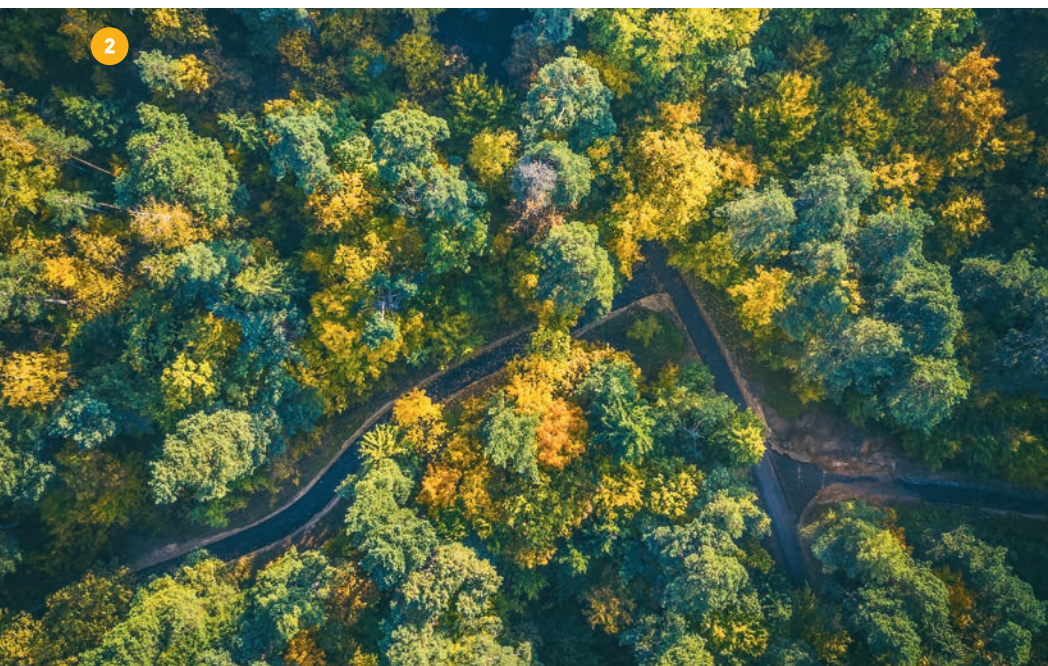




Vaišvydava – Kaunas

Through Kaunas parks


From the Kaunas Lagoon Regional Park Visitor Center, the Forest Trail leads through the Roky forest and along the Miškininkų, Kelmyno, Muraškinės, Žarstos, Garšvės and Rokelių streets, circles the Kaunas suburbs, crosses the Marijampolė road (No. 139) and continues in the direction of Balčkalnio street to Panemunė district. At the stadium of Kaunas University of Technology Engineering Lyceum, it descends to Vaidoto street, then continues along the sidewalk to Baterijos highway, where it turns left. About a third of Kaunas city area is occupied by parks and other nature territories. The Forest Trail crosses the city through its greenest parts. About 2.5 km long the Forest Trail passes through the Panemunė pinewood, which has a dense network of trails, recreation areas and a beach. The Forest Trail crosses the Nemunas along the Three Virgin Bridge, leads through Gričiupis district, runs along Kaunas Zoo, crosses the vast Oak-Wood Park (Ažuolynas) and leads through Vytautas Park behind the Lithuanian Sports University. Down the park stairs, the path descends to the beginning of the Avenue of Freedom (Laisvės Alėja) and continues to the destination of the section in Kaunas center.




PRACTICAL INFORMATION

..... 19 km  5 – 7 h

 Vaišvydava, Kaunas Lagoon Regional Park Visitor Center

 Kaunas center, Church of St. Michael the Archangel on Avenue of Freedom (Laisvės Alėja).

 Vaišvydava – Panemunė pinewood – Three Virgin Bridge – Oak-Wood Park (Ažuolynas) –



Vytautas Park – Avenue of Freedom (Laisvės Alėja).

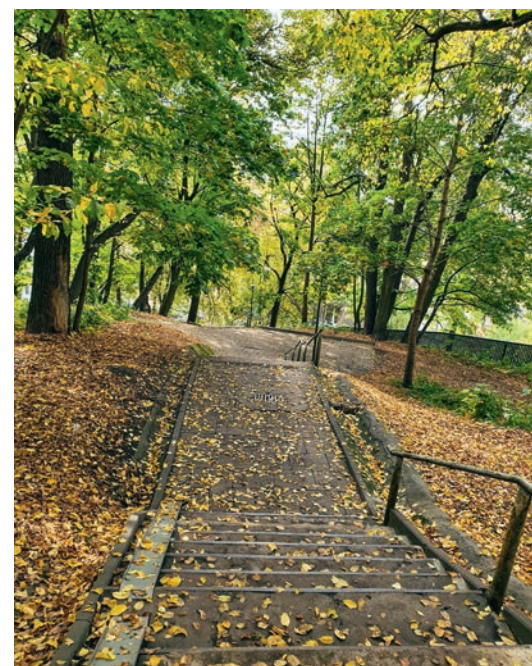
Asphalt, asphalted or paved sidewalks, asphalted or gravel park paths, in a small section – forest trail, stairs.



