



BALTIC FOREST  
HIKING

# FOREST TRAIL

long-distance hiking trail  
in **LATVIA / ESTONIA**

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



1060 km



FOREST TRAIL is a long-distance hiking route that **starts in Riga** and **finishes in Tallinn**. It leads through the most forested lands in both countries and three national parks.

FOREST TRAIL is divided into **50 single-day trail sections** and each section is approximately **20 km long**.

You are free to complete any section on the route. Different trail sections have different degrees of difficulty, so everyone can choose the distance best suited for their fitness level.

FOREST TRAIL is designed as a part of the international European long-distance hiking route E11.



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

## FOREST TRAIL IN LATVIA:

Rīga – Vangaži – Sigulda – Līgatne – Cēsis – Valmiera – Strenči –  
Gaujiena – Trapene – Ape – Korneti

1

RIGA AND RIGA  
REGION

56 km

Day 1 – 3

2

GAUJA NATIONAL  
PARK

112 km

Day 4 – 8

3

NORTHERN GAUJA  
FORESTLAND

123 km

Day 9 – 13

4

VECLAICENE  
FORESTLAND

44 km

Day 14 – 15

## FOREST TRAIL IN ESTONIA:

Haanja – Vana-Vastseliina – Värska – Räpina – Alatskivi –  
Mustvee – Kauksi – Toila – Kunda – Loksa – Maardu – Tallinn

5

HAANJA  
UPLAND

54 km

Day 16 – 18

6

SETOMAA  
REGION

73 km

Day 19 – 21

7

PEIPSIMAA  
REGION

255 km

Day 22 – 33

8

NORTH ESTONIAN  
COASTLINE

344 km

Day 34 – 50



## LATVIA **RIGA AND RIGA REGION**

THE PICTURESQUE CONTRAST REGION –  
FROM TOWERS TO FORESTS AND CLIFFS

Old Riga – Rāmkalni, **56 km, Day 1 – 3**

The city of Riga is surrounded by forests, which means that if you begin your hike in the heart of the city, in a couple of hours you will find yourself in a beautiful coniferous forest. The trail leads through a wooded coastal dune area, along Gauja River and along a historical postal road which was once used to travel to neighbouring countries. In early summer, the meadows show a magnificent display of blooming catchflies.



## HIGHLIGHTS OF RIGA AND RIGA REGION

- **Old Riga** – UNESCO World heritage site
- **Freedom Monument** and **Latvian National Opera House**
- **Riga Central Market** – historical aircraft (zeppelin) hangars
- The cultural and natural heritage of **Vērmāne Garden park**
- **Art Nouveau buildings** on Tērbatas Street
- **The Ethnographic Open-Air Museum** of Latvia
- **Riga water supply museum** – industrial heritage
- **Garden of Artists** by Anna Ludiņa
- **Inčukalns** Hunting Palace
- **Hunting trail** and Inčukalns Velnala (Devil's) Cave



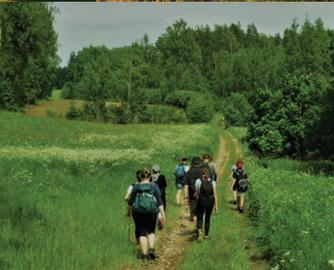


## LATVIA **GAUJA NATIONAL PARK**

GAUJA VALLEY – MOST IMPRESSIVE  
ANCIENT RIVER VALLEY IN LATVIA

Rāmkalni – Valmiera, 112 km, Day 4 – 8

For some 100 km, FOREST TRAIL stretches through the ancient valley of Gauja River and Gauja National Park. The banks of the Gauja River reveal colourful sandstone outcrops which are reflected in the water. The sights are most wonderful in springtime, when bird cherry trees are in full bloom, and in autumn, as the trees turn red and yellow. The ancient valley of Gauja River has a distinctive terrain relief that can fluctuate up to 80 m. The largest part of the road leads through forest paths, along the river, and exits the woods in Līgatne and Sigulda.



