



FORESTS

Mainly pine stands of different ages. As the Gauja River approaches, the forest landscape changes rapidly, and trees such as oaks, ash, wych elm, fluttering elm, aspen, black alder appear. The pine and oak stands growing here are almost 200 years old. The forests in the Northern Gauja ("Ziemeļgauja") protected landscape area are very diverse. There are old or natural boreal (northern) forests and marsh forests, oak forests, alluvial forests (formed on river sediments which periodically flood) and mixed oak, wych elm and ash forests along the river. The many old and branched oaks indicate that there used to be park-like meadows and landscapes here, which have been mowed or grazed since. There are many bird cages in the trees, the largest of which are intended for a rare dweller of the woods, the common dormouse.

LATVIA NORTHERN GAUJA FORESTLAND



VALMIERA – STRENČI, 29 km

Along Abuls to Strenči, the capital of rafters

The trail passes through the historical centre of Valmiera and the Atpūtas Park, which is a popular place among hikers and Nordic walkers, then crosses the suspension bridge, passes Pauku priedes pine forest and Baiļu kalns. From there it follows the Abuls Trail, curving along the banks of the river until reaching the Brenguļi Brewery, and further down, beyond Pūpoli, enters vast, unpopulated forest areas. The first part of this section passes by numerous small summer cottage villages with names such as Enerģētīķis, Saulītes, Sprīdītis, Gaujmaļi, Pūpoli and Gaujaslāči, which were initially established during the Soviet period as summer cottage neighbourhoods of the people of Valmiera and the surrounding territories. Near Ūdriņas, the Forest Trail leads through a labyrinth of the riverbeds and turns north, crossing the Gauja Bridge, where a resting and boating stop is located. The centre of Strenči is located at a 1.5 km distance. Part of the section passes through the Northern Gauja protected landscape area.

PRACTICAL INFORMATION

..... 29 km

🕒 1 (long) day or 2-day route

🚩 Valmiera, Cēsu street

🚩 Gauja Bridge next to Strenči

📍 Valmiera (Cēsu street) – Atpūtas Park – Vanšu Bridge – Enerģētīķis – Brenguļi – Pūpoli – Ūdriņi – Gauja bridge next to Strenči (Trikātas street)



Forest trails and small forest roads, gravel roads, paved roads and sidewalks in populated areas.



Medium moderate, if the section is completed in two days, hard, if completed in one day.



Slopes tend to be extremely steep in the Abuls Nature Trail.



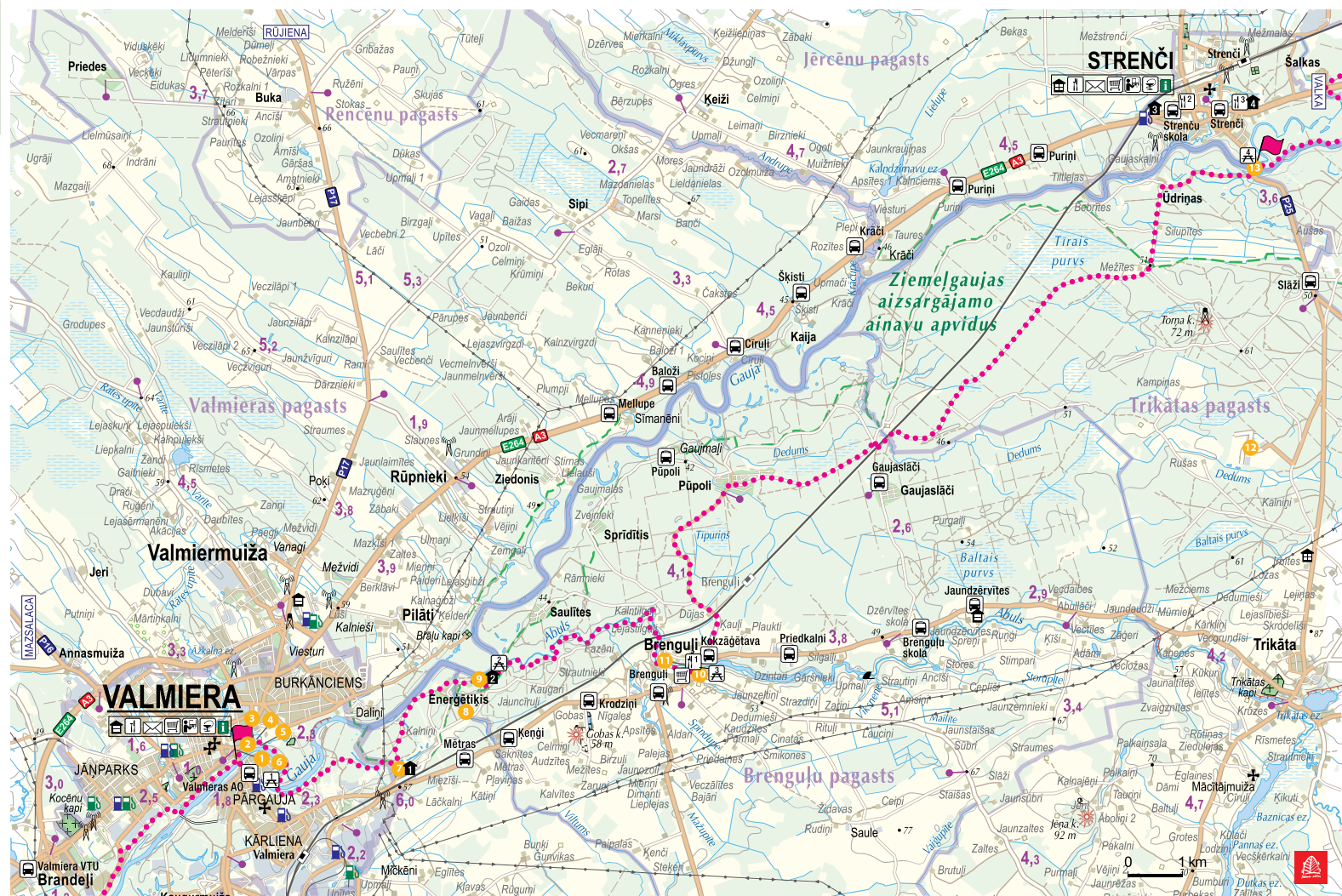
Make sure you are safe when you cross railroad tracks, and walk along the roadside!



