



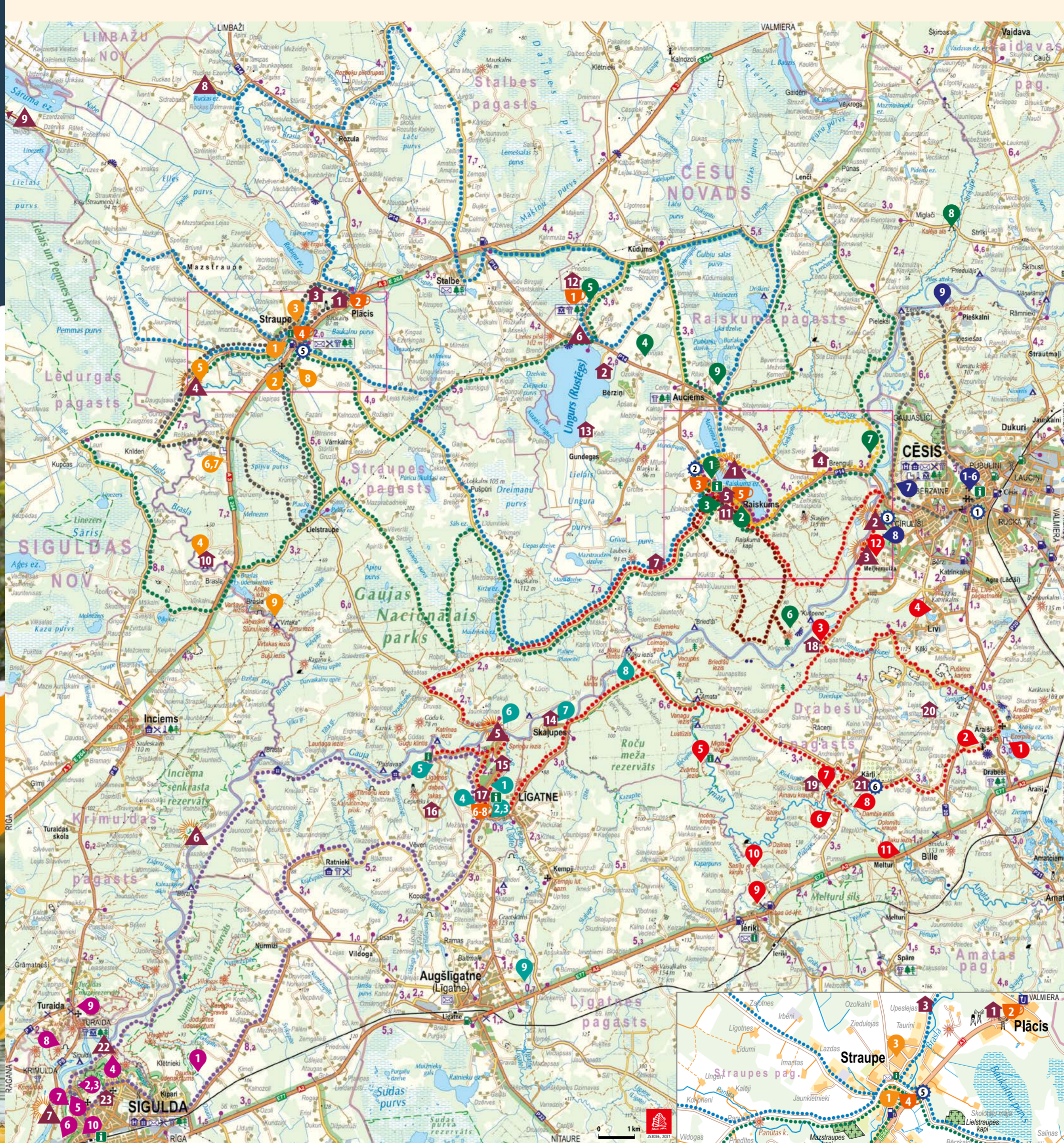
CYCLING THROUGH GAUJA NATIONAL PARK



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- SUP BOARDS
- CATAMARANS
- BOAT RENTAL
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- VOLLEYBALL
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Velomārsruti Siguldas apkārtnē



Sigulda-Krīmulda



Siguldas klasika



Sigulda-Murjāni



To Rūcamavots spring and the Red cliffs



Small range around Lake Raiskums



Big and varied range around the Gauja



Turn after turn after turn between Cēsis and Straupe



Big range around the Pārgauja region



Away from the hurry - to the peace of Kvēpene



Pleasures of the Cēsis area



Around Straupe - world's smallest Hansa town



Sigulda - Ligatne - Sigulda



APZĪMĒJUMI

- Velomārsruti
- Apskates objekti
- Kempingi
- Latvijas Kempingu asociācijas kempingi
- Citas naktsmitnes
- Edivānāna
- Fāhrradpāratur

QR kodu atvēršanai un maršruti izmantošanai viedierīcēs, nepieciešama aplikācija GPX Viewer.

