



BALTIC  
COASTAL  
HIKING



**HIKING ROUTE**

LATVIA / ESTONIA

**1200** km

[WWW.COASTALHIKING.EU](http://WWW.COASTALHIKING.EU)



**Interreg**  
Estonia-Latvia  
European Regional Development Fund



EUROPEAN UNION

## ITINERARY OF THE BALTIC COASTAL HIKING ROUTE

1200 km, part of the European long distance hiking route E9

8 sections, any part of the itinerary can be chosen for a hike

60 days, a daily hike of around 20 km



**(JŪRTAKA IN LV) IN LATVIA:** Nida – Liepāja – Ventspils – Cape Kolka – Jūrmala – Rīga – Saulkrasti – Aināži

<b>1</b>	THE GREAT WAVE SEA	270 km	day 1–15
<b>2</b>	LITTLE WAVE SEA	115 km	day 16–20
<b>3</b>	JURMALA AND RIGA	84 km	day 21–24
<b>4</b>	THE VIDZEME COAST	112 km	day 25–30

**(RANNIKU MATKARADA IN EST) IN ESTONIA:**

Ikla – Pärnu – Virtsu – Lihula – Haapsalu – Paldiski – Tallinn

<b>5</b>	PÄRNU TOWN AND FISHING VILLAGES	228 km	day 31–41
<b>6</b>	MATSALU NATIONAL PARK AND THE WEST ESTONIAN ISLANDS	100 km	day 42–46
<b>7</b>	HAAPSALU AND VILLAGES OF COASTAL SWEDES	136 km	day 47–52
<b>8</b>	CLIFFS AND WATERFALLS OF NORTHWESTERN ESTONIA THE LITTORAL OF THE GULF OF FINLAND	158 km	day 53–60

Information, guide, maps: [WWW.COASTALHIKING.EU](http://WWW.COASTALHIKING.EU)



# LATVIA THE GREAT WAVE SEA

## THE WEST COAST OF LATVIA ON THE BALTIC SEA

Nida – Kolka: 270 km, Day 1 – Day 15



The Baltic Sea littoral on the West coast of *Kurzeme* is called the Great Wave Sea. From the start of the Baltic Coastal Hiking Route, marked by the border post on the Latvian-Lithuanian border up to Cape *Kolka*, the seacoast is mainly sandy. While the Great Wave Sea section is the least populated coastal area in Latvia, at the same time, the third biggest city in Latvia, *Liepāja*, is also located there. Bluffs rise before your eyes on the seacoast between *Pāvilosta* and *Sārnate*. The villages are quiet and sparsely populated, with the majority of their inhabitants only living there in the summer. In *Slītere* National Park, the Baltic Coastal Hiking Route leads you along country and forest roads through historic Liv fishing villages. In *Mazirbe* and *Kolka*, the local fishermen still put out to the sea and sell homemade smoked fish. The Great Wave Sea section ends at Cape *Kolka* which separates the Baltic Sea and the Gulf of *Rīga*.

### THE STORY OF THE GREAT WAVE SEA – THE GREEN BEAM

A few times in summer, a natural phenomenon called the Green Beam can be seen from the seashore during sunset. At the moment when the sun disappears beyond the horizon, a green line can be seen around it. Sunlight is refracted by the Earth's atmosphere, which functions like a soft prism and creates the colours of a rainbow. The upper part of the sun's disk appears like the band of a rainbow. This natural phenomenon is rare because it only occurs when the air is very clear.



## THE HIGHLIGHTS OF THE GREAT WAVE SEA

- Bluffs
- Sparsely populated areas
- Almost untouched nature
- Quiet beaches
- The white singing sand
- Amber
- Sunsets
- Fishing villages
- Lighthouses
- Liepāja, Karosta (War Port) in Liepāja and Ventspils
- Slūtere National Park
- The heritage of the smallest ethnic minority in the world, the Livs



# LATVIA THE LITTLE WAVE SEA

THE WEST COAST OF THE GULF OF RIGA

Kolka – Jūrmala: 115 km, Day 16 – Day 20



The Little Wave Sea is the name given to the Western coast of the Gulf of Riga by the natives of *Kurzeme*. The Little Wave Sea section starts at Cape *Kolka*, in the *Slītere* National Park which is crossed by the migration routes for birds travelling from the White Sea to the Baltic Sea. The Baltic Coastal Hiking Route leads you along the seacoast of the Gulf of *Rīga* up to *Jūrmala*. The itinerary contains a lot of sandy beaches, in some places, coastal meadows, short sections of rocky seashore notched by small coves near *Kaltene* where swans spend the summer. On the coast, present-day fishing villages and small yacht ports are located one after another. Here, industrial fishing is carried out and fish processing plants operate in some places. Freshly smoked fish can be bought in the markets and shops of the coastal villages and from the local fishermen.



