

# Project: Forest and Coastal hiking trails accessibility improvement for different social groups in Estonia

Estonian Rural Tourism Organisation  
Elin Priks

**Interreg**



Co-funded by  
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**Estonia – Latvia**



## EESTI PÕHJARANNIK

LAHEMAA RAHVUSPARK, JOAD, RÄNDRAHNUD JA PANKRANNIK

Kuremäe – Tallinn: 344 km, 17 päeva.

Eesti põhjarannikul muutub loodus matkaraja ümber karmimaks ja põhjamaisemaks. Siin leidub majasuurusi rändrahnne, hõredalt asustatud loodusauneid saari ja Baltimaade suuremaid jugasid. Piki Läänemere kallast sirutub Põhja-Eesti pank, mis on osa Balti klindist. Soome lahe ääres kulgeb matkarada kaunitel maastikel nii kivisel kui ka liivarannal. Läbitakse Lahemaa rahvusparki, millele on omased lahed ja poolsaared, metsad ja kultuuripärandirikkad külad. Edasi viib Metsa matkarada läbi Eestile tüüpiliste kadakaväljade ja linnalähedaste asulate Tallinna kesklinna.

Lõik: Püüsi – Tallinn



Lõik: Kunda – Eisma



Lõik: Muuga – Püüsi



Lõik: Mahu – Kunda



Lõik: Jõelähtme – Muuga



Lõik: Aseri – Mahu



Lõik: Kaberneeme –  
Jõelähtme



Lõik: Saka – Aseri



Lõik: Tsitre – Kaberneeme



Lõik: Toila – Saka



Lõik: Loksa – Tsitre



Lõik: Vasavere – Toila



Lõik: Viinistu – Loksa



Lõik: Kuremäe – Vasavere



Lõik: Käsmu – Viinistu



Lõik: Oandu – Käsmu



### Lisainfo piirkonna kohta

- Majutused piirkonnas





## 8. Loode-Eesti pankrannik ja joad

Soome lahe rannik. Nõva – Tallinn: 158 km. Päevad: 53–60

Päev 53. Nõva - Vihterpalu →

Päev 54. Vihterpalu - Padise →

Päev 55. Padise - Paldiski →

Päev 56. Paldiski - Kersalu →

Päev 57. Kersalu - Laulasmaa →

Päev 58. Laulasmaa - Vääna-Jõesuu →

Päev 59. Vääna-Jõesuu - Tabasalu →

Päev 60. Tabasalu - Tallinna sadam →

### Lisainfo piirkonna kohta

- Harjumaa majutused (Maaturism.ee)
- Kohaliku toidu pakkujad piirkonnas (Toidutee.ee)



Interreg  
Estonia-Latvia  
European Regional Development Fund



## Ranniku matkarada

2,4 tuh meeldivaks märkimised • 2,6 tuh jälgijad



Postitused

Teave

Mainimised

Arvustused

Meediumiklipid

Fotod



## Metsa matkarada - Forest trail

2,2 tuh jälgijat • 277 jälgib



Professionaalne töölaud

Muuda

Reklaami

Postitused

Teave

Mainimised

Arvustused

Meediumiklipid

Fotod

Rohkem ▾

...






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Section name	 Dream tour	 Cultural experience	 Nature delight	 Family pleasure	 Winter bliss	 City hikes	 Easy hike	 Cycling	 Canoeing	 Wheelchair accessible	 For visually impaired
<a href="#">Section 31. Ikla - Kabli.</a>											
<a href="#">Section 32. Kabli - Häädemeeste.</a>											
<a href="#">Section 33. Häädemeeste - Uulu.</a>											
<a href="#">Section 34. Uulu - Pärnu.</a>											
<a href="#">Section 35. Pärnu - Liu.</a>											
<a href="#">Section 36. Liu - Munalaid.</a>											
<a href="#">Section 37. Munalaid - Tõstamaa.</a>											

# Information request for accessible hiking possibilities

- VisitEstonia - contact Tatjana Koor accessible
- RMK / Estonian Forest Organization
- Local regions
- Tallinn <https://lips.tallinn.ee/est>, wheelchair access [Wheelchair routes](#)



## FOUND 58 RESULTS



### Aegviidu Visitor Center

📍 Harjumaa, Aegviidu-Kõrvemaa puhkeala

Aegviidu Visitor Centre provides information on the recreation opportunities in the area and conducts nature study programmes. The Visitor Centre is easy to find – it is accessible by car, by bus or by train.



### Ähijärve rest stop

📍 Võrumaa, Karula rahvuspark

The recreation site is situated in the yard of the visitor centre of Karula National Park. A good picnic site. The parking area of the visitor centre is next to the recreation site.



### Alutaguse National Park Visitor Center

📍 Ida-Virumaa, Alutaguse rahvuspark

The visitor center of Alutaguse National Park is located in village Kauksi which is with a long tradition of beach holidays in Ida-Viru County.

















