

**«Accessible Hiking Trails»
MOVEMENT SPONTANEOUS
Andra Marta Babre, Matijs Babris**

08.10.2025., Jūrmala

Interreg



Co-funded by
the European Union

Estonia – Latvia

**Piloting the accessibility
solution No. 5 (self-guided
hikes for school-aged youth).
(MS, VPR, SMG)
2024**

**19 SCHOOL-AGED CHILDREN
JOINED THE HIKE 22.05.2024.**



Topics include [ENG]

1.Introduction

2. Basic Elements of Self-Guided
Hike Planning

2.1 Route Analysis and Map Reading

2.2 Event Management Plan

2.3 Weather Forecasting and
Equipment Selection

2.4 Meal and Activity Planning

3. Piloting

3.1 Hike with Laurenču School
Students

3.2 Pilot Feedback and
Improvements

4. Recommendations and
Resources

4.1 Recommendations

4.2 Useful Resources

**Piloting the accessibility
solution No.6 (adaptation for
foreign language and cross-
cultural social groups)
(MS, LC)**

Partners involved in the guideline testing + giving feedback

- RTU International Students Council**
- CeMeWE project participants (migrant comen)**
- Latvian Nature Tourism association members**
- Hikers, our followers**

3 Guidelines made, being tested

- Foreigners like (RTU ISC, Nadiaaa**
- CeMeWE project participants
(migrant women)**
- Latvian Nature Tourism association
members during meetings and
trainings**
- Hikers, friends, our followers**

**HIKE WITH FOREIGNERS,
19.04.2025. BY RTU ISC**

TEST 1

**Jūrtaka near Jūrmala, 40 foreigners,
testing the guidelines, public transport
and the route from website**



Woman walk in Riga
07.09.2025. BY CeMeWE project

TEST 2



Mežtaka Riga centre to Bīķernieki, around 20 migrant femals, testing the guidelines, receiving mp and info about hiking

WOMEN WALK IN RIGA

Take a friendly walk with us through Riga's Old Town and discover the city together.



DATE
07.09.



TIME
13:00-16:00



Meeting Point:
Riga Town Hall Square

Interested?
Scan the QR



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Central Baltic Programme

CeMeWE





**Involve children via teachers
and children in Ogre (through
family members, close
connections)**



Promotion items



We just got 2 different boxes of socks, 37-41 and 42-46 sizes with MS logo and Self-guided hiking guidelines + Interreg Est-Lat logo



Maps

All 100 maps are given away,
- female hikers
LNTA members,
Boards You
KarmaSock~40-50
Hikers, friends, strangers

