A group of hikers, including men, women, and children, are walking along a sandy beach. The ocean waves are breaking in the background. A small white dog is visible on the left. The hikers are wearing various outdoor gear, including backpacks and jackets.

# ACCESSIBLE HIKING TRAILS WORKSHOP AND A HIKE on "Jūrtaka" - Baltic Coastal Hiking" FOR THE YEAR OF E9

November 7 - 8, Saulkrasti / Zvejniekciems, Latvia



**Interreg**



Co-funded by  
the European Union

**Estonia – Latvia**

**Asnāte Ziemele**

Latvian country tourism association „Lauku ceļotājs”

# Baltic Trails within ERA network



ERA-EWV-FERP

- E1
- E2
- E3
- E4
- E5
- E6
- E7
- E8
- E9
- E10
- E11
- E12



BALTIC COASTAL HIKING

## Baltic Coastal Hiking Route

*RU/LT border in Nida – Tallinn (EE)*

 1419 km



E9

[www.era-ewv-ferp.com](http://www.era-ewv-ferp.com)



BALTIC FOREST HIKING

## Forest Trail

*PL/LT border in Lazdijai – Tallinn (EE)*

 2141 km

Southern part: Lazdijai (LT) - Riga  
Northern part: Riga - Tallinn

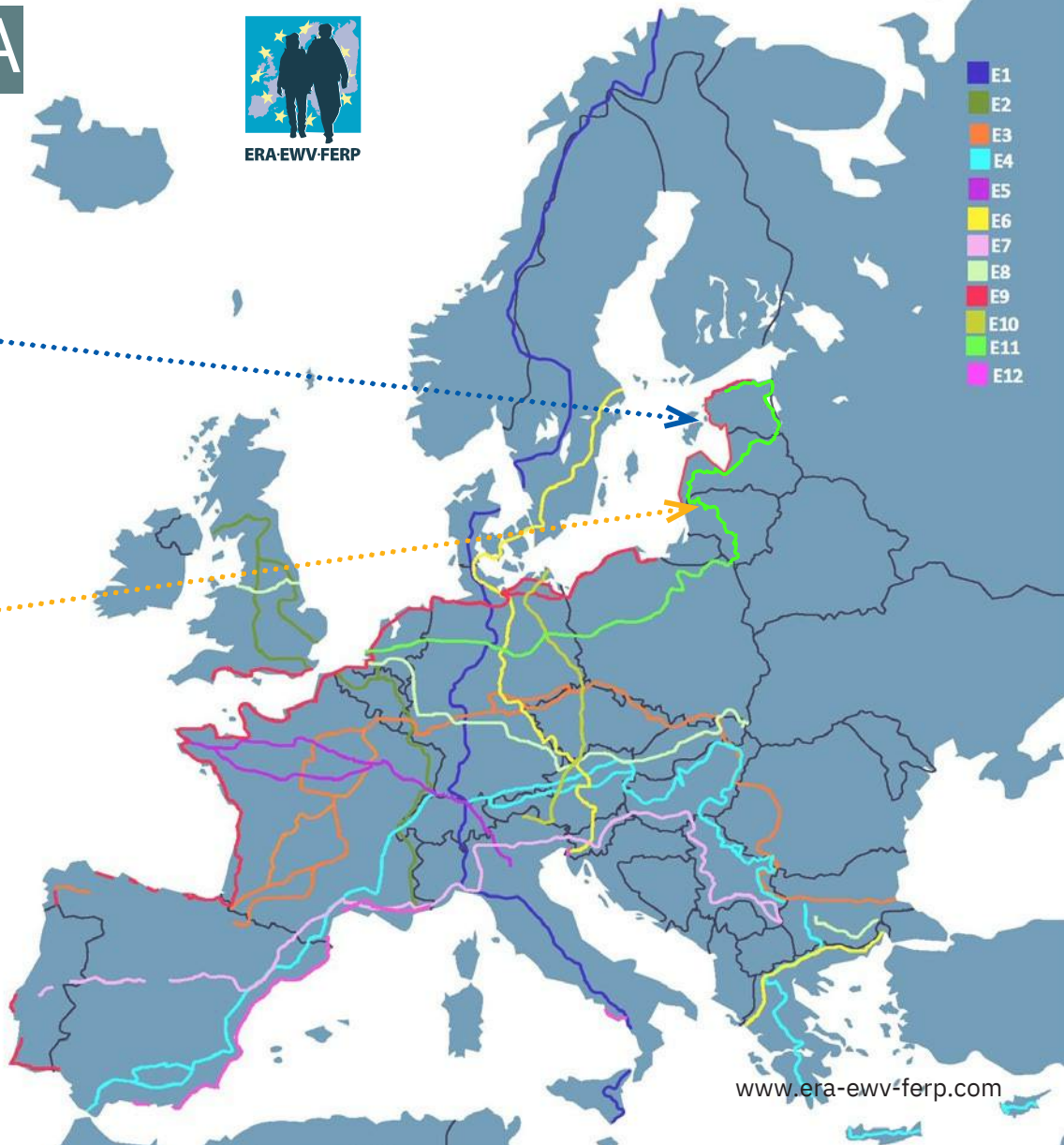


E11

[www.era-ewv-ferp.com](http://www.era-ewv-ferp.com)

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

[www.era-ewv-ferp.com](http://www.era-ewv-ferp.com)



# BALTIC COASTAL HIKING ROUTE & FOREST TRAIL



Crossing Estonia, Latvia, Lithuania  
Total distance:  
**3560 km / ~ 6 months to walk**

*The distance of 3560 km compares to:*

