


⑦ SOFT ADVENTURE TOUR IN GAUJA NATIONAL PARK



GAUJA NATIONAL PARK (cycling, canoeing, hiking) Latvia

Itinerary: RĪGA – STRENČI – VALMIERA – CĒSIS –
LĪGATNE – SIGULDA – RĪGA

Route length:

 **84 km (113 km)**

 **17 km**

 **30 km (40 km)**

Duration: **8 days**

Difficulty level: 

If you enjoy an active lifestyle, then this tour is the perfect way to enjoy the heritage hidden in Gauja National Park, from several different perspectives. Cycling starts at Strenči and passes two local breweries at Brenguļi and Valmiermuiža with nice cafés and good beer. You will hike through beautiful forests and along the Sietīņezis sandstone cliff towards Cēsis with its charming

medieval Old Town. Canoeing takes place from Cēsis to Līgatne, which is one of the nicest parts of the River Gauja with its sandstone banks, remote farmsteads and old fashioned water-powered ferry. Līgatne historic centre is connected with the development of its paper mill. Here you can also visit local wine and handicraft producers located in one of the artificial caves typical of the area. Walk the Līgatne Nature Trails to see local wild animals in a forest setting. At the end you will cycle from Līgatne to Sigulda, which is one of the most popular tourist sights in Latvia. You'll see the Turaida and Sigulda medieval castles, Gutman's Cave and other picturesque views.

PRACTICAL INFO:



Rīga.



It is possible to organise luggage transfer from hotel to hotel. Rented bicycles are hybrid bikes, equipped with comfort seats and bicycle bags. During the canoe tour from Cēsis to Līgatne and hiking from Līgatne to Sigulda, the bikes and luggage will be sent to the next accommodation.

DAY 1

Arrival in Rīga.

Sightseeing in Rīga.

Pick up the bicycles in Rīga Old Town.

Accommodation in a hotel in Rīga.

DAY 2



Cycle from the hotel to Rīga Central Train Station.

Take the train: Rīga – Strenči (~2.40 h)



Strenči – Valmiera

[~33 km, 70% asphalt, 30% gravel road].

En route: Strenči Town and Brenguļi brewery with a beer garden. In Valmiera: the Valmiermuiža brewery, the Valmiera Museum, the Ruins of the Livonian Order Castle, St. Simon's Lutheran Church, the ruins of Rīga gate.

Overnight in Valmiera.



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DAY 3



Valmiera – Sietīņezis

Visit the beautiful Sietīņezis white sandstone cliffs.



Sietīņezis – Ērgēļu cliffs

→ ~18 km

En route you will see the red sandstone Ērgēļu Cliffs by the River Gauja.

PRACTICAL INFO:



Small forest or country trails, gravel roads, wooden staircase at Sietīņezis and Ērgēļu Cliffs.



Medium



Some staircases and river slopes in the ancient valley of Gauja may be slippery in damp conditions, spring and winter. Be careful on the Ērgēļu Cliffs!



There are no shops or places to eat in this section, so it is necessary to take lunch boxes.



Private transfer Ērgēļu cliffs – Cēsis (those who wish, can hike further till Cēsis, ~8 km).

Free evening in Cēsis.

Attractions include the historical centre, impressive Livonian Order Castle and St. John's Lutheran Church. Bicycle transfer to Cēsis.

Overnight stay in Cēsis.



DAY 4



From Cēsis to Līgatne

→ ~17 km ⌚ 4–5 h

which is one of the picturesque parts of the River Gauja, where sandstone banks are visible.



Bicycle transfer will be organised **from Cēsis to Līgatne.**

Cycle from the river to the guest house in Līgatne (3 km).

Free time for lunch in Līgatne.

In the afternoon we suggest exploring Līgatne ancient paper mill village and the Lustūzis, as well as walking along the Līgatne Nature Trails (~5.5 km), where you can watch local wild animals and enjoy the ancient valley of the River Gauja.

Overnight stay in Līgatne.

DAY 5



Līgatne – Sigulda

→ 24 km

Visit Satezeles castle hill, Kraukļu Cliff and Paradīzes Hill with excellent views to the ancient valley of the River Gauja.

Overnight stay in Sigulda.



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DAY 6

Day in Sigulda.

You can either hike or cycle along Sigulda and Turaida. Visit the Sigulda castle ruins, Gutman's Cave, Turaida Museum Reserve, with the Castle museum, observation tower, history museum and sculpture garden.

OPTION 1:



**Hiking Sigulda Centre –
Gutman's Cave – Turaida –
Sigulda**

→ 10 km

OPTION 2:



**Sigulda – Turaida –
Krimulda – Sigulda**

→ ~30 km

(forest trails, gravel road and
asphalt).

Overnight in Sigulda.

DAY 7

Take the train **Sigulda – Rīga**.

Free time in Rīga.

In the evening return the bicycles.

Overnight stay in Rīga.

DAY 8

Departure.

