

# HIKING ROUTES

## GENERAL INFORMATION

## Long-distance HIKING ROUTES BALTIC COUNTRIES



WWW.BALTICTRAILS.EU

The map marks and describes 10 long-distance hiking routes in the Baltic states. Each of the routes is divided into sections, so you can also do a shorter, pre-selected part of the route, depending on time and availability.

**NATURE** There is a great diversity of landscapes and nature in the Baltic states. Upland landscapes alternate with lowlands, small towns with less affected natural areas. Less than half of the total area is covered by forests of various types, and the coastline, including islands, stretches some 4 400 km. Hiking trails also cross wetlands (marshes, wet forests, places where natural springs form, etc.), various types of meadows, and run along spectacular river valleys and lakeshores. Walking quietly, you can see animals and observe a great variety of birds, especially during spring and autumn migrations. The Baltic countries have 15 national parks and other specially protected areas to preserve nature and culture. There are no (or very few) strong natural disasters. There is no strong tide at the seashore. There are also no predatory animals or poisonous animals dangerous to humans, with the exception of the viper. There are four distinct seasons in the Baltic states. Temperatures can drop to -20-25°C or more in cold winters and 25-30°C or more in hot summers.

**INFRASTRUCTURE** The hiking routes are equipped differently. Special rest, tent and campfire areas, signs and tourist information stands have been set up near some routes or sections of routes. The location of the amenities for each particular route should be known before the hike.

**SERVICES** Accommodation, resting and camping areas are located close to the routes. It is advisable to learn about their location before going outdoors. If the walk is planned during the tourist season, it is advisable to book accommodation in advance. Catering establishments are located in the major population centres. Shops are most often available within a day's walk, but there are sections of routes where both catering establishments and shops will not be available within a day's walk or even several days' walk.

**EQUIPMENT REQUIRED** Clothing must be appropriate for the season and the weather forecast. Waterproof clothes and footwear are useful for longer walks. When travelling through less populated areas, a power bank for your phone, a few meals and water will come in handy. It is advisable to bring cash.

**DRINKING WATER** Tap water is drinkable in the Baltic countries. Water can be bought in shops. If you run out of water, you can go to a nearby house and ask. There are springs in some places along the way. You can also drink water from rivers and lakes by boiling it or adding a purification tablet.

### "HIKER-FRIENDLY" LABEL



Hiker-friendly label is awarded to tourism service providers in the Baltic states. It indicates that the company understands and respects the needs of hikers and that they are welcome here. The company offers essential and necessary services for hikers, such as route information, drinking water, first aid kit, charging of electrical appliances, while the accommodation can dry wet and wash dirty clothes, boots and personal equipment.

Project LLI-448 "Development of Forest trail in Latvia and Lithuania and expanding the Baltic Coastal Hiking route in Lithuania" (Hiking project) is implemented with the support of the European Union Interreg V-A Latvia-Lithuania Cross Border Cooperation Programme 2014-2020.

The aim of the project is to create and promote two joint cross-border long-distance hiking trails crossing the territory of Latvia and Lithuania, thus increasing the number of tourists in the region.

Planned results of the project:  
• Development and promotion of the Southern part of the Forest Trail in Latvia and Lithuania and the Southern part of the Baltic Coastal Hiking Route in Lithuania. Both routes will be connected to the already existing Northern part of the Forest Trail and of the Baltic Coastal Hiking Route in



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### AIRPORTS

**LITHUANIA**  
Vilnius [www.vilnius-airport.lt](http://www.vilnius-airport.lt)  
Kaunas [www.kaunas-airport.lt](http://www.kaunas-airport.lt)  
Palanga [www.palanga-airport.lt](http://www.palanga-airport.lt)

**LATVIA**  
Rīga [www.riga-airport.com](http://www.riga-airport.com)  
Liepāja [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)  
Kärdla [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)  
**Eurolines:** [www.eurolines.eu](http://www.eurolines.eu)

The bus trip between Tallinn and Rīga takes approximately 4.5 hours.  
The bus trip between Rīga and Vilnius takes approximately 4 hours.  
The bus trip between Rīga and Klaipėda takes approximately 4.5 hours.

### LOCAL BUSES AND TRAINS

**LITHUANIA**  
Buses: [www.autobusbilietai.lt](http://www.autobusbilietai.lt)  
Trains: [www.traukiniobilietas.lt](http://www.traukiniobilietas.lt)

**LATVIA**  
Enquiry service, including public transport: [www.1188.lv](http://www.1188.lv)  
Buses: [www.autoosta.lv](http://www.autoosta.lv)  
Buses are the most convenient means for reaching local destinations outside Rīga suburban area.  
Trains: [www.pv.lv](http://www.pv.lv)

Train travel is most convenient for travelling to destinations such as Tukums, Jūrmala, Gauja National Park (Sigulda, Cēsis) and Valmiera.

