



Estonia – Latvia

Guidelines for self-guided hikes for school-aged youth

Tested with ~12 years old participants from Sigulda Laurenči school on a pilot hike

Within project “Accessible Hiking trails”

By NGO “Movement Spontaneous”

1. Introduction

Self-guided hikes are a great way to learn, experience, and explore the world around you. These activities not only provide young people with the opportunity to be active and spend time in nature, but also allow them to learn practical skills. Hiking encourages responsibility, teamwork, and involvement in decision-making, while also developing skills necessary for daily life and crisis situations. These guidelines can serve as a foundation for students to undertake self-guided hikes.

The guidelines are intended for school-aged children, enabling them, either on their own or under adult supervision, to learn the skills required for organizing and leading safe and successful hikes. Guidelines are developed within the framework of the European Union's INTERREG Estonia-Latvia program project "Forest and Coastal Hiking Trails' accessibility improvement for different social groups." More information about the project is available at letshike.co/projects.

2. Basic Elements of Planning Self-Guided Hikes

To ensure a successful and safe hike, it's important to learn the basic skills of route selection and map reading, how to lead a hiking group, how to predict the weather, and how to choose appropriate equipment. Additionally, it's crucial to plan meals and activities effectively.

2.1 Route Analysis and Map Reading

Criteria for Route Selection.

Choosing the right route for a hike with school-aged kids is crucial because their physical abilities and endurance vary depending on age. For younger kids, around **7–11 years old**, it's best to go for easier and shorter routes, like **5–8 km**. A good example would be the [Sigulda - Turaida](#) route (6.5 km) in Gauja National Park, where the trail goes through forest roads without steep climbs, and it's well-marked. Another option is the [Cenas Moorland trail](#) (about 5 km), where you walk on boardwalks over a bog, giving kids a chance to explore the bog ecosystem.

For teenagers aged 12–16, you can plan longer and slightly tougher routes. The Seaside Trail from [Saulkrastiem - Laučiem](#) (~13 km) or the [Green dune](#) in Ķemeri National Park (~22 km) offer varied terrain with sandy beaches and dunes. These routes are great for teens with average fitness and provide a fun challenge while still being safe.

If the **focus is on nature exploration**, the [Dunduri Meadows](#) with its observation tower is a cool option. Here, teens can spot wild horses and different birds, helping them practice animal-watching and identification skills.

Map reading and navigating in nature

Learning to read maps is an essential skill that students can practice using both printed and digital maps, like the Forest Trail and Seaside Trail routes available on [Baltictrails.eu](#). Young people can be taught how to recognize bodies of water, terrain features, and figure out their location using landmarks in nature. In addition, using **GPS** (Global Positioning System) helps them pinpoint their location accurately and understand how coordinates work, which complements traditional maps and aids in planning routes.

In today's digital world, it's important to teach how to effectively use different apps for planning and guiding hikes. Apps like **Strava** and **Outdoor Active** allow you to input and use **GPX files**, which contain detailed route info like coordinates, elevation, and directions. These files help you follow a route precisely, both before and during the hike. There are also user-friendly apps like **Komoot** and **Locus Map**, which let you track your progress and location in real time. Young people can combine digital tools with printed maps during hikes to practice navigation skills and learn to rely on different tools for finding their way.

Risk identification and assessment

Hiking comes with certain risks that need attention. For instance, being near a river can be dangerous for younger children, so leaders and adults should keep a close watch on the group. Steep slopes also pose hazards, especially when trails are wet or icy, increasing the chance of slips and falls.

Staying on track is crucial, and checking the weather is equally important. Poor visibility due to fog or heavy rain can make navigation tricky, so it's useful to teach young people how to spot nearby landmarks and adjust the route if conditions become unsafe.

Preparing GPX files and using apps

Planning hikes has become much easier with the help of **GPX files**, which are designed to share geographic coordinate data. These files allow users to save and share routes, paths, and specific points, making it easy to plan outdoor activities accurately. To prepare GPX files for a hike, you can select a route from sites like [Baltictrails.eu](#), where various GPX files are available for different hiking segments.

Once downloaded, these files can be imported into navigation apps like **Strava**, **Outdoor Active**, **Explore app**, or even **Google Maps**. This lets you track the route in real time on your smartphone or smartwatch, such as Garmin or Suunto devices. GPX files provide precise route mapping, which is especially helpful if trail markings are missing or if there's confusion about the direction.

2.2 Event management plan

A well-structured plan ensures that all participants are aware of their responsibilities, familiar with route details, and prepared to respond quickly in any emergency situation.

