





## DEAR TRAVELLERS.

Rivers and lakes of pure spring waters, forests of countless shades of green, meadows bustling with life, virtually impassable marshes, magnificent sand dunes and mysterious sinkholes are just some of the miracles granted to Lithuania and its visitors by Mother Nature. The natural assets formed over thousands of years and largely unaffected by human activity are probably the most significant and cherished treasure of Lithuania.

We have selected ten national and regional parks of differing landscapes where you can go to experience the diversity and uniqueness of Lithuanian nature. We offer active recreation; therefore we have prepared routes in every direction that should be taken on foot, by bicycle or by canoe depending on the peculiarities of the location. Become one with nature - inhale deeply and feel the freshness of the waters and the fragrance of the herbs of Lithuania.

For those wishing to know what awaits them along a specific path, we have developed augmented reality solutions, i.e. videos that you can watch on your mobile device. All you have to do is download the OVERLY application from the App Store or Google Play, open the app and scan a photo you are interested in.

Do not hesitate to feel, smell, hear and know the nature of Lithuania!









## LET PHOTOS SPRING TO LIFE!

- Download the OVERLY app from the App Store or Google Play; - Start the app and scan a photo in an information block
- While scanning, make sure other photos do not get into the frame;
- If you want to watch a video after removing your phone from the photo, just click a square.









The clean pine forest air and a diverse landscape rich in river valleys, lakes, forests, fauna and flora as well as meticulously developed tourism and recreation infrastructures attract a lot of visitors to Anykščiai Regional Park.

If you wish to get a closer look at the nature of the park, you should definitely walk along the 4.7km nature trail through the famous Anykščiai Pinewood situated along the Šventoji River. The trail starts at the end of Vilnius Street, is marked with green circles painted on the trees and features 20 educational stops along the way. As soon as you start your journey, pay close attention to the Pine Tree with Hollows containing more than 20 holes. When you turn west, the Šlavė Exposure with formations of three geological systems opens up in front of your eyes. At the end of the trail you will find the second largest stone in Lithuania, Puntukas, and one of the most popular tourist attractions of Lithuania - the Treetop Walking Path, a unique construction that allows visitors to stroll along the treetops at a height of 21m. A 34m tower offers a panoramic view of the surrounding area.





## AUKŠTAITIJA NATIONAL PARK

The landscape of this region reveals its full beauty to visitors – stream-connected lakes offering great water tourism opportunities and high hills serving as observation towers of the surroundings. A large part of the park is located in the

is around 25km (from Palūšė to Linkmenas Lake) and can be easily covered in one or two days. The journey starts at Lūšiai Lake in Palūšė but before leaving make sure to visit the wooden Church of St. Joseph erected with just an axe. The Meira Stream leads you from Lūšiai Lake to Dringykštis Lake and then to Dringys Lake. At the end of Dringys Lake canoes are transported to Baluošas Lake (1.5km). Make sure to stop by Ginučiai not only to carry your canoes across the road but also to visit Ginučiai Water Mill with its authentic 19th-century equipment. The camping sites by Almajas Lake are perfect spots to stay overnight. On the next day, enjoy the views along the Almaja River, Asekas Lake and, finally, Linkmenas Lake. On the shore of Linkmenas Lake there is the hill of **Ladakalnis** offering a picturesque vista of six lakes and next to it - Cinučiai Hillfort, the finish point of the journey, where the Linkmenas Castle stood in the 12th-15th centuries.



Travellers agree that the best way to see Lithuanian Baltic seaside is by bicycle - there is a seaside cycling route running from the Latvian border and through

Stop by in Karklė, not far away from Klaipėda, to admire the steepest seashore in Lithuania – the **Dutchman's Cap Cliff** (24m). In the vicinity, you will also find the ancient Littorina Sea Coast, formed by the waves and lined with springs, the uniqueness of which can be best witnessed from a 3km nature trail. Take a ferry from Klaipėda to Smiltynė and you will get to the Curonian Spit, which is listed among UNESCO World Heritage Sites. Juodkrantė, the first settlement, is only 25km from the ferry terminal. The must-visit sites include the original 3m high and 3m wide Sound Catcher, the dwelling place of witches and devils, the Hill of Witches, and the colony of grey herons and great cormorants. Make sure to stop and admire the magnificent dunes from the viewing points at approximately every 10km along the way. The 1.1km Nagliai Nature Trail reveals the beauty of the **Dead Dunes**, Preila is home to **Vecekrugas Dune** (Old Inn Dune), and Nida is known for its Parnidis Dune.