**ESTONIA**  
Buses: [www.ptilet.ee](http://www.ptilet.ee) (regional transport and online tickets)  
[www.peatus.ee](http://www.peatus.ee) (route search, city transport, regional transport)  
Trains: [www.elron.ee](http://www.elron.ee) Paldiski, Narva, Tartu

### FERRIES

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

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

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

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

**DFDS Seaways**  
[www.dfdsseaways.com](http://www.dfdsseaways.com)  
Routes: Kiel – Klaipėda, Karlshamn – Klaipėda

**TT-Line**  
[www.ttline.com](http://www.ttline.com)  
Route: Trelleborg – Klaipėda, Rostock – Klaipėda

**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)  
• Muhu, Hiiumaa and Saaremaa [www.praamid.ee](http://www.praamid.ee)

**Lithuania**  
From Klaipėda to Curonian Spit [www.keltas.lt](http://www.keltas.lt)

	ESTONIA	LATVIA	LITHUANIA
Capital	Tallinn	Rīga	Vilnius
Territory (km <sup>2</sup> )	45 339	64 573	65 300
Population (mill.)	1,3	1,9	2,8
Population density: people per (km <sup>2</sup> )	29	30	43
Forest area %	51	52	34
Length of the coastline (– km)	3800 (with islands)	500	100
The highest point of the terrain (m)	318	312	294
Currency	EUR	EUR	EUR
Country code	+372	+371	+370

**1** **BALTIC COASTAL HIKING**

**RANNIKU MATKARADA**  
**JÜRATAKA**  
**JÜRŪ TAKAS**  
**BALTIC COASTAL HIKING ROUTE**

~ 1419 km  
Two and a half months  
Across all three Baltic states: along the coast of Lithuania, Latvia, Estonia

White/blue/white colour signs on trees, etc., stickers  
GPX Yes  
[www.baltictrails.eu](http://www.baltictrails.eu)  
f Jürataka / Ranniku Matkarada / Baltic Coastal Hiking.  
Baltictrails LT: Miško takas - Jürŭ takas, Ranniku matkarada

The Baltic Coastal Hiking Route was opened in 2019. Its southern part starts in the town of Nida in the Curonian Spit at the Lithuanian-Russian border, while the northern part ends in Tallinn, Estonia. Baltic Coastal Hiking Route is divided into 12 marketing regions. It passes through four national parks, one biosphere reserve, historic fishing villages and popular coastal resorts. Baltic Coastal Hiking Route in Lithuania has two routes: one runs through the Curonian Spit, and the other from the island of Rūsnė along the coast of the Curonian Lagoon. Baltic Coastal Hiking Route is part of the European long-distance hiking route E9, which starts in Portugal at Cape St Vincent. Baltic Coastal Hiking Route was the first long-distance hiking Route to cross all three Baltic states.

**4** **RMK OANDU-AEGVIIDU-IKLA HARU**  
**OANDU-ÄEGVIIDU-IKLA PÄRGÄJIENU MARŠRŪTS**  
**OANDU-AEGVIIDU-IKLA PĒSČIJŪ MARŠRŪTAS**  
**OANDU-AEGVIIDU-IKLA HIKING ROUTE**

~ 370 km  
17 days  
Crosses Estonia in the NE – SW direction

White/red/white colour signs on trees, etc., stickers  
GPX Yes  
[www.loodusegakoos.ee/where-to-go/hiking-route/oandu-aegviidu-ikla-hiking-route](http://www.loodusegakoos.ee/where-to-go/hiking-route/oandu-aegviidu-ikla-hiking-route)  
loodusegakoos@rmk.ee

The route was opened in 2012. It starts in the Oandu visitor centre in Lahema National Park, passes through other protected areas, including Soomaa National Park, and ends in Ikla at the Estonian-Latvian border. The route introduces the natural heritage, forestry traditions and traditional way of life on the coast and in the midlands, including in and around the raised bogs. There are several local alternatives to the route. At the start and finish points it coincides with the Baltic Coastal Hiking Route (E9) and The Forest Trail (E11).

