



M · A · P

# FOREST TRAIL

*Southern part*



Long distance  
hiking trail

LITHUANIA - LATVIA

→ ~1088 km ⌚ 52 days



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**This is a map of the Forest Trail's Southern part in Lithuania and Latvia** from Lazdijai town near the Lithuanian-Polish border through Kurzeme to Riga.

**The length of the Forest Trail's Southern part is 1,088 km, consisting of 52 sections.**

The numbering of the sections corresponds to the order of creation of the route, thus the sequence numbers of the sections of the Forest Trail's Southern part from Lazdijai to Riga are from 51 to 102. Sections 1 to 50 cover the Forest Trail's Northern part from Riga to Tallinn in Estonia.

**The route is divided into 10 regions** with different landscapes, terrain, natural values, and sections of complexity. Each region includes 3 to 14 sections, each ~ 20 km long with accommodation and transport options.



# FOREST TRAIL IN LITHUANIA - 747 km, 36 sections

LAZDIJAI (POLAND/LITHUANIA BORDER)-VEISĖJAI-DRUSKINKAI-MERKINĖ-ALYTUS-BIRŠTONAS-PRIENAI-KAUNAS-VILKIJA-ARIOGALA-SILUVA-TYTUVENAI-KURTUVENAI-PAVANDENE-TELŠIAI-PLATELIAI-SALANTAI-MOSĖDIS-SKUODAS-LITHUANIA/LATVIA BORDER



**5 ŽEMAITIJA ETHNOGRAPHIC REGION**  
 Dengtiltis – Skuodas  
 276 km  
 #73-86

Žemaitija stands out from the rest of Lithuania with its traditions and language. The Forest Trail leads to mountainous areas, mounds, forests, and lake shores. In this region it continues in Kurtuvėnai, Varniai, Salantai Regional Parks and Žemaitija National Park.

**4 ALONG THE BANKS OF THE DUBYSA RIVER VALLEY**  
 Vilkija – Dengtiltis  
 141 km  
 #67-72

The Forest Trail route travels through small towns, along the banks of the Dubysa River with hill forts and historic churches in the Dubysa Regional Park. The landscape of the Tytuvėnai Regional Park is known for its many hills, swamps, lakes and Šiluva, a famous pilgrimage site.

**3 KAUNAS AND KAUNAS DISTRICT**  
 Pakuois – Vilkija  
 79 km  
 #62-66

The Forest Trail leads to Kaunas through cosy towns, Kaunas Reservoir Regional Park and Rokai Forest. Panemuni Pinewood, Oak Park and Laisvės Avenue – the main pedestrian street. The route stretches through the Old Town of Kaunas, continues along the Lampėdis quarry, and leads further along the banks of the Nemunas River.

**2 ALONG NEMUNAS RIVER LOOPS**  
 Nemunaitis – Pakuois  
 111 km  
 #57-61

The Forest Trail leads through the Nemunas Loop Regional Park along the banks of the Nemunas, overlooking the river valley, old mounds, Alytus, Prienai and Birštonas - a mud therapy and SPA resort.

**1 DŽUKIJA ETHNOGRAPHIC REGION**  
 Lazdijai – Nemunaitis  
 140 km  
 #51-56

The most forested region of Lithuania with the least human influenced wildlife. The landscape is formed by the Dzūkija Uplands, the Nemunas river valley, and many lakes. Druskininkai is a popular health and SPA resort.

**Legend**

- Forest Trail
- Motorway
- Trunk roads
- Asphalt roads
- Gravel roads
- Other roads
- Railway
- Ferry
- National boundary

Scale: 1:500 000

0 5 km

AUTHOR: Latvian Rural Tourism Association "Lauku ceļotājs", Kurzeme Planning Region, Kuldīga County Municipality, Kaunas Regional Development Agency, Lithuanian Countryside Tourism Association, Žemaitija National Park Directorate.  
 PHOTO: Forest Trail photo archive, A. Aleksandravičius, V. Grigas, S. Kazlauskas, S. Jankauskas, A. Pališkis  
 MAPS: Map Publishing "Jāna sēta"  
 DESIGN: SIA "Piektdien Piektais Pīecos"  
 PRINTED: UAB "INDIGO PRINT"  
 PUBLISHED IN 2021

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 for 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 Forest Trail in Latvia and Lithuania and Coastal Hiking route in Lithuania. Both routes will be connected to the existing long-distance hiking routes in Latvia and Estonia, using common names and marking schemes.  
 Maps and guides will be developed to promote the routes, and the information will be available on the website of both routes.  
 Total costs of the project are 788 104 EUR. Co-funding of the project from the European Regional Development Fund is 669 888 EUR.

EUROPEAN UNION

Interreg  
 Latvija-Lietuva  
 European Regional Development Fund

This publication has been prepared with the financial support of the European Union. The content of this publication is the sole responsibility of the author and can under no circumstances be regarded as reflecting the position of the European Union.

