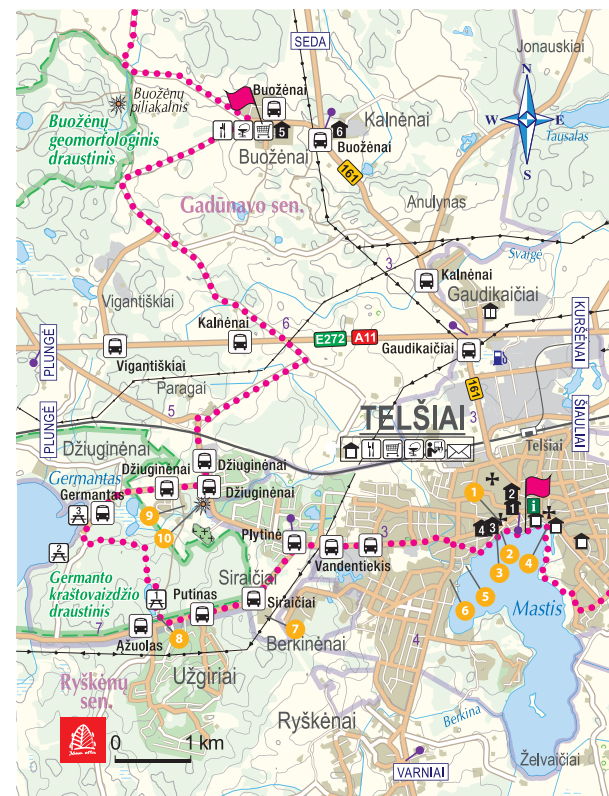
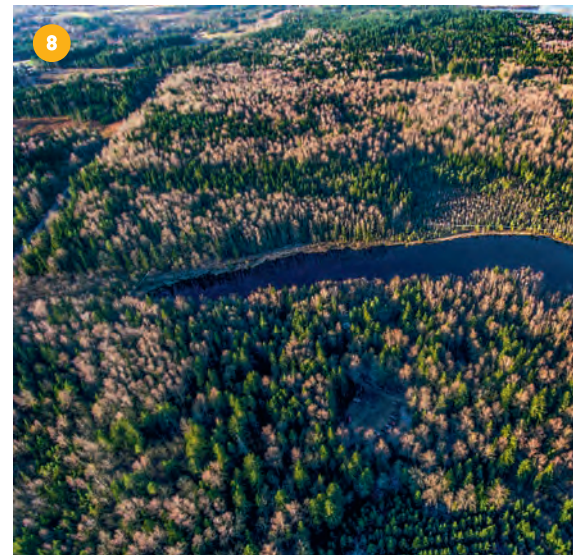
### Resting areas

- 1. Ilgis lake recreation area,** GPS: 55.97153, 22.17337
- 2. Germantas lake recreation area,** GPS: 55.97675, 22.15381
- 3. Beach of Germantas lake,** GPS: 55.98132, 22.15812

## TOURISM INFORMATION



Žemaitija Tourist Information Center, Turgaus square 21, Telšiai, [www.visit.telsiai.lt](http://www.visit.telsiai.lt), +370 61863448; GPS: 55.98365, 22.25342





## Buožėnai – Plinkšės

### Through the Plinkšiai Forest Biosphere Reserve

From Buožėnai the Forest Trail throws a zigzag circle, after 5 km crosses the Seda–Gaudikaičiai road (No. 161) and after 2 km enters Pamarkija forest. It then moves north and after 2.5 km reaches a larger forest massif. The 7 km route travels through the territory of the Plinkšiai Forest Biosphere Reserve and turns into Plinkšės village, and after 2 km reaches the final destination of the section. At the beginning of the section there can be seen open landscapes of the northern part of Žemaitija Upland, but on the other part the route mostly leads through the woods.



### PRACTICAL INFORMATION

..... 18 km

⌚ 5 – 6 h

🚩 Buožėnai

🚩 Plinkšės, Plinkšės hotel

📍 Buožėnai – Gadūnavas – Plinkšės



Gravel roads.



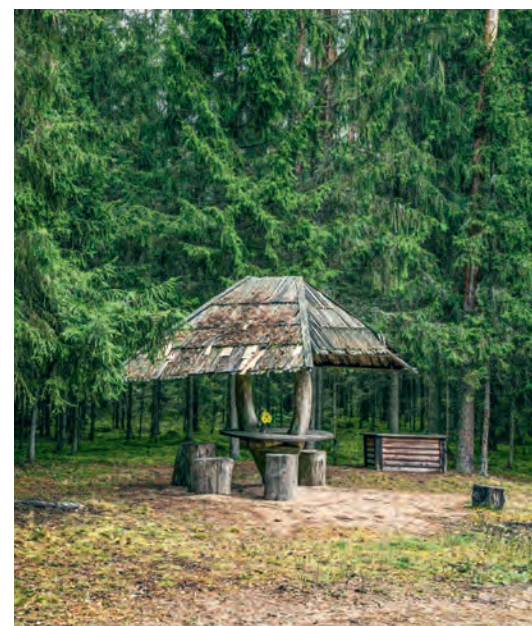
Easy



Be careful when walking along the side of the road!



Shops and catering available only in starting point and end point.





## NATURE

Plinkšiai Forest Biosphere Polygon (Plinkšių miško biosferos poligonas), founded in 2004, occupies more than 6000 hectares. It was established to implement the requirements of the European Union Birds Directive and to preserve the local populations of bird species of European importance – the Honey Buzzard (*Pernis apivorus*) and the Grey-headed Woodpecker (*Picus canus*). About 600 plant species and 40 rare bird and mammal species have been found here. Polygon territory is mostly covered by forests, but in some places, there are meadows, bogs and other wetlands, and communities of various anthropogenic origins.

## WORTH SEEING!

- 1 Buožėnai.** A village in Telšiai district, located in the picturesque Žemaitija Upland. Near the village there is Buožėnai geomorphological reserve, Buožėnai mound. GPS: 56.02925, 22.19089
- 2 Buožėnai mound.** Located on a separate hill, on the left bank of the Gervėlė river. In 1929, after the construction of the farmstead, it was badly damaged, it was plowed, ramparts were dug, caves were dug, and an entrance was made in the northern part of the mound. Buožėnai mound with the settlement is included in the list of cultural monuments of the Republic of Lithuania. GPS: 56.03113, 22.16336
- 3 Church of the Sacred Heart of Jesus in Gadūnavas.** The neo-Gothic church, built in 1901, is unusual in its layout and tower shape. GPS: 56.06562, 22.21504
- 4 Plinkšės Village** in Mažeikiai district, located in the northern part of Plinkšiai lake. In the middle of the 19th century, Plinkšės was purchased by Pliateriai. Around 1970–1980, the Plinkšiai manor house was built. The ensemble of the manor buildings and the park have survived to this day. GPS: 56.13835, 22.17650
- 5 Plinkšiai lake.** Lake in Plinkšiai Forest Biosphere Reserve. It is home to terns, great bitterns, western marsh harriers, white-tailed eagles, ospreys and other birds protected in Lithuania. GPS: 56.10832, 22.15900
- 6 Plinkšiai Manor house and park.** Manor ensemble near Plinkšiai lake. Late Classicist manor house, built around 1870–1880. Today, the representative part of the manor ensemble is best preserved, but the old manor buildings have collapsed. The old Plinkšiai Park is nearby. GPS: 56.14226, 22.17066

## SERVICES

### Accommodations

- 1. Hotel Plinkšiai,**  
+370 69829688; GPS: 56.14433, 22.17120



### Shops

Shop in Buožėnai,  
GPS: 56.02862, 22.19404  
“Aibė” in Plinkšės,  
GPS: 56.13912, 22.17328



### Pharmacies

Buožėnai medical point,  
+370 44441722;  
GPS: 56.02957, 22.19157



### ATMs

Bank terminal “Perlas” in  
Plinkšės, GPS: 56.13912, 22.17328



### Public transport

Current bus routes and timetables:  
[www.telsiup.lt](http://www.telsiup.lt),  
[www.mazeikiup.lt](http://www.mazeikiup.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. Plinkšių paplūdimys** (the beach),  
GPS: 56.13319, 22.17303
- 2. Plinkšės,**  
GPS: 56.13878, 22.17147

## TOURISM INFORMATION



Žemaitija Tourist Information  
Center, Turgaus square 21, Telšiai,  
[www.visit.telsiai.lt](http://www.visit.telsiai.lt),  
+370 61863448;  
GPS: 55.98364, 22.25332



Mažeikiai Tourism and Business  
Information Center,  
Ventos street 8A, Mažeikiai,  
[www.mazeikiutvic.lt](http://www.mazeikiutvic.lt),  
+370 44367177;  
GPS: 56.31118, 22.32694





# Plinkšės – Žemaičių Kalvarija

## To the destination of pilgrims

From Plinkšiai the Forest Trail leads to the west, crosses the wooded area and reaches the Seda–Gaudikaičiai road (No. 161) 2 km away. After 1.8 km, the Forest Trail turns left to the south. For the next 7.4 km, it crosses agricultural land and a larger forest area until it turns right, heading west into Bertuliai village. After another 3.8 km, the Forest Trail crosses the Seda–Plungė (No. 164) road, where the towers of the pilgrimage destination, Žemaičių Kalvarija, can be seen from the surrounding hills. Shortly before the village, the Forest Trail crosses the border of the Žemaitija National Park.



## PRACTICAL INFORMATION

..... 17 km

⌚ 4 – 6 h

🚩 Plinkšės, Plinkšės hotel

🚩 Žemaičių Kalvarija, Telšių street

📍 Plinkšės – Domėnai –  
Degučiai – Žemaičių Kalvarija



Gravel roads, asphalt in a short section.



Easy



Be careful when walking along the side of the road!  
Turning towards Domėnai (GPS: 56.15406, 22.11261), there may be dogs close to the road!



Services are available only at the starting point and end point of the section. There are no accommodation in Žemaičių Kalvarija, therefore it is necessary to agree with the hosts of the accommodation on transport services.

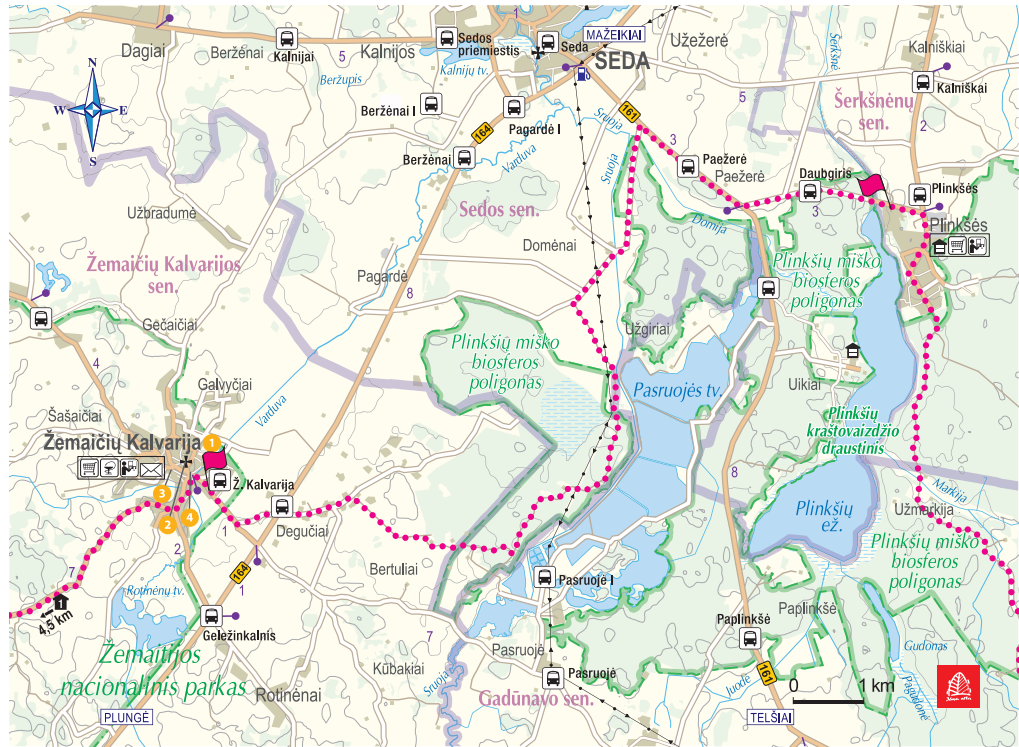


It is worth devoting several hours to exploring the cultural heritage sites of Žemaičių Kalvarija.



## NATURE

Most of this Forest Trail section is accompanied by agricultural land - arable land, meadows and natural pastures. Meadows, which are regularly mowed and grazed, are characterized by high biodiversity. Mowing and grazing create a variety of environmental conditions for plants to find the right niche for themselves. Natural meadows are an important element of the Baltic landscape, showing the interaction between man and the environment. In the meadows and pastures you can hear the heralds of spring – the Eurasian skylark (*Alauda arvensis*), inviting farmers to the fields and awakening nature with their chirping. In Lithuania they can be called by different names. In Latvia and Lithuania, this bird is a common nesting species. It most often sings floating on the spot in the air, at an altitude of about 50–100 m. The skylark feeds on various insects: beetles, dipterans, spiders, as well as herbaceous plant seeds, delicate green parts of plants. Nests are made from dry roots, grass stalks or leaves on the ground in areas of perennials.



## WORTH SEEING!

- 1 Žemaičių Kalvarija.** One of the most significant pilgrimage centers in Lithuania, included in the pilgrimage route of Pope John Paul II. Every year in July there is celebrated the Feast of the Holy Mother Mary Visitation, which gathers crowds of believers. This historic site, formed on picturesque mountains, emphasizes the link between nature and architecture, is rich in cultural heritage and natural values.  
GPS: 56.10940, 22.01173
- 2 The Minor Basilica of the Visitation of the Holy Virgin Mary.** The current church is the fourth to have been built in Žemaičių Kalvarija. In 1988, Pope John Paul II granted the title of basilica to the church. One of the largest Catholic events in Lithuania, the Great Žemaičių Kalvarija Festival, is held here every year.  
+370 67420400; GPS: 56.10998, 22.01137
- 3 Žemaičių Kalvarija Cross Road chapels.** 7 km long road for believers with chapels repeating the suffering of Jesus on the cross. Every year the Great Žemaičių Kalvarija Festival (Didieji Žemaičių Kalvarijos atlaidai), attended by thousands of pilgrims from Lithuania and abroad, takes place. The organization of the major church festivals began in the first half of 17th century after the construction of the first chapels of the Cross Road.  
GPS: 56.10899, 22.00820
- 4 Monument to Bishop M. Valančius.** The monument is dedicated to the memory of the greatest educator of the Lithuanian nation and cultural figure in the mid 19th century, bishop Motiejus Valančius.  
GPS: 56.10873, 22.01240

## SERVICES



### Accommodations

None in this section. Nearest available accommodation:

**1. Sauliaus Petručio dairy farm (Gegrėnai village)** +370 60794123 (call in advance); GPS: 56.09290, 21.92126

**2. Paplatelė village** (see information for the next section).



### Catering

None in this section. The nearest catering establishment is in Paplatelė village (see information for the next section).



### Shops

Food shop in Gegrėnai village, GPS: 56.10899, 22.01150

“Aibė” in Žemaičių Kalvarija, GPS: 56.10940, 22.01114

Shop in Žemaičių Kalvarija, GPS: 56.10862, 22.01176



### Pharmacies

Ambulance in Žemaičių Kalvarija, +370 44843130; GPS: 56.10694, 22.01562

Pharmacy in Žemaičių Kalvarija, GPS: 56.10694, 22.01562



### ATMs

Bank terminal “Perlas” in Žemaičių Kalvarija, GPS: 56.10940, 22.01114



### Public transport

Bus stop in Žemaičių Kalvarija, GPS: 56.10692, 22.01691

Current bus routes and timetables: [www.plungesap.lt](http://www.plungesap.lt) (route No. 25A: Plungė–Vilkai–Virksiai–Plateliai–Pūčkoriai–Žemaičių Kalvarija–Plungė), [www.mazeikiuap.lt](http://www.mazeikiuap.lt), [www.autobusubilietai.lt](http://www.autobusubilietai.lt)

## TOURISM INFORMATION



**Mažeikiai Tourism and Business Information Center**, Ventos street 8A, Mažeikiai, [www.mazeikiutvic.lt](http://www.mazeikiutvic.lt), +370 44367177; GPS: 56.31118, 22.32694



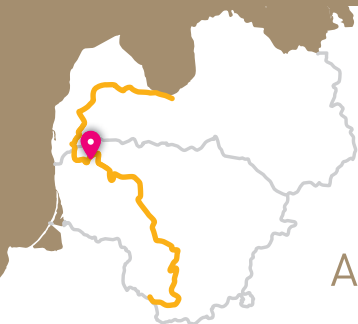
**Žemaitija National Park Visitor Center**, Didžioji street 8, Plateliai, [www.zemaitijosnp.lt](http://www.zemaitijosnp.lt), +370 65907929; GPS: 56.04245, 21.81533



**Plungė Tourism Information Center**, S. Dariaus ir S. Girėno street 27, Plungė, [www.visitplunge.lt](http://www.visitplunge.lt), +370 64053644; GPS: 55.91675, 21.85142







## Žemaičių Kalvarija – Paplatelė

Along the beautiful hills of the Žemaitija Upland

The Forest Trail exits Žemaičių Kalvarija village along Pagardinio, Alsėdžių and Platelių streets. About 6.5 km from the village center the Forest Trail, along a scenic road surrounded by hills (No. 3210), enters the parking lot. At the parking lot, it turns left to the south, enters the forest and crosses the Gegrėnai archaeological complex. Leaving the forest, the Forest Trail continues along Ežero street, after a short time crosses Dvaro street, turns to Paežerės street and after 5 km reaches Žemaičių Kalvarijos road (No. 2302). Here the Forest Trail turns left again and follows the pedestrian / bicycle paths. After 1.7 km, it reaches the junction with Plokštinės street and turns right to the south. After 1.8 km the Forest Trail reaches the village of Paplatelė. This section is located in the Žemaitija National Park and introduces the landscapes and natural diversity of the northwestern part of the Žemaitija Upland.



### PRACTICAL INFORMATION

..... 18 km

⌚ 5 – 6 h

🚩 Žemaičių Kalvarija, Telšių street

🚩 Paplatelė, Plokštinės street opposite the beach of Plateliai lake.



Žemaičių Kalvarija –  
Gegrėnai – Virkšai – Paežerės  
Rūdaičiai – Paplatelė



Asphalt (roads, pedestrian /  
bicycle paths), gravel roads.



Medium



Be careful when walking along  
the side of the road!



In the summer season,  
Plokštinės street and the  
beaches are full of holiday-  
makers. Accommodations  
must be booked in advance.

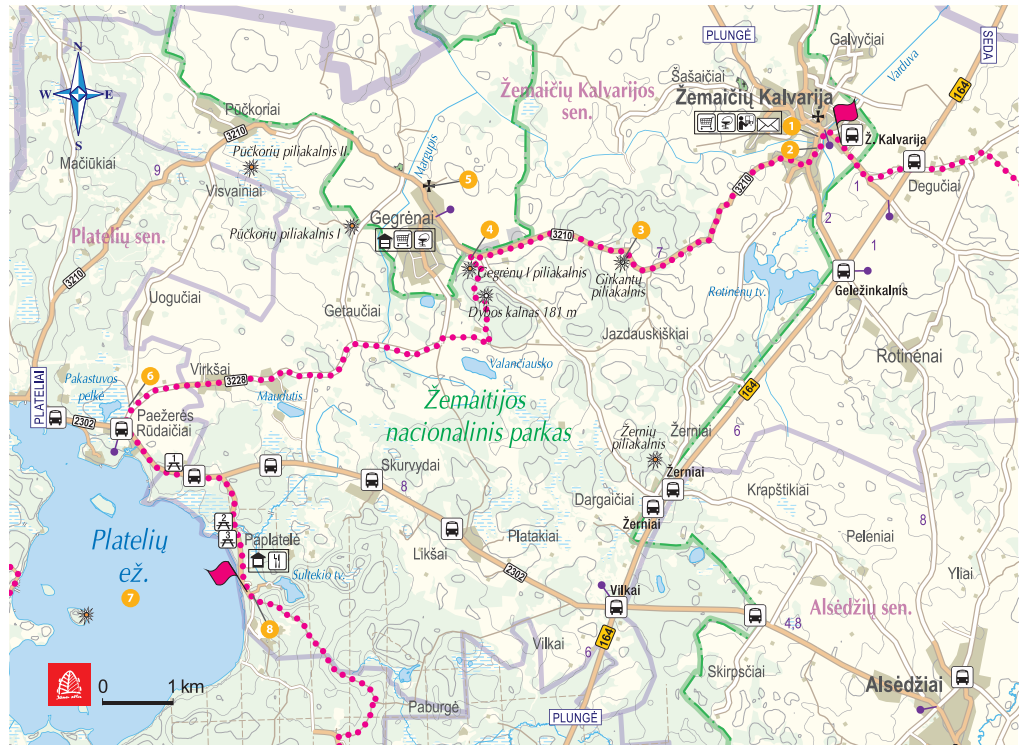


## NATURE

At Žemaičių Kalvarija, the Forest Trail enters the protected area – Žemaitija National Park. The park was established to protect, manage and regulate the use of landscape complexes of national importance and anthropoecosystems representing the natural and cultural peculiarities of the ethnocultural area of Žemaitija. The area of the national park covers 21754 ha. The largest lake in Žemaitija, Plateliai lake, is rich in the underwater world, with fish reminiscent of the ice age - *Coregonus lavaretus holsatus*, medieval cultural heritage: castle remains, bridge poles. The lake is also distinguished by the abundance of peninsulas, bays and 7 islands. The terrain of the Žemaitija National Park was formed by a glacier about 12,000 years ago. The whole territory of the national park is located in the north-western part of the Žemaitija Upland and is characterized by a hilly terrain. In this section of the Forest Trail, the winding road from Žemaičių Kalvarija opens the spectacular landscape panoramas, where castle mounds, sacred hills, old cemeteries hidden among the forests, expressive hills and meadows are the old cultural heritage that is an integral part of the Žemaitija National Park. The landscape of the park is diversified by rivers, streams, larger and smaller lakes, swamps, springs.

## WORTH SEEING!

- 1 Museum of the poet Vytautas Mačernis.** The exhibition introduces the tragic fate, life and work of the Lithuanian poet Vytautas Mačernis. +370 68373252; GPS: 56.10761, 22.01135
- 2 Žemaičių Kalvarija mound (Mountain of St. John).** On this site, there was a Curonian Gardai Castle, first mentioned in 1253. The mound stands by the Varduva river, near which, according to legend, Samogitians were baptized. They got new names, so the river was named Varduva, but the nearby mountain – Mountain of St. John the Baptist. GPS: 56.10619, 22.01113
- 3 Jazdauskiškiai mound (Girkantai mound).** Located on a separate hill in a valley of a nameless stream. GPS: 56.09057, 21.96811
- 4 Gegrėnai archaeological complex.** The complex consists of two mounds of the 1st-18th centuries [they contained the Gegrė (Zegere) – one of the most important castles in Cėklis Land, mentioned in historical sources in 1253], as well as two cemeteries and an ancient settlement. Steep, up to 15 m high slopes of castle mounds create a distinctive relief, panoramic view. The complex has a 1.6 km long nature trail. GPS: 56.09101, 21.93343
- 5 Church of Jesus of Nazareth, Gegrėnai.** Wooden church, built in 1754, in the form of an elevated dwelling house, with a



tower. Next to it there stands a wooden bell tower. GPS: 56.09965, 21.92285

- 6 Bird watching place at Pakastuva lake.** Here you can observe cranes, red-necked grebes, great bitterns and other protected bird species included in the Lithuanian Red Book. GPS: 56.07068, 21.85644
- 7 Plateliai lake.** The largest and deepest lake in Žemaitija. Stands out for its natural, cultural and landscape value. In the lake, there are 7 islands – state protected natural monuments. The lake is inhabited by a relic fish – a Plateliai whitefish. GPS: 56.04199, 21.85547
- 8 Paplatelė cognitive path.** It meanders through forested hills along the Sultekis pond. There are great views of the pond and forests from the nearby observation tower, and along the trail you can see wooden sculptures based on fairy tales. GPS: 56.04680, 21.88585

## SERVICES



### Accommodations

Accommodation places:  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt)



### Catering

Catering places:  
[www.zemaitijosnp.lt/turizmas/maitinimas](http://www.zemaitijosnp.lt/turizmas/maitinimas)



### Shops

Shop in Gegrėnai,  
GPS: 56.09308, 21.92194



### Pharmacies

Gegrėnai medical point,  
+370 61624392; GPS: 56.09286, 21.92217



### Public transport

Bus stop in Žemaičių Kalvarija,  
GPS: 56.10692, 22.01691.  
Current bus routes and timetables:  
[www.plungesap.lt](http://www.plungesap.lt) (route No. 25A: Plungė–Vilkai–Virškiai–Plateliai–Pūckoriai–Žemaičių Kalvarija–Plungė),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

- 1. Tourist camp "Atžalynas",** +370 61778936; GPS: 56.06303, 21.86719
- 2. Camping "Juodupė",** +370 44849407; GPS: 56.05585, 21.88102
- 3. Tourist camp of Algirdas Plokštyš,** +370 68736864; GPS: 56.05483, 21.88152

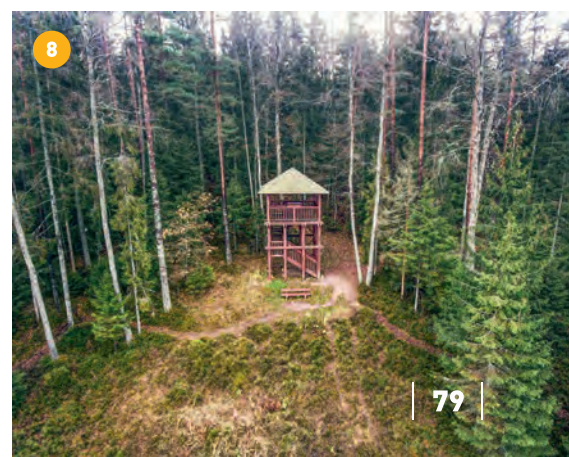
## TOURISM INFORMATION



Žemaitija National Park Visitor Center,  
Didžioji street 8, Plateliai,  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt), +370 65907929;  
GPS: 56.04245, 21.81533



Plungė Tourism Information Center,  
S.Dariaus ir S. Girėno street 27, Plungė,  
[www.visitplunge.lt](http://www.visitplunge.lt),  
+370 64053644; GPS: 55.91675, 21.85142







## Paplatelė – Plateliai

### Around the largest lakes in the Žemaitija National Park

For the first 3.5 km, the Forest Trail leads through beautiful coniferous forests that cover the slopes of the Žemaitija Upland. Up to the Cold War exposition, it coincides with the Plokštinė cognitive trail. From the museum, the Forest Trail for 5 km follows the Plokštinė road, where a pedestrian / bicycle path has been created and, approaching Plateliai lake, descends into the lowland of the lake. At the road No. 3202 (Malūno street), the Forest Trail turns left to the south-east and after 0.3 km turns right to right to the south-southwest. After about 0.5 km it reaches Ilgio Ežero street. For the next 5.5 km, the Forest Trail forms a wide circle around Ilgis and Beržoras lakes, reaching the Beržoras village. After the village, after 2 km along Plungės street, the Forest Trail reaches the center of Plateliai and throws another circle along Ežero street to the beach and Šeirė educational trail. Then along Ežero, Naujoji and Žemaičių Kalvarijos streets, the Forest Trail returns to the center of the town.



