



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 bloc - 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 $\,$ resort district of Ignalina.

The most popular water trail runs along the lakes of Aukštaitija. The Great Circle 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 Cinučiai 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 - Ginučiai Hillfort, the finish point of the journey, where the Linkmenas Castle stood in the 12th-15th centuries.





Biržai is a place that can look completely different every time you visit! Even today, the surface of the land in the region is actively forming due to karst processes the groundwater dissolves the layers of gypsum, which causes the earth to open up and mysterious sinkholes or lakes take shape.

Begin your journey from Kirkilai Landscape Reserve to the north of Biržai, which 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 to explore these lakelets up close or take in the beauty of the entire location from specially constructed Kirkilai Observation Tower (more than 30m high). If you 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.

ADDITIONAL NATURE SITES

- 11 Pūčkoriai Exposure and Nature Trail,
- Vilnelė Water Trail, Vilnius
- 13 Varnikai Nature Trail, Varnikai
- 14 Trail around Streva Sinkhole and
- 15 Juozapinė and Aukštojas Hills,
- 10 Neris Left Bank Cycling Tourist
- White Hill and Nature Trail,
- 18 Jurkiškis Stream Nature Trail,
- Mindūnai Observation Tower,
- Viewing Platform and Zarasas Lakefront, Zarasai 21 Stelmužė Oak, Zarasai Distr.
- 22 Jaskoniškės Nature Trail and
- Sartai Lake, Sartai RP 23 Dusetos Forest Nature Trail,
- Cycling Trail Between Zalvys and Zalvė, Sartai RP 25 Šeimyniškiai Exposure with
- Conglomerate Rock, Utena Distr 23 Bijeikiai Observation Tower and
- Rubikiai Lake, Anykščiai RF
- 27 Nevėžis River Valley Nature Trail,
- Pašiliai Bison Paddock, Krekenava RP
- 29 Svilė Springs, Kurtuvėnai RP

- Kurtuvėnai Horse Riding Centre Mūša-Tyrelis Nature Trail, Žagarė RP Žagarė Esker, Žagarė RP
- Siaulė Observation Towe Radviliškis Distr. 34 Kamanos Nature Trail and
- Observation Tower, Kamanos State Strict Nature Reserve 35 Šaukliai Boulder Nature Trail,
- Menčiai Limestone Quarry,
- 37 Papilė Jurassic Exposure, Ventė RP 38 Dreverna Observation Tower,
- Stone Bank Nature Trail Akmenų
- 40 Sietuva Underwater Path külgrinda, 41 Dubysa Water Trail, Dubysa RP
- Dubysa Valley near Lyduvėnai Bridge,
- Zackagiris Nature Trail, Dzūkija NP Merkinė Observation Tower,
- Ula's Eye Spring, Dzūkija NP 46 Ūla Water Trail, Dzūkija NP
- Merkys Water Trail, Dzūkija NP 48 Panemunė Cycling Trail, Jurbarkas
- Pagramantis Exposure, Pagramantis RP 50 Balbieriškis Exposure, Nemunas

DZŪKIJA NATIONAL PARK AND ČEPKELIAI STATE STRICT NATURE RESERVE

The largest national park in Lithuania covering a territory of almost 60,000ha is dominated by pines representing a unique and rich world of nature.

The park offers numerous nature trails suitable for hiking as well as family picnics; however, the greatest variety of routes are intended for cyclists. A 39km long cycling loop starts in Marcinkonys; 4.5km away along a forest track there is the 1.5km Čepkeliai Marsh Nature Trail (the trail can only be visited with an authorised employee or licensed nature guide from April 1 to July 1). Take a look at one of the most protected national assets from the observation tower and a walkway installed next to the raised bogs. Continue for nearly 10km along the bogs toward the **Bee Hollow Scenic Nature Trail**. At the end of the trail, five more kilometres away, you will find the Village of Musteika and its Wild Beekeeping Exposition introducing one of the oldest crafts of the Grand Duchy of Lithuania. The Village of Margionys and the Old Woman's Garden Spring, one of the fountain springs of the Skroblus Stream, are situated 8km from Musteika. The final 11km stretch back to Marcinkonys is on smooth asphalt road.



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.



