1 Bolēni spring, Bolēni, Bērzaunes pag. GPS 56.8689, 26.0118. The spring can be found at the bottom of eight meters deep ravine. Throughout the year, the temperature of water is +7°C and it is believed that this spring is able to heal eve problems.

2 Gaiziņkalns, Bērzaunes pag. GPS 56.8714, 25.9639. ACTIVE RECREATION The highest mountain in Latvia (312 m above sea level) * Nature trail (2 km), information stands, marking,

* Struve geodetic arc location "Gaiziņš" The overal length of the Geodetic Arc is 2.822 km. The Arc crosses 10 countries from Norway to Ukraine. There are 16 Struve Geodetic Arc locations in Latvia and one of them is Mountain "Gaiziņš". Measurements were made from 1816 to 1855. The Struve Geodetic Arc is included in the UNESCO World Heritage list. * Tour guides: tel. 26141853*.

3 10 f Guest house "GaizinStars", Smiltenu skola, Bērzaunes pag. GPS 56.8708, 25.9842, tel. 26558644, 64828123*, www.gaizinstars.lv Waxwork of a poet A. Čaks (1901-1950), exhibition "Cupboard of Gaizins", black rural bathhouse of forefathers, bathhouse attendant, catering upon application.

4 f Artists' workshop "Stone house gallery", Lejas Vālēni, Aronas pag. GPS 56.8874, 26.0478, tel. 29438977, 29523794*. Meeting with artists Maija Jakoviča and Valērijs Baida; approximately 300 paintings, purchase of paintings, painting lessons, portrait painting, hike to Vālēni Grand Oak (girth 7 m).



5 33 f Country house "Piekūni",

29178245*, www.piekuni.lv Bathhouse, bathing rituals, astrological consultations, nature guides, hiking in the surrounding area of Gaizinkalns.

GPS 56.8761, 25.9624, tel. 29216473, www.gaizins.lv

fishing, boats rental.

Length – 20 km. The route is picturesque and stretches across the protected Vestiena landscape and Gaiziņkalns

CATERING 26 Recreational Base "Gaiziņš".





SURROUNDING AREA OF BERZAUNE AND MARCIENA



9 Mount Arona and Icespring, GPS 56.8090, 26.0946.

10 Berzaune evangelic lutheran church, Bērzaune GPS 56.8057, 26.0308, tel. 26521292*. The church was restored in 2009. Tour, organ concert by Haralds Sīmanis. 11 Organic farm "Aizupes", Irbītes, Bērzaunes pag.

GPS 56.8007, 26.0421, tel. 29372796*. Degustation program of goods: apple sweets, dried vegetables, bread baked in a rustic oven, purchase of the production, group catering*. 12 Goat farm and cheese factory "Līvi", Ozolkrogs

Bērzaunes pag. GPS: 56.8244, 25.9947, tel. 29187164 29180251*. A herd of goats (about 300 goats), creamery (6 types of soft cheeses), room for visitors, humorous stories told by the host, degustation of cheeses, tomato soup with goat cheese, ice-cream, purchase of the production.

13 Pet yard "Sveķi", Sveķi, Bērzaunes pag. GPS. 56.8072, 26.0414, tel. 28353321*. Collection of rabbits (about 20 sorts), a herd of sheep (untraditional sorts), garden of birds, place for a picnic.

14 f Farmhouse "Viesūnēni", Bērzaunes pag. GPS 56.8038, 25.8932, tel. 26465880, 29133103* Culinary workshops (cooking homemade lunch, pie baking, pizza workshop etc.), grape garden, hemp stack*.





「 15 1 ◎ F SPA Resort "Mārciena manor" nalnieki, Mārcienas pag. GPS 56.7845, 26.0878, el 64807300, 26335000, www.marciena.eu * SPA procedures (treatment with Biomechanical

Stimulation, massages, procedures for body, weight regulation and anti-cellulite procedures). SPA steam bathhouses (Salt room, Softwood, Hay, Sauna, mill contrast shower, cold pool, warm pool. bubble bath).

