IEGULDĪJUMS TAVĀ NĀKOTNĒ

Free of charge



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A.Gulbis (www.redzet.lv), R.Hofmanis. I.Druva-Druvaskalne, Einārs Normanis, "Ezerpriedes", Aglona.lv, "Rīgas meži", "Latvijas valsts meži", "Lauku ceļotājs", A.Jasinskis, "Ārijas stādu audzētava", Photos: from the archives of the Latvian Tourism Development Agency,

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not sure about your knowledge you might want an experienced company. all berries and mushrooms found in Latvian woods are edible, therefore, if you are to enjoy the taste of self-gathered berries, mushrooms or nuts. Unfortunately, not s very common as a simple walk in the woods brings peace and gives a chance gifts of the forest: mushrooms, forest berries, various teas. This type of recreation In the summer and in the fall many Latvians take to the woods to seek out the Enjoying the gifts of nature

and widely used to improve one's health and beauty. mud, clay, sand... Besides the generous gifts of nature here are easily accessible fields, depths of the earth hold a whole arsenal of cures: medicinal herbs, springs, long vegetation period – nature in Latvia is biologically diverse: meadows, woods Thanks to the climatic conditions – high relative humidity levels and relatively Clean environment to improve your health

enjoy here to their hearts' content. sailing, paintball, golf, orienteering – those are only a few activities visitors can parks outdoors for friends of nature. Horseback riding, obstacle tracks, skiing, numerous trails and watchtowers as well as many theme and active recreation botanical gardens – Latvia has quite a few things to be proud of. There are 4 national parks, 42 nature parks, 4 nature reserves, 1 biosphere reserve, 2 historic Diverse active outdoor recreation

you inspiration for future travels. sauna, a sip of cool spring water will leave an unforgettable impression and give Joy of living, and energy. A swim in the sea, a nike along the river, a night after with nature which we have been living with in harmony for centuries is its power, picturesque rivers and lakes, woods, meadows, and fields. Gain from each contact Visiting Latvia is a rest for one's body and mind: unspoilt nature, the Baltic Sea, Peaceful and quiet rest

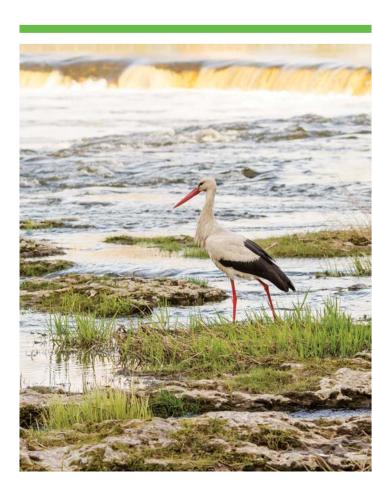
animals and birds. Go hiking, photo hunting, fishing, boating... Where else if not in quietly and be watchful - there is a very big chance you might see all kinds of lakes and rivers. It is the right place to rest from the city tuss. I read in the nature meadows, about 500 (!) km long seashore with white sandy beaches, countless Latvia has a very diverse nature – vast forest areas, large swamps and lush Unspoilt nature and wildlife watching

Why choose nature holidays in Latvia?





NATURE



Gauja National Park

Gauja National Park is one of the most popular tourist destinations in Latvia. Travellers were walking the paths around Sigulda as early as in the 19th century leaving engravings on the walls of sandstone caves behind them. Visitors are drawn by the unique scenery of the Ancient Valley of the River Gauja (Gaujas senleja) and the largest Devonian rock outcrops in Latvia – sandstone precipice, cliffs Raven Ravine (Kraukļu aiza), Devil's Cave Cliffs (Velnalas klintis), Spriņģi Rock (Spriņģu iezis), GlūduCliffs (Glūdu klintis), Zvārte Rock (Zvārtes iezis), Ērgļi Cliffs (Ērgļu klintis), Sietiņiezis Rock (Sietiņiezis)) and caves (Gūtmaṇala Cave in Sigulda is the biggest and highest cave in the Baltics). To capture the magic of the park fully one day will not be enough. The national park is a home to over 500 historic-cultural monuments: castle mounds, stone castles, churches, manors, watermills and windmills as well as other archeological, architectural, and art monuments. The main tourist destinations are Sigulda and Turaida Castle as well as Līgatne and Cēsis, however, true travellers should not miss out on many other things

