



# Nature accessibility solutions & promotion of understanding in the Central Baltic Region

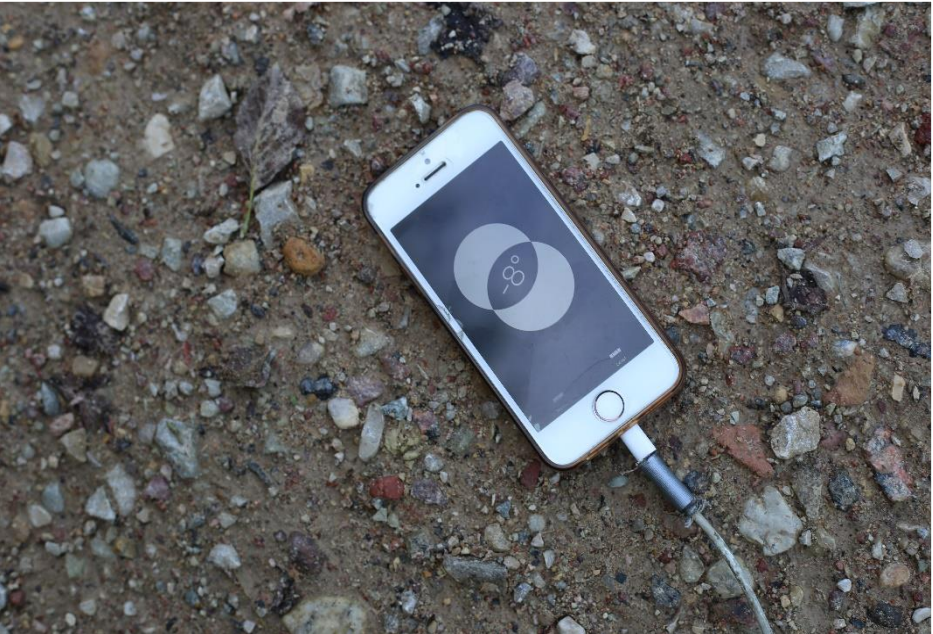
**Project**  
**«Nature Access to All»**  
**#NatAc**

**Alise Lūse**



The project is co-financed by the Central Baltic Programme 2014–2020  
[www.centralbaltic.eu](http://www.centralbaltic.eu)







