



LATVIA
GAUJA NATIONAL PARK



CAUNĪTES – VALMIERA, 20 km

On the road to Valmiera – the “Green City”

From Caunītes, the Forest Trail leads through mesmerising pine forests and wetlands, across and around hills and slopes. One of the most beautiful views of the River Gauja opens from Sietiņezis, and it might be worth devoting some extra time to visit the Sietiņezis Nature Trail. The further road stretches along farmsteads and through forests, until reaching Valmiera. After Valmiera bypass, the Forest Trail leads down urban sidewalks, while the last stretch of road – from the so-called “Dzelzītis” (a narrow-gauge railway bridge) to Cēsu street – follows a wooded path along the Gauja River.

PRACTICAL INFORMATION

..... 20 km

🕒 6 – 8 h

🚩 “Caunītes”

🚩 Valmiera, Cēsu street bridge over Gauja

📍🗺️ “Caunītes” – Sietiņezis – Valmiera bypass – Jumaras street – Leona Paegles street – “Dzelzītis” – Plostnieku street



Small forest or country roads, trails, gravel roads, paved roads and sidewalk in Valmiera and the surrounding area, paths and wooden staircases in the Sietiņezis Nature Trail.



Easy



Swimming in Gauja River can be dangerous! Be careful on the narrow and winding road around Jumara!



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



It might be a good idea to combine this section of the trail with visiting some of the tourist sites in Valmiera.

FORESTS

In some places, birch and spruce stands can be seen, but the Forest Trail mainly winds through pine forests of various fertility (growing in dry mineral soils). Sietiņezis cliff is distinguished by a great variety of shapes, from small caves, niches and erosion ravines to sandstone formations that resemble poles. The name "Sietiņezis" is probably derived from the numerous small nests made by solitary bees who have burrowed their way into the sandstone and made it to resemble a sieve.

WORTH SEENIG!

- 1 Sietiņezis Rock, Nature Trail.** The largest white sandstone outcrop in the Baltic States – 15 m high and 400 m wide. GPS: 57.42784, 25.38644
 - 2 Monument above Sietiņezis.** GPS: 57.42660, 25.38583
 - 3 Spring.** GPS: 57.46551, 25.38536
 - 4 Jumara River.** The edge of Gauja National Park. GPS: 57.50503, 25.37590
 - 5 "Dzelzītis".** Built in 1911 on the narrow-gauge railway route Smiltene–Valmiera–Ainaži. The last train was sent down this route in 1971. GPS: 57.52842, 25.40833
 - 6 Ģīme Nature Trail.** The 440 m long Trail aims to educate on topics related to earth, water and air. GPS: 57.53073, 25.40717
 - 7 Valmiera State Gymnasium.** The building was erected in 1903. It used to have a church-like dome in the shape of the letter "E", representing the first letter of the word "Gospel" (or "Evangel") in Latvian. GPS: 57.53272, 25.40855
 - 8 Sculpture "The Boys of Valmiera".** Next to Vidzeme University of Applied Sciences. Characters of P. Rozītis' novel "The Boys of Valmiera" by sculptor T. Munkēviča. GPS: 57.53467, 25.4241756
- Other objects of Valmiera are described in the next section.

SERVICES



Accommodations

1. Guest House "Straupnieki",
+371 29423234;
GPS: 57.47729, 25.38022

In Valmiera:
www.visit.valmiera.lv/en/accommodation/



Catering

In Valmiera:
www.visit.valmiera.lv/en/catering/



Shops

In Valmiera



Public transport

The bus runs 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. By Sietiņezis,** GPS: 57.42913, 25.38628
- 2. Picnic area,** GPS: 57.48385, 25.37946
- 3. By "Dzelzītis",** GPS: 57.52875, 25.40763

TOURIST INFORMATION:



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



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



Valmiera TIC, Valmiera, Rīgas street 10,
www.visit.valmiera.lv/en,
+371 64207177, 26332213;
GPS: 57.53866, 25.42130

