

**Interreg**



Co-funded by  
the European Union

**Estonia – Latvia**

**ACCESSIBLE HIKING TRAILS**

**KURZEME**

**PLANNING REGION**

Värskä, Estonia

17.03.2026

AIJA NEILANDE

# PROMOTIONAL ITEMS



Promotional items (e.g.: T-shirts, cups, flags, banners, flyers, leaflets, etc.) will be produced to support social inclusion – for distribution in project events such as hiking piloting, the cross-border hikes and other with participation of hiking volunteers and the targeted social groups.



# FLOATING WHEELCHAIRS



Pansionāts "Lauciene"

29. Augusts plkst. 22:14 · 🌐

"Lietas, kas izraisa prieku, nav derīgas, bet gan vajadzīgas, allaž pat nepieciešamas. Prieks ir dzīves jēga un dzīves smagmes iznīcinātājs." 🔥

— Zenta Mauriņa.

Gribam teikt Milzīgu PALDIES Kurzemes plānošanas reģionam un Engures pagasta pārvaldei, par iespēju izbaudīt jūras priekus ikvienam! 🙌

Šī bija mūsu pirmā reize Apšuciema pludmalē, bet noteikti ne pēdējā! 🌊

Šī vasara jau dodas uz izskaņas pusi, bet mēs ķeram mirkļus! ☀️

Šī nav pēdējā vasara! 🌞

Iesakām izmantot šo iespēju (peldošie rati) - cilvēkiem ar kustību traucējumiem - izpeldēties, izjust jūru, uzlādēties un gūt neaprakstāmas emocijas, ko neaizmirst – tikai atkārtot un atkārtot! ✨





**These are among the safest on the market.**

1.1. Specifically, they have **five floating support points** – three wheels and two armrests – which ensure stability even when in the water.

1.2. Their construction is designed **without sharp elements**, with rounded edges. This is particularly important when a person transfers from their own wheelchair onto this one.

1.3. They feature rigid stainless steel axles and are made of **lightweight material (27 kg)**.

1.4. They are **equipped with fastening system** to securely strap the user in place.

Their **wide tyres facilitate movement across beach sand**.

The semi-reclined position distributes the user's weight more evenly, making it easier to move across soft sand.

They are **easy to fold**, require no additional tools, which facilitates transportation when needed and reduces **storage space** (length 1.52 m, height 1.27 m).

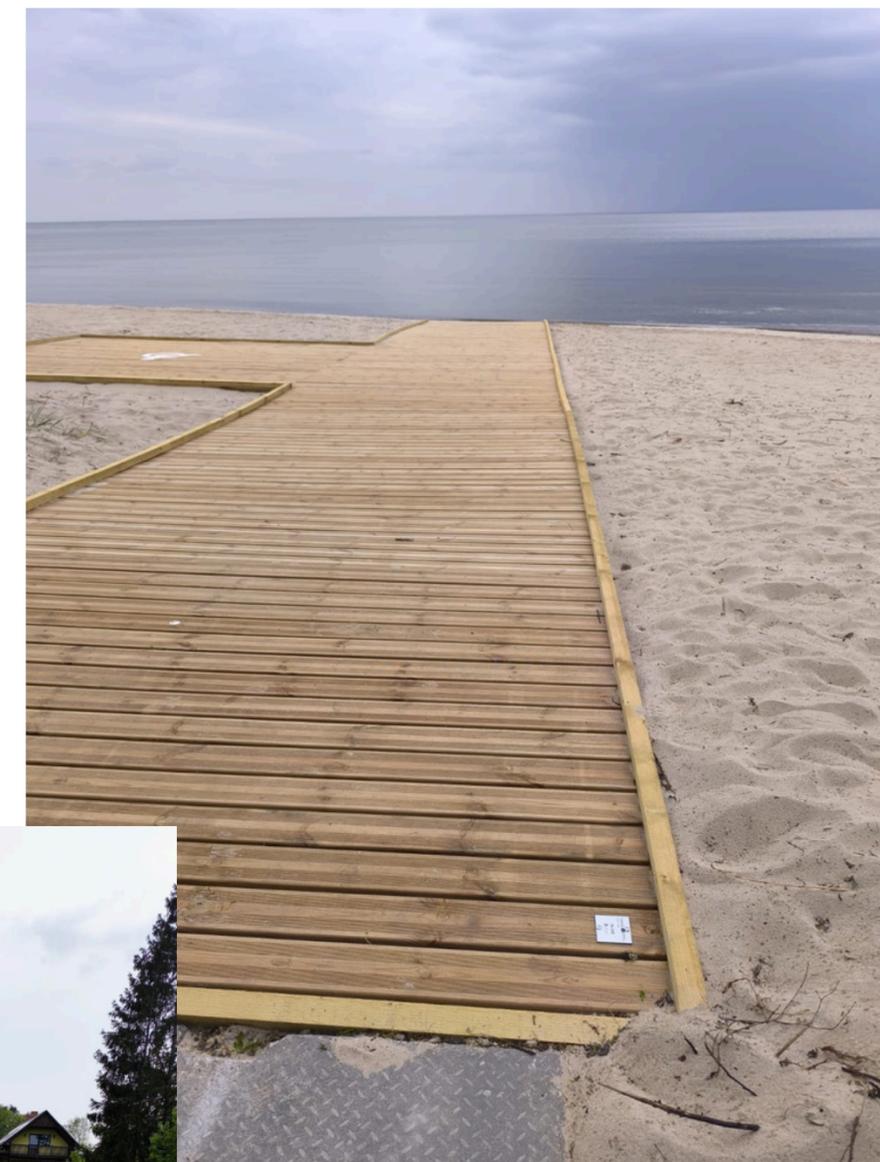
For people **up to 115kg**.