Līgatne Nature Trails (5 km), Amata Nature Trail (12 km), Cīrulīši Nature Trails (4 km), Sietiniezis Nature Trail (1.5 km), Ieriki Nature Trail (1 km), Kubesele Nature Trail (3.5 km)

Viewing sites in Sigulda, watchtower in Līgatne Nature Trails, Zvārte Rock, Cēsis castle ruins, Cēsis St. John's Lutheran Church tower, Valmiera St. Simanis Church tower, viewing site by Ērgļi Cliffs, viewing site by Lustūzis Cliff

Līgatne Nature Trails, Ieriķi Nature Trail, Vienkoči Park

\Delta Sigulda - Līgatne (24 km), Allaži - Sigulda - Zvārte Rock (48 km), Līgatne - Cēsis -Priekuļi (29 km), Cēsis - Valmiera - Brenguļi (48 km)

▲ Valmiera - Cēsis (44 km), Cēsis (Jāņarāmis) - Līgatne (29 km), Līgatne - Sigulda (20 km)

i www.gnp.lv, ac@gnp.lv, +371 26657661

Kemeri National Park

Jūrmala – the most popular resort in the Baltics is home to Ķemeri National Park which offers its visitors various options for outdoor recreation. It is Natura 2000 area notable for the great biodiversity: Kemeri Moorland (Kemeru tīrelis) rich in small lakes; nearly all types of forests characteristic of Latvian latitudes; meadows grazed by forest animals as well as wild cows and horses; seaside with white sandy beaches and dry pinewoods; 3 big lakes which are not only easy on the eyes but also create a miraculous sense of peace with their vast and calm waters. Ķemeri area is rich in various minerals and healing waters. Kemeri resort was founded back in the 18th century and people from all over Europe came to enjoy its sulphur springs and moor mud baths.

🕅 Great Ķemeri Moorland Footbridge (3 km), Lake Kaņieris Reed Footbridge (0.6 km), Kanieris Caste Mound Trail (1.5 km), Lake Sloka Trail (3 km), Nature Painting Trail (3.5 km) and Barefoot Trail (1.5 km), Valgums World Trail (3.5 km)

Lake Kaņieris Tower, Dunduri Meadows Tower and viewing site, Lake Sloka Tower 🛁 Ķemeri Sanatorium Park, Lake Kaņieris and Lake Sloka, Dunduri Meadows

윮 Lake Sloka cycling route (12 km), Šlokenbeka Circle (17 km), Forest Circle (16 km), Lustūžkalns Circle (22 km), Green Dune pedestrian and cycling route (10 km) Lake Kaṇiera and Lake Valgums

www.daba.gov.lv/kemeri, pieriga@daba.gov.lv, +371 67730078

Rāzna National Park

Latgale's special feel, marvellous landscapes with castle mounds, waters, and woods, Lake Rāzna – great natural diversity characterizes the newest Latvian national park. The area is home to several lakes. One of them – Lake Rāzna is the second biggest lake in Latvia. Thanks to its sandy beaches Lake Rāzna is referred to as the Latgalean Sea. The lake is abundant in fish and there are several equipped resting areas ashore. Lake Ežezers is notable for about 70 island-like formations about half of which are overgrown with reeds and canes. There are estimated 33 – 36 islands in the lake. Rāzna National Park is home to the 3rd highest hill in Latvia - Lielais Liepukalns (289 meters above mean sea level) which is notable for its relatively impressive altitude for our conditions. Next to Lake Razna on top of Mākoņkalns Hill (248 m above mean sea level) there are pieces of the unassailable Volkenberg stone castle built in the 13th century by the Livonian Order.

