

**PRACTICAL INFO:**

**Road surface:** Mainly sandy beach, a promenade connecting the seacoast and laivu iela, the gauja River levee (gravel road).

**Good to know!** In Vecāķi, catering companies are only open in the summer. After passing Vecāķi, you will find a nudist beach. It is recommended to devote a couple of hours to visit Carnikava. The lamprey fishing season takes place from 1.08.- 01.02.

**Start:** Vecāķi beach (By train from Rīga, train operates 20 times a day).

**Finish:** Carnikava, next to the Carnikava pedestrian bridge across the Gauja River (train to Rīga operates 20 times a day).

*This section of the Baltic Coastal Hiking Route is a comparatively short hike across a beautiful sandy beach, the coastal side of which is bounded by brightly colored pine forests with spectacular dunes and dams of dunes. To get from the beach to Carnikava, the Baltic Coastal Hiking Route will take you through a forest via a promenade. Then it takes a stroll around the Old Gauja River via a levee and reaches the pedestrian bridge over the Gauja River. Both as you start and end the hike, it is nice to sit in one of the pubs and summer cafés located on Vecāķi beach and in Carnikava.*