WE will need more maps

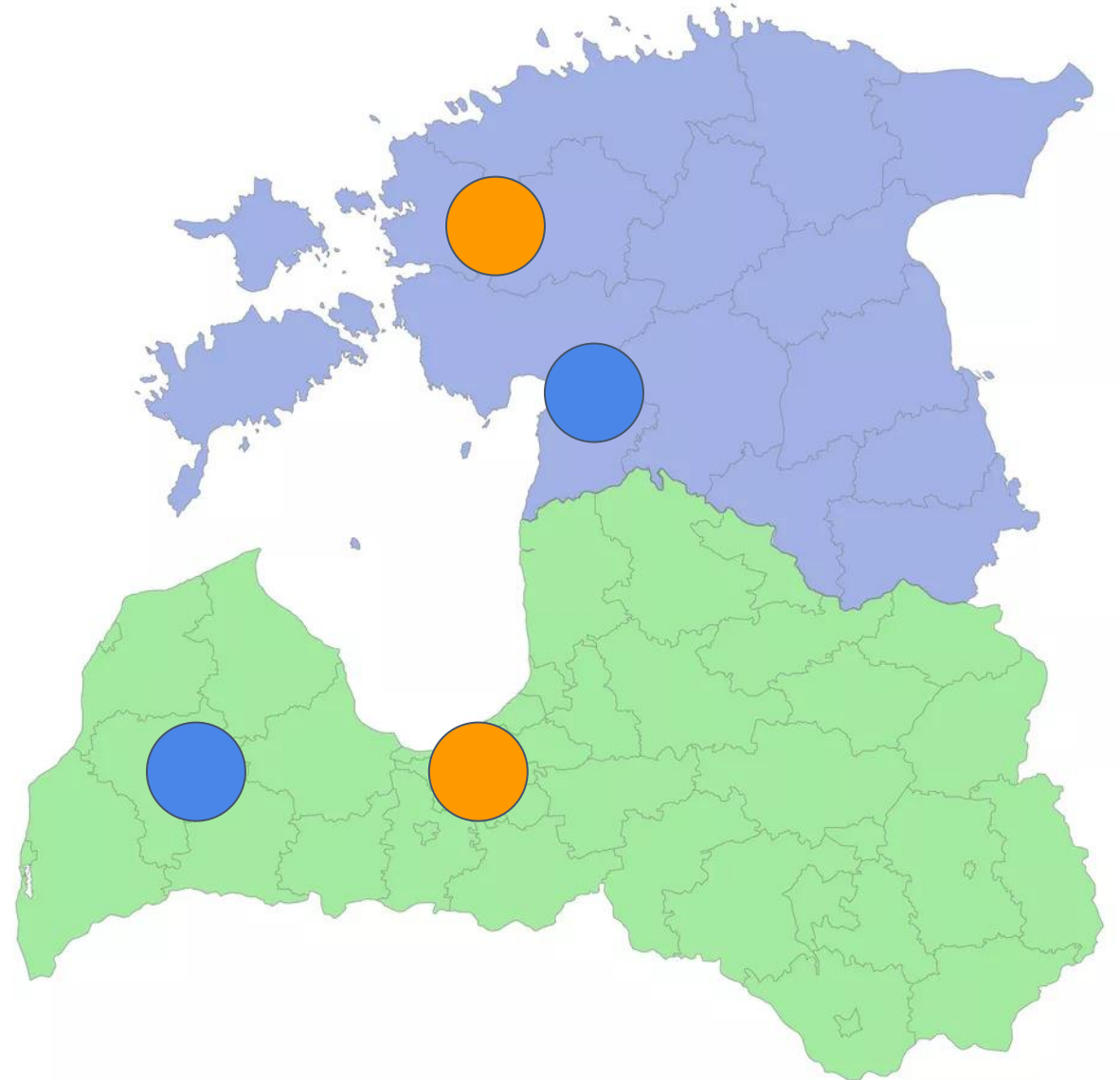


IDEA - Digital guide - where to get your map (as an infographic)

- Every working day
- By request ~7 days before
- etc.

Example

Contact xx xx organisation
Name Surname, phone
days, time 0:00 -0:00



Maps

Aleksandrs Gerzatovičš,
KarmaSock founder is willing to
collaborate to distribute the
Hiking map

He can do a marketing
campaign: Buy 3 hiking socks
from KarmMaSock store and
receive the map as a free gift
from the project Accessible
Hiking Trails





andra_marta and 4 others
Riga, Latvia

andra_marta Vai zināji ka @jurtaka un @meztaka Baltijā aptver 3560km? 😊 Viens no ļoti skaistiem mežtakas maršrutiem iet tieši caur Carnikavu, pagājušajā gadā ar @boardsyou un @letshike.co devāmies tieši tur baudīt rudeni un ēst garšīgas picas 🍕 Un šogad mums jau ir fiziska karte, kurā tu pats vari plānot savus pārgājienu maršrutus visā Baltijā! Pāris kartes būs pieejamas Carnikavā, jautā @ventsstraumanis 📄 vai Rīgā @andra_marta 🙌

Paldies projekta partneriem par šīs kartes izstrādi kopā ar mums! ❤️ P.S. fonā aizpildīta karte no Taivānas, vienmēr prieks paskatīties uz karti pie sienas un atcerēties visus piedzīvojumus! 🇹🇼

#pargajiens #jurtaka #meztaka #pasvaditspargajiens #pargajienukarte #baltictrails #letshike

2w See translation

ahjagger @ievadaily @eduardskalkis
2w 2 likes Reply

swathi.babu_ 😂😂😂WOW😂😂😂
2w 1 like Reply

— View replies (1)

BEING SOCIAL :)

Liked by swathi.babu_ and 155 others
September 22

Add a comment... Post

Movement Spontaneous
132 followers
5mo • 🌱

Thank you [Nadiia Chyzhykova](#) for organising this hike for internationals in Latvia! We are very happy to inspire and share knowledge about hiking so it can be accessible to all! 🌱 🧭 🗺️