Planning tools and communication

Digital tools make it easy to share important information with all participants, though traditional planning—like using a classroom board or notebooks—works too. Involving everyone in planning gives young people the chance to contribute to the route and task organization, encouraging discussion and teamwork. Some digital tools that can assist in organizing a hike include:

- **Trello:** A virtual board where you can create a packing list, schedule the hike, and assign tasks. Each task can have an assigned person, a deadline, and a status.
- **Google Docs/Sheets:** These allow for a shared hiking plan where each participant can access key info, such as roles, route plans, and safety guidelines, in one document.
- **WhatsApp:** An effective way to quickly share information with all participants, start group discussions, and share essential details like route maps or weather forecasts. It also allows real-time location sharing.

Technology evolves fast, so the tools available frequently change. It's important to choose tools accessible to everyone, keeping in mind age restrictions. For example, apps like WhatsApp and Trello are generally available only for users aged 13 and up, which might limit their use among younger students.

Hike plan, schedule, and roles

When preparing a hike plan, it's helpful to create a clear schedule that covers all key stages—starting time, rest breaks, and the expected return. For example, for a 10 km hike, the plan might look like this:

- **09:00 – Meeting and briefing:** Everyone gathers at the starting point, where information is given about the route, safety rules, and each participant's responsibilities.
- **09:15 – Start of the hike:** The group sets off, following the planned route.
- **10:30 – First rest break (15 min):** After 3–4 km, the group takes a short break to drink water, have a snack, and make sure everyone is feeling good.
- **12:00 – Lunch break (30 min):** After about 7 km, the group stops for a longer break to rest and eat lunch.
- **14:00 – End of the hike:** The group finishes the hike, arriving back at the starting point or the designated endpoint.

Assigning roles during the hike helps ensure smooth teamwork and safety while also encouraging participants to engage in the activity. Some possible roles include:

- **Hike leader:** Responsible for keeping the group on the correct path and setting a proper pace, making sure to stick to the schedule. They check the map or app and ensure everyone is following the route.
- **Safety coordinator:** Ensures everyone follows safety rules, such as using appropriate gear, and is ready to assist in case of an injury.

- **Tail-end coordinator:** Makes sure no one is left behind and that the group maintains a steady pace. They also inform the hike leader if anyone is struggling.

Safety measures and emergency plan

Safety measures are a critical part of any hike, so having an emergency plan is essential. To ensure safety, it's important to bring a **first aid kit, water, snacks, and to know the location of the nearest medical assistance**. Creating an **evacuation plan** ahead of time is also crucial—knowing where to get help or how to safely exit the route if needed.

Consider potential issues with mobile phone coverage, especially in remote or wooded areas. In places where service may be spotty, plan alternative communication options. Using **walkie-talkies** can help the hike leader stay in touch with all participants, as they work independently of mobile network coverage. For longer expeditions, satellite communication devices like the Garmin inReach are useful for messaging and sending SOS signals in emergencies.

To effectively handle emergencies, a clear action plan is essential. For example, if a participant gets injured, the safety coordinator takes responsibility for providing assistance, while the hike leader organizes the evacuation or guides the group to a safe location. This ensures that help is provided quickly and efficiently, minimizing additional risks.

Group management and leadership during the hike

During the hike, it's important to assign leadership roles in advance to maintain order throughout the route. The leader or group coordinator is responsible for tracking the overall route and ensuring everyone follows the plan. The leader must be able to make quick decisions and assess risks effectively.

Implementing rotating roles is also key, allowing young people to take on various tasks during the hike. For instance, each participant can be given the chance to lead the group for short segments or manage the route app. This approach not only makes the hike more dynamic but also helps develop participants' leadership and teamwork skills.

Additionally, it's vital for every participant to be aware of the action plan in case of unforeseen situations. For example, if someone strays off the path or falls behind, they should know how to contact the hike leader using walkie-talkies or predetermined communication channels. This ensures that all participants stay connected and can quickly reunite with the group or receive assistance if needed.

2.3. Weather forecasting and equipment selection

Preparing for a hike is key, and weather forecasting along with choosing the right equipment are important parts of the hiking plan. Weather conditions can change rapidly, especially on nature trails or in the mountains, so it's necessary to regularly check forecasts and be ready to adapt to any situation.

