



# FOREST TRAIL

## long-distance forest hiking trail in Latvia and Estonia

The Forest Trail is a long-distance hiking route from Rīga, Latvia, to Tallinn, Estonia, passing through the most afforested territories in both countries. The route is split up into approximately 50 one-day routes, each of them around 20 kilometres long. Some of the routes are more difficult than others, so please choose the ones that are most appropriate for you. The forest trail is planned as part of the E11 European long-distance hiking path.



LATVIA / ESTONIA



## FACTS AND NUMBERS

NAME IN LATVIAN:

**Mežtaka**

NAME IN ESTONIAN:

**Metsa matkarada**

LENGTH:

**~1,100 km**

ROUTE:

**Rīga - Gauja National Park - Northern Gauja- Vecclaicene Protected Landscape Area - Setomaa - Lake Peipus Shores - Northern Estonian Coastline - Tallinn**

HIGHEST POINT:

**Great Munamägi (318 m/asl)**

LARGEST LAKE:

**Lake Peipus**

DEEPEST VALLEY:

**Ancient Gauja River Valley with sandstone cliffs from the Devonian period**

MOST IMPRESSIVE REVEALED CLIFFS:

**In Northern Estonia**

HIGHEST WATERFALL:

**Valaste waterfall, 26 m**

MOST IMPRESSIVE WATERFALL:

**Jägala waterfall**

LARGEST BALTIC ROCK:

**Ehalkivi (930 m<sup>3</sup>)**

LONGEST MAN-MADE UNDERGROUND

SANDSTONE LABYRINTH:

**Piusa cave**

EXPECTED DURATION OF HIKE: ~

**seven weeks, 50 days**

- More than 400 natural and historical objects in the historical cultural space of Livonian and Setos tribes.
- Most of the forest types and biotopes of the Baltic region.
- An outstanding diversity of mushrooms, mosses, lichens, plants and animals.
- An opportunity to spot the largest European animal, the moose, as well as wolves, lynxes and bears.
- Outstanding locations for bird watching.
- Three national parks, nature parks and other protected natural territories.
- Islands in the Gulf of Finland alongside the route in Northern Estonia.
- Two capital cities, Rīga and Tallinn, with historical city centres with UNESCO status.



E-Paths are the European long distance trails which link the countries from North Cape to Crete and from the Atlantic Ocean to the Carpathians and the Black Sea. There are 12 E-Paths, bearing the name of E1 to E12. These E-Paths are waymarked and maintained by the members of the European Ramblers Association.

**E11: 2.070 km** Scheveningen (NL) – Osnabrück (D) – Potsdam (D) – Poznań (PL) – Ogrodniki (PL) and to be further developed in the Baltic States.



INFO:



Facebook.com/meztaka



Instagram.com/meztaka

[baltictrails.eu/forest](http://baltictrails.eu/forest)

INFORMATION  
AND LEAD  
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PROJECT  
PARTNERS:

Nature Conservation Agency  
Joint Stock Company "Latvia's State Forests" (LVM)  
Vidzeme Planning Region  
Rīga Planning Region  
Estonian Rural Tourism Organization  
Peipsimaa Tourism  
Setomaa Tourism  
Ökokuller  
Pohja-Eesti Tourism (associated partner)

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