🕅 Andrupene Swamp Path (1 km), Akmeṇi Trail (1 km), Stalidzānu Castle Mound Path (0.5 km), Grumuški Forest Path (2 km), Pilori Stand of Oak Trees (0.1 km)

Mākoṇkalns, Lielais Liepukalns, Vecsloboda Castle Mound ■ Lakes Rāzna, Kaunata, Bižas and Ežezers

🚳 Biking around Lake Rāzna (46 km), On Latgale's Peak – around Lielais Liepukalns (30 km), Ežezer's Secrets (36 km), Cult Places around Mākonklans Hill (18 km),

Mākoņkalns Hill Stone Legends (16 km), Zosna Manor Area (11 km) Lake Ežezers, Lake Rāzna

www.daba.gov.lv, latgale@daba.gov.lv, +371 64605860

Slītere National Park

The territory of Slītere National Park may be considered a unique museum of the geological history of the Baltic Sea. It is home to a 30-50 m high ancient shore precipice of Baltic ice lake covered with a broadleaf forest rich in terms of species as well as a dune ridge and narrow hallow complex, Seaside with sandy beach and dunes, dry dune pinewoods, with narrow hollows (vigas) are an integral part of the park. National park is located on the migratory bird flyway, in spring a huge amount of migratory birds can be spotted out here. The park is inhabited by rare and endangered reptiles, such as a pond turtle and copperhead snake and in the vicinity of Kolka – natterjack toad. In fishing villages on the seaside one can get to know the Liv or Livonian cultural heritage – an essential part of cultural-historic heritage of Northern Europe.

ሺ Cape Kolka Circle (3 km), Along the Coast (40 km), Get to Know Mazirbe (10 km), Cape Kolka Pine Path (1 km), Ēvaži Nature Path (0.5 km), Lake Pēterezers Nature Path

🕅 Šlītere Lighthouse, watchtower on Zilie Kalni Hill slope, viewing site at Ēvaži Steep

📤 Ēvaži, Kolka Pine Path, Slītere Nature Paths, seaside by Vaide village and Cape Kolka 🚳 Slītere Circle (50 km), Through Livonian Villages (28 km), Mazbānītis Nature Path

Around Kolka Lighthouse (15 km)

Wildlife watching

www.slitere.lv, kurzeme@daba.gov.lv, +371 63286000

Notes				
V	Nature paths	Ś	Cycling rout	es
₹	Viewing sites, watchtowers, landscapes		Boating rout	tes, fishing
1	Wildlife watching	+37	1 6 xxxxxxx	Fixed phone number