Preparing for different weather conditions: clothing and footwear choices

Select the right clothing for comfort and safety during a hike. A layered clothing strategy is best for adapting to changing conditions. Generally, **three layers** are recommended:

- **Base layer:** The layer closest to your skin should be made of materials that wick moisture and dry quickly, such as **merino wool or synthetic fabrics** (polyester, nylon), which are common in sportswear. Cotton is not suitable because it absorbs moisture and dries slowly, leading to chills.
- **Mid-layer:** This layer provides insulation. Wool or fleece clothing is ideal, as they retain heat even when wet. This layer can be easily removed if you get too warm.
- **Outer layer:** This layer **protects** against wind and rain. A waterproof and breathable jacket is essential to shield you from rain and wind while preventing overheating. In cold weather, a down jacket adds extra insulation.

Footwear is as important as clothing. The choice of shoes depends on the terrain and weather conditions. For hikes on rocky or mountainous paths, **waterproof hiking boots** with good traction are recommended for stability and slip protection in wet conditions. For lighter, shorter hikes, durable, **lightweight athletic shoes** will suffice. It's important to wear shoes that are already broken in to avoid blisters or discomfort on longer routes.

Socks are also very important. Choose **socks made from moisture-wicking materials** to keep your feet dry, such as merino wool or synthetic blends. Cotton socks are not recommended for hikes, as they absorb moisture and dry slowly, which can lead to chafing and blisters. It's essential to select socks with appropriate thickness and cushioning for comfort and to protect your feet from pressure and friction during long walks. If the hike is expected to be longer or more challenging, bringing extra pairs of socks is helpful for changing if your feet get wet or dirty.

In addition to clothing and footwear, always carry **extra gear** like a rain poncho, hat, sunglasses, and gloves, especially if the weather might be unpredictable.

Choosing Hiking Equipment

In addition to clothing, selecting suitable hiking equipment is crucial. Consider the following:

- **Comfortable adjustable backpack:** Look for one with padded shoulder straps and a hip belt to ensure an even distribution of weight and reduce pressure on the shoulders and back. The hip belt stabilizes the pack and helps minimize fatigue during long hikes.
- **Waterproof cover for the backpack:** This protects your gear from moisture and prevents damage to electronic devices.
- **First aid kit:** A must-have for every hike, it should include band-aids, gauze, antiseptic wipes, and any necessary medications, such as antihistamines.
- **Communication tools:** Devices like two-way radios ensure reliable communication among group members when mobile networks are unavailable.
- **Headlamp:** Essential for hikes during dusk or nighttime, it's also useful in emergencies. Always check that the batteries are charged or bring spare batteries.
- **Multi-tool:** This can be very helpful in various situations, from preparing food to making minor repairs on equipment.
- **Sun protection:** Items like sunglasses, a hat, and sunscreen are vital for sunny hikes to avoid sunburn and overheating.
- **Insect protection:** Particularly important in wooded or grassy areas, using insect repellent, wearing long sleeves and pants, and regularly checking for ticks can reduce the risk of bites.

Avoid unnecessary items - pack only what you truly need. The weight of the backpack should be manageable, as an overloaded pack can quickly become uncomfortable and make the hike more challenging.

Safety Requirements Based on Weather Conditions and Trail Difficulty

Safety during a hike depends on both the right equipment and the complexity of the trail and weather conditions. In rainy or wet conditions, using **trekking poles** can help maintain stability and balance on slippery surfaces. Poles are also beneficial for long-distance hikes.

Forecasting weather and regularly checking conditions is essential to avoid unexpected situations. Utilizing reliable weather forecasting apps, such as **Windy, AccuWeather, or YR.no**, can provide detailed weather updates. Another valuable resource is online webcams, which offer real-time insights into conditions along the route.

When planning hikes along coastlines or rivers, it's important to monitor water level changes. For this purpose, the **Tides app** provides accurate information about tides and currents. **The Sun and Moon app** is also helpful for weather forecasting and route planning, as it provides information about sunrise and sunset times. This app is especially useful when planning hikes in areas where knowing the onset of twilight or complete darkness is critical, such as in mountainous or forested trails. It aids in better pacing the hike and selecting suitable spots for breaks or overnight stays to avoid unpleasant situations when darkness suddenly falls.

If an adult, like a teacher, parent, or guardian, is leading the hike, they should download and use these apps, since some may not be available for kids under 13. It's crucial for this adult to show the young hikers how to use the apps and explain their features, so they can learn to check the weather forecasts on their own and adapt to changing conditions in the future.

2.4 Meal and Activity Planning

During a hike, it's essential to ensure there's enough food and water, as well as to include educational activities and plan breaks that help boost team spirit and keep participants energized.