# FOREST TRAIL IN LATVIA - 341 km, 16 sections

LITHUANIA/LATVIA BORDER - GRAMZDA - PRIEKULE - AIZPUTE - KAZDANGA - KULDĪGA - RENDA - SABILE - KANDAVA - TUKUMS - ĶEMERI - JŪRMALA - RĪGA



## GENERAL INFORMATION ABOUT LATVIA AND LITHUANIA

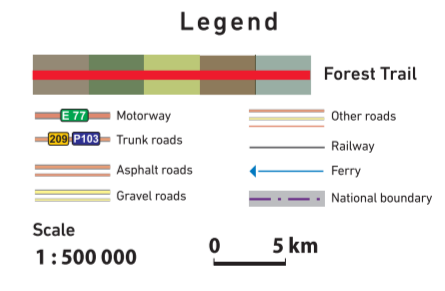
- AIRPORTS**
- LATVIA**  
Rīga [www.riga-airport.com](http://www.riga-airport.com)  
Liepāja [www.liepaja-airport.lv](http://www.liepaja-airport.lv)
- LITHUANIA**  
Vilnius [www.vilnius-airport.lt](http://www.vilnius-airport.lt)  
Kaunas [www.kaunas-airport.lt](http://www.kaunas-airport.lt)  
Palanga [www.palanga-airport.lt](http://www.palanga-airport.lt)
- AIRLINES**  
**AirBaltic** [www.airbaltic.com](http://www.airbaltic.com)
- DOMESTIC BUSES AND TRAINS**
- LATVIA**  
Information and public transport timetables: [www.1188.lv](http://www.1188.lv)  
Buses: [www.autoosta.lv](http://www.autoosta.lv)  
Trains: [www.pv.lv](http://www.pv.lv)
- LITHUANIA**  
Buses: [www.autobusbilietai.lt](http://www.autobusbilietai.lt)  
Trains: [www.traukinibilietas.lt](http://www.traukinibilietas.lt)

- INTERNATIONAL BUSES**
- 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)  
A journey from Rīga to Vilnius by bus takes ~ 3.5 hours
- FERRIES**
- Stena Line**  
Travemünde (DE) - Liepāja (LV)  
Nynashamn (SE) - Ventspils (LV)  
[www.steneline.lv](http://www.steneline.lv)
- Tallink Silja Line**  
Stokholm (SE) - Rīga (LV)  
[www.tallinksilja.com](http://www.tallinksilja.com)
- DFDS Seaways**  
Kiel (DE) - Klaipėda (LT)  
Karlskron (SE) - Klaipėda (LT)  
[www.dfdsseaways.com](http://www.dfdsseaways.com)
- TT-Line**  
Trelleborg (SE) - Klaipėda (LT)  
Rostock (DE) - Klaipėda (LT)  
Travemünde (DE) - Klaipėda (LT)  
[www.ttline.com](http://www.ttline.com)

|   | LATVIA | LITHUANIA |
|---|--------|-----------|
| Capital   | Rīga   | Vilnius   |
| Territory (km <sup>2</sup> )                      | 64 573 | 65 300    |
| Population  | 1,9    | 2,8       |
| Population density: people per (km <sup>2</sup> ) | 30     | 43        |
| Forest area %                                     | 52     | 34        |
| Currency  | EUR    | EUR       |
| Country code                                      | +371   | +370      |

- Latvia and Lithuania are members of the EU, NATO, and the Schengen area.
- There are tourist information centres in cities, towns, and many villages. They offer maps, guide services and give advice to tourists.
- You can pay in cash or by credit card in shops. When visiting rural areas, it is recommended to have cash, as it is not possible to pay by card everywhere. ATMs can be found in cities and towns.
- English is the most used foreign language. Older people also speak Russian. You may also meet someone who speaks only Latvian or Lithuanian, which are the official languages of Latvia and Lithuania. But the lack of knowledge of foreign languages will not prevent them from trying to understand visitors and take care of them.
- Prepaid SIM cards are available at grocery stores, press outlets and mobile operators stores.
- These countries have good wireless internet (Wi-Fi) connections, but in some rural areas the internet connection may be poorer.
- There are four seasons in Latvia and Lithuania - spring (March, April, May), summer (June, July, August), autumn (September, October, November), and winter (December, January, February). The most suitable time for hiking - spring, summer, autumn.
- The route mostly follows forest and rural roads with low traffic intensity, it also crosses larger and smaller cities. Separate sections go along forest trails and the beach, where it connects with the Coastal Hiking route.

- LATVIA**  
Mežtaka - Forest Trail  
[www.Latvia.travel](https://www.Latvia.travel)
- LITHUANIA**  
Baltictrails LT: Miško takas - Jūrų takas  
[www.Lithuania.travel](http://www.Lithuania.travel)





The Forest Trail is a part of the European long-distance hiking route **E11** in the Baltic States, which leads through the most beautiful forests and national parks. It begins in Lazdijai town near the Lithuanian-Polish border, crosses Lithuania and Latvia, turning into Riga, and ends in Tallinn, Estonia. The length of the Forest Trail in the Baltic States is 2,141 km.

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