## THE STORY OF THE LITTLE WAVE SEA

The Baltic Sea is one of the fiercest and most dangerous seas in the world and the surroundings of Cape *Kolka* is one of the biggest ship graveyards in the Baltic Sea, where ships dating back to the Viking Age sleep in peace. At the seacoast, sailing ship wrecks can still be found washed ashore after storms or the remains of wrecks can be seen on the beach or in the shallow coastal waters.

## THE HIGHLIGHTS OF THE LITTLE WAVE SEA

- Good swimming areas
- Fishing villages
- The White dunes in *Pūrciems* village and *Pļieņciems* village
- The rocky beach of *Kaltene*
- The *Bērzciems* village coastal meadows and birds
- *Ragaciems* village fishing area with renovated net huts and fishermen activities
- The *Lapmežciems* fish market and smoked fish: flounder, eel and Baltic pilchard
- *Ķemeri* National Park



## LATVIA **JŪRMALA AND RIGA**

THE MOST POPULAR RESORT CITY AND THE CAPITAL OF LATVIA

Jūrmala – Vecāķi: 84 km, Day 21 – Day 24



This section of the Baltic Coastal Hiking Route goes through the resort city *Jūrmala* and the capital of Latvia, *Riga*. In *Jūrmala*, sandy beach stretches along the coast, but hikers may go through the centre of *Jūrmala* and see *Jomas iela*. This city is liked by summer holidaymakers and has a lot of SPA hotels, cafés and live music on summer evenings. *Jūrmala* is characterized by unusual wooden architecture in the historic seasonal dwelling area and also by mansions and villas built in the modern era. The coastal dune forests are permeated with a dense web of trails suitable for walking and stick-walking. *Jūrmala* and the forests of the *Pierīga* region on the outskirts of the capital are separated by the *Lielupe* River. To get from *Priedaine* to *Riga*, go through the *Kleisti* forest roads and trails and take the suburban streets to reach the *Daugava* River which you will have to cross to get to the very heart of *Riga*: the *Town Hall Square*. You can walk through *Riga* on foot and get to know different neighbourhoods located in the city or you can use public transport, namely train or bus.

### THE LEGEND OF *RIGA*

Once upon a time a ferryman lived on the bank of the *Daugava* River, who was called *Great Kristaps* because he was big and brawny. When people had to get from one side of the river to the other, they called him for help. One night *Kristaps* heard a child crying on the riverbank. *Kristaps* did not really want to cross the river, yet he took the child and carried him to the boat. The child became heavier with each step until *Kristaps* no longer had the strength to get to the boat. Deep darkness had already descended and the child seemed to have fallen asleep. *Kristaps* thought that he would take the child across the next day. So *Kristaps* took him, brought him to his hut and put him to bed. The man laid down on the floor beside him to take a nap. When *Kristaps* woke up in the morning, he got up and went to the bed to take the child and carry him across the river. Yet by a miracle the child had disappeared! However, in the place where the child had slept, *Kristaps* found a large pile of money. He used the money to buy all of *Riga* as at the time *Riga* was so small, a wolf could easily run through it.

Now you can see a statue of the *Great Kristaps* on the bank of the *Daugava* River opposite the *Riga Old Town*.



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## THE HIGHLIGHTS OF JŪRMALA AND RIGA



- The wooden architecture in *Jūrmala*
- The *Ragakāpa* Nature Park with its plank-way trail
- The historic buildings in *Kīpsala*
- *Riga* Old Town – a UNESCO historic heritage site
- Art Nouveau architecture in *Riga*
- Riga Central market



# LATVIA THE VIDZEME COAST

THE EAST COAST OF THE GULF OF RIGA

Vecāķi – Ainaži: 112 km, Day 25 – Day 30



In terms of landscapes and views, the most multifaceted section of the Baltic Coastal Hiking Route in Latvia, which includes both sandy and rocky beach, coastal meadows, reeds, dunes, sandstone outcrops, forests, capes and small coves, fishing villages, pubs, estuaries of small rivers. The Baltic Coastal Hiking Route winds through *Carnikava*, *Saulkrasti*, *Zvejnieciems*, *Salacgrīva* and *Ainaži*. It traverses small streams that you can wade across in the summer. In this section of the Baltic Coastal Hiking Route you will find the estuaries of the *Gauja* River and the *Salaca* River which can be bypassed via bridges. *Carnikava* and *Salacgrīva* are famous for lampreys, which are cooked according to special recipes used by the local fishermen. In *Dunte*, you can visit the museum of the famous teller of tall tales, Baron Munchausen. *Randu* Meadows is a notable migratory and nesting site for birds. Shortly before reaching Estonia, the itinerary takes forest trails to pass around the coast overgrown in grass and reeds.

Author, J. Sereģins



## THE STORY OF THE VIDZEME COAST

In the middle of the 19th century, the building of sailing ships was initiated on the *Vidzeme* coast. Farmers living along the Latvian littoral started to study in the newly established naval schools, built wooden sailing ships for the high seas on their own and went on long voyages across all the oceans of the world. There were three shipbuilding sites along the coast of the *Saulkrasti* territory: in *Pabaži*, *Pēterupe* and *Skulte*. In the period from 1852-1913, 52 sailing ships were built there.