**7** **RMK HELTERMAA-RISTNA-SARVE HARU**  
**HELTERMÄ-RISTNA-SARVE PÄRGÄJIENU MARŠRŪTAS**  
**HELTERMAA-RISTNA-SARVE PĒSČIJŪ MARŠRŪTAS**  
**HELTERMAA-RISTNA-SARVE HIKING ROUTE**

234 km  
11 days  
Coast and centre of the island of Hiiumaa

White/green/white colour signs on trees etc., stickers  
GPX Yes  
<https://loodusegakoos.ee/where-to-go/hiking-route/heltermaa-ristna-sarve-hiking-route>  
loodusegakoos@rmk.ee

The route was opened in 2021. It starts at Heltermaa Harbour and runs along the beautiful, rugged coastline and juniper filled meadows (alvars) up to and including the Tahkuna Peninsula. It then arcs through the forested centre of the island and continues along the coast of the Kõpu Peninsula, including the famous Kõpu Lighthouse. It then crosses diagonally through Estonia's second largest island, arcs through the coastal meadows and wetlands of Kassari Island and returns to Heltermaa along the south-east coast.

**9** **CAMINO LATVIA**  
**CAMINO LATVIJA, SV. JĒKABA CEĻŠ**  
**CAMINO LATVIJA**  
**THE CAMINO LATVIA**

562 km  
24 days  
Crosses the historic regions of Vidzeme and Zemgale

Marked with a yellow shell and directional arrows on a blue background  
GPX Yes  
[www.caminolatvia.com](http://www.caminolatvia.com)  
caminolatvia@gmail.com  
f Camino Latvia

The route was opened in 2021. It starts in Valka, crosses the Ziemeļgauja protected landscape area and Gauja National Park, Rīga and, after passing through the Tīrelj Plain, turns towards Dobeles, through the western part of Zemgale and the crossing the western part of Zemgale. The second Latvian-Lithuanian border at Zagare. The route runs along the right bank of the Daugava to route runs along the right bank of the Daugava to Kegums, where it crosses the Kegums Hydroelectric Power Station and continues through wooded terrain to Skaiskalne. In Lithuania, it continues as the Camino Lituano. In some distances it coincides with the Forest Trail (E11).

**2** **METSA MATKARADA**  
**MEŽTAKA**  
**MIŠKO TAKAS**  
**FOREST TRAIL**

~ 2141 km  
Three and a half months  
Across all three Baltic states: Lithuania, Latvia, Estonia

White/orange/white colour signs on trees, etc., stickers  
GPX Yes  
[www.baltictrails.eu](http://www.baltictrails.eu)  
f Mežtaka - Forest trail.  
Baltictrails LT: Miško takas - Jürŭ takas, Metsa matkarada - Forest trail

The Forest Trail was opened in 2021. Its southern part starts near Lazdijai on the Lithuanian-Polish border, while the northern part ends in Tallinn, Estonia. The Forest Trail is divided into 18 marketing regions. It crosses five national parks, scenic highlands, along spectacular river valleys, scenic highlands, along spectacular river valleys, scenic highlands, including the highest point in the Baltics, through the fishing villages of Peipus and along the coast of Northern Estonia, and introduces you to Kaunas, Riga and Tallinn. The Forest Trail is part of the European long-distance hiking route E11, which starts near The Hague in the Netherlands.

**5** **RMK PERAKŪLA-AEGVIIDU-ĀHIJĀRVE HARU**  
**PERAKILAS-ÄEGVIIDU-EHIJERVES PÄRGÄJIENU MARŠRŪTAS**  
**PERAKŪLA-AEGVIIDU-ĀHIJĀRVE PĒSČIJŪ MARŠRŪTAS**  
**PERAKŪLA-AEGVIIDU-ĀHIJĀRVE HIKING ROUTE**

~ 812 km  
40 days  
Crosses Estonia in NW-SE direction

White/green/white colour signs on trees, etc., stickers  
GPX Yes  
[www.loodusegakoos.ee/where-to-go/hiking-route/perakula-aegviidu-ahijarve-hiking-route](http://www.loodusegakoos.ee/where-to-go/hiking-route/perakula-aegviidu-ahijarve-hiking-route)  
loodusegakoos@rmk.ee

The route was opened in 2015. It starts in the small coastal village of Peraküla, and passes through outstanding protected natural areas such as the scenic Kõrvemaa, the Endla Bog, the Vooremaa Drumlin Field and the largest wetland in Estonia – Emajõe – Suursoo, the steep river valleys of the Ahja and Piusa rivers with sandstone cliffs, Haanja Nature Park with the highest peak in the Baltic states – Suur Munamägi, the floodplains of the River Koiva (Gauja) and finishes at the Karula National Park visitor centre. There are several local alternatives to the route. Short distances coincide with Baltic Coastal Hiking Route (E9) and The Forest Trail (E11).