Easy



Be careful when walking along the side of the road and crossing streets!



NATURE

Panemunė pinewood (Panemunės šilas), surrounded by the wide circle of the Nemunas river, is the third oldest park in Lithuania and is built in a natural forest. During the interwar period, the resort operated in the Panemunė pinewood. Its sanatoriums and wooden villas were used by the wealthy inhabitants of Kaunas. The park has a dense network of asphalt and natural trails and paths. The left bank of the Nemunas and the river valley in the park create a wide perspective of the terrain. In the park, dry pine forests alternate with deciduous forest areas, but on the banks of the Nemunas valley, there grow protected sloping forests, which contain old trees, including oaks. The park has a 4.6–5.6 km long nature trail with informative signs. The sandy beach of the Nemunas is a favourite place for city holidaymakers during the season.



WORTH SEEING!

- 1 Panemunė beach.**
GPS: 54.87575, 23.96635
- 2 Panemunė Pinewood.** Pine forest with bicycle and hiking trails, beach.
GPS: 54.88653, 23.96264
- 3 Three Virgin Bridge.**
GPS: 54.89449, 23.96977
- 4 Fort VI.** The construction of the fortress around Kaunas began in the late 19th century. There is an exposition of military equipment in this fort.
GPS: 54.90110, 23.97970
- 5 Kaunas University of Technology campus.** After 1990, regaining the status of a university, KTU embarked on a rapid path of study and scientific reform. KTU "Santakos" valley is one of the largest and most modern science and innovation centers in the Baltic region. GPS: 54.90393, 23.95779
- 6 KTU Faculty of Chemical Technology.** In 1937, the most modern research laboratory in the Baltics at that time was built there. In 2015, it has been awarded the European Heritage Label.
GPS: 54.90455, 23.95108
- 7 Lithuanian Zoological Garden.** The oldest zoo in the country, founded in 1918.
GPS: 54.90302, 23.95030
- 8 Oak-Wood Park (Ažuolynas).** One of the largest oak massifs in Europe (more than 700 trees). In the park you can find the sculpture "Bison".
GPS: 54.90095, 23.94494
- 9 Monument to Steponas Darius and Stasys Girėnas.** Dedicated to pilots who in 1933 crossed the Atlantic Ocean.
GPS: 54.89907, 23.93570
- 10 The central building of Lithuanian Sports University.** Architect Vytautas Landsbergis – Žemkalnis, 1937.
GPS: 54.89833, 23.93462

- 11 Kaunas Sports Hall.** Built in 1939. In the same year, there was held the European Basketball Championship, which was won by the Lithuanian men's team. Later, the basketball team "Žalgiris" played here.
GPS: 54.89626, 23.93608
- 12 Vytautas Park.** The park on a hill overgrown with oak trees was founded in 1892 by order of Tsar Nicholas I. Great place for walks in nature for many Kaunas residents. GPS: 54.89684, 23.92979
- 13 Avenue of Freedom (Laisvės Alėja).** The most important street in Kaunas and one of the longest pedestrian streets in Europe (1.7 km). The avenue has cafes, bars, restaurants, cosy shops. It is a favourite place for walks and meetings.
GPS: 54.89675, 23.92721
- 14 St. Michael the Archangel's Church or the Garrison Church.**
GPS: 54.89704, 23.92147
- 15 Mykolas Žilinskas Art Gallery.**
GPS: 54.89648, 23.92042

SERVICES

Accommodations

Accommodation in Kaunas:
<https://visit.kaunas.lt>

Catering

Catering in Kaunas: <https://visit.kaunas.lt>

Shops

Shopping center "Molas" in Kaunas,
GPS: 54.89911, 23.96768

Pharmacies

"BENU" in Kaunas,
GPS: 54.89911, 23.96768
"Gintarinė vaistinė" in Kaunas,
GPS: 54.89913, 23.96653


ATMs

Shopping center "Molas": "Swedbank", "Luminor", "Citadele" "Šiaulių bankas", "SEB", GPS: 54.89911, 23.96768

Public transport


No. 46. Šlienava (Žiegdžiriai)–Kauno pilis (Kaunas Castle). From Vaišvydava it is possible to reach Panemunė pinewood (the Vaidoto street stop). About 15 times a day on weekdays, about 14 times a day on weekends and holidays.
No. 68. Vaišvydava–Tiltlo street. After getting off at Vaidoto street stop, continue to Panemunė pinewood. Trolleybus and bus timetables and routes in Kaunas:
www.kvt.lt/tvarkarasciai
Intercity buses: www.autobusubilietai.lt

Resting areas

1. Camping "Lepšynė", 
GPS: 54.82894, 24.03405

Resting spots can be found in parks.

TOURISM INFORMATION

 Kaunas Tourism Information Center,
Rotušės square 15, Kaunas,
www.visit.kaunas.lt,
+370 61623828; GPS: 54.89688, 23.88591