- the length of the Appalachian trail in the USA;*
- straight line distance between Riga and Morocco in Africa;*
- all residents of Latvia standing in a single line, with a 2m distance.*





# NATURE VALUES of the Baltic Trails

9  
national parks

1  
biosphere  
reserve

~100 other  
protected  
nature areas



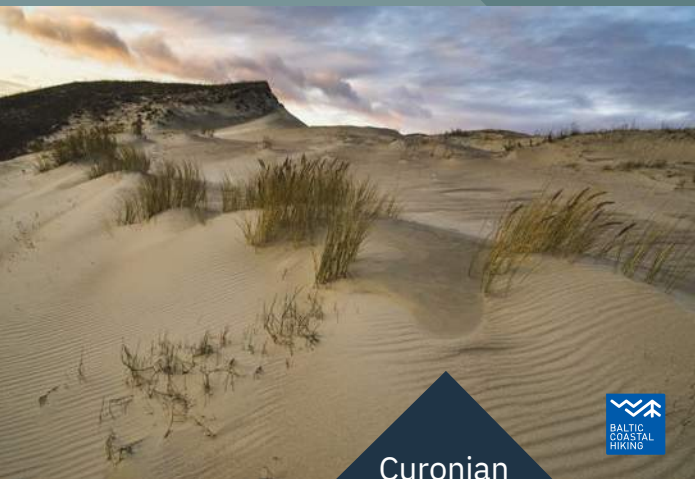


# 5 UNESCO world heritage sites:

Old  
Town  
Kaunas  
(LT)



Old  
Town  
Riga  
(LV)



Curonian  
spit  
(LT)

Old  
Town  
Tallinn  
(EE)



Old  
Town  
Kuldiga  
(LV)





# INFRASTRUCTURE (2018-2022)



137  
information  
stands

57  
information  
signs

272  
signposts

304  
waterproof trail  
poster maps

Rest  
stops and  
footbridges



# SERVICE PROVIDERS:



- 1465 objects of natural, historical and cultural interest
- 899 accommodations
- 96 camping sites
- 431 food service providers
- 293 shops
- 111 tourist information centres
- 138 other services



In total  
~**2000** service  
providers  
operate en route  
of both trails

# HIKER-FRIENDLY LABEL:



- Pan-Baltic
- Common criteria and guideline
- **488** service providers certified (LV + EE + LT)





# WWW.BALTICTRAILS.EU

NEWS

FACTS

PRACTICAL INFO

TRAIL SURFACES

TOURS

EVENT CALENDAR

PUBLICATIONS

TRAIL APPS

MARKETING

ITINERARY

MAP

DESTINATION

ABOUT US



~80 000 unique  
visitors  
(May - October  
2023)

