



HIKING IN THE BALTICS

For those who crave adventure and unspoiled landscapes, the Baltic region offers some of Europe's most breathtaking hiking experiences.

Experienced travellers are often enchanted by the unspoiled natural beauty of the Baltic region. What makes this destination so special is its diverse landscapes that are largely untouched by human development and which offer endless opportunities for nature tourism. One of the best ways to experience this is by hiking.

A prime example is the Baltic Coastal Hiking Route, which follows the Baltic Sea coastline through Lithuania, Latvia, and Estonia. As part of the E9 European long-distance hiking route, the trail spans 1419 kilometres, weaving through four national parks, a biosphere reserve, multiple Natura 2000 sites, and three UNESCO World Heritage locations, including the historic Old Towns of Riga and Tallinn. Along the way, hikers encounter magnificent scenery: sandy

beaches, dramatic cliffs, shifting dunes, river estuaries, and serene coastal forests. Completing the entire route takes over two months, making it an unforgettable journey for nature lovers and adventure seekers alike.

For those drawn to the magic of ancient woodlands, the Baltic Forest Hiking Trail is an exceptional choice. As part of the E11 European long-distance hiking route, this trail cuts through the densest forested areas of Lithuania, Latvia, and Estonia, spanning an impressive 2141 kilometres. The route winds through six national parks, skirts the vast Lake Peipus, and passes through three UNESCO-listed sites, offering hikers an intimate encounter with the rich biodiversity of Baltic forests. The full trek takes approximately 3.5 months, making it a true test of endurance and a paradise for nature lovers.

Not sure which trail to take? Simply follow the signposts and choose one that suits your interests. Whether you're looking for a cycling-friendly route, a short family-friendly stroll, an urban path weaving through historic and modern districts, or a nature trail rich in wildlife, there's something for everyone. Cultural routes highlight local traditions,

while the 'top' scenic sections are perfect if you're short on time. For hiker-friendly services across Latvia, Lithuania, and Estonia, keep an eye out for the 'hiker-friendly' designation, which marks places that truly understand and cater to hikers' needs.

For hikers seeking detailed route information, baltictrails.eu is an essential resource. The site provides in-depth descriptions of trail sections, surface types, notable sights, and key landmarks. You'll also find helpful tips on dining, rest stops, and overnight accommodations.

For those looking to enhance their hiking experience, *Baltic Nature Tourism* offers a range of guided adventures. Whether you're interested in walks with husky dogs, food masterclasses, or even hot-air ballooning, this network uniting more than 120 nature and outdoor specialists across Latvia and Estonia has something for every explorer.

baltictrails.eu



balticnaturetourism.com



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