# KURŠIU NERIJA NATIONAL PARK AND SÉASIDE REGIONAL PARK

Lithuanian resorts Palanga and Neringa.



## PAMBYNAS REGIONAL PARK

ŽEMAITIJA NATIONAL PARK

the nearby town of the same name, rich with history

Most of the tourist sites of this national park are located around Plateliai Lake and

Choose a 24km cycling loop around the lake to discover the treasures of this

mysterious location in Lithuania. Start in Plateliai and cycle south toward

Beržoras Village. On your way, visit the 15m Siberia Observation Tower. The

route continues along the lake bays called Laumalenkos. When you pass the

mouth of the Babrungas River and Plokštinė Nature Reserve, visit the Cold

War Exposition, which is the only exposition of its kind in Europe displayed in an

underground Soviet missile launch facility. If you wish to explore the surroundings

Trails. If you continue your journey along the lake shore, make sure to visit the Bird

Observation Post near the pond of Pakastuva (between the Villages of Paežerė-

Rūdaičiai and Medsėdžiai) and the 16m deep Piktežeris Lake along Šeirė Nature

Trail that turns into a dangerous moor. Finish your journey at Plateliai Lake

Viewing Platform where you can take in a magnificent vista of Pilis, Veršiai and

Pliksalė Islands as well as the old Plateliai – the Šventorkalnis Peninsula.

n more detail, take a walk along the 3km **Plokštinė** or 2.3km **Paplatelė Nature** 

This small park is simply fascinating not only because of magnificent Rambynas Hill and the picturesque vista of the lower reaches of the Nemunas River it offers but also the surviving spirit of Lithuania Minor.

Begin your hike from Rambynas Hill located near the Nemunas River and the Lithuania-Kaliningrad Oblast border. The hill was once the sacred site of the Scalovians (a Baltic tribe). Enjoy the views of the towers of Ragainė Castle and the town of Tilsit from a modern-day viewing platform. Follow the nature trail down Rambynas Hill and continue for approximately 2km until you reach the Village of Bitenai, which is famous for its white stork colony in the pine forest right in the middle of the village. Across from the village you will find a true Mecca of book smugglers - the farmstead of Martynas Jankus, the prominent intellectual of Lithuania Minor, which now houses the museum and open-air gallery Lithuania Minor Picture Garden. Continue south for 1km from the centre of Vilkyškiai and you will find a parking lot. Follow the forest path leading from the parking lot for approx. 1.4km to see the Fir Tree of Witches with 17 trunks (Vilkyškiai Forest).



## GRAŽUTĖ AND SARTAI REGIONAL PARKS

The lake-rich resort territory of Zarasai located along the Latvia-Belarus border encourages nature enthusiasts to visit Gražutė and Sartai Regional Parks. Gražutė Regional Park has more than 100km of cycling trails! The Great Cycling Loop in Gražutė is 45km long and connects the most fascinating sites of the park - crystal clear Šventas Lake, the Antalieptė Lagoon, the highest stone temple in Lithuania, Salakas Church of Our Lady of Sorrows and more. Should you wish to explore the surroundings of Salakas more carefully, take the 5km Salakas Nature Trail. If you enjoy hiking, Gražutė Regional Park offers a lot of interesting trails. Just walk along the 1.5km Šavaša Nature Trail and you will feel as if you are hiking in the mountains – every kilometre the waters of the Šavaša River fall from a dizzying height of 11m. When you visit Degučiai, do reserve some time for Degučiai Nature Trail (2km) and let yourself be overwhelmed by the scents of a century-old pine forest. Sartai Lake, which is famous throughout Lithuania, is a true treasure of Sartai Regional Park. Right next to it there is the town of Dusetos, a favourite of artists. Do not forget to visit Dusetos Sculpture Park and the