# The Baltic Trails in Facebook LV/ EE/ LT:



**13 216**  
followers



**11 268**  
followers

# Instagram:



**3913**  
followers



**3102**  
followers



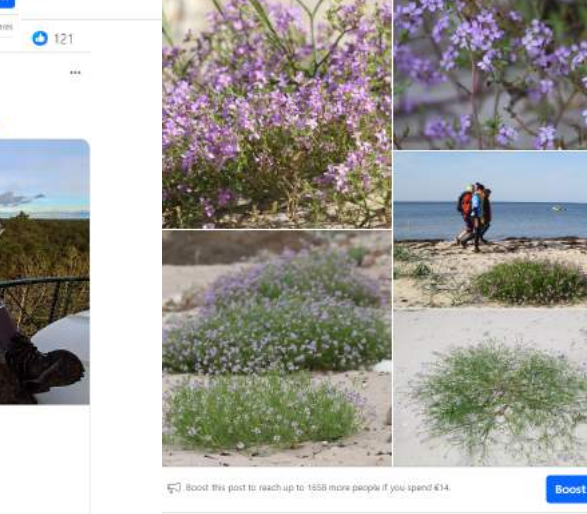
Coastal hiking  
Forest trail



Forest trail / Metsa matkarada  
Mežtaka / Jūrtaka  
Miško takas / Jūry takas



Metsa matkarada - Forest trail / Ranniku  
matkarada Mežtaka - Forest Trail / Jūrtaka  
Baltictrails LT: Miško takas - Jūry takas





# Baltic Trails: Lonely Planet Best in Travel 2024



**Forest Trail:  
The best new tourism  
product in Latvia 2020**



**Baltic Coastal Hiking -  
the most successful,  
impactful, visible  
Estonia-Latvia  
Programme cooperation  
project 2022**



**Initiated by Baltic Coastal Trail hikers:**

[https://www.celotajs.lv/en/p/view/dabas\\_turista\\_etikas\\_kodekss](https://www.celotajs.lv/en/p/view/dabas_turista_etikas_kodekss)



**BESTbelt**



With financial support of the European Union



# Who takes care of the trails?

## Local communities, volunteer network, municipalities, SMEs



**Mežtaka - Forest trail**  
Published by Juris Smalinskis · 5 June ·

Šodien un vakar ar **ViA - Vidzemes Augstskola** Tūrisma studentiem integrētās prakses laikā izgājām Mežtakas divus posmus Valmieras apkaimē un atjaunojām marķējumu, kur tas bija bojāts, norautas uzlīmes vai tas citādi zudis. Šodien skaislie Sietīņieža apkaimes mežā! #Mežtaka

**Jūrtaka / Ranniku Matkarada / Baltic Coastal Hiking**  
Published by Juris Smalinskis · 16 October at 10:13 ·

Šovasar Jāņa Ulmes **Janis Ulme** vadība norīcēja ekspedīcija "Mana Jūra", kas visas Latvijas krasta – 500 km garumā veica jūras piesārņojošo atkritumu monitoringu. Kādi ir iegūtie rezultāti?

- No kopējā atkritumu daudzuma: 75,7% - bija plastmasas izstrādājumi un polimēru materiāli, 7% - papīrs un kartons, 6,7% - metāls, pārējais - stikls, keramika, pārtika, koks, gumija, tekstils, apģērbs u.c.;
- Pēc atkritumu veidiem – smēķēšanas atkritumi 32,2%, neidentificējami plastmasas... [See more](#)