Meal and Water Consumption Planning During the Hike

Nutrition and hydration are key factors for maintaining participants' energy and well-being while hiking. Meals should be planned to be portable, nutritious, and suitable for outdoor consumption. Here are some commonly useful food items for hikes:

- **High-energy snacks:** Nuts, dried fruits, energy bars, and cookies are great options.
- **Easily transportable foods:** Whole grain wraps with cheese, meats, hard-boiled eggs, tofu, or other protein sources, as well as sturdy fruits and vegetables that won't get squished in a bag.
- **Dehydrated meals:** These are particularly useful for multi-day hikes. They're available at specialized outdoor shops, are lightweight, and can be quickly prepared by adding hot water.

Staying hydrated is very important, especially in hot weather or during intense physical activity. It's recommended to plan for at least **1.5 to 2 liters of water** per participant per day. If there are water refill stations or natural water sources along the route, you can plan to replenish supplies along the way. However,

it's crucial to verify the water's cleanliness beforehand or bring along **water filters or purification tablets**, which can be found at outdoor stores.

Integrating Activities and Learning During the Hike

Going on a hike can be a valuable part of the learning process, enhancing young people's practical knowledge and teamwork skills. Activities can be designed to connect with subjects like science, geography, biology, or orienteering skills. Here are some ideas:

- **Orienteering challenges:** Assign each participant a task to locate specific points along the trail using a map and compass. This encourages navigation skills and teamwork.
- **Nature exploration:** Engage participants in identifying and learning about local plants or animals encountered along the way. For example, they can explore forest habitats and practice recognizing different tree and plant species.
- **Ecology lessons:** Incorporate topics on sustainability and waste reduction, teaching participants the principle of "leave no trace." This fosters an understanding of conservation and environmental protection while they enjoy the outdoors.

Rest Breaks During the Hike

Rest breaks during a hike are not only important for physical recovery but also for fostering teamwork and building stronger relationships among participants. It's recommended to plan **regular breaks every 1 to 1.5 hours**, especially on longer routes, so participants can rest, enjoy snacks, and hydrate. For example, during a 12 km hike, there could be two longer breaks and several shorter, 5-10 minute pauses. To make these breaks more meaningful, consider incorporating activities that promote cooperation and communication, such as:

- **Team-building games:** For example, the "knot game," where participants form a circle, hold hands, and try to untangle themselves without breaking the chain, encourages problem-solving and teamwork.
- **Campfire conversations:** These moments can strengthen bonds between participants and offer a time for reflection on the day's experiences and lessons learned.
- **Shared meal preparation:** Whether it's making sandwiches, grilling vegetables, or roasting sausages over a campfire, preparing food together creates a positive and friendly atmosphere that strengthens relationships.
- **Feedback circle:** Each participant can share their thoughts on what they enjoyed, what challenges they faced, and what they learned. This activity encourages reflection and provides valuable insights for improving future hikes.

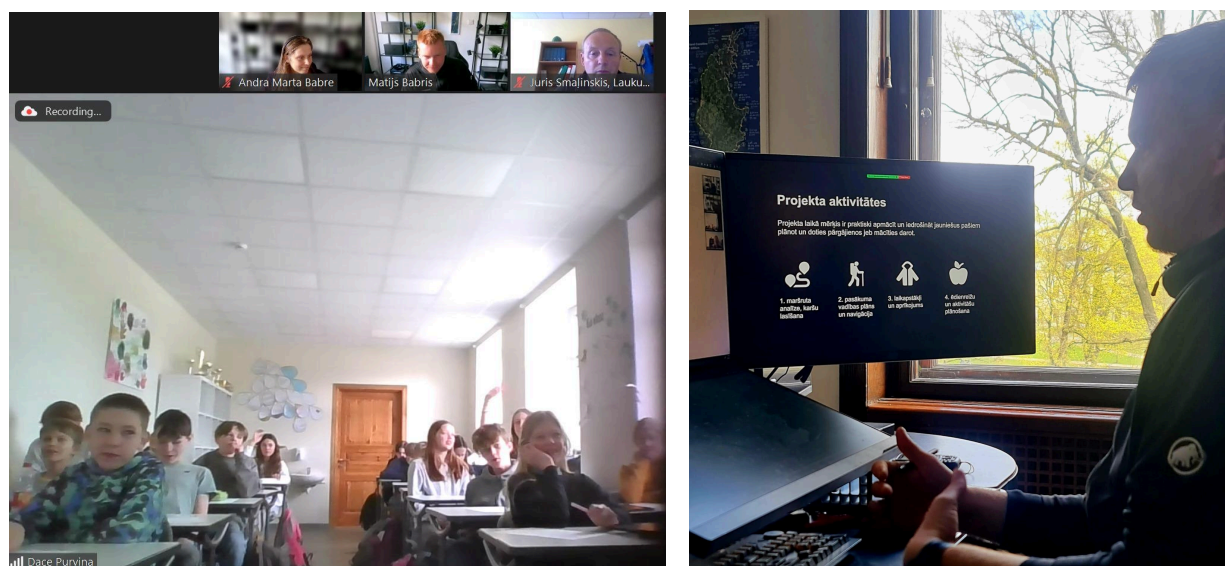
It's also necessary to give participants free time to simply enjoy nature without any planned activities. They can take in the scenery, listen to nature's sounds, or engage in personal conversations. This balance between structured activities and relaxation ensures that the hike becomes a well-rounded experience, offering both education and leisure.