## HIGHLIGHTS OF GAUJA NATIONAL PARK

- **The ancient valley of Gauja River** – the deepest river valley in the Baltic States
- **Sigulda** – one of the most popular tourist destinations in Latvia
- **Bobsleigh and Luge Track** Sigulda
- **Sigulda cable car** over river Gauja at a height of 43 m
- **Medieval castles** of Sigulda, Krimulda, Turaida and Cēsis
- **Gūtmaņala Cave**, the largest grotto in the Baltic States
- **Līgatne Nature Trails** offer a chance to observe local wildlife and birds
- **Līgatne Paper Mill Village** – industrial heritage
- **Secret Soviet Bunker** in Skaļupes
- **Medieval Old Town** of Cēsis
- **Devil's Cave cliff, Kūķu Rock, Zvārtes Rock, Ērgēļu Cliffs and Sietņiežis** – the most impressive Devonian sandstone outcrops in Latvia
- **Valmiera** – northern gateway to the Gauja National Park



## LATVIA **NORTHERN GAUJA FORESTLAND**

MOST UNTOUCHED FOREST  
REGION OF VIDZEME

Valmiera – Trapene, 123 km, Day 9 – 13

One of the least populated and most densely forested areas on FOREST TRAIL. The forests are abundant in mushrooms and berries, birds and wild animals. Here Gauja, the longest river in Latvia, curves along inland dune ranges which are covered in scarce, transparent pine forests. The land is covered in white reindeer moss which enchants the forest with a bright, sun-lit hue. Climb to the peaks of the hills to take in the panorama in its full splendour: river bends, vast meadows and ancient, majestic oak trees. Here you can see the typical Latvian landscape with individual farmsteads enclosed by forests and fields.

## HIGHLIGHTS OF NORTHERN GAUJA FORESTLAND

- **Park of Senses** on the bluffs of the Gauja River – trail in the trees and barefoot trail in Valmiera city
- **The bridge over the Gauja River** next to Strenči
- **Strenči** – a town with ancient rafter traditions
- **Seda** – a town built in socialist urban style, featuring classical architecture of Stalin's era
- **Cirgaļi inland dunes** and a viewing tower
- **Castle of Zvārtava** – a Neogothic castle built in 1881
- **Trapene** larch alley
- **Kalamecu - Markūzu ravines** – magnificent ravines with waterfalls and a cave-like niche





## LATVIA **VECLAICENE FORESTLAND**

MOST BEAUTIFUL NORTH LATVIAN  
HIGHLANDS

Trapene – Korneti, **44 km, Day 14 – 15**

FOREST TRAIL stretches over the hillocks of Alūksne. This is one of the most difficult hiking sections, since the area is hilly. There are many glacial ravines and hills featuring panoramic views stretching all the way to Estonia and Munamägi. The highest hills are castle hills with thousands of years of history, which were purposefully selected for their high ground so that any hostile armies could be seen far away. In this section, FOREST TRAIL takes a small detour through Paganamaa or Devil's Land in Estonia, where hikers will find a viewing tower overlooking the picturesque forest lakes. The scenery is most beautiful in spring, when dandelions are in bloom, and in autumn, as leaves turn red.

## HIGHLIGHTS OF VECLAICENE FORESTLAND

- **Landscapes of Alūksne hillocks** with hills and lakes
- **Historical centre of Ape** – dolomite buildings and cobblestones
- **Kornetu - Peļļu subglacial bed** – one of the most impressive in Latvia
- **Drusku castle mound** and Dzērve hill watchtower
- **Witches' Cliffs** on the bank of the Vaidava River





## ESTONIA **HAANJA UPLAND**

SUUR MUNAMÄGI IN HAANJA NATURE PARK -  
THE HIGHEST PEAK IN THE BALTICS

Loogamäe – Vana-Vastseliina, **54 km, Day 16 – 18**

The best view of the 50 km wide landscape of Haanja Upland opens from the Suur Munamägi viewing tower. Suur Munamägi reaches 318 m above sea level, and it is the highest peak in the Baltic states. FOREST TRAIL leads through minor rural roads here, along farmsteads. Forests in this region alternate with agricultural land.



## HIGHLIGHTS OF HAANJA UPLAND

- **Haanja Nature Park** – diverse landscapes and beautiful nature
- **Suur Munamägi viewing tower**
- **Cafe at the highest peak** in the Baltic states
- **Traditional smoke sauna** – UNESCO intangible cultural heritage
- **Nopri farmstead** – local dairy producer
- **Vastseliina Bishop's Castle Ruins and Pilgrim's House**
- National Geographic yellow frames in the villages of **Haanja** and **Vana-Vastseliina**



## ESTONIA **SETOMAA REGION**

SETOMAA – DIVERSE NATURE COMBINED WITH AUTHENTIC CULTURE

Vana Vastselliina – Ristipalo, 73 km, Day 19 –21

Setomaa or “the Land of Setos” is inhabited by Setos – an ethnographic group with specific ancient traditions and a unique language dialect. FOREST TRAIL hikers can visit the traditional Setos homestead and enjoy Setos cuisine. The forests of the region are especially charming in early autumn, when the ground is coloured lilac by the blooming heather. One of the most beautiful sections of the trail in Setomaa leads along the Piusa River, where the river is surrounded by sandstone outcrops. Located at the Väraska Bay, underneath a beautiful pine forest there is Väraska resort with its sanatorium and SPA which use the strengths of local nature: mineral water and lake mud. Väraska mineral water is well known in Estonian and elsewhere.