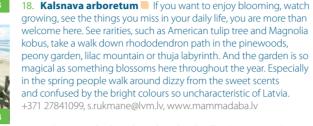
+371 2 xxxxxxx Mobile phone number

- "Ancient Valley of Abava" Nature Park
 Valley of Abava s one of the most impressive ancient valleys in Latvia emerged as a esult of melting of Ice Age waters. On Drubazu Botany Trail (1 km) one can run into wild cows and see what a hill swamp looks like. One can see Cuzu Swamp's endangered flora and fauna as well as healing sulphur springs by going down a special 3 km long path. While on Pedvāle Open-Air Museum Paths (1-3 km) pieces of art perfectly fit in with its hilly scenery. +371 63181150, info@kandava.lv www.visitkandava.lv, +371 27841827, info@sabile.lv, www.sabile.lv
- Aizvīķi Forest Park This is a great place for walks for famili with children as along with the picturesque forest scenery with exotic trees created by nature one can also see handmade characters from fairy-tales and stories that tell travellers about the events from Aizvīķi manour history. Living creatures hide in old tree hollows: owls, little birds, forest bees rarely seen elsewhere. +371 29186717, nammadaba.lv, www.priekulesnovads.lv
- 3. "Balkanu Hills" Nature Park 3 exploring nature paths lead you through mixed forests with diverse flora, steep slopes, high hills and deep ravines. The park features wooden and stone sculptures an elephant, wolf and the biggest wren in Latvia. The park surprises with its colour range any time of the year as there are trees of various kinds and varieties. Spice garden is the place to indulge in the world of aroma and taste various herbal teas. +371 29132664,
- 4. Steep shore of the Baltic Sea in Jürkalne 🔳 This is one of the most picturesque seasides of the Baltic Sea in Latvia with a quiet beach untouched by civilization and an impressive up to 20 m high steep shore. The shore precipice is connected with the sandy beach by special stairs repeatedly renewed as during powerful storms the shore recedes by a few meters yearly. At the nearby farms one can spot the Blue cows. +371 63630046, jurkalne@jurkalnesstavkrasts.lv,
- "Bauska" Nature Park River banks of Bauska vicinity are home to one of the biggest dolomite outcrops in Zemgale and also the renewed Bauska Castle with castle ruins and Mežotne Palace facing the impressive Mežotne Hillfort with a viewing platform surrounded by trees on the left bank of the River Lielupe. +371 63923797, tourinfo@bauska.lv, www.tourism.bauska.lv
- . "Lake Burtnieks Meadows" Protected Nature Area Area around Lake Burtnieks is a popular bird watching location. Burtnieku Manor marks the beginning of Vīsrags Nature Trail (2.7 km) leading visitors to the bird and landscape watchtower. Info stands on the way give diverse and visually rich information about the culture, history, and nature values in the area. Devote at least an hour. +371 25770008, turisms@burtniekunovads.lv, www.ldf.lv
- "Cena Moorland" Protected Nature Area
 Swamp footbridge (3.5 km) intended to show the visitors one of the most beautiful habitats of Latvian nature – moss or raised bog. The footbridge winds around beautiful swamp lakes, plants and animals living there as well as degraded part of the swamp. There are bird watching towers at the beginning and in the middle of the footbridge. +371 67012553, rigasmezi@riga.lv, www.ldf.lv,
- "Sita and Pededze Flood-Plain" Protected Nature Area n Sita and Pededze valleys at the junction of both rivers there are vast areas of natural and unmodified flood-plain meadows grazed by over 60 wild horses and 80 Hailander cattle. Walk the 3.8 km long nature exploration path along the River Pededze banks, join a bird watching expedition or get into a boat and leisurely enjoy the winding River Pededze with centenarian oaks on its banks. +371 64497729, turists@gulbene.lv, www.visitgulbene.lv, www.ldf.lv
- "River Daugava Valley" Nature Park There is almost 10 km long stretch of unmodified ancient valley of River Daugava between Skrīveri and Aizkraukle on both banks of the River Daugava. Daugava Trail (10 km), Old Church Path, Ašķere or Spīdala Path (0.4 km), Anton's Path, Karikste Path (0.3 km) will show you the diverse scenery of the valley as well as numerous cultural-historic attractions. +371 26394302, info@aizkraukle.lv, www.aizkraukle.lv
- 10. "Daugavas loki" Nature Park In 8 Daugava's arches between Daugavpils and Krāslava sits a nature park where you can walk Markova's Exploration Path (1.6 km) and Adamova's Path (2 km) as well as view the area as far as you can see from Priedaine watchtower. Take your bicycle for a ride on Krāslava. – Juzefova route (46 km) or take a boat or a raft and enjoy all curves of the river! +371 65471321, +371 65422818, +371 65622201 info@visitdaugavpils.lv, naujenesmuzejs@inbox.lv, tic@kraslava.lv, ww.visitdaugavpils.lv, www.visitkraslava.com, www.mammadab
- "Dole Island" Nature Park Dole Island sits in the heart of Latvia's biggest river – the River Daugava. This is one of the most popular places for romantic strolls especially on spring evenings when it is perfect for watchingg unforgettable sunsets. Visit Daugava Museum, walk around the manor park and do not +371 67216367, daugavas.muzejs@inbox.lv, www.daugavasmuzejs.lv
- 12. Dunika Nature Reserve and Swamp Trail This 4.5 km long walking path is made of wooden footbridge stretching over Tirspurvs Swamp to nearly one and a half centuries old Lukna hornbeam stand that spreads its branches 6 storeys high. It is recommended to come here to enjoy the unusual guiet of the swamp and extraordinary primeval scenery: swamp with pools, small lakes and islands and the only pure hornbeam stand in Latvia. +371 26335266, www.mammadaba.lv
- 13. "Dviete Floodplain" Nature Park It is one of the biggest and best preserved natural river floodplain examples in Europe. You will see gathering and nesting sites of migratory birds from Lake Skuku bird watching tower. You can visit wild horses and cows any time of the year. Information centre Gulbji will give you information about natural resources and cultural-historic values of Dviete Ancient Valley. There is also a cycling route (25 km) around the park. +371 29491927, edmunds@ldf.lv, www.dvietespaliene.lv
- 14. "Embūte" Nature Park In this unusually picturesque area in the middle of Embūte downy you will come across interesting natural and cultural tourism attractions: Embūte Hillfort, manor castle, and church ruins, place of death of Curonian Chief Indulis, Devil's Dam and watchtower. +371 26632134, embutes.tic@inbox.lv,