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## HIGHLIGHTS OF THE VIDZEME COAST

- The Nature Park Piejūra (Seaside) with the Gauja rivermouth and pine forests in dunes between *Vecāķi* and *Carnikava*
- Saulkrasti beach, a popular site for seaside holidays
- The White Dune and Sunset Trail in *Saulkrasti*
- Munchausen's museum and tall tales
- The Rocky beach of *Vidzeme*
- The Devonian sandstone outcrops
- The *Randu* meadows: Latvian "wild plant herbarium" and birdwatching site
- Lamprey tasting in *Carnikava*, *Svētciems* and *Salacgrīva*
- Coastal towns: The jazz festival and other music events in *Saulkrasti*, the port and pubs serving fish in *Salacgrīva*
- The Museum of the *Ainaži* Naval School





# ESTONIA PÄRNU TOWN AND FISHING VILLAGES

THE LITTORAL OF PÄRNU BAY

Ikla – Virtsu: 228 km, Day 31 – Day 41



In many places, reeds, floodplains with pastures and wetlands stretch across the Estonian seacoast, which is why the itinerary often leads you along forest and country roads. In the second half of summer, coastal forests are rich with mushrooms and berries. Small fishing villages are located one after another throughout the seashore of *Pärnu* Bay. Near *Pärnu*, where the *Pärnu* River flows into the bay, the sea is shallow and it bathes a sandy beach. *Pärnu* is a popular resort city with many cafés, live music, SPAs, hotels and a beautiful Old Town. After *Pärnu*, you will reach *Valgeranna*, which is a well-known rest and swimming area with beautiful coastal forests and dunes. Further there are floodplains, so the Baltic Coastal Hiking Route goes along small country roads. From *Munalaid* Harbor, you can take a small ship to *Kihnu* Island whose cultural heritage has been given UNESCO status. Here, locals wear national costumes and one of the favourite transport means for the women of the island is a motorcycle with a side-car.



## THE STORY OF PÄRNU

Pärnu is a town of romantic walks, lovers and first kisses. The legend of the pier here is part of the town, as the town is part of the legend. According to the ancient story, young lovers must walk together to the end of the pier and seal their love there with a kiss.

## THE HIGHLIGHTS OF PÄRNU AND PÄRNU BAY

- The atmosphere of Old Town and beach area of *Pärnu* resort city
- Everyday life in little fishing villages: boats, smoked fish, places for drying nets
- The culture of *Kihnu* Island, a UNESCO heritage site
- The summer cottages of the former communist party leaders from the Soviet era
- Luitemaa Nature Reserve



# ESTONIA **MATSALU NATIONAL PARK** **AND THE WEST ESTONIAN ISLANDS**

MATSALU BAY, SAAREMAA, MUHU, HIIUMAA, VORMSI ISLANDS

Virtsu – Puise: 100 km, Day 42 – Day 46



The Baltic Coastal Hiking Route leads you through Matsalu National Park, which is the largest wetland in Northern Europe. It includes the shallow *Matsalu* Bay, the lower reaches of the *Kasari* River, littoral reeds, the overflowing floodplains of the *Kasari*, coastal pastures, forest meadows and around 50 sea islands. *Matsalu* National Park has nature trails and 7 birdwatching towers. The territory is crossed by the migration routes for birds travelling from the White Sea to the Baltic Sea. Here you can see deer, elk, foxes and other animals. The Baltic Coastal Hiking Route takes gravelled country roads and goes through *Lihula* town. By taking a ferry from the port of *Virtsu* or *Rohuküla*, you can get to the islands of the West Estonian archipelago: *Saaremaa*, *Vormsi* and *Hiiumaa*.



## THE STORY OF MATSALU

To attentive observers, the landscapes here tell many stories of times gone by. Ancient hoe-cultivated fields as well as settlements and burial sites are signs of early human activity. Slide, healing and sacrificial stones, as well as sacred trees and sites, speak of the worldview of former settlers. Remembering old work practices and types of land use helps us comprehend the co-existence of man and nature. The main purpose of protecting the national park's cultural heritage is to ensure that we recognise the value of human activity, give it meaning and are able to apply it in the modern world.