* Restaurant (meals of Latvian and Baltic German cuisine). Celebrations and conferences. 16 21 Guest house "Šubrakkrasti", Kalnozols,

Bērzaunes pag. GPS 56.8026, 25.8314, tel. 22441173, 29189120*, www.arakalnozols.lv Tour, workshop of manufacturing equipment, history of the motor sport, a serpentine hill road (219 m), landscape with pond cascades (15 h), meadow golf, place for wedding celebration and sport games, camp organizing. **ACTIVE RECREATION**

17 21 Meadow golf "Kalnozoli", Bērzaunes pag. GPS 56.8026, 25.8314, tel. 29460341, 29189120* www.arakalnozols.lv Golf course (9 holes), training, equipment rental (also for kids).

CATERING Bistro "Sauleskalns", Aronas iela 1, Sauleskalns, tel. 64827093, 26268875. 15 1 "Mārcienas muiža". 6 "Smeceres krogs".



SURROUNDING AREA OF KUSA, LAUTERE AND LIEZERE



18 f Art gallery of Agris Sārs, Meliaratoru iela 11, Kusa, GPS 56.8975; 26.1252, tel. 26134561* www.agrissars.wix.com/agris-art The workshop is arranged in a private house where the outhouse has been rebuilt into a workshop and art gallery (around 500 paintings, nature landscapes and abstractions).

19 16 Guest house "Kučuru mill", Aronas pag. GPS 56.9244, 26.0161, tel. 29332642*, www.kucuri.lv Mill (1875) Museum, Latvian wedding traditions for groups – fun program "Improvised Wedding at the Kučuri Mill" (duration - 2 hours), group catering,

20 F Beekeeping farm "Kalnu medus", Rogas, Liezēres pag., GPS 56.9382, 25.9642, tel. 29174560*. Tour to bees and manufacturing of beekeeping products (45 protective clothing available), degustation, purchase of the production, Lubeja manor, story of healthy nutrition.

Protected landscape "Vestiena", The area (27 150 ha) covers the central part of the Vidzeme highlands with the highest mountain in Latvia - Gaizinkalns, as well as other surrounding hills whose height exceeds 270 meters above sea level (Sirdskalns, Abriena Hill, Bolēni Hill etc.). Highly beautiful landscape across the 6 kilometers long road section from Vestiena to Gaizinkalns.

26 Lake Kāls, Vestienas pag. GPS 56.8624, 25.8443. The lake (407 ha) serves as a popular recreational and fishing spot. The lake management team works hard to restore the fishing resources. Only licensed fishing.

27 f "Dinner on the lake", Dzintari, Vestienas pag., GPS 56.8543, 25.8492, tel. 26313346*, www.viedi.org Adventure of flavors and sensations with the best Latvian chefs on a float in the middle of lake Kāls.

28 24 "Doll's house", Kalna Kadiķi, Vestienas pag.

GPS 56.8793, 25.8368, tel. 29193729*, Summer house of Arnolds Burovs (1915 - 2006), the founder of Latvian animation tradition; tour, watching of cartoons, express "poppet workshop". **29 Vestiena manor,** Vestiena, GPS 56.8662, 25.8736,

Primary School is located in the House of Masters. 30 F Forest training center in Vestiena, Vestiena, GPS 56.8662, 25.8736, tel. 26141853*.

CATERING Ilziņkalni, Vestiena, tel. 64871480.

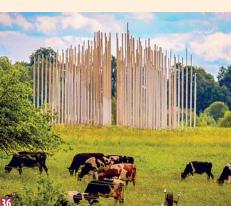


GPS 56.8240, 26.2458, tel. 29423907*, www.lazdona from May till October.

34 f Herbal teas "55 Mārītes", Lejaszīles, Praulienas pag. GPS 56.8392, 26.2600, tel. 26527445*, www.marites.biz A tour in the world of medicinal herbs, tea preperacion. Spotting of herbs, tasting and purchasing of teas.

35 Lazdona handicraft group "Adornment", Meža iela 2, Lazdona, GPS 56.8324, 26.2412, tel. 26186955*. Collection of pearl adornments and various handicrafts, classes for jewelry making and handicrafts, purchase of handicrafts.