Škėvonys Exposure, Nemunas Loop RP Cycling Trails, Birštonas

- 53 Šilelis Nature Trail, Vištytis RP Pavištytis Viewing Platform and
- Vištytis Lake, Vištytis RP Žuvintas Lake Nature Trail,
- 50 Veisiejai Observation Tower and
- Meteliai Observation Tower and Lake, Meteliai RP Dusia Lake and Visitor Centre,

Snaigynas Lake, Veisiejai RP

- 59 Cableway over Nemunas
- White Rose Bridge, Alytus

NP - national park., RP - regional park

TOURISM INFORMATION SERVICES AVAILABLE AT:

ALYTUS: S. Dariaus ir S. Girėno str. 1 ANYKŠČIAI: Muziejaus str. 1 www.infoanyksciai.lt

BIRŠTONAS: B. Sruogos str. 4 www.visitbirstonas.lt

BIRŽAI: J. Janonio str. 2 DRUSKININKAI: M. K. Čiurlionio str. 65 and Gardino str. 3

www.info.druskininkai.lt ICNALINA: Ateities str. 23 www.ignalinatic.lt JONAVA: J. Basanavičiaus str. 3

JONIŠKIS: Žemaičių str. 9 JURBARKAS: Vydūno str. 19

www.jurbarkotic.lt KAIŠIADORYS: Gedimino str. 48 KAUNAS: Rotušės sq. 15, Vytauto av. 24

KAUNAS DISTRICT: Pilies takas 1 www.kaunorajonas.l KĖDAINIAI: Didžiosios Rinkos sa. 6-3 KELMĖ: Birutės str. 4

KLAIPĖDA: Turgaus str. 7

KLAIPĖDA DISTRICT: Kvietinių str. 5, Žvejų str. 13, Dreverna

KRAŽIAI: Kolegijos str. 5 www.kraziai.lt KRETINGA: Vilniaus str. 2B www.kretingosturizmas.info KUPIŠKIS: Gedimino str. 2

LAZDIJAI: Vilniaus str. 1 Janaslavo Village 10, Lazdijai Distr. www.lazdijai-turizmas.lt MARIJAMPOLĖ: J. Basanavičiaus sq. 1



KURŠIU NERIJA NATIONAL PARK

Lithuanian resorts Palanga and Neringa.

is known for its Parnidis Dune.

AND SEASIDE REGIONAL PARK

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

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 full of migrating birds.

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). If 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 Venté Cape peninsula. Every year Venté 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.



PACĖCIAI: Šereikos str. 3-3, Vilkyškiai www.tic.pagegiai.lt

PAKRUOJIS: Pergalės str. 1 www.pakruojovic.l PALANCA: Vytauto str. 94 www.palangatic.lt

PANEVĖŽYS: Laisvės sq. 11 PASVALYS: P. Avižonio str. 6 www.pasvaliomuziejus.lt

UTENA: Stoties str. 39 PLUNGÉ: S. Dariaus ir S. Giréno str. 27 www.utenainfo.lt VARĖNA: J. Basanavičiaus str. 9, RADVILIŠKIS: Aušros sq. 3 www.gamtosritmu.lt

RASEINIAI: Vilniaus str. 87 www.varniai-museum.lt www.atraskraseinius.lt VII KAVIŠKIS: J. Basanavičiaus sq. RIETAVAS: Parko str. 5

VILNIUS: Vilniaus str. 22, Didžioji str. 31 ROKIŠKIS: Nepriklausomybės sq. 8-3 Rodūnios kelias 2-1 www.vilnius-tourism.lt Jewish Culture and Information Cente SKUODAS: Vvtauto str. 10 Mėsinių str. 3A/5 www.jewishcenter.lt

www.sakiaitic.lt ŠIAULIAI: Vilniaus str. 213 tic.siauliai.lt ŠIAULIAI DISTRICT: Piliakalnio str. 7,

ŠAKIAI: V. Kudirkos str. 61/1

Domantų Village

J. Basanavičiaus str. 7, Kuršėnai www.siauliurajonas.lt

ŠILUTĖ: Lietuvininkų str. 4 www.siluteinfo.lt ŠVENČIONYS: Laisvės sq. 1

VARNIAI: S. Daukanto str. 6

VILNIUS DISTRICT: Sirokomlės str. 5,

Bareikiškiai Village

ZARASAI: Sėlių a. 22

TAURAGE: S. Dariaus ir S. Girėno str. 5 www.taurageinfo.lt

Dzūkija National Park and Čepkeliai State **TELŠIAI:** Turgaus sq. 21 Vilniaus str. 3, Merkinė; www.telsiaitic.lt Miškininkų str. 61, Marcinkonys Village, TYTUVĖNAI: Maironio str. 2A Varena Distr www.infotytuvenai.lt www.cepkeliai-dzukija.lt

