

**«Accessible Hiking Trails»
MOVEMENT SPONTANEOUS
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17.03.2026., Setomaa

Interreg



Co-funded by
the European Union

Estonia – Latvia

Partners involved in the guideline testing + giving feedback

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

**HIKE WITH FOREIGNERS,
17.11.2025.**



**Hike in Sigulda along Mežtaka for
Vagabond and CeMeWE communities**



Promotion items



Hiking socks with hiking guidelines were distributed in the guideline testing hikes, also given to active members of the target groups (school youth and foreigners)



Maps

With the help of Aleksandrs Gerzatovičš, KarmaSock founder 200 Hiking maps were distributed to hikers all over Latvia.

20-40 maps were given also to event participants, hikers and other interested persons



REEL was made about what to wear for a hike in collaboration with CeMeWE & Vagabond hike



cemewe.riga and 4 others
Original audio

cemewe.riga 18w
If you're joining hike on Nov 9 with us & @vagabondriga, watch this before you pack. 🧐 ⚠️
Shoes, layers, energy~ the essentials that make the hike fun, not painful.
👁️ Link in bio to register!

#hikingevent #nov9 #rigaevents
#hikingtips #outdoorgroup
#ekskursija #beginnerhiker
#latviahike #communityhike
#backpacking101 #hikewithus
#cemewe #womenempowerment
#fyp #fypシ #funtime
#funnymemes #funnyvideos

For you ▾

owndumpling_ 18w
👤
2 likes Reply

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👍 75 💬 24 🚩
November 7, 2025

REEL campaign was started to promote foreigners to go on a hike using BalticTrails



letsbike.co and andra_marta
Korandrino • Inspirational Orchestra

letsbike.co Can you believe this? 🤔
If you are a foreigner living in Latvia, you can get free socks. 😊

Here's how:
👉 Go on a hike using the Baltic Trails @meztaka & @jurtaka routes.
📹 Create a video collab with @letsbike.co.
👉 We'll give you cool hiking socks. For free.

This initiative is part of the Accessible Hiking Trails project — promoting hiking for various social groups and making the outdoors more inclusive.

What are you waiting?
See you outside. 🌲

#Interreg #EstLat #accessiblehikingtrails #hikingsocks #BalticTrails

2w

For you ▾

pxmudi Running 🏃 to get my free socksss
2w 1 like Reply
— View replies (1)

andra_marta @pxmudi and @swathi.babu_ my best trainers!
👉
2w 1 like Reply
— View replies (2)

swathi.babu_

👍 🗨️ 📌

👍 👤 Liked by pxmudi and 44 others
February 28

😊 Add a comment... Post



TO DO

REEL about hiking for School Youth will be promoted during the spring

VIDEO is edited and ready



IDEAS for future posts/videos on social media

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

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This presentation reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.