

**«Accessible Hiking Trails»
MOVEMENT SPONTANEOUS
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24.09.2024., Cēsis

Interreg



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the European Union**

Estonia – Latvia

**Piloting the accessibility
solution No. 5 (self-guided
hikes for school-aged youth).
(MS, VPR, SMG)**

**19 SCHOOL-AGED CHILDREN
JOINED THE HIKE 22.05.2024.**





GAUJAS NACIONAL AIS PARKS



**10 page long guidelines for
self-guided hikes for
school-aged youth were
created [in Latvian]**

Topics include [LV]

...

1. Ievads

2. Pašvadītu pārgājienu plānošanas pamatelementi

2.1 Maršruta analīze un karšu lasīšana

2.2 Pasākuma vadības plāns

2.3 Laikapstākļu prognozēšana un aprīkojuma izvēle

2.4 Ēdienreižu un aktivitāšu plānošana

3. Pilotēšana

3.1 Pārgājiens ar Laurenču skolas skolēniem

3.2 Pilotēšanas atsauksmes un uzlabojumi

4. Ieteikumi un resursi

4.1 Ieteikumi

4.2 Noderīgi resursi

Topics include [ENG]

...

1. Introduction

2. Basic Elements of Self-Guided Hike Planning

2.1 Route Analysis and Map Reading

2.2 Event Management Plan

2.3 Weather Forecasting and Equipment Selection

2.4 Meal and Activity Planning

3. Piloting

3.1 Hike with Laurenču School Students

3.2 Pilot Feedback and Improvements

4. Recommendations and Resources

4.1 Recommendations

4.2 Useful Resources

1. Plan your hike carefully, considering the difficulty level, trail conditions, and weather forecasts.
2. Inform someone about your hiking plans, including the trail route and estimated return time.
3. Research and follow trail markers and signs to stay on the designated path.
4. Stay hydrated by carrying an adequate supply of water and ensure you have enough food for the duration of your hike.
5. Dress appropriately in layers, wear sturdy hiking boots, and protect yourself from the sun with sunscreen, a hat, and sunglasses.
6. Pace yourself and take breaks when needed, listening to your body's signals.
7. Be mindful of your surroundings and stay alert for potential hazards like unstable terrain, wildlife encounters, or changing weather conditions.
8. Follow the principles of Leave No Trace, respecting nature, and minimizing your impact on the environment.
9. Stay on marked trails and avoid venturing into unknown or closed areas.
10. Be cautious around cliffs, steep slopes, or unstable rock formations.
11. Check weather conditions before your hike and be prepared for sudden changes.
12. If you encounter wildlife, maintain a safe distance and do not provoke or agitate them.
13. If hiking with a group, maintain visual contact and communicate frequently.

Teacher's feedback

1. The children chose their own route along the "Meztaka", because their school is nearby and it is also easy to find the routes on website
2. Teacher involved parents in planning via e-klase. The parents of the students suggested shortening the route by few km to the parking lot instead of train station
3. It was easy to follow the route with the help of navigation
4. The students were independent and motivated, there was no need to encourage them to move forward
5. The students were excited about the hike, the teacher was pleased with their responsibility and involvement
6. Good experience in the planning process - the necessary things (safety and preparation) were discussed
7. Teacher is actively planning more hikes, and the teacher definitely wants to continue such activities with the school students

**Piloting the accessibility
solution No.6 (adaptation for
foreign language and
cross-cultural social groups)
(MS, LC)**

Piloting the accessibility solution No.6 (adaptation for foreign language and cross-cultural social groups)

The proposed solution aims to make hiking more accessible for social groups of foreigners temporarily residing in Latvia and Estonia for reasons such as studies, work, or refugee status as well as foreign tourists general. A methodology will be developed to address the practical considerations for reaching these groups and preparing them for hiking, including information on the necessary equipment and gear, the use of public transportation to reach hiking sites, the specifics of rural and nature areas, and the availability of services such as food. The methodology will provide practical hints for hiking tourism organizers and service providers to use when working with this specific social group and will be produced in LV, EE languages in digital format. Pilot testing with a group of ca 25 persons.