## HIGHLIGHTS OF SETOMAA

- **Unique culture** – traditions, architecture, handicrafts, language, cuisine
- **Seto leelo** – Seto traditional polyphonic singing, UNESCO intangible cultural heritage
- **Forest sites** for picking wild mushrooms and berries
- Valley of the **Piusa River**, caves and bats
- **Härma Walls** – Estonia's highest Devonian sandstone outcrop
- **Mustoja Landscape Protection Area**
- **Seto museums** in Värskä, Saatse and Obinitsa
- **Värskä mineral water and healing mud**
- National Geographic yellow frames in the villages of **Obinitsa** and **Podmotsa**





## ESTONIA PEIPSIMAA REGION

### FISHING VILLAGES AND ONION ROUTE

Ristipalo – Kuremäe, 255 km, Day 22 – 33

Lake Peipus is so large that it could be mistaken for sea. FOREST TRAIL leads along the shores of the lake, passing through villages that are linked together by long streets. The streets are packed with rows of colourful houses. An influence of Orthodox culture can be sensed in the way these villages are constructed. Since the time of the Russian Emperor Tsar Nicholas, a tradition of growing onions persists in this region, and often people sell strings of home-grown onions on street sides. Visitors can buy fresh fish from Lake Peipus in shops or enjoy delicious meals served in local restaurants. As FOREST TRAIL reaches the northern shore of Lake Peipus, the route stretches along a sandy beach for two days.



## HIGHLIGHTS OF PEIPSIMAA REGION

- **Peipus** – the fourth largest lake in Europe
- **Kavastu Ferry** – the only manually powered ferry in the Baltic states
- **Emajõe wetland** with a wooden footpath
- **Varnja, Kolkja, Kallaste, Mustvee** – Old Believers' villages, where onions are traditionally grown
- **Fishing traditions and fish restaurants** in Lake Peipus
- **Alatskivi castle**
- **Kallaste sandstone cliffs**
- **Lake Peipus lighthouses**
- **Avinurme** handicraft centre
- **Sandy beach** on the northern shore of Lake Peipus
- **Alutaguse National Park** is one of the most densely wooded and swampy areas in Estonia
- **Kuremäe Monastery** – a popular pilgrimage place area



## ESTONIA **NORTH ESTONIAN COASTLINE**

LAHEMAA NATIONAL PARK, WATERFALLS, STONES AND CLIFFS

Kuremäe – Tallinn, **344 km, Day 34 – 50**

In the Northern Estonia section of the route, nature becomes harsher and increasingly Nordic. Here you can see the glacial boulders the size of a house, sparsely populated islands with pristine scenery, as well as waterfalls that are quite wide and tall for the Baltic region. The North Estonian Klint is a long rocky outcrop on the coast of the Baltic Sea. Walking on the shore of the Gulf of Finland a spectacular landscape of both rocky and sandy beaches may be observed. Lahemaa National Park is characterised by many bays, peninsulas, forests and villages of rich cultural heritage. FOREST TRAIL passes through the typical Estonian juniper fields and into the suburbs and the centre of Tallinn.

## HIGHLIGHTS OF NORTH ESTONIAN COASTLINE

- **The North Estonian Klint** – the most impressive outcrop in the Baltics
- **Waterfalls** and the largest boulders of Northern Europe
- Industrial heritage in **Kunda**
- **Lahemaa** – the oldest national park in the Baltic States
- **Altja** – a traditional fishing village
- **Käsmu** – a popular Estonian sea captains' village
- **Purrekkari Cape** – the northernmost point of the Estonian mainland
- **Military heritage** – coastal fortifications
- **Pirita** – the most popular resort and Olympic centre in Tallinn
- **Old Town of Tallinn** – UNESCO heritage site



## GENERAL INFORMATION ABOUT LATVIA & ESTONIA

	ESTONIA	LATVIA
Capital	Tallinn	Riga
Territory km <sup>2</sup>	45 227	64 573
Population	1 318 700	1 950 000
Population density: inhabitants per km <sup>2</sup>	28.8	30.02
Forest area (Mill. Ha)	2.33	3.38
Language	Estonian. Inhabitants also speak English, German or Russian.	Latvian. Inhabitants also speak English, German or Russian.
Currency	EUR	EUR
Country code	+ 372	+ 371
Local time	GMT + 2 hours	GMT + 2 hours

## GETTING THERE & AROUND

It is very easy to visit Latvia and Estonia in one trip for a variety of reasons: relatively short travelling distances between and within the countries due to their relatively small size, no border formalities between them since they both belong to the European Union and the same time zone, the same currency, and similar climate.

