



LATVIA GAUJA NATIONAL PARK



CĒSIS – CAUNĪTES, 23 km

Impressive sandstone outcrops on the banks of River Gauja

The Forest Trail follows small roads and trails through the woods up until the water tourist camp “Lenči”, winds through the ever-changing terrain past Ērģeļu Cliffs and enters the ancient valley of Gauja River. Having passed Ērģeļu Cliffs, the trail turns back towards Cēsis, but then veers off towards Rāmnieki in Pieškalns, crossing the river. After the water tourist camp “Jāņārāmis” the Forest Trail enters a beautiful, bright pine forest, proceeding through the woods until it reaches “Caunītes”, which is one of the most beautiful places on the banks of the Gauja River.

PRACTICAL INFORMATION

..... 23 km

(L) 7 – 9 h

🚩 Gaujas street in Cēsis near the bridge over Gauja.

🚩 “Caunītes”

📍🚩 Cēsis (Peldu street – Dzirnavu street – Upes street) – water camp “Lenči” – Ērģeļu Cliffs – Pieškalni – Rāmnieki – “Caunītes”



Small forest or country trails, gravel roads, wooden staircase at Ērģeļu Cliffs.



Medium



Some staircases and river slopes in the ancient valley of Gauja may be slippery in damp conditions, spring and winter. Be careful on the Ērģeļu Cliffs! Swimming in Gauja River can be dangerous!



There are no shops on the two-day walk between Cēsis and Valmiera!



You can get straight to Ērģeļu Cliffs by walking down Lenču Street from the centre of Cēsis. It might be a good idea to combine this section of the trail with visiting the most noteworthy tourism sites in Cēsis.

FORESTS

The beginning of the section features grey alder stands on the banks of the Gauja River, as well as pine and birch forests at the high points of the banks. Past Rāmnieki Bridge, the trail mostly leads through sparse and dry pine forests. Plant and animal species living in such forests are particularly adapted to nutrient-poor life and would not be able to survive elsewhere. These include the sand lizard, the spreading Pasqueflower, clubmoss and various lichens. The existence of dry forests is particularly endangered as forest soil is gradually becoming more fertile. As a result, unusual plants appear in the forest, and the forest gradually overgrows with thick spruce trees.

WORTH SEEING!

- 1 Cēsis.** GPS: 57.31314, 25.27159
- 2 "Sīlkes".** Home of the sculptors Jansoni family for 200 years; visitors can participate in sculpture workshops.
+371 29124876, 26498912;
GPS: 57.31766, 25.23032
- 3 Ērģeļu Cliffs.** The observation terrace provides a great view of the impressive 700 m wide sandstone cliff and the beautiful natural landscape.
GPS: 57.36081, 25.26076
- 4 Rāmnieki.** Bridge over Gauja.
GPS: 57.35745, 25.30126
- 5 Chair Manufacturer Museum.** An opportunity to discover the ancient traditions of the chair manufacturers of Vaidava, as well as participate in a pottery workshop.
+371 29481519; GPS: 57.39314, 25.36380

SERVICES

Accommodations

- 1. Treehouse by Lake Ninieris,**
+371 29462628; GPS: 57.33574, 25.29324
- 2. "Caunites",** +371 29284119;
GPS: 57.39839, 25.38180
- 3. Vacation House "Leimanji",**
+371 22011560; GPS: 57.42975, 25.33619

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

In Kocēni Municipality:
visit.koceni.lv

Catering

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

Shops

In Cēsis



Public transport

Buses between Cēsis and Ērģeļu Cliffs run 3 times per day; and once a day between Cēsis and Rāmnieki. The bus runs between 5–6 times a day between Valmiera and Brieži [the nearest bus stop to "Caunites" is located at an approximate 3.5 km distance]. Route timetables: www.1188.lv



Rest areas

- 1. Water tourist camp "Lenči",**
GPS: 57.35836, 25.23745
- 2. Water tourist camp "Jāņrāmis",**
GPS: 57.36146, 25.30533
- 3. "Caunites",**
GPS: 57.39839, 25.38180

TOURIST INFORMATION:



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



Tourism information in Kocēni Municipality, Kocēni, Alejas iela 8
GPS: 57.520463, 25.33982



Zilaiskalns Cultural History and Visitor Center, Zilaiskalns, Parka iela 2,
visit.koceni.lv, +371 28644530;
GPS: 57.557250, 25.215556