You can't be newer 100% safe so we bought also **life jackets**.

More than 2x **cheaper if you order them from producer** – <https://accessrec.eu>



# ACCESSIBLE BEACH



# VOLUNTEER WORK



# LATVIAN HIKING CLUB

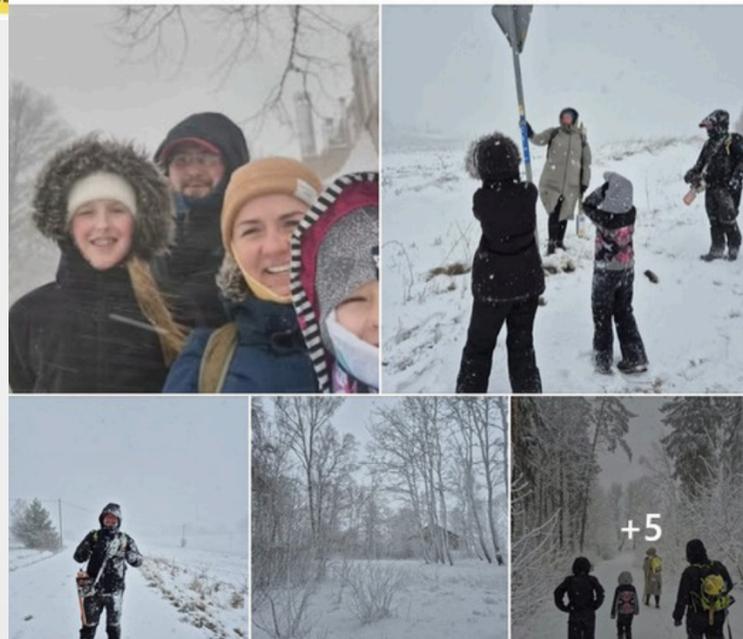
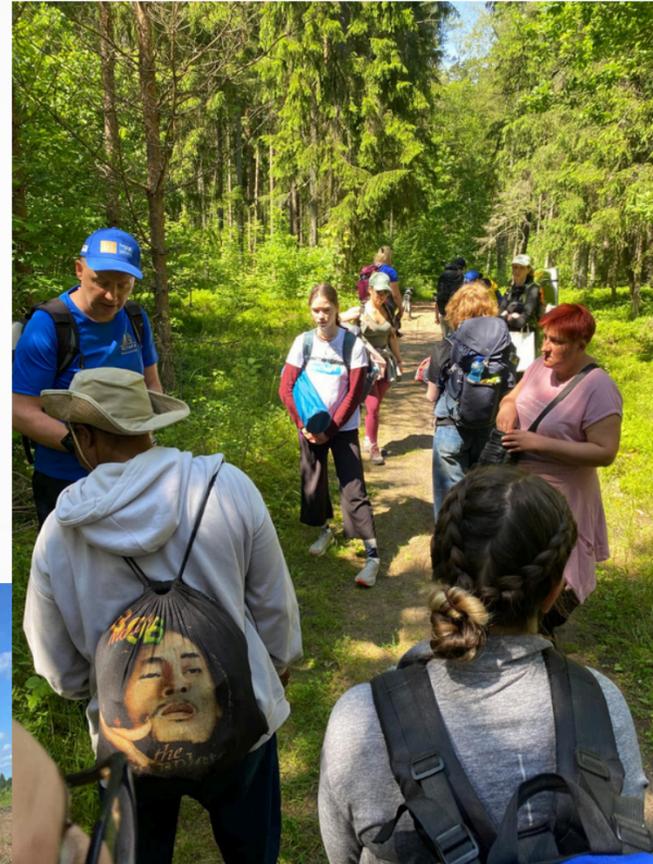