## PRACTICAL INFORMATION

..... 20 km

⌚ 5 – 7 h

🚩 Paplatelė, Plokštinės street

🚩 Plateliai village center, Didžioji and Žemaitės/Ežero street junction



Paplatelė – Plokščiai – Ilgis lake – Beržoras – Plateliai



Forest roads and trails, asphalt pedestrian / bicycle paths and sidewalks, gravel roads.



Easy



Be careful when walking along the side of the road!



During the summer season, there are many holidaymakers around Plateliai lake, so accommodation must be booked in advance.



It is worth staying in the Žemaitija National Park for at least another day or two and walk along the park's nature trails to get to know the natural and cultural values.

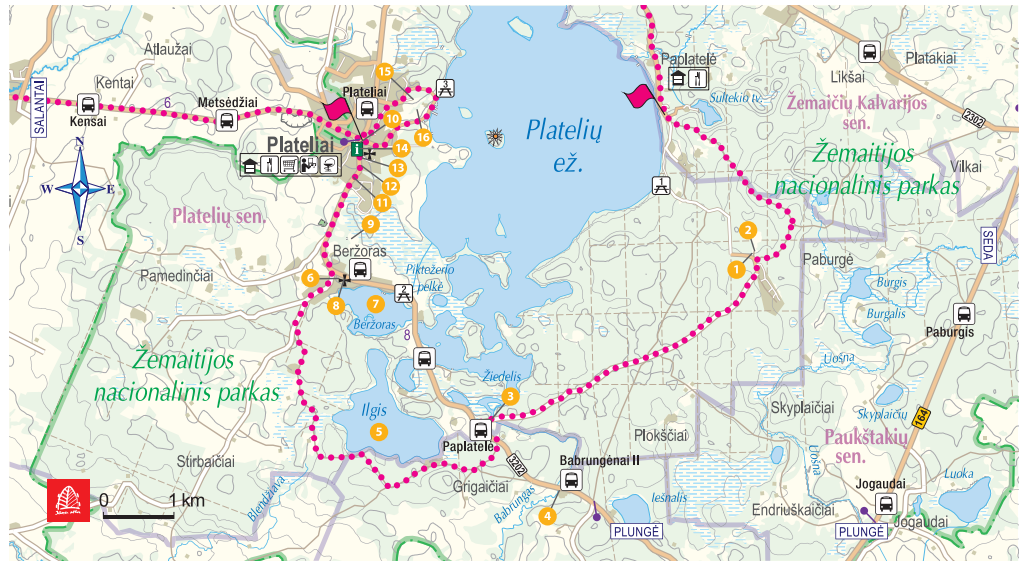


## NATURE

In this section the Forest Trail leads to the eastern part of Plateliai Lake, the territory of the Paplatelė recreation area. In the summer, it is one of the most popular places for tourists. Tourists are attracted by a wide range of services: campsites, rural tourism homesteads, water services, catering establishments. The way of the Forest Trail is surrounded by the largest forest massifs in the Žemaitija National Park. Forests cover more than a half of the national park (54%). Pine and spruce forests dominate. Also, in this section of the Forest Trail, the route goes along the edge of the northwestern part of the Plokštinė Nature Reserve (845 ha). Human economic activity is prohibited here. The collection of forest products, hunting, cognitive tourism is prohibited, thus ensuring the natural course of nature processes. Attention to nature, its resources and their preservation is one of the priority areas in the Žemaitija National Park. The route of this Forest Trail section winds around the largest lakes in the Žemaitija National Park – Plateliai, Ilgis, Beržoras lakes.

## WORTH SEEING!

- 1 Plokštinė cognitive trail.** GPS: 56.03000, 21.90554
- 2 Cold War exposition.** The only Cold War exposition in Europe, located in the former Soviet Union underground ballistic missile launch complex. +370 67786574; GPS: 56.03045, 21.90593
- 3 Babrungas river.** The right tributary of the Minija river and the only river that flows out of Plateliai lake. GPS: 56.00798, 21.84789
- 4 Leonardas Černiauskas Art Gallery.** Art gallery and creative workshops located in the former water mill of Plateliai manor. +370 68569566; GPS: 55.99924, 21.86345
- 5 Ilgis lake.** The lake is located in Ilgis Botanical and Zoological Reserve. There is a newly installed bird watching area on the lake shore. GPS: 56.00578, 21.82169
- 6 Beržoras village.** The old street village, which has preserved the traditional landscape, is also interesting for its values of sacral architecture. GPS: 56.02536, 21.81175
- 7 Beržoras lake.** The third largest lake in the Žemaitija National Park. The pool area is only 2.4 km². The lake is located in the Beržoras landscape reserve. GPS: 56.02120, 21.82146
- 8 Beržoras Church of St. Stanislaus the Bishop.** Built in 1746, it is one of the most valuable wooden churches in Lithuania, characterized by its exceptional architectural and artistic value. GPS: 56.02523, 21.81297
- 9 Siberija Observation Tower.** From the 15 m tower there is a wonderful panorama



of the surroundings of Plateliai and Beržoras. GPS: 56.03049, 21.81442

- 10 Plateliai.** One of the most beautiful and famous towns in Žemaitija. It has been mentioned since the 15th century, when Plateliai manor, settlement and church were located on the Šventorkalnis peninsula. GPS: 56.04286, 21.81569
- 11 Žemaitija National Park and Shrovetide (Užgavėnės) expositions.** The expositions installed in the barn of Plateliai manor introduce the history of Plateliai manor, the history of the town, the ethnography of Samogitians and the nature of this region. The first Shrovetide exposition in Lithuania has been created next to the former stables. +370 65907918; GPS: 56.03827, 21.81433
- 12 Plateliai manor park.** Trees declared natural monuments grow in the park, and the remains of the burnt wooden foundations of the central palace have survived. GPS: 56.03968, 21.81606
- 13 Plateliai Church of St. Apostles Peter and Paul.** Built in 1744, one of the oldest wooden, sawn log churches in Lithuania. Many ancient paintings, liturgical costumes and accessories have been preserved there. GPS: 56.04067, 21.81599
- 14 Žemaitija National Park Directorate Visitor Center.** Provides information on sightseeing objects and tourism services. There has been created an exposition "Mysteries of the Land of Žemaitija", which introduces the values of the national park. +370 44849231; GPS: 56.04229, 21.81511
- 15 Šeirė educational trail.** GPS: 56.04841, 21.82735
- 16 Plateliai lake viewing area.** GPS: 56.04704, 21.82833

## SERVICES



### Accommodations

Accommodation places:  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt)



### Catering

Catering places: [www.zemaitijosnp.lt/turizmas/maitinimas](http://www.zemaitijosnp.lt/turizmas/maitinimas)



### Shops

"Čia Market" in Plateliai,  
GPS: 56.04270, 21.81648

"Aibė" in Plateliai,  
GPS: 56.04332, 21.81536

"Pagunda" in Plateliai,  
GPS: 56.04710, 21.81865



### Pharmacies

Pharmacy in Plateliai (ambulance nearby), GPS: 56.04227, 21.81611



### ATMs

Bank terminal "Perlas" in Plateliai,  
GPS: 56.04332, 21.81536



### Public transport

Current bus routes and timetables:  
[www.plungesap.lt](http://www.plungesap.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)



### Resting areas

**1. Plokštinės camping,**   
GPS: 56.03843, 21.88443

**2. At Beržoras lake,**   
GPS: 56.02336, 21.82665

**3. Šeirė camping,**   
GPS: 56.04950, 21.83356

**4. Campings**  
[www.zemaitijosnp.lt/turizmas/stovyklavietes](http://www.zemaitijosnp.lt/turizmas/stovyklavietes)

## TOURISM INFORMATION



Žemaitija National Park Visitor Center,  
Didžioji street 8, Plateliai,  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt), +370 65907929;  
GPS: 56.04245, 21.81533



Plungė Tourism Information Center,  
S. Dariaus ir S. Girėno g. 27, Plungė,  
[www.visitplunge.lt](http://www.visitplunge.lt), +370 64053644;  
GPS: 55.91675, 21.85142





## Plateliai – Salantai

### Towards the Coastal Lowland

The Forest Trail for 6 km runs along the edge of the Plateliai–Salantai (No.2302) road. At this section, there opens up the view of the landscapes of the western part of the Žemaitija Upland over the Pajūris Lowland. In the center of Gintališkė village, the Forest Trail turns left to the southwest, coming to road No. 3216. After 2.4 km, it turns right to the west, where it crosses the largest forest massif in this section. During the Soviet era, there was a missile base here, as evidenced by the road paved with concrete slabs. Then the Forest Trail briefly follows the Plungė–Salantai road (No. 169) and after 1.4 km turns left. Up to Salantai, it wanders through a small country road, and the small-town center is reached through Žemaitės and M. Valančiaus streets. The beginning of this section is in Žemaitija National Park, but the last part is in Salantai Regional Park.



### PRACTICAL INFORMATION

..... 22 km

⌚ 5 – 7 h

🚩 Plateliai village center, Didžioji and Žemaitės/Ežero street junction

🚩 Salantai center at the post office (M. Valančiaus street)



Plateliai – Gintališkė –  
Antsieniai – Gedgaudžiai –  
Salantai



Asphalt and gravel roads.



Easy



Be careful when walking along  
the side of the road!

### TOURISM INFORMATION



**Žemaitija National Park Visitor Center**, Didžioji street 8, Plateliai,  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt),  
+370 44849231;  
GPS: 56.04229, 21.81511

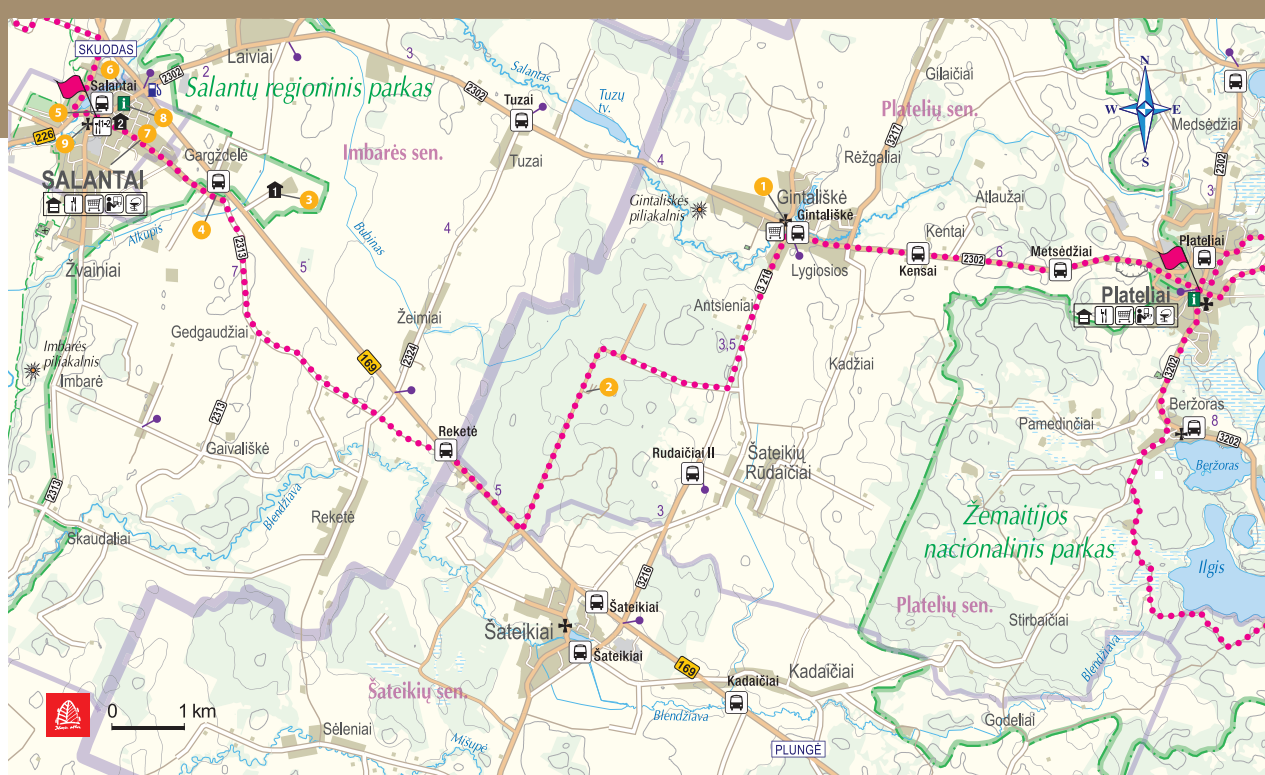


**Salantai Regional Park Visitor Center**,  
Laivių street 9, Salantai,  
[www.salanturp.lt](http://www.salanturp.lt), +370 44558761;  
GPS: 56.06182, 21.57620



**Kretinga district Tourism Information Center**, Vilniaus street 2B, Kretinga,  
[www.kretingosturizmas.info](http://www.kretingosturizmas.info),  
+370 44573102;  
GPS: 55.89091, 21.24207





## NATURE

About 5 km from the center of Gintališkė village, the Forest Trail winds towards the Šateikiai forest. This forest is located by the Plungė-Salantai road and hides an important stage in history. 1961 in the middle of these forests, a Soviet ground missile base was built. Currently, this place is not suitable for visiting, but there is an abundance of wildlife there. The largest animal found here is the elk (*Alces alces*), the largest mammal in the deer family in Europe. Elk is also the record holder for the largest horns. The width of its horns can reach a metre and a half and weigh up to 15 kg. Horns are grown only by males. Adult males drop the horns every year immediately after rutting during September – October. The horns are eaten by rodents, so they can rarely be found in nature. Elk is a good swimmer and try to stay in the vicinity of the waters that protect them from midges and cool them. In summer they live alone, except the females with young elks, in winter - in small groups. Elk is not usually aggressive, but it should not be intimidated or annoyed, especially females with the young elks. Elk can become dangerous for those traveling with a dog if challenged by a pet. In a normal situation, the elk is fleeing the man. The safest way to avoid an elk is to keep a distance. In the Baltic States, the only natural enemy of the elk is a wolf. For a long time, Šateikiai forest has been well known to the locals, because there are many forest goods – huge areas of blueberries grow and various mushrooms are found.

## WORTH SEEING!

- 1 **Gintališkė Church of St. Matthew, the Apostle and Evangelist.** A wooden church that resembles a traditional residential house in shape.  
GPS: 56.04968, 21.72392

- 2 **Šateikiai ground missile base.** At this location there was the Soviet Union's ground missile launch site. Operated until about 1978. 8 medium-range R-12 ballistic missiles were stored in the hangars. Missiles from 4 launchers were aimed at various targets in Western Europe. Not suitable for visiting.  
GPS: 56.02771, 21.68141
- 3 **Orvidas homestead – museum (Orvidų sodyba).** In the open-air museum you can find many works of its founder Vilius Orvidas and other artists, made of stone and wood. +370 61328624;  
GPS: 56.05118, 21.61054
- 4 **Gargždėlė St. Barbara's Chapel.** Renaissance-style cemetery chapel with a front façade faces the town of Salantai.  
GPS: 56.05065, 21.59741
- 5 **Salantai.** A town with a unique, ancient and honourable history, located on both sides of the Salantas river. It was once called Skilandžiai and was an important crossroads of trade routes, as a result of which it quickly became a town.  
GPS: 56.06066, 21.57139
- 6 **Mindaugas Ivanauskas zoo.** Here you can admire exotic animals and birds.  
+370 65072453; GPS: 56.06337, 21.57609
- 7 **Salantai Regional Park.** It was created in order to preserve the landscape, natural ecosystem and cultural heritage values in the valleys of the Erla, Minija and Salantas rivers and their surroundings. In the park you can see a place with boulders and junipers, reminiscent of the tundra landscape. GPS: 56.06182, 21.57620
- 8 **Salantai Regional Park Visitor Center.** Provides information about places to visit, tourism services. There is an exposition on the topic of glacier, introducing the uniqueness of this region.  
+370 44558761; GPS: 56.06182, 21.57620
- 9 **St. Virgin Mary's Assumption church in Salantai.** The neo-Gothic church, built in 1911, that greets travellers from afar as they approach Salantai from anywhere. The church houses a valuable painting of the Virgin Mary with the baby Jesus on her hands. GPS: 56.05870, 21.56900

## SERVICES



### Accommodations

Accommodation places:  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt)

1. **Rooms for rent "Orvidų sodyba",**  
+370 61328624;  
GPS: 56.05118, 21.61054
2. **Apartment rent "SalaRent",**  
+370 68225235;  
GPS: 56.05925, 21.57484



### Catering

Catering places:  
[www.zemaitijosnp.lt/turizmas/maitinimas](http://www.zemaitijosnp.lt/turizmas/maitinimas)

1. **Café-Pizzeria "Verona",**  
+370 60617483; GPS: 56.06000, 21.57178
2. **Café "Pakalnutė",**  
+370 44558703; GPS: 56.05977, 21.57092



### Shops

"Pliusas" in Gintališkė,  
GPS: 56.04903, 21.72415  
"IKI" in Salantai,  
GPS: 56.05925, 21.57183  
"Salantų pyragas" in Salantai,  
GPS: 56.06024, 21.57339



### Pharmacies

"Camelia vaistinė" in Salantai,  
GPS: 56.05952, 21.57163



### ATMs

"Swedbank" in Salantai,  
GPS: 56.05972, 21.57203



### Public transport

Bus stop in Plateliai,  
GPS: 56.04733, 21.81845  
Bus stop in Salantai,  
GPS: 56.06059, 21.57139  
Current bus routes and timetables:  
[www.plungesap.lt](http://www.plungesap.lt),  
[www.kretingosap.lt](http://www.kretingosap.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)

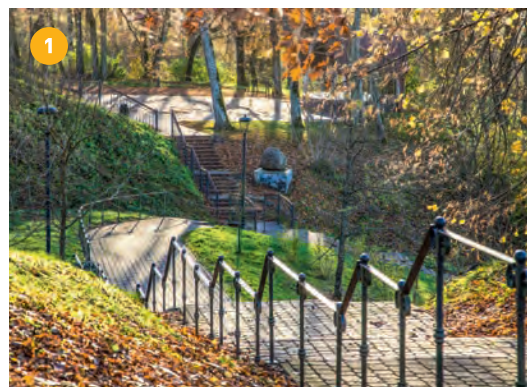
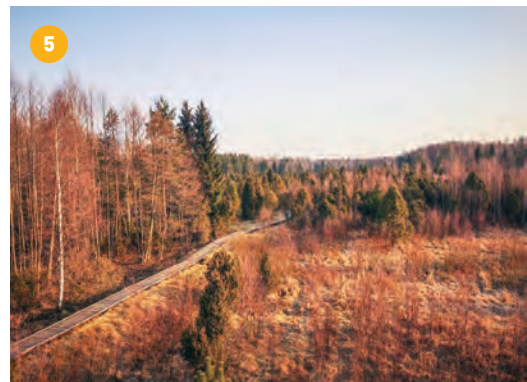




## Salantai – Mosėdis

### Through the Salantai Regional Park

From the small-town of Salantai, the Forest Trail goes along M. Valančiaus, Padvaralio and Ilgoji streets. 100 m before road No. 169 the Forest Trail turns left on a country road, after 3.5 km reaches Erlos street and turns left to the west. After 0.4 km it turns right to the north and reaches Šatraminiai village. There, it turns right to the southwest, after 2.9 km crosses the Salantai–Skuodas road (No. 169) and in Šaukliai village turns left to the north, after 3.8 km reaching Mosėdis, the destination of the section. Most of the section, except for the Šatraminiai area, runs through the territory of Salantai Regional Park.



## PRACTICAL INFORMATION

..... 20 km

⌚ 5 – 7 h

Salantai center at the post office (M. Valančiaus street)

Mosėdis, Vaclovas Intas Museum of Rare Stones.



Salantai – Alkas – Palšiai –  
Šatraminiai – Šaukliai –  
Naujukai – Mosėdis



Gravel roads, asphalt in populated areas.



Easy



Be careful when walking along the side of the road!



It is worth spending at least half a day visiting the most interesting places in Mosėdis.



## NATURE

Salantai Regional Park was established in 1992 to protect the landscape of the Minija, Salantas, Erla old valleys and their surroundings, natural ecosystem and cultural heritage values. An exclusive feature of the park is boulder – juniper fields resembling tundra landscape. The largest juniper forest in Lithuania grows in Šaukliai boulder field [the area covering 79 ha with about 300,000 m<sup>3</sup> of boulders]. There is Vaclovas Intas Museum of Rare Stones located in Mosėdis with over 150 thousand boulders [the largest stone weighs 50 tons, the smallest – a few grams]. In Salantai, there is the thickest and oldest horse-chestnut tree growing. The uniqueness and diversity of the landscape is increased by Kartena and Imbarė mounds, Alka hill. Visitors can learn about the exceptional natural and cultural values of the regional park in the Salantai Regional Park Visitor Center.

## WORTH SEEING!

- Salantai City Park.** Former Salantai manor park, one of the largest in Kretinga district. Located on the picturesque banks of the Salantas river, valuable for its biodiversity. GPS: 56.05846, 21.56656
- Salantai chestnut.** The thickest chestnut in Lithuania, a state-protected botanical natural heritage object located in Salantai City Park. GPS: 56.05678, 21.56368
- Alka hill.** A mountain formed at the confluence of the Erla and Alkupis rivers during the Ice Age. The legendary name suggests that there was a pagan shrine here GPS: 56.07201, 21.54895
- St. Chapel of the Virgin Mary in Šatraminiai.** Wooden church-chapel, built in the 18th century. GPS: 56.14180, 21.52229
- Šaukliai nature trail (Šauklių riedulynas).** An impressive territory, one of the largest in Lithuania, where boulders are evenly distributed over an area of 79 hectares. Distinguished by a unique, tundra-like landscape. It features a nature trail with an observation tower. A herd of mouflons was brought here for nature conservation purposes. GPS: 56.12533, 21.59544
- The ancient cult place of Šaukliai.** This ancient cult site includes the stone of the ancient cult site of Šaukliai with a flat bottom. The stone is the altar of a former pagan temple. GPS: 56.13910, 21.58178
- Mosėdis.** One of the oldest towns in Žemaitija, also known as the "Capital of Stones". Located near the Bartuva river, in Salantai Regional Park. Mosėdis is famous for its stone museum, which was started in 1957 by the doctor Vaclovas Intas. GPS: 56.16574, 21.57343
- Bartuva river.** The river flows into Liepāja lake, which is connected to the Baltic Sea. GPS: 56.16509, 21.57452

- Vaclovas Intas Museum of Rare Stones.** A unique museum with a field exposition of stones, as well as a collection of rare trees and plants. The restored water mill building houses a stone exposition. The museum has more than 150 thousand stone exhibits. +370 44051124; GPS: 56.16525, 21.57416
- Mosėdis educational trail.** About 3.5 km long trail around Mosėdis pond. It starts at the Vaclovas Intas Museum of Rare Stones and ends at the Mosėdis mound. Introduces the town's famous sites. There is a resting area nearby. GPS: 56.16451, 21.57274

## SERVICES



### Accommodations

- Homestead "Žalioji sodyba",** +370 61254186; GPS: 56.08813, 21.52609
- Homestead "Šauklių pirtelė",** +370 61600780; GPS: 56.13728, 21.58240
- Guest house "Svajonių levanda",** +370 61804028; GPS: 56.16800, 21.57718
- Homestead "Kaštonas",** +370 61614650; GPS: 56.16941, 21.57483



### Catering

- Cafe "Elektrėnė",** +370 65538334; GPS: 56.05677, 21.55509
- Cafe in Mosėdis,** +370 64544112; GPS: 56.16646, 21.57627



### Shops

- Shop in Šaukliai,** GPS: 56.13093, 21.57468
- Shop in Mosėdis,** GPS: 56.16362, 21.57434



### Pharmacies

None in this section.



### ATMs

None in this section.



### Public transport

Bus stop in Salantai, GPS: 56.06059, 21.57139

Bus stop in Mosėdis, GPS: 56.16365, 21.57433

Current bus routes and timetables: [www.kretingosap.lt](http://www.kretingosap.lt), [www.skuodoautobusai.lt](http://www.skuodoautobusai.lt), [www.autobusubilietai.lt](http://www.autobusubilietai.lt)

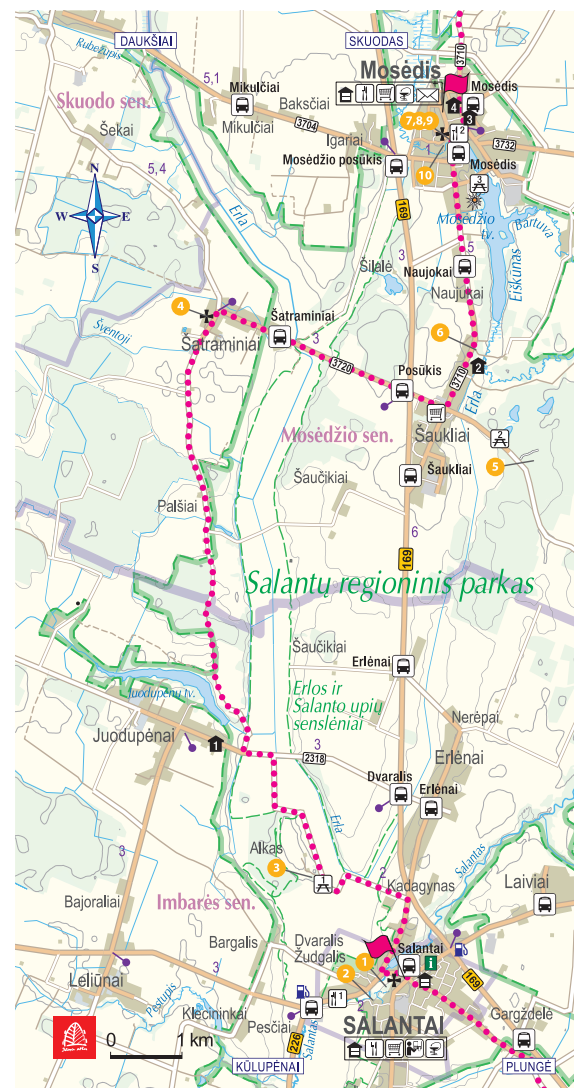


### Resting areas

- At Alka hill,** GPS: 56.07101, 21.55144
- At Šaukliai pond,** GPS: 56.12804, 21.58726
- At Mosėdis pond,** GPS: 56.15986, 21.58067

## TOURISM INFORMATION

- Salantai Regional Park Visitor Center,** Laivių street 9, Salantai, [www.salanturp.lt](http://www.salanturp.lt), +370 44558761; GPS: 56.06182, 21.57620
- Skuodas Information Center,** Vytauto street 9, Skuodas, [www.infoskuodas.lt](http://www.infoskuodas.lt), +370 44073510; GPS: 56.26914, 21.53095
- Kretinga District Tourist Information Center,** Vilniaus street 2B, Kretinga, [www.kretingosturizmas.info](http://www.kretingosturizmas.info), +370 44573102; GPS: 55.89095, 21.24195



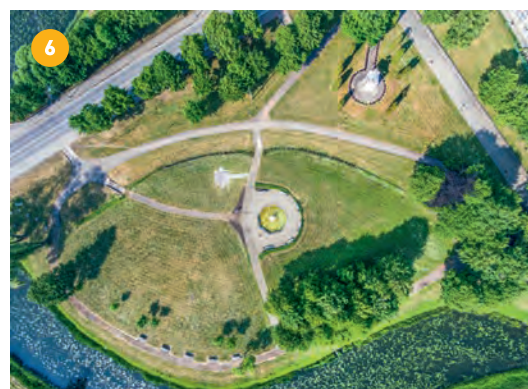
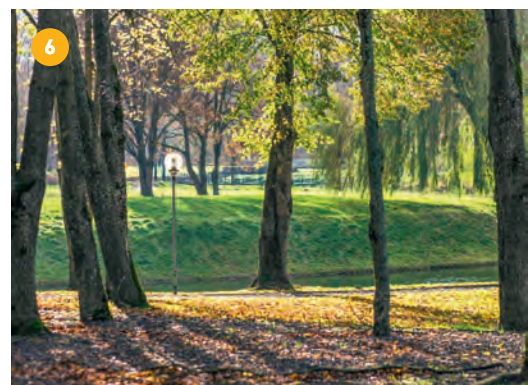




## Mosėdis – Skuodas

To Skuodas in the Lithuanian/Latvian border area

From small-town of Mosėdis, along the Salantų and Skuodo streets, the Forest Trail winds towards Skuodas and after less than 8 km reaches the Salantai–Skuodas road (No. 169). The route goes through agricultural lands. The landscape changes when it enters the valley of the Bartuva river. The Forest Trail goes 0.5 km along the Salantai–Skuodas road, then turns left and winds 6.7 km on small country roads until it reaches the town of Skuodas. It continues along Kretingos, Laisvės and Krantinės streets, crosses Skuodas Park and via Gedimino, Vytauto and J. Basanavičiaus streets (road No. 169) until it reaches the state border.