36 Environmental object "Latvia sounds" (artist I. Mailitis) in Prauliena municipality. The object marks site near Lazdona pastor's manor where the first Latvian student choir festival took place in 1866. 37 Rope bridge across the Aiviekste River,



Tel. * Booked visits only!

Bodnieki, Praulienas pag. GPS 56.8249, 26.3393, tel. 20393995*. Beer brewery, tours, tasting, beer

ACTIVE RECREATION 41 Shooting range "Paleias", Praulienas pag. GPS 56.8254, 26.3263, tel. 28336872*,

www.cihpih.lv Shooting at round stand, distance shooting and shooting at running animal figures, American trap. 42 Horseback riding "Jaunzemi",

Riding, driving in a cart or sleight.



SURROUNDING AREA OF SARKANI.

Craft school of Sarkani, arkaņu pamatskola, Sarkani, GPS 56.8793, 26.2635. tel. 29424739*. Field trip through weavers and needle vomen's workshop, P. Vilumsons' loom, weaving classes

BIKSERE AND DZELZAVA

United tour through sites 43 and 44. Ethnographic and household storehouse of ladona museum, Kalna iela 2, Sarkaņi, GPS 56.8789, 26.2629, tel. 26579716, 20221997. Tools, measures and

containers, collection of household objects and furniture,

inen and wool processing, 19-20th century living room. 45 "Willow ostriches", Vītoli, Sarkaņu pag.

the following animals: African ostriches, emu. **46 Biksēre spring**, popular water supply site.

GPS 56.9189, 26.3116.

47 f NOVELTY! "Ozolkalna barn", Libes Ozolkalns, Biksēre, Sarkaņu pag. GPS 56.9203, 26.3106, tel. 29424633*. Līga Kuba's waving and crafts workshop, tours, classes, purchasing and ordering of waved products, production of loom. 48 Biksere manor and park with sculptures,

28621303, 29424739*. The buildings in the manor complex have been preserved since the days of landlord Magnuss (19th century). Antiques museum "Biksere Granary", park with outdoor sculptures. 49 Museum "Jaundilmaņi" dedicated to medical professor A. Bieziņš, Sarkaņu pag. GPS 56.9259, 26.2739, tel. 29452112*. The home of A. Bieziņš

Biksēre, Sarkaņu pag. GPS 56.9231, 26.3065, tel.

(1897-1975), the founder of Latvian children's surgery tradition. The side museum is a branch of the P. Stradinš Medical History Museum. 50 Dzelzava palace and park, Dzelzava, GPS 57.0007, 26.4324, tel. 26130697*. Mid-18th century Baroque style palace, which was owned by the Family of Trenzeji-Rozeneki. Now there is a school established

in the palace. Museum "Mucenieki" dedicated to writer Doku Atis, Dzelzavas pag. GPS 57.0412, 26.4904, tel. 64852057, 26318915*. The home of Doku Atis (1861-1903), the founder of Latvian children's literature tradition.



Tel. * Booked visits only!

SURROUNDING AREA OF KALSNAVA, LAUDONA AND MĒTRIENA

52 Aiviekste hydroelectric power plant dam, on the Aiviekste River, Aiviekste, GPS 56.6462, 25.9476.

1 月 54 55 56

53 Aijas Kaškure's dendrological garden, Igaijas, Kalsnavas pag. GPS 56.6557, 25.9548, tel. 29277393*. Tour to garden (2,5 ha, at about 1500 diversities, 1-8 h) together with a well-known landscape gardener. Rare species, selection, lectures on tours, consultations at objects.

i 🛂 🖻 f LVM "Kalsnava arboretum", Ogu Īves, Jaunkalsnava, Kalsnavas pag., GPS 56.6860, 25.9444, tel. 27841099, 29326912, www.lvm.lv/arboretums * One of the largest and most beautiful collections of

ornamental trees and shrubs in Latvia (140 ha. approximately 4000 different items). Garden of Peonies (approximately 240 different iten

* Individual walks, tours, consultation provided by

a dendrologist, creative workshops, events. ***** Green yard school.