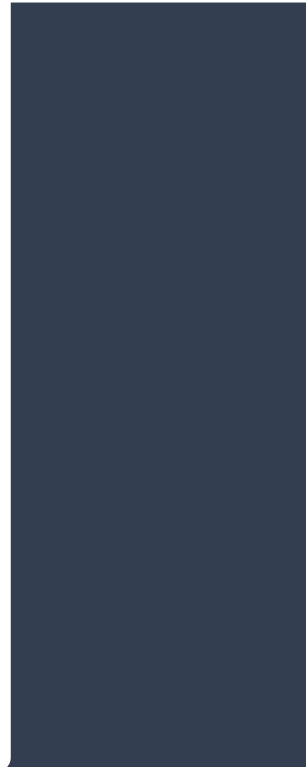
**Nature access to  
all**

**Project team:  
Latvia  
Estonia  
Finland**





# Cooperation & involvement







**Testing &  
tryout**





# Boardwalk







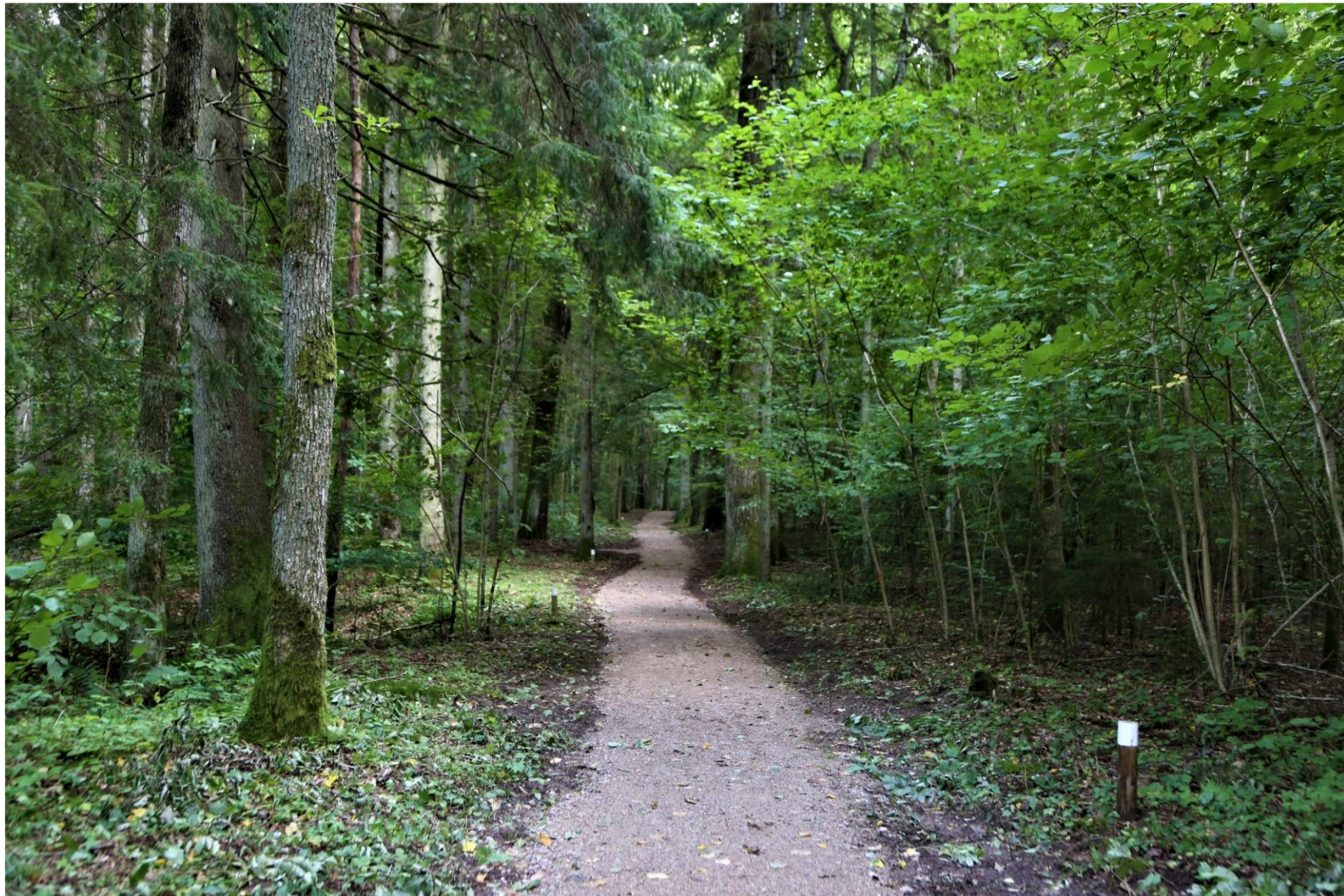
# Boardwalk







**Path**







**Path**





# Path





# Benches





**WCs &  
dry closets**







**WCs &  
dry closets**





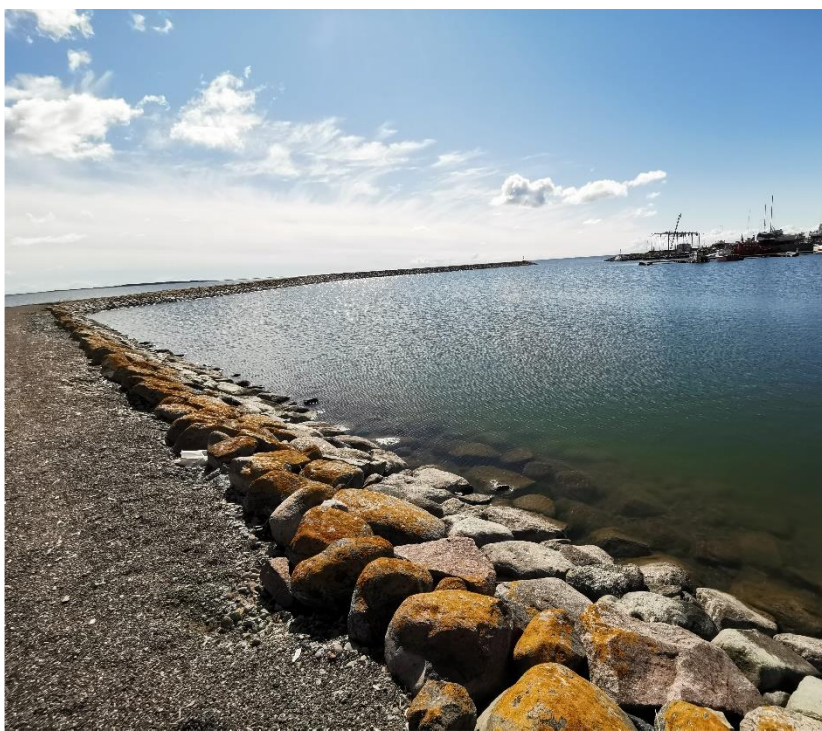
# Ramps



# Tables







# Fishing sites





# Fishing sites



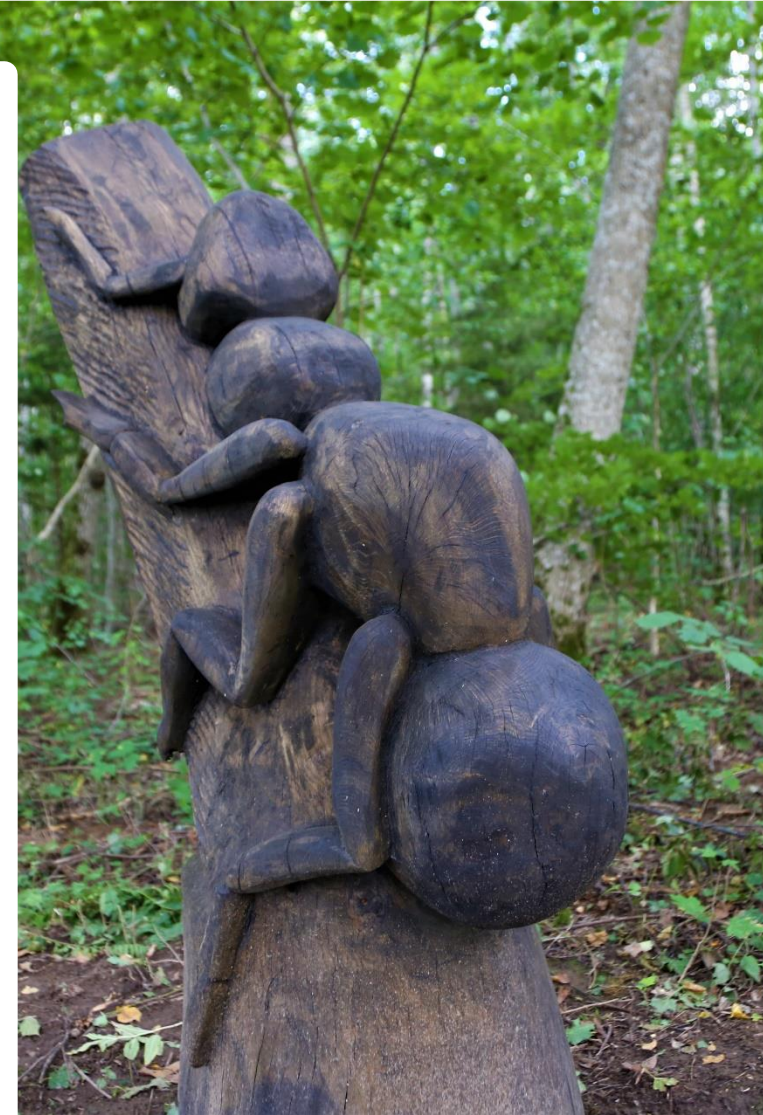
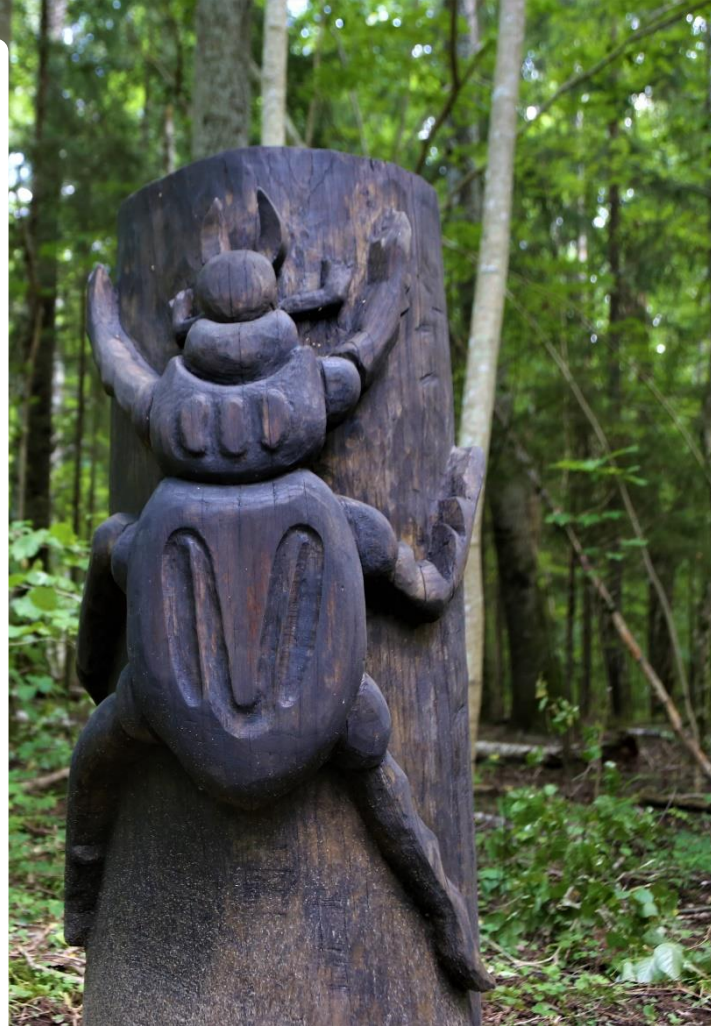


# Tactile figures & boards





# Tactile figures





# Tactile objects



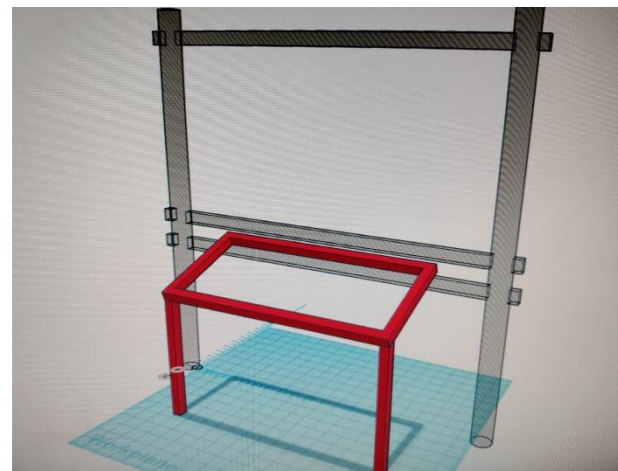
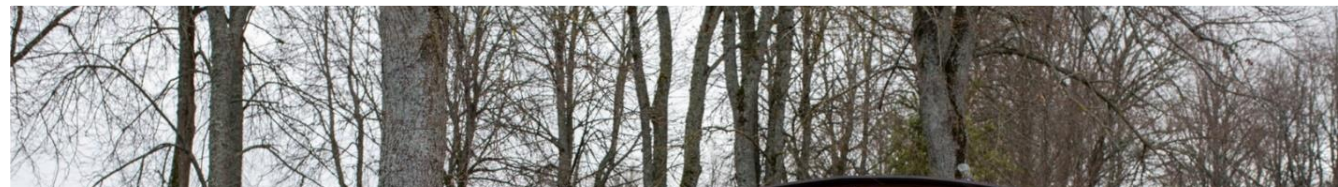


# Tactile objects





# Tactile objects





# Signs

**Green**



**Rada 0,8 km**

**Orange**



**Rada 2,7 km**



Kõik puuded ei ole nähtavad  
Not every disability is visible

**TOILET**



Kõik puuded ei ole nähtavad  
Not every disability is visible

**WC**





# Signs





# Signs





## Kazdangas pīlādžu aleja

### Kazdanga rowan alley



2018.gadā par godu Latvijas valsts dibināšanas 100.gadadienai kazdandznieki iestādīja 100 pīlādžus, ar mērķi izveidot simbolisku spēka un aizsardzības vietu. Lai padarītu Pīlādžu aleju par jaunu un pievilcīgu tūrisma objektu, 2020.gadā tā tika papildināta un saturiski piepildīta ar 15 vides objektiem, kuri pieejami cilvēkiem ar invaliditāti. Aleja kā ceļojuma pieturvietu vai galamērķi paredzēta ne tikai ģimenēm ar bērniem, cilvēkiem ar invaliditāti un individuāliem interesentiem, bet būs aizraujošs piedzīvojums arī kāzniekiem un jauniešiem. Pīlādžu alejas ideja balstās uz sevis izziņāšanu. Ejot tai cauri, pietājot pie objektiem, izlasot to aprakstu un sekojot norādēm, veidojas ceļojums ar pozitīvu, sevis attīstīšanu. Objekti veidoti, balstoties uz latviešu un pasaules tautu folkloru, mitoloģiju un tradīcijām. Alejas sākums - vārti, bet meditācijas aplis - noslēgums.

