

**GENERAL INFO:**

**Package Type:** Day tour

**Season:** May - August

**For whom:** for groups (min 8. - max.45)

**Package includes:** barefoot walking + lunch or dinner

**Duration of the tour (excl.transportation):** 4 hours

**Duration of the walk:** ~2 h

**Degree of difficulty:** Easy to moderate hike

**Type of transport:** tourist bus

**Distance from Riga:** 60km

**VIDEO:** <https://www.youtube.com/watch?v=KLfl327obBE>

## Barefoot walking path in “Valguma Pasaule” recreation center

This outing will suit for groups (8-45 persons) and can be considered as an add-on to a tour programme.

The Barefoot Path is a 2600m long trail in natural environment where visitors walk barefoot and experience a variety of surfaces like pine cones, glass balls, small stones and shingles of various shapes, moss, fine sand, clay, river water, turf, gravel, reed, chipwood, pinewood log, wooden poles, millstones and many more. Walking barefoot has a number of positive health effects:

- Strengthens immune system
- Improves blood circulation and stabilises blood pressure
- Strengthens leg and foot muscles, joints, ligaments
- Enhances relaxed feeling, mental and physiological stability

The walk is guided by a professional guide (English speaking). Before the walk visitors receive an instruction. After walking the barefoot path, visitors usually feel energised, strong and happy. The walk is finished with a relaxing herbal foot bath.



## Equipment

It is recommended to wear easy and convenient outdoor clothing, depending on the weather.



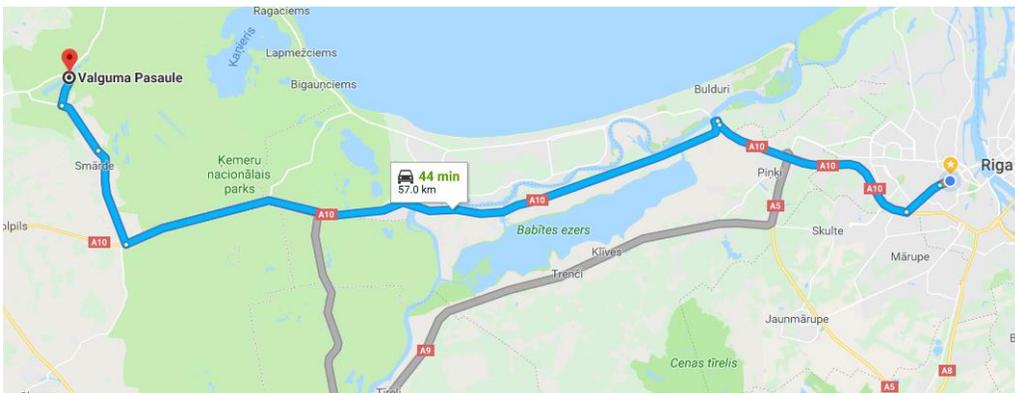
### Location - recreation center “Valguma pasaule”

The recreation center is located in a forest by Lake Valgums. It is a place for quality relaxation, wellbeing, cosiness and joy.



**DEPARTURE** from Riga to recreation center “Valguma pasaule”.

“Valguma pasaule” is located ~60 km from Riga and the ride will take ~1 h.



**ARRIVING** at the “Valguma pasaule”. **MEETING** with the professional guide and **INSTRUCTION**. (~10 min)



**Guided BAREFOOT WALK** in natural environment where visitors walk barefoot and experience a variety of surfaces like pine cones, glass balls, small stones and shingles of various shapes, moss, fine sand, clay, river water, turf, gravel, reed, chipwood, pinewood log, wooden poles, millstones and many more (~2h).



After the walk **RETURNING** to the starting point and enjoying a relaxing bath for your feet (~30 min).



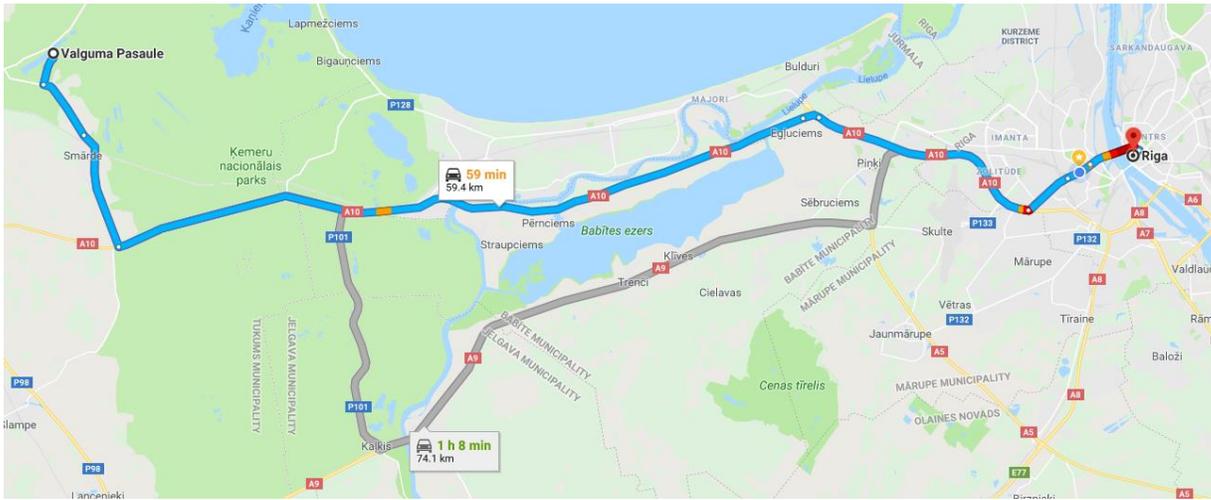
**LUNCH or DINNER** in recreation complex “Valguma pasaule”

The restaurant offers nice meals served in its glass veranda. The meal will start with a small picnic in the yard of the complex. Afterwards a 2 course lunch or dinner will be served in the restaurant. Duration of the lunch ~2h.



After the meal **RETURNING** to Riga.

“Valguma pasaule” is located ~60 km from Riga and the ride will take ~1h.



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Daļēji finansēts ar Eiropas Savienības un Eiropas Reģionālā attīstības fonda Centrālās Baltijas programmas atbalstu