Latvian Hiking Club  
2025. gada 6. Aprīlis

• Gēl  
atb  
laik  
• D  
solītais sniegs. Pirmie 6km pilnīgā klajumā, no kuriem 4km pret vakardienas snie  
Apbrīna par mūsu mazāko gājēju izturību. Zīmes saraktas, taka no kritālām attīr  
ārskrūvēta un sniegavīrs uzcelts.

Tuk  
aldies, paldies, paldies jūs bijāt lieliski! Mežtaka - Forest trail posms Jaunmokas -  
zejams bez maldīšanās.

REGIST  
HTTPS: Jz tikšanās nākamo sestdien, kad cerams būs atgriezies pavasarī.



Established 2025

[www.facebook.com/  
LatvianHikingClub/](https://www.facebook.com/LatvianHikingClub/)

[www.latvianhikingclub.lv/](https://www.latvianhikingclub.lv/)

# CONFERENCE AND HIKE IN APŠUCIEMS



**JŪRTAKA**  
PIEKRASTES GĀJĒJU CEĻŠ

LATVIJA  
24. MAIJS  
11.00-15.30

ENGURE

Map showing the Baltic Sea region with countries: NORWAY, SWEDEN, FINLAND, ESTONIA, LATVIA, LITHUANIA, DENMARK, POLAND, BELARUS, UKRAINE, GERMANY, CZECH REP., SLOVAKIA, HUNGARY, ITALY, CROATIA, SWITZERLAND, AUSTRIA, HOLLAND, UNITED KINGDOM.