Pilot testing with foreigners, Fall 2024:

- 10-15 km pilot hike on Lilaste beach
- MS follows as observers
- MS collects feedback after the hike
- Improvement of the methodology
- Dissemination of the results

Video topics

- Introduction to Accessible Hiking for Foreigners in Latvia and Estonia
- Essential Equipment and Gear Using
- Public Transportation to Reach Hiking
- Destinations Rural and Nature Areas
- Prepping food on a hike
- Practical Tips for Hikers
- Participant Feedback

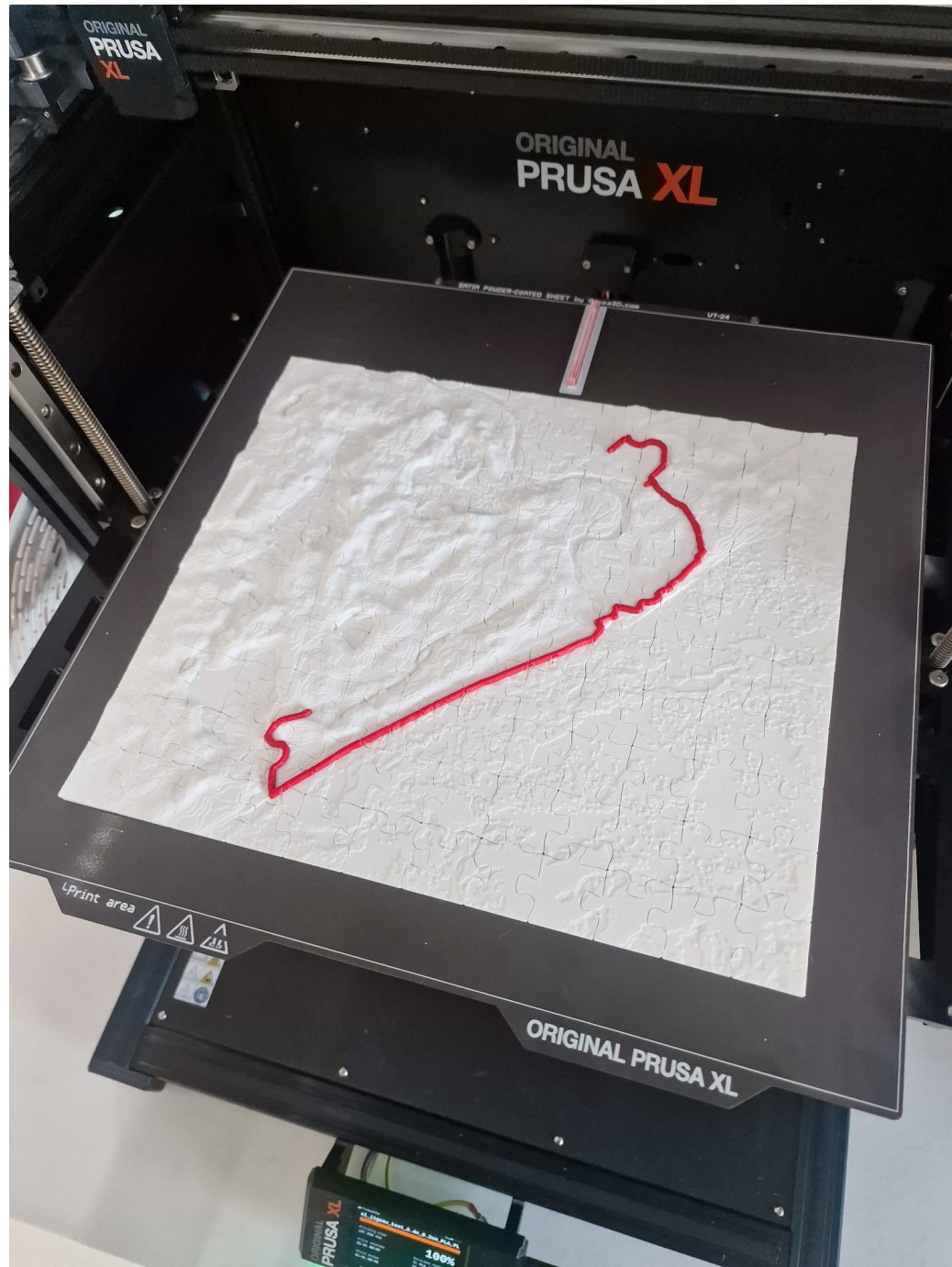
PILOT HIKE WITH FOREIGNERS,
LILASTE - CARNIKAVA 28.09.2024.