3. Piloting

A pilot test is a small-scale trial conducted to evaluate ideas or methods before broader implementation. It helps identify potential improvements or risks and assess how successfully the project might operate in the future. As part of this project, a pilot test was carried out with the active involvement of the administration of Laurencu Primary School, who showed interest in engaging students in organizing hikes.

3.1 Hike with Laurencu School Students

In collaboration with the Laurencu Primary School science teacher, an online meeting in the form of a webinar was organized on April 17, 2024, with 6th-grade students. During this session, they learned the skills needed to organize self-guided hikes. The presentation was prepared by the head of organization "Movement Spontaneous" Matijs Babris.



Photos from online meeting and presentation for students

The presentation covered hiking planning methods, focusing on key topics:

- Route analysis and map reading
- Event management plan and navigation
- Weather conditions and equipment selection
- Meal and activity planning

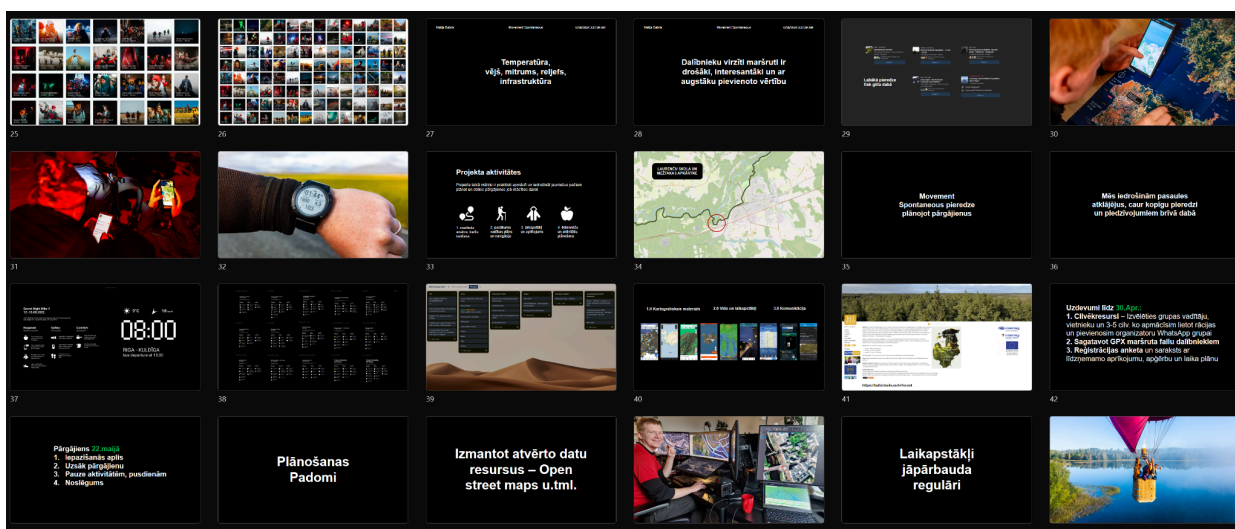


Photo capture of the presentation slides

After the webinar, the class was given the following tasks:

1. Select a group leader, a deputy, and three additional individuals to be trained in using radios and added to the organizers' WhatsApp group
2. Prepare a route plan and a GPX file for the participants
3. Create a registration form, along with a list of equipment, clothing, and a time schedule

Recommended activities for the hike:

- An introductory and briefing circle
- Breaks and a lunch stop
- A feedback circle at the end of the hike

The student group chose one of the Baltic Forest Trail sections – No. 5 Sigulda-Līgatne [see Appendix 1], slightly shortening the final part of the route. Since the students are very active and athletic, they opted for a relatively long section. It's important to assess one's physical fitness during a hike, but also not to underestimate one's abilities.