# **VISITOR CENTRES OF PROTECTED AREAS**

Aukštaitija National Park and Labanora: Lūšių str. 16 Palūšė Village, Ignalina Distr.; Seniūnijos str. 19, Labanoras, Švenčionys

Vilniaus str. 3, Merkinė; diškininkų str. 61, Marcinkonys Village, Varena Disti

## www.cepkeliai-dzukija.lt

Naglių str. 8, Nida www.nerija.lt

Didžioji str. 8, Plateliai, Plungė Distr. www.zemaitijosnp.lt

Anykščiai Regional Park VC (ARP) J. Biliūno str. 55, Anykščiai www.anyksciuparkas.lt

sveia Regional Park VC (ASRP) Radvilų str. 1, Dubingiai, Molėtai Distr. www.asvejosparkas.lt

Dariaus ir Girėno str. 2, Aukštadvaris,

Trakai Distr www.arp.lt

Biržai Regional Park VC (BRP) Rotušės str. 10. Biržai

www.birzuparkas.lt Dieveniškės Historical Regional Park VC Dobrovolė Village, Panevėžys Distr.

Tylioji str. 1, Birštonas

Kranto str. 8. Prienai

Vilniaus str. 3, Dūkštos, Vilnius Distr. www.neriesparkas.lt

www.pajuris.info Raseinių str. 2, Šilinė Village,

## Rambynas Regional Park VC (RRP) Nemuno str. 4, Biténai, Pagégiai www.rambynoparkas.lt

Laivių str. 9, Salantai, Kretinga Disti www.salanturp.lt

exposition at the Visitor Centre of Dusetos Regional Park.

ajevoji sa 14 Salakas Zarasaj Di

www.sartai.info

Šventa Village, Švenčionys Distr. www.sirveta.lt

Tytuvėnai Regional Park VC (TRP) Miško str. 3, Tytuvėnai, Kelmė Distr.

www.varniuparkas.lt

eisiejai Regional Park VC (VERP Santarvės str. 9, Veisiejai, Lazdijai Distr. www.veisiejuparkas.lt

www.zuvintas.lt

Venta Regional Park VC (VNRP)

Vištvtis Regional Park VC (VIRP)

Malūno str. 1, Žagarė, Joniškis Distr.

www.ventosparkas.lt

www.vistytis.lt

Ventos str. 30A, Venta, Akmenė Distr.

Vytauto str. 8, Vištytis, Vilkaviškis Distr.

www.pavilniai-verkiai.lt

Antakalnio str. 25, Vilnius www.vstt.lt

WITH THE ABBREVIATION OF A NATIONAL OR REGIONAL PARK TO 1860. AN ADDITIONAL SERVICE FEE OF EUR 0.35 WILL APPLY.

Abbreviation is indicated next to the name of a park



resort district of Ignalina.



Begin your journey from **Kirkilai Landscape Reserve** to the north of Biržai, which to explore these lakelets up close or take in the beauty of the entire location from are truly lucky, under certain circumstances, the lakelets can become coloured in different shades! The Village of Mantagailiškis, which is situated only 5km to the south of Kirkilai, offers a short (700m) **Geological Nature Trail** called **Badger** Burrow. The trail presents various sinkholes (The Hole of Geologists, Fox Burrow Badger Burrow, etc.) from the outside and the inside.