Niedrāji-Pilka Swamp Moss swamp of Vidzeme Biosphere Reserve is fitted with a plank path (1 km) to enjoy peace and guiet of the swamp, see pools and small lakes of the swamp as well as rare bird species. At the end of the path nearby a small swamp lake there is a 3 m high viewing platform. The walk takes you on a rip to explore a typical raised bog scenery. There are information stands about flora and fauna of the swamp along the path. Visitors can access the path from narrow-gauge railway embankment. +371 64070608, tic@limbazi.lv, www.visitlimbazi.lv













24. "Lielupe Flood-Land Meadows" Protected Nature **Area** On an island behind Jelgava Castle in the flooding Lielupe Flood-Land Meadows you will come across over 40 wild horses. Take leisurely walks with a botanical guide in your pocket or an environmental guide who knows everything about horses.

5. Ložmetējkalns Hill and Tīreļpurvs Swamp 🤍 Tīreļpurvs wamp and Ložmetējkalns Hill is one of the best preserved WWI pattlefields in Europe. It features memorial places of the legendary Christmas battles of 1916: trenches, memorial stones and signs, varriors' cemetery and monument for Latvian Riflemen on Ložmetējkalns Hill. The area is fitted with resting areas with tables. benches and bonfire places for visitors while Ložmetējkalns Hill +371 63007166, mangali@karamuzejs.lv, www.mammadaba.lv

plants, and other values. +371 63005445, info@visit.jelgava.lv,



27. "River Viesata's Arches" Nature and Exploration Path On the picturesque River Viesata's banks you can walk down the nature path and see the steep banks of the river, 200 year old pine, brown spring, pig tub, beaver house, logging area, black alder stand, giant birch, Spuṇṇakmens Rock and many other attractions. If you are especially attentive you might also spot birds of various species and read information about them on the stands along the path. +371 28302871, tic@tukums.lv, www.turisms.tukums.lv

28. **Nīcgale Big Stone** This giant rock is the biggest currently known boulder in Latvia. It is located deep in the forest about 6 km. from Nīcgale railway station, however, it is easily accessible thanks to the dirt road and direction signs. The stone sits on the crossing of firebreaks. A legend tells that the devil wanted to use it to dam the River Daugava but the heavy stone fell out of his hands on the way. +371 65471144, info@visitdaugavpils.lv, www.visitdaugavpils.lv, www.mammadaba.lv









33. "Pilskalnes Siguldiņa" Protected Nature Area The nagnificent valley gnawed by melting waters of the glacier and panks richly overgrown with broadleaf features several exploration paths: Augšzeme Scenery Path along 6 lakes (8 km), Sprīdītis Path with wooden sculptures for children (1.6 km) and Dendrologically Geographical Route with giant trees (3.8 km) as well as a wooden otbridge over a small cranberry swamp. +371 65462296, +371 29264801, parvalde@pilskalne.lv, www.ilukste.lv



35. **Pūrciems White Dune** The dune area draws with its orimeval nature and history as the first settlement of the Stone Age eople on the northwestern seaside of Latvia was found here. A special path (0.9 km) has been fitted along River Pilsupīte banks. The oath walks you through the shaping of the sand streak and changes n nature under the influence of time and people. +371 63269594, tic@roja.lv, visit.roja.lv, www.mammadaba.lv