### PRACTICAL INFORMATION



22 km



5 – 7 h



Mosėdis, Vaclovas Intas  
Museum of Rare Stones



Lithuanian/Latvian border



Mosėdis – Krakės –  
Kubiliškė – Kulai – Skuodas –  
Lithuanian/Latvian border



Gravel roads, in Skuodas  
and to the Latvian border –  
asphalt.



Easy



Be careful when walking along  
the side of the road!



There is a place on the road  
where the farm area has to  
be crossed and an electric  
shepherd can be pulled over  
the road.



To cross the border, valid identity  
documents are required.



If it is planned to spend the  
night and continue the walk  
along the Forest Trail in the  
territory of Latvia, this section  
must be completed in the town  
of Skuodas, where there is accommodation. It is about 3 km  
from Skuodas to the border.



## NATURE

The city of Skuodas is located by the beautiful Bartuva River. The Bartuva River (in Latvian – Bārta) begins in the morainic ridge of the Žemaitija National Park 3 km north of Lake Plateliai. The river flows through the territories of Plungė and Skuodas district municipalities. Larger ponds: in Skuodas (92 ha) and in Mosėdis (56 ha). The Bartuva River flows into Liepāja lake, which is connected to the Baltic Sea by the Liepāja port canal. The lower reaches of the river are straightened and the banks have been reinforced with embankments to protect the surrounding lowlands from flooding.

## WORTH SEEING!

- 1 Church of St. Michael the Archangel in Mosėdis.** One of the most impressive sacred buildings of Lithuanian late Baroque architecture. The oldest surviving church in Skuodas district.  
GPS: 56.16567, 21.57246
- 2 The farmstead of Vaclovas Intas.** Vaclovas Intas, a doctor and stone collector, lived in the farmstead from 1957 to 2007.  
GPS: 56.16890, 21.57333
- 3 Kubiliškės mound.** Located on the embankment at the confluence of the Bartuva and Opalis rivers. Dated to the beginning of the second millennium.  
GPS: 56.24222, 21.50698
- 4 Skuodas.** A town in the northwest of Lithuania at the Latvian border, at the confluence of the Bartuva and Luoba rivers. Called the land of the Curonians. A militant Curonian tribe lived here more than a thousand years ago. It is said that Lithuania starts from Skuodas not only because of its geographical location, but also because of its historical past.  
GPS: 56.26998, 21.52128
- 5 Skuodas Museum.** Founded in the premises of Skuodas Manor. The museum stores values that reflect the history and culture of Skuodas region.  
+370 44073638; GPS: 56.26916, 21.52161
- 6 Skuodas City Park.** Started in 1968, expanding the preserved fragments of Skuodas Manor park. There is a "Health Trail" on the side of the park, decorated with wooden sculptures created by folk masters. GPS: 56.26857, 21.52670
- 7 Monument to the memory of the suffering of the Nation.** The work symbolically gives meaning to the history of the people of Lithuania and the Skuodas region.  
GPS: 56.26942, 21.52625
- 8 Skuodas St. Trinity Church.** Neo-Romanesque style church built of stone masonry. There is a stone bell tower in the church cemetery. GPS: 56.27002, 21.52684
- 9 Masonry Cross Chapel.** Chapel in memory of the first Catholic missions in Skuodas.  
GPS: 56.27071, 21.52924
- 10 Skuodas Evangelical Lutheran Church.** Built in 1821, the founder of it was Count Jonas Kazimieras Sapięga. The oldest

building in Skuodas.

GPS: 56.27028, 21.53165

- 11 Monument to Jonas Chodkevičius.**  
A monument to the founder of Skuodas region. GPS: 56.27124, 21.53487

## SERVICES



### Accommodations

- 1. Guest house "Svajonių levanda",**  
+370 61804028;  
GPS: 56.16800, 21.57718
- 2. Homestead "Kaštonas",**  
+370 61614650;  
GPS: 56.16941, 21.57483
- 3. Skuodas Rural Business, Crafts and Services School,** +370 44076433;  
GPS: 56.26761, 21.50600
- 4. "Skuodiškio užėiga" (rooms for rent),** +370 61530714;  
GPS: 56.27138, 21.53731
- 5. "Pas Nerijų" (rooms for rent),**  
+370 60023159;  
GPS: 56.27331, 21.53536



### Catering

- 1. Mosėdis cafe,**  
+370 64544112;  
GPS: 56.16646, 21.57627
- 2. Cafe "Kavinukas",**  
+370 67441965;  
GPS: 56.26966, 21.52803
- 3. Cafe-pizzeria "Vespera",**  
+370 61003595;  
GPS: 56.27042, 21.52971
- 4. Cafe "Skuodiškio užėiga",**  
+370 61530714;  
GPS: 56.27138, 21.53731
- 5. Cafe "Pas Nerijų",**  
+370 60023159;  
GPS: 56.27331, 21.53536



### Shops

- Shop in Mosėdis,**  
GPS: 56.16621, 21.57310
- "Aibė" in Mosėdis,**  
GPS: 56.16671, 21.57739
- "Maxima" in Skuodas,**  
GPS: 56.27048, 21.53040
- "Čia Market" in Skuodas,**  
GPS: 56.26853, 21.53091
- "Maxima X" in Skuodas,**  
GPS: 56.26772, 21.53113



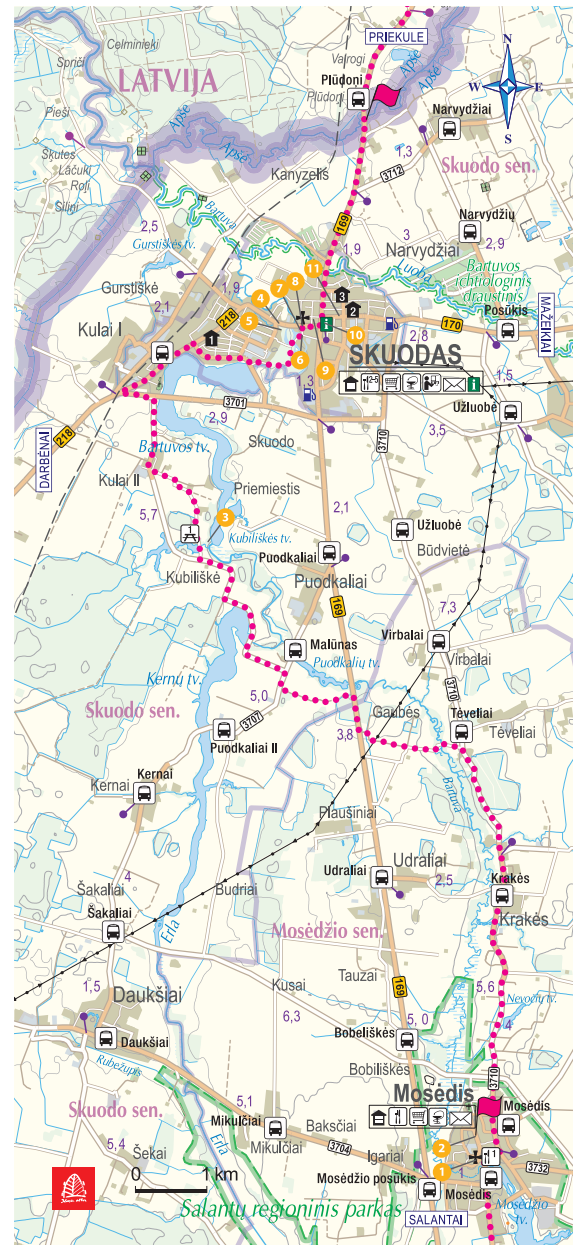
### Pharmacies

- "Camelia vaistinė" in Mosėdis,**  
GPS: 56.16613, 21.57809
- "Camelia vaistinė" in Skuodas,**  
GPS: 56.27060, 21.53060
- "Euro vaistinė" in Skuodas,**  
GPS: 56.26776, 21.53107



### ATMs

- Bank terminal "Perlas" in Mosėdis,**  
GPS: 56.16671, 21.57739
- "Šiaulių bankas" in Skuodas,**  
GPS: 56.26776, 21.53107



**"Luminor" in Skuodas,**  
GPS: 56.26774, 21.53111

**"Luminor" in Skuodas,**  
GPS: 56.27046, 21.53040



### Public transport

Skuodas bus station,  
GPS: 56.27080, 21.53960  
Current bus routes and timetables:  
[www.skuodoautobusai.lt](http://www.skuodoautobusai.lt),  
[www.autobusubilietai.lt](http://www.autobusubilietai.lt)  
(there runs Mosėdis–Skuodas bus).



### Resting areas

- 1. Kubiliškė, ▲, ▲,**  
GPS: 56.24284, 21.50318

## TOURISM INFORMATION



**Skuodas Information Center,**  
Vytauto street 9, Skuodas,  
[www.infoskuodas.lt](http://www.infoskuodas.lt),  
+370 44073510;  
GPS: 56.26914, 21.53095



# HIGHLIGHTS OF SOUTH KURZEME REGION

- Panoramic views of Rietumkursa Upland
- Spectacular gravel quarries at Gramzda
- Cultivated cereals fields and buckwheat fields in blossom
- Deep and cool Ruņupe Valley
- Landscape of Kazdanga Park and ponds
- Delicious cheese of Kazdanga
- Historical wooden architecture of Aizpute
- Wine-making traditions of Aizpute







# LATVIA

## SOUTH KURZEME REGION

ALONG THE HILLS AND RIVER VALLEYS OF  
RIETUMKURSA UPLAND

#87-91

**Lithuanian-Latvian border – Snēpele: 111 km**

Southern Kurzeme is also referred to as *Leišmale* — the area next to the Lithuanian border. The landscape features no old homesteads or villages, as they were destroyed in World War II, and the area around the Forest Trail is dominated by agricultural landscapes sparingly interspersed with wooded areas. The Swedish Gate in Priekule, built in 1688, adorned with the ducal coats of arms of the von Korff and von Redern families, chiselled in sandstone from Gotland, as well as the 18–19th century historical buildings in Aizpute, are testimonies of by-gone times.







## Lithuanian-Latvian border – Gramzda

### Along the Vārtāja undulating plain

The Lithuanian-Latvian border in nature is marked by the Apše river, which the Forest Trail crosses, entering Latvia via the Skuodas – Priekule road bridge (P114). The Forest Trail initially winds along the side of the road, but after 1.7 km turns onto a gravel road in the direction of Kalēti. Starting from the surroundings of Ozolu village, the view opens up to the beautiful and wide landscapes of the Vārtāja undulating plain of the Rietumkursā Upland. In Ozoli, the Forest Trail for 0.5 km follows the road V1217, then turns right and after 2 km reaches the Bārta–Kalēti–Gramzda road (V1218). After Kalšu lake, the Forest Trail leads to Gramzda.



## PRACTICAL INFORMATION



13 km



3 – 4 h



Lithuanian-Latvian border by the Apše river bridge



Gramzda, parking lot nearby the Lutheran church



State border – Ozoli – Gramzda



Gravel roads, asphalt.



Easy



Be careful when walking along the side of the road!



There are sand-gravel quarries in the vicinity of Gramzda, therefore a truck can run on the Bārta – Gramzda road for about 3.5 km. When crossing the Lithuanian-Latvian border, you must have valid identity documents with you.



If you are planning to cross the border, it is advisable to finish the previous section in Skuodas, where there are accommodation, and to continue the route in the morning in the territory of Latvia. From Skuodas, the state border is 3 km away. Then take the road to Gramzda (13 km) and spend the night in a tent, or take a bus to Priekule, where there is accommodation. On the second morning you can take a bus back to Gramzda.



## NATURE

As you walk through open landscapes, you can hear the voice of the corncrake (*Crex crex*). Corncrakes in Latvia are relatively more common than in other European countries – about 40,000 pairs of corncrakes nest here. At the end of May and the beginning of June in the meadows (mostly at dusk and at night, but also during the day) you can hear the loud song of a male corncrake – the two-syllable cry “krrrep-krrrep” – who protects its territory from other males. It is very difficult to see the corncrake in nature, so there is a false tale that the corncrake migrates to warmer climates by running on foot. Today, the threat for the corncrake is overgrowing of meadows, land reclamation and intensive farming. The corncrake is depicted on a 10 lats silver jubilee coin.

## WORTH SEEING!

- 1 Apše river.** Also called Apša, in Lithuania – Apšė. A tributary of the right bank of the Bārta river on the Latvian-Lithuanian border. Its length is 40 km: 20 km in Lithuania and 20 km – as a border river. GPS: 56.29609, 21.53920
- 2 Gramzda.** A village on the Latvian border, mentioned in the 13th century in written sources about the road from Jūrpils to Apulē. Gramzda fell into the hands of the Order of Livonia. The greatest damage to Gramzda was done during World War II, when in 1941 its center was burned down. During the Soviet period, farmsteads were destroyed and a modern village with multi-storey residential houses as well as Līvāni-type houses began to be built. +371 28374204 (guide); GPS: 56.36658, 21.60314
- 3 Gramzda Lutheran Church.** The history of Gramzda Church dates back to 1567 order by Duke of Courland to build a church. Restoration of the church from the ruins started in 2009 and all work is now complete. +371 28374204; GPS: 56.36536, 21.60317
- 4 Square “Gateway to Latvia”.** The three illuminated red, white and red boats, about six metres high, symbolize generations and their journey through the ages to independent Latvia. GPS: 56.36594, 21.60396
- 5 Gramzda antiquities repository.** The history of Gramzda school and Gramzda and Aizvīki villages, collection of ancient things. +371 28374204; GPS: 56.36793, 21.60313
- 6 Gramzda Forest Park with an open-air cinema.** The length of the trail there is 2 km, the gravel base allows people with special needs to move along it. Environmental objects have been provided with canopies, swings, campfire places. +371 28374204; GPS: 56.36762, 21.60732

## SERVICES



### Accommodations

- 1. Tent site “Gramzdas Mežaparks”,** +371 28374204; GPS: 56.36661, 21.60649



### Catering

- 1. Pizzeria “Lauku pica” with delivery in Gramzda and within 30 km,** +371 24603440; GPS: 56.36902, 21.58880



### Shops

- “Aibe” in Gramzda,** +371 29107441; GPS: 56.36904, 21.60378



### Pharmacies

None in this section.



### ATMs

None in this section.



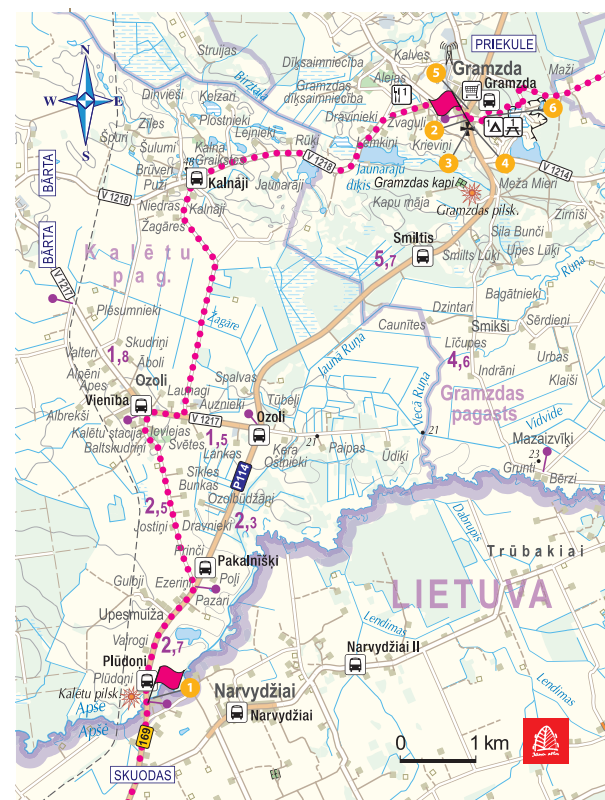
### Public transport

There is no bus traffic on the Skuodas – Gramzda route.



### Resting areas

- 1. “Gramzdas Mežaparks”,** GPS: 56.36762, 21.60732



## TOURISM INFORMATION



**Priekule TIC,**  
Aizputes street 1a, Priekule,  
[www.leismalite.lv](http://www.leismalite.lv),  
+371 26132442; GPS: 56.43860, 21.57969





## Gramzda – Priekule

### To Priekule, rich in stories

After Gramzda the Forest Trail as a small path swirls along sand and gravel quarries and along a straight path through the agricultural landscape moves northeast. At the Lejasbunči house, it turns to Mazgramzda. Before Mazgramzda, the Forest Trail crosses the deep and shady Ruņupe valley. After Mazgramzda, it runs along the Gramzda–Priekule road (P 114), from which there open up beautiful landscapes of the Vārtāja undulating plain of the Rietumkursa Upland. After crossing this road, it runs along the former airfield, crosses the Priekule–Purmsāti–Kalēti road (V 1211) and throws a circle through a small wooded area. Along the banks of the winding Virga river, the Forest Trail leads through the forest park “Priekules Priediens”, from which there is visible the destination of this section.



## PRACTICAL INFORMATION

..... 18 km

⌚ 5 – 6 h

🚩 Gramzda, parking lot nearby the Lutheran church

🚩 Priekule Lutheran Church

📍🚩 Gramzda – Mazgramzda – Priekule



Gravel roads, in a small section – trails, in Priekule – asphalt.



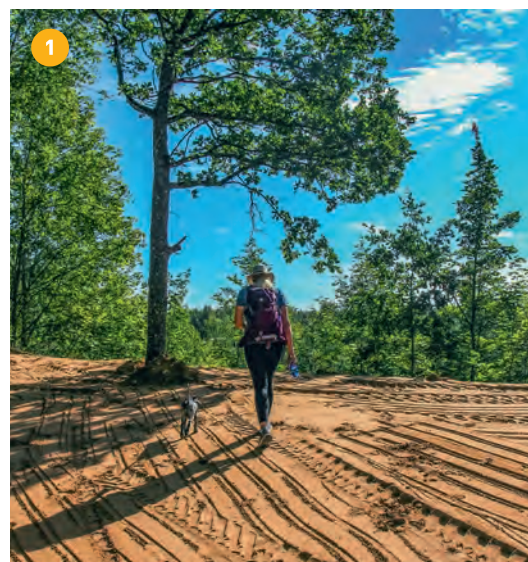
Easy



Be careful when walking along the side of the road!



There are no catering sites between Gramzda and Priekule.





## NATURE

The Ruņupe is considered to be one of the fastest rivers in Latvia, as its drop is ~ 3.8 m / km. The winding, small river flows through a deep valley with steep banks. In order to protect its most important natural values – sloping and ravine forests and oak groves, in 1977 there was founded a nature reserve “Ruņupe Valley”, which is located between Mazgramzda and Vainode. There are mixed forests on the slopes and ravines, in which there grow lindens, maples, oaks, white elms, willows and ashes. In some places, springs flow from the steep slopes, and there are small outcrops of conglomerates (cemented gravel), as well as protected habitats. The riverbed is richly covered with boulders of various sizes, creating streams. This nature reserve has protected habitats and great natural diversity. In 2021, fast-flowing rivers and natural sections of rivers were announced “Latvian habitat of 2021”. In the nature reserves, making campfires and putting up tents is allowed only in places designated and equipped for that purpose.

## WORTH SEEING!

- 1 Quarries.** Since 1963, the gravel has been obtained here for road construction and asphalt production. The depth of the quarry reaches 10 m and reservoirs are formed; the residents use them as bathing places and fishing places. GPS: 56.36697, 21.61693
- 2 Ruņupe valley.** Nature reserve in the area of 607 ha. Ruņupe near Mazgramzda, Priekule region, is characterized by surprisingly high shores, which resemble a canyon. GPS: 56.39416, 21.65640
- 3 Priekule memorial ensemble of Warrior's Cemetery.** The largest Brethren Cemetery in the Baltics. There are buried more than 23,000 Soviet soldiers who died in World War II during the 5th battle of the Courland Pocket in Priekule and the Priekule area in the spring of 1945. GPS: 56.43172, 21.59877
- 4 Priekule pine forest (“Priekules Priediens”).** A small forest, a popular place for walks and active recreation. GPS: 56.43819, 21.57148
- 5 Priekule.** Priekule is the first of the largest populated areas on the way from the Lithuanian border. The town can be explored with a guide.
- 6 Swedish Gate in Priekule.** Priekule manor gate, which is also depicted in the coat of arms of Priekule town. GPS: 56.44622, 21.59227
- 7 Priekule manor house and guard tower (viewing tower).** Priekule manor house of Korff barons was built in the second half of the 18th century. Today, this building houses Priekule Secondary School. The observation tower with the Latvian flag

on the mast has become a symbol of the restoration of the country's independence. GPS: 56.43893, 21.58135

- 8 Priekule Evangelical Lutheran Church and Icarus.** Legend has it that the blacksmith of Priekule manor made wings and descended with them from the church tower. The flight was a success, but the blacksmith was punished for daring – he was burned at the stake. Now this man is called Priekule Icarus and he is depicted in the coat of arms of Priekule region. +37126576197; GPS: 56.44192, 21.58492

## SERVICES



### Accommodations

- 1. Tent site “Gramzdas Mežaparks”,** GPS: 56.36661, 21.60649
- 2. Guest house “Parka namiņš”,** +371 29159097; GPS: 56.44667, 21.59976



### Catering

- 1. Pizzeria “Lauku pica”** with delivery in Gramzda and 30 km surroundings, +371 24603440; GPS: 56.36902, 21.58880
- 2. Canteen “Liepu aleja”,** +371 63461304; GPS: 56.43846, 21.58847
- 3. Cafe “Ikars”,** +371 27188788; GPS: 56.43863, 21.57963



### Shops

- “Aibe” in Gramzda, +371 29107441; GPS: 56.36904, 21.60378  
 “top!” in Priekule, +371 63461000; GPS: 56.44735, 21.58530



### Pharmacies

- “Priekules aptieka” in Priekule, GPS: 56.44194, 21.58365  
 “Mēness aptieka” in Priekule, GPS: 56.44734, 21.58521



### ATMs

- “Swedbank” in Priekule, GPS: 56.44622, 21.59227



### Public transport

The bus runs ~ 4 times a day on the route Gramzda–Priekule.



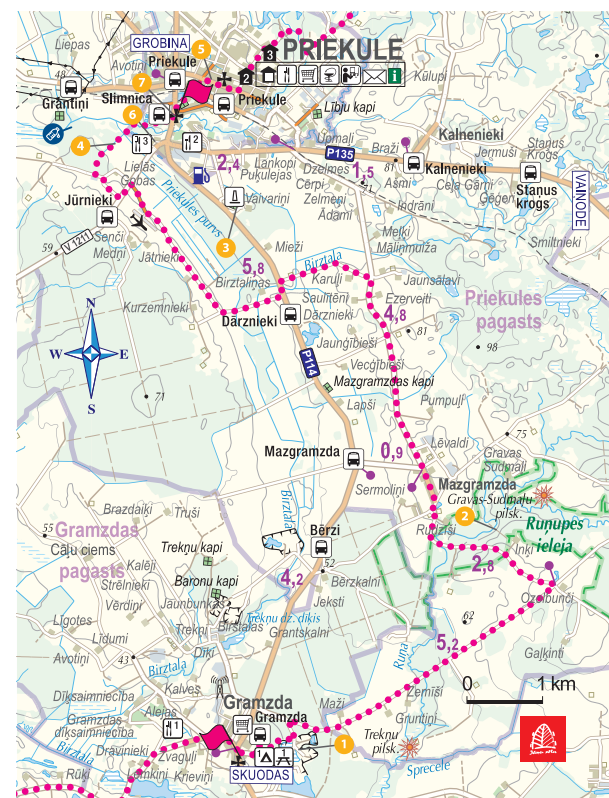
### Resting areas

- 1. “Gramzdas Mežaparks”,** GPS: 56.36762, 21.60732

## TOURISM INFORMATION



**Priekule TIC,**  
 Aizputes street 1a, Priekule,  
 www.leismalite.lv,  
 +371 26132442;  
 GPS: 56.43860, 21.57969







## Priekule – Kalvene

### Along the historical road through Embūte and Bandava hills

The Forest Trail along Ķieģeļu, Galvenā and Parka streets bends through Priekule, throws circles along small park paths near Dobeļupe and continues to Audari, where it crosses the Grobiņa–Embūte road (P106). After 4 km, it turns right and in the next section, up to the Rīga–Liepāja highway, leads along a sparsely populated area, where agricultural land alternates with forest clusters and small wetlands. The area between Sepene lake and Kalvene is distinctly hilly – here the Embūte hills alternate with the Bandava hills. The highest point reached by the Forest Trail is 115 m above sea level. Crossing the Rīga–Liepāja highway (A9), after 1 km the Forest Trail reaches the destination of this section.



## PRACTICAL INFORMATION

..... 29 km

⌚ 7 – 10 h

🚩 Priekule Lutheran Church

🚩 Tāšu-Padure Manor

📍🗺️ Priekule – Audari – Kalvene



Gravel roads, in Priekule and Kalvene – asphalt and trails.



Hard



Be careful when walking along the side of the road and crossing the Rīga – Liepāja highway A9!



There are no catering sites or shops in the section between Priekule and Kalvene.



