

11 TOWARDS THE LIVING CULTURE IN SETOMAA



VANA-VASTSELIINA – VÄRSKA

Estonia

Itinerary: VÕRU – VANA-VASTSELIINA – PIUSA – VÄRSKA

Hiking route length:

→ 48 km

Duration: **3 days (hiking 2 days)**

Difficulty level: ●●

This part of the Forest Trail gives an opportunity to see Setomaa which is inhabited by Setos – an ethnographic group with specific ancient traditions and a unique language dialect. Forest Trail hikers can visit the traditional Seto homestead and enjoy Seto cuisine. The forests of the region are especially charming in early autumn, when the ground is coloured lilac by the blooming heather. There is a good chance to pick wild

mushrooms and berries. One of the most beautiful sections of this trail in Setomaa leads along the River Piusa, where the river is surrounded by sandstone outcrops. You will also visit the Piusa caves. The tour will end in Värskä resort – with its sanatorium and SPA, which use the strengths of local nature: mineral water and lake mud. Värskä mineral water is well known in Estonia and elsewhere.

PRACTICAL INFO:



Vana-Vastseliina Episcopal Castle (bus from Võru or private transfer).



Värskä by Setomaa Tourist Information Point.

DAY 1

Arrive in Võru.

Accommodation in Võru.

DAY 2

 or  **Võru to Vana-Vastseliina**



Vana-Vastseliina – Piusa – Kolodavitsa

→ 26 km ⌚ 8 – 10 h



Small forest roads, forest trails, paths through meadows in the River Piusa valley and its surroundings; gravel roads and paved roads elsewhere.



Some slopes of the Piusa valley are steep and may become slippery in wet weather. Shoes may become wet in damp conditions. There are no shops and caterers in the destination.



The section can be split into two days, spending the night in Obinitsa, and completing the stretch of road to Kolodavitsa on the second day.



Private transfer to accommodation.

Accommodation in Värskä.



DAY 3



Private transfer to the start point in Kolodavitsa.



Kolodavitsa – Värška

→ 22 km ⌚ 7 – 9 h



Small forest roads, trails, gravel roads, paved roads near Säpina and Värška.



Medium



Some parts of the path from Kolodavitsa to Säpina and elsewhere may be covered in dense vegetation. Shoes and clothes may become wet in damp conditions. There are no shops or cafeterias on the Forest Trail from Piusa caves to Värška. It is necessary to take lunch boxes.

Accommodation in a hotel in Värška, Värška SPA, Holiday houses near Värška.

