



Carnikava – Saulkrasti

The Sunset Trail With Romantic Sunset Vistas



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



USEFUL INFORMATION

..... 20 km ⌚ 7–9 h



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



Saulkrasti Sea Park, *Saulkrasti* TIC



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



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



Medium



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



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

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



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



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

WORTH SEEING!

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

SERVICES

**Accommodations**

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

**Catering**

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

**Shops**

In *Carnikava* and *Saulkrasti*.

**Public transport**

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

**Rest areas**

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



TOURIST INFORMATION



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