37. "Randu Meadows" Protected Nature Area The only seaside meadows in Latvia with a unique diversity of plant varieties. This is home to one third of Latvia's plant species or about 600 species including those rare and endangered in Latvia and other European countries. It is also an internationally ecognized bird migration and nesting area. The meadows feature a nature path (4 km) and a bird watching tower. +371 64041254, ene.tiesnese@salacgriva.lv, tourism.salacgriva.lv



"Salaca Valley" Nature Park One of the most beautiful olaces in Latvia is situated on the banks of River Salaca below Mazsalaca, Places to see here are Skanaiskalns Nature Path (4 km) and Daugeni Nature Path (9 km). In Skanaiskalns Nature Park nice surprises will surround those seeking unique nature views when looking at the mighty sandstone cliffs and caves as well as hearing echo off the Skaņaiskalns' Cliff as well as families with children enjoying exploring games outdoors. Boat rowers will see even more impressive views of sandstone outcrops from the river. +371 64251776, turisms@mazsalacasnovads.lv, www.mazsalaca.lv

40. "Sauka" Nature Park A quiet spot in Selonie – a chance the lake and the magic of fishing. Take a walk down Tālivaldis Nature Path (0.6 km), Velniņi Path with activities (0.6 km) or hit a cycling route around Lake Sauka (25 km)! Ormaņkalns watchtower is overlooking a great scenery of Lake Sauka and Selonia woods. +371 29428226, saukasdabasparks@inbox.lv. www.saukasdabasparks.lv

"Seda Marsh" Protected Nature Area Reeds and bulrush ave taken over large areas of flooded former peat extraction places, herefore, it is now an outstanding biotope for waterfowl nesting. explore it all fully 2 bird watching towers by peat quarries and formation stands will come in handy and there is also a longer hike around the marsh along the railway (20 km) or on Seda Marsh Exploration Path (4-8 km) on offer. +371 64725522, tib@valka.lv, visit.valka.lv. www.ldf.lv

42. Skaistkalne Sinkholes Even though karst is occurring over a rather vast area all around the world the overground manifestations characteristic of this process – sinkholes and karst akes are rarely seen. The vicinity of Skaistkalne is one of the most unique places in Latvia to see changes causeu by raise single tour. +371 63923797, tourinfo@bauska.lv, www.tourism.bauska.lv, unique places in Latvia to see changes caused by karst on a guided

> **43. Skrīveri Dendrological Park** Use the opportunity to get to know the traditional forest scenery of other lands without leaving Latvia. It is home to about 300 species and subspecies of trees and bushes of which 30 are rare all around the world. The park is fitted with walking paths and the plants have plates with names of species in Latvian and Latin next to them. +371 28633643, tip@skriveri.lv, www.skriveri.lv, www.mammadaba.lv



44. Smiltene vicinity cycling paths Smiltene vicinity woods eature cycling paths of various lengths and complexity leading nrough woods, passing by lakes, over the hills and valleys. Paths e marked each by its own colour and there are also path schen he track is fitted with picnic and resting areas. Length of the ongest path is about 30 km. +371 64707575, tourism@smiltene.l[.] ww.smiltene.lv. www.mammadaba.lv



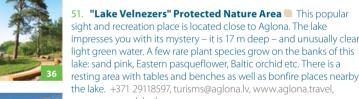


















.371 64041254, liene.tiesnese@salacgriva.lv, tourism.salacgriva.lv



. "Ziemeļgauja" Protected Nature Area 🔲 In order to oy natural environment on the banks of the River Gauja, see iterfalls, dolomite outcrops, springs, giant boulders, plants and nimals characteristic of the area, several nature paths have been tted here: Zīles Nature Path (2.2 km), Vekši Nature Path (0.6 km), Gaujiena Nature Path (6 km), Randāti Nature Path (1 km), Vizla Nature Path (1.2 km), and Lake Kokši Nature Path (7 km). +371 64720324, ziemelgauja@gmail.com, www.zgauja.lv