## Škėvonys Exposure, Nemunas Loop RP

- Cycling Trails, Birštonas 53 Šilelis Nature Trail, Vištytis RP
- 2 Pavištytis Viewing Platform and Vištytis Lake. Vištytis RI 55 Žuvintas Lake Nature Trail,
- Zuvintas Nature Reserve 50 Veisiejai Observation Tower and

ALYTUS: S. Dariaus ir S. Girėno str. 1

ANYKŠČIAI: Muziejaus str. 1

BIRŠTONAS: B. Sruogos str. 4

DRUSKININKAI: M. K. Čiurlionio str. 65

www.alytusinfo.lt

www.infoanyksciai.lt

www.visitbirstonas.lt

www.visitbirzai.lt

and Gardino str. 3

www.ignalina.info

www.jonavatic.lt

www.visit.kaunas.lt

www.info.druskininkai.lt

ICNALINA: Ateities str. 23

JONIŠKIS: Žemaičių str. 9

JONAVA: J. Basanavičiaus str. 3

BIRŽAI: J. Janonio str. 2

- Observation Tower, Kamanos State NP - national park., RP - regional park
- Šaukliai Boulder Nature Trail,
- Menčiai Limestone Quarry.

50 Kurtuvėnai Horse Riding Centre,

Žagarė Esker, Žagarė RP

Šiaulė Observation Tower,

Strict Nature Reserve

Kamanos Nature Trail and

Mūša-Tyrelis Nature Trail, Žagarė RP

- 37 Papilė Jurassic Exposure, Ventė RP 33 Dreverna Observation Tower, Klaipėda Distr
- Stone Bank Nature Trail Akmeny rūža. Tytuvėnai RP 40 Sietuva Underwater Path külgrinda,

46 Ūla Water Trail, Dzūkija NP

47 Merkys Water Trail, Dzūkija NP

48 Panemunė Cycling Trail, Jurbarkas

49 Pagramantis Exposure, Pagramantis RP

50 Balbieriškis Exposure, Nemunas

- 41 Dubysa Water Trail, Dubysa RP Dubysa Valley near Lyduvėnai Bridge, Dubysa RP
- Zackagiris Nature Trail, Dzūkija NP Merkinė Observation Tower, Dzūkija NP Ula's Eye Spring, Dzūkija NP
  - JURBARKAS: Vydūno str. 19 www.jurbarkotic.lt
    - KAIŠIADORYS: Gedimino str. 48 turizmas.kaisiadorys.lt KAUNAS: Rotušės sq. 15, Vytauto av. 24

- TOURISM INFORMATION SERVICES AVAILABLE AT:
  - www.kaunorajonas.l KĖDAINIAI: Didžiosios Rinkos sq. 6-3 www.kedainiutvic.lt

KAUNAS DISTRICT: Pilies takas 1

- www.kraziai.lt KRETINCA: Vilniaus str. 2B www.kretingosturizmas.info
- KUPIŠKIS: Gedimino str. 2
- KELMĖ: Birutės str. 4 www.klaipedainfo.l KLAIPĖDA DISTRICT: Kvietinių str. 5. Žveju str. 13. Dreverna
  - SKUODAS: Vytauto str. 10 www.skouds.lt ŠAKIAI: V. Kudirkos str. 61/1 www.sakiaitic.lt
- ŠIAULIAI: Vilniaus str. 213 ŠIAULIAI DISTRICT: Piliakalnio str. 7, Domantų Village MARIJAMPOLĖ: J. Basanavičiaus sq. 1 www.marijampoletic.lt

MAŽEIKIAI: Ventos str. 8A MOLĖTAI: Inturkės str. 4

full of migrating birds.

www.infomoletai.lt NERINCA: Naglių str. 18E, Neringa L. Rézos str. 8, Juodkranté

PACĖCIAI: Šereikos str. 3-3, Vilkyškiai

PANEVĖŽYS: Laisvės sq. 11 PASVALYS: P. Avižonio str. 6

www.visitplunge.lt RADVILIŠKIS: Aušros sq. 3

RASEINIAI: Vytauto Didžiojo str. 17 VILKAVIŠKIS: J. Basanavičiaus sq. 7 RIETAVAS: Parko str. 5

www.rokiskiotic.lt www.vilnius-tourism.lt Mésiniu str. 3 www.jewishcenter.lt

tic.vrsa.lt

www.infosvencionys.lt www.visitneringa.com  $\textbf{TAURAGE}\textbf{:} \ S. \ \mathsf{Dariaus} \ \mathsf{ir} \ \mathsf{S}. \ \mathsf{Gireno} \ \mathsf{str}. \ \mathsf{5}$ www.taurageinfo.lt