[Interreg https://estlat.eu/en](https://estlat.eu/en)
[Baltic Country Holidays](#)
More info about Accessible Hiking Trails project - <https://lnkd.in/dJTURDJ6>

<https://lnkd.in/dRSvb8Ax>

Nadiia Chyzhykova 📄 • 1st
Technical Translator | Event Manager
5mo • 🌱

First times are always a little weird! 🌱

Yesterday, I had the chance to organize and lead the ISC Spring Hike 🧭 to Jurmala with 40 amazing participants. Funny enough, it was also my very first hike ever!

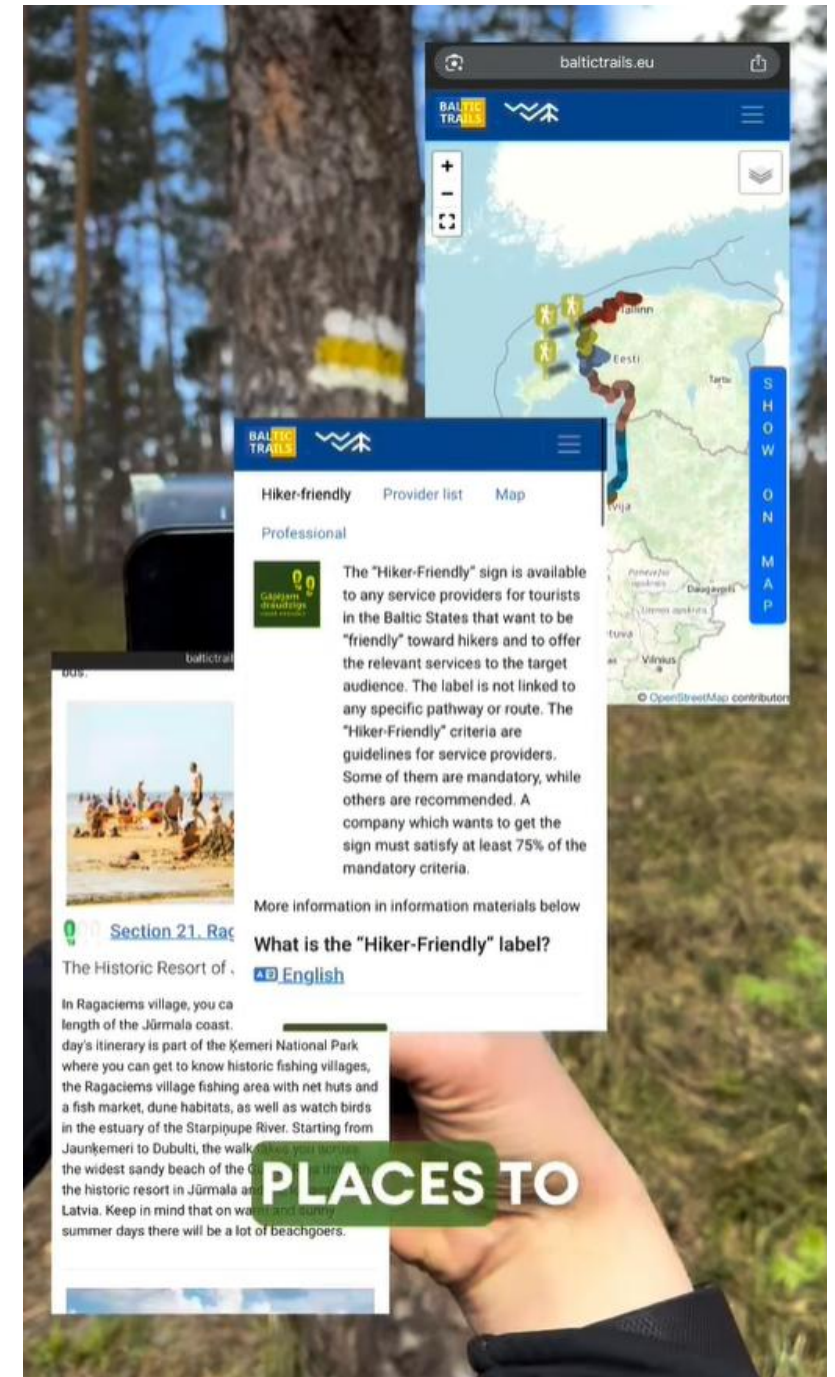
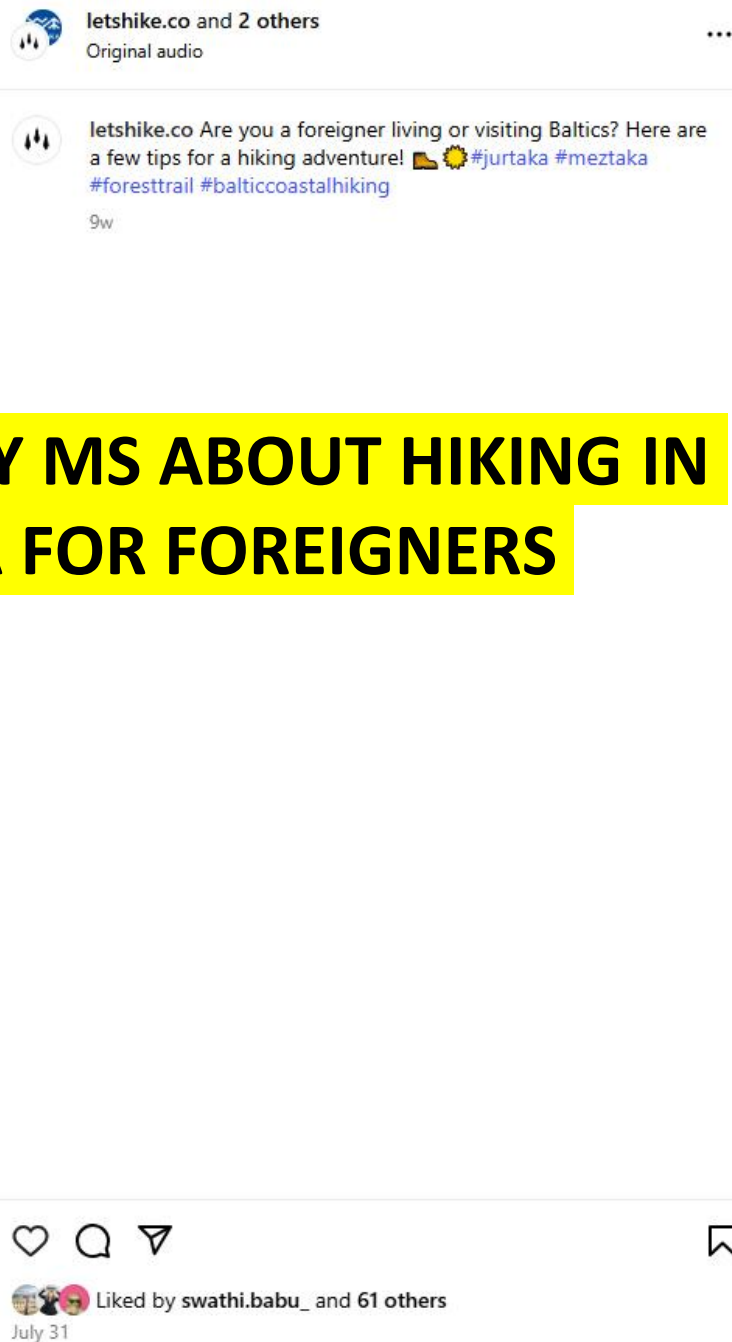
Was I nervous? Absolutely.
Were my feet sore? Definitely.
Did I lose the way once or twice? Maybe...🤔