Visitor Center, watchtower (25 m), walking trails, picnick area. * Camper parking.

Tree farm "Kalsnava", Pārupes iela 7, Jaunkalsnava. Sales of ornamental trees and scrubs, the offer includes approximately 700 different items. **56** Kalsnava basketry, Vesetas iela 11, Jaunkalsnava,

GPS 56.6930, 25.9646, tel. 29173930*. Advice on planting and growing osier wicker.

Workshop of potters Dumpji, Brīvnieki - Kolbergi, Mētrienas pag. GPS 56.6917, 26.3021, tel. 29187910 29421907*. Kiln for ceramics, exposition of the history of pottery, talks about pottery, purchase of ceramics, country smithy and tools of the blacksmith.

58 ¶ Untraditional farmhouse "Bieles", Laudonas pag. GPS 56.7274, 26.2163, tel. 29454458, 29353754* www.bieles.lv Garden of animals and birds (around 15 different kind of animals), energetic spiral (700 m), learning about permaculture, wild plants in food, tasting of wild plants, campsites, tour through Laudona municipality.

59 Goat farmhouse "Burkānciems",

Lejas Ķunci 2, Ļaudonas pag. GPS 56.6460, 26.2403, tel. 22188433* www.burkanciems.lv Goat farmstead (at about 150 goats), creamery (solid and soft cheeses), tour, degustation, purchase of the production.



60 Krustkalni nature reserve (2978 ha),

ATAŠJENE

el. 26473408*. Krākas spring trail (2 km), visitor centre. Krustkalni watchtower (26 m). The watchtower may be visited without any prior notification, and the company of a tour guide is not requested. It is located at the side of the road Marciena-Laudona GPS 56.7333, 26.1359.

61 Teiči nature reserve (19 779 ha), tel. 26112686*. Specially protected nature territory, the largest moss swamp in Baltics. Sildu trail (3km), Siksala (island of mineral soil in the middle of a swamp, sightseeing platform, watchtower, visitor centre "Bērzi").

60 61 It can be toured only in the company of a guide for groups up to 15 participants. Applications at least 2

62 Bird and animal watching tours, with nature expert Dainis Tučs, tel. 26528739*. The travel route is always planned in line with gathering sites of birds and animals in the Lubāns wetland and area of the Teiči nature.

18 Guest house "Naktsvijoles", Līdumi, Kalsnavas pag. GPS 56.6976, 25.9569, tel. 64826215, 28343576*. Warm pool, water aerobics lessons.

Camping site "Upmalas", Vētraine, Kalsnavas pag. GPS 56.6740, 26.0104, tel. 28372673*. The place for organizing sports games and recreational site, boats.

Boating down the Aiviekste river routs, rental of canoe boats, transporting of boats, tel. 25434346, 26649344*.

CATERING 11 "Gimenes sēta".





SURROUNDING AREA OF LAKE LUBANS

Lake Lubāns. The biggest lake in Latvia, it stretches across 14 kilometres in length and 9 kilometres in width. The shores of the lake are changed and surrounded by a peculiar system of dams and canals. At the Northeast coast there is a swimming and recreational area. Two sluices are responsible for maintaining the water level in Lake Lubans.

Lubāns wetland (51351 ha) stretches across the plain surrounding lake Lubans. The lake and fish ponds are one of the most important resting and feeding spots in Latvia for migrating waterfowl. Here you can spot several world-wide endangered bird species: snipe, corncrake, sea eagle, fish eagle. Overall there are approximately 25/ bird species present in the said territory, and 190 of them make their nests there. **BirdLife International territory**. The largest number

of birds usually gathers during spring and autumn

i 63 39 f Lubāns wetland information centre omezgls, Ošupes pag. GPS 56.8164, 26.9065, tel. 29234956*, www.lubanamitrajs.lv * Travel guides, coffee, souvenirs

* Tourist guides, trekking. ***** Bird-watching tours, binoculars.

