

# ③ CLIFF LANDSCAPES IN GAUJA NATIONAL PARK



## CĒSIS – VALMIERA

Latvia

Itinerary: CĒSIS – CAUNĪTES – VALMIERA

Hiking route length:

→ 43 km ⌚ 13 – 16 h

Duration: 2 days Difficulty level: ●●

*The Forest Trail follows small roads and trails through the woods. Along the route you will see the Ērģeļu Cliffs, where the observation terrace provides a great view of the impressive 700 m wide sandstone cliff and the beautiful natural landscape in the ancient River Gauja valley. One of the most beautiful places on the banks of the River Gauja is at “Caunītes” tourist lodging, where you will end the first day of the route. Further on the trail leads through pine forests and wetlands, across and around hills and slopes. One of the*

*most beautiful views of the River Gauja opens from Sietiņezis Rock, a 15 m high sandstone cliff where a circular 1.5 km trail has been constructed. Coming to Valmiera, you will reach the so-called “Dzelzītis” bridge (a narrow-gauge railway bridge) and continue walking along the River Gauja to Valmiera Centre. Sites of interest in Valmiera: St. Simon’s Church, ruins of the Livonian Castle and Valmiera Museum. There is also an adventure park “Sajūtu Parks” (“Park of Senses”), where you can walk on the barefoot trail, the tree-top trail and enjoy other activities.*

### PRACTICAL INFO:

- ⚠ It is possible to organise a private transfer to and from Cēsis or to book extra nights in hotels in Cēsis and Valmiera.
- 🚩 **Cēsis, Gauja Street, near the bridge over the River Gauja** (buses and trains go at regular intervals from Rīga and Sigulda).
- 🚩 **Valmiera, Cēsu Street bridge over the River Gauja** (buses and trains go to Rīga at regular intervals).

## DAY 1

**Arrive in Cēsis.**

The distance is ~3 km between the town centre and the start of the trail. You can either walk or call a taxi.

🚶 **Cēsis – “Caunītes”**  
→ 23 km ⌚ 7-9 h

🌲 Forest or country trails, gravel roads, wooden staircase at Ērģeļu Cliffs.

⚠ Some staircases and riverbank slopes in the ancient valley of the River Gauja may be slippery in wet weather, spring and winter. Be careful on the Ērģeļu Cliffs!

⚠ There are no shops on this section of the route. It is necessary to take lunch boxes.

**Accommodation:** in “Caunītes” or private transfer to Cēsis and accommodation in Cēsis.

## DAY 2

🚗 **Transfer Cēsis – “Caunītes”**, if staying overnight in Cēsis.

🚶 **Caunītes – Valmiera**  
→ 20 km ⌚ 6-8 h

🌲 Small forest or country roads, trails, gravel roads, paved roads and pavements in Valmiera and the surrounding area, paths and wooden staircases on the Sietiņezis Nature Trail.

⚠ Swimming in the River Gauja can be dangerous! Be careful on the narrow and winding road around Jumara!

⚠ There are no shops on this section of the route, it is necessary to take lunch boxes.

**Accommodation:** in Valmiera.