**8** **Camino Estonia**

**CAMINO ESTONIA**  
**CAMINO IGAUNIJA, SV. JĒKABA CEĻŠ**  
**CAMINO ESTIJA**  
**THE CAMINO ESTONIA**

250 km  
10 days  
Crosses Estonia in a north-south direction

None  
GPX Yes  
[www.caminoestonia.com](http://www.caminoestonia.com)  
f Eestlased – palverändurid Camino de Santiago radadel

The Camino Estonia starts in Tallinn, passes through Harju and Rapla counties and splits into two routes at Pärnu-Jaagu. One of them passes through the resort of Pärnu and continues along the coast of Pärnu Bay to Ikla, where it crosses the Estonian-Latvian border. The other route turns south-east, runs through Viljandi and Valga counties and crosses the Estonian-Latvian border in Valga. Then, starting from Valka in Latvia, it continues as Camino Latvia.

**3** **EZERTAKA**  
Latgale lake hiking trail

**JÄRVERADA**  
**EZERTAKA**  
**EŽERŪ TAKAS**  
**LAKE TRAIL**

~ 1081 km  
50 days  
Latgale historical region in Latvia

White/green/white colour signs on trees, etc., stickers  
GPX Yes  
[www.latgale.travel](http://www.latgale.travel)  
ezereme.latgale@gmail.com

The Lake Trail was opened in 2021. The route forms a figure of "8" shape, the northern part of which covers the area between Vijaka, Lubāna Wetland and Zilupe, while the southern part covers the area between Aglona, Daugavpils and Piedruja. In the centre of The Lake Trail is Rāzna National Park. The lake trail runs along 134 lakes and rivers and lands and the lake landscapes around Krāslava, as well as introduces the cultural and natural heritage of the historical region of Latgale.

**6** **RMK PENJĪE-AEGVIIDU-KAUKSI HARU**  
**PENJĪ-ÄGVIIDU-KAUKSI PÄRGÄJIENU MARŠRŪTAS**  
**PENJĪE-AEGVIIDU-KAUKSI PĒSČIJŪ MARŠRŪTAS**  
**PENJĪE-AEGVIIDU-KAUKSI HIKING ROUTE**

613 km  
1 month  
Crosses Estonia in a west-east direction

White/yellow/white colour signs on trees, etc., stickers  
GPX Yes  
[www.loodusegakoos.ee/where-to-go/hiking-route/penjoe-aegviidu-kauksi-hiking-route](http://www.loodusegakoos.ee/where-to-go/hiking-route/penjoe-aegviidu-kauksi-hiking-route)  
loodusegakoos@rmk.ee

The route was opened in 2018. It starts at the Matsalu National Park visitor centre, passes Nature Reserve, the middle and north-eastern part of the country, where it introduces you to the region of oil shale mining, the spectacular North Estonian coast of the Gulf of Finland, as well as the newest national park, Alutaguse National Park with its vast forests and marshes. After several river windings, it ends at Europe's fifth largest lake, to the route. There are several local alternatives to the route. Short distances coincide with Baltic Coastal Hiking Route (E9) and The Forest Trail (E11).