***** Boats (5), SUP boards (10). ***** Picnic and tent sites.

64 Rehabilitation station for wild birds "Tiltakalni", Barkavas pag. GPS 56.7659, 26.4582, tel. 29485851*. The story told by Environmental Expert Ugis Bergmanis about Latvia's birds and healing of especially protected vulture when they are in misfortune. Bird and animal watching tours, with nature expert

Dainis Tučs, tel. 26528739*. The travel route is always planned in line with gathering sites of birds and animals in the Lubāns Wetland and area of the Teiči Nature. 65 Teirumnieki swamp trail, Naglu pag. GPS 56.7208, 26.9375. The 800 meters long plank-way

swamp lake. 66 Kalnagala sluices, GPS: 56.7345, 26.7262. One of the main junctions of the lake Lubāns hydro

trail stretches across the swamp and on the side of a



67 Fishery farm "Zvejnieki", Īdeṇa, Nagļu pag.

70 29 Farm "Jaunkalēji", Kalēji, Ošupes pag.

71 30 Farmhouse "Kodoli", Ošupes pag.

CATERING 38 Cafeteria in the Barkava,

Tel. * Booked visits only!

Dzirnavu iela 1. Barkava, tel. 64807214.

GPS 56.8038, 26.6472, tel. 29104869*. Rural bread

GPS 56.8654: 26.6741, tel. 29331268*. Discussions

about sauna, bath-house attendant, sauna ritual,

aroma therapy, sauna scrubs, herbal oils, herbal teas,

VARAKĻĀNI

well-groomed territory.

MADONA

GPS 56.7504, 26.9485, tel. 28301143*, www.zvejnieki.lv Portable barrel sauna, Aļņi, Ošupes pag. Fish from lake Lubāns (fresh, smoked, with prior GPS 56.7789, 26.6880, tel. 28893026*. booking), history of surroundings of lake Lubāns, guiding services. Pool, Sauna, Skolas iela 13, Degumnieki, 68 House "Liepsalas" of colonel O. Kalpaks,

GPS: 56.7976, 26.7483, tel. 27803237* Ošupes pag. GPS 56.7889, 26.6252, tel. 26400999*. The **14** Water tourism development centre "Bāka", vāpāni, Gaigalavas pag. GPS: 56.7848, 26.9430, memorial of colonel O. Kalpaks (1882-1919) the first commander of the Latvian national army. Beautiful,

ACTIVE RECREATION

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Lubāns

Šņitka.

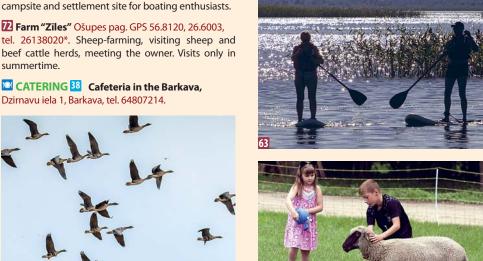
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tel. 26663358*, https://baka.rezeknesnovads.lv Viewing terrace (height 10 m), exhibitions hall, cutter. vindsurfing, water skis, sports fields, bycucles (10), 69 Monument of colonel O. Kalpaks, Visagala kapi, Indrānu pag. GPS 56.8048, 26.5686. Sculptors K. Zāle

Marked cycling route "Around lake Lubans" Boating down the Aiviekste river routs, rental of

baking, group tours, tasting, Latvian cuisine, lamb canoe boats, transporting of boats. tel. 25434346*, meet, group catering, wedding attraction program. **Boats, fishing:** 63 67 74

Farm "Ziles" Ošupes pag. GPS 56.8120, 26.6003, tel. 26138020*. Sheep-farming, visiting sheep and beef cattle herds, meeting the owner. Visits only in





Tel. * Booked visits only!









ienas pag. GPS 56.8664, 25.9435, tel. 29416180,

6 26 FRecreational base "Gaiziņš", Bērzaunes pag. Gaizinkalns nature trail, activity "Tarzan", tubing into water.

7 Horseback riding at "Stikliņi", Bērzaunes pag. GPS 56.8611, 25.9921, tel. 26534658*. Riding, carriage,

8 Viešūra lake, Vestienas pag. GPS 56.8946, 25.9515, tel. 28656198*, www.viesurakalns.lv Licensed

Marked cycling route "Hills of Gaiziņš".