But in the end, it turned out to be a truly rewarding experience, filled with new connections, meaningful conversations, and a lot of fresh air and laughter. 😊 There's something special about hiking: it brings people together and gives you the space to truly appreciate both nature and community.

A huge thank you to our partner [Movement Spontaneous](#) 🌱 🗺️ for providing all the necessary information about hiking and to our sponsor [Mobilly](#) 📄 for helping make this event possible!



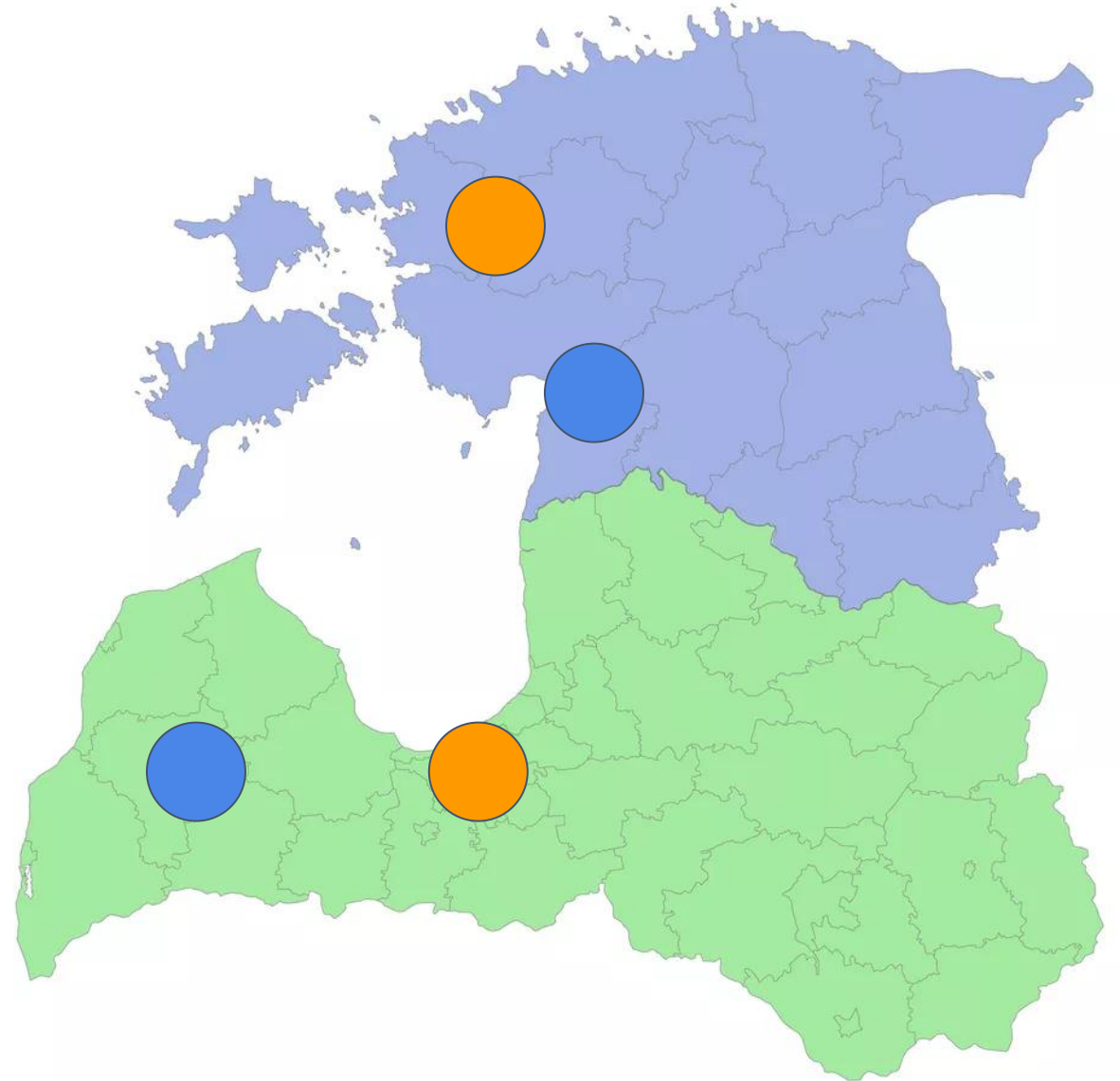
REEL BY MS ABOUT HIKING IN LATVIA FOR FOREIGNERS



Video topics/IDEAS

- Introduction to Accessible Hiking for Foreigners in Latvia and Estonia (done)
- Essential Equipment and Gear Using
- Public Transportation to Reach Hiking
- Destinations Rural and Nature Areas
- Prepping food on a hike
- Practical Tips for Hikers
- Participant Feedback (almost)

- **TO-DO**
- **more social media posts/reels form existing footage**
- **make school children hike reel until 20.10**
- **distribute maps/socks**
- **help with what is left?**



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Estonia – Latvia

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