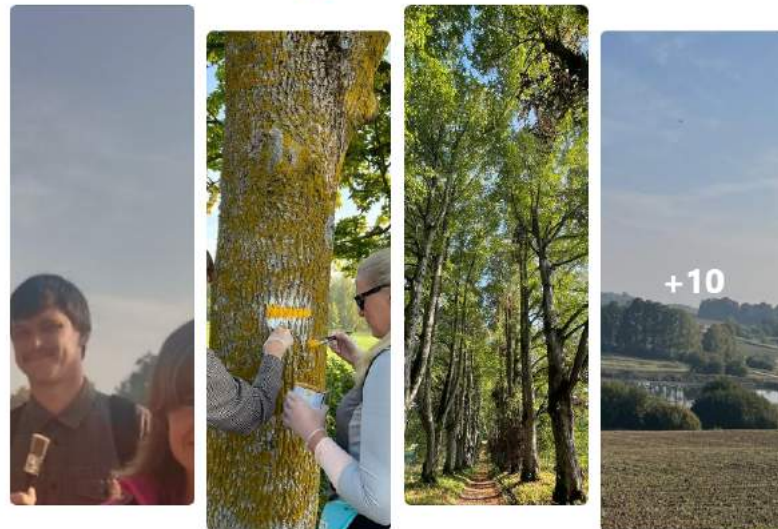
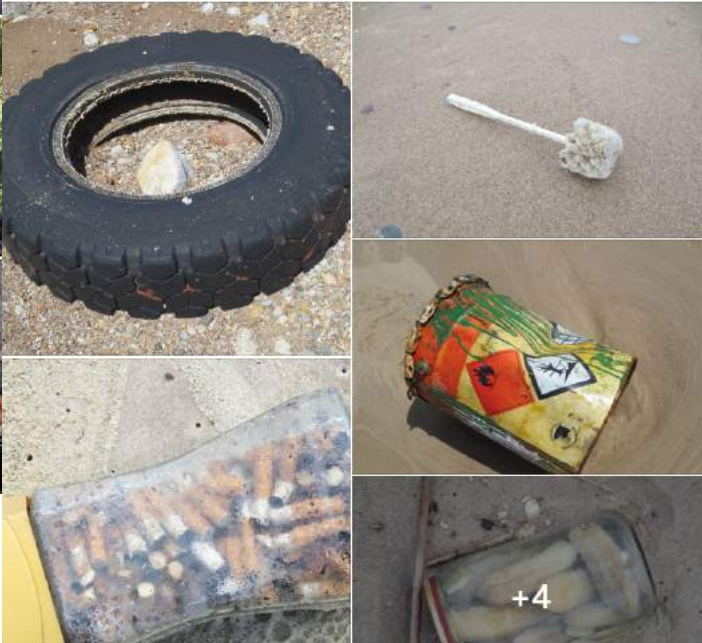
**Mežtaka - Forest trail**  
Published by Aija Neilande · 28 September at 17:43 ·

☀️ Vasara ir paskrējusi vēja spārnim un ir pienākusi atvasara, kad vēl laukā 20+ grādi. To nevar neizmantojot, nodomāja **Kurzemes plānošanas reģions** un devas atjaunot **Mežtaka - Forest trail** marķējumu no Jaunmokam līdz Tukumam!

? Jautasiet: Kāpēc marķējums jāatjauno? Tāpēc, ka marķējums tapat ka viss uz šīs pasaules nav mūžīgs. Proti atrodas kāds vandālis kuram tas traucē, tāpat arī stipri vēji mēdz nogāzt marķētos kokus, marķējums var vienkārši izbalēt, tāpat mežu ar visu koksnī var izzāgēt, ir neskaitāmi iemesli. Tāpēc ik pa laikam to vajag atjaunot.

👉 To kur tas iztrūkst, vai ticis bojāts mums visbiežāk pastāsta paši gājēji, jo tieši viņiem tas vissvarīgākais, lai pa Mežtaku dotos "svilpodams".

🛠️ Citviet pasaulē, kur ir sādi garo distanču maršruti, marķējums tiek atjaunots ar brīvprātīgo palīdzību. Tāpēc esam nolēmuši, arī Latvijā, veidot šādu kustību, kas varētu sastāvēt no aktīviem ļaudīm, kuri iededzas par šo ideju un ir gatavi mums nākt talkā takas uzturēšanā. Ja esi tieši tāds, tad raksti mums (vārds, uzvārds, tālrunis, e-pasts) un mēs tevi ieklausim šajā pulciņā, sauksim palīgā kad tas būs nepieciešams, vai vienkārši gribēsim kopā būt ar aktīviem cilvēkiem, lai dalītos jaunām idejām un domu apmaiņām. ❤️