There are no accommodation and public transport in the middle of this section. Transportation from a specific place on the route can be arranged with the hosts of accommodation.



## NATURE

In nature reserve “Blažģa ezers” (“Blažģa lake”), there takes place reintroduction (restoration in nature) of the European tree frog (*Hyla arborea*). This species of amphibian is common in southern Europe, but in Latvia it was considered extinct from the late 19th century. In 1988, the Riga ZOO started a project, releasing more than 4,000 little frogs into the wild in five years. In May, when spawning occurs, the sound of tree frogs can be heard in the vicinity of ponds and lakes. Its song is reminiscent of a duck quacking or cackling. The frogs themselves are not worth looking for and it does not need to be done, because the species is protected. Besides, this amphibian masquerade greatly. If you hear the song of the tree frog, please let it know [www.dabasdati.lv](http://www.dabasdati.lv)! Old mixed deciduous forests and other protected habitats can be found in the vicinity of Blažģa lake. In the nature reserves, making campfires and putting up tents is allowed only in places designated and equipped for that purpose.

## WORTH SEEING!

- 1** Valts's grove in Priekule. A park of oak trees planted in the 20s-30s of the 20th century covers an area of more than 40 hectares. There are bathing and fishing places in park ponds.  
GPS: 56.45268, 21.60763
- 2** Kalvene. Residential area on the side of the Rīga (Skulte)–Liepāja highway (A9).  
GPS: 56.60527, 21.73768
- 3** Tāšu-Padure Manor. Built in the early 19th century, it is an outstanding example of late classicism. At present, the manor houses Kalvene Primary School.  
+371 29577075; GPS: 56.60398, 21.73027
- 4** Farm “Kalvenes trusis” (“Kalvene Rabbit”). Offers to see 15–20 different breeds of rabbits.  
+371 29721317; GPS: 56.61432, 21.74479

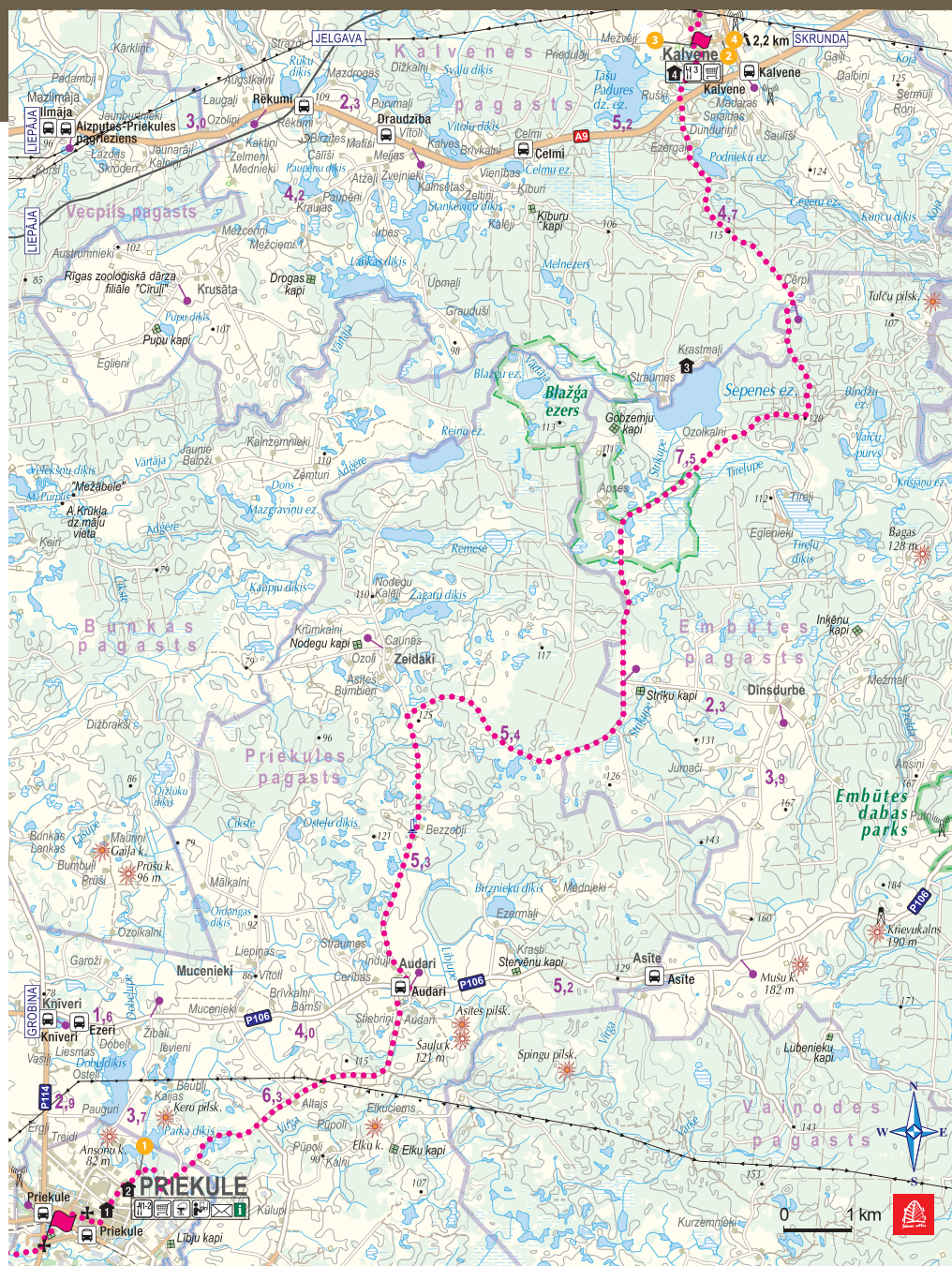
## SERVICES

### Accommodations

- 1.** Guest house “Parka namiņš”,  
+371 29159097; GPS: 56.44667, 21.59976
- 2.** Accommodations in Priekule:  
[www.leismalite.lv](http://www.leismalite.lv)
- 3.** Recreation complex “Kurzemes pērle”,  
+371 28658466; GPS: 56.56106, 21.73106
- 4.** Hotel “Spāres”,  
+371 29104657; GPS: 56.60438, 21.73809

### Catering

- 1.** Canteen “Liepu aleja”, +371 63461304;  
GPS: 56.43846, 21.58847
- 2.** Cafe “Ikars”, +371 27188788;  
GPS: 56.43863, 21.57963
- 3.** Cafe “Spāres”, +371 29104657;  
GPS: 56.60438, 21.73809



### Shops

“top!” in Priekule,  
+371 63461000;  
GPS: 56.44735, 21.58530  
“mini top!” in Kalvene,  
+371 63497152;  
GPS: 56.60444, 21.73757

### Pharmacies

“Priekules aptieka” in Priekule,  
GPS: 56.44194, 21.58365  
“Mēness aptieka” in Priekule,  
GPS: 56.44734, 21.58521

### ATMs

“Swedbank” in Priekule,  
GPS: 56.44622, 21.59227

### Public transport

There is no bus traffic on the route  
Priekule–Kalvene.

## TOURISM INFORMATION

**i** Priekule TIC,  
Aizputes street 1a, Priekule,  
[www.leismalite.lv](http://www.leismalite.lv),  
+371 26132442;  
GPS: 56.43860, 21.57969







## Kalvene – Aizpute

To Aizpute – one of the oldest cities in Latvia

The Forest Trail winds along the small streets of Kalvene to the Aizpute–Kalvene road (P115), for 1.4 km leads along its side and then turns right. Then the Forest Trail crosses the Jelgava– Liepāja railway and winds along a small country road all the way to Bojas village. There are many former fish ponds in the area. The open landscape is occasionally enlivened by a farmstead, where you can sometimes buy locally grown and prepared food. After the Kazdanga–Mazbojas road (V1299), the Forest Trail crosses the Grantnieki quarry. In the section from Kalvene to Bojas, the Forest Trail leads through the Bandava hills of the Rietumkursā Upland, where the highest relief points slightly exceed 100 m above sea level. After Bojas, the Forest Trail crosses the Laža river and at the Tebra river comes out again on the Aizpute–Kalvene road, along which it leads to Aizpute. Along Kalvenes and Atmodas streets, the Forest Trail reaches the center of the town.



### PRACTICAL INFORMATION

..... 17 km

⌚ 4 – 6 h

🚩 Tāšu-Padure Manor

🚩 Aizpute Tourism Information Center



Kalvene - Bojas - Aizpute



Gravel and asphalt roads, in a short section – a trail.



Easy



Be careful when crossing the Jelgava – Liepāja railway!



There are no shops or catering sites from Kalvene to Aizpute.

The house “Kaupi” (56.65175, 21.69316) has a dog that often meets hikers outside the yard. To get past the dog, you can contact the dog owner Līga, +371 27784148. In this house, travellers are offered to buy fresh country milk and eggs.



It is worth seeing the town of Aizpute.



## NATURE

The Bojas park, which has developed around the Bojas manor (the main building now houses the South Kurzeme region's customer center of the "Latvian State Forests") is notable for the plantations of European Silver Fir (*Abies alba*). This species has been introduced into Latvia (propagated from elsewhere) and is not present in the wild. There are about half a hundred different species of white firs (*Abies*) in the world and they are found in the temperate and subtropical zone of the northern hemisphere. European wild white firs grow in the south of Latvia, therefore the relatively mild climate of Kurzeme Bojas is more suitable for them. It turns out that the popular Christmas song "O Tannenbaum, o Tannenbaum" in Germany actually lauds the European white fir, not our ordinary spruce.

## WORTH SEEING!

- 1. Bojas manor.** A villa-type building was built in 1860. The manor can be seen from the outside. GPS: 56.68105, 21.65514
- 2. Lindenberg Cardboard Factory Building.** A typical sample of the late 19th-century manufacturing building. The club premises have an authentic Soviet postmodern interior. Can be viewed by prior arrangement. +371 28633808; GPS: 56.71710, 21.61495
- 3. Aizpute water tower.** There are taps of water supply networks exposed to visitors and information about other industrial objects in Aizpute, a 3D model of a water tower and a deep well model, as well as a telescope for viewing the town from the tower. +371 23663289; GPS: 56.71707, 21.60519
- 4. Aizpute winery.** In the old vaulted cellar of Aizpute castle manor you can learn about Aizpute wine making and taste the wine made here. +371 26397949; GPS: 56.72267, 21.59845
- 5. Aizpute Local History Museum.** 7 permanent expositions provide an insight into the history, economic and cultural life of the town of Aizpute and its surroundings. +371 29623284; GPS: 56.72266, 21.59843
- 6. Art park in Aizpute.** Collection of rare plants in the nature park and works of art by Ģirts Brumsons. +371 26892701; GPS: 56.72580, 21.61434

## SERVICES



### Accommodations

- 1. Hotel "Spāres",** +371 29104657; GPS: 56.60462, 21.73794
- 2. Tent site "Jasmīni",** +371 20364510; GPS: 56.62763, 21.71838
- 3. Holiday house "RANČOcrew",** +371 29943476; GPS: 56.72248, 21.62316
- 4. Apartments "K5",** +371 28633808; GPS: 56.72224, 21.60472



### Catering

- 1. Cafe "Spāres",** +371 29104657; GPS: 56.60462, 21.73794
- 2. Italian pizzeria restaurant "Giardino di Napoli – Neapoles dārzs",** +371 28222974; GPS: 56.71824, 21.60654
- 3. Cafe "Piparmētra",** +371 28296844; GPS: 56.71922, 21.60407
- 4. Cafe "Osteria",** +371 29886816; GPS: 56.70758, 21.62227
- 5. Cafe "Bekereja SS",** +371 29903473; GPS: 56.71821, 21.60534
- 6. Cafe "Kāpenieki – 1",** +371 63448419; GPS: 56.72419, 21.59786
- 7. Cafe "Livonija",** +371 63448687; GPS: 56.71861, 21.60484
- 8. Cafe of the shopping center "Aizpute",** GPS: 56.71901, 21.60707



### Shops

- "Spāries" in Kalvene, +371 29104657; GPS: 56.60462, 21.73794
- "top!" in Aizpute, +371 63448817; GPS: 56.71901, 21.60707
- "mini top!" in Aizpute, +371 63448015; GPS: 56.72441, 21.59851
- "mini top!" in Aizpute, +371 63448318; GPS: 56.72167, 21.60410



- "Maxima X" in Aizpute, +371 80002020; GPS: 56.71754, 21.61028
- "Aibe" in Aizpute, +371 67517310; GPS: 56.72046, 21.60642



### Pharmacies

- "Apotheka" in Aizpute, GPS: 56.71538, 21.61320
- "Mana aptieka" in Aizpute, GPS: 56.71835, 21.60485
- "Mēness aptieka" in Aizpute, GPS: 56.71973, 21.60719



### ATMs

- "SEB" in Aizpute, GPS: 56.71901, 21.60707



### Public transport

- Buses do not run on the route Kalvene – Aizpute.



### Resting areas

- 1. Bojas manor,** GPS: 56.68040, 21.65533
- 2. Laža water reservoir,** GPS: 56.71587, 21.62926

## TOURISM INFORMATION



- Aizpute TIC, Atmodas street 16, Aizpute, [www.visitaitpute.lv](http://www.visitaitpute.lv), +371 28617307; GPS: 56.71924, 21.60322





## Aizpute – Snēpele

### In the footsteps of baron von Manteuffel

The Forest Trail along Atmodas and Jelgavas streets winds through Aizpute, after the Laža water reservoir turns right, and approaches the Kazdanga manor park with a large circle from the south. As a small path, it leads along Dzirnau lake through the manor park, around the manor and Zēnu pond, for 0.7 km continues along the Kazdanga–Cildi road (V1200) and then turns right onto the Snēpele–Kazdanga road (V1296). Up to the country house “Zemturi”, the Forest Trail gradually rises in the Bandava hills of the Rietumkursā Upland, revealing beautiful views in both directions. The height of the relief here reaches a maximum of about 81 m above sea level. From “Zemturi”, for about 12 km, the Forest Trail leads through a sparsely populated forest massif and only in the last 3 km comes out again in an open area with agricultural lands and farmsteads, reaching Snēpele.



#### NATURE

Kazdanga Park by area (196 ha) is one of the largest and dendrologically richest manor parks in Latvia, with more than 200 different species of trees and shrubs. 127 species plants have been brought from other lands and reared here. The park around Kazdanga palace was established in the early 19th century as a landscape park. There are many ponds in the park, as Kazdanga was the first place in all of tsarist Russia, where pond farming was started around 1870. This was thanks to baron Karl Wilhelm von Manteuffel, who was very fascinated by the ideas of liberalism and carried out democratic reorganizations of the manor's property. The baron gladly supported the artists, in the summers the Latvian painters Jānis Valters and Vilhelms Purvītis, as well as the Lithuanian painter Petrs Kalpakas lived in the palace and enjoyed his hospitality. A 9 km long network of pedestrian routes has been created in the park. The park with its surroundings is a good place to watch birds and get to know trees, shrubs, etc.

### PRACTICAL INFORMATION

..... 34 km

⌚ 9 – 12 h

🚩 Aizpute TIC

🚩 Snēpele Palace

📍 Aizpute – Kazdanga – Snēpele

🌳 Gravel roads, asphalt in Snēpele. In Kazdanga – paths and park trails.



Hard, if in one day,



Easy, if in two days.



Be careful when walking along the side of the road!

Be especially careful at the turn of the Aizpute–Kazdanga road (Jelgavas street) behind the Laža water reservoir!



There are no shops or catering sites from Kazdanga to Snēpele. The house “Skabuļi” (56.70846, 21.68058) has a dog that often meets hikers outside

the yard. To get past the dog, you can contact the dog owner Aiga, +371 26516640. In this house, travellers are offered to buy organic forest and meadow honey, in the autumn season – apples, in summer – currants, cherries, blackcurrants.

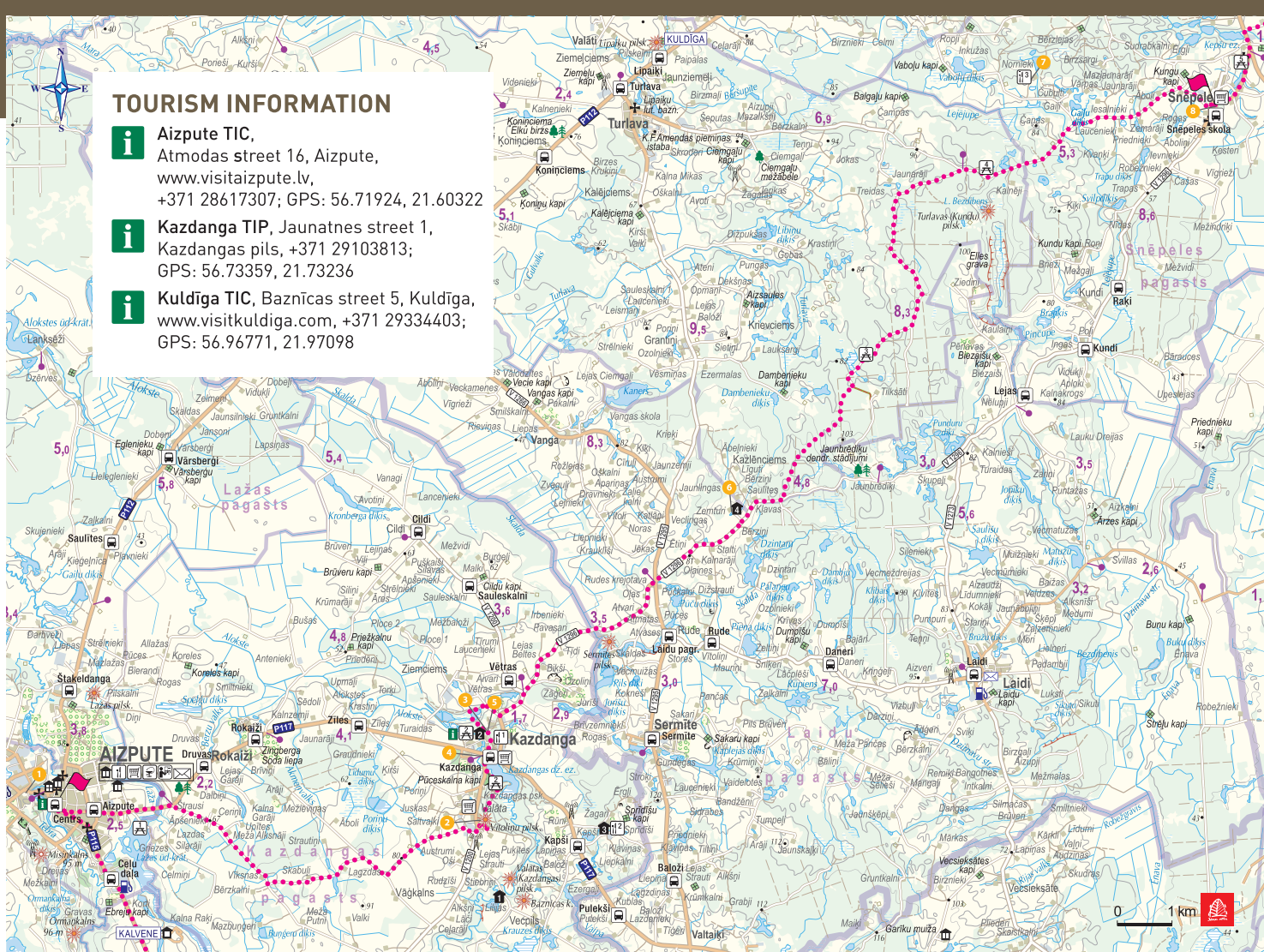


It is recommended to divide the section into two days, spending the night in the farmstead “Zemturi” (19 km), and go to Snēpele (15 km) the next day.



## TOURISM INFORMATION

- i** Aizpute TIC,  
Atmodas street 16, Aizpute,  
www.visitaizpute.lv,  
+371 28617307; GPS: 56.71924, 21.60322
- i** Kazdanga TIP, Jaunatnes street 1,  
Kazdangas pils, +371 29103813;  
GPS: 56.73359, 21.73236
- i** Kuldīga TIC, Baznīcas street 5, Kuldīga,  
www.visitkuldiga.com, +371 29334403;  
GPS: 56.96771, 21.97098



## WORTH SEEING!

- 1** Aizpute. One of the oldest cities in Latvia. The authentic wood architecture of Aizpute from the 19th century is a European cultural heritage. Ruins of a castle of the Livonian Order, a stone bridge over the Tebra river, water mills, estates. GPS: 56.72102, 21.59550
- 2** Kazdanga dairy plant "Elpa". The dairy plant produces milk, cream, kefir, cottage cheese, yoghurt and fresh unripe cheese. Available in local shops and elsewhere in Latvia. +371 29135940; GPS: 56.71869, 21.73130
- 3** Kazdanga manor park and observation tower. Walking trail, bicycle path network, lake footbridge with the observation tower over the lake, beautiful landscapes with wooden sculptures, a boulder grotto. GPS: 56.73409, 21.73286
- 4** Kazdanga manor pub building and mill. The main values of the pub building are the facade, authentic semi-circular arched windows and doors, and two iron-forged wind indicators from 1667. The mill was built in 1840. GPS: 56.72967, 21.73173
- 5** Kazdanga palace manor complex. The manor house was built around 1800 and belonged to Kurzeme barons von Mantouffels. The castle houses the Kazdanga local history museum and the exposition of "Bojas" Forestry Museum. +371 28616717; GPS: 56.73409, 21.73286
- 6** Farm – zoo "Zemturi". The farm has two themed trails, one for pets and poultry and the other for big trees and flowers. +371 28787683; GPS: 56.77118, 21.80378

- 7** Ostrich farm "Nornieki". Largest ostrich farm in Latvia displays both large and small birds, the process of incubation of ostrich eggs, and goats. Ostrich meat product tasting and master classes. +371 29282032. GPS: 56.843908, 21.889540
- 8** Snēpele manor. Snēpele manor was built in the 19th century and was the property of baron von Hahn family. Evidence of history can be seen in the manor, as well as the weavers' workshop "Vēveri" and memorial room of the painter Indriķis Zeberīns (painter, graphic artist, book illustrator and cartoonist). +371 28311151; GPS: 56.84025, 21.94515

## SERVICES

### Accommodations

- 1.** Guest house "Lilijas", +371 29100175; GPS: 56.70614, 21.73798
- 2.** Kazdanga apartments and "Kazdangas saietu nams", +371 26421640; GPS: 56.73307, 21.73277
- 3.** Guest house "Lauku kūrtors", +371 26446670; GPS: 56.71800, 21.77045
- 4.** Farm – zoo "Zemturi", +371 28787683; GPS: 56.77118, 21.80378

### Catering

- 1.** Canteen "Juna – 1", +371 29157615; GPS: 56.73243, 21.73548
- 2.** Cafe "BeFest Bar", +371 26446670; GPS: 56.71800, 21.77045
- 3.** Restaurant "[ar putniem]", +371 29123501; GPS: 56.843908, 21.889540

### Shops

- "mini Top!" in Kazdanga, +371 63448125; GPS: 56.72933, 21.73272
- "LaTS" in Kazdanga, +371 28325843; GPS: 56.72102, 21.72951
- "Saldo" in Snēpele, +371 20360750; GPS: 56.84140, 21.94567

### Pharmacies

- "Apotheka" in Aizpute, GPS: 56.71538, 21.61320
- "Mana aptieka" in Aizpute, GPS: 56.71835, 21.60485
- "Mēness aptieka" in Aizpute, GPS: 56.71973, 21.60719

### ATMs

- "SEB" in Aizpute, GPS: 56.71901, 21.60707

### Resting areas

- 1.** Laža water reservoir, 🌿, GPS: 56.71587, 21.62926
- 2.** Kazdanga manor park, 🌿, GPS: 56.73409, 21.73286
- 3.** "Ušņas", 🌿, GPS: 56.79765, 21.84133
- 4.** "Vārpas", 🌿, GPS: 56.82881, 21.87653
- 5.** "Pagastmāja", GPS: 56.84685, 21.95337

### Public transport

Buses do not run on the route Aizpute–Snēpele.



## HIGHLIGHTS OF KULDĪGA AND SURROUNDINGS

- Ostrich-watching in the vicinity of Snēpele
- Pelči Manor and its fish ponds
- Lovely cats of the old town of Kuldīga
- Leisurely walk on the banks of the Alekšupīte
- Refreshing bathing by the waterfall (Ventas Rumba)
- Historic brick bridge over the river Venta in Kuldīga
- Riežupe sandstone caves — a maze with the greatest total length of underground passages in Latvia
- Waterfalls on the river Īvande at Renda







# LATVIA

## KULDĪGA AND SURROUNDINGS

CHARM OF THE OLD TOWN OF KULDĪGA AND  
THE WIDEST WATERFALL OF EUROPE

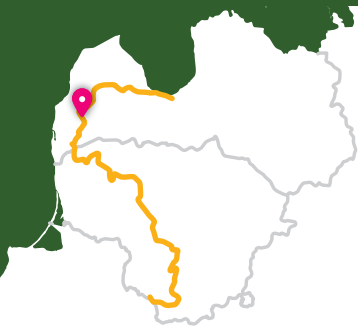
#92-93

**Snēpele - Renda: 53 km**

In the 16–17th century, Kuldīga served as the residence of Duke Jacob Kettler of Courland (Kurzeme) and Semigallia (Zemgale). During his 40-year reign, the Duchy saw an economic boom. Cobbled streets of Kuldīga, old buildings, the river Alekšupīte, running through the town, St. Catherine's Church and organ music concerts in it, gourmet restaurants and a country delicatessen shop in the town center is a great travel experience to enjoy in a leisurely ambience of a small town. The red-brick bridge over the river Venta is a landmark of the town. The widest waterfall of Europe, Ventas rumba (width 100–100 m) lies on the Venta. Since it is only about 1.6–2.2 m tall, once a year you can watch flying fish there, when during spawning in spring, vimba breams jump over the waterfall. Vast Kurzeme woodlands stretch from Kuldīga.







## Snēpele – Kuldīga

### Venta valley and Riežupe Nature Park

Along the main street of Snēpele, the Forest Trail takes the road V1294 and after 0.3 km opposite Ķepšu lake turns right onto a small country road. Along this road, the Forest Trail bends to Slipiņciems, before crossing Sprincupe along the dam, where a pond has been created. Then the Forest Trail goes in the direction of Pelči. Nearby Pelči, the trail bends along Pelču Dambu ponds, leads to the Kuldīga–Pelču road (V1293) and further stretches through the Kuldīga garden areas – “Kurzemīte” and “Rumba”, until it reaches the Venta bank and the Kuldīga bypass. From there to the Old Brick Bridge, the Forest Trail for 2.4 km leads along a beautiful Venta coastal path, where there are wooden bridges and footbridges in wetter places and across streams.



## PRACTICAL INFORMATION

..... 21 km

⌚ 5 – 7 h

🚩 Snēpele Palace

🚩 The Old Brick Bridge across the Venta river

📍🚩 Snēpele – Slipiņciems – Pelči – Kuldīga



Gravel roads, in Snēpele and Kuldīga – asphalt or pavement, promenade with gravel along the shore.



Easy



Be careful when walking along the side of the road and crossing the Kuldīga bypass! There can be hogweeds on the roadsides!



