



BALTIC
COASTAL
HIKING

ACCESSIBLE HIKING TRAILS WORKSHOP AND A HIKE on "Jūrtaka" - Baltic Coastal Hiking" FOR THE YEAR OF E9

November 7 - 8, Saulkrasti / Zvejniekiems, Latvia



Interreg



Co-funded by
the European Union

Estonia – Latvia

DAY 1: NOVEMBER 7, 2023



Location of the workshop:
Culture Club "Zvejniekiems"
(Atpūtas street 1D), Zvejniekiems

8:30 10:00-10:30	Bus leaves from Riga Arrival and coffee
10:30 – 11:00	Introduction of participants, workshop aims, and overview of the Accessible Hiking Trails project plans. <i>Asnate Ziemele, Baltic Country Holidays</i>
11:00 – 11:30	Network for universal design and age-friendly communities. <i>Christian Hellevang, The Norwegian Association of Local and Regional Authorities (KS)</i>
11:30 – 12:00	Experience from Italy: "Via Romea Sanese Accessible" , when a cultural route meets social inclusion. <i>Angelo M. Latorre, Federazione Italiana Escursionismo</i>
12:00 – 12:30	Discussion
12:30 – 13:30	Lunch
13:30 – 14:00	Needs and expectations. <i>Meelis Joost, Estonian Chamber of people with disabilities</i>
14:00 – 14:30	Walking for wellbeing. <i>Jack Cornish, Ramblers UK</i>
14:30 – 15:00	Greetings from the European Ramblers Association for the E9 and E3 Years. <i>Steen Kobberø-Hansen, European Ramblers Association</i>
15:00 – 16:00	Discussion and coffee



17:00-18:00

Evening hiking adventure

Starting point: Hotel Pine Resort, GPS: [57.238554, 24.397628](#)

Starting time: 17:00

Hiking distance: ~ 3.5 km

Hiking duration: 1 hour

Finishing point: Saulkrasti tourist information centre, GPS: [57.267136, 24.411537](#)

Recommended outfit: Dress appropriately for the weather, wear comfortable footwear, and bring a flashlight.

The hike takes place on section No. 26 of the long-distance hiking path "Jūrtaka" - Baltic Coastal Hiking (E9). The coastline is characterized by high dunes, covered with old pine forests, and in some areas, erosion has occurred. A wide sandy beach stretches between the dunes and the sea. We will hike along the beach and narrow trails atop the dunes. To cross the small river Pēterupe, we will use a suspension bridge. Our hike will conclude at the Saulkrasti tourist information office, where a bus will be waiting to take us back to Hotel Pine Resort for the evening meal.

19:00

Dinner in PizzaPino restaurant ([Pine Resort hotel](#)) in Saulkrasti

MAP OF THE HIKE: PINO RESORT - SAULKRASTI TIC



DAY 2: NOVEMBER 8, 2023



10:00-13:00

The Hike along E9, meeting locals, listening to local stories, having snacks

Starting point: Parking lot by the Lilaste beach, GPS: [57.187392, 24.329470](#)

Starting time: 10:00 from Lilaste (bus leaves at 9:30 from Pine resort)

Hiking distance: ~9 km

Hiking duration: ~3 hours

Finishing point: [Carnikava Local History Centre](#)

Recommended outfit: Dress appropriately for the weather and wear comfortable footwear.

The hike takes place on sections No. 26 and No. 25 of the long-distance hiking path "Jūrtaka" - Baltic Coastal Hiking (E9). The coastline is characterized by a beautiful sandy beach surrounded by dunes and light pine forests. After 4.5 km, we will reach the Rivermouth of Gauja, the most beautiful and the longest river in Latvia. This area is an important bird nesting and fish feeding site. The left bank of the river is a seasonal nature restricted area during the summer, and visiting is not allowed. In autumn, the territory is open to visitors.

To cross the River Gauja (100-200m, depending on the wind direction and force), we will be transferred by a local fisherman, Artūrs Jākobsons, in his boat named "Sarnikau". There, we will have a tasting of the famous local specialty – the Carnikava lamprey. Gauja is one of the three rivers in Latvia where lamprey can be caught. Continuing our hike, we will reach Carnikava beach (2 km). The dunes occasionally form steep banks here.

We will then proceed along Carnikava promenade (1.8 km) to reach the town. This part of the promenade will be improved with wheelchair accessibility solutions during the Accessible Hiking Trails project. The nearest forest paths will be upgraded for specially designed outdoor wheelchairs suitable for forest terrain. After the promenade, we will head towards Carnikava Local History Centre (0.5 km) and conclude our hike there.

13:00

Lunch in Carnikava Local History Centre

+ Opportunity to explore historical and cultural heritage of the Carnikava region in the museum.

For car drivers, a bus will be available to take you back to the starting point in Lilaste to retrieve your cars.

14:30

Bus leaves from Carnikava to Riga.