The pilot hike took place on May 22, 2024, with 26 participants: 19 students, the science teacher, two parents, three representatives from "Movement Spontaneous" organization, and one representative from "Lauku Ceļotājs" organization. At the start of the hike, a briefing was conducted [see Appendix 2], and the most active participants were given radios to relay information about rest breaks, the remaining distance, or to communicate in case of an emergency. Some students had printed maps from [Baltictrails.eu](https://baltictrails.eu), while representatives from "Movement Spontaneous" used the GPX files available on the website via smart devices to ensure the correct route in case of uncertainties.

The trail was well-marked with the Forest Trail signage (white-orange-white) and informational stands. [see Appendix 2] Along the way, several stops were made to share interesting facts about Forest Trail and the surrounding nature, as well as to rest and hydrate, because the day was particularly hot. After approximately 10 kilometers, a longer lunch break was organized, during which the students enjoyed healthy snacks and learned more about preparing food for hikes. [see Appendix 2]

After the break, there were about 10 kilometers left to hike through Gauja Valley. Some students took the opportunity to capture beautiful photos with Andra, a photographer from "Movement Spontaneous". The hike concluded at a parking lot with a rest area, where a feedback circle was held. Each participant had the chance to share what they enjoyed most and what they found most challenging.

3.2 Piloting Feedback and Improvements

After the pilot hike, feedback was collected, providing valuable insights for planning and organizing future hikes. Based on the experiences of all participants, several improvements were identified that would help make the organization and management of future hikes more efficient.

Student Feedback

Participants enjoyed:

- Having a group leader from among the students
- Being outdoors and staying active
- Conversations with the "Movement Spontaneous" organizers, exchanging experiences and stories
- Learning how to use the radios
- Taking photos with a camera
- Route planning
- Animals and nature

Challenges faced by participants:

- The heat and sun
- The long distance, with a route over 20 km
- Finding a place for the large group to sit
- Walking the last few kilometers
- Mosquitoes

Teacher's Feedback

- The children chose the Forest Trail route themselves.
- The students' parents suggested shortening the route to end at the parking lot, optimizing both the distance and time spent on the hike.
- It was easy to follow the route using navigation tools.
- The students were independent and motivated, with no need for extra encouragement to keep moving forward.
- The students were excited about the hike, and the teacher felt proud of their responsibility and engagement.
- It was a valuable experience in the planning process – important aspects such as safety and preparation were thoroughly discussed.

The teacher is actively planning more hikes and is eager to continue organizing such activities with the students.

Recommendations from organization "Movement Spontaneous"

1. **More thorough route selection:** The 20 km route proved too long for some participants. For future hikes, it is recommended to more carefully assess participants' physical abilities and the difficulty of the route, planning shorter or medium-length sections, especially for younger or less experienced groups.
2. **Time management:** Some activities during the hike took longer than initially planned, leading to fatigue towards the end of the hike. It is advisable to plan rest breaks and activities more precisely, ensuring they are spaced evenly and frequent enough.
3. **Better route accessibility for the entire group:** Not all participants had access to a physical or digital map of the route, causing confusion in areas where trail markings were damaged.
4. **More detailed first aid training:** Although there were adults present who were trained in first aid, it is recommended to provide basic first aid training to students before the hike. This would increase safety and preparedness in case of emergencies.
5. **Integrating hikes into the learning process:** Hikes not only promote physical activity and teamwork among students but also offer educational opportunities across various subjects. For example, science lessons can be integrated into hikes by teaching about the environment and navigation in a practical way. History lessons could also become more engaging by organizing hikes to culturally or historically significant sites, where students can learn about events in history. Additionally, incorporating such activities during project weeks ensures they do not interfere with regular lesson plans or students' holidays, while offering a meaningful and educational alternative to traditional teaching methods. This fosters closer collaboration between teachers and students, developing teamwork and organizational skills.

4. Recommendations and Resources

This section compiles recommendations and resources that will help anyone plan and organize successful hikes, based on the information gathered in the guidelines. Online tools and platforms are provided to facilitate route selection, navigation, and safety measures.

