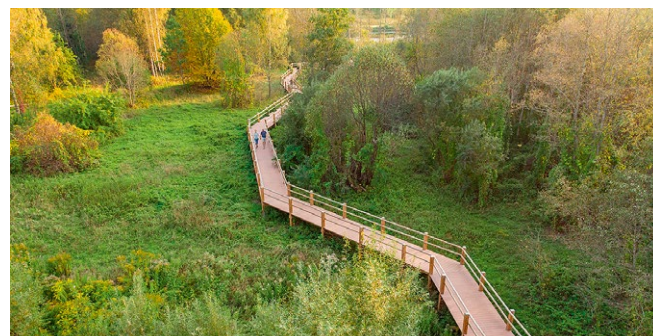
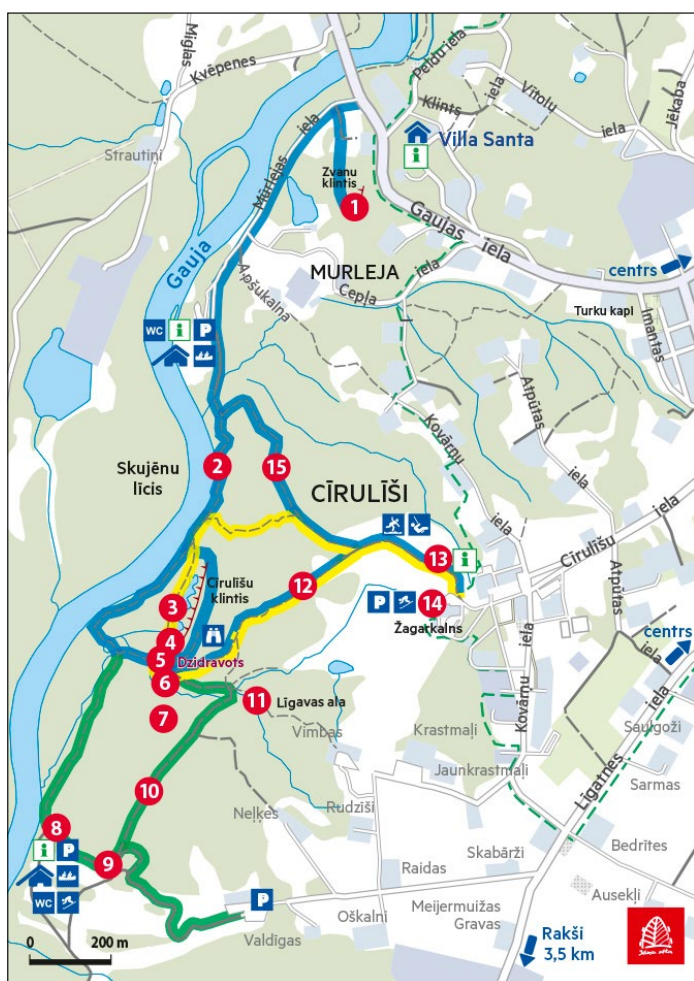


# Walking Route: Cīrulīši nature trails



- all year through
- 3.5 km nature trail
- 6.2 km nature trail
- 2.7 km Venden health trail
- easy
- gravel roads, forest trails, planked trails
- marked and provided with information posters. The route can be taken in any direction.

## Services

**Cēsis Tourism Information Centre**  
1 Baznīcas Square, Cēsis.  
Tel. +371 28318318,  
info@cesis.lv,  
www.visit.cesis.lv

**Villa Santa**,  
hotel, restaurant  
88 Raiņa Street, Cēsis.  
Tel. +371 64177177,  
www.villasanta.lv

**Eži**, bicycle rental  
1 Pils Square, Cēsis.  
Tel. +371 26573132,  
veikals.ezi.lv

The route winds through Gauja National Park and the Cēsis Nature and Heritage Park. Please treat the nature objects and cultural historic heritage with respect!

The Cīrulīši nature trails offer an opportunity to learn about the history of the Gauja valley from the ice ages to the modern day during an inspiring walk! They reveal how the Gauja River and its natural surroundings developed over time. How did the river appear? What ancient plants grew here? Who were the first inhabitants? You will get answers to all these questions during a slow walk through this wonderful place that is visited by people from all around the world.

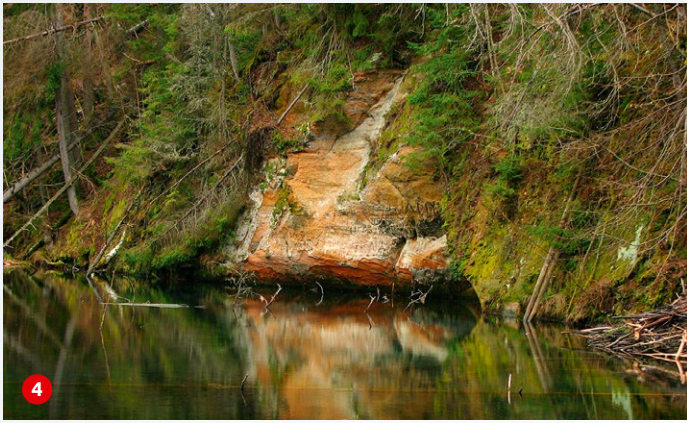
**1 Zvanu Rocks**  
57.309820, 25.227011

The slopes of the higher bank of the old valley have outcroppings of limestone about 100 m long that present themselves as stepped formations. At their foot, there are the remnants of the old course of the Gauja. There used to be a watchtower and a ski-jumping facility here. A powerful stream flows at the base of the rocks. The rocks are easy to find, and are accessible to prams and people with disabilities.