The main airports are located in the capitals: Tallinn and Riga. Ferry ports are located in the cities of Tallinn in Estonia, and Riga, Liepāja and Ventspils in Latvia, local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn. Tickets are also available to buy online.

Sites on the route can be reached by rented car, public transportation or through a pick-up service from the accommodation provider. When travelling by local public transportation it is recommended to check schedules in advance and pre-arrange pick-up transfers from bus or train stations with the hosts in the countryside.



## AIRPORTS

### LATVIA

Riga [www.riga-airport.com](http://www.riga-airport.com)  
Liepaja [www.liepaja-airport.lv](http://www.liepaja-airport.lv)

### ESTONIA

Tallinn [www.tallinn-airport.ee](http://www.tallinn-airport.ee)  
Tartu [www.tartu-airport.ee](http://www.tartu-airport.ee)  
Kuressaare [www.kuressaare-airport.ee](http://www.kuressaare-airport.ee)  
Kärda [www.kardla-airport.ee](http://www.kardla-airport.ee)  
Pärnu [www.parnu-airport.ee](http://www.parnu-airport.ee)



## COACHES

Lux Express: [www.luxexpress.eu](http://www.luxexpress.eu)  
Ecolines: [www.ecolines.eu](http://www.ecolines.eu)



## CAR RENTAL

Avis, Budget, Sixt, Hertz and other international car rental companies.



## LOCAL BUSES AND TRAINS



### LATVIA

Enquiry service, including public transport:  
[www.1188.lv](http://www.1188.lv)

Buses: [www.autoosta.lv](http://www.autoosta.lv)

Trains: [www.pv.lv](http://www.pv.lv)

### ESTONIA

Buses: [www.tpilet.ee](http://www.tpilet.ee)  
(regional transport tickets online);  
[www.peatus.ee](http://www.peatus.ee) (route search, city transport,  
regional transport).

Trains: [www.elron.ee](http://www.elron.ee)



## FERRIES

### Stenalines

Passenger transport services from Germany, Travemünde to Liepaja (LV) and from Sweden, Nynashamn to Ventspils (LV).  
[www.stenaline.lv](http://www.stenaline.lv)

### Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger transport services in the northern Baltic Sea region. Routes: Helsinki – Tallinn, Helsinki – Stockholm, Riga – Stockholm, Tallinn – Stockholm.  
[www.tallinksilja.com](http://www.tallinksilja.com)

### Viking Line

A market-leading brand in passenger traffic on the northern Baltic Sea.  
Route: Tallinn – Helsinki.  
[www.vikingline.com](http://www.vikingline.com)

### Eckerö Line

Estonian ferry line and a travel agency.  
Route: Tallinn – Helsinki  
[www.eckeroline.ee/en](http://www.eckeroline.ee/en)

### Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:

- Aegna, Prangli and other small islands  
[www.veeteed.com](http://www.veeteed.com)
- Naissaar  
[www.monica.ee](http://www.monica.ee)
- Muhumaa, Hiiumaa and Saaremaa  
[www.praamid.ee](http://www.praamid.ee)

# THE CAPITAL CITIES

## TALLINN

Tallinn is a medieval Hanseatic town situated side by side with the 21st century city of modern glass buildings. The Old Town of Tallinn is an outstanding and exceptionally well preserved example of a medieval northern European trading city and a UNESCO World Heritage site.

**Tallinn Tourist Information Centre:**

Niguliste 2, 10146 Tallinn, Estonia

Phone: + 372 645 7777

[www.visittallinn.ee](http://www.visittallinn.ee)

## RIGA

Riga is the metropolis of the Baltics, featuring a picturesque medieval old town, a UNESCO World Heritage Art Nouveau architecture, and a modern city that has maintained its' close connection with the nature. Many parks within the city, river Daugava, woods and lakes of the region makes it a destination of every interest.

