

IN THE HEART OF GAUJA NATIONAL PARK ②



PRACTICAL INFO:



Predominantly forest roads, forest and country trails, wooden stairs by Paradīzes Hill, paved roads and pavements in Sigulda and Līgatne.



Some parts of the trails and riverbank slopes in the ancient valley of the River Gauja may be slippery in wet weather and in winter. Swimming in the River Gauja can be dangerous!



It is possible to organise a transfer from Līgatne back to Sigulda at the end of the tour.



Sigulda Railway Station Square (frequent buses and trains to/ from Rīga).



Līgatne tourist information centre (bus to Augšlīgatne and then by bus or train to Rīga or Sigulda).

Accommodation: in Līgatne or Sigulda.



SIGULDA – LĪGATNE

Latvia

Itinerary: SIGULDA – LĪGATNE

Hiking route length:

→ 24 km Ⓕ 8 – 10 h

Duration: 1 day Difficulty level: ●●

After passing through Sigulda, the Forest Trail follows the River Vējupīte to Paradīzes Hill, where a steep staircase leads down into the ancient valley of the River Gauja and the ravine of the River Vējupīte. It continues to wind down smaller paths through meadows, crossing small rivers whose banks reveal sandstone outcrops. The last six kilometres of this section follow a smaller path down the Līgatne Nature Trails. You can see local wildlife animals and birds on this 5.5 km long trail. Further on the Forest Trail moves up the hills of the ancient

valley of the River Gauja, before descending back down into the deep ravine of the River Līgatne, where the village of the former Līgatne paper mill is located. You can explore this attractive small village, visit the Līgatne spoon factory, winery and Līgatne caves. There is also the Līgatne Net Park with 4-7 m high net labyrinths among the treetops.

This part of the Forest Trail and Gauja National Park is characterised by a gradual transition from diverse, deciduous forests (ash, grey alder, oak, birch, linden) to coniferous stands.