## THE HIGHLIGHTS OF MATSALU NATIONAL PARK AND THE WEST ESTONIAN ISLANDS

- Varied bird species
- Orchid meadows
- Juniper forests
- *Lihula* town
- The *Kõpu* lighthouse on *Hiiumaa* island: one of the oldest in Europe
- *Saaremaa* with the *Kuressaare* Episcopal Castle, the old town, the *Kaali* meteorite crater, ancient churches and *Panga* Cliff
- The ethnographic *Koguva* village on *Muhu* island



# ESTONIA HAAPSALU AND VILLAGES OF COASTAL SWEDES

HAAPSALU BAY AND THE *NOARROOTSI* PENINSULA, *OSMUSSAAR* ISLAND

Tuuru – Nõva: 136 km, Day 47 – Day 52



For a short stretch, the Baltic Coastal Hiking Route follows a former broad-gauge railway line, in other places it continues on country roads, while in populated areas and in *Haapsalu* it takes pedestrian sidewalks and coastal promenades where you will find rest areas and nice little pubs. *Haapsalu* has a broad offer of SPA hotels that are often located in historic resort buildings. In *Haapsalu* Old Town, you can visit the *Haapsalu* Bishop's Castle, in which the popular White Lady Festival takes place each year in August. Next, the Baltic Coastal Hiking Route leads you through the *Noarrootsi* Peninsula which used to lay at the bottom of the sea, but with the earth's crust rising after the last glacial period it became dry land. Here you can see ancient Swedish hamlets with a different cultural environment and landscape, as well as shallow lakes that have been separated from the sea.



## THE LEGEND OF *OSMUSSAAR*

*Osmussaar* island in *Noarrootsi* bay has acquired its name in honour of the Viking god Odin, who, according to a legend, is buried on the island. You can get to *Osmussaar* island by taking a small ship in the Port of *Dirhami*.



## THE HIGHLIGHTS OF *HAAPSALU BAY* AND THE *NOARROOTSI PENINSULA*

- The architecture of the Haapsalu resort town
- The Haapsalu Bishop's Castle
- The White Lady Festival
- The cultural environment of the ancient Swedes in the villages of the Noarrootsi Peninsula
- The beach cafés in Haapsalu



# ESTONIA CLIFFS AND WATERFALLS OF NORTHWEST ESTONIA

THE LITTORAL OF THE GULF OF FINLAND

Nõva – Tallinn: 158 km, Day 53 – Day 60



The most multifaceted section of the Baltic Coastal Hiking Route in Estonia where you can feel the Northern nature. Here you can see boulders, sandy beaches, grassy coastal meadows and the so-called breccias: pieces of rocks that have resulted from an ancient meteorite explosion. Pakri Cliff is located here, it is the most spectacular coastal cliff wall in the Baltic States reaching a height of 24 m. The itinerary goes near the seacoast, occasionally taking forest and country roads. Manors, churches and lighthouses appear in the landscape, as well as Pakri windpark. You can visit the picturesque Keila-Joa waterfall and mysterious Pakri islands. A lot of military heritage sites have been preserved around Tallinn: coastline fortifications and coastal protection batteries. During the Soviet times, city of Paldiski was a closed town and a top secret military site with a specially built nuclear submarine reactor: a training centre for military specialists. The Baltic Coastal Hiking route ends in the centre of Tallinn, the Medieval Old Town which is a UNESCO World Heritage Site.

## THE STORY OF THE KEILA-JOA MANOR

Keila-Joa manor complex was built in 1833 in neo-gothic style according to the designs of Hans von Stackenschneider, who would go on to become one of the key representatives of the historicist style in Russia. The manor has an amazing location – a rocky river with rapids runs through the valley, a 6 m waterfall and wonderful views of the surrounding countryside.

The anthem of the Russian empire “God Save the Tsar!” was first performed for Tsar Nicholas I by its composer Aleksei Lvov at Keila-Joa.

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## THE HIGHLIGHTS OF THE GULF OF FINLAND

- The *Paldiski* military town and the fortress of Peter I
- *Pakri*, Rannamõisa and the *Türisalu* cliffs
- *Pakri* lighthouse – highest in Estonia and *Harju-Madise* church, which tower serves as a lighthouse as well
- The *Keila-Joa* waterfall
- *Tallinn* Old Town: a UNESCO heritage site



## GENERAL INFORMATION ABOUT LATVIA & ESTONIA

	ESTONIA	LATVIA
Capital	Tallinn	Riga
Territory km <sup>2</sup>	45 227	64 573
Population	1 318 700	1 950 000
Population density: inhabitants per km <sup>2</sup>	28.8	30.02
Language	Estonian. Inhabitants also speak English, German or Russian.	Latvian. Inhabitants also speak English, German or Russian.
Currency	EUR	EUR
Country code	+ 372	+ 371
Local time	GMT + 2 hours	GMT + 2 hours
Climate	Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature +17 °C, the coldest month is January with average temperature -4 °C.	

## GETTING THERE & AROUND

It is very easy to visit Latvia and Estonia in one trip for a variety of reasons: relatively short travelling distances between and within the countries due to their relatively small size, no border formalities between them since they both belong to the European Union and the same time zone, the same currency, and similar climate.

The main airports are located in the capitals: Tallinn and Riga. Ferry ports are located in the cities of Tallinn in Estonia, and Riga, Liepāja and Ventspils in Latvia, local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn. Tickets are also available to buy online.

