

# Soft Adventures at the Gauja National Park



The tour is based in the picturesque Gauja National Park with its main value – the river Gauja ancient valley. The tour will allow to enjoy cycling through forests filled with birds songs, visit several castles, stop at charming provincial towns and take old fashioned ferry across the river. Walks at Līgatne Nature Trails give insight into local wildlife - brown bears, moose, wild boar and others. Canoeing the river Gauja allows different perspective to the river bank with wonderful views to the sandy outcrops.



Daily cycling distances: ~30-55 km (8 Days)



Sigulda castle ruins



View to the Turaida Castle



Cycling trails in Līgatne Nature Park

**General Route:** Rīga - Valmiera - Cēsis - Sigulda - Rīga

## Day 1

### Arrival in Rīga

Additional: Transfer to the hotel. Pick up the info package with maps and the detailed itinerary at the hotel's reception. Attractions of Rīga include medieval Hanseatic Old Town, Art Nouveau district, Central market and boat trip along the canal and the river Daugava. Overnight in Rīga.

## Day 2

### Rīga-Strenči - Valmiera

Breakfast. Pick up the bicycles at the hotel. Cycle from the hotel to the Central train station (~0.5 hour). Take the train: Rīga – Strenči. Cycling: Strenči - Valmiera (~33 km, 50% tarmac, 50% gravel road). Overnight in Valmiera.

## Day 3

### Valmiera - Cēsis

Breakfast. Cycling: Valmiera - Cēsis (~55 km, 5% tarmac, 10% gravel road, 85% forest trails), en route sightseeing of Sietiņezis white sandstone cliffs and Ērgļu red sandstone cliffs by the river Gauja. Free time in Cēsis. Attractions include impressive Livonian Order castle, Old Town and St. John's Church. Overnight in Cēsis.

## Day 4

### Cēsis - Līgatne

Breakfast. Cycle from the guest house to Cīruliši. Walk the Cīruliši trail (4,5-7,2

km), picturesque trail along Gauja River Valley. Canoeing from Cēsis to Līgatne (~17 km, 4-5 h) which is one of the picturesque parts of the river Gauja where sand stone banks are visible. Cycle from River Gauja to Līgatne Nature Park (~4 km, 98% tarmac). Cycling at the Līgatne Nature Park (5,1 km, 100% tarmac) is excellent way to watch local wild animals (such as brown bear, wolves, foxes, red deers, wild boar and elks). Further nature trails possible: the trail of the untouched nature in the fern glen (1,3 km) and the trail along the river Gauja (1,3 km). Cycle from the Nature park to the guest house (~4- 9 km, 100 % tarmac). Overnight in Līgatne.

## Day 5

### Līgatne - Sigulda

Breakfast. Cycling: Līgatne – Nurmizi - Sigulda (~30 km, 40% gravel road, 60% tarmac). Visit picturesque sandstone outcrop Raganu katls (witches' culler), Peter's cave, Satezeles castle hill, Kraukļu cliff and Paradise hill with excellent view to the Gauja river valley. Overnight in Sigulda.

## Day 6

### Sigulda

Breakfast. Cycling: Sigulda – Turaida – Krimulda - Sigulda (~30 km, forest trails, gravel road and tarmac) en route can visit Sigulda castle ruins, Gutmana cave, Turaida Museum Reserve, with the castle museum, observation tower providing excellent view across the river Gauja ancient valley, history museum



## TRIP DETAILS

Package price from  
**EUR 330.00**

*Rate per person in a shared double room*

### GENERAL INFORMATION:

- 4-5 Cycling tours
- 2-3 Walking tours
- 1 Canoeing tour

### INCLUDES:

- 7 overnight at hotels or guest houses (double or twin rooms, en suite, breakfast): in Rīga (2x), Valmiera (1x), Cēsis (1x), Līgatne (1x) and Sigulda (2x)
- 2-seated canoe boats (1 day)
- Maps and detailed description of the itinerary
- Luggage transfer from Cēsis to Līgatne

### EXTRA COSTS:

- Hired bicycles with bags (6 days)
- Single supplement
- Any additional transfers required
- Extra meals
- Tickets and entrances

and sculpture garden, the olympic Bobsleigh track with opportunity to have a ride yourself. Overnight in Sigulda.

### Day 7

#### Sigulda - Riga

Breakfast. Take a train from Sigulda to Riga. Free time in Riga. In the evening return bicycles at the hotel's reception. Overnight in Riga.

### Day 8

#### Rīga

Breakfast. Additional: transfer to the Riga Airport. Departure.

Park of The Livonian Order Castle in Cēsis



Cable car and bridge across river Gauja



Krimulda Manor and park



Ērgļu red sandstone cliffs by the river Gauja