**Riga Tourist Information Centre:**

Rātslaukums 6, Riga, Latvia

Phone: +371 6703 7900

[www.LiveRiga.com](http://www.LiveRiga.com)

## GOOD TO KNOW:

- **There are Tourist Information Centres** in cities, towns and many rural villages. They offer maps, guidebooks, guide services and advice to tourists.
- **Major payment cards in use:** Cash and card payments are accepted in shops. When visiting the countryside, it is advised to be prepared for using cash as card payments might not be accepted in all places. ATMs are easy to find in cities and towns.
- **People in cities and young people usually speak English** as their first foreign language. In the countryside, older generations might not speak any foreign languages. Even if so, out of their natural hospitality they will always do their best to understand visitors and take good care.
- **Prepaid SIM-cards are available** from grocery stores and other distributors.
- **There is a good Wi-fi network coverage**, however, in some remote rural areas internet might not always be available.
- **Tap water is drinkable.**



**INFORMATION  
ABOUT LATVIA &  
ESTONIA**

**[www.visitestonia.com](http://www.visitestonia.com)** – official tourism website of Estonia

**[www.latvia.travel](http://www.latvia.travel)** – official tourism website of Latvia

**[www.maaturism.ee](http://www.maaturism.ee)** – Estonia Rural Tourism Organisation

**[www.celotajs.lv](http://www.celotajs.lv)** – Latvian Country Tourism Association

**WWW.BALTICTRAILS.EU/FOREST**

**INFORMATION:**

 **LATVIA**  
**Mežtaka – Forest Trail**

 **Meztaka**

 **ESTONIA**  
**Metsa matkarada - Baltic Forest Hiking - Mežtaka**

**LEAD PARTNER:**

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**Lauku Ceļotājs**  
[www.celotajs.lv](http://www.celotajs.lv)

**PROJECT PARTNERS:**

**LATVIA**



**ESTONIA**



**IMAGE COURTESY OF:**

Ainars Gaidis, Anita Vaivode, Alviņš Grīvnieks, Mareks Gaļinovskis;  
Tourist Information Centres of Cēsis and Valmiera;  
Vidzeme Olympic Centre; project Forest Trail partners.

**ABOUT THE PROJECT:**

The project “Long-distance cross-border hiking route FOREST TRAIL” (04/01/2019 - 06/30/2021) is partly funded by the European Union and the Central Baltic Programme of the European Regional Development Fund.  
More information on the project: [www.celotajs.lv/lv/project/19](http://www.celotajs.lv/lv/project/19)



**EUROPEAN UNION**  
European Regional Development Fund



The publication reflects the opinion of the author, and the leading institution of the programme is not responsible for the possible use of the information contained herein.