**JŪRTAKA**  
PIEKRASTES GĀJĒJU CEĻŠ

**MEŽTAKA**  
BALTIJAS MEŽU TŪRISMA

**Baltijas Pārgājienu Tūrisma  
Konference**

LATVIJA / APŠUCIEMS  
23 maijs 2025

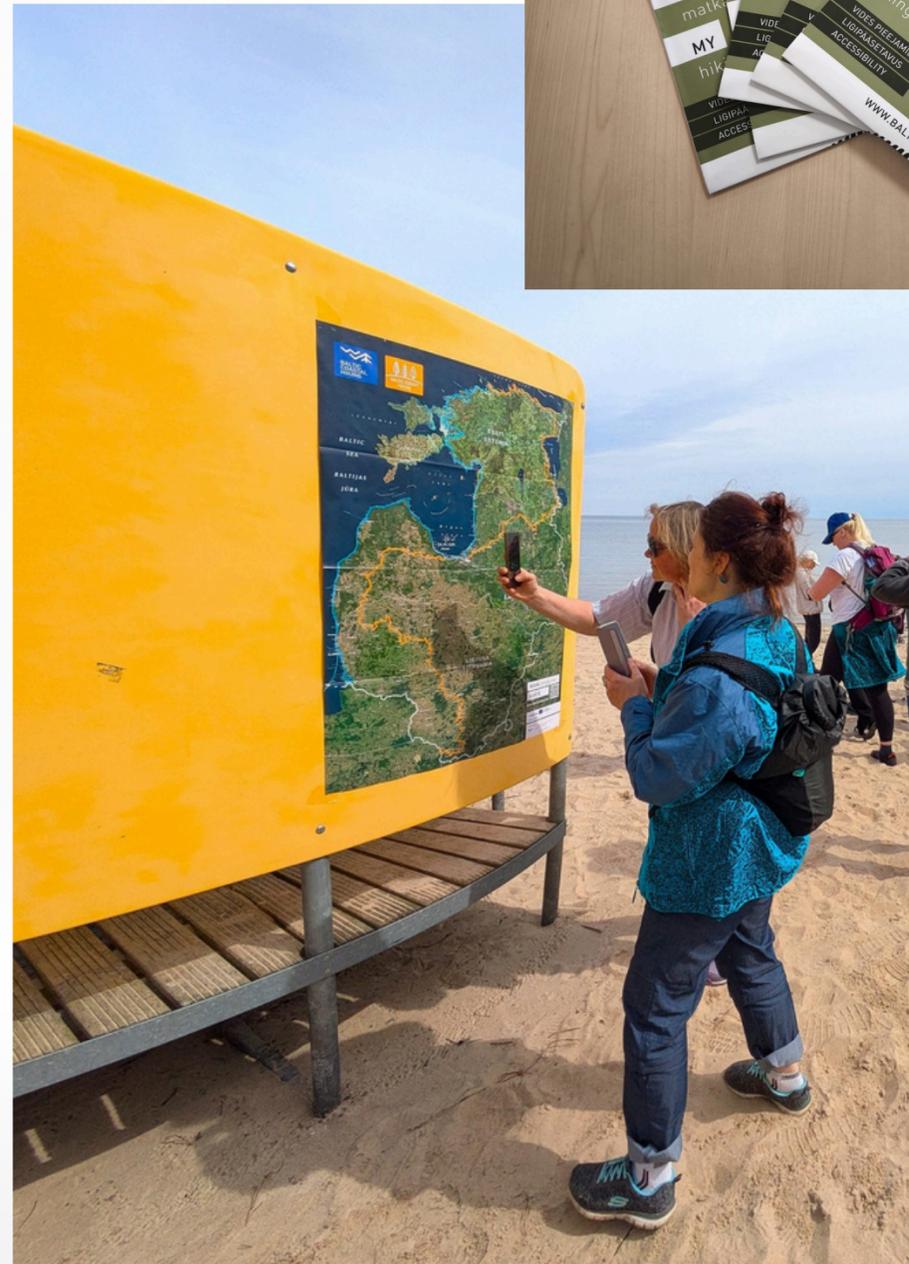


# TESTING



# MAP

Size - A0, challenging because of size and folding,  
20 000 ex.



# REGIONAL SEMINARS - ACCESSIBILITY SOLUTIONS FOR VISUALLY IMPAIRED PEOPLE



Vides pieejamības risinājumi cilvēkiem ar redzes traucējumiem un neredzīgām personām

LIEPĀJA

21.11.2024

Šī gada 21.novembrī plkst. 9.30 Liepājā, Viesnīcā "Amrita" pulcēsimies, lai iepazītos ar vides pieejamības risinājumiem cilvēkiem ar redzes traucējumiem, suņiem asistentiem un suņiem pavadoņiem, diskutētu un iegūtu atbildes uz sev interesējošiem jautājumiem.

Iepriekšēja pieteikšanās obligāta!  
REGISTRĒJIES LĪDZ 18.11.2024

<https://ej.uz/pieejamibaliepaja>

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Estonia – Latvia



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KURZEMES  
PLĀNOŠANAS  
REĢIONS

21.11.2024. Liepāja (participants - 23)  
10.12.2024, Sabile (participants - 23)

Entrepreneurs, Tourist Information Centre employees, municipal project managers, architects



# AUDIO GUIDES

DESCRIPTIONS OF 21 STREACH OF BALTIC COASTAL HIKING TRAIL

DESCRIPTION OF 13 STREACH OF BALTIC FOREST TRAIL

## COSTS

### TRANSLATION

FOREST TRAIL 268 € + TAX

COASTAL TRAIL 226,30 €+ TAX

AVERAGE 0.07€ PER WORD, 17.50 € PER PAGE (250 WORDS)

### RECORDING

FOREST TRAIL LV 1055.50 € +TAX

FOREST TRAIL ENG 1385.70 € +TAX

COASTAL TRAIL LV 891.1 € + TAX

COASTAL TRAIL eng 1244.2 € + TAX

Long distance hiking at Cape St. Vincent... capital of Estonia. It... cean, the English... nd the Baltic Sea. Portugal, Spain, many, Poland, Baltic Coastal Hiking... ne route starts at... illage of Nida in... shishes at the Port

Coastal Hiking trail audio introduction

0:00 / 2:09

Eesti  
Latvija  
Lietuva

Worth seeing Services GPX

## Hiking in Latvia

The Latvian-Lithuanian border post is a Hiking Route in Latvia. It goes through a beach bathed by the Great Sea along with ryegrass and marram grass. This stretch features small peat outcrops and untouched woodlands. Near the Pape Canal you can see a typical landscape with Pape hidden in the reeds. The Baltic Coastal Hiking Route starts at the village of Nida in Latvia and finishes at the Port of Nida.