The banks of River Abuls may be slippery in damp conditions.



Strong hikers without heavy backpacks will be able to complete the distance in one day. It is advisable to divide the section into a two-day walk with an overnight stay at the recreation centre "Baiļi" or camping "Jaunarāji" (~ 6 km on the first day and 23 km on the second day). A great chance to visit Valmiera on day one. You can take a bus to Brenguļi.



WORTH SEEING!

- 1 Remains of Riga Gate.** The medieval (15th century) fortification fragment of the castle can be seen under glass panels. Its visual reconstruction can be seen on the adjoining house wall. GPS: 57.53795, 25.42328
- 2 Valmiera St. Simon's Church.** The construction of the church began in 1283, which is also considered the year of founding the town. The tower of the church features a viewing platform. +371 28472152; GPS: 57.53845, 25.42626
- 3 Ruins of the Livonian Order Castle.** 13th to 17th century. GPS: 57.538823, 25.427764
- 4 Valmiera Museum.** Features exhibitions on the history of Valmiera and the surrounding area, other exhibitions, the herb garden of the museum. +371 64223620; GPS: 57.53930, 25.42893
- 5 Valterkalniņš.** A fragment of the city defence system established in the 17th century. The wooden pavilion provides a magnificent view of the Gauja River. GPS: 57.53830, 25.43001
- 6 Kazu Rapids.** Rowing slalom track. GPS: 57.53590, 25.43486
- 7 Baiļu kalns.** Ski slopes in winter, camping and event venue in summer. +371 29284119; GPS: 57.53447, 25.46863
- 8 Z/s "Mazkalnēni".** Discover more about beekeeping, taste the produce made at the farm and take part in other activities. +371 29393630; GPS: 57.54260, 25.48540
- 9 Bekuru Giant Oak.** By the Gauja River at Jaunarāji, circumference 6.6 m. GPS: 57.54729, 25.48923
- 10 Spring.** GPS: 57.54733, 25.54856

- 11 Brenguļi hydropower plant and Brenguļi Brewery.** An impressive HPP waterfall and a tavern. +371 64230272; GPS: 57.54847, 25.54679
- 12 Strenči tree nursery.** One of the most advanced tree nurseries in the world in terms of seedling technology. +371 29395418, 29413952; GPS: 57.57813, 25.69806
- 13 Gauja Bridge next to Strenči.** Second oldest multi-span reinforced concrete bridge in Latvia (1909). GPS: 57.61861, 25.70123

SERVICES



Accommodations

- 1. Recreation Centre "Baiļi",** +371 29284119; GPS: 57.53447, 25.46863
 - 2. Camping "Jaunarāji",** +371 29121702; GPS: 57.54701, 25.49007
 - 3. Guest House "Strenči",** +371 20242829; GPS: 57.62660, 25.67453
 - 4. Hostel "Ceļa viesnīca",** +371 20281058; GPS: 57.62690, 25.70106
- In Valmiera:**
www.visit.valmiera.lv/en/accommodation



Catering

- 1. Brenguļi Brewery,** +371 64230272; GPS: 57.54834, 25.54839
 - 2. Café "Sanvik",** +371 29178252; GPS: 57.62770, 25.68450
 - 3. Café "Irina & Madis",** +371 29403948; GPS: 57.62800, 25.70060
- In Valmiera:**
www.visit.valmiera.lv/en/catering



Shops

- Shop in Brenguļi,** GPS: 57.54664, 25.54495
- Shop In Strenči - 1,**
 GPS: 57.62770, 25.68450
- Shop In Strenči - 2,**
 GPS: 57.62708, 25.68873
- Also in Valmiera.**



Pharmacy

- In Strenči,** GPS: 57.62721, 25.68439



Public transport

Buses course at regular intervals between Valmiera and Strenči, the train courses twice a day. Route timetables: www.1188.lv



Rest areas

- 1. By Gauja in Valmiera,** GPS: 57.53317, 25.43224
- 2. Estuary of Abuls,** GPS: 57.54914, 25.49421
- 3. Brenguļi Brewery,** +371 64230272; GPS: 57.54834, 25.54839
- 4. By Strenči Bridge,** GPS: 57.61923, 25.70014

TOURIST INFORMATION:



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



Strenči Municipality TIC,
 Strenči, Rīgas street 7,
www.strencunovads.lv,
 +371 64715667, GPS: 57.62723, 25.68481