# FOREST TRAIL

long-distance hiking trail in **LATVIA / ESTONIA**

1060 km

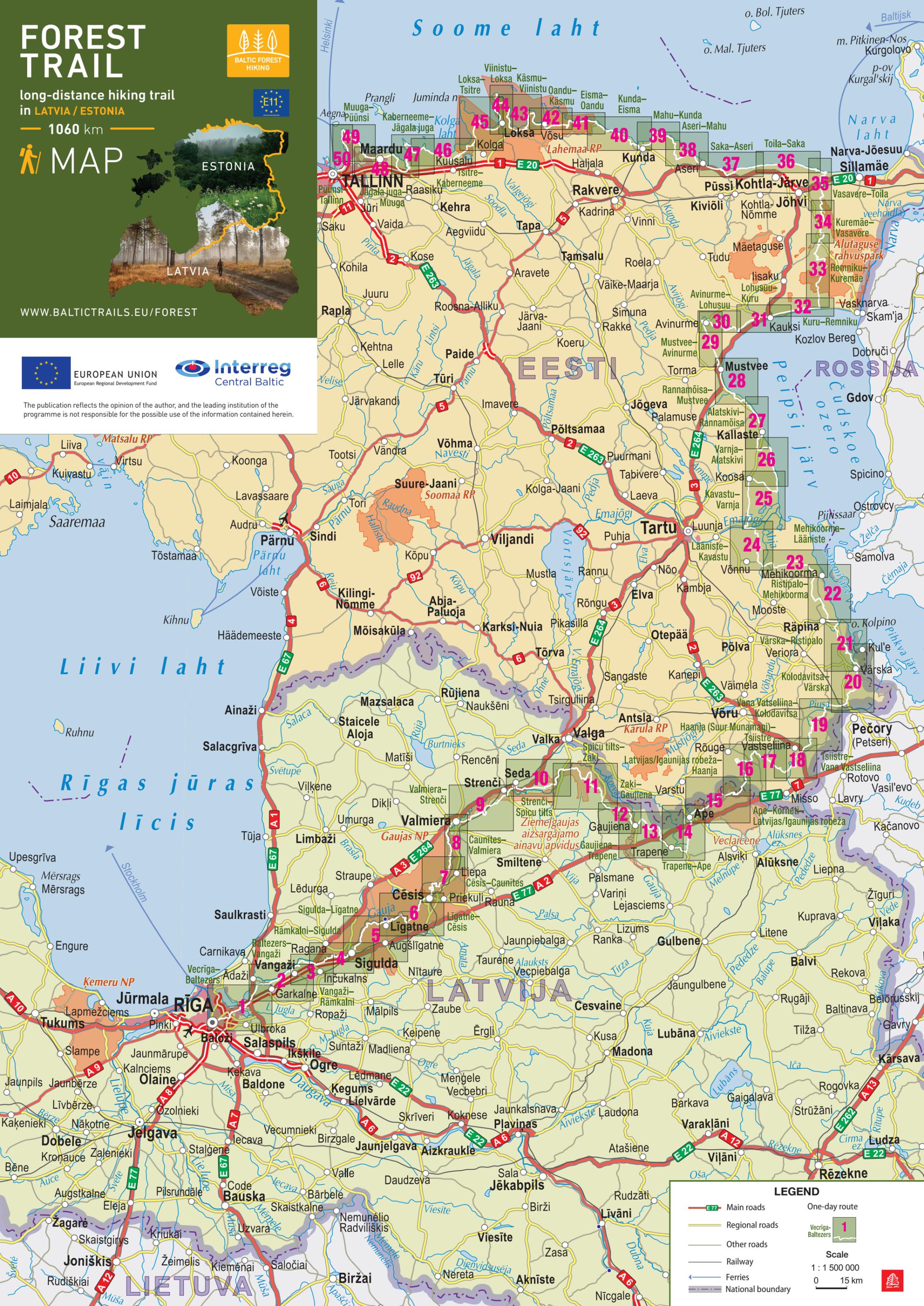
MAP



WWW.BALTICTRAILS.EU/FOREST



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**LEGEND**

- Main roads
- Regional roads
- Other roads
- Railway
- Ferries
- National boundary

One-day route

Vecrīga-Baltezers

Scale

1 : 1 500 000

0 15 km





**FOREST TRAIL is divided into eight regions** that feature different landscapes, terrains, natural heritage sites that contribute to the hiking experience. These eight regions are **Riga and Riga region, Gauja National Park, Northern Gauja Forestland, Veclaicene Forestland, Haanja Upland, Setos Land, Lake Peipus shore, and North Estonia coastline**. The description of each region notes the most popular and attractive sites along FOREST TRAIL.

The map shows the entire FOREST TRAIL route and its eight regions. Next to each single-day section you will find the distance to be covered, estimated time, degree of difficulty, and populated areas along the route.



### 1 LATVIA RIGA AND RIGA REGION

THE PICTURESQUE CONTRAST REGION – FROM TOWERS TO FORESTS AND CLIFFS  
Old Riga – Rāmkalni, 56 km, Day 1 – 3

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
1.	VECRĪGA - BALTEZERS	19	6-8	●	Rātslaukums – Kaļķu street – Inženieru street – Vērmāne Garden park – Tērbatas street – Tallinas street – Krišjāņa Barona street – Pērnavas street – Zemitāni railway station pedestrian bridge – Ieriķu street – Kastrānes street – Raunas street – Ķeguma street – Bīķernieku forest – Šmerlis – Šmerļa forest – Brīvības avenue – Melderu street – Rožu street (avenue) – Rīgas-Siguldas highway pedestrian-cycle path – Senču avenue – Baltezers
2.	BALTEZERS - VANGAŽI	22	7-9	●	Baltezers (Senču avenue – Mētru street – Alderu street – Kanāla street) – Alderi – Garkalne – Ārji – Romantika – Vangaži
3.	VANGAŽI - RĀMKALNI	15	5-7	●●	Vangaži – Pavēji – Kārļzemnieki – Rāmkalni

### 2 LATVIA GAUJA NATIONAL PARK

GAUJA VALLEY – MOST IMPRESSIVE ANCIENT RIVER VALLEY IN LATVIA  
Rāmkalni – Valmiera, 112 km, Day 4 – 8

