



Kaunas – Lampėdis

Through the historical center of Kaunas

Kaunas is the second largest city in Lithuania. The 1621 m long Avenue of Freedom (Laisvės Alėja) stands out for its unique modernist architecture – its 1914–1940 buildings has received the European Heritage Label. Vilniaus street is the “gateway” to the medieval city of Kaunas, that was then administered by Hanseatic merchants. The Forest Trail runs along Avenue of Freedom (Laisvės Alėja) - with surrounding streets, crosses the Old Town of Kaunas with churches, historical buildings and the Town Hall Square, and throws a circle along Confluence Park (Santakos parkas), where Lithuania’s largest rivers, the Nemunas and the Neris, meet. After crossing the Neris river, the Forest Trail continues along the footpaths and bicycle paths to the 4 km distant former Lampėdis gravel quarry, which is filled with water and now is a popular place for recreation and swimming.



PRACTICAL INFORMATION

..... 9 km

⌚ 2 – 3 h

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

🚩 Lampėdis lake, Kaunas camping



Avenue of Freedom (Laisvės Alėja) – Vilniaus street – Town Hall – Confluence Park (Santakos parkas) – P. Vileišio bridge – Brastos street – Raudondvario avenue – Lampėdis lake



Asphalt or paved footpaths, pedestrian – bicycle paths.



Easy



Kaunas is an important transport hub with a wide range of public transport options.



This day is worth dedicating to discover the most important sights of Kaunas. You can rent a bike or an electric scooter in Kaunas to easily explore the city center.

NATURE

The beginning of the Neris river can be found in Belarus, where the name of the river is Vilija. The Neris is the second longest river in Lithuania. It flows through the two largest Lithuanian cities, Vilnius and Kaunas, and bends around the ancient Lithuanian medieval capital Kernavė. Near Kaunas, it flows into the Nemunas river. The confluence of both rivers has been a strategically important point, therefore Kaunas Castle was built on this site and Kaunas Old Town is located nearby. It is believed that the name of the river is associated with the Lithuanian word *neriti*, which means to dive.

WORTH SEEING!

- 1 **Fresco "Kaunas Jews"**.
GPS: 54.89647, 23.91776
- 2 **Kaunas Garrison Officers' Club**. The palace stands out for its "national" style and patriotic symbols.
GPS: 54.89669, 23.91725
- 3 **Cinema "Romuva"**. Historical cinema.
GPS: 54.89774, 23.91562
- 4 **Vienybės (Unity) Square**. An impressive well designed square open to skaters, families with children, seniors and everyone else, it is surrounded by cafés and restaurants, as well as fountains that are open during the summer season.
GPS: 54.89937, 23.91331
- 5 **Vytautas the Great War Museum and K. Čiurlionis National Museum of Art**.
GPS: 54.89988, 23.91200
- 6 **Fountain in Avenue of Freedom (Laisvės Alėja)**. GPS: 54.89727, 23.91356
- 7 **Kaunas State Musical Theatre**. Next to it there is City Garden, where it is good to relax in the shade of trees.
GPS: 54.89641, 23.90616
- 8 **Drawing "The Pink Elephant"**.
GPS: 54.89993, 23.90788
- 9 **Courtyard gallery (Kiemo galerija)**. The artist living here unites the community through his work and strives to preserve historical memory.
GPS: 54.89912, 23.90482
- 10 **Former Lithuanian post office building**.
GPS: 54.89793, 23.90450
- 11 **Tadas Ivanauskas Kaunas Zoological Museum**. GPS: 54.89796, 23.90400
- 12 **The Historical Presidential Palace**.
GPS: 54.89752, 23.89731
- 13 **Vilniaus gatvė**. The main street of the Old Town. GPS: 54.89663, 23.89467
- 14 **Cathedral Basilica of apostles St. Peter and St. Paul of Kaunas**.
GPS: 54.89723, 23.88894
- 15 **Kaunas Town Hall**.
GPS: 54.89685, 23.88609
- 16 **Thunder House (Perkūno namas)**.
GPS: 54.89563, 23.88645

- 17 **Vytautas' the Great Church of the Assumption of The Holy Virgin Mary**.
GPS: 54.89506, 23.88661
- 18 **Vytautas the Great Bridge**.
GPS: 54.89389, 23.88746
- 19 **Old pier**. It is possible to go to Raudondvaris by boat. GPS: 54.89464, 23.88562
- 20 **Confluence Park (Santakos parkas)**.
GPS: 54.89639, 23.88044
- 21 **Kaunas Castle**.
GPS: 54.89892, 23.88540
- 22 **Fresco "The Wise Old Man"**.
GPS: 54.90027, 23.88940
- 23 **The Neris river**. The second longest river in Lithuania, the right tributary of the Nemunas. GPS: 54.90095, 23.88483
- 24 **Kaunas passenger pier**. You can take a boat to Nida. GPS: 54.90271, 23.86868
- 25 **Lampėdis lake (quarry) and beach**.
GSP: 54.91536, 23.83269
More objects: <https://visit.kaunas.lt/>

SERVICES



Accommodations

1. **Camping "Kaunas Camp in"**,
+370 60233444; GPS: 54.91583, 23.83333
More objects: www.visit.kaunas.lt



Catering

1. **Restaurant "Spurginė"**,
GPS: 54.89777, 23.90878
2. **Beach bar "Sunny Beach Kaunas"**,
+370 64650696;
GPS: 54.91543, 23.83351
More information: www.visit.kaunas.lt



Shops

- Shopping center "Akropolis" in Kaunas,
+370 617 57126;
GPS: 54.89083, 23.91955
- "Rimi" in Kaunas,
+370 80029000;
GPS: 54.90868, 23.86580
- "IKI - Raudodvaris",
GPS: 54.91428, 23.84101
- More shops:
www.visit.kaunas.lt



Pharmacies

- "Euro vaistinė" in Kaunas,
GPS: 54.89733, 23.91863
- "BENU vaistinė" in Kaunas,
GPS: 54.91343, 23.84259
- "Camelia vaistinė" in Kaunas,
GPS: 54.91445, 23.84141



ATMs

- "Swedbank", "Luminor",
"Citadele", "Šiaulių bankas",
"SEB" in Kaunas,
GPS: 54.89083, 23.91955
- "Swedbank" in Kaunas,
GPS: 54.91444, 23.84067



Public transport

Trolleybus and bus timetables and routes in Kaunas: www.kvt.lt/tvarkarasiai



Resting areas

More information:
www.visit.kaunas.lt

TOURISM INFORMATION



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