Sites at the coastline can be reached by rented car, public transportation or through a pick-up service from the accommodation provider. When travelling by local public transportation it is recommended to check schedules in advance and pre-arrange pick-up transfers from bus or train stations with the hosts in the countryside.



## AIRPORTS

### LATVIA

Riga [www.riga-airport.com](http://www.riga-airport.com)

Liepaja [www.liepaja-airport.lv](http://www.liepaja-airport.lv)

### ESTONIA

Tallinn [www.tallinn-airport.ee](http://www.tallinn-airport.ee)

Kuussaare [www.kuussaare-airport.ee](http://www.kuussaare-airport.ee)

Kärdla [www.kardla-airport.ee](http://www.kardla-airport.ee)

Pärnu [www.parnu-airport.ee](http://www.parnu-airport.ee)



## FERRIES

### Stenalines

Passenger transport services from Germany, Travemünde to Liepaja (LV) and from Sweden, Nynashamn to Ventspils (LV).

[www.stenaline.lv](http://www.stenaline.lv)

### Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger transport services in the northern Baltic Sea region. Routes: Helsinki – Tallinn, Helsinki – Stockholm, Riga – Stockholm, Tallinn – Stockholm.

[www.tallinksilja.com](http://www.tallinksilja.com)

### Viking Line

A market-leading brand in passenger traffic on the northern Baltic Sea.

Route: Tallinn – Helsinki.

[www.vikingline.com](http://www.vikingline.com)

### Eckerö Line

Estonian ferry line and a travel agency.

Route: Tallinn – Helsinki

[www.eckeroline.ee/en](http://www.eckeroline.ee/en)

## Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:

- Kihnu and other small islands [www.veeteed.com](http://www.veeteed.com)
- The islands of Muhu, Hiiumaa and Saaremaa [www.praamid.ee](http://www.praamid.ee)



## COACHES

Lux Express: [www.luxexpress.eu](http://www.luxexpress.eu)

Ecolines: [www.ecolines.eu](http://www.ecolines.eu)



## CAR RENTAL

Avis, Budget, Sixt, Hertz and other international car rental companies.



## LOCAL BUSES AND TRAINS

### ESTONIA

Busses:

[www.tpilet.ee](http://www.tpilet.ee)

(regional transport tickets online);

[www.peatus.ee](http://www.peatus.ee) (route search, city transport, regional transport).

Trains: [www.elron.ee](http://www.elron.ee)

### LATVIA

Busses: [www.autoosta.lv](http://www.autoosta.lv)

Trains: [www.pv.lv](http://www.pv.lv)

Enquiry service, including public transport:  
[www.1188.lv](http://www.1188.lv)

## THE CAPITAL CITIES

### TALLINN

Tallinn is a medieval Hanseatic town situated side by side with the 21st century city of modern glass buildings. The Old Town of Tallinn is an outstanding and exceptionally well preserved example of a medieval northern European trading city and a UNESCO World Heritage site.

Tallinn Tourist information centre:  
Niguliste 2, 10146 Tallinn, Estonia  
Phone: +372 645 7777,  
[www.visittallinn.ee](http://www.visittallinn.ee)

### RIGA

Riga is the Baltic metropolis, featuring a picturesque old town, a UNESCO World Heritage Art Nouveau architecture, and cosy cafés alongside the buzz of a big city.

Riga tourist information centre:  
Rātslaukums 6, Riga  
Phone: +371 6703 7900  
[www.LiveRiga.com](http://www.LiveRiga.com)

### GOOD TO KNOW:

- There are Tourist Information Centres in cities, towns and many rural villages. They offer maps, guidebooks, guide services and advice to tourists.
- Credit cards in use: Visa card, Master card. Cash and card payments are accepted in shops. When visiting the countryside, it is advised to be prepared for using cash as card payments might not be accepted in all places. ATMs are easy to find in cities and towns.
- People in cities and young people usually speak English as their first foreign language. In the countryside, older generations might not speak any foreign language. Even if so, out of their natural hospitality they will always do their best to understand visitors and take good care.
- Prepaid SIM-cards are available from grocery stores and other distributors.
- There is a good Wi-fi network coverage, however, in some remote rural areas internet might not always be available.
- Tap water is drinkable.



## INFORMATION ABOUT LATVIA & ESTONIA [WWW.COASTALHIKING.EU](http://WWW.COASTALHIKING.EU)

[www.visitestonia.com](http://www.visitestonia.com) – official tourism web page in Estonia

[www.latvia.travel](http://www.latvia.travel) – official tourism web page in Latvia

[www.maaturism.ee](http://www.maaturism.ee) – Estonia Rural Tourism Association

[www.celotajs.lv](http://www.celotajs.lv) – Latvia Rural Tourism Association

## ABOUT THE PROJECT “HIKING ROUTE ALONG THE BALTIC SEA COASTLINE IN LATVIA AND ESTONIA”

Baltic Coastal Hiking route brochure is made in Estonia – Latvia Programme from European Regional Development Fund project “Hiking Route Along the Baltic Sea Coastline in Latvia and Estonia”.

