



LATVIA  
GAUJA NATIONAL PARK



## RĀMKALNI – SIGULDA, 19 km

Stunning scenery of the ancient valley of Gauja River near Sigulda

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

### PRACTICAL INFORMATION

..... 19 km

🕒 6 – 8 h

🚩 Recreation park “Rāmkalni”

🚩 Sigulda Railway Station Square

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



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



Medium



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



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

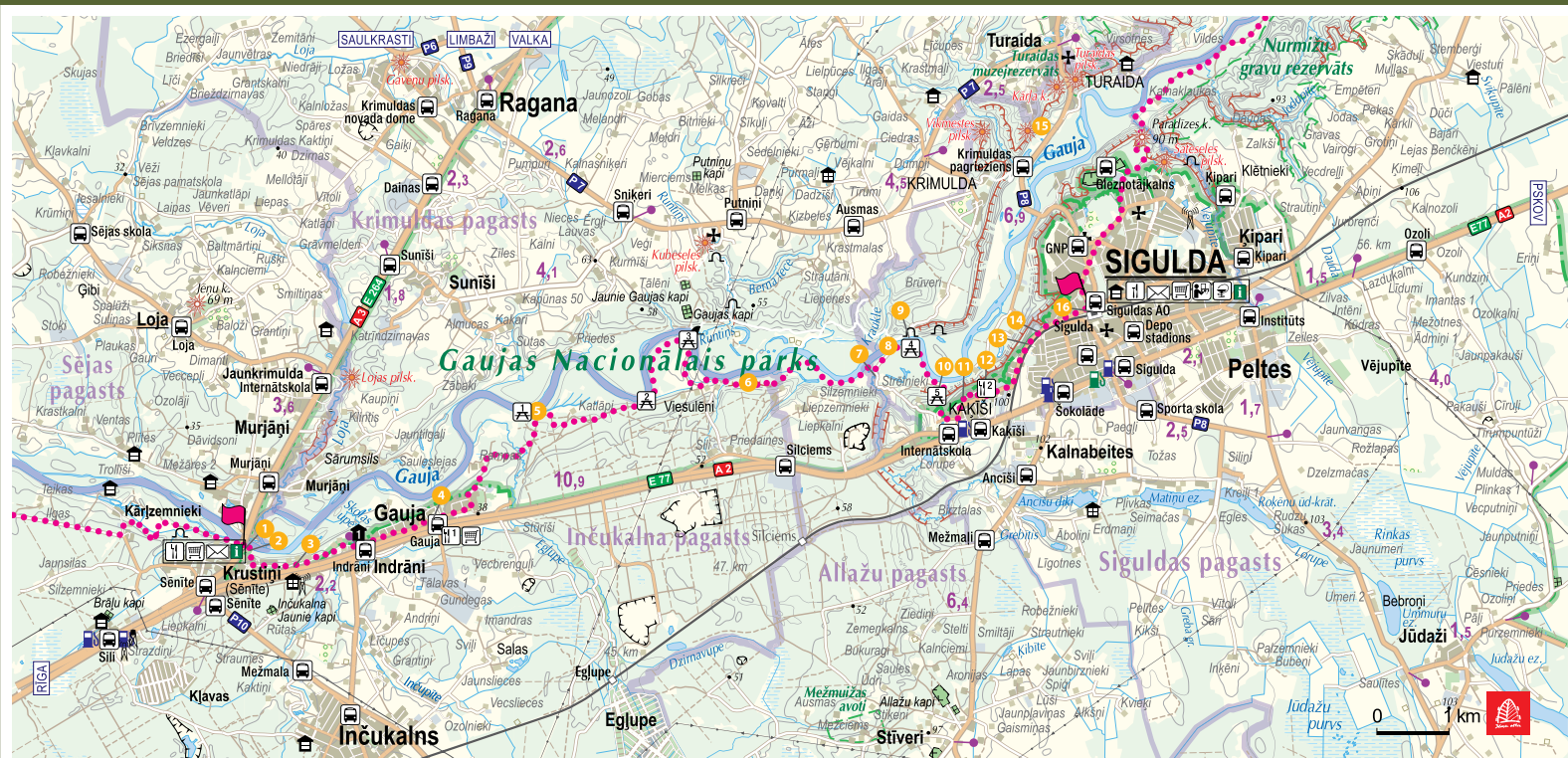


The road from Rāmkalni to Sigulda can be measured along the other (right) side of Gauja River, but the path sidetracks and does not run along the riverside at all times.

16







## FORESTS


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


## WORTH SEENING!

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

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

## SERVICES

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

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






## Catering

**Recreation park “Rāmkalni”**, Murjāni,  
+371 29100280, +371 67977277;  
GPS: 57.125056, 24.65864  
1. **Gas station “Virši”**,  
+371 67977921; GPS: 57.12698, 24.70397  
2. **Tavern “Kaķītis”**,  
+371 67 976886; GPS: 57.14376, 24.82909  
**In Sigulda:**  
[www.tourism.sigulda.lv/catering-lv](http://www.tourism.sigulda.lv/catering-lv)

## Public transport

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

## Rest areas

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

## TOURIST INFORMATION:

-  **Recreation park “Rāmkalni”**,  
Murjāni, +371 29100280, +371 67977277;  
GPS: 57.125056, 24.65864
-  **Sigulda Municipality TIC**,  
Ausekļa street 6, Sigulda,  
+371 67971335. [www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)  
GPS: 57.15320, 24.85378