0:00 / 3:52

Section 1. Nida - P...

BALTIC COASTAL HIKING

Like 0 Share Post

<https://baltictrails.eu/en/coastal>

# AUDIO GUIDES IN NATURE

21 CT

13 FT

151 TOTAL



SIZE A3

MATERIAL Aluminum composite  
Anti-graffiti coating

**COSTS**

DESIGN 48.40€

PRINTING 919.50 € (~6€ PER ONE)



# VIDEO

TRAINING VIDEO + REAL  
MARKETING VIDEO + REAL

The **topic** of our video is beach improvement at Apšuciems beach and the floating wheelchair



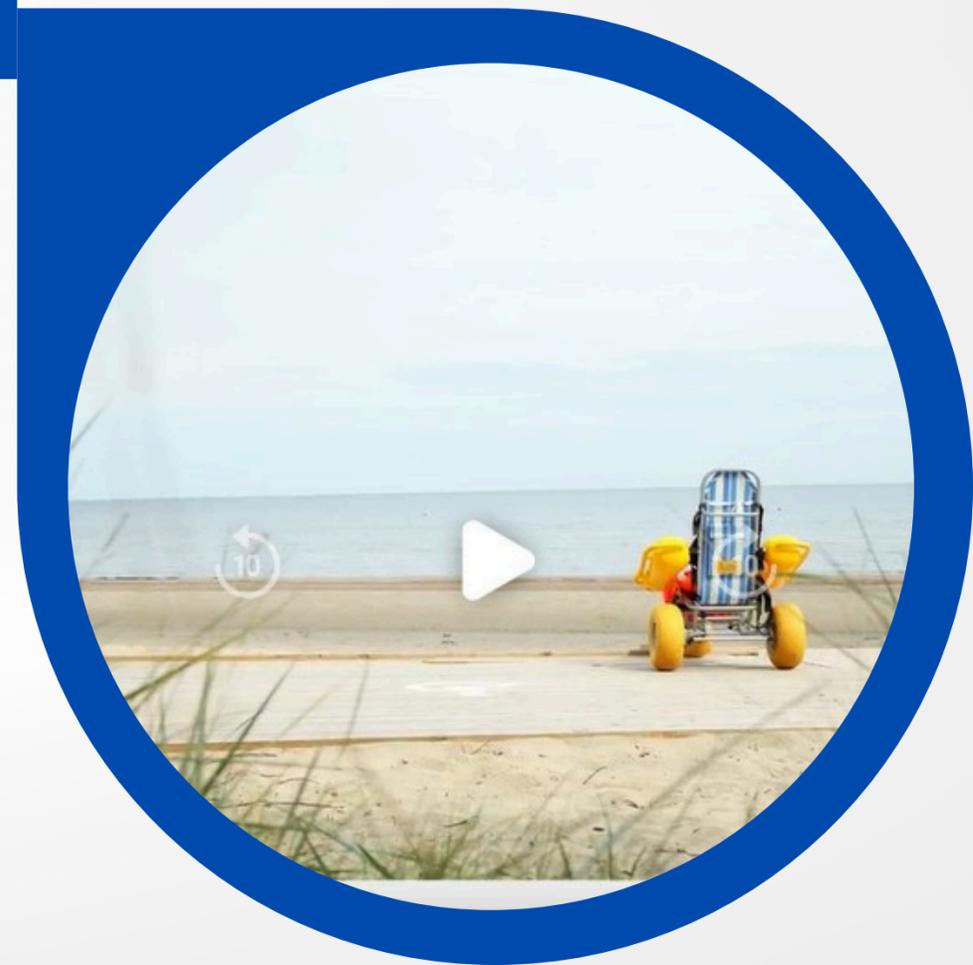
**Made by the Riga Planning Region technical guideline example**

One video (up to 5 minutes) and one short video (reel) for social media use (Facebook and others) (up to 90 seconds, 1080x1920; ratio 9:16)

With subtitles in Latvian and English

## **COSTS**

1452€ FOR ALL VIDEOS (SIA "Klik Klik"), there were also offers for 6679.20€)



## Recomondation

from Apeirons

The main requirement for subtitles is tonal contrast — dark on light — so that the text remains clearly legible even if the video is converted to black and white. It is recommended to use a dark background with light-coloured text, or vice versa. The font size should be at least 14. The most suitable fonts are Arial or Times New Roman.