Project goal is to develop long distance hiking route along the Baltic sea coastline in Estonia and Latvia.

## PROJECT PARTNERS



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[www.celotajs.lv](http://www.celotajs.lv)



VIDZEMES TŪRISMA  
ASOCIĀCIJA  
ANĀKŠ 1997



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# 1 LATVIA THE GREAT WAVE SEA

THE WEST COAST OF LATVIA ON THE BALTIC SEA

Nida – Kolka: 270 km, day 1–15



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
1.	NIDA – PAPE	The Pebbliest Beach in Latvia	12	4–6	1	Nida – Papes Ķņņu ciems – Pape
2.	PAPE – BERNĀTI	The Westernmost point in Latvia	25	8–10	2	Pape – Jūrmalciems – Bernāti
3.	BERNĀTI – LIEPĀJA – KAROSTA	The City Where The Wind Is Born	23	8–10	2	Bernāti – Liepāja – Karosta
4.	KAROSTA – ZIEMUPE	Karosta – Military Heritage On The Coast Of The Baltic Sea	22	8–10	3	Karosta – Saraiku muiža – Ziemeupe
5.	ZIEMUPE – PĀVILOSTA	The Singing Sand and Amber	21	7–9	1	Ziemeupe – Akmensrags – Pāvilosta
6.	PĀVILOSTA – JŪRKALNE	The Most Outstanding Bluffs Around The Baltic Sea	20	7–9	3	Pāvilosta – Ulmale – Labrags – Jūrkalne
7.	JŪRKALNE – SĀRNATE	The Place Where People Crossed The Baltic Sea In Boats	14	5–7	1	Jūrkalne – Ošvalki – Sārnate
8.	SĀRNATE – UŽAVA	The Most Beautiful Scenery Of The Latvian Seacoast	15	5–7	1	Sārnate – Užava
9.	UŽAVA – VENTSPILS	Gather Your Amber Collection!	20	7–9	2	Užava – Ventspils
10.	VENTSPILS – STALDZENE	Through Ventspils	15	5–7	1	Dienvidu mols – Ostgals – Ventspils vecpilsēta – Sarkanmuizas lauki – Ventas tilts – Pārventa – Talsu iela – Bangu iela – Staldzene
11.	STALDZENE – OVIŠI	Destination – Cape Oviši	17	6–8	2	Staldzene – Liepene – Jaunupe – Oviši
12.	OVIŠI – MIKĒLTORNIS	Between Oviši Lighthouse and Miķeļbāka Lighthouse	18	6–8	1	Oviši – Lūžņa – Miķeļtornis
13.	MIKĒLTORNIS – SĪKRAGS	Destination – Slītere National Park	19	6–8	1	Miķeļtornis – Lielirbe – Jaunciems – Sīkrags
14.	SĪKRAGS – SAUNAGS	The Liv Coast	16	5–7	1	Sīkrags – Mazirbe – Košrags – Pitrags – Saunags
15.	SAUNAGS – KOLKA	The Heart Of Europe Cape – Kolka	13	5–7	1	Saunags – Vaide – Kolkasrags

# 2 LATVIA THE LITTLE WAVE SEA

THE WEST COAST OF THE GULF OF RIGA

Kolka – Jūrmala: 115 km, day 16–20



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
16.	KOLKA – ĢIPKA	Along The "Closed Coast"	24	8–10	2	Kolka – Melnsils – Pūrciems – Ģipka
17.	ĢIPKA – KALTENE	The Rocky Beach of Kurzeme	20	7–9	3	Ģipka – Žocene – Roja – Kaltene
18.	KALTENE – MĒRSRAGS	The Multifarious Coast	24	8–10	3	Kaltene – Valgalciems – Ūpesgrīva – Mērsrags
19.	MĒRSRAGS – ENGURE	In the Engure Nature Park	22	7–9	2	Mērsrags – Bērziems – Abragciems – Engure
20.	ENGURE – RAGACIEMS	Fishing Villages And Smoked Fish	25	8–10	1	Engure – Ķesterciems – Pliņciems – Apšuciems – Klakalciems – Ragaciems

# 3 LATVIA JŪRMALA AND RIGA

THE MOST POPULAR RESORT CITY AND THE CAPITAL OF LATVIA

Jūrmala – Vecāķi: 84 km, day 21–24



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
21.	RAGACIEMS – DUBULTI	The Historic Resort of Jūrmala	22	7–9	1	Ragaciems – Lapmežciems – Bigauņciems – Jaunķemeri – Kaugurciems – Vaivari – Pumpuri – Jaundubulti – Dubulti
22.	DUBULTI – LIELUPE – BULDURI	The Most Popular Beaches in Latvia	15	5–7	1	Dubulti – Majori – Dzintari – Bulduri – Lielupe – Bulduri
23.	BULDURI – RĪGAS CENTRS	Through the Forests To Riga	23	8–10	2	Bulduri – Priedaine – Liepezers – Lāčupe – Ilģuciems – Vecrīga
24.	RĪGAS CENTRS – VECĀĶI	Riga Old Town – a UNESCO World Heritage site	24	8–10	2	Vecrīga – Miera iela – Mežaparks – Ziemeļblāzma – Vecdaugava – Vecāķi

