

# A HIKING ROUTE ACROSS THE DIVERSE COASTAL LANDSCAPES OF LATVIA



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Itinerary: MAZIRBE - KOLKA - MĒRSRAGS - ENGURE - DUBULTI - BULDURI - RĪGA - SAULKRASTI - TŪJA - SVĒTCIEMS

Hiking route length:  **105 km**

Duration: **7 days**

Difficulty level: 

Start: MAZIRBE LIVONIAN NATIONAL HOUSE

Finish: SVĒTCIEMS

*This long tour of Latvia includes some of the best and most beautiful parts of Jūrtaka in Latvia. Hikes along the sea alternate with trips and excursions in the cities. You will go along the coast of the Baltic Sea from Mazirbe to Kolka, seeing Slītere National Park and Livonian villages. You will see Engure Nature Park and the overgrown seaside meadows that are suitable for bird watching. Along the way, you will be able to purchase smoked fish from local fishermen and learn about fishing traditions in Latvia. Further, the route will take you through the most popular seaside resort in Latvia, Jūrmala; you will also have time to visit the capital city - Rīga. The second part of the route runs along the Vidzeme coast from Saulkrasti to Svētciems. In terms of landscapes and views, the most multifaceted section of the Baltic Coastal Hiking Route in Latvia, which includes both sandy and rocky beach, coastal meadows, reeds, dunes, sandstone outcrops, forests, capes and small coves, fishing villages and pubs.*

You can divide the route and take only some parts of it.

It is possible to arrange transfers and/or luggage transfers from one accommodation place to another.

### DAY 1

**Bus ride** early in the morning:  
RĪGA - MAZIRBE (bus runs 2x day).

Hiking

#### MAZIRBE - KOLKA

23 km 

 7 – 9 h

The route passes through Slītere National Park, the small Livonian coastal villages to Kolkasrags, where the Great Wave Sea meets the Little Wave Sea.

#### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** Sandy beaches, forest trails and gravel roads. In Mazirbe Village and Kolka Village, asphalt.

**Good to know!** The only shops in this section are located in Mazirbe and Kolka villages. The itinerary goes through Slītere National Park.

Take a lunch box with you as no catering is offered.

**Accommodation** in Kolka.



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## DAY 2

### **Bus ride** KOLKA - MĒRSRAGS

The bus leaves in the middle of the day.

**Excursion** in Mērsrags, nature reserve, trail, sightseeing tower.

**Accommodation** in Mērsrags.

## DAY 3

### Hiking **MĒRSRAGS - ENGURE**

22 km → ⌚ 7 – 9 h

#### **PRACTICAL INFO:**

**Difficulty level:** □ / □□

**Road surface:** Beaches covered in sand and fine gravel, coastal meadows, small trails, forest roads. Asphalt in the villages, a small section of gravel road.

**Good to know!** You should avail yourself of binoculars for bird watching, suitable (closed) footwear and walking poles for support.

**Accommodation** in Engure.



## DAY 4

### **Bus ride** in the morning: ENGURE - DUBULTI

Hiking  
**DUBULTI - BULDURI**  
through Jūrmala City.

5 km → ⌚ 1 – 2 h

#### **PRACTICAL INFO:**

**Difficulty level:** □

**Road surface:** sandy beaches.

**Accommodation** in Jūrmala or Rīga.  
Train operates regularly from Jūrmala to Rīga.

## DAY 5

**Day for sightseeing in Rīga.** Old Town, Art Nouveau District, Central Market, etc.

**Accommodation** in Rīga.





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## DAY 6

**Going by train** RĪGA – SAULKRASTI  
1 h (train operates ~ 1x hour).

**Arrival** in SAULKRASTI,  
walk to the sea ~ 1 km.

Hiking  
**SAULKRASTI - TŪJA**

28 km   9 – 12 h

### PRACTICAL INFO:

**Difficulty level:**  / 

**Road surface:** Fine gravel, sand, plankways, forest trails. In Zvejniekciems, asphalt, bays with sandy beaches, capes with stones, in some places, pebbles.

**Good to know!** In some places, fine gravel is washed ashore which makes walking difficult. The stones overgrown with algae are slippery. A lot of stones “move”. You will need suitable (closed) footwear and walking poles for support.

**Accommodation** in or near Tūja.





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## DAY 7

Hiking  
**TŪJA - SVĒTCIEMS**

24 km



8 – 10 h

### PRACTICAL INFO:

**Difficulty level:** ●●●●

**Road surface:** Rocky beaches, grassy/reedy coastal sections (before reaching the Svētupe River), gravel roads, asphalt, forest trails, occasionally algae washed ashore (algae scum).

**Good to know!** The sandstone outcrops are composed of an unconsolidated and unstable material, which is why it is not safe to approach them from the top and the bottom or to crawl into the caves washed out by the waves.

**A bus ride** SVĒTCIEMS - RĪGA (the stop is 1 km from the sea) or **accommodation** in SVĒTCIEMS.