Cycling through Gauja National Park

All bicycle trails are circular, so you can start at whichever point you prefer. Suggested time period for cycling: May to September. Since some trails pass through public roads with heavy traffic at some points, cyclists are urged to be careful and abide by the road traffic regulations. During rain the forest trails can be muddy at some points, damaged by logging machines, hard to cycle on. The quality of the trail pavement depends on the weather conditions and trail maintenance intensity – it can be uneven, dusty. Some trails are marked, others are being marked. Happy cycling!

To Rūcamavots spring and the Red cliffs 102

Moderate difficulty route. Perfect for nature lovers due to the views of the pine forest, small rivers (Sveķupīte and Lenčupe) and the Gauja, the Red Cliffs, as well as the opportunity to taste the water of Rūcamavots spring.

- **Route:** "Apalkains" campsite – Raiskums-Auciems road – "Brauskas" – Lake Auciems canal – Sveķiņu pine forest – P14 road crossing – forest trail along the River Sveķupīte – forest trail along the River Lenčupe – "Raiskumkrogos-Romula" forest trail – Rūcamavots spring and the Red Cliffs – Raiskumkrogos – P14 road – turn to Raiskums – Raiskums – "Apalkains" campsite.
- **Route length:** around 15 km
- **Route starting/ending point:** "Apalkains" campsite
- **Route alternative:** if you are up for it, the route can be extended from Raiskumkrogos to Kvēpene castle mound and oak tree. It will extend the route by 10-15 km, returning to the campsite by route 107 or 104 respectively. In the summer, the road to Kvēpene is sandy in places.
- **Route pavement:** forest – 6.5 km, asphalt – 5.5 km, gravel – 3 km
- **Suggestions:** during rain, some parts can be muddy.

Turn after turn after turn between Cēsis and Straupe 105

The route is perfect for active cyclists, who not only like taking little Sunday trips, but also longer rides during the entire cycling season. The route will take you along the Gauja, then follow the winding country roads of Pārgauja past Drīškina, Ungura, Plaužu, Kiržu, Raiskums lakes. You should plan to spend more time exploring Ungurmuiža, Straupe and Raiskums.

- **Route:** Raiskums – Red Cliffs – Pleieķi – Lenči – Auciems – Kūdums – Ungurmuiža – Milnēnu pond – "Rožkalni" – Lielstraupe castle – Lake Plaužu – Lielstraupe – Klucīšu watermill lake – Lake Sāls – Lake Kiržu – Raiskums.
- **Route length:** around 72 km
- **Route pavement:** forest road – 9 km, gravel – 50 km, asphalt – 13 km
- **Route starting/ending point:** "Apalkains" campsite or Straupe
- **Route connections:** the most active cyclists can take an extra lap from Straupe – the 20 km route (18.5 km – gravel, 1.5 km – asphalt) leads past Vējiņi underground lakes, "Kņideri", Juglas and crosses the River Jugla next to Lake Pīļu.
- **Suggestions:** we suggest taking multiple days to calmly complete the route, choosing one of the tourist lodgings in Pārgauja to spend the night.

Small range around Lake Raiskums 103

The route can be taken by any cycling tourist, including families with children, because it is not physically demanding. On hot summer days it is especially enjoyable to cycle in the shade of the trees on the lake's eastern shore, as well as take a dip in one of the many swimming places.

- **Route:** "Apalkains" – Raiskums Village with the manor park and buildings – Raiskums cemetery – eastern shore of Lake Raiskums – the River Sveķupīte – Auciems lake canal – "Brauskas" – "Raiskums-Auciems" road – "Apalkains".
- **Route length:** 7 km
- **Route starting/ending point:** "Apalkains" campsite
- **Route pavement:** forest – 4 km, asphalt – 2 km, gravel – 1 km
- **Suggestions:** we suggest you see the oak tree valley in Raiskums and Raiskums park with manor buildings, as well as enjoy the view of the lake.

Big range around the Pārgauja region 106

The route is perfect for fans of recreational activity who are in good physical condition, who want to enjoy the natural landscape while exploring the natural and cultural heritage objects of Pārgauja.

- **Route:** Stalbe centre – Ungurmuiža – Kūdums – Lake Drīškina – Auciems and Raiskums lakes – Muiznieka and Kiržu lakes – Lake Pūrci – Milnēnu pond – Lielstraupe cemetery – Lielstraupe castle – Mazstraupe castle – Vējiņu underground lakes – Straupe dairy – Riebiņu and Eļķeņu lakes – Lake Rucka – Rozāla centre – Rozbeķi castle ruins – Stalbe centre.
- **Route length:** around 94 km
- **Route starting/ending point:** Stalbe centre
- **Route pavement:** forest roads and trails – 5 km, gravel – 82 km, asphalt – 7 km
- **Suggestions:** plan multiple days for completing the route, choosing one of the lodgings or rest areas in Pārgauja to spend the night.

