



Prepare for an engaging journey from the 3rd to the 6th of September as we explore the **“Gauja River Pulse.”** This adventure will delve into the dynamic interplay between nature, community, and development in the Ādaži and Saulkrasti municipalities.

On the 4th of September, experience the **"Pulse of Nature and Fishing."** Start with a scenic walk through the forest, visit Carnikava Boat Beach, and enjoy a coastal stroll. Discover the Natural Park “Piejūra” and the Gauja River’s unique ecosystems. Engage in a captivating storytelling session with Olga Rinku, try your hand at catching lamprey with local fisherman Arturs Jakobsons, and savor EU-protected lamprey in Carnikava. Cap off the day with a stroll to the pedestrian bridge over Gauja and a glimpse of Ādaži’s connection with the river.

The 5th of September is all about the **"Pulse of Action, Planning, and Developing."** Begin with a visit to The Flea Tavern place, a potential flagship project for historical and natural exploration. Participate in interactive activities near Vecgauja, brainstorm ways to turn VecGauja into a Water Mecca, and discuss future plans with the Ādaži Municipality Development Department. Explore the Baltezers area, including its residential and historical sites.

On the 6th of September, embrace the **"Pulse of People and Community."** Discover the newly improved walking and recreation area along the Gauja River, visit charming villages, and meet local personalities. Enjoy a brief tour and learn about other key municipalities relevant to our project.

Join us to experience the vibrant pulse of the Gauja River region in an adventure full of nature, community, and innovation!

**Here You can see a programme (See below):**

| <b>Day 1 (September 3)</b>  |            |   |   |
|---|------------|---|---|
| Arrival Day<br>(Welcome to Sea)   | From 15:00 | Arrival in Ādaži municipality   | Port Hotel Ādaži  |
|   | 19:00      | Dinner  | Café “Julata” (With Aris Adlers)  |
|   | 20:00      | Where are we? Ādaži   | Visit Ādaži (With Jānis Galakrodznieks)   |
| <b>Day 2 (September 4) PULSE OF NATURE AND FISHING</b>                                      |            |   |   |
| #Nature #Fishing #Wildlife #Outdoors #Adventure #Angling #Explore #Catch #Wild #NaturePulse | 8:00       | Breakfast   | Port Hotel Ādaži  |
|   | 9:00       | <b>Transfer to Natural Park “Piejūra”</b>   | 57.15041375133692, 24.260195203883917<br>Parking place- a 'Sea Land' supported project to provide access to the Sea and the Gauja River mouth in Carnikava. |
|   | 9:20       | <b>Walking The mouth of Gauja into the sea</b>  | 57.159141848534475, 24.264751208411138<br>Short walk via forest, passing Carnikava Boat beach and walking near coast to destination.                        |
|   | 10:00      | <b>Feel the pulse of Unspoiled River scenery (Seminar type meeting under the sky)</b>                                       | Mouth of Gauja. Circle of introduction, Natural Park “Piejūra” and Gauja, Natural inhabitants. (Agnese Balandiņa 26424972)                                  |
|   | 11:00      | <b>From River to Sea, From Sea to Tributary- Role of infrastructure to protect Nature and develop tourism (Guided Walk)</b> | 57.15041375133692, 24.260195203883917<br>Walk from Mouth of Gauja to Tributary of Gauja via promenade or with buss to Village “Carnikava”                   |
|   | 12:30      | Lunch   | Café “Maza Upe”   |
|   | 13:30      | <b>Nature, Fishing, History</b>   | Carnikava Local History Centre (Storytelling by Olga Rinkus)  |
|   | 14:30      | <b>Let’s Catch a Lamprey in Gauja</b>   | Fishermans boat on River Gauja (Catching Lamprey with Arturs Jakobsons)   |
|   | 16:00      | <b>Let’s Cook the original “Lamprey of Carnikava”</b>   | SIA Krupis (Lampray as a protected product of EU- tasting culinary heritage of Carnikava)   |
|   | 17:00      | <b>Bridges- The way to Gauja (Flying Lampray)</b>   | Pedestrian bridge over Gauja<br>Walk to Pedestrian bridge over Gauja (Possibility to visit Village Gauja and common picture near logo of Carnikava)         |
|   | 18:00      | Free time   |   |
|   | 19:00      | <b>Dinner - Ella Legzdiņa's home café</b>   | Introduction of Home Café tradition in Latvia   |
|   | 20:00      | Free time   |   |

**Day 3 (September 5) PULSE OF ACTION, PLANNING AND DEVELOPING**

|  |                       |  |   |
|--|-----------------------|--|---|
| #Action #Planning #Developing #Progress #Strategy #Execution #Growth | Before Breakfast 5:30 | <b>Wake up Gauja</b> (Optional)  | Boating, Suping From Gauja to Dzinezers   |
|  | 9:00                  | Breakfast  | Port Hotel Ādaži  |
|  | 10:00                 | <b>Transfer to Beginning of Vecgauja</b>   | Blusu krogs (Flea Tavern)<br>The beginning of walk. The Flea Tavern is potential strategic project of FLAG Sea Land.                      |
|  | 10:30                 | <b>Evaluate</b> (Passing VecGauja)<br><b>Experience</b> (Exploring VecGauja attractions)<br><b>Documenting</b> (Memorise VecGauja) | Vecgauja – Tributary of Gauja River<br>Vents Strautmanis will lead walking near Vecgauja with interactive actions and physical activities |
|  | 12:30                 | Lunch from “Boards You”  | Carnikava Local History Center  |
|  | 13:30                 | <b>Co- Create</b> (Workshop)   | Carnikava Local History Center (Co-creating Ideas and Solutions: Transforming VecGauja into a Water Mecca)                                |
|  | 15:00                 | <b>Transfer to Ādaži municipally</b>   | Gaujas iela 33 A, Ādaži   |
|  | 15:30                 | <b>Gauja- Tourism- Development- Planning</b>   | Ādaži municipality (Meeting with the Ādaži Municipality Development Department. Development documents, Tourism development)               |
|  | 17:00                 | <b>Visiting Baltezers</b>  | Baltezers- Riga Water Supply Museum<br>Visiting interesting parts of Baltezers area, Also residential part. Church of Baltezers.          |
|  | 19:00                 | Dinner   | Vanaga Ligzda (TBC)   |
|  | 20:00                 | Free time  | Optional  |

**Day 4 (September 6) PULSE OF PEOPLE AND COMMUNITY**

|                                      |       |  |   |
|--------------------------------------|-------|--|---|
| #People #Community #Together Society | 8:00  | Breakfast                                  | Port Hotel Ādaži  |
|                                      | 9:00  | Checking out and transfer to Path of Bells |   |
|                                      | 9:30  | <b>Path of Bells</b>                       | Zvaniņu ceļš (An improved walking and recreation area on the left bank of the Gauja River between Carnikava and Ādaži)                        |
|                                      | 10:30 | <b>Trough the Villages</b>                 | Way near Gauja River (Visiting Villages along the Banks of the Gauja River. Will stop in important places and meet special people)            |
|                                      | 12:30 | Lunch                                      | Rāmkalni  |
|                                      | 13:30 | <b>Crossroads</b>                          | Point where the Gauja River flows out of Gauja National Park<br>Small tour and information about other municipalities relevant to the project |
|                                      | 14:30 | <b>Rafting tradition on River Gauja</b>    | Optional  |



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