There are no catering sites in the section from Snēpele to Kuldīga.



It is worth spending the day to see Kuldīga.



## NATURE

In the 23 km long section of the Venta valley, which starts at Kaltīki before Kuldīga and ends at the Abava estuary to the Venta, a nature reserve "Venta Valley" has been founded. It is distinguished by the diversity of different habitats – hillside forests, sandstone and dolomite outcrops and meadows, and the variety of protected plants and animals – insect and bird species, as well as landscapes. In a nature reserve, making campfires and putting up tents is allowed only in places designated and equipped for that purpose.

In this section hikers should beware of Sosnovsky's hogweed (*Heracleum sosnovskyi*). It is an invasive (imported into Latvia and spread in the wild in many places), 2-4 m high, perennial plant with a huge, cluster-like, white flower and large, juicy leaves. Hogweed should not be touched (including clothing), as its cell juice in contact with the skin, under the influence of ultraviolet (sun) rays, develops tissue damage similar to grade I-III burns. The touch itself is not painful, but the effects are beginning to appear after several hours. In case of minor contact, the affected area can be treated in the same way as in case of burns, but in more severe situations a doctor should be consulted.

## WORTH SEEING!

- 1 "Mazsālijas". Deer garden, wine cellar, tastings. +371 22003744; GPS: 56.88201, 21.93786
- 2 Pelči palace with a park. The building shows the influence of Art Nouveau. Currently, the palace hosts a Pelči special boarding primary school. +371 29712248 (a guide); GPS: 56.91880, 21.96817
- 3 "Pelču Damba Dīki" (ponds). Fish are grown in about 10 ponds, and for a fee there you can catch fish, such as pike, carp, crucian carp, tench and perch. On the side of the pond, a ~ 2t heavy road roller, 19th century road construction equipment, is on display. +371 27579487; GPS: 56.92614, 21.97466
- 4 Peony garden "Ziedoņi". Landscape garden, one of the largest peony collections in Latvia. +371 28615836; GPS: 56.92258, 21.96427
- 5 Ventas Rumba (the Venta waterfall or Venta rapid). Europe's widest natural waterfall. The Venta waterfall is a protected geological and geomorphological natural monument and is located in the nature reserve "Ventas ieleja" ("Venta valley"). GPS: 56.96794, 21.97910
- 6 Kuldīga Regional Museum. The museum is located in Bangertu Villa – a wooden architectural heritage building. +371 22015462; GPS: 56.96820, 21.97675
- 7 The Old Brick Bridge across the Venta. The pride of Kuldīga – one of the longest brick vault bridges in Europe. GPS: 56.97002, 21.97746

## SERVICES



### Accommodations

1. Guest house "Mazsālijas", +371 22003744; GPS: 56.88201, 21.93786
  2. Guest house "Putraimi", +371 29181329; GPS: 56.85411, 21.98857
  3. Tent site "Dambi", +371 27579487; GPS: 56.92614, 21.97466
- Accommodation in Kuldīga:  
www.visitkuldiga.com



### Catering

Catering in Kuldīga:  
www.visitkuldiga.com



### Shops

"Saldo" in Snēpele,  
+371 20360750; GPS: 56.84140, 21.94567  
"Pelči" in Pelči, +371 63326232;  
GPS: 56.92037, 21.96846  
Several in Kuldīga; closest to the route:  
GPS: 56.95917, 21.99111;  
GPS: 56.96870, 21.97117;



### Pharmacies

"BENU" in Kuldīga,  
GPS: 56.96818, 21.97115  
"Mēness aptieka" in Kuldīga,  
GPS: 56.96854, 21.96314;  
GPS: 56.96766, 21.95350  
"a.Apotheka" in Kuldīga,  
GPS: 56.96713, 21.95840;  
GPS: 56.97117, 21.95950



### ATMs

In Kuldīga:  
GPS: 56.96850, 21.97066;  
GPS: 56.97342, 21.95803;  
GPS: 56.96840, 21.96084;  
GPS: 56.96714, 21.95896;  
GPS: 56.95744, 21.99107;  
GPS: 56.96915, 21.96007



### Public transport

On the route Snēpele–Kuldīga  
the bus runs ~ 3 times a day.  
www.1188.lv



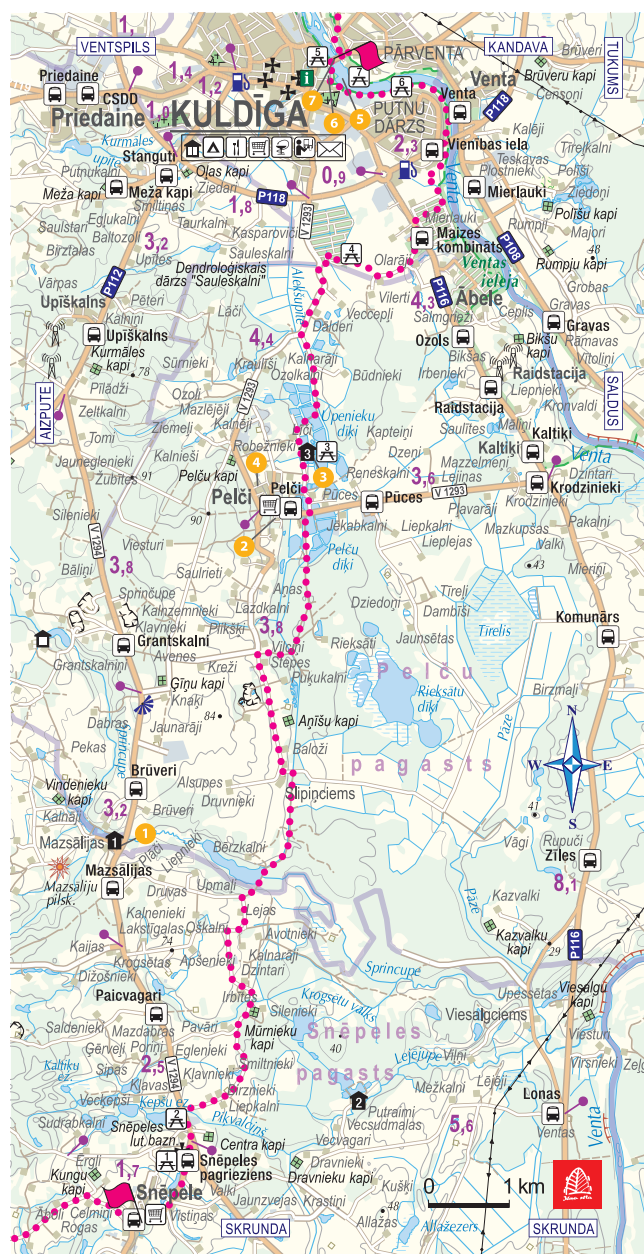
### Resting areas

1. "Pagastmāja", GPS: 56.84685, 21.95337
2. "Ķepšu ezers", GPS: 56.85225, 21.95174
3. "Dambi", GPS: 56.92614, 21.97466
4. "Ganību iela", GPS: 56.94774, 21.98146
5. "Kūrava", GPS: 56.97024, 21.97503
6. "Putrudārza krastmala", GPS: 56.96724, 21.99199
7. "Mārtiņsala", GPS: 56.96833, 21.98158

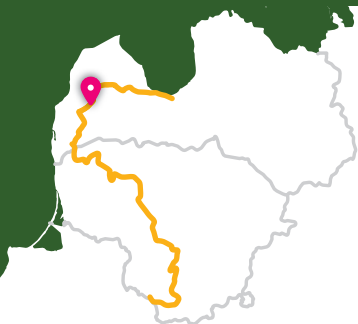
## TOURISM INFORMATION



Kuldīga TIC,  
Baznīcas street 5, Kuldīga,  
www.visitkuldiga.com,  
+371 29334403;  
GPS: 56.96771, 21.97098







## Kuldīga – Renda

### Venta valley and Riežupe Nature Park

After the Old Brick Bridge across the Venta river, the Forest Trail continues for a short time on the right bank of the Venta, notched by ravines, then, along Krasta street and Vetklīnika–Paleja road, it crosses Kalnmuīža forest and Riežupe and further up to Mazrenda continues along the roads of the vast Renda forest massif. The terrain is flat here, because this section is part of the Pieventa plain of the Kursa Lowland. In Mazrenda, the Forest Trail crosses a sand-gravel quarry and takes you to the center of Renda along Kuldīgas street. The section belongs to the territory of the nature reserve “Ventas ieleja” and the nature park “Riežupe”.



## PRACTICAL INFORMATION

..... 32 km

⌚ 8 – 11 h

🚩 The Old Brick Bridge across the Venta river

🚩 Renda nearby the Lutheran Church

📍 Kuldīga – Pārventa – Kalnmuīža – Mazrenda – Renda



Gravel roads, in a small section – trails and dirt roads, in Kuldīga and Renda – asphalt.



Hard



Be careful when walking along the side of the road!

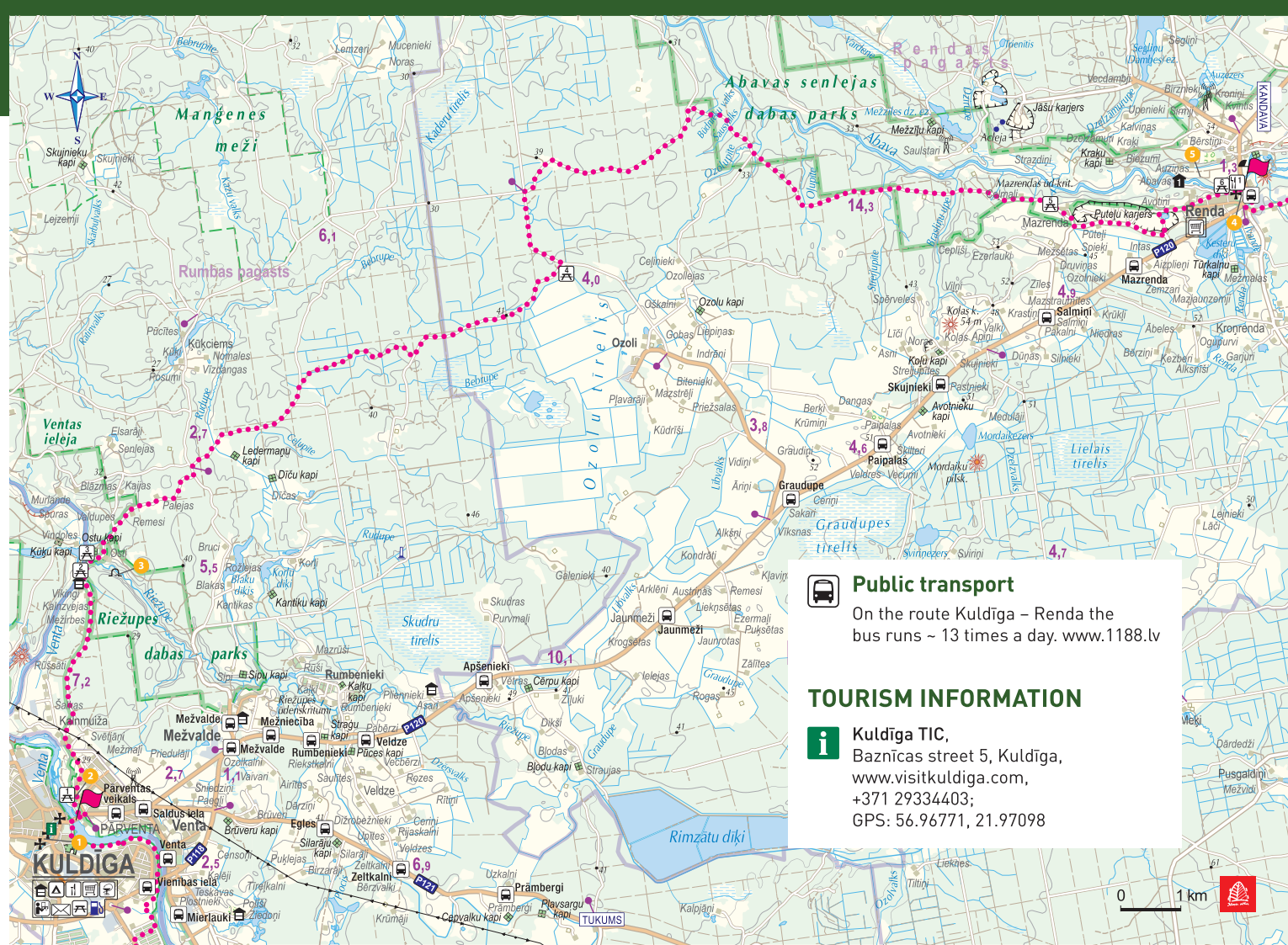


There are no catering sites, shops, and accommodation between Kuldīga and Renda.



There is a bus between Kuldīga and Renda, but in the middle of the route any stops are about 10 km from the Forest Trail. If the route seems too long for one day, then it is necessary to agree with the hosts of the tourist accommodation on transport services.





### Public transport

On the route Kuldīga – Rēnda the bus runs ~ 13 times a day. [www.1188.lv](http://www.1188.lv)

### TOURISM INFORMATION



**Kuldīga TIC**,  
Baznīcas street 5, Kuldīga,  
[www.visitkuldiga.com](http://www.visitkuldiga.com),  
+371 29334403;  
GPS: 56.96771, 21.97098

## NATURE

The Forest Trail at the Riežupe estuary to the Venta crosses the nature park “Riežupe”. It is created to protect the impressive natural values characteristic of Riežupe valley: its slopes and ravine forests and its geological natural monuments, such as sandstone outcrops, caves, waterfalls, river streams, as well as species, forest massifs and landscape. Riežupe caves are artificially excavated in the sandstone layers of the Amata suite. These layers were formed in the Devonian period about 365 million years ago, when the present territory of Latvia was located near the equator and was covered by a shallow sea. Iron oxides, clay particles and sand cemented, forming a sediment known as sandstone. Its colour (yellow, red, white) and hardness depend on the iron content and the degree of cementation. Plant and animal fossils are often found in sandstone layers. Fossils of the most primitive quadruped, *Ventastega curonica*, which lived 365 million years ago, have been found on the banks of the Ciecere river. Self-extraction of fossils by damaging sandstone outcrops is not allowed!

## WORTH SEEING!

- 1 Kuldīga.** One of the most attractive cities of Kurzeme with architectural heritage of 17th and 18th century buildings.  
GPS: 56.96751, 21.97060

- 2 A field of cultural potatoes.** The field honors Imants Ziedonis' literary work “Kurzemīte”. In the field, “Potato Field Radio” plays the thoughts of great people, good music and cultural news. Environmental installation – stage “Even bigger table above my table”.  
GPS: 56.97361, 21.97702
- 3 Riežupe sand caves.** The longest underground cave maze in Latvia – 2 km. 460 m available for viewing. 8 species of bats winter in the caves. +371 29555042;  
GPS: 57.00657, 21.98636
- 4 Rēnda Evangelic Lutheran Church.**  
+371 26429570; GPS: 57.06814, 22.29195
- 5 Vini Curlandia.** The winery offers tours and tastings. +371 29704932, 25611809;  
GPS: 57.07082, 22.28066

## SERVICES



### Accommodations

Accommodation in Kuldīga:  
[www.visitkuldiga.com](http://www.visitkuldiga.com)

- 1. Holiday house “Abavas”,**  
+371 29286489; GPS: 57.06981, 22.27457



### Catering

Catering in Kuldīga:  
[www.visitkuldiga.com](http://www.visitkuldiga.com)

- 1. Cafe “Abavas pagrabiņš”,**  
+371 26493871; GPS: 57.06977, 22.29265



### Shops

Several in Kuldīga; closest to the route:  
“Saldo”, GPS: 56.96870, 21.97117;

“top!”, GPS: 56.97121, 21.98730

“Citro” in Rēnda, +371 28559048;  
GPS: 57.06861, 22.29389



### Pharmacies

“BENU” in Kuldīga,  
GPS: 56.96818, 21.97115

“Mēness aptieka” in Kuldīga,  
GPS: 56.96854, 21.96314;  
GPS: 56.96766, 21.95350

“a.Apotheka” in Kuldīga,  
GPS: 56.96713, 21.95840;  
GPS: 56.97117, 21.95950



### ATMs

In Kuldīga: GPS: 56.96850, 21.97066;  
GPS: 56.97342, 21.95803;  
GPS: 56.96840, 21.96084;  
GPS: 56.96714, 21.95896;  
GPS: 56.95744, 21.99107;  
GPS: 56.96915, 21.96007



### Resting areas

**1. “Kartupeļu lauks”,**  
GPS: 56.97361, 21.97702

**2. “Riežupeš alas”,**  
GPS: 57.00685, 21.97848

**3. “Riežupeš ieteka”,** 🌿, 🏔️,  
GPS: 57.00932, 21.97918

**4. “Ozolu kūdras purvs”,**  
GPS: 57.05495, 22.10737

**5. “Kopsaimnieki”,**  
GPS: 57.06609, 22.23918

**6. “Rēnda”,** 🌿, 🏔️,  
GPS: 57.06963, 22.29188



## HIGHLIGHTS OF ABAVA RIVER VALLEY

- Sabile Wine Hill with a vineyard
- Tasting of Sabile wines and ciders
- Merry toboggan ride at Zviedru Cepure (the Swedish Cap)
- Landscapes of Abava Valley
- Instagram-ish Fishmen Bridge over the Abava
- Mouth-watering Pūre chocolate truffles
- Exploring forest at the Forest Museum







# LATVIA

## ABAVA RIVER VALLEY

PAST THE VINEYARDS OF THE ABAVA VALLEY

#94-96

**Renda – Jaunmokas Palace: 70 km**

The Abava Valley is up to 2 km wide and about 30–40 metres deep, so hikers can enjoy beautiful landscapes. In Sabile, you can taste ciders and wines brewed in the vicinity and beyond. The territory of Pedvāle Art Park (less than 100 hectares) features meadows, shrubs, rolling slopes, deep valleys, springs, streams and a winding river. There, an artist residence is established, and exhibitions, concerts, shows are held. The symbol of the town of Kandava is the boulder bridge over the Abava. Natural meadows of the Abava Valley, particularly beautiful in the middle of summer, are sustained by livestock bred for living in the wild. In Pūre, chocolate works that offer tours and tasting are located.







## Renda – Sabile

### To the town of wine and cider – Sabile

The Forest Trail in Renda for a short distance circles along the rocky banks of the Īvande river and then leads to Kroju Road. At first you can see open landscapes, but later the trail continues through the forest. In some places there are views of the Abava valley. The natural landscapes are gradually changing, as the Forest Trail leaves the Pieventa plain of the Kursa Lowland and slowly rises to the Vāne descent of the Austrumkursa Upland, reaching 50–60 m above sea level. Before Valgale village, it turns around the deep ravine of the Valgale river and goes to Sabile along the upper bank of the Abava valley, and only nearby Sabile descends to Abava bridge (Lāčplēša, Kuldīgas street). In the vicinity of Sabile, the natural areas are changing again and the landscapes of the Saldus hills of the Austrumkursa Upland can be seen here. The depth of the Abava valley between Rumbciems and Sabile reaches about 40 m. The Forest Trail today and the next day crosses the nature park “Abavas senleja” (“Abava valley”).



## PRACTICAL INFORMATION

..... 25 km

⌚ 6 – 8 h

🚩 Renda, nearby the Lutheran Church

🚩 Sabile, a bridge over the Abava



Renda – Valgale –  
Rumbciems – Sabile



Gravel roads, in a small section – trails, in Renda and Sabile – asphalt and pavement.



Medium



Be careful when walking along the side of the road!

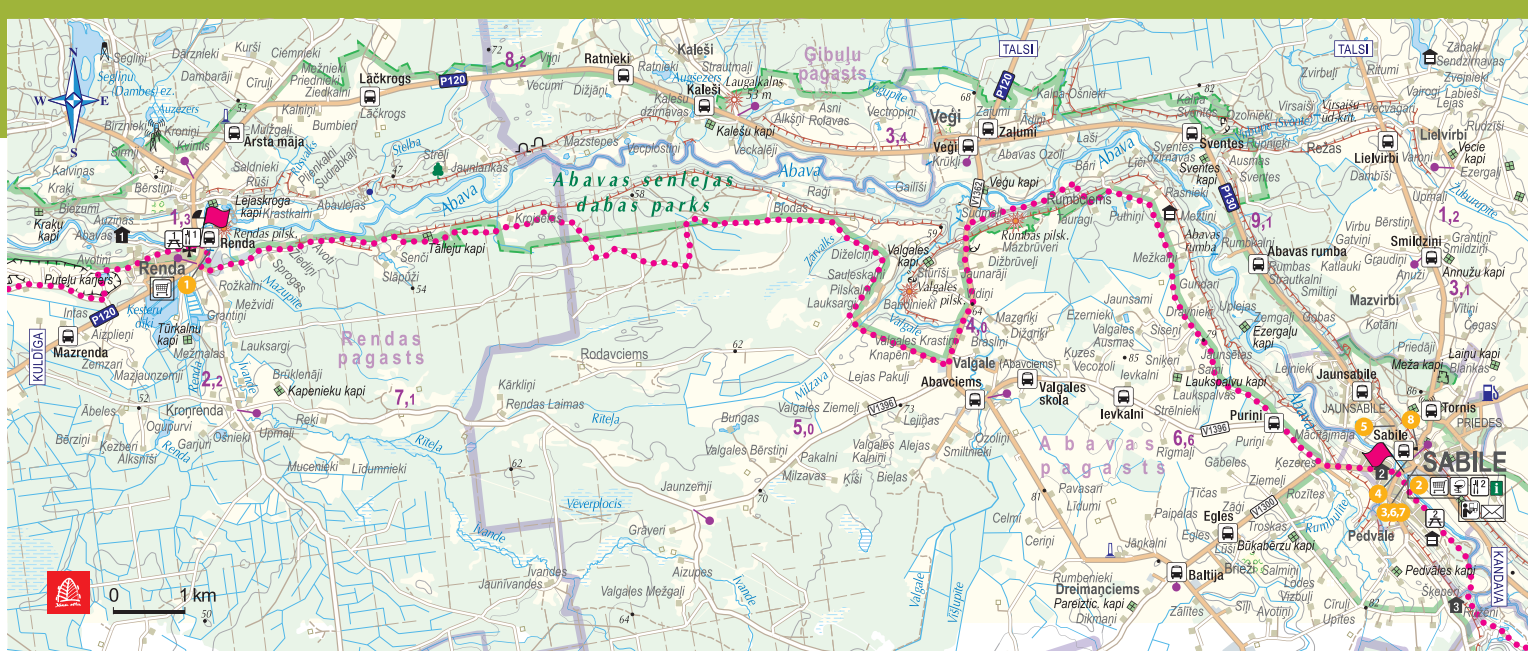


There are no catering sites and shops between Renda and Sabile.



It is worth spending at least half a day visiting Sabile and its surroundings.





## NATURE

The section of the Abava from Kandava to its estuary to the Venta, which is located in the territory of the nature park “Abavas senleja”, is the most impressive section of the river valley in Kurzeme in terms of landscape and land relief. The depth of the Abava valley reaches 30–40 m, the width – more than 300 m. The Abava valley is distinguished not only by great biodiversity (> 800 plant species), habitat diversity and natural monuments – springs, waterfalls, rock outcrops, boulders, but also by many castle mounds, churches, ancient cemeteries, cultural landscapes and small towns, Kandava and Sabile, the centers of which are urban monuments. In the nature park, making campfires and putting up tents is only allowed in places designated and equipped for that purpose. Already during the reign of Duke Jacob of Courland (1642–1682), grapes were grown on the Sabile Wine Hill, from which the sour Courland (Kurzeme) wines were made. The tradition of growing grapes in the Abava valley has survived to the present day.

## WORTH SEEING!

- 1. Īvande river waterfalls.** On the small tributary of the left bank of the Abava river, there are two waterfalls or rapids, Īvande and Valdāti waterfalls. They are protected geological natural monuments. GPS: 57.06833, 22.29533
- 2. Sabile – an interesting town.** Romantic small town of Kurzeme, which is located in the most beautiful and deepest part of the Abava valley. GPS: 57.04574, 22.57288
- 3. Wooden toy museum.** More than 1000 wooden toys can be seen here. +371 26542227; GPS: 57.04457, 22.57444
- 4. Sabile Synagogue and Town Square.** The Town Square was renovated in 2019. The building of the former Synagogue features the Sabile art, culture and tourism center. It was built in 1890 as a synagogue for the Sabile Jewish community and served it until World War II. +371 27841827; GPS: 57.04544, 22.57237

- 5. Jeweler's workshop.** Latvian craftsman Harijs Jaunzems introduces the work of a jeweler, ancient jewellery and the traditions of wearing it. +371 29995605; GPS: 57.04966, 22.56912
- 6. Sabile Wine Hill.** In 1990, it was listed in the World Guinness Book of Records as the northernmost vineyard, where grapes grow in the open air. +371 27841827; GPS: 57.04467, 22.57536
- 7. Sabile Cider House.** Here you can taste and buy Sabile cider and wine from Latvian berries and fruits. +371 29470405; GPS: 57.04473, 22.57511
- 8. Sabile mound.** From Sabile mound there is a wonderful view of the old small town. Especially beautiful at sunset. GPS: 57.04699, 22.57493

## SERVICES



### Accommodations

- 1. Holiday house “Abavas”,** +371 29286489; GPS: 57.06981, 22.27457
- 2. Guest house “Rambules”,** +371 29244964; GPS: 57.04383, 22.56678
- 3. Holiday house “Ružēni”,** +371 25658816; GPS: 57.02720, 22.58503



### Catering

- 1. Cafe “Abavas pagrabiņš”,** +371 26493871; GPS: 57.06977, 22.29265
- 2. Dining place “Rausis”,** +371 29932803; GPS: 57.04613, 22.57273



### Shops

- “Citro” in Renda, +371 28559048; GPS: 57.06861, 22.29389
- “Citro” in Sabile, +371 62203344; GPS: 57.04628, 22.57114
- “mini Citro” in Sabile, +371 62203344; GPS: 57.04507, 22.57443
- “Saldo” in Sabile, +371 63252216; GPS: 57.04469, 22.57495
- “Katlauki” in Sabile, +371 63252187; GPS: 57.04481, 22.57394



### Pharmacies

“a.Apotheka” in Sabile,  
GPS: 57.04587, 22.57260



### ATMs

“Swedbank” in Sabile,  
GPS: 57.04628, 22.57114



### Public transport

On the route Renda– Sabile the bus runs  
~ 12 times a day. [www.1188.lv](http://www.1188.lv)



### Resting areas

- 1. “Renda”,** 🏕️🚶, GPS: 57.06963, 22.29188
- 2. “Sabiles Ēģipte”,** 🏕️🚶, GPS: 57.03827, 22.57928

## TOURISM INFORMATION



Kuldīga TIC,  
Baznīcas street 5, Kuldīga,  
[www.visitkuldiga.com](http://www.visitkuldiga.com),  
+371 29334403;  
GPS: 56.96771, 21.97098



Sabile TIC, Strautu street 4, Sabile,  
[www.sabile.lv](http://www.sabile.lv), +371 27841827;  
GPS: 57.04545, 22.57217







## Sabile – Kandava

One of the most beautiful nature parks in Kurzeme

The Forest Trail continues along the left bank of the Abava, along Kr. Barona street. Further, as a small path, it crosses the meadows and forest clusters of the Abava valley until it reaches a hill called the Swedish hat (Zviedru cepure). After Zviedru cepure, the Forest Trail goes along a small country road to the Plosti – Pūces road (V1471), crosses Amula and at Kalnmuiža winds up in the Abava valley, along which the next 6 km leads to Aizdzire Manor park. Another 1 km to the north the Forest Trail crosses the Abava valley in its full width, revealing some of the most beautiful views of the valley. The depth of the Abava valley in this place is about 40 m. After the Fisherman's Bridge (Zvejnieku tilts), the Forest Trail rises on the northern slope of a valley where vineyards are planted. Winding through the forest, it crosses the Kandava–Renda road (P130) and further along Sabiles street reaches Kandava. Along the Lauku, Ozola, Zīļu, Sabiles and Pils streets of this picturesque small-town the Forest Trail reaches the Knights' Castle Mound. Throughout the section, the Forest Trail winds through the nature park "Abavas senleja" ("Abava valley").