[Link – Accessible beach video](#)



# TRAINING EVENT FOR SERVICE PROVIDERS AND GUIDES

**On 19 November 2025**, representatives of the tourism sector – guides, accommodation and catering service providers, as well as tourism specialists – gathered at Laipa SPA & Restaurant in Saldus to participate in the seminar **“How to Host Guests with Visual or Intellectual Disabilities.”**

The aim of the seminar was to strengthen knowledge on working with people with functional impairments and to promote the development of a more inclusive and accessible tourism environment in Latvia.

20/42/32 participants.



# NEXT MISSION

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1

FAM/media trips

2

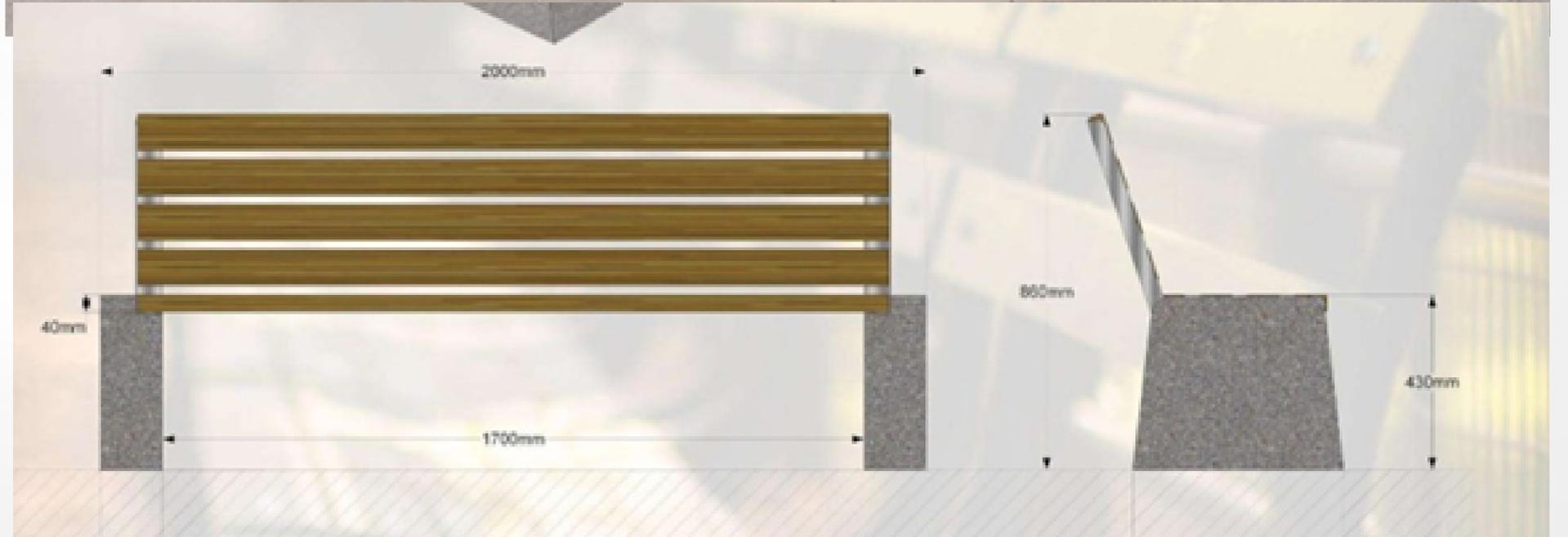
Testing for piloting – hiking event

3

The QR code plates for the audio guides need to be installed.

4

Changing cabin at the Klapkalnciems beach and benches in Klapkalnciems and Apšuciems beach.



# THANK YOU FOR YOUR ATTENTION

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