

# ALONG THE GAUJA RIVER VALLEY IN GAUJA NATIONAL PARK ⑥



## RĀMKALNI – VALMIERA Latvia

Itinerary: RĪGA – RĀMKALNI – SIGULDA – LĪGATNE –  
CĒSIS – CAUNĪTES – VALMIERA – RĪGA

Hiking route length:

→ 112 km

Duration: 6 days

Difficulty level: ●●●

*This section of the Forest Trail leads through the entire Gauja National Park and gives an opportunity to see all the most beautiful places and sights of this national park. Gauja National Park is the oldest and largest national park in Latvia. The ancient valley of the River Gauja is the deepest river valley in the Baltic states. The banks of the River Gauja reveal colourful sandstone outcrops, which are reflected in the water. The sights are most wonderful in springtime, when bird cherry*

*trees are in full bloom, and in autumn, as the trees turn red and yellow. The ancient valley of the River Gauja has a distinctive terrain relief that can fluctuate by up to 80 m. The largest part of the road leads through forest paths, along the river, and exits the woods in Līgatne and Sigulda. Almost half of the Park is covered by forest. Gauja National Park is known for the great diversity of specially protected forests, featuring herbaceous spruce forests, slope and ravine forests, as well as mixed broadleaf forests.*

### PRACTICAL INFO:



**Recreation park “Rāmkalni”** (bus stop “Sēnīte” ~1 km, buses from Rīga or Sigulda).



**Valmiera, Cēsu Street bridge over the River Gauja** (buses and trains go to Rīga at regular intervals).

## DAY 1

Arrival in Rīga.

**Time to explore Rīga.**

**Overnight stay in Rīga.**





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## DAY 2



**Rīga – Valmiera** till the stop “Sēnīte” (~50 min., 3 buses per hour).  
Walk 1 km to the Forest Trail.



**Rāmkalni – Sigulda**  
→ 19 km ⌚ 6 – 8 h

*Sigulda – one of the most popular tourist destinations in Latvia, Sigulda Bobsleigh and Luge Track, Sigulda cable car over the River Gauja at a height of 43 m, medieval castles of Sigulda, Krimulda, Turaida and Gutman's Cave, the largest grotto in the Baltic states.*



Mainly forest roads and trails, paved roads and pavements in Gauja Village and Sigulda.



Some stretches of road 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!



We suggest you spend an extra night in Sigulda to get a better impression of this beautiful place.

**Accommodation:** in Sigulda.



## DAY 3



**Sigulda – Līgatne**

→ 24 km ⌚ 8 – 10 h

*Līgatne Nature Trails offer a chance to observe local wildlife and birds, Līgatne Paper Mill Village – industrial heritage, Secret Soviet Bunker in Skaļupes.*



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

**Accommodation:** in Līgatne.

## DAY 4



**Līgatne – Cēsis**

→ 26 km ⌚ 8 – 10 h

Medieval Old Town of Cēsis.

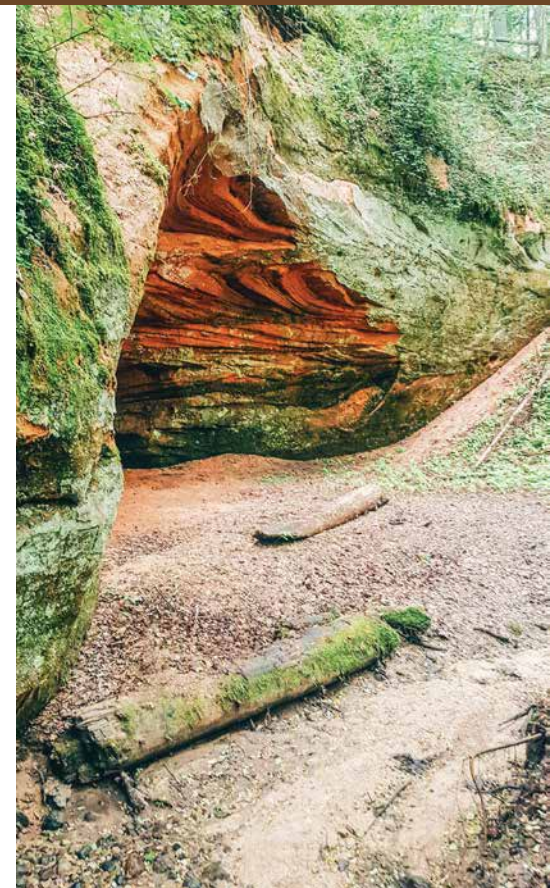


Predominantly forest roads, forest and country trails, wooden stairs by Paradīzes Hill, paved roads and pavements in Sigulda and Līgatne.



This section can be divided and completed in two days: on the first day, continue on the route from Zvārtes Rock via the Amata Trail to Kārļi (~10 km, follow the trees marked in orange, total length ~25 km); on the second day, walk from Kārļi to Krustkalni (3.3 km), then continue along Rakši Road to Cēsis (total distance ~11 km), just as the main route would.

**Accommodation:** in Cēsis.





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## DAY 5



### Cēsis – “Caunītes”

→ 23 km ⌚ 7 – 9 h



Small forest or country trails, gravel roads, wooden staircase at the Ērģeļu Cliffs.



Some staircases and river 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, so it is necessary to take lunch boxes.

It is possible to organise a transfer from “Caunītes” to Cēsis to stay overnight.



You can get straight to the Ērģeļu Cliffs by walking down Lenču Street from the centre of Cēsis. It might be a good idea to combine this section of the trail with visiting the most noteworthy tourism sites in Cēsis.

**Accommodation:** in “Caunītes” or in Cēsis.



## DAY 6

Transfer Cēsis – “Caunītes”, if you stay 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.



Be careful on the narrow and winding road around Jumara!



There are no shops on the two-day walk between Cēsis and Valmiera.



It might be a good idea to combine this section of the trail with visiting some of the tourist sites in Valmiera.

**Accommodation:** in Valmiera.

Or bus ride to Rīga (~1 bus per hour, the latest at 19:55).