NEMUNAS DELTA REGIONAL PARK

The landscape of the seaside region is dominated by water – rivers, canals, lakes,

seaside bogs and moors. Naturally, the impressions are the greatest if you come

in the spring during the floods when the delta meadows are under water and are

Start from the Visitor Centre of Nemunas Delta Regional Park in Rusnė. Rusnė

Island as well as the seaside cultural heritage can be best explored along the

educational trail Surrounded by Flood Waters (advance registration only). It

you prefer walking and bird watching, try out Tulkiarage Nature Trail (1.2km) that

runs along a mound and tells the story of the everyday life of man and water, or

Aukštumala Nature Trail (1.2km), a wooden walkway that twists and winds along

the route of a former underwater stone path in the raised bogs. Continue your

journey to the Ventė Cape peninsula. Every year Ventė Cape Ornithological

Station, in operation since 1929, rings several thousand of birds. Make sure to

visit Vente Cape Lighthouse right next door, one of the few lighthouses in

Lithuania that you can enter and take a look around.

www.telsiaitic.lt TYTUVĖNAI: Maironio str. 2A www.infotytuvenai.lt

> **UKMERGĖ:** Kęstučio sq. 2–2 www.ukmergeinfo.lt UTENA: Stoties str. 39

> > VARĖNA: J. Basanavičiaus str. 9, www.gamtosritmu.lt VARNIAI: S. Daukanto str. 6

J. Basanavičiaus str. 7, Kuršėnai

www.siauliurajonas.lt

VILNIUS: Pilies str. 2, Didžioji str. 31, Rodūnios kelias 2-1

Jewish Culture and Information Center VILNIUS DISTRICT: Sirokomlės str. 5.

. Centrinė str. 2, Poškonys, Šalčininkai Distr.

Miškininkų str.2, Vaišvydava, Kaunas Distr. www.kaunomarios.lt

Parko str. 2, Kurtuvėnai, Šiauliai Distr

Seiriiu str. 2. Meteliai Village, Lazdiiai Distr. www.meteliuparkas.lt

www.nemunodelta.lt Nemunas Loop Regional Park VC (NKRP)

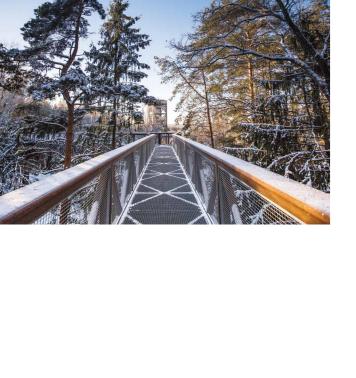
www.nemunokilpos.lt Neris Regional Park VC (NRP)

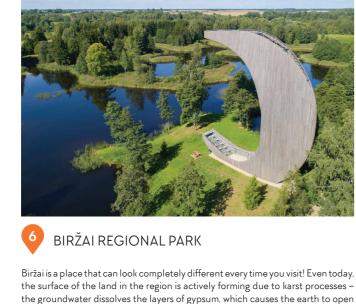
pagramantis.am.lt

Placio str. 54, Karklė, Klaipėda Distr.

www.trp.lt Dumbrių str. 3, Ožtakiai Village, Telšiai Distr. Žaliųjų Ežerų str. 53, Vilnius

TO GET A SINGLE VISITOR 1€ TICKET, SEND A TEXT MESSAGE





the groundwater dissolves the layers of gypsum, which causes the earth to open up and mysterious sinkholes or lakes take shape.

is famous for its small lakes formed from collapsed sinkholes. The area boasts at least 200 such lakes in 1km²! A nature trail 8km outside of Biržai is a great place specially constructed Kirkilai Observation Tower (more than 30m high). If you