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
4.	RĀMKALNI - SIGULDA	19	6-8	●●	Leisure park "Rāmkalni" – Gauja – Viesulēni – Kaķīši – Sigulda (across Kalna, Šveices and Ausekļa streets)
5.	SIGULDA - LĪGATNE	24	8-10	●●	Sigulda (Pils street – Līvkalna street – Miera street) – Līgatne nature trails – Līgatne (across Dārza and Brīvības streets).
6.	LĪGATNE - CĒSIS	26	8-10	●●●	Līgatne (Brīvības street – Gaujas street) – Skaļupes trail – Skaļupes – Ķūku cliff – Amatas geological trail – Zvārtes cliff – V329 road (up to Krustkalni) – Rakši – Meijermuiža – Cirulīši nature trails – Cēsis (Gaujas street)
7.	CĒSIS - CAUNĪTES	23	7-9	●●	Cēsis (Peldu street – Dzirnava street – Upes street) – water camp "Lenči" – Ērģeļu cliffs – Pieškalni – Rāmnieki – "Caunītes"
8.	CAUNĪTES - VALMIERA	20	6-8	●	"Caunītes" – Sietņiezis – Valmieras bypass – Jumaras street – Leona Paelges street – "Dzelzītis" – Plostnieku street

### 3 LATVIA NORTHERN GAUJA FORESTLAND

MOST UNTOUCHED FOREST REGION OF VIDZEME  
Valmiera – Trapene, 123 km, Day 9 – 13

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
9.	VALMIERA - STRENČI	29	1 long day or 2 days	●●●	Valmiera (Cēsu street) – Atpūtas park – Vanšu bridge – Energētīķis – Brenģuļi – Pūpoli – Ūdrīni – Gauja bridge next to Strenči (Trikātas street)
10.	STRENČI - SPICU BRIDGE	27	1 long day or 2 days	●●●	Gauja nature trail – Kauči – Oliņas – Spicu bridge
11.	SPICU BRIDGE - ZAĶI	31	1 long day or 2 days	●●●	Spicu bridge – Kokšu lakes – Cirgaļu dunes – Zaķi
12.	ZAĶI - GAUJIENA	15	5-7	●	Zaķi – Zvārtava – Gaujiena
13.	GAUJIENA - TRAPENE	21	7-9	●	Gaujiena – Līzespasts – Trapene

### 4 LATVIA VECLAICENE FORESTLAND

MOST BEAUTIFUL NORTH LATVIAN HIGHLANDS  
Trapene – Korneti, 44 km, Day 14 – 15

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
14.	TRAPENE - APE	19	6-8	●	Trapene – Ādams – Ape
15.	APE - KORNETI - LATVIAN/ ESTONIAN BORDER	25	8-10	●●●	Ape – Dauškāni – Pelji – Paganamaa (In Estonia) – Renci – Druskas – Korneti – Latvian/Estonian border

**LEGEND:** Route Start, Finish Required hours to complete a one-day route  
 One-day route length in kilometers The course of the route  
 - easy - medium - hard

### 5 ESTONIA HAANJA UPLAND

SUUR MUNAMÄGI IN HAANJA NATURE PARK – THE HIGHEST PEAK IN THE BALTICS  
Loogamäe – Vana Vastseliina, 54 km, Day 16 – 18

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
16.	LOOGAMÄE - HAANJA (SUUR MUNAMÄGI)	23	7-9	●●	Loogamäe – Luutsniku – Viitina – Haanja
17.	HAANJA (SUUR MUNAMÄGI) - TSIISTRE	12	4-6	●	Haanja – Kirbu – Pari – Tsiistre
18.	TSIISTRE - VANA-VASTSELIINA	19	6-8	●	Tsiistre – Möldre – Vana-Vastseliina

### 6 ESTONIA SETOMAA REGION

SETOMAA REGION – DIVERSE NATURE COMBINED WITH AUTHENTIC CULTURE  
Vana – Vastseliina – Ristipalo, 73 km, Day 19 – 21

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
19.	VANA-VASTSELIINA - KOLODAVITSA	26	8-10	●●●	Vana-Vastseliina – Piusa River valley – Lindsi – Obinita – Piusa – Kolodavitsa
20.	KOLODAVITSA - VÄRSKA	22	7-9	●●	Kolodavitsa – Säpina – Ōrsava – Värška
21.	VÄRSKA - RISTIPALO	25	8-10	●●	Värška – Laossina – Toomasmäe – Varesmäe – Ristipalo