TRAKAI: Karaimų str. 41 Naglių str. 8, Nida UKMERCĖ: Kęstučio sq. 2-2 www.nerija.lt www.ukmergeinfo.lt

> Didžioji str. 8, Plateliai, Plungė Distr. www.zemaitijosnp.lt Anykščiai Regional Park VC (ARP) J. Biliūno str. 55, Anykščiai

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

www.asvejosparkas.lt Dariaus ir Girėno str. 2, Aukštadvaris, Trakai Distr www.arp.lt

Žemaitija National Park VC.(7NP)

Biržai Regional Park VC (BRP) Rotušės str. 10, Biržai www.birzuparkas.lt

Centrinė str. 2, Poškonys, Šalčininkai Distr

ŽEMAITIJA NATIONAL PARK

Most of the tourist sites of this national park are located around Plateliai Lake and the nearby town of the same name, rich with history

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 in more detail, take a walk along the 3km Plokštinė or 2.3km Paplatelė Nature 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 Paežere-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.



RAMBYNAS REGIONAL PARK

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 Biténai, 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 Carden. 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).



VISITOR CENTRES OF PROTECTED AREAS

Lūšių str. 16 Palūšė Village, Ignalina Distr.;

Seniūnijos str. 19, Labanoras, Švenčionys

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 Savaša 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

exposition at the Visitor Centre of Dusetos Regional Park.

Nemuno str. 4, Biténai, Pagégiai

www.rambynoparkas.lt

Laivių str. 9, Salantai, Kretinga Distr

Miškininkų str.2, Vaišvydava, Kaunas Dist

Meteliai Regional Park VC. (MRP)

www.nemunodelta.lt

Kranto str. 8. Prienai

Tylioji str. 1, Birštonas

www.nemunokilpos.lt

www.neriesparkas.lt

pagramantis.am.lt

www.pajuris.info

prpd.am.lt

Neris Regional Park VC (NRP

Vilniaus str. 3, Dūkštos, Vilnius Distr

Placio str. 54, Karklė, Klaipėda Distr.

Panemuniai Regional Park VC (PNRP)

Raseinių str. 2, Šilinė Village,

Malūno str. 2, Ringiai Village, Tauragė Distr

www.kaunomarios.lt

krpd.am.lt

Laisvoji sq. 14, Salakas, Zarasai Distr. www.grazute.lt Parko str. 2, Kurtuvėnai, Šiauliai Distr www.kurtuva.lt Vvtauto str. 5, Dusetos, Zarasai Distr

www.sartai.info Seirijų str. 2, Meteliai Village, Lazdijai Distr. www.meteliuparkas.lt Sirvėta Regional Park VC (SIRP) Šventa Village, Švenčionys Distr. Nemunas Delta Regional Park VC (NDRP) Kuršmarių str. 13, Rusnė, Šilutė Distr.

Tytuvénai Regional Park VC (TRP) Miško str. 3, Tytuvėnai, Kelmė Distr. Nemunas Loop Regional Park VC (NKRP) www.trp.lt

www.varniuparkas.lt

www.sirveta.lt

Santarvės str. 9, Veisiejai, Lazdijai Distr www.veisiejuparkas.lt

Vištytis Regional Park VC (VIRP) Vytauto str. 8, Vištytis, Vilkaviškis Distr. www.vistytis.lt

www.ventosparkas.lt

Venta Regional Park VC (VNRP)

Ventos str. 30A, Venta, Akmenė Distr.

Malūno str. 1, Žagarė, Joniškis Distr zagaresrp.am.lt

> Pušų str. 2, Akmenės 2nd Village., 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. www.zuvintas.lt

Dumbrių str. 3, Ožtakiai Village, Telšiai Distr. Žaliųjų Ežerų str. 53, Vilnius www.pavilniai-verkiai.lt

> Antakalnio str. 25, Vilnius www.vstt.lt

ational Visitor Centre Of Protected Areas

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