Alejas pamatā ir pīlādžis. Ejot lokveidā, taka ir 0,7 km gara un aicina izziņāt pīlādžu "anatomiju", saredzot, sasmaržojot, sataustot, sagrašojot un pat sadzirdot pīlādžu un dabu. Šeit iestādīti dažādu šķirņu pīlādži, tāpēc rodas iespēja salīdzināt un pamanīt to daudzveidību, nianšes un raksturu (piem., aiciniet bērnu saskaitīt, cik nokrāsu ir pīlādžu oranžajam, cik atšķirīgs garšu rūgtums un ogu forma).

Parastais pīlādžis (Sorbus aucuparia) ir koks vai krūms no rožu dzimtas sugas un Latvijā bieži sastopams. Pīlādžus izmanto uzturā, veselības stiprināšanā, skaistumkopšanā un ārstniecībā jau izsenis, tāpēc tas uzskatāms par izcilu vērtīgu augu un sastopams gandrīz katrā sētā.

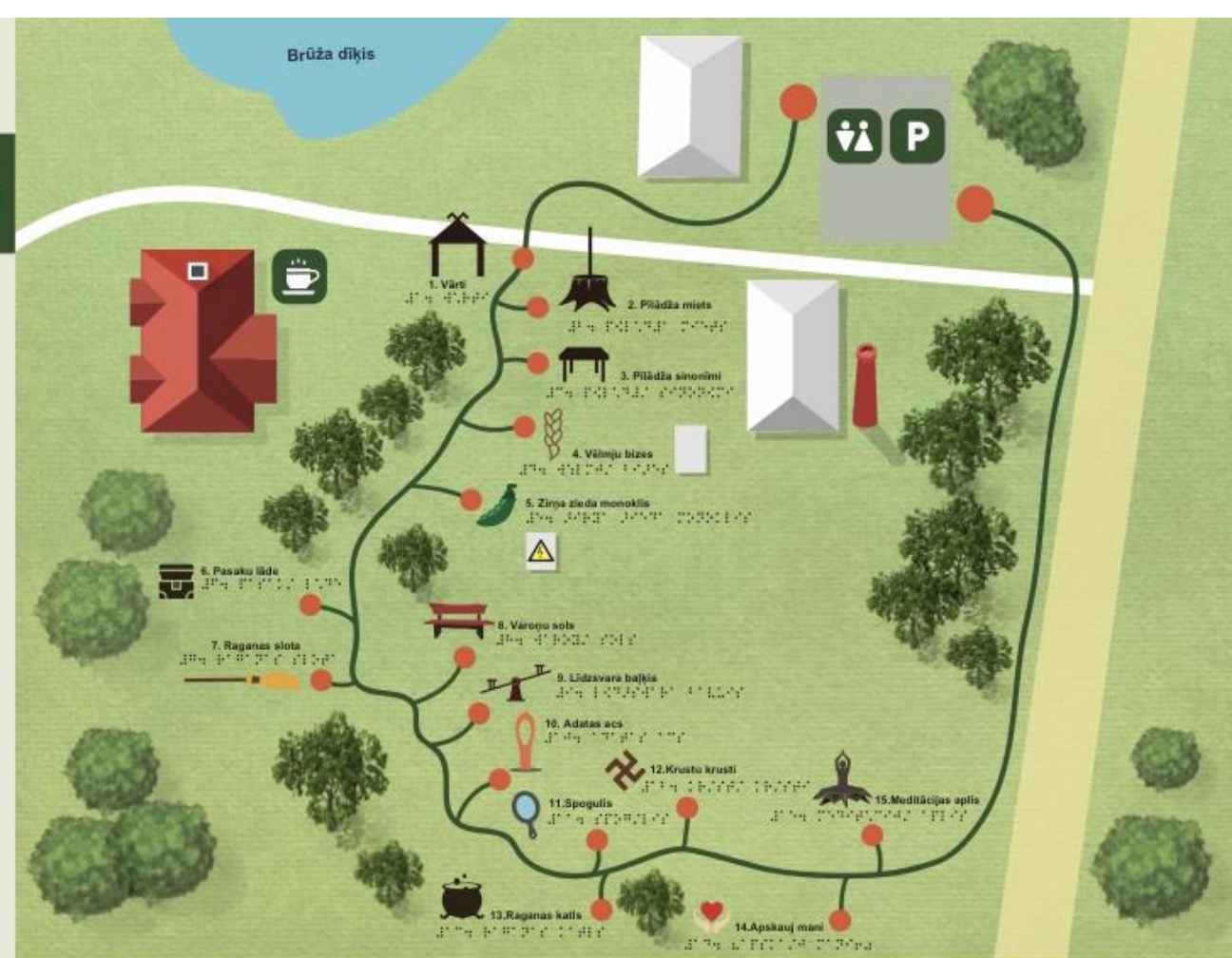
Pasaules folklorā pīlādžis tiek lietots kā aizsardzības un spēka simbols. Janīna Kursīte "Dainu kodeksā" raksta: "Pīlādži uzliedz kā aizsargkoku, tāpēc to stādīja māju tuvumā vai Jāņos iesprauda pīlādžu zarus pie mājas, stāļā, kūts durvīm u.c. vietās. Tas laikam bija šī koka ogu, kuru galā krustveidīgs veidojums, bet varbūt arī specifiskās smaržas dēļ. Uzskatīja, ka pīlādžis noder raganu, skaužu, Laumas, Vēlna u.c. kaitējošu būtnu atvairam. "Es savām tēlēm! Pīlādžkūju kūlī liku, / Lai raganas nenobur, / Jānu nakti staigādama." vai "Man uzauga pučenīte! Zīgu stāļā galinā! / Ik rītiņus skauža māte! / Garām gāja šnaukādama." Ekā iesprauto zaru glabāja līdz nākamajiem Jāņiem, tāpēc pīlādžis saukts par Jāņu koku."

