Press release

21.05.2020.

**The Forest Trail is open for hikers!**

**Forest trail is a long-distance hiking route that leads through the most beautiful forests of Latvia and Estonia. We have opened the Forest Trail website** [**baltictrails.eu/forest**](https://baltictrails.eu/lv/forest) **with information for planning walks and hike in the Latvian and Estonian forests.**

**Although the Forest trail is not marked yet, as it is planned to do so this summer, you can currently go through the Forest trail with descriptions, maps and downloadable GPX routes. The Forest trail is still under construction, so the information on the website may not be complete - for example, a photo or description may be missing in some of the intended languages.**

When planning a vacation in the near future, use the contact information provided in the descriptions to contact in advance the service providers you need, such as accommodation, caterers and make sure they are working. On the forest trail you can go for a short walk, or a day or weekend hike, or walk through wooded areas from Riga till the Estonian border. You can start planning a walk by first selecting one of the Forest trails’ regions on the website map. In Latvia - Riga, Gauja National Park, Ziemeļgauja, Veclaicene. Each region is subdivided into an average of 20 km of daytime sections.

Each day of the Forest trail has a description - start and end points, how long the expected walk will be, what the road surface is, and what will be worth seeing along the way. You can read more information about the most interesting and significant places, landscapes, natural values; you can see also the photos, so as not to miss the views on the walk. Last but not the least – on every day descriptions you can also find information on places to eat, buy water and snacks, and also spend the night. The description and map shows which sections are suitable and accessible for shorter walks.

The total length of the Forest trail is ~ 1060 km and it takes approx. 1.3 million steps to go for its entire length. When the borders will be open, you will also be able to enjoy the Estonian forests and open air: the Forest trail in Latvia crosses the Gauja National Park, the protected area of Ziemeļgauja and Veclaicene. In Estonia, the Haanja Highlands, the Land of Setu (Setomaa) and along the western shore of Lake Peipus comes to Northern Estonia. Further along the coast of Northern Estonia and the peninsula of Lahemaa National Park until reaching Tallinn. In Estonia, Forest trail is known as Metsa Matkarada. It is a part of the international [European long-distance route E11](https://www.era-ewv-ferp.org/e-paths/e11/).

Do not miss the arrival of the summer in the woods, the nature is not waiting! Right now, white and blue water lilies are blooming, birds are singing all day long, spring mushrooms are sprouting from the ground, and forest animals are heating their bodies in the sun. Look for the comfortable hiking boots and have a nice rest in the Forest trail!

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Sincerely,

Latvian Rural Tourism Association "Lauku ceļotājs" and the Forest Trail team.

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