


# GRAND HIKING TOUR ON THE COAST OF LATVIA AND ESTONIA




## 14 GRAND HIKING TOUR ON THE COAST OF LATVIA AND ESTONIA

Itinerary: MAZIRBE - KOLKA - MĒRSRAGS - ENGURE - JŪRMALA - RĪGA - ZVEJNIEKCIEMS - TŪJA - SVĒTCIEMS - AINAŽI - IKLA - PĀRNU - KIHNU ISLAND - PĀRNU - HAAPSALU - ROOSLEPA - NŌVA HARBOUR - VIHTERPALU - TALLINN

Hiking route length:  ~ 180 km

Duration: **16 day**

Difficulty level: 

*This grand hiking tour is provided for experienced hikers wishing to walk along a large part of the coasts of Latvia and Estonia, gain a detailed impression about the diverse coastal landscape, nature, birds and animals of the Baltic Sea. The Baltic Coastal Hiking Route sometimes runs through sandy beaches, sometimes along sections of beach covered in stones and pebbles. Sometimes the trail goes through coastal forests or stops at a fishermen's village. There are many floodplain meadows, lagoons and shallow bays on the Estonian side, so sometimes the path goes along coastal trails and roads. In the end section of the route you will feel Estonia's Nordic nature more. Part of the route runs along a sparsely populated seashore where you can be alone with yourself, but you will also be able to visit the most prominent cities. You will visit both capitals: Rīga and Tallinn. Enjoy the hospitality of the resort towns of Jūrmala, Pärnu and Haapsalu. During the hike, you will also get acquainted with the regions of small ethnic cultures: the Livonians in Latvia and the inhabitants of Kihnu in Estonia.*

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

#### PRACTICAL INFO:

**Difficulty level:** 

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

**Good to know!** The only shop 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.

### 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

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

**Accommodation** in a hotel in RĪGA.



## DAY 6

**By train** RĪGA - ZVEJNIEKCIEMS ~ 1 hour  
(train operates 10x per day).

**Walk to** the sea ~ 2.5 km.

Hiking  
**ZVEJNIEKCIEMS - TŪJA**

25 km → ⌚ 8 – 11 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.

**Accommodation** in SVĒTCIEMS.

## DAY 8

**Bus ride:** SVĒTCIEMS – AINAŽI (bus runs 10x per day).

**Crossing** the Latvian-Estonian border on foot (ca 2 km).

**Bus** IKLA – PÄRNU. Last buses leave at around 16:00 and 17:00.

**Excursion** in PÄRNU. Pärnu is a popular resort city with many cafés, live music, SPAs, hotels and a beautiful Old Town.

**Accommodation** and catering in PÄRNU.



## DAY 9

**Bus ride** in the morning: PÄRNU – MUNALAIU PORT (1 h).

**A ferry** to KIHNU (1 h) runs 2-4 times a day depending on the day of the week.

*Kihnu Island is the largest island in the Gulf of Riga and the seventh largest island in Estonia. Its total area is 16.9 km<sup>2</sup>, the island is 7 km long and up to 3.3 km wide. The former seal hunter and fishermen's island, with around 600 inhabitants, is currently eager to maintain its identity in spite of everything and has been included in the UNESCO World Heritage List.*

Hiking  
**KIHNU ISLAND**

23 km   7 – 9 h

### PRACTICAL INFO:

**Difficulty level:** 

**Good to know!** Hiking on Kihnu Island (or you can rent a bike and explore this route by bike).

A coastal route that goes through four villages – Sääre, Linaküla, Rootsiküla and Lemsj – will help you to discover the cultural and natural values of Kihnu Island.

**Accommodation** on KIHNU ISLAND.

**Information** about ferry traffic:  
[www.veeteed.com](http://www.veeteed.com)





## DAY 10

We continue to explore KIHNU ISLAND.

**Ferry trip** to MUNALAIU PORT (1 h).

**Bus trip** to PÄRNU (1 h).

**Accommodation** and catering in PÄRNU.

## DAY 11

**Free time** in Pärnu in the morning.

In the afternoon, **bus trip** to Pärnu – Haapsalu.

**Accommodation** in HAAPSALU.

## DAY 12

**Excursion** by foot in Haapsalu. We recommend visiting the old town of the Hapsalu resort town, Bishop's castle mound, Dome Cathedral and the historic promenade with various monuments.

During lunch – **a bus trip** to Haapsalu – Dirhami.

**Accommodation** near ROOSLEPA.

**Catering places** in HAAPSALU.



## DAY 13

Hiking

**ROOSTA - DIRHAMI - NÕVA HARBOUR**

20 km

⌚ 6 – 8 h

**PRACTICAL INFO:**

**Difficulty level:** ●

**Road surface:** A short stretch of road covered in asphalt and gravel, forest trails, highly variable beaches: sandy, occasionally covered in gravel, pebbles, stones of different sizes, a short section of dolomite base. In some places, algae have been washed ashore.

**Dangerous places:** Be careful and ensure safety when walking along the road.

**Good to know!** Catering companies are available at the Port of Dirhami. The closest shops are in Nõva (3.5 km from the Port of Nõva) and Dirhami villages.

**Transfer back** to Rooslepa.

**Accommodation** near Rooslepa village.





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## DAY 14

Hiking  
**NŌVA HARBOUR - VIHTERPALU**

24 km   8 – 10 h

### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** Forest trails, highly variable  
beaches: sandy, occasionally overgrown  
with herbaceous plants, rocky, short  
sections of dolomite base and dolomite  
pebbles.

**Good to know!** No catering companies or  
shops are available in this section.  
Need to take lunch boxes.

**Accommodation** near Vihterpalu.

## DAY 15

In the morning, **bus ride** VIHTERPALU -  
TALLINN (bus runs only 1x a day).

**Arrival** in Tallinn.

**Sightseeing in Tallinn.** We recommend  
seeing Tallinn's medieval old town, which is  
part of the UNESCO World Heritage List.

**Accommodation** in Tallinn.

## DAY 16

**Sightseeing in Tallinn.**  
End of tour!