**ADDITIONAL NATURE SITES** 

- Pūčkoriai Exposure and Nature Trail, Vilnelė Water Trail, Vilnius
- 13 Varnikai Nature Trail, Varnikai Botanical-Zoological Reserve 14 Trail around Strėva Sinkhole and
- Observation Tower, Vilnius Distr 10 Neris Left Bank Cycling Tourist White Hill and Nature Trail,

Juozapinė and Aukštojas Hills

- Jurkiškis Stream Nature Trail
- Mindūnai Observation Tower 20 Viewing Platform and Zarasas
- 21 Stelmužė Oak, Zarasai Distr. 22 Jaskoniškės Nature Trail and Sartai Lake, Sartai RP Dusetos Forest Nature Trail,
- Cycling Trail Between Zalvys and Zalvė, Sartai RP 25 Šeimyniškiai Exposure with
- Conglomerate Rock, Utena Distr. Bijeikiai Observation Tower and Rubikiai Lake, Anykščiai RP Nevėžis River Valley Nature Trail,
- Pašiliai Bison Paddock, Krekenava RP Svilė Springs, Kurtuvėnai RP.

The most popular water trail runs along the lakes of Aukštaitija. The Great Circle



# KAUNAS LAGOON REGIONAL PARK

The Kaunas Lagoon is the largest artificial body of water in Lithuania. It was formed nearly six decades ago, when after the construction of the Kaunas Hydroelectric Power Station, the waters of the Nemunas River flooded a substantial part of the valley, covering an area of over 6,000ha. It goes without saying that the lagoon

and its coastline are best admired from the water or somewhere nearby. During the warm seasons of the year, the jetty located near Pažaislis Convent one of the most exquisite examples of Baroque architecture in Lithuania, offers 4.5h excursions of the Kaunas Lagoon with 1h stop at the Juniper Valley along Arlaviškiai Nature Trail. This is one of the most popular walking trails in Lithuania - the 1.3km loop offers not only splendid views of the lagoon but also the heavenly scent of junipers, the plant known for having the greatest healing powers in Lithuania. Should you need more exercise, visit the 1.6km Žiegždriai Geological Trail located approximately 13km from the jetty. The trail runs along the steep coasts of the lagoon; Kalniškiai Conglomerate Exposure is its greatest treasure.



Snaigynas Lake, Veisiejai RP Meteliai Observation Tower and

58 Dusia Lake and Visitor Centre,

59 Cableway over Nemunas, White Rose Bridge, Alytus

> PAKRUOJIS: Pergalès str. 1 www.pakruojovic.lt PALANGA: Vytauto str. 94

Raudondvaris

KLAIPĖDA: Turgaus str. 7

**KRAŽIAI:** Kolegijos str. 5

www.infokupiskis.lt LAZDIJAI: Vilniaus str. 1 Janaslavo Village 10, Lazdijai Distr. www.lazdijai-turizmas.lt

ŠILUTĖ: Lietuvininkų str. 4 www.siluteinfo.lt ŠVENČIONYS: Adutiškio str 2

www.palangatic.lt TRAKAI: Karaimų str. 41 www.trakai-visit.lt

PLUNCE: S. Dariaus ir S. Girėno str. 27 www.utenainfo.lt

ROKIŠKIS: Nepriklausomybės sq. 8-3

ZARASAI: Sėlių a. 22

Bareikiškiai Village

TELŠIAI: Turgaus sq. 2

www.kurtuva.lt

Nemunas Delta Regional Park VC (NDRP) Kuršmarių str. 13, Rusnė, Šilutė Distr.

Malūno str. 2, Ringiai Village, Tauragė Distr.

Jurbarkas Distr prpd.am.lt

www.grazute.lt Pušų str. 2, Akmenės 2nd Village., Vytauto str. 5. Dusetos, Zarasai Distr Akmenė Distr. www.kamanos.lt

> Viešvilė State Strict Nature Reserve VC Eičiai Village, Tauragė Distr. www.viesvile.lt

> > Žuvintas Biosphere Reserve VC Aleknoniai Village, Alytus Distr.