Pīlādži apzināti stādīti alejas formā, gan lai papildinātu jau Kazdangā esošo aleju pulku (Sporta aleja ar 81 bērzu un divas uz pili virzītas liepu alejas), gan lai simboliski iezīmētu cilvēka attīstības ceļu. Veiksmīgu un priekšroku ceļojumu!



The Rowan Alley with 100 rowan trees has been created by the villagers in honour of the Latvia's centenary and has 15 stops with educational tactile environmental objects - different wooden figures on both sides of the alley, allowing to explore nature, culture and history through the five senses - sight, hearing, touch, taste and smell. Rowan was seen as a protective tree in Latvian mythology. It was planted close to the house and the branches were inserted outside doors at house, barn, stables into the summer solstice. It is believed to be repelling the witches, devil and other harmful creatures.

The Alley shall be an interesting object not just for families with children, people with disabilities and individual visitors, but shall provide an exciting adventure to newlyweds. The idea of the Rowan Alley is based on self-exploration. Going through it, stopping at objects, reading object descriptions and following their guidance, one shall experience a truly positive, self-developing journey. The objects are based on folklore, mythology and traditions, both, Latvian and foreign.



Kazdangas tūrisma informācijas punkts,  
Jaunatnes gatve 1, Kazdanga

turism@kazdanga.lv

+371 29103813

www.visitaitzpute.lv

LV



ENG



Pīlādžu aleja izveidota ar Centrālās Baltijas jūras reģiona programmas 2014.-2020.g. atbalstu projektā "Dabas tūrisma pieejamība (NatAc)" (CB786). Projekta realizētāji: Kurzemes plānošanas reģions sadarbībā ar Invalīdu un viņu draugu apvienību "Apeironis" un Kazdangas pagasta pārvadi. Alejas idejas autors: biedrība "KODOLS". Objektu koncepcijas autors: Elīna Madene, Ize Holštroma. Pieturvietu apraksti: Elīna Madene. Koka skulptūras: Mārtiņš Selderiņš.

Interreg  
Central Baltic





# Tactile info stands





## Būšnieku ezera dabas taka

Dobrze legumie bertortja "150-letniku szcra kreata" i uziatke 200 m gara koka talpa, kas lantepas szcra, lejot baufi pafkamu pastalpu cauzi szcra miedziem, ntrazufci szcra mifkasz putrus.

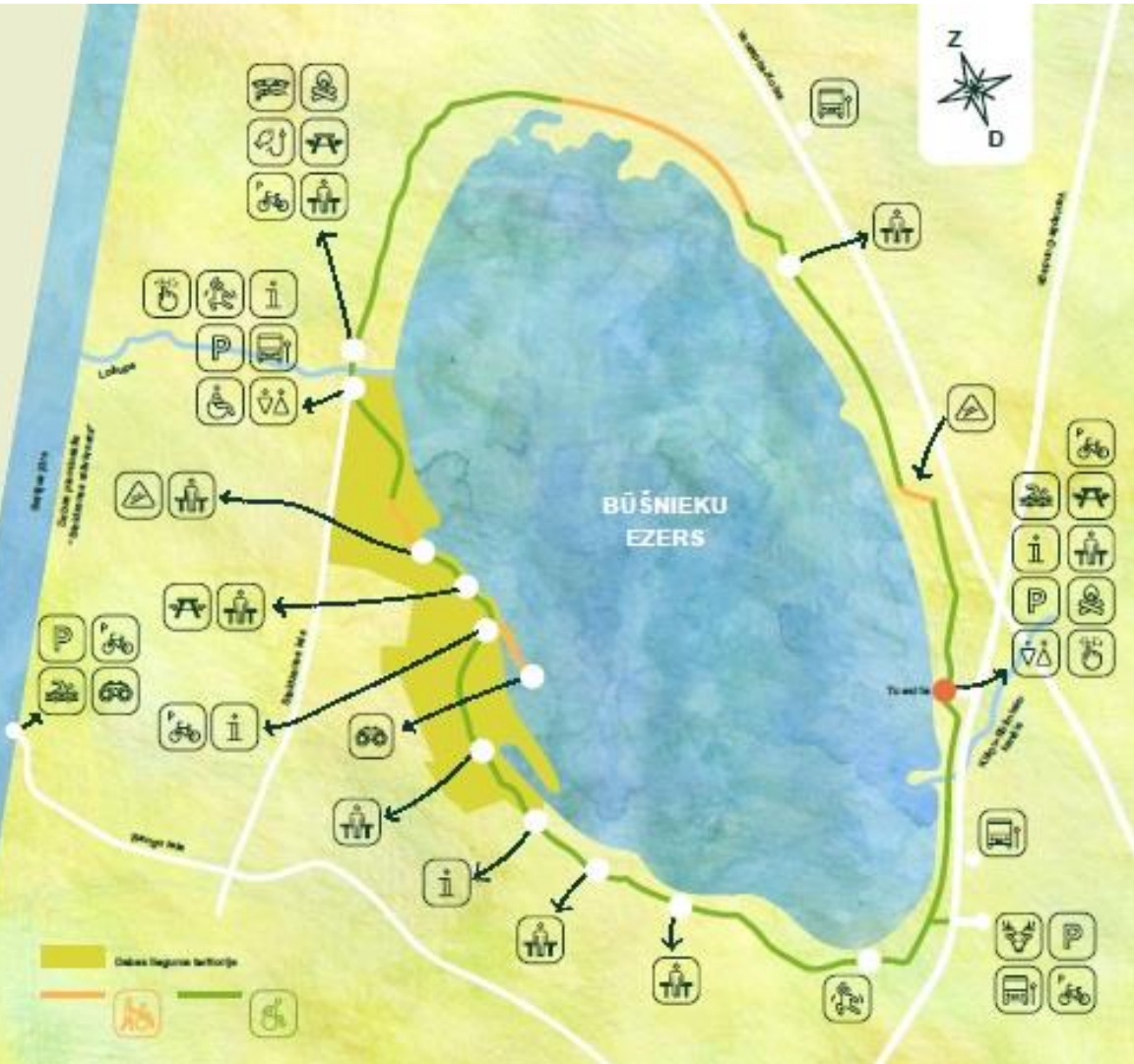
A 200 m long wooden boardwalk stretches into the lake from the coast in the nature reserve area, allowing to enjoy a pleasant walk through the lake reeds without disturbing the birds living there.