### PRACTICAL INFORMATION

..... 21 km

⌚ 5 – 7 h

🚩 Sabile, a bridge over the Abava

🚩 Kandava Knights' Castle Mound



Sabile – Zviedru cepure –  
Lejaslanksēde – Kalnmuiža –  
Aizdzire – Kandava



Gravel roads and dirt roads,  
in a short section – trails, in  
Kandava – asphalt, pavement.



Easy

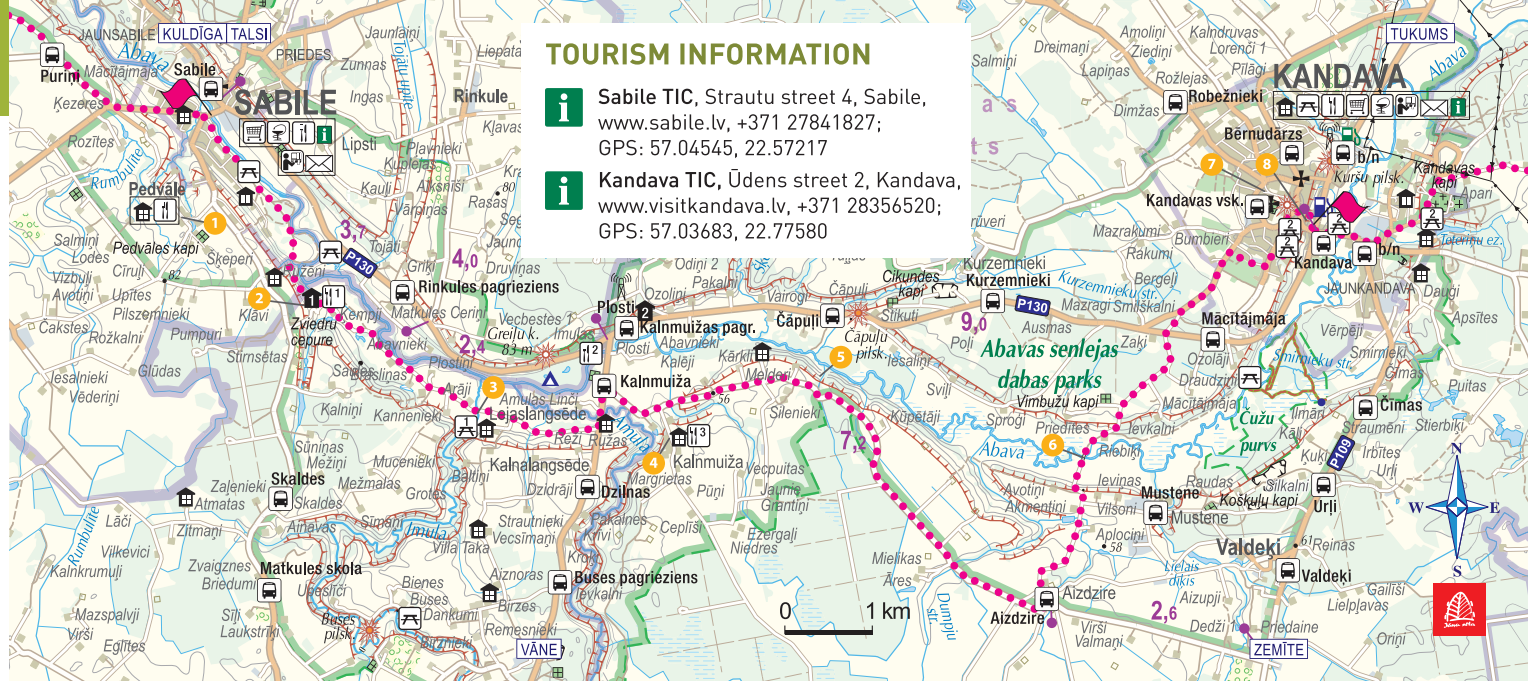


Be careful when crossing the  
Fishermen's reinforced con-  
crete bridge and walking along  
the side of the road!



It is worth spending at least  
half a day visiting Kandava and  
walking along the Čūžu bog  
nature trail.





## TOURISM INFORMATION

- i** Sabile TIC, Strautu street 4, Sabile, www.sabile.lv, +371 27841827; GPS: 57.04545, 22.57217
- i** Kandava TIC, Ūdens street 2, Kandava, www.visitkandava.lv, +371 28356520; GPS: 57.03683, 22.77580

## NATURE

The Forest Trail leads down Ozolu street and Zīļu street ("oak" and "acorn"), near which there is an open-air stage "Ozolāji" ("oak-trees"). Many oaks and small oak stands can be seen on the banks of the Abava valley. Oaks have a special significance in the religion and mythology of the Baltic nations. There was a belief that the deities Māra and Meža māte (the Mother of the Forest) lived in the oak groves. By the tree, the deities were prayed and given sacrifices, the spirits of the ancestors were fed, magic rituals and divination took place. Oaks are mentioned in Latvian folk songs, and nowadays, the coat of arms of the Republic of Latvia is decorated with oak-tree, as were national banknotes. Oak branches and leaves are used for anniversaries and other celebrations – Midsummer wreaths, family celebrations, Song Festival, etc. In the past, coffee was made from oak acorns. There is information that Latvian oaks have the densest wood, therefore it was popular with European medieval artists. Oaks larger than 4 m in circumference are protected trees and are included in the list of large trees. In the Tukums region, there grows the Kaive Oak (circumference 10.2 m) – the thickest tree in the Baltics. Unfortunately, oak forests were ruthlessly felled in previous centuries and now only small fragments have survived. Today, oak forests are protected habitats and important place of life for many protected species of plants, mushrooms and animals.

## WORTH SEEING!

- 1** Pedvāle Art Park. Scenic park of environmental art objects with long walking trails. Firkspedvāle Manor houses an international artist's residence. +371 29133374; GPS: 57.03339, 22.56661
- 2** Piltiņkalns or "Zviedru cepure" (the Swedish hat). According to legends, a Swedish general was buried here, and many hats with sands were brought to the hill. There is a toboggan run and a buggy track. +371 26405405; GPS: 57.02443, 22.59270

- 3** Imula trail. The trail starts at the Imula estuary to the Abava. Its length is 4.3 km. Views of the Imula valley, Lanksēde Devil's Foot stone (Velna pēdas akmeņš). GPS: 57.01390, 22.62308
- 4** Kalnmuīza. Early 19th century buildings. +371 26699033; GPS: 57.01161, 22.65919
- 5** Abava Devil's Stone. An almost oval reddish stone, the witness of Stone Age glaciers. Protected geological and geomorphological natural monument. GPS: 57.01844, 22.68730
- 6** Fishermen's bridge (Zvejnieku tilts). Unfinished reinforced concrete bridge over the river Abava. GPS: 57.01052, 22.73726
- 7** Kandava Museum, Art gallery and craft center. By prior arrangement, you can taste Kandava acorn coffee here. +371 26667031; GPS: 57.03823, 22.77046
- 8** Ruins of the Livonian Order Castle. Only the Powder Tower has remained from the castle, but a model of the castle can be seen at the foot of the castle mound. GPS: 57.03526, 22.77844

## SERVICES

### Accommodations

- 1.** Recreation center "Zviedru cepure", +371 26405405; GPS: 57.02449, 22.59265
- 2.** Holiday houses "Plosti", +371 25617127; GPS: 57.02412, 22.65411
- 3.** Guest house "Ružas", +371 29402605; GPS: 57.01267, 22.64751
- 4.** Hotel "Kalnmuīzas pils", +371 26699033; GPS: 57.01165, 22.65942
- 5.** Guest house "Kārkli", +371 29177356; GPS: 57.02015, 22.67621
- 6.** Tent site "Vitiņi", +371 29414050; GPS: 57.01191, 22.62371
- 7.** Hotel "Kandavas Sporta halle", +371 63107360; GPS: 57.03598, 22.76748
- 8.** Hotel "Kandava", +371 26406733; GPS: 57.03598, 22.77616
- 9.** Guest house "Pils", +371 26438887; GPS: 57.03565, 22.77961
- 10.** Apartments "Kūrorta iela", +371 29116750; GPS: 57.03353, 22.77911
- 11.** Holiday house "Villa Jaunkrastmaļi", +371 28368889; GPS: 57.04500, 22.77836

- 12.** Tent site "Nāriņa", +371 29105411; GPS: 57.03333, 22.80147
- 13.** Guest house "Dižpriedes", +371 26555597; GPS: 57.03004, 22.79970
- 14.** Youth hostel "Kandavas lauksaimniecības tehnikums", +371 29550208; GPS: 57.03703, 22.79749



### Catering

- 1.** Cafe "Zviedru cepure", +371 26405405; GPS: 57.02449, 22.59265
  - 2.** Cafe "Plostkrogs", +371 29196494; GPS: 57.02085, 22.64578
  - 3.** Restaurant "Kalnmuīzas pils", +371 26699033; GPS: 57.01165, 22.65942
- Catering in Kandava: www.visitkandava.lv



### Shops

- "Linda" in Kandava, +371 26100060; GPS: 57.03638, 22.77607  
 "Vītolī" in Kandava, +371 28904724; GPS: 57.03386, 22.78066  
 "Maxima" in Kandava, +371 80002020; GPS: 57.03598, 22.78166  
 "Citro" in Kandava, +371 28558825; GPS: 57.03353, 22.78372



### Pharmacies

- "Vecā Aptieka" in Kandava, GPS: 57.03574, 22.77559  
 "Aptieka Ozolāji" in Kandava, GPS: 57.03302, 22.78091



### ATMs

- "Swedbank" in Kandava, GPS: 57.035914, 22.781530  
 "SEB" in Kandava, GPS: 57.03371, 22.78368



### Public transport

On the route Sabile–Kandava the bus runs ~ 10 times a day. www.1188.lv



### Resting areas

- 1.** "Vitiņi", GPS: 57.01191, 22.62371
- 2.** Kandava, GPS: 57.03176, 22.77602; GPS: 57.03371, 22.77637; GPS: 57.03401, 22.78456; GPS: 57.03405, 22.80153





## Kandava – Jaunmokas

### Pūre – a place where chocolate is made

Along Jelgavas street, crossing the old boulder bridge over Abava, the Forest Trail along Daigones street and further along a gravel road leads to the 5 km distant Daigone village, after which it descends along the Dziļkalns–Pūre road (V1464) in the Abava valley. After the bridge over Abava, the Forest Trail turns right and along a small path reaches Pūre. Circling around the Pūre Manor, it stretches for the next 5 km to Galciems along Zemeņu street and Pūre–Jaunsāti (C004) road. Sand and gravel are mined here in the quarries of the region. In Galciems, the Forest Trail turns left onto a small gravel road (C003), which after 3.5 km connects with Jaunmoku–Jaunsāti road (V1444). After another 3 km, the Forest Trail crosses the Rīga–Ventspils highway and reaches Jaunmoku palace along small paths surrounded by tree alleys. Approaching the palace from Jaunsāti, you can see the beautiful wide landscapes around the Forest Trail, where Spārnene, the wavy plain of Austrumkursā, alternates with Vanema hills.



## PRACTICAL INFORMATION

..... 24 km

⌚ 6 – 8 h

🚩 Kandava Knights' Castle Mound

🚩 Jaunmoku palace

📍 Kandava – Daigone – Pūre –  
Galciems – Jaunmokas



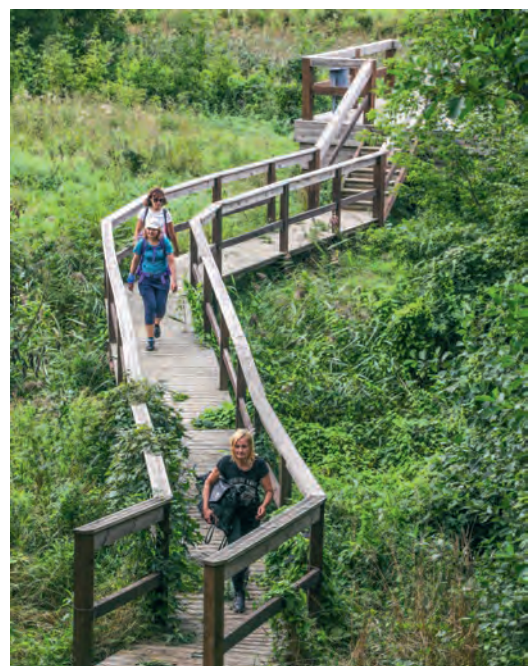
Gravel roads and dirt roads, in a short section – trails.



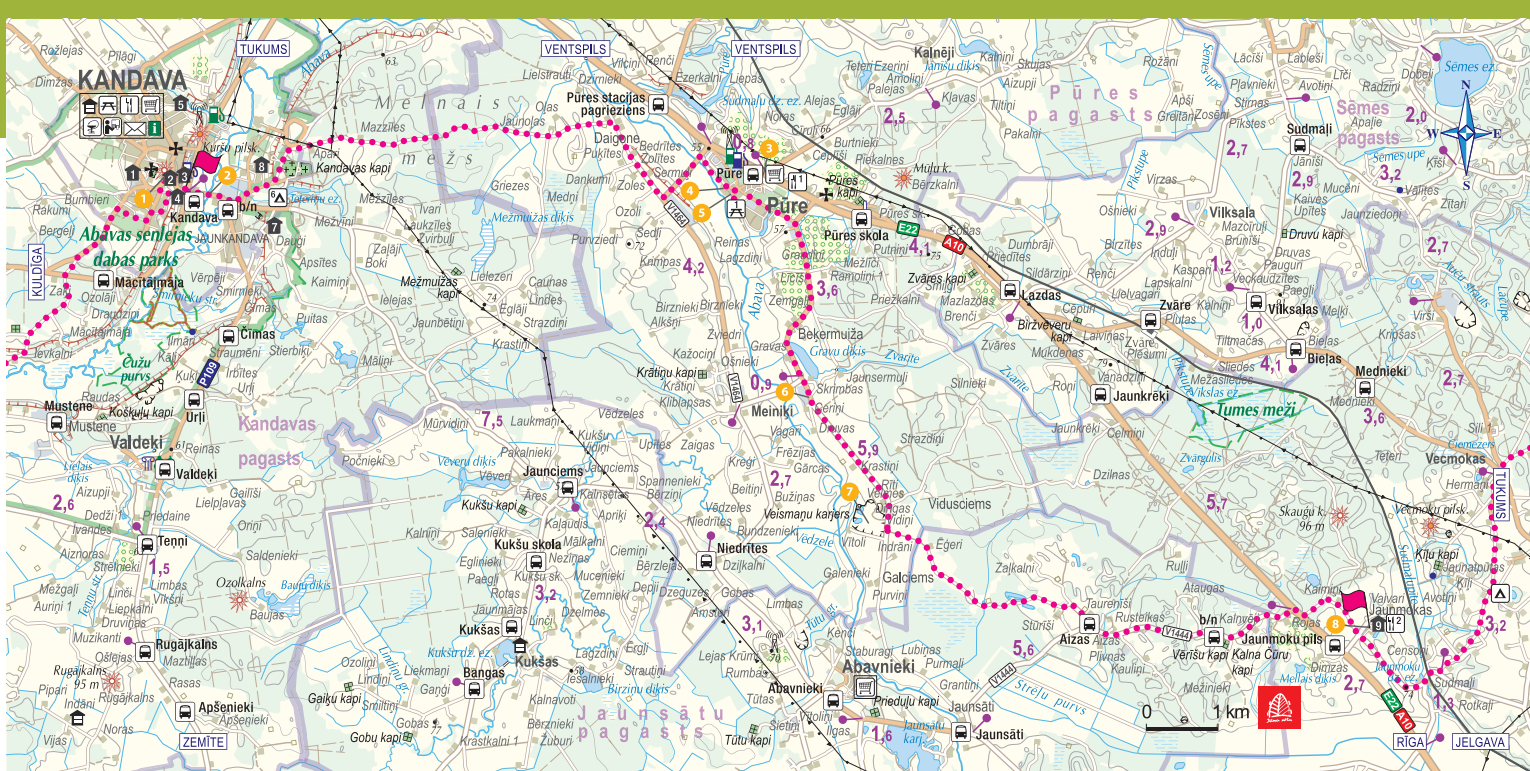
Easy



Be careful when walking along the side of the road and crossing the Rīga–Ventspils highway (A10)!







## NATURE

Gravel quarries can be seen in this section of the Forest Trail. Gravel is a loose or coarse-grained sediment formed in rock abrasion process. The presence of gravel is associated with the glacier, which during the Ice Age, moving through the present territory of Latvia, crushed its own stones and rocks. Gravel is one of the most important minerals in Latvia. It is used in road construction, building and concrete production.

## WORTH SEEING!

- 1 Kandava.** One of the most beautiful small towns in Kurzeme with ancient architecture, cobbled streets, lanterns, mountainous terrain and beautiful nature views. GPS: 57.03681, 22.77585
- 2 Kandava bridge.** Across the Abava, Kandava can be reached via a boulder bridge. It is known as the oldest bridge in Northern Europe built from boulders. GPS: 57.03382, 22.78507
- 3 Pūre.** A fruit-growing center that was founded more than 80 years ago. In season, you can buy locally grown fruits and berries by the A10 motorway. GPS: 57.03741, 22.91242
- 4 Pure Chocolate, the chocolate museum.** Excursion, master classes, factory shop. +371 22100042; GPS: 57.03577, 22.90354
- 5 Pūre Manor.** The main house of Pūre Manor was built in the first half of the 18th century. Currently, the restoration works of the manor are underway. GPS: 57.03505, 22.90525
- 6 Farm "Kliblapsas".** The farm covers an area of about 30 hectares and is one of the largest pumpkin producers in Latvia. +371 29152085; GPS: 57.00965, 22.92393
- 7 Gravel quarry "Veismaņi".** Sand, gravel, crushed stone are extracted there. GPS: 56.99401, 22.93798

- 8 Jaunmoku palace.** The palace was built to order by the former mayor of Riga George Armitstead and served as a hunting and summer residence. Forest Museum. +371 26187442; GPS: 56.98183, 23.05339

## SERVICES

### Accommodations

- 1. Hotel "Kandavas Sporta halle",** +371 63107360; GPS: 57.03598, 22.76748
- 2. Hotel "Kandava",** +371 26406733; GPS: 57.03598, 22.77616
- 3. Guest house "Pils",** +371 26438887; GPS: 57.03565, 22.77961
- 4. Apartments "Kūrorta iela",** +371 29116750; GPS: 57.03353, 22.77911
- 5. Holiday house "Villa Jaunkrastmaļi",** +371 28368889; GPS: 57.04500, 22.77836
- 6. Tent site "Nāriņa",** +371 29105411; GPS: 57.03333, 22.80147
- 7. Guest house "Dižpriedes",** +371 26555597; GPS: 57.03004, 22.79970
- 8. Youth hostel "Kandavas lauksaimniecības tehnikums",** +371 29550208; GPS: 57.03703, 22.79749
- 9. Hotel "Jaunmoku pils",** +371 63107125, 26187442; GPS: 56.98155, 23.05421

### Catering

Catering in Kandava: [www.visitkandava.lv](http://www.visitkandava.lv)

- 1. Cafe "Pie Jāņa",** +371 26432843, GPS: 57.03634, 22.91854
- 2. The Jaunmoku palace family restaurant,** +371 26187442; GPS: 56.98183, 23.05339

### Shops

Several in Kandava.

- "Citro" in Pūre, +371 63188016; GPS: 57.03853, 22.91212
- "LaTS" in Pūre, +371 26143616; GPS: 57.03802, 22.91255



### Pharmacies

"Mana aptieka" in Pūre, GPS: 57.03853, 22.91212



### ATMs

"Swedbank" in Kandava, GPS: 57.035914, 22.781530;  
"SEB" in Kandava, GPS: 57.03371, 22.78368



### Public transport

There is no bus traffic on the route Kandava–Jaunmoku palace.



### Resting areas

- 1. Pūre,** GPS: 57.03716, 22.90124; GPS: 57.03381, 22.90732

## TOURISM INFORMATION



Kandava TIC, Ūdens street 2, Kandava, [www.visitkandava.lv](http://www.visitkandava.lv), +371 28356520; GPS: 57.03683, 22.77580



Tukums TIC, Talsu street 5, Tukums, [www.visittukums.lv](http://www.visittukums.lv), +371 28311557; GPS: 56.96660, 23.15251





# HIGHLIGHTS OF TUKUMS AND ĶEMERI NATIONAL PARK

- Beautiful avenues of manors and palaces
- Charm of roses at Tukums
- Šlokenbeka Manor — medieval fortified dwelling
- Most forest-abundant section of the Forest Trail in Kurzeme
- Forests rich in mushrooms and berries
- Raised bogs and wetlands
- Historical resort park of Ķemeri
- Mirror-like surface of Lake Slokas and the observation tower
- Peaceful Gulf of Rīga







# LATVIA

## TUKUMS AND ĶEMERI NATIONAL PARK

ĶEMERI NATIONAL PARK — AMONG THE MOST  
DIVERSE WETLANDS IN LATVIA

#97-99

**Jaunmokas Palace - Bigauņciems: 56 km**

The main purpose of creation of Ķemeri National Park is protection of wetlands — shallow coastal waters of the Gulf of Rīga, overgrowing coastal lakes, vast marshlands, wet forests and alluvial meadows — as an important habitat for many plant (25% of the plant species listed in the Latvian Red Book are found in the park) and animal species, especially breeding and migratory birds. One of the largest swamps of Latvia — Great Ķemeri Bog, as well as others — Zaļais purvs (Green Swamp), Raganu purvs (Witches' Swamp) lie within the park and are passed by the winding Forest Trail. The large marshes are an important site for formation of sulphur water and medicinal mud, which was the basis for establishment of the resort of Ķemeri. Having passed the historic resort of Ķemeri, the Forest Trail meets the Baltic Coastal Hiking Route (E9) at the seaside at Bigauņciems, and both trails follow the same route towards Rīga.



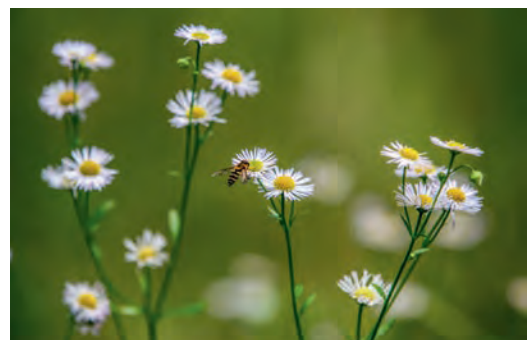
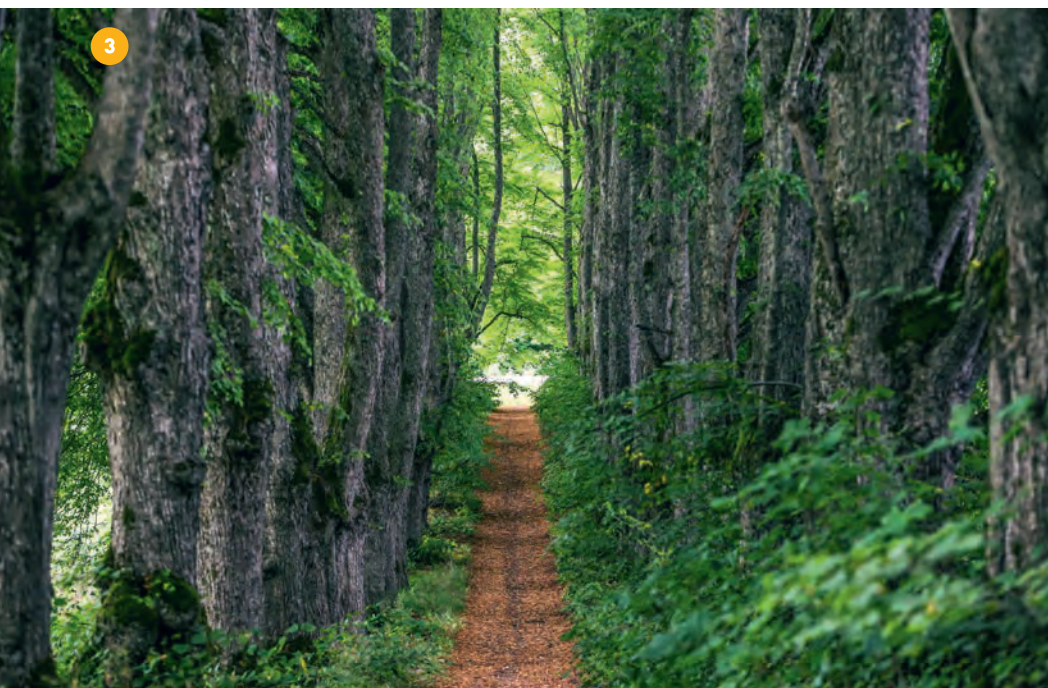




## Jaunmokas – Tukums

To Tukums for the beauty!

In the vicinity of Jaunmoku palace, spectators are delighted by the beautiful landscapes of the Vanema hills of Austrumkursa Upland. The Forest Trail slopes down to the Bēru watermill and then, further up to Vecmokus, in a length of three kilometres rises by about 50 m, revealing beautiful landscapes to the wide Slocene valley in the south. After the alley of Vecmoku Manor, the Forest Trail crosses the Tukums–Lazdas road (V1442), turns around a cluster of farmsteads and then along straight forest path goes southeast along Sekļa lake. The lake can be accessed via small paths. In the vicinity of Recreation complex “Sveikuli”, the route continues along beautiful forest paths and joins the Tukums–Kesterciems–Kolka road (P131) near the Ozoliņi cemetery, where the town of Tukums begins. Along Raudas, Kurzeme Forest and Melnezera streets, the Forest Trail reaches the Sun hill (Saules kalns).



### PRACTICAL INFORMATION

..... 14 km

⌚ 4 – 5 h

🚩 The Jaunmoku palace

🚩 Tukums, the Sun hill (Saules kalns)



Jaunmokas – Vecmokus –  
Sveikuli – Tukums



To Sekļa lake – gravel roads,  
between Sekļa lake and  
Ozoliņi cemetery – forest  
trails, in Tukums – pedestrian  
sidewalks.



Easy



Be careful when walking along  
the side of the road and cross-  
ing the road!



Rīga from Tukums can be  
easily reached by train.