MAP OF THE HIKE: LILASTE - CARNIKAVA

 Descriptions of "Jūrtaka" sections:

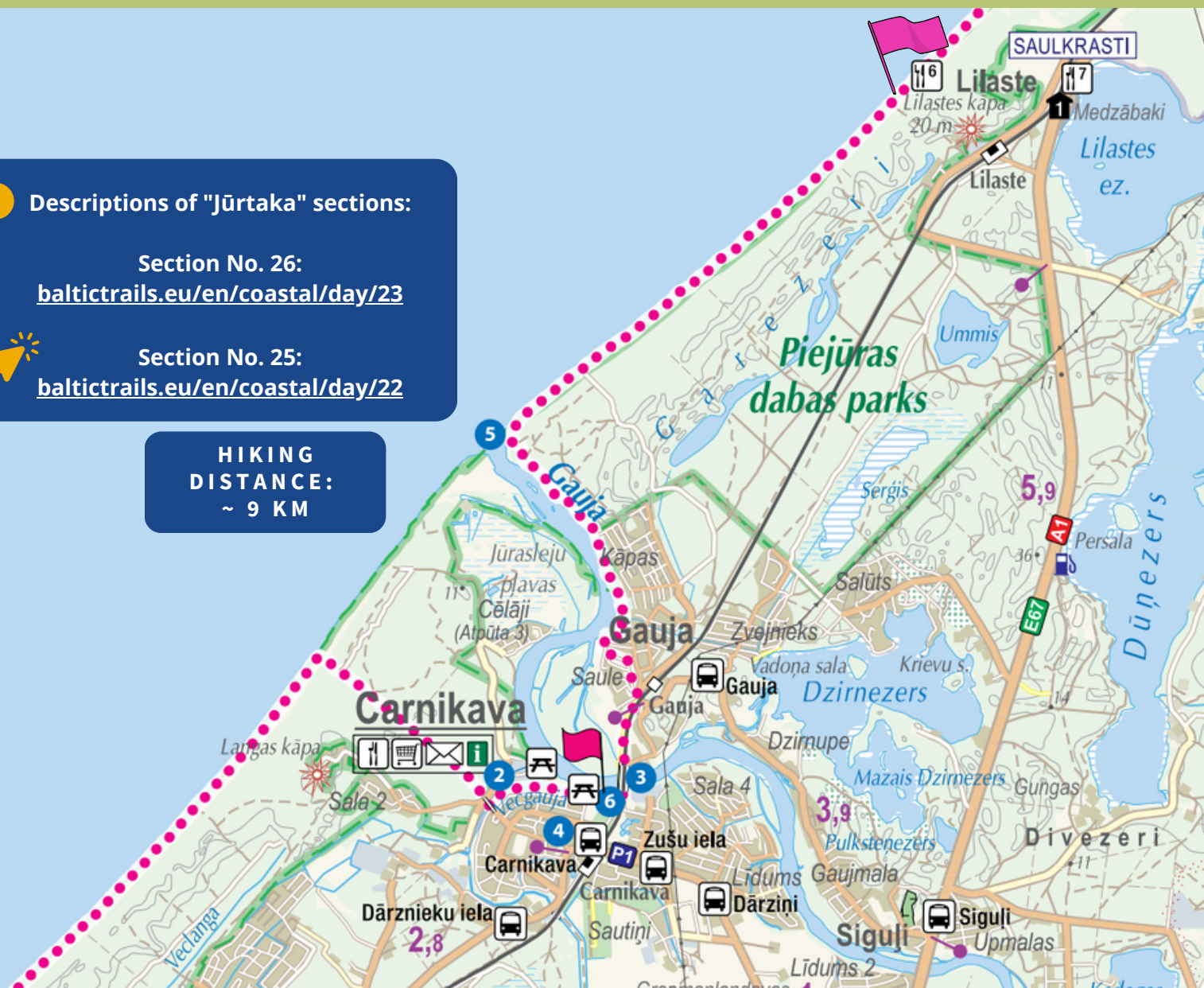
Section No. 26:

baltictrails.eu/en/coastal/day/23

 Section No. 25:

baltictrails.eu/en/coastal/day/22

**HIKING
DISTANCE:
~ 9 KM**



PRACTICAL INFORMATION:



Registration is open until November 1, 2023:

 <https://forms.gle/aMok3ZnhzWy9Xyfr7>

Participation in the workshop and hikes is free of charge with prior registration.

Participants cover the costs of own transportation and accommodation.

Contact information: Asnāte Ziemele, the Latvian Rural Tourism Association "Lauku Ceļotājs",
e-mail: asnate@celotajs.lv

RECOMMENDED HOTELS:

Hotel Pine Resort

Rīgas iela 28, Saulkrasti

+371 67951960, info@pineresort.lv
pineresort.lv/en/

9.5km to the meeting place;

3.5km to the centre of Saulkrasti

Price per room: 70,-EUR (double or single)

+ 13,-EUR/ breakfast per person.

Villa Gaidas

Rīgas iela 32, Saulkrasti

+371 26601888, info@villagaida.lv
villagaida.lv/en

9.4km to the meeting place;

3.3km to the centre of Saulkrasti

Saules Club Apart Hotel

Ainažu iela 23/25, Saulkrasti

+371 27415097, info@saulesclub.com
saulesclub.com/

5km to the meeting place;

3km to the centre of Saulkrasti

ABOUT THE PROJECT:

“Forest and Coastal Hiking Trails' accessibility improvement for different social groups”. The project objective is to improve accessibility of the Baltic Hiking trails <https://baltictrails.eu/> – the Coastal Hiking Trail and the Forest Trail – for different social groups by implementing accessibility and inclusive marketing solutions in the territory of both trails, in Latvia and Estonia.

More about the project: <https://www.celotajs.lv/en/project/40>

This activity is supported as part of project "Forest and Coastal Hiking Trails' accessibility improvement for different social groups" (EE-LV00013), an Interreg Estonia-Latvia programme 2021-2027, co-funded by the European Union.

This program reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.

THE YEAR OF E 9 IN EUROPE. THE BALTIC COASTAL HIKING ROUTE

In the Baltic States the ~ 1420 km long **Baltic Coastal Hiking Route** is the first long-distance hiking route that crosses all three Baltic States. The hiking route is part of E9 and it starts at the Lithuanian-Russian border in the village of Nida in Lithuania, leads through Latvia and finishes at the Port of Tallinn in Estonia; the route can be made in both directions and Tallinn can also be a starting point.