На территории природного заказника «Берег озера Буш-инку» установлены деревянные пешеходные мосты 200 м длиной, которые ведут к озеру, позволяя насладиться приятной прогулкой через заросли сочного самшита, на близкой птице, обитающей в озеро.



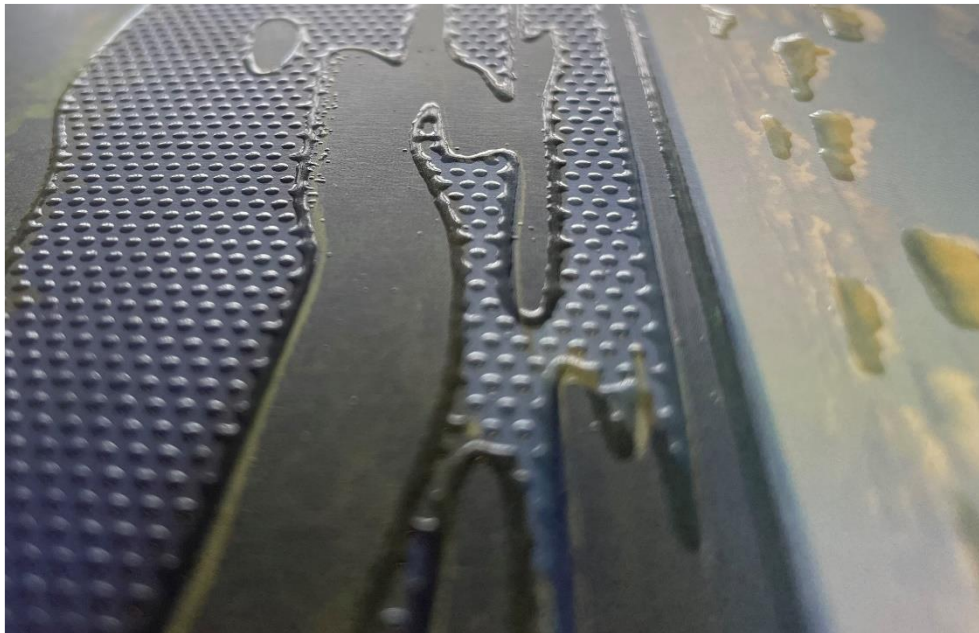
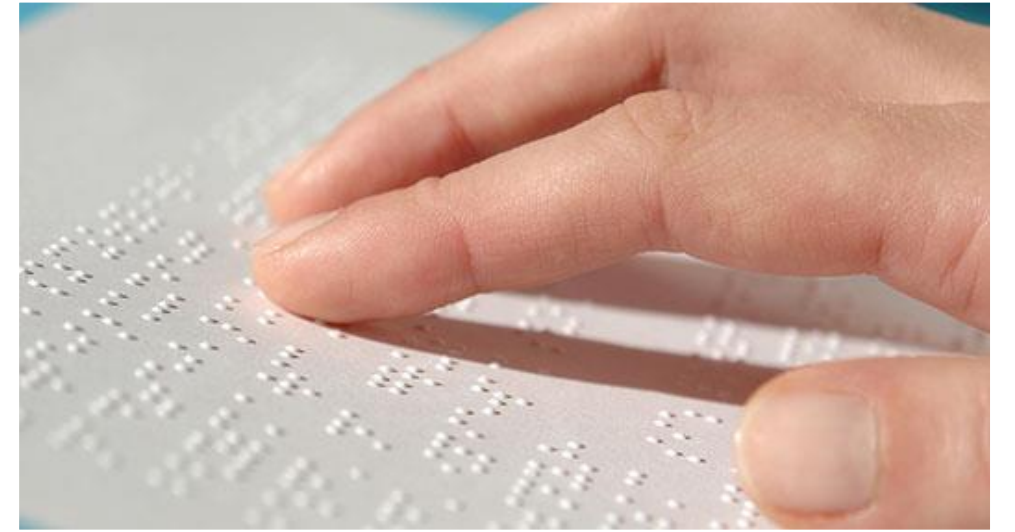
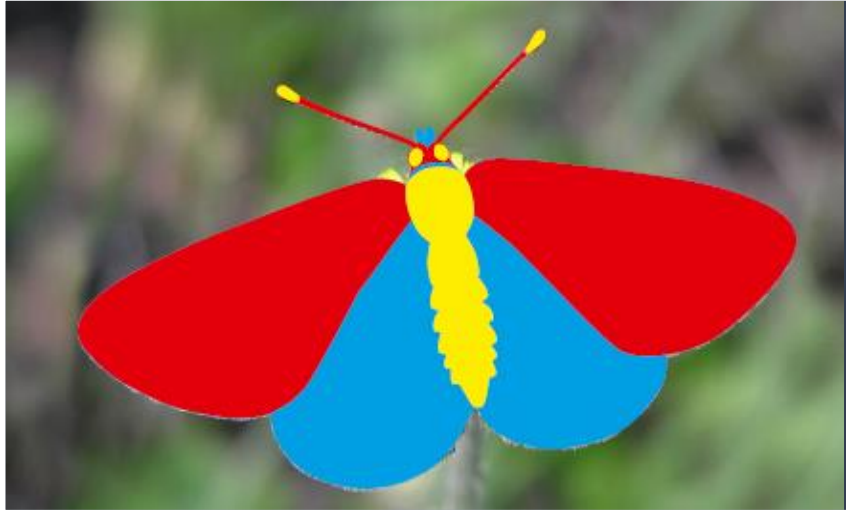
В 50 м от тропы находится Зеленый о-в. Зеленый такой же, как и всегда встретить на воде.