# 4 LATVIA THE VIDZEME COAST

THE EAST COAST OF THE GULF OF RIGA

Vecāķi – Ainaži: 112 km, day 25–30



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
25.	VECĀĶI – CARNIKAVA	Between The Estuaries Of Two Rivers: The Daugava River And The Gauja River	14	5–6	2	Vecāķi – Mežciems – Carnikava
26.	CARNIKAVA – SAULKRASTI	The Sunset Trail With Romantic Sunset Vistas	20	7–9	2	Carnikava – Gauja – Lilaste – Pabaži – Saulkrasti
27.	SAULKRASTI – LAUČI	The Gate To The Rocky Seashore Of Vidzeme	13	4–6	2	Saulkrasti – Zvejniekiems – Ārņi – Lauči
28.	LAUČI – TŪJA	The Bygone Times Of Sailing Ships	15	5–7	3	Lauči – Lembuži – Tūja
29.	TŪJA – SVĒTCIEMS	The Rocky Beach of Vidzeme	24	8–10	3	Tūja – Ķurmragi – Meleki – Vitrupe – Šķīsterciems – Lāņi – Svētciems
30.	SVĒTCIEMS – AINAŽI	The Lamprey Kingdom	26	8–10	3	Svētciems – Salacgrīva – Kuiviži – Ainaži

LEGEND: route start, finish Required hours to complete a one-day route   
 One-day route length in kilometers The course of the route

# 5 ESTONIA PÄRNU TOWN AND FISHING VILLAGES

THE LITTORAL OF PÄRNU BAY

Ikla – Virtsu: 228 km, day 31–41



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
31.	IKLA – KABLI	Along the Paths of the Historic Resort	16	5–7	1	Ikla – Metsapoole – Treimani – Orajõe – Lapanina – Kabli
32.	KABLI – HÄÄDEMEESTE	Birds, Dunes and Forests	11	4–6	1	Kabli – Krundiküla – Häädemeeste
33.	HÄÄDEMEESTE – UULU	Through Forests and Bogs	26	8–10	3	Häädemeeste – Papisilla – Sooküla – Võidu – Soometsa – Lepaküla – Uulu
34.	UULU – PÄRNU	Along the Wetlands to Pärnu	21	7–9	2	Uulu – Reiu – Raeküla – Papiniidu – Pärnu – Vana-Pärnu
35.	PÄRNU – LIU	The Most Beautiful Views of Pärnu Bay and Smoked Fish	22	7–9	2	Vana-Pärnu – Papsaare – Valgeranna – Saulepa – Kabriste – Marksa – Liu
36.	LIU – MUNALAI	Bays, islands and birds	21	7–9	2	Liu – Kavaru – Pootsi – Peerni – Lao – Munalaid
37.	MUNALAI – TÖSTAMAA	Pastures, Forests and Coastal Meadows	16*	5–7*	1	Munalaid – Lao – Kaapre – Seliste – Töstamaa
38.	TÖSTAMAA – MATSI	Pastoral Idyll of Estonia	25**	8–10	2	Töstamaa – Kastna – Vaiste – Saulepi – Mereküla – Matsi sadam
39.	MATSI – VARBLA	Beaches and Forests	15	5–7	1	Matsi – Kulli – Rādi – Selja – Aruküla – Raheste – Varbla
40.	VARBLA – PIVAROOTSI	Coastal Manors	21	7–9	2	Varbla – Helmküla – Tamba – Paatsalu – Hõbesalu – Pivarootsi
41.	PIVAROOTSI – VIRTSU	The Gate to the Estonian Islands	16	5–7	1	Pivarootsi – Rame – Puhtulaid – Virtsu

\* – Day 37. Length: 16 km (main itinerary). Exits to the sea: the seashore near Puti – 5 km, Töstamaa – Värati – Töstamaa – 5,2 km, Töstamaa – Suti – Töstamaa – 5,6 km. Duration: 5–7 h (main itinerary).  
\*\* – Day 38. Length: 25 km (including a 2,2 km return hike to the rest area south of Kastna Village).