4.1. Recommendations

- Plan the hike carefully, considering the difficulty level of the route, trail conditions, and weather forecasts.
- Check the weather regularly.
- Inform a family member about your planned route and expected return time.
- Familiarize yourself with trail markings and signs to stay on track.
- Dress in layers, choose durable hiking shoes, and protect yourself from the sun with SPF cream, a hat, and sunglasses.
- Ensure you have enough water and food.
- Take regular breaks and listen to your body's signals.
- Be alert and watch your surroundings, especially for unstable terrain, wildlife, and changing weather conditions.
- Stay on the chosen trail and avoid unknown or restricted areas.
- If you encounter wildlife, maintain a safe distance and do not create stress for them.
- If hiking in a group, maintain visibility with each other and communicate regularly.

- Follow the principle of "Leave no trace," respecting nature and minimizing your impact on the environment.

4.2. Useful Resources

- **Webinar** on conducting self-guided hikes (in Latvian): <https://youtu.be/VeEhe2cgNH4>
- **Educational film** made within this project summarizing these guidelines: <https://youtu.be/26r4xo8f9lw>
- **Coastal Trail** and **Forest Trail** hiking routes and information: <https://baltictrails.eu/lv/>
- **Google MyMaps** allows you to customize maps by marking routes, travel points, and adding annotations: <https://mymaps.google.com>
- **Strava** is a popular app that allows you to track your hiking routes and share achievements with other users: <https://www.strava.com/>
- **Outdoor Active** is a navigation app offering hiking and tourism maps, as well as route planning options: <https://www.outdooractive.com/>
- **The Komoot** app helps plan adventure hikes, offering routes and navigation: <https://www.komoot.com/>
- **Locus Map** is a navigation app with extensive functionality, suitable for hiking, cycling, and other outdoor activities: <https://www.locusmap.app/>
- **Mapbox** is a cartographic tool with customizable maps and navigation options: <https://www.mapbox.com/>
- **Windy.com** provides detailed weather forecasts, including wind speed and direction, especially useful for coastal hikes: <https://www.windy.com/>
- **AccuWeather** is a weather forecasting app with detailed information about conditions in specific locations: <https://www.accuweather.com/>
- **Yr.no** is a weather forecasting app from the Norwegian Meteorological Institute that offers accurate weather information: <https://www.yr.no/>
- **Tides** is an app providing information about tides, essential for hikes near water: <https://tides.mobilegeographics.com/>
- **Sun and Moon** is an app that shows sunrise and sunset times, helping to plan hikes according to the time of day: <https://www.sunmoon.io/>
- **Webcams** - local webcams provide real-time information about trail conditions and weather: <http://eradio.lv/kameras/>
- **Trello** is a project and task management tool that helps effectively organize the steps of hike planning: <https://trello.com/>

Appendixes

Appendix 1.

Chosen trail from baltictrails.eu : baltictrails.eu/sigulda-ligatne

Gauja National Park.

Section 5. Sigulda - Līgatne.