Information, presented in numbered sections  
 1. Name of the person, the name of the person





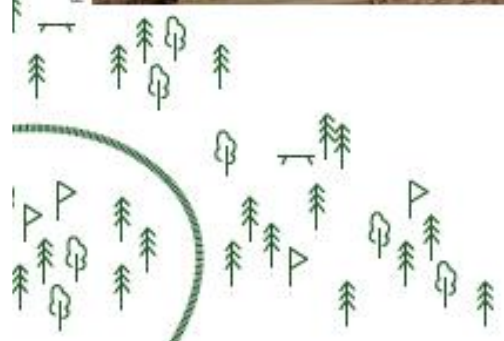
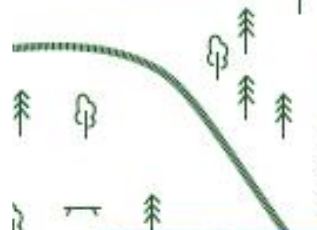
# Tactile cards





# Guidebook

## Nearby sites and trails



### Trail to the Paradise Hill

#### A Emperor's view

0.4 km, 10 out-and-back,  
GPS Lat: 57.14370, Lon: 24.81939

#### B Sigulda Castle Quarter

0.5 km, 10 out-and-back,  
GPS Lat: 57.16557, Lon: 24.85020



## Trail to Paradise Hill



← Rīga 60 km



### GAUJA NATIONAL PARK, SIGULDA

Suggested starting point:  
Parking lot at Sigulda cemetery

GPS Lat: 57.17077, Lon: 24.85932

45 min

2.1 km

Not marked, but can easily follow the trail, there are direction signs to objects of interest

Loop

Space between planks on the bridge exceeds 1 cm

Gravel, wooden boardwalk (small bridge), Asphalt at the parking lot

by car or bus  
by train till Sigulda



### SIGULDA TOURIST INFORMATION CENTRE

6 Ausekļa Street, Sigulda  
T: +371 67971335  
E: info@sigulda.lv  
www.tourism.sigulda.lv

The Paradise hill is also known as the Painter's hill, since this is one of the most scenic sites, which has been painted since ancient times. The Paradise Hills offers breathtaking views of the Turaida Castle and the ancient valley of Gauja. It's within easy reach for visitors – the trail is in just 30 min walk from the city centre along comfortable pedestrian paths.



### FACILITIES

accessible Viewing platform (with several steps)





## Welcome to the new Mapeirons website!

Good ideas come true! The association of disabled persons and their friends **Apeirons** has launched a new and improved version of Mapeirons! The updated website contains comprehensive information on accessible sites and services not just in Latvia, but also in other countries.

← Previous

Next →

Find the best spots for your free time activities!



total 1026 places

### Pāvilosta Beach Boardwalk

Watch the trail video:  
Description: Pāvilosta beach boardwalk stretches along the widest gray dune in...

[Learn more...](#)

### Pāvilosta Pier Promenade

Watch the trail video:  
Description: Pāvilosta pier promenade was opened very recently – in 2020....

[Learn more...](#)

### Paths at Dvēseles Veldzes Dārzs

Listen to trail audio  
Share audio  
Facebook Twitter  
Whatsapp Description:  
Liepāja Society of...

[Learn more...](#)