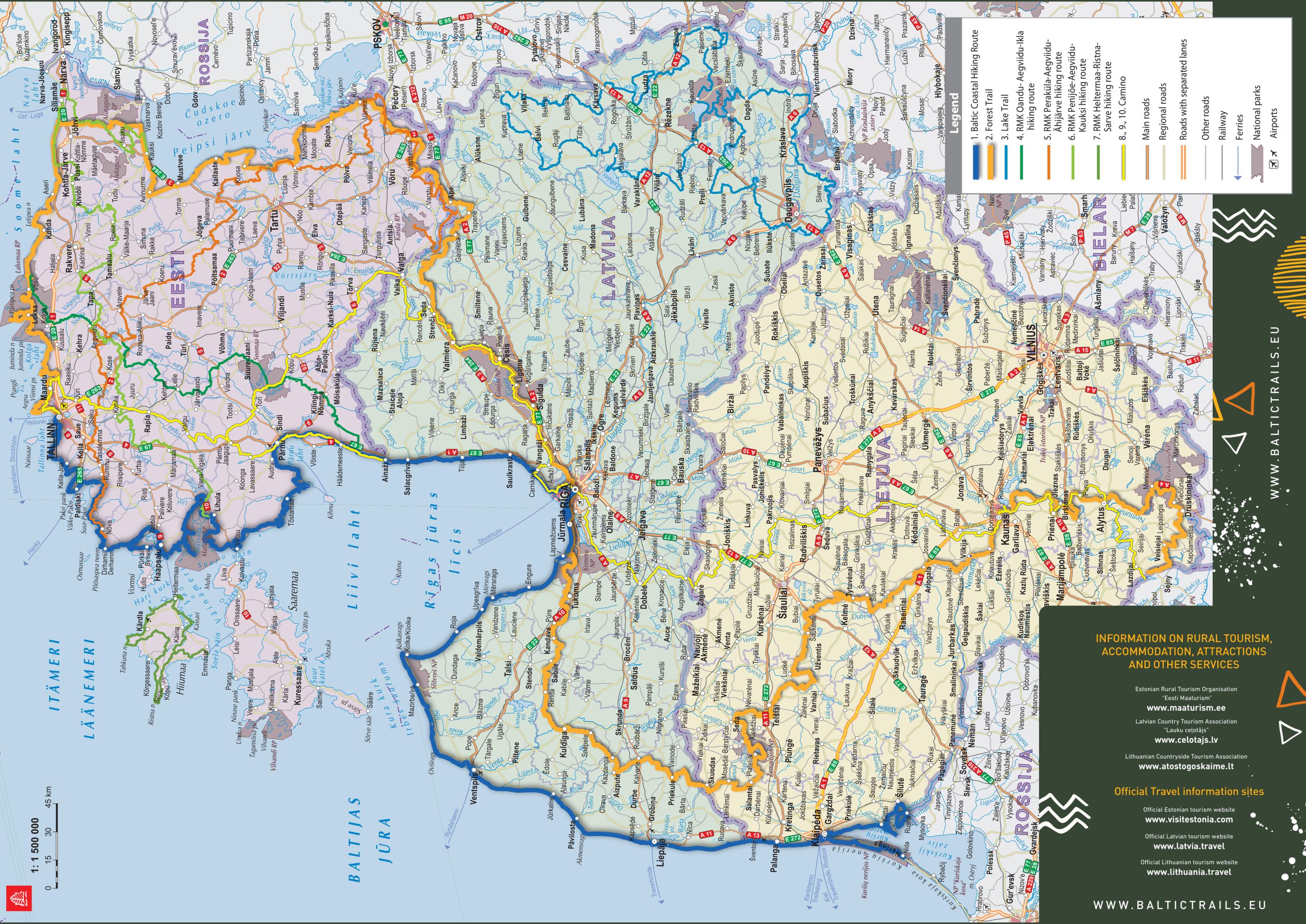
**10** **CAMINO LITUANO**

**CAMINO LITUANO**  
**CAMINO LIETUVA, SV. JĒKABA CEĻŠ**  
**CAMINO LITUANO**  
**THE CAMINO LITUANO**

500 km  
20 days  
Crosses Lithuania in a north-south direction

Marked with a yellow shell and directional arrows on a blue background  
GPX Yes  
[www.caminolituano.com/about-camino-lituano/](http://www.caminolituano.com/about-camino-lituano/)  
caminolituano@gmail.com  
f Camino Lituano

The route was opened in 2017. It starts in Žagare, a small town on the Lithuanian-Latvian border. The route passes through many villages and Kaunas, Lithuania's second largest city, introducing you to the route of Camino Lituano follows the banks of Lithuania's largest river Nemunas, passing through the ethnographic region of Dzūkija, the country's most forested area. Beyond Lazdijai, it reaches the Lithuanian-Polish border. In some distances it coincides with the Forest Trail (E11).



1: 1 500 000  
 0 15 30 45 km

### Legend

1. Baltic Coastal Hiking Route
2. Forest Trail
3. Lake Trail
4. RMK Oandu-Aegviidu-Ikla hiking route
5. PERKÜLA-AEGVIIDU-AHIJÄRVE hiking route
6. RMK PENIJOE-AEGVIIDU-KAUKSI hiking route
7. RMK HELTERMAA-RISTNA-SARVE hiking route
- 8, 9, 10. Camino

- Main roads
- Regional roads
- Roads with separated lanes
- Other roads
- Railway
- Ferries
- National parks
- Airports

### INFORMATION ON RURAL TOURISM, ACCOMMODATION, ATTRACTIONS AND OTHER SERVICES

- Estonian Rural Tourism Organisation "Eesti Maaturism" [www.maaturism.ee](http://www.maaturism.ee)
- Latvian Country Tourism Association "Lauku celotājs" [www.celotajs.lv](http://www.celotajs.lv)
- Lithuanian Countryside Tourism Association [www.atostogoskaime.lt](http://www.atostogoskaime.lt)

### Official Travel information sites

- Official Estonian tourism website [www.visitestonia.com](http://www.visitestonia.com)
- Official Latvian tourism website [www.latvia.travel](http://www.latvia.travel)
- Official Lithuanian tourism website [www.lithuania.travel](http://www.lithuania.travel)