It is recommended to spend  
at least half a day visiting  
Tukums.



## NATURE

The first alleys appeared in Latvia as early as the 18th century. Later, they were massively planted by nobles who followed the early 19th century Western European garden and park fashion. The alleys usually led to manor houses and churches. When farmers in the Baltic provinces could buy property, they began planting alleys around their homes. Although the alleys were formed not only from local, but also from introduced [imported] tree species, the former proved to be more durable, therefore oak and linden alleys are more common in Latvia than larch alleys. Old oak avenues are an important living environment for a variety of species of mushrooms (including polypores), insects, lichen, moss, mammals and birds. In Latvia, the 64 most beautiful and significant alleys have the status of a protected natural monument. Jaunmoku and Vecmoku alleys are also included in the list of protected alleys.

## WORTH SEEING!

- Bēra watermill.** The mill was built in the second half of the 19th century. It was powered not only by the water force but also by two kerosene engines.  
GPS: 56.97524, 23.06653
- Ruins of Vecmoku manor.** Vecmoku manor is mentioned in historical sources in 1544. Today, there have survived and can be seen only the ruins of the manor house and several farm buildings.  
+371 29210280; GPS: 56.99988, 23.08000
- Alleys of Vecmoku manor.** 1050 m long alley section, included in the list of natural monuments – protected alleys.  
GPS: 56.99965, 23.08138
- Sekļa (or Sēkļa) lake.** The most popular fishing place around Tukums. The other side of the lake is a popular bathing place.  
+371 23771600; GPS: 57.00253, 23.11833

- Jumprava lake.** Legend has it that a virgin (jumprava) drowned in the lake, hence the name of the lake. GPS: 56.99158, 23.12841
- Tukums.** A small town surrounded by gardens on the outskirts of Kurzeme. Several museums; the rose route shows the splendour of different rose flowers in the town's greenery. GPS: 56.96663, 23.15262
- Tukums Art Museum.** One of the most valuable Latvian art collections of the first half of the 20th century. +371 25494677; GPS: 56.96527, 23.15321
- Art gallery "Doors".** Contemporary art exhibitions. +371 63124312, 28391437; GPS: 56.96475, 23.15470
- Tukums History Museum.** Located in the town's oldest stone building, which is known as the Castle Tower. +371 63124348, 2562213; GPS: 56.96466, 23.15551
- Straw Museum.** The first museum of its kind in Latvia, there are more than 500 exhibits. +371 29495746; GPS: 56.96780, 23.16038
- Durbe Castle.** One of the most interesting classicism castles in Kurzeme; a museum. +371 26305946, 25721502; GPS: 56.96674, 23.19306
- Melnezers.** A small lake on the border of Tukums surrounded by forest. Bathing places with footbridges and marked trails for pedestrians, Nordic walkers and runners. GPS: 56.98387, 23.17123

## SERVICES



### Accommodations

- Hotel "Jaunmoku pils",** +371 63107125, 26187442; GPS: 56.98155, 23.05421
- Camping "Knauki",** +371 29251157, 26148003; GPS: 56.98508, 23.08510
- Recreation complex "Sveikuli",** +371 29232026; GPS: 56.99459, 23.13675
- Recreation complex "Vāgneris – labu sajūtu parks",** +371 29139800, 22022943; GPS: 56.99161, 23.13593

Accommodation in Tukums:  
[www.visittukums.lv](http://www.visittukums.lv)



### Catering

- "The Jaunmoku palace family restaurant",** +371 63107125, 26187442; GPS: 56.98183, 23.05339

Catering places in Tukums:  
[www.visittukums.lv](http://www.visittukums.lv)



### Shops

Several in Tukums; 2 of which are open 24 hours a day:

**"Mego",** +371 67775959;  
GPS: 56.97057, 23.16497

**"Pie Katrīnas",**  
GPS: 56.96521, 23.15596

Local produce is available at **Tukums Market** on Tuesdays, Thursdays and Saturdays. You can buy local seasonal fruits, berries and homemade products.  
GPS: 56.96828, 23.15200



### Pharmacies

Several in Tukums; 24-hour pharmacy:  
**"Mana aptieka",**  
GPS: 56.96610, 23.15523



### ATMs

Several in Tukums; closest to the route:

GPS: 56.97192, 23.15315;  
GPS: 56.96594, 23.16137;  
GPS: 56.96770, 23.15791;  
GPS: 56.96997, 23.16279;  
GPS: 56.97028, 23.16754



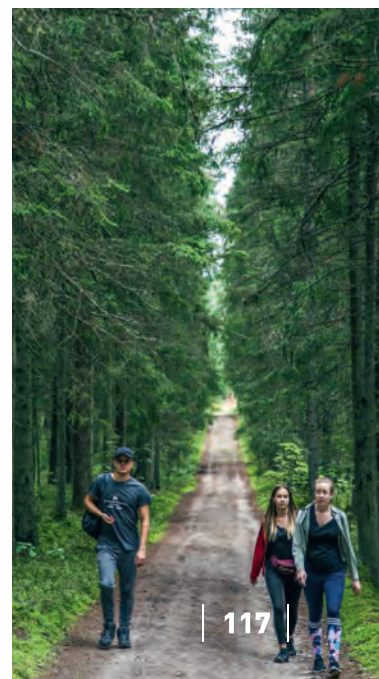
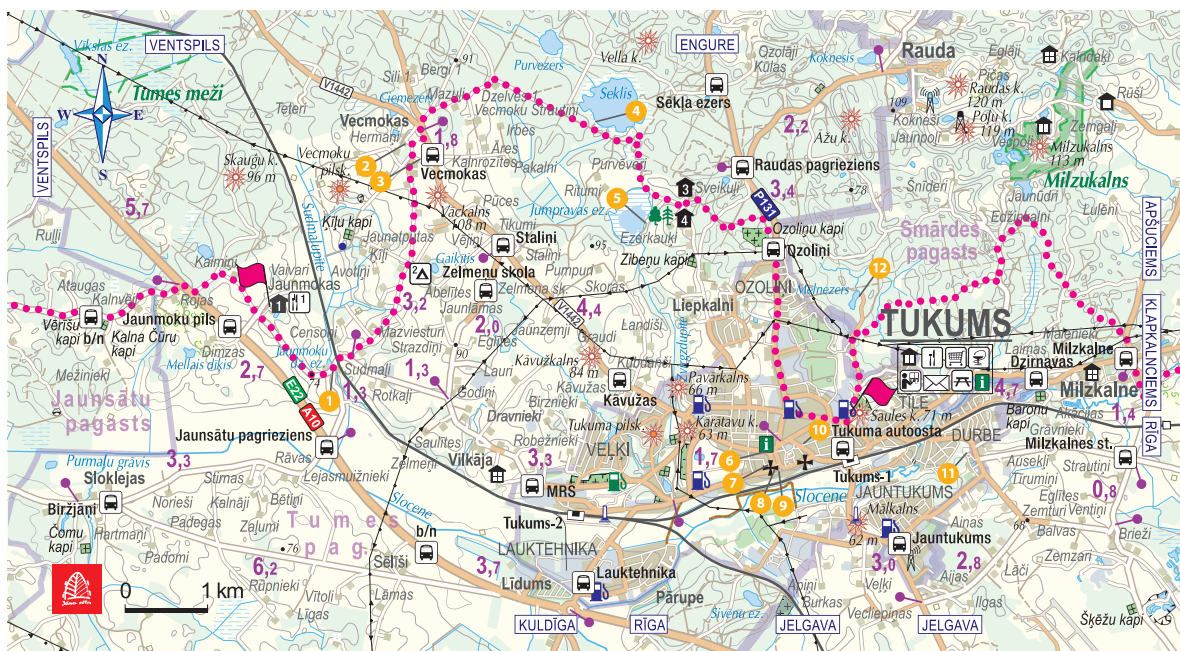
### Public transport

Buses run on the route ~ 4 times a day, the stops are: "Jaunmoku pils", "Tukuma lauktechnika". [www.1188.lv](http://www.1188.lv)

## TOURISM INFORMATION



**Tukums TIC,**  
Talsu street 5, Tukums,  
[www.visittukums.lv](http://www.visittukums.lv),  
+371 28311557;  
GPS: 56.96660, 23.15251







## Tukums – Jāņukrogs

Through the best mushroom forests in the area

Along Melnezera street, the Forest Trail leaves Tukums. Up to Milzkalne, it winds through beautiful forests, except for a short section along Jaunūdrū road. Then the trail throws bows up and down along the backs of the steep hills of the Raudas massif. One of the highest points is Milzkalns, 113 m above sea level. Crossing the Tukums–Milzkalne–Smārde road (V1446), the Forest Trail leads through the Šlokenbeka Manor, crosses the Slocene river, turns around Bērzāji and further along the left bank of the Slocene curves through the beautiful forests to the Kārniņi cemetery on the Tukums–Milzkalne–Smārde road. From here, Valguma lake, with accommodations nearby, is about 2.5 km away. Ķemeru National Park starts behind Bērzāji.



### PRACTICAL INFORMATION

..... 14 km

⌚ 4 – 5 h

🚩 Tukums, the Sun hill (Saules kalns).

🚩 Kārniņi cemetery near Tukums–Smārde road

📍🚶 Tukums – Milzkalne – Kārniņi cemetery



Small forest trails, gravel and dirt roads, asphalt in Tukums and Milzkalne.



Easy



There may be damp places on the trails.



Be careful when walking along the side of the road and crossing roads!



The section of the Forest Trail from Šlokenbeka Manor to Kārniņi cemetery leads along one of the Ķemeru National Park bicycle routes – the so-called “Šlokenbeka circle”, which is marked with white–blue–white paint on the trees. It is 2 kilometres from the end of the route to the Smārde train station.



## NATURE

More than 4,000 species of mushrooms have been identified in Latvia, some 300 of which are edible. Mushroom pickers usually recognize and pick only a few dozen of the edible mushrooms. The basic rule of mushrooming is to collect and use for food only those mushrooms that you know well and are not in doubt about! The most poisonous mushroom in Latvia is the death cap (*Amanita phalloides*), and the destroying angel (*Amanita virosa*) is very dangerous. 62 mushroom species are protected in Latvia. In summer and autumn, the great complement to food supplies and a source of vitamins are wild berries: wild strawberries, wild raspberries, blueberries, bog bilberries, blackberries, lingonberries and guelder roses, and in the bogs – cloudberry and cranberries.

## WORTH SEEING!

- 1 Tile stream.** The stream is joined by several strong springs, so it is very rich in spring water. GPS: 56.98120, 23.17437
- 2 Miķeļakmens or Michael's rock.** A big stone, on which 167 children once stood together. GPS: 56.98592, 23.19429
- 3 Āžu kalns or the Mountain of Goats.** 480-520 m long and about 109 m high mountain. The climb to the mountain is called the Goat Trail. In clear weather, Durbe Castle is visible from the top. GPS: 57.00299, 23.16895
- 4 Šlokenbeka Manor and the Latvian Road Museum.** One of the few examples of a fortified medieval manor in the Baltics and the only one in Latvia that today serves as a museum, hotel, pub, culture house and library. +371 29904147, 63182354; GPS: 56.97547, 23.22628
- 5 Recreation complex "Valguma pasaule".** Barefoot trail, Nature paintings trail, labyrinths, Art space in the forest with large format photos. +371 29414022; GPS: 56.99022, 23.31542

- 6 Smārdes medus (Smārdes honey).** During the tour you can get to know the process of making honey, pollen and bee bread, see the bees, find the queen bee, drones, and buy bee products. +371 25167097; GPS: 56.96111, 23.33219

## SERVICES



### Accommodations

- 1. Recreation complex "Silmalas",** +371 29424535; GPS: 56.97675, 23.20894
- 2. Hotel "Šlokenbekas muiža",** +371 25155225; GPS: 56.97547, 23.22628
- 3. Guest house "Milzkalne.lv",** +371 26545521, 29574890; GPS: 56.98186, 23.23642
- 4. Holiday house "Iglu Hut Milzkalne",** +371 26545521; GPS: 56.98179, 23.23741
- 5. Tent site "Lejiņas",** +371 29559767; GPS: 56.97832, 23.31314
- 6. Recreation complex "Valguma pasaule",** +371 63181222, 29414022; GPS: 56.99022, 23.31542



### Catering

Catering places in Tukums:  
[www.visittukums.lv](http://www.visittukums.lv)

- 1. Pub "Šlokenbekas muiža",** +371 23112233; GPS: 56.97547, 23.22628
- 2. Restaurant "Valguma pasaule",** +371 63181222, 29414022; GPS: 56.99022, 23.31542
- 3. Cafe "Runcis",** +371 63192256; GPS: 56.94554, 23.33815



### Shops

Local produce is available at **Tukums Market** on Tuesdays, Thursdays and Saturdays. You can buy local seasonal fruits, berries and homemade products. GPS: 56.96828, 23.15200  
There are several shops in **Tukums**, 2 of which are open 24 hours a day:  
**"Mego"**, +371 67775959; GPS: 56.97057, 23.16497  
**"Pie Katrīnas"**, GPS: 56.96521, 23.15596  
**"Citro" Milzkalnē**, +371 28558015; GPS: 56.97810, 23.22827



### Pharmacies

Several in Tukums; 24-hour pharmacy: **"Mana aptieka"**, GPS: 56.96610, 23.15523



### ATMs

Several in Tukums; closest to the route: GPS: 56.97192, 23.15315; GPS: 56.96594, 23.16137; GPS: 56.96770, 23.15791; GPS: 56.96997, 23.16279; GPS: 56.97028, 23.16754



### Public transport

The bus runs once a day on weekdays. [www.1188.lv](http://www.1188.lv)

We recommend using the train on the route "Rīga – Tukums – Rīga", which runs several times a day. When getting off / at the station "Smārde" you have to walk 2.3 km to / from Kārniņi cemetery. [www.pv.lv](http://www.pv.lv)



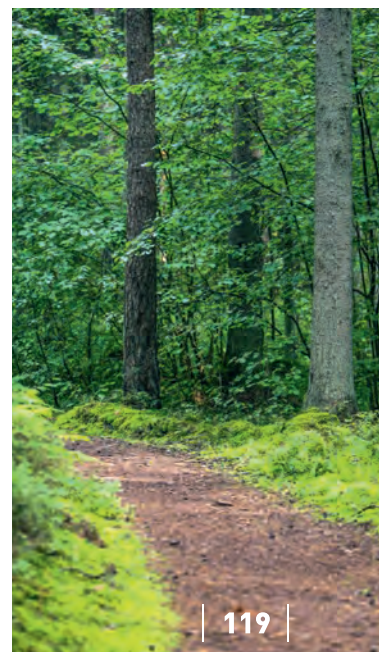
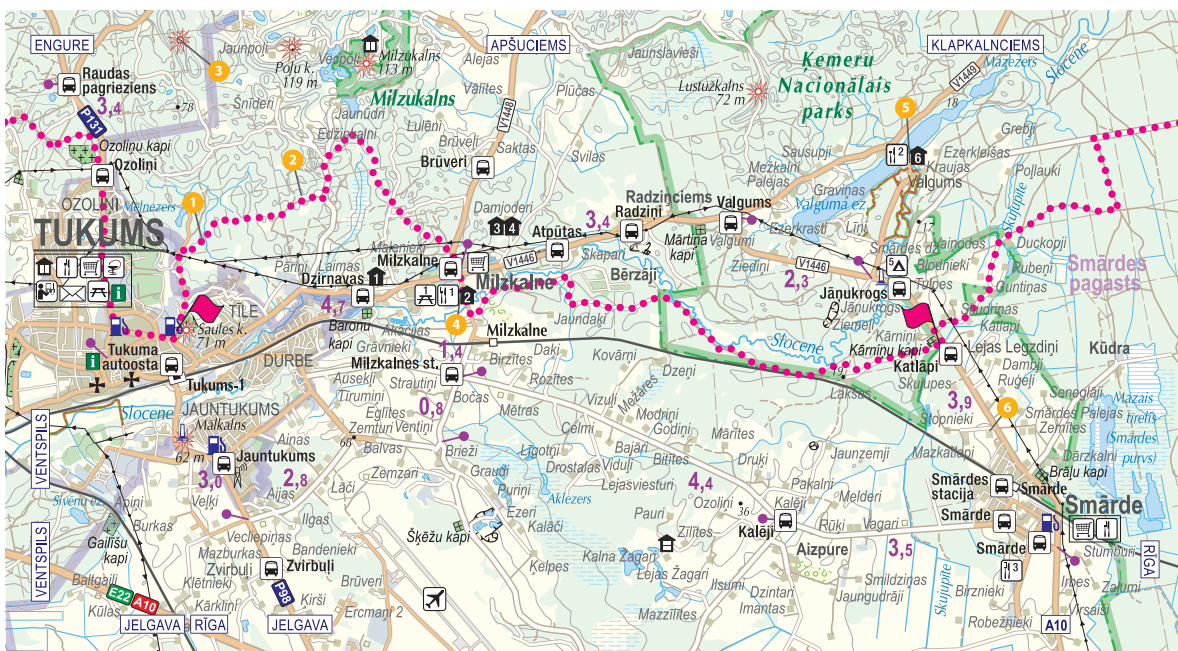
### Resting areas

- 1. Šlokenbeka Manor,** GPS: 56.97547, 23.22628

## TOURISM INFORMATION



**Tukums TIC**, Talsu street 5, Tukums, [www.visittukums.lv](http://www.visittukums.lv), +371 28311557; GPS: 56.96660, 23.15251





## Jāņukrogs – Bigauņciems

### Through Ķemeri National Park

After crossing the area with some homesteads, the Forest Trail winds through beautiful coniferous forests and further 6.5 km along Čaukcīems until the turn to the Green Dune leads along the side of the Antīciems–Smārde road. The neighbourhood is flat, as the section is part of the Engure plain of the Piejūras Lowland. The Green Dune (Zaļā kāpa) offers wide views of the Green Bog (Zaļais purvs) and the Witches' Bog (Raganu purvs). A small forest road bends along the lower part of the dune and in two places crosses the bog along wooden footbridges. In Ķemeri, the Forest Trail moves along Partizāna, Robeža, A. Upīša, Katedrāles and E. Dārziņa streets, along the Forest House and Vēršupīte, into which the waters of sulphur springs flow. Crossing Tūristu street, it continues along the Dūņu road to the Sloka lake. Further the trail crosses the Vēršupīte swamp forest, which is one of the most outstanding wet forest habitats in the whole part of the trail in Kurzeme. At Melnezers it turns onto the Old Ķemeri road and after 2 km it reaches Bigauņciems. After the Talsi highway, the Forest Trail reaches the shore of the Gulf of Riga and connects with the Coastal Hiking Route. The Forest Trail runs through the Ķemeri National Park along the entire section.





#### TOURISM INFORMATION


- i** Tukums TIC, Talsu street 5, Tukums, [www.visittukums.lv](http://www.visittukums.lv), +371 28311557; GPS: 56.96660, 23.15251
- i** Ķemeri National Park Information Center, "Meža māja" (Forest House), Ķemeri, [www.kemerunacionalaisparks.lv](http://www.kemerunacionalaisparks.lv), +371 26424972; GPS: 56.95193, 23.51326
- i** Jūrmala TIC, Jomas street 5, Jūrmala, [www.visitjurmala.lv](http://www.visitjurmala.lv), +371 67147900; GPS: 56.97157, 23.79800

#### PRACTICAL INFORMATION

..... 28 km    ⌚ 7 – 9 h

 Kārņiņi cemetery near Tukums – Smārde road

 Bigauņciems beach, opposite the Old Ķemeri Road

 Kārņiņi cemetery – Čaukcīems – Zaļā kāpa (The Green Dune) – Ķemeri – Sloka lake – Bigauņciems



Gravel roads, in Ķemeri – asphalt, pavement, park paths, forest trails with natural pavement, wooden footbridges.



Hard, if in one day,



Easy, if in two days.



Be careful when walking along the side of the road!



The Forest Trail at this section overlaps with the Ķemeri National Park bicycle route

"Meža aplis" (Forest circle), which is marked with white-red-white paint on the trees, but nearby Ķemeri – with the pedestrian and bicycle route "Zaļā kāpa" (The Green Dune), which is marked with white-yellow-white paint on the trees.



It is recommended to divide the route into two days. On the first day, you can go to Ķemeri (21 km), where you can spend the night, or go to Ķemeri railway station (0.8–1 km from the Forest Trail).



## NATURE

Ķemeri National Park (founded in 1997) was founded mainly for the protection of wetlands – shallow shores of the Gulf of Riga, overgrown seaside lakes, vast bog massifs, wet forests (swamps) and floodplain meadows. 25% of the plant species recorded in the Latvian Red Book have been identified here. There are also important habitats for nesting and migratory birds. The park has one of the largest bogs in Latvia, the Great Ķemeri Bog (Lielais Ķemeru tīrelis), and the others – the Green Bog (Zaļais purvs), the Witches' Bog (Raganu purvs). In the large bog massifs, there are formed sulphur waters and medicinal sludge, which was once the basis for the establishment of the Ķemeri resort. On the surface of the ground, springs flow into Ķemeri. Wet deciduous forests, including the Vēršupīte swamp forest, are one of the most diverse habitats in Latvia in terms of the number of species. Their seasonal flooding is evidenced by the thick root collar of black alder, which resembles mangrove stands. Nearby the Ķemeri Forest House, there is the Melnalkšņu swamp forest trail, built on piles, for exploring the bogs. The most impressive views in the Vēršupīte swamp forest can be seen in spring floods or in other seasons after heavy rains, when the small river leaves the banks and floods large areas. Another place where you can explore Vēršupīte swamp forest is the walking trail of Sloka lake.

## WORTH SEEING!

- 1. The castle mound trail of Kaņieris lake.** 1.3 km long circular trail with an observation tower, which overlooks the lake and the birds living there. GPS: 56.99147, 23.43452
- 2. Border stone.** A monument to the former border line between the Russian Empire and the Duchy of Courland, which went along Robežu street in Ķemeri, hence the name of the street ("The border street"). GPS: 56.94341, 23.49046

- 3. Ķemeri Evangelical Lutheran Church.** Ķemeri Evangelical Lutheran Church was the first stone building in Ķemeri resort. +371 26593425; GPS: 56.94555, 23.49082
- 4. St. Apostles Peter and Paul Ķemeri Orthodox Church.** Central cross-domed wooden church with a bell tower, built in the style of historicism, in the architectural forms of wooden churches in Northern Russia. +371 67765417; GPS: 56.94743, 23.49519
- 5. Ķemeri resort park.** The sulphur spring "Kīrzaciņa" ("The Little Lizard") next to the pavilion decorated with wood carvings, a water tower with an exposition about the history of Ķemeri and a viewing platform on the roof, 7 picturesque bridges over Vēršupīte. The former hotel "Ķemeri" – a striking example of neoclassicism. GPS: 56.94785, 23.49559
- 6. Meža māja (Forest house).** The reed-roofed building designed by architect Frīdrihs Skujiņš is one of the brightest buildings of national romanticism in Latvia. The building houses the Ķemeri National Park Information Center. +371 26424972; GPS: 56.95193, 23.51326
- 7. Melnalkšņu swamp forest trail.** The 0.6 km trail introduces a very humid natural deciduous forest – a black alder swamp forest. GPS: 56.95206, 23.51368
- 8. Sloka lake observation tower.** The observation tower is located on pontoons, it is connected to the land by a footbridge. From the tower you can see the whole Sloka lake all the way to Kauguri. Birds gather in the lake in spring and late summer–autumn, so this is a favorite place for bird watchers. GPS: 56.95759, 23.54712
- 9. Bigauņciems.** A fishing village on the shores of the Gulf of Riga, where you can buy fish caught and smoked there. GPS: 56.98552, 23.53757

## SERVICES

### Accommodations

- 1. Recreation complex "Valguma pasaule",** +371 63181222, 29414022; GPS: 56.99022, 23.31542
- 2. Tent site "Lejiņas",** +371 29559767; GPS: 56.97832, 23.31314

- 3. Guest house "Ķemeri",** +371 28308055; GPS: 56.93932, 23.48670
- 4. Apartments "Annas māja",** +371 29171022; GPS: 56.94418, 23.49845
- 5. Holiday house "Relax Port",** +371 28301853; GPS: 56.98409, 23.53703
- 6. Guest house "Vallery Guest House",** +371 27049171, 27279599; GPS: 56.98665, 23.53304
- 7. Holiday house "Atpūta pie jūras",** +371 28272223; GPS: 56.98607, 23.54018



### Catering

- 1. Restaurant "Valguma pasaule",** +371 63181222, 29414022; GPS: 56.99022, 23.31542
- 2. Cafe "Dižpriede",** +371 28756095; GPS: 56.98594, 23.53753



### Shops

"Zelta puķes" in Ķemeri, +371 67765188; GPS: 56.94110, 23.49130  
 "topi" in Ķemeri, +371 26811080; GPS: 56.94341, 23.49755  
 "Helans" in Ķemeri, GPS: 56.94309, 23.49442  
 There are no shops in Bigauņciems.



### Pharmacies

"Latvijas aptieka" in Ķemeri, +371 29117673; GPS: 56.94267, 23.49388



### ATMs

There are no ATMs in this section.