Big and varied range around the Gauja Raiskums – Ligatne – Raiskums 104

The route is perfect for fans of recreational activity. Unique crossing of the Gauja with a hand-operated ferryboat near Ligatne. Many sightseeing objects in Ligatne. Unforgettable and scenic views can be seen by Kūku cliff and Zvārtas cliff. Whereas, on the Crūšiņi nature trails you can fill up your water supplies from the Dzidravots spring.

- **Route:** "Apalkains" – Ligatne ferry – Ligatne nature trails – Lejasligatne – Skāļupes – Kūku cliff – Veclābi bridge over the Amata – Zvārtas cliff – "Rakši" zoo and recreational centre – "Ozolkalns" recreational centre – Crūšiņi nature trails – bridge over the Gauja – Kvēpene road – Raiskums – "Apalkains".
- **Route length:** around 54 km
- **Route starting/ending point:** "Apalkains" campsite
- **Route pavement:** gravel – 28 km, asphalt – 14 km, forest roads – 12 km
- **Route alternatives:** the most resilient travellers can extend the route by 19 km (16 km – gravel, 3 km – asphalt) by going from Zvārtas cliffs to Kārji, seeing Ainavu cliff, Kārji hydroelectric power station and water-reservoir, the Āraši area and returning by passing the Puškins quarry to Rakši.
- **Suggestions:** on this route there are multiple objects where you should stay a while longer, so a multiple day trip can be planned. We suggest you sign up for tours in Ligatne (paper factory, caves, underground bunker) beforehand – contact details can be found at www.visitligatne.lv. The wood-covered trails and bridges of Crūšiņi nature trails can be slippery during rainfall – be careful. A large part of the route is on light-traffic public roads.

Away from the hurry – to the peace of Kvēpene 107

Moderate difficulty route. Most of the route is on forest roads. Destination – Kvēpene oak tree and castle mound is a scenic view that is poetically called the crossroads of the natural beauty of Latvia.

- **Route:** "Apalkains" – Raiskums – Raiskums cemetery – Kvēpene forest – Kvēpene oak tree and castle mound – "Kubiņi" and "Rožkalni" – Raiskums gravel road – Ligatne – "Apalkains".
- **Route length:** around 15 km
- **Route starting/ending point:** "Apalkains" campsite
- **Route pavement:** forest road – 9 km, gravel – 4 km, asphalt – 2 km
- **Suggestions:** the forest roads are sandy in places, which makes riding harder.
- **Route alternatives:** Possible to combine with routes 102, 103 and 104.

Pleasures of the Cēsis area 108

Moderate difficulty route. Opportunity to enjoy the most beautiful places around Cēsis – pine forests and hills, the majestic Erģeļu (Erģļu) cliffs, relax on the riverside of the Gauja, visit the places where the sculptor family of Jansons has created and keeps creating art work.

- **Route:** Cēsis castle – Lenču Street – Forest cemetery – Erģeļu (Erģļu) cliffs – campsite "Lenči" – Gaujšķiļi and Pipariņi – "Sīļes" – Vitolu Street – Gaujas Street – Bērzaimes Street – Liela Katrinas Street – Cēsu TIC – Cēsis castle.
- **Route length:** around 18 km
- **Route starting/ending point:** Cēsis castle
- **Route pavement:** forest road – 3 km, gravel – 10 km, asphalt – 5 km
- **Suggestions:** after seeing the Erģeļu (Erģļu) cliffs, return to the car park and continue the route on a beautiful forest trail (during rainfall, the wooden bridges and steep descent can be slippery – be careful). Tours in the house of the sculptor family of Jansons should be set up beforehand. www.artsilkes.lv

Around Straupe – world's smallest Hansa town

The route invites you to explore Straupe from its formation until today by visiting places mentioned only in tales and stories, enjoying and feeling the charm of nature and cultural history.

- **Route:** Mazstraupe castle – Panūte castle mound – Vējiņu underground lakes – Straupe horse mail station – Lielstraupe – Lielstraupe castle – Baukalns hill – "Straupe" dairy farmer association – Mazstraupe castle.
- **Route length:** around 23 km
- **Route starting/ending point:** Mazstraupe castle
- **Route pavement:** forest road – 4 km, gravel road – 17 km, asphalt – 2 km

Sigulda – Ligatne – Sigulda

Moderate difficulty route for nature lovers. Almost half of the route is in Gauja valley, where both riversides are accented by sandstone cliffs.

- **Route:** Sigulda TIC – "Kalna Klaukas" – "Gančauskas" – Ligatne nature trails – Ligatne – Ratnieki – Sigulda TIC.
- **Route length:** around 46 km
- **Route starting/ending point:** Sigulda TIC
- **Route pavement:** Mostly forest roads, gravel roads, trails. In Sigulda, Ligatne and when returning from Murmži – asphalt.
- **Suggestions:** enjoy Gauja valley without rushing, make a stop at the Ligatne nature trails, get to know Ligatne and return to Sigulda, still without rushing.



Atbalsta Zempības ministrija un Lauku Atbalsta dienests