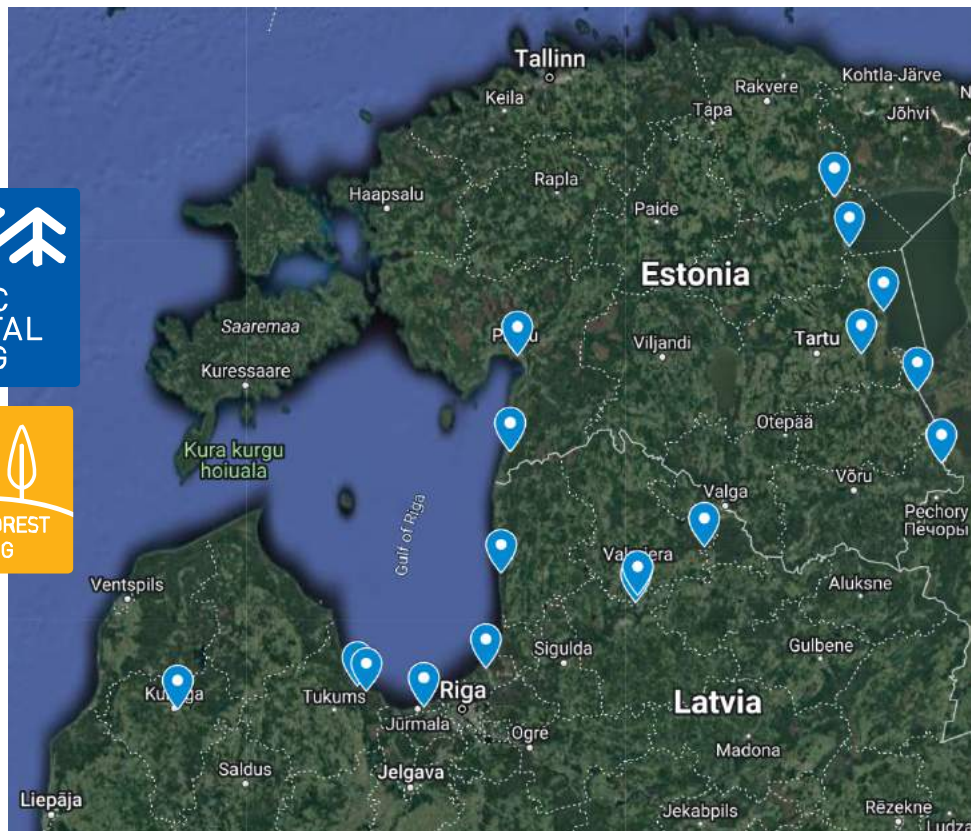


# Baltic Trails for one and all!

## Takas – ejamas un pieejamas!

### 6 target groups with 7 solutions:

1. People in wheelchairs.
2. People with impaired vision.
3. Seniors.
4. Families with young children.
5. School-aged youth.
6. People facing language and cross-cultural barrier.





# All-surface wheelchair accessibility solution in Carnikava



# Impaired vision solution in Jūrmala



2 km part of the Coastal Hiking trail with accessibility elements (e.g., tactile map, info in braille, audio-guide with navigation instructions).

Signs on the beach to the nearest WC with baby changing table accessible also for disabled persons.