### 7 ESTONIA PEIPSIMAA REGION

FISHING VILLAGES AND ONION ROUTE  
Ristipalo – Kuremäe, 255 km, Day 22 – 33

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
22.	RISTIPALO - MEHIKOORMA	23	7-9	●	Ristipalo – Raigla – Naha – Meeksi – Mehikoorma
23.	MEHIKOORMA - LÄÄNISTE	26	8-10	●●	Mehikoorma – Jõpera – Järvselja – Lääniste
24.	LÄÄNISTE - KAVASTU	20	7-9	●	Lääniste – Aruaia – Kavastu
25.	KAVASTU - VARNJA	31	10-12	●●●	Kavastu – Viira – Tähemaa – Põdra – Koosa – Vanaussaa – Varnja
26.	VARNJA - ALATSKIVI	19	6-8	●	Varnja – Kasepää – Kolkja – Nina – Alatskivi
27.	ALATSKIVI - RANNAMÕISA	19	6-8	●	Alatskivi – Pusi – Kallaste – Kodavere – Rannamõisa
28.	RANNAMÕISA - MUSTVEE	19	6-8	●	Rannamõisa – Omedu – Kasepää – Tiheda – Kükita – Raja – Mustvee
29.	MUSTVEE - AVINURME	20	7-9	●	Mustvee – Avinurme
30.	AVINURME - LOHUSUU	16	5-7	●	Avinurme – Separa – Lohusuu
31.	LOHUSUU - KURU	17	6-8	●	Lohusuu – Rannapungerja – Kauksi – Kuru
32.	KURU - REMNIKU	15	5-7	●	Kuru – Uusküla – Katase – Alajõe – Remniku
33.	REMNIKU - KUREMÄE	30	10-12	●●●	Remniku – Kaatermu – Kaidma – Kuremäe

### 8 ESTONIA NORTH ESTONIA COASTLINE

LAHEMAA NATIONAL PARK, WATERFALLS, STONES AND CLIFFS  
Kuremäe – Tallinn, 344 km, Day 34 – 50

Day	Route Start, Finish	One-day route length in kilometers	Required hours to complete a one-day route	Difficulty	The course of the route
34.	KUREMÄE - VASAVERE	16	5-7	●	Kuremäe – Konsu – Vasavere
35.	VASAVERE - TOILA	25	8-10	●●	Vasavere – Oru – Voka – Toila park – Toila
36.	TOILA - SAKA	21	10-14	●●●	Toila – Martsa – Valaste – Ontika – Saka
37.	SAKA - ASERI	22	8-10	●●●	Saka – Moldova – Purtse – Liimala – Aseri
38.	ASERI - MAHU	20	7-9	●	Aseri – Kalvi – Kurna – Koila – Mahu
39.	MAHU - KUNDA	18	6-8	●	Mahu – Männiku – Letipea – Lontova – Kunda
40.	KUNDA - EISMA	19	6-8	●	Kunda (Kasemäe põik – Kalda – Koidu – Toolse tee) – Toolse – Karepa – Eisma
41.	EISMA - OANDU	16	5-7	●	Eisma – Vainupea – Mustoja – Altja – Oandu
42.	OANDU - KÄSMU	18	6-8	●	Oandu – Vosu – Käsmu
43.	KÄSMU - VIINISTU	26	8-10	●●	Käsmu – Eru – Vihaseo – Kasispea – Turbuneeme – Viinistu
44.	VIINISTU - LOKSA	20	7-10	●	Viinistu – Purekkari – Pärisea – Suurpea – Loksa – Kuivoja
45.	LOKSA - TSITRE	21	7-9	●	Kuivoja – Hara – Pedaspea – Pudisoo – Tsitre
46.	TSITRE - KABERNEEME	22	8-10	●	Tsitre – Muksi – Põhja – Salmistu – Haapse – Kaberneeme
47.	KABERNEEME - JÄGALA WATERFALL	24	8-10	●	Kaberneeme – Ihasalu – Neeme – Jägala-Joa – Jägala waterfall
48.	JÄGALA WATERFALL - MUUGA	20	7-9	●	Jägala waterfall – Koogi – Muri – Ūlgase – Kallavere – Muuga
49.	MUUGA - PÜÜNSI	19	6-8	●	Muuga – Randvere – Leppneeme – Rohuneeme – Püünsi
50.	PÜÜNSI - TALLINN	17	6-8	●	Püünsi – Pringi – Haabneeme – Pirita – Tallinn