


6 ĶEMERI NATIONAL PARK AND JŪRMALA RESORT TOWN




Itinerary: RĪGA - ĶEMERI - BIGAUNČIEMS - DUBULTI - LIELUPE - BULDURI - RĪGA

Hiking route length:  ~ 40 km

Duration: **3 days**

Difficulty level: 

 **Ķemeri** (there are regular trains from Rīga)

 **Bulduri** (there are regular trains to Rīga)

This is an easy 3-day route, suitable for any traveller ready to take some steps outside the capital and get into the woods.

You will start the tour by taking a train from Rīga to Ķemeri.

The walk will start in the Ķemeri resort park leading to the

legendary sulphur spring and continue to the "Forest House" – the visitor's centre of the Ķemeri National Park. The park is established for the protection of mainly wetlands – the shallow coast of the Gulf of Riga, the overgrown seaside lakes, the vast marshlands, mires (forests) and flood plans. Besides, there is the wooden plank Melnalkšņu swamp forest trail. Next, the Forest Trail takes one to the Lake Sloka, a shallow coastal lake with rich aquatic plants, sulphur springs and important migratory bird rest areas. On the banks of it, there is a 7 m high floating bird-watching tower. Further, the Forest Trail runs to the Gulf of Riga in the small fishermen village of Bigauņciems, where it joins with the Baltic Coastal Hiking Route (E9 European long distance path). From there on, the trail runs along the coast direction Jūrmala – the most popular resort town in Latvia with the widest sandy beaches. The tour ends in Ragakāpa Nature Park, which is established to preserve the dunes covered in old pine forests and natural diversity of the seaside. The Jūrmala Open-Air Museum is a place to get to know a traditional local fishermen's farmstead.

DAY 1

Train: Rīga - Ķemeri



Ķemeri - Bigauņciems

 11 km  2 - 3 h



Gravel roads, in Ķemeri – asphalt, pavement, park paths, forest trails with natural pavement, wooden footbridges.



Easy



Be careful when walking along the side of the road!

Accommodation: in Bigauņciems or surroundings.





DAY 2



Bigauņciems - Dubulti

→ 14,6 km ⌚ 3 - 5 h



Wide sandy beaches from Bigauņciems to Dubulti.



Easy



Be careful when crossing road (P128) in Bigauņciems.

Accommodation: in Jūrmala.



DAY 3



Dubulti - Lielupe - Bulduri

→ 15 km ⌚ 5 - 7 h



Sandy beaches, forest roads, trails, pavements with asphalt surfaces.



Easy



The wooden parts of the Ragakāpa Nature Trail can be slippery in damp weather.



The estuary of the Lielupe River is a good place for bird watching.

Accommodation: in Jūrmala or Rīga (there are regular trains from Bulduri station to Rīga, trip duration 25 min.).

