



5

LATVIA
GAUJA NATIONAL PARK



LĪGATNE – CĒSIS, 26 km

Along the old Cēsis road through the valley of Amata River

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

PRACTICAL INFORMATION

..... 26 km

8 – 10 h

Līgatne, Līgatne TIC

Gauja street in Cēsis near the bridge over Gauja.

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

Nature Trails – Cēsis (Gaujas street)



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



Medium / hard (if planned for one day)



Some stretches of trail in the ancient valley of Gauja and Amata river slopes may be slippery in damp conditions, winter and spring. Be careful on the shores of Amata! Swimming in Gauja River can

be dangerous!



The Roči Forest Reserve is not open to visitors.



This section can be divided and completed in two days:

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

FORESTS

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

Gaujas Nacionālais parks

Roču meža rezervāts

Līgatnes pils

WORTH SEENING!

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

Cīrulīši Nature Trails with three places of interest:

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

SERVICES

Accommodations

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

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

Public transport

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

Catering

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

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

Shops

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

Rest areas

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

TOURIST INFORMATION:

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

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