Partners involved in the pilot testing

- RTU International Students
departament**
- RTU Design Factory, students
network**



Other stakeholders & target groups

- Expats in Latvia community group**
- LUSP foreign student collegium**
- ESN network**
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Daily Socks for Explorers

Unisex 36-40



Projekta aktivitātes

Projekta laikā mērķis ir praktiski apmācīt un iedrošināt jauniešus pašiem pārlūgt un doties pārgājienos jeb mācīties darot.

-  1. mācīšanās arliks, kuru lasāms.
-  2. pasākuma vadības plāns un rokraksts.
-  3. iekārtotāji un aprīkojums.
-  4. ēdierīču un akvātīšu pārdošana.

WOOL	POLYAMIDE	ELASTANE
80%	17%	3%
MADE IN LATVIA		
KARMA SOCK.LV		









Projects

Forest and Coastal Hiking Trails' accessibility Improvement for different social groups (Accessible Hiking Trails)

Project objective

The project objective is to improve accessibility of the Baltic Hiking trails – the Coastal Hiking Trail and the Forest Trail – for different social groups by implementing accessibility and inclusive marketing solutions in the territory of both trails, in Latvia and Estonia.

Project results

1. Project partner organisations will continue cooperation after the project is completed based on a formal agreement to continue cooperation, after the end of the supported project. Project partners will consult the organisations that will uptake the accessibility solutions.
2. The following pilot solutions will be taken up by organisations:
 1. Wheelchair accessibility solutions to facilitate wheelchair hiking on different surfaces.
 2. Accessibility solutions for impaired vision (audio guides, special signposting, brail, etc.).
 3. Web cam accessibility solutions for trail current condition visualization before the hiking trip (safe hiking planning for seniors, families with young children).
 4. Accessibility solutions adapting hiking for families with young children (short distance hiking loops on trails, attractive and nature educational games and 3D objects while on a hike).
 5. Self-guided hiking skills for school youth.
 6. Adaptation for foreign language and cross-cultural social groups.
 7. Guided hikes for people with disabilities.

Project budget information

The total budget of the Project is 1 245 027,00 EUR, of which the ERDF Interreg VI-A Estonia – Latvia Programme contribution is 996 021,60 EUR.

Movement Spontaneous budget of the Project is 52 640,00 EUR of which the ERDF Interreg VI-A Estonia – Latvia Programme contribution is 42 112,00 EUR.

Project implementation

The project will be implemented over 3 years – from July 1, 2023 to June 30, 2026. The leading partner of the project is the Latvian Rural Tourism Association "Lauku Celotājs".

Follow our project updates on social media - [LinkedIn](#)

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<https://letshike.co/projects>

 **Movement Spontaneous** is at Lilaste Beach.
Published by Andra Marta Babre
· 6h · Carnikava · 🌐

Join Student Pizza Hike 🍕🍕🍕 this Saturday 28.09.2024. 10:00-15:00

❤️ It's time for a student hike! Celebrate the beginning of the warm autumn season by staying active and joining international students for a 10-15 km morning hike through forest trails near Lilaste beach. Expect some community building activities and a tasty pizza at the end of the hike!

👉 Be prepared – bring a fully charged smartphone, plenty of water, your favorite snacks, comfortable shoes, an extra set of clothes and socks (for the activities at the end) and see you on the trail!

📍 Meeting point: Starting location will be announced in the participants' WhatsApp chat after registration. Each participant is responsible for purchasing their own public transport ticket. Tickets can be bought in advance online at vivi.lv or via the Mobilly app.

👉 Participation is free of charge. To register fill out the form: <https://airtable.com/appSPK0ipeE0cUBQ1/shrUVTjvy9r1kAWqV> . Anyone can join the hike, you don't have to be a student to join.

🌱 This activity is part of the project "Forest and Coastal Hiking Trails' accessibility improvement for different social groups (Accessible Hiking Trails)" (EE-LV00013), The project is implemented with the financial support of the European Union's Interreg Estonia-Latvia 2021-2027 program. For more information about the project, visit: <https://letshike.co/projects> .



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This activity is supported as part of project "Forest and Coastal Hiking Trails' accessibility improvement for different social groups" (EE-LV00013), an Interreg Estonia-Latvia programme 2021-2027, co-funded by the European Union. This presentation reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.