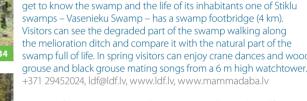




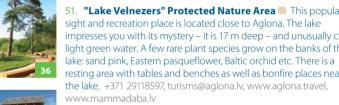












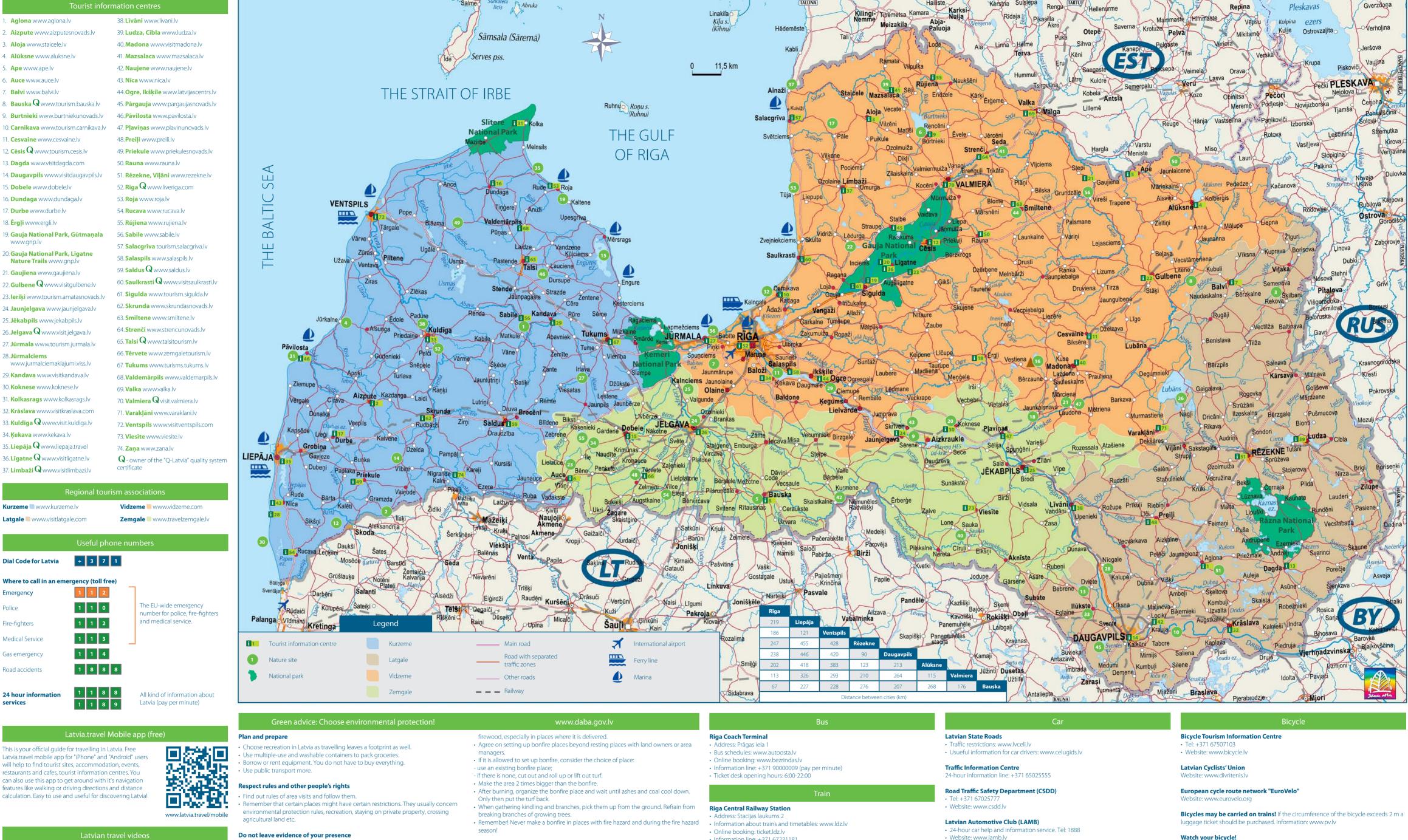












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This is your official guide for travelling in Latvia. Free