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  - 👤 Marlen Annabel Mei
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  - 👤 Jake Ducey
  - 👤 Vunki Mano

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 <p><b>South American Rait and Kristjan.Life is an adventure!...</b></p> <p>Premieres 5/24/25, 10:00 AM</p> <p>Notify me</p>	 <p><b>Table tennis training.</b></p> <p>77 views • 9 days ago</p>	 <p><b>Life is an adventure! Episode 2,Season 1 Thailand.Bangkok...</b></p> <p>51 views • 11 days ago</p>	 <p><b>Ibama Beach, Rio de Janeiro, Brazil. A man in a wheelchair is pulled out...</b></p> <p>46 views • 12 days ago</p>
			



## **Hiker's Friendly sign updates**

The estonian translation of the Hiker's Friendly updates has been consentaneoused with the experts from the Estonian Chamber of People with Disabilities

Interviews what kind of information/pictures is needed for wheelchair people

# Guidelines for guides

- Lead by Liina Käär (guide, lecturer of University of Tartu Pärnu College)
- Coordinated with various parties (including guides from Guides Association, representative of VisitEstonia and experts from the Estonian Chamber of People with Disabilities)
- A "living document" that we can supplement if needed at any time

## Tour Guide's Handbook

### Principles and Recommendations

#### Handbook compilers (2021):

Rita Tammela, Ene Sarapuu, Sirje Vällmann, Monika Sooneste,  
Lili Kängsepp-Puun, Kaire Reiljan, Märt Männik, Annereet Paatsi, Heli Kakko

#### Handbook revisions (2025):

Liina Käär, Tõiv Jõul, Estonian Chamber of People with Disabilities

The revision of the handbook was coordinated by  
NGO Estonian Rural Tourism

The handbook is based on a set of guidelines originally compiled in 2021 at the request of Visit Estonia, and it was updated in 2025. The revision of the handbook was supported by the Interreg Estonia-Latvia programme project *"Forest and Coastal Hiking Trails' accessibility improvement for different social groups"*.

2025



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Video on osa juhendmaterjalist, mis tutvustab grupijuhi ja/või giidi rolli ja tähtsust ning annab soovitusi tööks erinevate sotsiaalsete sihtrühmadega. Juhendmaterjal on leitav [www.maaturism.ee](http://www.maaturism.ee)

The video is part of the manual that introduces the role and importance of a group leader and/or guide and provides recommendations for working with different social groups.

The manual can be found at [www.maaturism.ee](http://www.maaturism.ee)  
(available in Estonian only)

Play (k)



0:08 / 13:43



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## Pärnu Invarand

26 meeldivaks märkimised • 127 jälgijat



 Sõnum

 Meeldib

 Otsi

Postitused

Teave

Mainimised

Jälgijad

Fotod

Videod

Rohkem ▼

...

Tutvustus

Postitused

 Filtrid



# ACCESSIBLE HIKING TRAIL

19.06.24 ~ PROJEKTI PILOTEERIMINE PÄRNU RANNAS.

# Pärnu inva beach- success

PÄRNUMAA AASTA TEGU 2024 ja

Pärnu Postimees LUGEJATE LEMMIK aasta teenuse konkursil.





# Setomaa done

- Piloting with school children
- Piloting with visual impairment
- Resting benches
- Picnic tables
- 3D



# Piloting by Ligipääsuke

- Jakob Rosin, Ligipääsuke
- Visual impairment

## Soovitusi Põhja-Laagri matkaraja ligipääsetavuse parendamiseks nägemispuudega inimeste seisukohast

Soovitused on koostatud matkaraja paikvaatluse käigus

18.07.2024

**Objekt:** Põhjalaagri matkarada Värskas, Metsa matkaraja 20. Kolodavitse–Värskla lõik

**Tellija:** Setomaa Vallavalitsus, kontakt Margery Roosimaa

**Projekt:** Forest and Coastal Hiking Trails' accessibility improvement for different social groups

**Projekti ID:** EE-LV00013 – Accessible Hiking Trails (Ligipääsetavad matkarajad)



# To be in Setomaa

- Special needs hiking  
24.05
- Piloting
- reel
- Audio guides



## ERIVAJADUSTEGA INIMESTE MATKSARI 2025

1. etapp - 19.04.2025, Alatskivi

karada, Peipsiääre vald

2. etapp - 24.05.2025, Värskas  
keskus, Setomaa vald



# Refreshing the Coastal Hiking route with community help summer 2025

Youth summer camp will be refreshing the hiking route marking from Nõva to Keila-Joa, section 53-56

# Participation on häkaton

The hackathon is a form of co-creation, resulting in a shared view of community problems and innovative solutions to them. Community members are provided with a shared time and space to work on bottlenecks and solutions. The work is done in teams having gathered together within the framework of a common problem. The hackathon brings together the views of the citizen, official, entrepreneur, and expert.

The path of development of the hackathon has been supported through various projects over the years. This time, the hackathon is supported by the 'Access Routes' project.

## Development of accessible tourism routes

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The aim of the project is to develop the accessibility of tourist sites in South Estonia and to develop cross-border accessible tourist routes, which will be presented on the shared online platform [mapeirons.eu](https://mapeirons.eu).

At the hackathon we will also be developing ideas and topics related to increasing access, doing so in cooperation with our partner organisations from Latvia.

More information on the project: <https://vorumaa.ee/projekt/turismimarsruutide-ligipaasetavuse-arendamine/>

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1. Idea from Latvia: Sense kits for interpreting museum content- A mobile museum solution was invented, thanks to which both people with special needs and people living in nursing homes, for example, can visit museums in a unique way. A special prize 500€ Europe Direct





2. The team participating in the Access Routes project set the goal of developing Estonian-Latvian cross-border tourist routes that would be accessible to broader target groups and different visitor groups, including people with disabilities, and would thereby also develop cooperation between specialists from the two countries.