Overview Info Nature Photo Map Worth seeing Services GPX

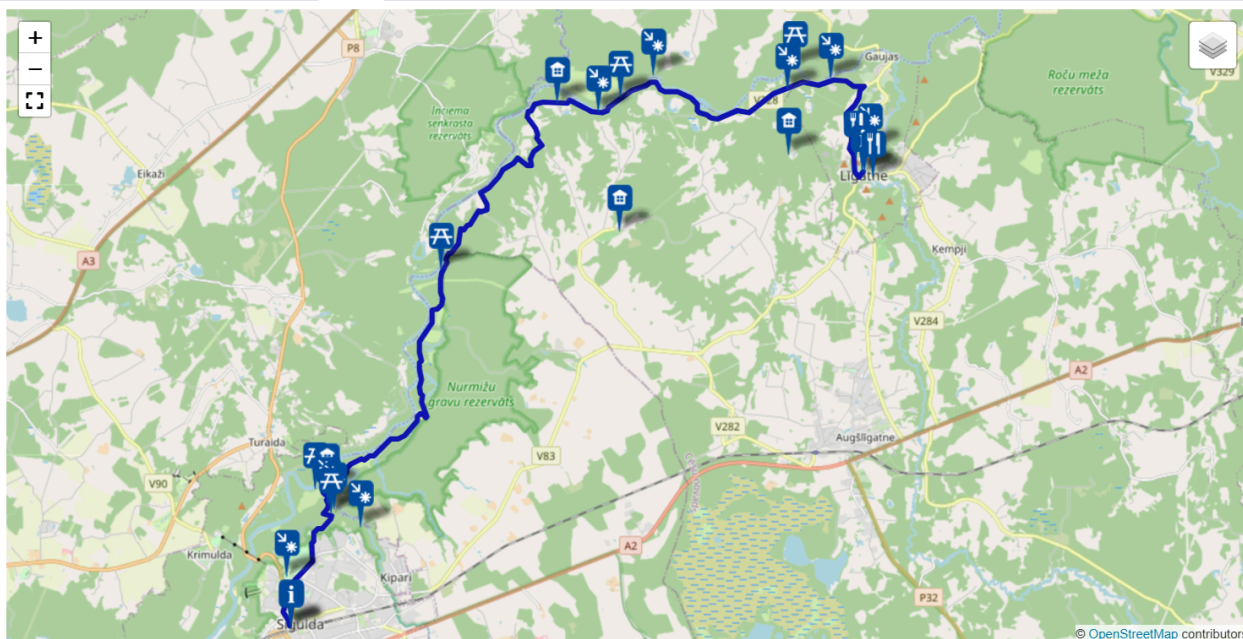


Photo of chosen trail Map

Appendix 2.

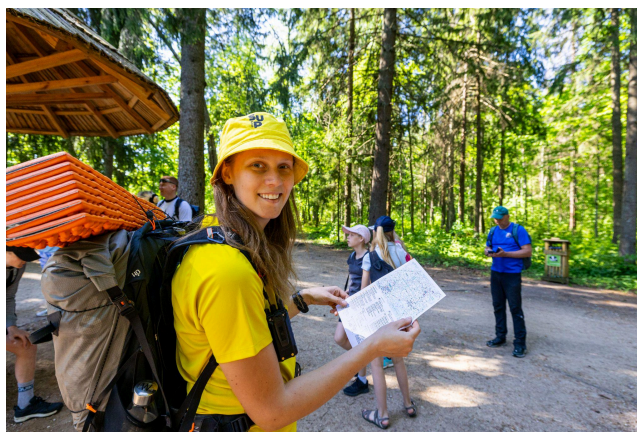
Activities from Pilot Hike



Photo from the meeting point



Photo from introduction, brief circle



Photos of printed maps being used



Photo of students having a lunch break



Photo of the terrain and nature



Photo of the group leader Elīza



Photo of the rest stop

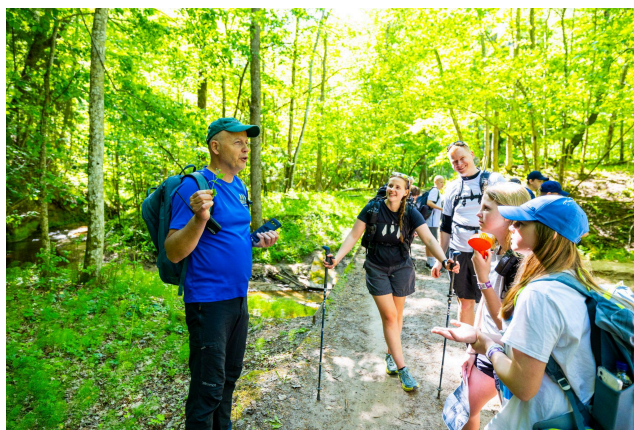


Photo of nature education stop

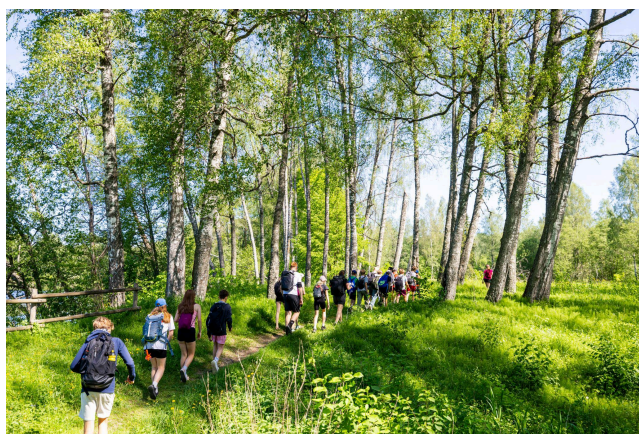


Photo of students hiking



Photo of students in the feedback circle

Guidelines developed in 2024 by NGO "Movement Spontaneous" in collaboration with LLTA "Lauku Ceļotājs" and Laurenči Primary School as part of the European Union's INTERREG Estonia-Latvia program project "Forest and Coastal Hiking Trails' accessibility improvement for different social groups" No. (EE-LV00013). The pilot test for the self-guided hike was conducted on May 22, 2024.

Interreg



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