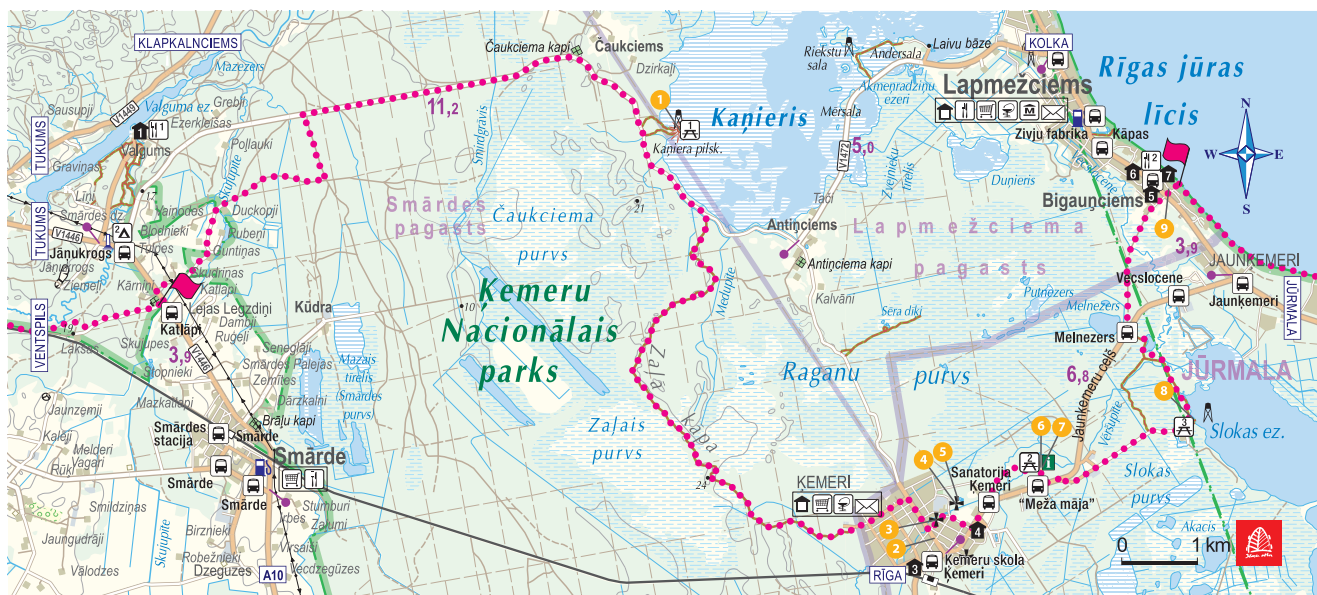
### Public transport

You can get to the starting point by train to Smārde station. From there you have to walk 2.3 km to Jāņukrogs. [www.pv.lv](http://www.pv.lv)  
 Buses run from the end point (Bigauņciems) to Riga several times a day, [www.1188.lv](http://www.1188.lv)



### Resting areas

- 1. Kaņiera pilskalns,** GPS: 56.99145, 23.43467
- 2. Meža māja (Forest house),** GPS: 56.95228, 23.51242
- 3. Sloka lake,** GPS: 56.95742, 23.54650





# HIGHLIGHTS OF JŪRMALA AND RĪGA

- Wooden architecture of Jūrmala
- Ragakāpa Dune Natural Park with a wood-paved footpath
- Historic buildings of Kīpsala
- Old Town of Rīga — a UNESCO World Heritage Site
- Art Nouveau architecture of Rīga
- Rīga Central Market







# LATVIA JŪRMALA AND RĪGA

LATVIA'S MOST POPULAR RESORT TOWN  
AND CAPITAL CITY

#100-102

**Bigauņciems - Rīga: 51 km**

This section of the Forest Trail passes through the resort town of Jūrmala and the Latvian capital city Rīga. A sandy beach runs along the coast in Jūrmala, though hikers can also proceed through the downtown of Jūrmala to see Jomas iela, its main pedestrian street. The town is popular with summer holidaymakers, with many SPA hotels, cafés, live music in summer evenings. The town features unique wooden architecture of the historic summer-house area, and mansions and villas are still being built there. The forests of the coastal dunes are criss-crossed by a dense network of trails suitable for strolling and Nordic walking. The river Lielupe separates Jūrmala from the forests in the outskirts of Rīga. From Priedaine, you can reach Rīga along the roads and trails of the Kleisti forest and suburban streets leading to the Daugava; having crossed the river, you arrive at the very heart of Rīga — Rātslaukums (Town Hall Square). You can walk through Rīga and explore different areas of the city, or use public transport — a train or a bus.







## Bigauņciems – Dubulti

The historic resort of Jūrmala

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



### PRACTICAL INFORMATION

..... 15 km

⌚ 3 - 5 h

🚩 Bigauņciems beach, opposite the Old Ķemeri Road

🚩 Dubulti beach, opposite **P**



Bigauņciems - Jaunķemeri -  
Kaugurciems - Vaivari -  
Pumpuri - Jaundubulti -  
Dubulti



Wide sandy beaches from  
Bigauņciems to Dubulti.



Easy



Be careful when crossing road  
(P128) in Bigauņciems.



You should avail yourself of  
binoculars for bird watching.



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





## NATURE

Shells of four species of mussels living in the Baltic Sea can be found on the Latvian coast. Most often you will spot the Baltic macoma (*Limecola balthica*), whose 1–2 cm long shell can be pink, grey, bluish or almost white. The largest is the sand gaper (*Mya arenaria*) – it is 4 to 6 cm long and is more often white or grey. The light shell of the common cockle (about 2 cm long) is striped, and therefore easy to spot on the ground. The fan-shaped shell of the blue mussel is 2–3 cm long; it is black/blue on the outside and pearl white inside.

## WORTH SEEING!

- 1 **The Old Lapmežciems Pier and Kupskalni Nature Trail.**  
GPS: 56.99210, 23.52864
- 2 **Jaunķemeri.** Adapted for people with special needs. In the pine forest located on the seacoast of Ķemeri National Park, there are sanatoriums offering a wide range of therapeutic procedures.  
GPS: 56.97580, 23.56825
- 3 **The Jūrmala Resort History Museum.** Visitors can look at old medical quipment, interesting accessories, photographs and documents. Visits have to be booked in advance:  
T: +371 67735850;  
GPS: 56.97107, 23.57304
- 4 **Kaugurciems.** An ancient fishermen's village. GPS: 56.96934, 23.60670
- 5 **The Kauguri Giant Oak.** 17,20 m high with the diameter of 4,30 m.  
GPS: 56.96248, 23.62162
- 6 **Vaivari beach.** Adapted for people with special needs. The historic Kāpu iela adorned with both ancient wooden architecture and modern mansions snakes behind the dunes.  
GPS: 56.96119, 23.662996

- 7 **The Asari cemetery and Monument To Those Fallen in World War I.**  
GPS: 56.96335, 23.69549
- 8 **Melluži Park and Music hall.**  
GPS: 56.96245, 23.72739
- 9 **Rainis' pine trees and a sculpture of Rainis' pine trees.**  
GPS: 56.96659, 23.74506

## SERVICES

### Accommodations

1. **Holiday home Relax Port,**  
+371 28301853; GPS: 56.98410, 23.53701
2. **Guest house Vallery Guest House,**  
+371 27049171, 27279599;  
GPS: 56.98665, 23.53304
3. **Holiday home Atpūta pie jūras,**  
+371 28272223; GPS: 56.98607, 23.54018  
Accommodation in Jūrmala  
[www.visitjurmala.lv](http://www.visitjurmala.lv)

### Catering

1. **Cafe "Dižpriede",** +371 28756095;  
GPS: 56.98585, 23.53765
2. **Restaurant "Neptūns",** +371 29999319;  
GPS: 56.97532, 23.55681
3. **"Kūriņš" tavern,** +371 26529539;  
GPS: 56.96678, 23.61057

Jūrmala offers a very wide choice of restaurants and cafés. For more information: [www.visitjurmala.lv](http://www.visitjurmala.lv)

### Shops

In all the territory of Jūrmala.

### Pharmacies

In all the territory of Jūrmala.

### Public transport

Bus transport connects Bigauņciems and Dubulti (~ 16 times per day). Intercity bus transport on the Talsi – Riga and Roja – Riga routes (around 15 times per day, [www.autoosta.lv](http://www.autoosta.lv).)

## TOURIST INFORMATION

- i Engure TIP,** Jūras street 114, Engure, [www.enguresnovads.lv](http://www.enguresnovads.lv), +371 24400170;  
GPS: 57.17068, 23.22087
- i Tukums TIC,** Talsu street 5, Tukums, [www.visittukums.lv](http://www.visittukums.lv), +371 63124451, 28311557;  
GPS: 56.96659, 23.15256
- i Jūrmala TIC,** Lienes street 5, Majori, [www.visitjurmala.lv](http://www.visitjurmala.lv), +371 67147900;  
GPS: 56.9715756, 23.7980068



Photo: Jānis Salins



## Dubulti – Lielupe – Bulduri

### The most popular beaches in Latvia

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

10

Photo: Artis Veigurs



## PRACTICAL INFORMATION

..... 15 km

⌚ 5 – 7 h

🚩 Dubulti beach, opposite **P**

🚩 Bulduri railway station



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



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



Easy



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



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



## NATURE

Founded in 1962, the small Ragakāpa Nature Park is located in the city of Jūrmala. It was established aiming to protect coastal habitats such as coastal dunes and old pine stands. An educational trail winds through the park informing of the dune habitats, hundred-year-old pines and their inhabitants – mosses, lichens, mushrooms, insects, birds, etc.

## WORTH SEEING!

- 1 Art station Dubulti.** The only modern art space in Europe installed in a currently functioning railway station. +371 29548719; GPS: 56.97116, 23.77761
- 2 Aspazija's House.** It includes an authentic early 20th century interior and household items, but also projected holograms and interactive educational games. +371 67769445; GPS: 56.97144, 23.78113
- 3 Aspazija in the Dunes sculpture.** Dedicated to the distinguished Latvian poet and playwright Aspazija. GPS: 56.97292, 23.77893
- 4 Majori.** The central part of Jūrmala. Beach with an illuminated walking path along the dunes.
- 5 The Sea Pavilion and the Turtle sculpture.** At the beginning of 20th century, this Art Nouveau pavilion historically housed a restaurant and a prominent dance hall with a swing-floor. It is now a dwelling house. GPS: 56.97620, 23.79826
- 6 The Emīlija Rācene Swimming Establishment** The building was erected at the beginning of the 20<sup>th</sup> century. It is now a dwelling house. GPS: 56.97700, 23.80086
- 7 Jūras iela.** Here you can see almost all of the architectural styles characteristic to Jūrmala, which are represented by 23 architectural monuments of national and local importance. GPS: 56.9754656, 23.8009798
- 8 Jomas iela.** Since 1987, it is a pedestrian street with most of the buildings being architectural monuments. GPS: 56.97300, 23.80110
- 9 Jūrmala City Museum.** Entrance is free. +371 67761915; GPS: 56.97123, 23.80139
- 10 Dzintari.** Behind the dunes you will find the legendary Dzintari Concert Hall where you can enjoy music concerts all year round. GPS: 56.97584, 23.81917
- 11 Lielupe.** One of the quietest beaches in Jūrmala; there is a nudist beach closer to the estuary of the Lielupe River. GPS: 57.00548, 23.92705
- 12 Ragakāpa Nature Park.** Ragakāpa Nature Park is a specially protected nature territory established in order to preserve the dunes covered with ancient pine forests and the biodiversity on the sea coast. GPS: 56.99613, 23.91551



- 13 Jūrmala Open-Air Museum.** The setting of a fishermen's homestead in Jūrmala at the turn of the 20th century. Entrance to the museum is free of charge. +371 67754909; GPS: 56.99653, 23.91645
- 14 Yacht club Jūrmala.** Here you can rent SUP boards and row boats to reach the White Dune located on the other bank of the Lielupe River. +371 29629947; GPS: 56.98136, 23.87521

## SERVICES



### Accommodations

In this section, there are many accommodation possibilities. For more information: [www.visitjurmala.lv](http://www.visitjurmala.lv)



### Catering

In this section, there are many catering possibilities. For more information: [www.visitjurmala.lv](http://www.visitjurmala.lv)



### Shops

All over Jūrmala.



### Public transport

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

## TOURIST INFORMATION



**Jūrmala TIC,**  
Lienes street 5, Majori,  
[www.visitjurmala.lv](http://www.visitjurmala.lv),  
+371 67147900;  
GPS: 56.9715756, 23.7980068







## Bulduri – Riga City Center

### Through the forests to Riga

The itinerary is an alternative way to get from Jūrmala to Riga by going through the forest.

After passing the bridge across the Lielupe River, the Forest Trail snakes through Priedaine with its wooden buildings, goes along the right bank of the Lielupe River, then turns towards the Southern part of Bolderāja Dune and crosses Kleisti forest past Lāčupe Cemetery.

Next, it goes along the historic roads of Pārdaugava on the West bank of the Daugava River, namely, Buļļu and Daugavgrīvas iela, through Dzegužkalns Hill, passing the Zunda Canal and Āgenskalns bay until reaching the Daugava River, which the route crosses via the Stone bridge and then stops at Town Hall Square.

3

Photo: Ivars Ķezbers



## PRACTICAL INFORMATION

..... 23 km ⌚ 8 – 10 h



Bulduri railway station



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



Bulduri – Priedaine – Liepezers – Lāčupe – Ilģuciems – Riga Old Town



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



Medium



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



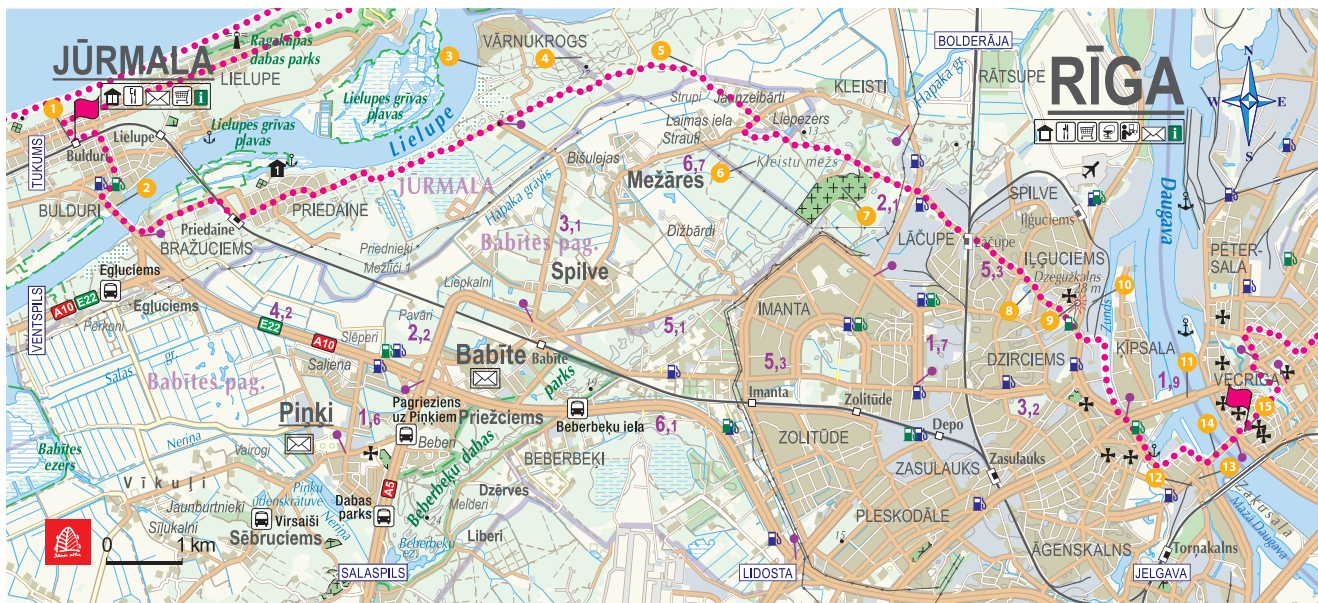
In the forests, there can be sandy or muddy (in case of wetweather) roads. When using streets/roads, road traffic regulations must be observed. No services are available from Priedaine to Lāčupe. When on a road for pedestrians and cyclists,

you have to stay in the lane meant for pedestrians. Be careful when crossing the bicycle lane.



Riga public transport runs from Liepezers, Kleisti and Lāčupe Cemetery (timetables: [www.rigassatiksmel.lv](http://www.rigassatiksmel.lv)). You can cover the distance from Bulduri and Priedaine to Riga by train ([www.pv.lv](http://www.pv.lv)). Next to the Līvu akvaparks water park, there is a bicycle rental from which you can reach Riga by using the bicycle lane (~ 16 km).





## NATURE

The trail runs for a short distance along the Bolderāja-Priedaine dune range. It is located south of River Buļļupe and north of the settlement of Kleisti and Spilve meadows. The height of the approximately 10 km long and 1–1.5 km wide dune is approximately 4–10 m. Its highest point rises to 27 m above sea level. The steeper slopes of the dune face the Spilve meadows – the former direction of sand movement. The dune range, which today consists of individual wall-like and parabolic dunes, began to form ~ 220 years ago, when large masses of sand were moved by the wind and covered the ancient Litorina Sea terrace and even individual farms. Today the dune is mainly covered by a pine forest.

## WORTH SEEING!

- 1 Bulduri.** A 19th century Lutheran church is located nearby beach. When coming from the beach, the road leads you through a prestigious residential area with historical and modern buildings. You can visit the exhibition halls in the Jūrmala Artists' House. GPS: 56.98156, 23.85076
- 2 The Līvu akvaparks water park.** One of the biggest water parks in Northern Europe. +371 67147240; GPS: 56.97387, 23.86020
- 3 The White Dune.** A 15–17 m high dune outcrop formed in the middle of the 18th century on the right bank of the Lielupe River near the Buļļupe River. GPS: 56.99033, 23.93989
- 4 The Bolderāja Dune.** The biggest dune ridge in Pārdaugava (the West bank of the Daugava River). GPS: 56.99138, 23.96206
- 5 A Memorial site to the Daugavpils Infantry Regiment** in honor of the soldiers that fell in the Latvian War of Independence in 1919. GPS: 56.98904, 23.98634
- 6 The Kleisti forest.** GPS: 56.97940, 23.99917

- 7 The Lāčupe Cemetery** or Lācars Cemetery was opened at the end of the 19th century. GPS: 56.97616, 24.02042
- 8 The Nordeķi Manor.** One of the most exceptional baroque style wooden buildings in Riga that was first documented in the 16th century. GPS: 56.96364, 24.06036
- 9 Dzegužkalns.** The highest hill in Riga situated 28 m above sea level. GPS: 56.960914, 24.068169
- 10 The territory of the historic Zunda Village** is located between Daugavgrīvas iela and the Zunda Canal. The biggest and the most ancient settlement of the area since the 17th century. GPS: 56.96197, 24.07268
- 11 Vanšu (Cable-stayed) Bridge.** It is 560 m long with a 312 m steel span and one load bearing pylon made out of reinforced concrete. Opened in 1981. GPS: 56.94808, 24.07976
- 12 The Railway Museum.** Here you can find out how the train movement is controlled and how different devices work, as well as take a look at different locomotives and railcars. GPS: 56.94089, 24.09456
- 13 The Latvian National Library (LNL).** The building was opened to visitors in 2014 and the people have renamed it the Castle of Light, referring to the poem written by the Latvian poet Auseklis (1850–1879) that stands for a repository of wisdom. The idea underlying the exterior of the building stems from the play The Golden Horse written by Rainis (1865–1929) where the author depicts a glass mountain with a sleeping princess and only the pure-minded Antiņš can ride up the hill and wake the princess. GPS: 56.94112, 24.09649
- 14 The Stone Bridge.** A 503.12 m long granite and metal bridge connecting Pārdaugava on the West bank of the Daugava River and Riga Old Town on the East bank. GPS: 56.94321, 24.09832
- 15 Town Hall Square.** In Medieval times, it was the central square of the town and the economic and administrative center of the town until the 19th century. The square was destroyed during World War II. In 2003, Town Hall Square was

fully rebuilt, as well as the House of the Blackheads and the statue of Roland. Next to it, there is a Soviet-style building erected in 1970 that housed the Museum of the Occupation of Latvia; during its renovation the museum's exhibits can be found on Raiņa Boulevard 7. GPS: 56.94751, 24.10651



## SERVICES

### Accommodations

**1. Recreation complex Follow the sun in Jūrmala,** +371 29549910; GPS: 56.97760, 23.89482

Riga City offers many possibilities for accommodation.

### Catering

More info: [www.liveriga.com](http://www.liveriga.com)

### Shops

Available throughout the whole length of the itinerary.

### Public transport

Train: Bulduri – Rīga [www.pv.lv](http://www.pv.lv)  
 Babīte station-city center-Preču 2 (bus No. 13); Lāčupe Cemetery-city center-Abrenes iela (bus No. 39)  
 Public transport in Riga:  
[www.rigassatiksme.lv](http://www.rigassatiksme.lv)

## TOURIST INFORMATION

**i Riga TIC, Town Hall Square,** Rātslaukums 6, Riga, [www.LiveRiga.com](http://www.LiveRiga.com), +371 6703 7900; GPS: 56.947260, 24.107069



# USEFUL ADVICE

## MONEY AND DOCUMENTS

- It is recommended to carry some cash (in euros) during the journey, as some places accept no cards, and ATMs are not available everywhere.
- When crossing the Lithuanian/Latvian border, you must have valid identity and travel documents.

## EQUIPMENT

- Suitable footwear.
- Water and wind-proof clothing may also be useful.
- A first aid kit, and some adhesive plasters are advisable, especially for novice hikers.
- Grabbing a power bank for your phone may be a good idea.
- A tent or a hammock, if you plan to sleep outdoors.

## TENTS AND CAMPFIRES

- Places where you can camp, lit a campfire or use a grill are indicated in the section descriptions. Look for more information in local **i**.
- Campfires may only be lit in designed and properly-equipped places. No campfires may be lit during periods of increased fire risk, usually in summer.
- If no firewood is available, dry branches can be collected for the campfire. Always make sure that the fire has been properly extinguished.
- In Latvia and Lithuania, use of portable primus stoves for cooking and boiling of water is allowed, subject to safety regulations.

## SAFETY AND COMMUNICATION

- If you have any questions about the Forest Trail, contact us at [www.baltictrails.eu](http://www.baltictrails.eu).
- There may be places with no mobile network coverage on the Forest Trail.
- Most accommodation places and catering facilities offer Wi-Fi.
- Rock outcrops, particularly on river banks, are made up of non-consolidated sediment material. Landslides and landfalls may occur around them.

- Insect (tick, mosquito) repellent may become handy in warm weather. Ticks may dwell in scrubs and grasslands.
- In the Baltic Sea or inland waters, there are no plants or animal species (including jellyfish) that are poisonous or otherwise dangerous to humans. The viper is the only species of poisonous snakes in the Baltic countries. It usually will not attack unless threatened. They dwell in clearings and at the forest edge overgrown with grass and shrubs, bogs and low-density pine forests, where heather and wild berry shrubs grow. They like basking in the sun on trails.
- In case of emergency, call **112** (in Lithuania and Latvia).

## ECO- FRIENDLY TRAVELLING

- It is perfectly safe to drink tap water in Latvia and Lithuania. Please use a reusable bottle.
- Try and buy goods with less packaging and carry the produced waste to the nearest bin.
- When in nature, move around quietly without disturbing animals.

### IN LATVIA

- Internal rules of conduct must be followed in specially protected nature areas. More information here: [www.daba.gov.lv](http://www.daba.gov.lv). Green tips for environmentally friendly travelling in protected nature areas can be found here: [www.daba.gov.lv/lv/zalie-padomi](http://www.daba.gov.lv/lv/zalie-padomi)

### IN LITHUANIA

- Before visiting national and regional parks, study the rules of conduct for each park.
- Resting and staying overnight is only allowed at specially designed and equipped places.
- If you wish to stay the night in a tent, car or trailer, you must stay at a campsite or a designated rest site.
- Campfires may only be lit in specially equipped places. Open fire poses a great risk to forests.
- Watch animals from a distance and do not feed them. Domesticated and improperly fed animals will not survive in the wild.

- Leave nothing behind. Waste and other traces of human rest do not embellish nature.
- Do not harm nature. Do not break trees or shrubs. They are part of nature and home for animal.
- Respect other people's property. Do not vandalize infrastructure facilities that are part of the Forest Trail and are used by other holidaymakers.
- Do not let the dog in the woods without a muzzle. A muzzle is not required if the dog is held on a leash.

## WHEN TRAVELLING WITH A DOG

- Each municipality establishes procedures regarding places to which leashed or unleashed dogs are allowed. The rules may change over time, so better clarify the matter at each municipality by calling the local **i**.
- In most towns and villages, outside fenced areas, the dog must be held on a leash. The dog owner must make sure that the dog will not cause harm or damage to other people, animals or properties.
- It is prohibited to take the dog into children's playgrounds, sports grounds and entertainment sites, to designated bathing sites or to places with relevant no-entry signs (except for guide-dogs).
- At the rest sites indicated in the guide, the dog must be held on a leash.
- On public transport and on ferries, the dog must be on a leash and wear a muzzle.
- In forests, on the sea-shore, etc., make sure that the dog does not interfere with breeding or resting birds or with other wild animals, including seals and their pups on the beach. It is necessary to take the dog to the beach on a leash during the bird breeding and seal pupping period.

*The information compiled in the guide and the contents of the GPX files reflect the situation of 2021. When using the GPX files, keep in mind that in forests, cities and settlements, by bluffs, etc., there is / may be a deviation (error) from the Forest Trail route.*



# WWW.BALTICTRAILS.EU

## PROJECT LLI-448 "DEVELOPMENT OF FOREST TRAIL IN LATVIA AND LITHUANIA AND EXPANDING THE BALTC COASTAL HIKING ROUTE IN LITHUANIA" (HIKING PROJECT)

The project is being implemented with the support of the European Union Interreg V-A Latvia–Lithuania Cross Border Cooperation Programme 2014–2020.

### THE PROJECT AIMS

to establish and promote two common cross-border long-distance hiking routes — the Forest Trail and the Baltic Coastal Hiking Route, which pass through the territory of Latvia and Lithuania, thereby increasing the number of tourists to the region. Marketing activities are expected to result in an increase in the number of overnight stays in rural areas by at least 5 % in the year following the completion of both routes.

### PLANNED RESULTS OF THE PROJECT:

- Development and promotion of the Southern part of the Forest Trail in Latvia and Lithuania and the Southern part of the Baltic Coastal Hiking Route in Lithuania. Both routes will be connected to the already existing Northern part of the Forest Trail and of the Baltic Coastal Hiking Route in Latvia and Estonia, using common names and marking schemes.
- Maps and guides will be developed to promote the routes, and information will be available at [www.baltictrails.eu](http://www.baltictrails.eu).

Total costs of the project are EUR 788,104.

Co-funding by the European Regional Development Fund is EUR 669,888.

### LEAD PARTNER:



Kaunas Regional Development Agency

### PROJECT PARTNERS:

#### LATVIA



Lauku Ceļotājs

[www.celotajs.lv](http://www.celotajs.lv)

Latvian Country Tourism Association "Lauku ceļotājs"



KURZEMES  
PLĀNOŠANAS  
REĢIONS

Kurzeme Planning  
Region



Kuldīga County  
Council

#### LITHUANIA



Lithuanian Countryside  
Tourism Association



Žemaitija National Park  
Administration



Curonian Spit National  
Park Administration

### INFORMATION:



LATVIA

Mežtaka – Forest Trail



Meztaka



LITHUANIA

Baltictrails LT: Miško takas - Jūrų takas



Miško takas -  
Jūrų takas

Photos used: the partners of the Hiking project, tourism information centres, A. Pališkis, A. Barzdzius, A. Aleksandravičius, P. Grigaliūnas, V. Grigas, T. Valionis, K. Fedirka, Ž. Jašinskaitė, S. Kazlauskas.



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## FOREST TRAIL - Southern part



The 1088 km-long Southern part of the FOREST TRAIL takes you away from the urban rush to places of peace and quietness. There you can devote some time to yourself, inhale the refreshing air of the pine forest, lie back in the sun-warmed moss and think of nothing. When heading for the Forest Trail, take a basket for mushrooms or a note-book for your bird-watching records with you. Be prepared to meet like-minded people, all carrying backpacks and maps, on their way to conquer steep trails on slopes and in ravines. Having ascend an observation tower, you will see just endless greenery of forests up to the horizon, but the Forest Trail for sure is always there to safely guide you through the forest, along rural roads through small villages and occasionally also into a town or a city. In Latvia the Forest Trail is identified as *Mežtaka*, but in Lithuania - as *Miško takas*. The Forest Trail has no days off — it is always awaiting its hikers.

### GENERAL INFORMATION ABOUT THE COUNTRIES

[www.lithuania.travel](http://www.lithuania.travel) – official Lithuanian tourism website  
[www.latvia.travel](http://www.latvia.travel) – official Latvian tourism website  
[www.atostogoskaime.lt](http://www.atostogoskaime.lt) – Lithuanian Countryside Tourism Association  
[www.celotajs.lv](http://www.celotajs.lv) – Latvian Country Tourism Association “Lauku ceļotājs”

**WWW.BALTICTRAILS.EU**

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