1 2 3 4 ... 103 >

# mapeirons.eu

Search object

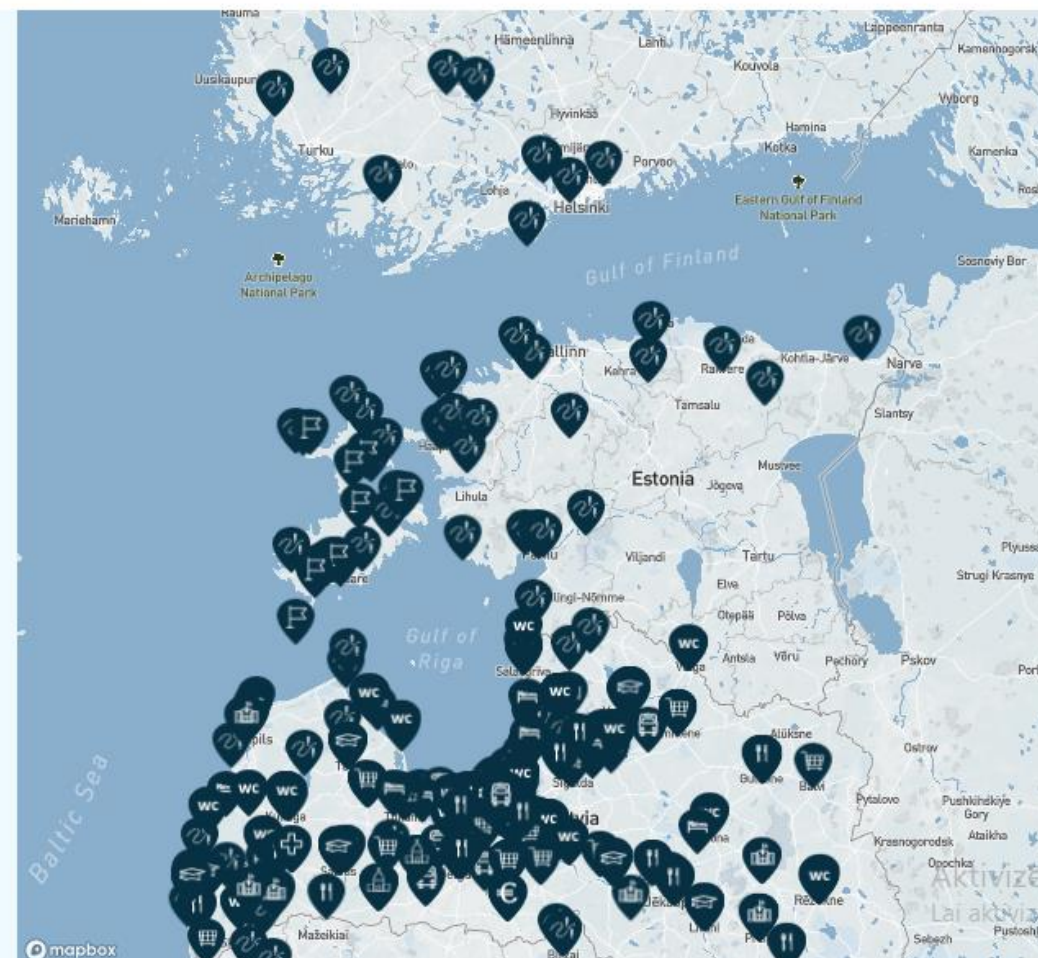


Location

Object type

Accessibility

Activity type





# Riisa study trail

— Nature trails, Accessible, Accessible to parents with baby-strollers, Accessible toilet

[Print](#)



[← Object list](#)

## Description:

You will find a sign by the Jõesuu-Tõramaa Road that invites you to a boardwalk in the beautiful Riisa bog. The trail passes 8 rest stops and a watchtower. A motorway, a car park, and an outhouse are located right by the gate at the beginning of the trail. The hike begins in a spacious bog and briefly runs through the forest. In places like these, you can see the forest turning into a bog and vice versa – dry ground is replaced by wet land, and swamp plants with ancient spruce forests. You can also see some beautiful swamp pools by the trail. This is perfect location for a family picnic as well.

## Accessibility



Wheelchair users and parents with baby-strollers can access the first stretch of the trail (till the first swamp pool at the 1,2 km mark)

## Facilities



## Rules to follow



**Location:**  
Taali metskond 78, Riisa Village, Tori Municipality

**GPS coordinates:**  
Lat:58.48854, Lon:24.98170

**Hiking time:**  
1-2 h

**Distance:**  
Wheelchair accessible stretch - 1,2 km (one direction), whole loop - 4,8 km

**Marking:**  
Not marked, but can easily follow the trail. Aktivizēt



## Watch the trail video:



Wooden boardwalk (width 1,5 m). At the start and end of the trail – asphalt.

**Type:**  
Wheelchair accessible stretch: out-and-back  
Whole trail: loop

**Getting there:**  
With a car

**Trail administrator:**  
RMK (State Forest Management Centre)  
T: +372 676 7500  
E: [rmk@rmk.ee](mailto:rmk@rmk.ee)

**Info:**  
Environmental Board;  
T: +372 680 7438  
E: [info@keskkonnaamet.ee](mailto:info@keskkonnaamet.ee)  
[www.loodusegakoos.ee](http://www.loodusegakoos.ee)  
RMK  
T: +372 435 7164  
T: +372 526 1924  
E: [info.soomaa@rmk.ee](mailto:info.soomaa@rmk.ee)

**Closest shops, gas stations:**  
Pärnu

## Download the GPX of the trail

In order to open the GPX file with the trail route on a mobile phone or computer, please use, e.g., Wikiloc, Outdooractive, ViewRanger, OS Maps or any other GPX file reading program.





# Accessibility CL for nature trails

## Trail and resting area

## Parking lot

## Toilet

## Information and signs

## Stairs

## Viewing platform

## Stairs

### Accessibility Check-list for nature trails

#### a) Nature trail and resting area\*

1. **There is a parking lot near the trail**
2. **There is an accessible toilet near the trail**
3. **Trail surface is dense, flat and non-slippery**
4. Width of the boardwalk/trail
5. **Exchange areas in every 40m, in case the boardwalk/trail width is < 1,8m, but not narrower than 1,2m**
6. **Size of the exchange area (width and length)**
7. **Boardwalk planks are situated perpendicularly to the direction of movement**
8. **Space between planks**
9. **Trail crossfall**
10. There is a 5cm border along the entire length on both sides of the boardwalk
11. In case of a ramp - there are handrails on at least one side of the ramp in at least two heights
12. Resting area at least in every 6m or at least one resting area for a 10m long rise at sites where trail rise reaches 1:20 (5%) and 1:12 (8%)
13. A bench available in every 300m of the trail and a handle placed at least on one side of the bench
14. At least 1m space between benches at resting areas
15. Picnic tables situated on a solid and flat surface at least 1,2m wide
16. 750mm high and 500mm deep free space below the table
17. Table surface from the ground

\*Questions highlighted in bold are mandatory to be answered "yes" for a trail to meet the minimum accessibility criteria

≥ 1,8 m

min 1,2 m  
≥ 1,8 m x 2m

≤ 1 cm

≤ 3%  
5 cm

70 cm and 90 cm

min 1 m  
min 1,2 m

≤ 90 cm

Yes

No

N/a



# Accessibility Days



Photo: Maarit Vaahteranoksa