# 6 ESTONIA MATSALU NATIONAL PARK AND THE WEST ESTONIAN ISLANDS

MATSALU BAY, SAAREMAA, MUHU, HIIMUMAA, VORMSI ISLANDS

Virtsu – Puisse: 100 km, day 42–46



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
42.	VIRTSU – KUKE	Through Orchid and Juniper Fields	14	5–7	1	Virtsu – Kurevere – Kuke
43.	KUKE – MEELVA	Along the Islands of the Baltic Ice Lake	19	6–8	2	Kuke – Mõisaküla – Salevere – Ullaste – Metsküla – Meelva
44.	MEELVA – PENIJÕE	Following the Trail of the Livonian Chronicle of Henry	22	7–9	2	Meelva – Poanse – Järise – Tuudi – Alaküla – Lihula – Penijõe
45.	PENIJÕE – LAIKÜLA	Around the Largest Wetland in Northern Europe	22	7–9	2	Penijõe – Kloostri – Kelu – Kirbla – Kasari vecais tilts – Keskküla – Laiküla.*
46.	HAESKA – PUISE	Observing Birds and Nature in Matsalu National Park	23	8–10	2	Haeska – Sinalepa – Tuuru – Põgari-Sassi – Puisse – Puisse nina

\* – Day 45. Next you have to take a bus or a transfer to get to Haeska (~ 24 km), which is the starting point for the next day. On this day, you can go back and spend the night in Laiküla or continue to Haeska.

VISIT THE ISLANDS OF ESTONIA:

- 61. VORMSI AND KIHNU
- 62. HIIMUMAA
- 63. SAAREMAA, MUHU AND RUHNU

# 7 ESTONIA HAAPSALU AND VILLAGES OF COASTAL SWEDES

HAAPSALU BAY AND THE NOARROOTSI PENINSULA, OSMUSSAAR ISLAND

Tuuru – Nõva: 136 km, day 47–52



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
47.	TUURU – ROHUKÜLA	The Second Gate to the Islands of the Moonsund Archipelago	19,5*	7–9*	2*	Tuuru – Panga – Suure-Ahli – Sepaküla – Eigla – Rohuküla
48.	ROHUKÜLA – HAAPSALU – UUEMÕISA	The Most Popular Resort in Estonia – Haapsalu	22	7–9	2	Rohuküla – Pullapää – Haapsalu – Uuemõisa
49.	UUEMÕISA – ELBIKU	Around Haapsalu Bay	36	**	**	Uuemõisa – Linnamäe – Ingküla – Suttlepa – Riguldi – Elbiku
50.	ÖSTERBY – RIGULDI	Noarootsi – The Swedish – like peninsula	23	8–10	2	Österby – Pürksi – Hosby – Kudani – Hara – Riguldi
51.	RIGULDI – DIRHAMI	A Place Marked by Meteorites	13	5–7	1	Riguldi – Elbiku – Rooslepa – Dirhami sadam
52.	DIRHAMI – NÕVA	The Harsh Northern Nature	16	5–7	1	Dirhami – Spithami – Nõva sadam (Rannaküla)

\* – Day 47. Length: 19,5 km (the main itinerary), Topu Port rest area (return hike of 5,2 km), Pusku Port rest area (return hike of 1,2 km). Duration: 7 – 9 h (the main itinerary, excluding the distances to rest areas). Difficulty level: Medium (including the distance to the seacoast).

\*\* – Day 49. Duration: Depending on the chosen means of travel. Difficulty level: Depending on the chosen means of travel.

# 8 ESTONIA CLIFFS AND WATERFALLS IN THE NORTHWEST OF ESTONIA

THE LITTORAL OF THE GULF OF FINLAND

Nõva – Tallinn: 158 km, day 53–60



Day	Route	Title	Length (km)	Time (h)	Difficulty	Course
53.	NÕVA – VIHTERPALU	Along the Gulf of Finland	23	8–10	2	Nõva sadam (Rannaküla) – Keibu – Alliklepa – Vintse – Vihterpalu
54.	VIHTERPALU – PADISE	A Seven Centuries Old Church and Monastery	25	8–10	2	Vihterpalu – Harju-Risti – Määra – Padise
55.	PADISE – PALDISKI	Paldiski: The Former Closed and Top Secret Town	18	6–8	1	Padise – Madise – Paldiski
56.	PALDISKI – KERSALU	Cliffs, a Lighthouse and Military Heritage	16	5–7	2	Paldiski – Pakri bāka – Kersalu
57.	KERSALU – LAULASMAA	Beaches, Swimming Areas and a Resort	12	4–6	1	Kersalu – Kloogaranna – Laulasmaa
58.	LAULASMAA – VÄÄNA-JÕESUU	The Most Beautiful Waterfall in Estonia	19	6–8	2	Laulasmaa – Lohusalu – Keila-Joa – Tūrisalu – Vääna-Jõesuu
59.	VÄÄNA-JÕESUU – TABASALU	The Fabled Suurupi Peninsula	20	7–9	2	Vääna-Jõesuu – Suurupi – Ilmandu – Rannamõisa – Tabasalu
60.	TABASALU – TALLINNA SADAM	Tallinn – A UNESCO World Heritage Site	25	8–10	2	Tabasalu – Kakumäe neem – Põhja Tallinn – Tallinna sadam