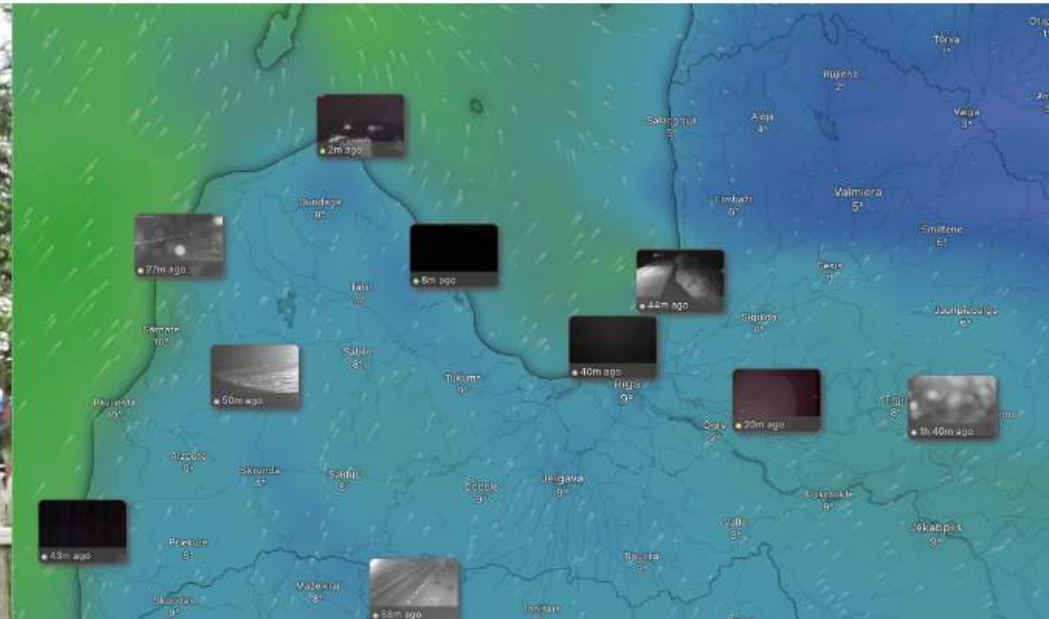
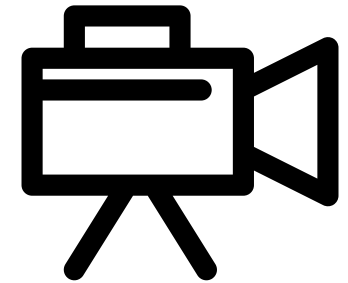


# Video cameras for trail condition evaluation



## Web cameras will be installed:

- 1) by the guest house “Klintskalni” (Jūrtaka);
- 2) near the guest house “Caunītes” (Mežtaka);
- 3) Peipsimaa - 5 web cameras.



# For families with young children



**THE FOREST TRAIL  
SECTION #8  
CAUNĪTES-VALMIERA**

- 3-4 km hiking loop
- To make hiking more accessible for families with young children, seniors and other groups
- A digital game will be developed and installed on the site using informative tablets with QR codes at the start/end points of loop



# Adaptations for families with children



Petseri Northern Camp (Forest Trail, Setomaa) will be visualised in 3D format, based on historical photos and showing the objects as they were at the time when the site was functioning as a military training camp.



**SEDOMAA**  
VALD

# School-aged youth



## **Aim:**

To involve school youth in outdoor activities to learn new skills, autonomy, collaboration, creativity, processes in nature etc.

## **Solution:**

Outdoor activities and hiking with self-planned routes and self-drawn maps





# Wheelchair hiking access on the Coastal Trail at Apšuciems-Klapkalnciems



KURZEMES  
PLĀNOŠANAS  
REĢIONS



# Pärnu beach open to special needs





# People facing language and cross-cultural barrier

A methodology will be developed to address the practical considerations for reaching these groups and preparing them for hiking, including information on the necessary equipment and gear, the use of public transportation to reach hiking sites.



 MOVEMENT  
SPONTANEOUS



# Forest and Coastal Hiking Trails' accessibility improvement for different social groups (EE-LV00013)

**Interreg**



Co-funded by the European Union

**Estonia – Latvia**

## PROJECT PARTNERS IN LATVIA AND ESTONIA

LEAD PARTNER:



Lauku Ceļotājs  
Baltic Country Holidays

PARTNERS:



VIDZEME  
THE ONLY WAY IS UP!



KURZEMES  
PLĀNOŠANAS  
REĢIONS



RĪGAS  
PLĀNOŠANAS  
REĢIONS



MOVEMENT  
SPONTANEOUS



HÄÄDEMEESTE  
VALD



E-E-S-T-I  
MAATURISM  
ESTONIAN  
RURAL TOURISM



SEJOMAA  
VALD



PEIPSIMAA  
[www.visitpeipsi.com](http://www.visitpeipsi.com)

This activity is part of the Forest and Coastal Hiking Trails' accessibility improvement for different social groups project [EE-LV00013]. The project is being implemented with financial support from the European Union's Interreg Estonia Latvia programme for 2021-2027.

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