will help to find tourist sites, accommodation, events,

restaurants and cafes, tourist information centres. You

EDEN



1. Aglona www.aglona.lv

3. **Aloja** www.staicele.lv

Ape www.ape.lv

Auce www.auce.lv

7. **Balvi** www.balvi.lv

4. Alūksne www.aluksne.lv

2. **Aizpute** www.aizputesnovads.lv

8. **Bauska Q** www.tourism.bauska.lv

9. Burtnieki www.burtniekunovads.lv

11. Cesvaine www.cesvaine.lv

12. **Cēsis Q** www.tourism.cesis.lv

13. Dagda www.visitdagda.com

15. **Dobele** www.dobele.lv

17. **Durbe** www.durbe.lv

18. **Ērgļi** www.ergli.lv

www.gnp.lv

16. **Dundaga** www.dundaga.lv

14. **Daugavpils** www.visitdaugavpils.lv

19. Gauja National Park, Gūtmaņala

20. Gauja National Park, Līgatne

22. **Gulbene** \mathbf{Q} www.visitgulbene.lv

24. **Jaunjelgava** www.jaunjelgava.lv

26. **Jelgava Q** www.visit.jelgava.lv

27. Jürmala www.tourism.jurmala.lv

www.jurmalciemaklajumi.viss.lv

29. Kandava www.visitkandava.lv

31. Kolkasrags www.kolkasrags.lv

32. **Krāslava** www.visitkraslava.com

33. **Kuldīga Q** www.visit.kuldiga.lv

35. **Liepāja Q** www.liepaja.travel

36. **Ligatne** \mathbf{Q} www.visitligatne.lv

37. **Limbaži Q** www.visitlimbazi.lv

Kurzeme www.kurzeme.lv

Dial Code for Latvia

Fire-fighters

Medical Service

Gas emergency

Road accidents

24 hour information

Latgale www.visitlatgale.com

Where to call in an emergency (toll free)

+ 3 7 1

1 1 0

1 1 2

1 1 3

1 1 4

34. **Ķekava** www.kekava.lv

30. Koknese www.koknese.lv

23. leriki www.tourism.amatasnovads.lv

Nature Trails www.gnp.lv

21. **Gaujiena** www.gaujiena.lv

25. **Jēkabpils** www.iekabpils.lv

10. Carnikava www.tourism.carnikava.lv

EDEN awarded destinations:

More information: http://ec.europa.eu/eden

36 Jūrmala 52 Kuldīga 48 Tērvete as well as Liepāja, Līgatne and Rēzekne.

- Walk on paths or footbridges to avoid trampling down the area.
- Set up camp at extisting resting areas. Take care of caulescent plants, moss, lichen and their areas of growing.
- Go into the nature quietly to avoid distrurbing wild animals.
- Take only photos and impressions with you when you leave!
- If there is no toilet, dig a whole away from the water, path, and camping place.
- Fill it up with dirt before leaving. • Use toilet paper within reason. Do not be afraid to use natural alternatives: moss,
- leaves, snow.

Be careful with fire!

• Use only resting areas with bonfire places specified in guides. Be thrifty with

Wash your dishes and yourself away from water

- Take water for dishes in a bigger container. Pour the used water on the ground rather than back into the river or lake. Thus you will refrain from polluting the water unnecessarily.
- Wash vourself in a similar way. • Use detergents only if really necessary.
- Unpack, use, pack up • Use disposable packaging materials as little as possible.
- Thus you will reduce waste accumulation. Take food remains, tea bags or food packaging with you.

• Information line: +371 67231181 • E-mail: uzzinas@ldz.lv

• Ticket desk opening hours: 4:30-23:40

Automobile club SOS

• 24-hour car help and information service. Tel: +371 67333333

Website: www.sos.lv

Taxi information service "TAXI 8880"

• E-mail: 8880@8880.lv

- When buying a bicycle always request a bicycle passport which specifies the frame number!
- Use a safe bicycle lock!
- Do not leave the bicycle in a remote area for a long time, try to leave it in a guarded area / close to surveillance cameras, in places where there are a lot of people!
- Lock the frame to the bicycle rack with both wheels, if possible! · Remove additional equipment: lamp, bicycle computer, pump before you leave the
- To protect wheels or the seat from stealing, use screws instead of eccentric couplings!