**2 Gauja**  
57.301095, 25.219759

This is the most energetic and beautiful river in Latvia; it is the country's longest river if only counting the territory of Latvia – 452 km. The Gauja has the deepest valley of all rivers in the Baltics: near Sigulda, its depth reaches 85 m. Historically, the river has been a good place to fish, it has served as a convenient trade route; during the Hanseatic League era, the amount of trade facilitated by the river was unprecedented. Today, the Gauja has become a favourite destination not only for local fans of aquatic sports, but for rowers from around the world.





### 3 Oxbow lake

57.301095, 25.219759

One of the oxbow lakes of the Gauja that was created as the river wound picturesquely around the Spoguļu Rocks, leaving traces of water washing away at their walls. The water of this lake is richly supplied and made clearer by the streams flowing out of the Spoguļu Rocks. Because of this, the water in the oxbow lake is clean and transparent; the rocks reflect in the water as if it were a mirror – hence their name, which is the Latvian word for “of mirrors”.

### 4 Spoguļu (Cīrulišu) Rocks

57.301077, 25.219744

This is a 140 m long and up to 10 m tall outcropping of Gauja rock on the slope of the left main bank of the river, above the oxbow lake; the area shows evidence of beaver activity. They are riddled with niches and small caves. This is a very picturesque location, especially while the deciduous trees do not have any leaves. A powerful stream, the Dzirdavots, flows from the foot of the rocks; the stream is a good place to replenish your water supply for the road ahead.

### 5 Dzirdavots

57.299936, 25.219347

The water of the Dzirdavots stream is very clean because it is located much lower than the old bank of the Gauja and its water takes a long route through natural filters. Streams like this are an integral part of the Gauja valley. This is a very powerful stream, producing 5-10 litres of water every second.

### 6 7 Orchestra of nature

57.2992293, 25.2193905 un 57.298821, 25.219268

Just stop for a second and listen! Listen how the winding Gauja flows through its old valley; how plants whisper in the wind; how every stalk of grass and flower vibrate, full of life.

### 8 Ozolkalns

57.296081, 25.214372

The Ozolkalns outdoor recreation centre offers activities for everybody: skiing tracks in winter, the Supervāvere (Supersquirrel) obstacle routes, boat rental and camping grounds in summer. This is a place with some of the best views of the old valley of the Gauja in the Cēsis area.

### 9 Former Cīrulišu sledge track

57.295353, 25.216645

The historical Cīrulišu sledge track had a very important role in the career of many Latvian Olympic medal winners. The track was built by fans in 1960; it was wooden at first. The ice was being produced naturally, and the duration of the season depended on the weather. Quite a few participants in the Olympic Games began their careers here. Parts of the track have been preserved and are available for visitors.

### 10 Pine forest

57.296425, 25.217784

Breathe in deeply and enjoy the fresh air of a pine forest, surrounded by beautiful landscapes!



### 11 Līgavas ('Bride') Cave

57.298976, 25.222709

This is an artificial cave-like niche: they say that during the Livonian War, a young fellow hid here with his bride. The looters found them and killed them, giving the name to the cave.

### 12 Friendly trees

57.301352, 25.225068

The fir (*Picea abies*) and the pine (*Pinus sylvestris*) are the tallest and most popular coniferous trees in Latvia. The “friendship” between these trees is unusual in that they typically grow best in different conditions: firs tolerate shade, while pines need a lot of sunlight.

### 13 Cīrulišu Cave

57.301846, 25.230565

This cave is a unique artefact of the ice age. It appeared 13 thousand years ago, when the glacier was still covering the entire Gauja valley. The cave was created by the waters of the melting glacier as the waters tried to find their way out of the old valley under much pressure, washing the limestone away. Currently the cave is around 6 m deep, and has the size of a large room: 12-15 m wide and 7 m long.

### 14 Žagarkalns

57.300845, 25.230532

In winter, the Žagarkalns outdoor recreation centre offers a skiing track, and in summer the Žagarkalns camping ground arranges boat, raft and SUP trips on the Gauja.

### 15 Boreal forest

57.303975, 25.223902

A boreal forest is a coniferous forest typical of temperate climates. This is the most common type of forest in Latvia. Boreal forests include pine and fir forests, often mixed with various deciduous tree species. Old, virgin boreal forests are a biotope protected by the European Union. Large old trees are a very important element of such forests.