SURROUNDING AREA OF VESTIENA

historical sources in 1452. Currently the Vestiena

tel. 26807209*. The manor was first mentioned in

Interactive program. "Woodland maze - search, think, do" (1-50 pers., about 1,5 h).

Gafe "Kadiķi", Vestiena, tel. 29193729.

SURROUNDING AREA OF LAZDONA AND PRAULIENA

33 "Lazdona dairy farmer", Klēts, Lazdonas pag. Milk processing enterprise, assortment of 50 units of goods, tour, acquaintance with cycles of milk processing, degustation, purchase of the production. Attendance

Praulienas pag. GPS 56.7711, 26.4380.

38 9 Guest house "Apiņu kalte", Agri, Prauliena, GPS 56.8259, 26.3028, tel. 29455829*. Culinary program "Ancient Dishes of Madona Region", culinary classes, group catering*, strawberry, raspberry. 39 Madona beer",

NOVELTY! "Jaunkaļņi" , Liezēres pag. GPS 56.9432,

25.9280, tel. 29806029, 22489232*. Meeting carpenter

Zigmunds Lauriņš, nature material carpets, unique

nature-shaped furniture, interior objects and appliances.

2232 Silvijas Čurkste's culinary program, Lielie

tel. 26200599*. "Viesienas klučkas" and a story of ancient

Linka, Liezēres pag., GPS 56.9804, 26.1591, tel. 29388414.

24 f Airsoft "Black hawk", Kusa, Aronas pag. tel.

29470770*. A game of military adventure and active

25 ¶ Quadricycles, Strautnieki, Aronas pag. GPS

56.8503, 26.1494, tel. 29144465*. Quadricycles (6 pcs.), 2 tracks, barrel train, instructor, places for rest, tent rental, sauna.

Garden of berries and fruits "Jāņkalni",

estienas pag. GPS 56.8661, 25.8407, tel. 26157040,

28992426*, www.jankalni.lv The garden covers an

area of 22 ha (blueberries, rhubarb, raspberries).

excursion to the processing workshop, tasting and

Vestienas pag. GPS 56.8621, 25.7503, tel. 29450715*. A

chance to take a look at a herd of suckler-cows living

in the wild; memorial site of Janis Ilsters (1851 – 1889),

28 Recreational site "lelāpi", Vestienas pag. GPS

56.8506, 25.8225, tel. 29227504*. Recreational site at

the shore of Lake Kala, children's playground, bouts,

catamarans. Soap-making workshop, catering at

Vestienas pag. GPS 56.8649, 25.8430, tel. 26521292.

GPS 56.8652, 25.8029, tel. 28700536*. Place for tents,

Vestienas pag. GPS 56.8700, 25.8259, tel. 29428355*.

Swimming and picnic areas, catamarans, boats, raft,

Vestienas pag., tel. 28269240*. Floating raft with a

Boats, fishing, permits available: 15 28 42 43

15 Recreational site "Lake Kāls" (Kālezers),

Swimming and picnic areas, catamarans, boats.

42 Recreational site "Bērzi", Vestienas pag

picnick area, boat rental, fishing.

43 Recreational site "Dadzīši".

46 Floating sauna in the lake Kāls,

sauna and a chance to grill.

the first Latvian botanist; climbing the Gretu Hill.

purchase of products (candied fruits, juices, syrups,

Kupri, Aronas pag., GPS 56.9449, 26.0958,

23 17 Commercial fishing at "Linka ponds",

recreation for groups of 8-20 persons.

jams), bush blueberries seedlings.

Farm "Gretes",

the outhouse*

ACTIVE RECREATION

local foods (5-20 pers.).

ACTIVE RECREATION

purchase, summer restaurant. 40 Boulder "Devil's Tailor", Jaunauziņas, Praulienas pag. GPS 56.7867, 26.3803. The second biggest stone in Latvia, girth – 20 m.

Praulienas pag. GPS 56.7864, 26.4808, tel. 29459432*.

