


Type	Description	Quantity	Info	Distance
 Hike	Poweroak hike comprise eight different oaks in the age from 150 to 250 years growing in fields and in a typical Latvian coniferous and deciduous forest.	2,9km	Round trip, starts and ends in tmedņi	

Poweroak hike

Getting acquainted with a tree or a person is possible just when meeting and spending together time. Take Poweroak hike to feel power of oaks - Latvian most sacred trees, to receive their energy, inspiration and peace. Poweroak hike comprise eight different oaks in the age from 150 to 250 years growing in fields and in a typical Latvian coniferous and deciduous forest. Rocky and winding Aģe River, foxholes in Medņi forest as well as two bunkers from World War II, hiding-place of the landlord family. During the hike it is possible to observe wild animals and birds, in summer a stork family.

Time	All year
Distance	2,9km (1,9km fields, meadows; 1,0km forest)
Approximate time	2 h unhurried hiking
Difficulty	Moderate
Path	Meadows, forest, firebreaks, forest roads
Beginning	Self-catering cottage "Medņi", Vidrižu parish, Limbažu district
End	Self-catering cottage "Medņi", Vidrižu parish, Limbažu district
Hike course	Medņi – Medņi Holy Oak – Aģe Grand Oak – Aģe River – Thunderprong – Foxholes – Host Osvalds – Forest Mans – Large and Small Bunkers – Crop Guardians - Medņi
Distance from Riga	70 km
Logistics	Round trip, starts and ends in the same place.
Good to know	The hike objects are marked, but map is necessary. Map you can download from here or receive together with a compass in the beginning of the hike in Self-catering cottage "Medņi". Hiking boots are preferable. More information about the Poweroak hike and Latvian oaks available on www.poweroak.lv