

# Modern art and Culture Rout in Sigulda



*Latvia*



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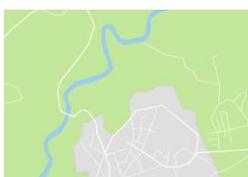
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# Sigulda



**Sigulda is a popular tourist centre in Latvia. It has been called the 'Switzerland of Vidzeme'**



**It is on a pretty part of the Gauja river valley.**



**The reddish sandstone forms steep rocks and caves on both banks of the river.**

# Accessibility

You can find out more about travel and tourism for disabled people in Sigulda at:

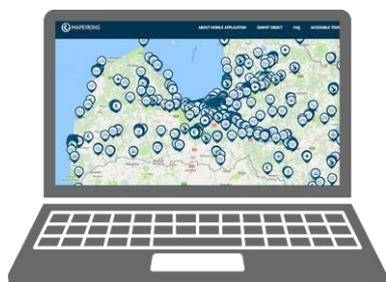
## Apeirons



Apeirons is an organisation that is led by people with disabilities and their friends.

They are working to make more places accessible.

Web: [www.apeirons.lv](http://www.apeirons.lv)



## Mapeirons

This website gives information on more than 1,500 places in Latvia that are accessible to anyone.

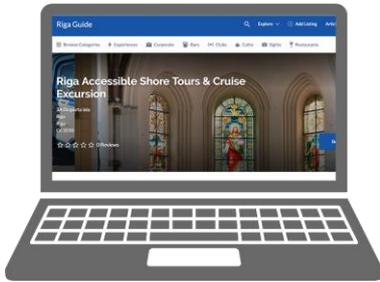
Web: [mapeirons.lv/en](http://mapeirons.lv/en)



## Sigulda tourism information homepage

Information about tourism opportunities in Sigulda.

Web: <http://tourism.sigulda.lv/>



## **Holiday and travel directory**

**Web: [www.riga-guide.com/listing/accessible](http://www.riga-guide.com/listing/accessible)**



## **Information on accessible tourism in Latvia**

**Web: [www.accessiblelatvia.lv](http://www.accessiblelatvia.lv)**



## **Travel directory**

**Web: [www.latvia.travel/en/article/people-disabilities](http://www.latvia.travel/en/article/people-disabilities)**

# More information on accessibility



You can get to **Sigulda** from Riga by train.

The trains have steps so you have to book assistance 48 hours before you want to travel by calling  
**+37180001181** on weekdays 8am-5pm.



Getting around **Sigulda** is tricky. There are not many buses and they are not accessible for wheelchair users. We recommend to rent a car for city and recommended places view, because of city relief and places are situated far from each other.



We suggest you get a taxi in Sigulda or rent a car.



Go to the website for each place you want to visit to see what they can offer.

Many hotels have adapted rooms. You need to contact them beforehand to ask for details.

# Where to stay



## Hotel Sigulda

This hotel is in the center of the city. They do not have accessible rooms for people with disabilities, but it is possible to stay here. First and second floors are accessible.



## Hotel Segevold

The hotel is located 5-minute drive from city center on Mālpils street 4b. They have accessible room for people with disabilities.



## Hotel Ezeri SPA

The hotel is located 10-minute drive from city center. First floor is accessible but they do not have accessible room for people with disabilities.

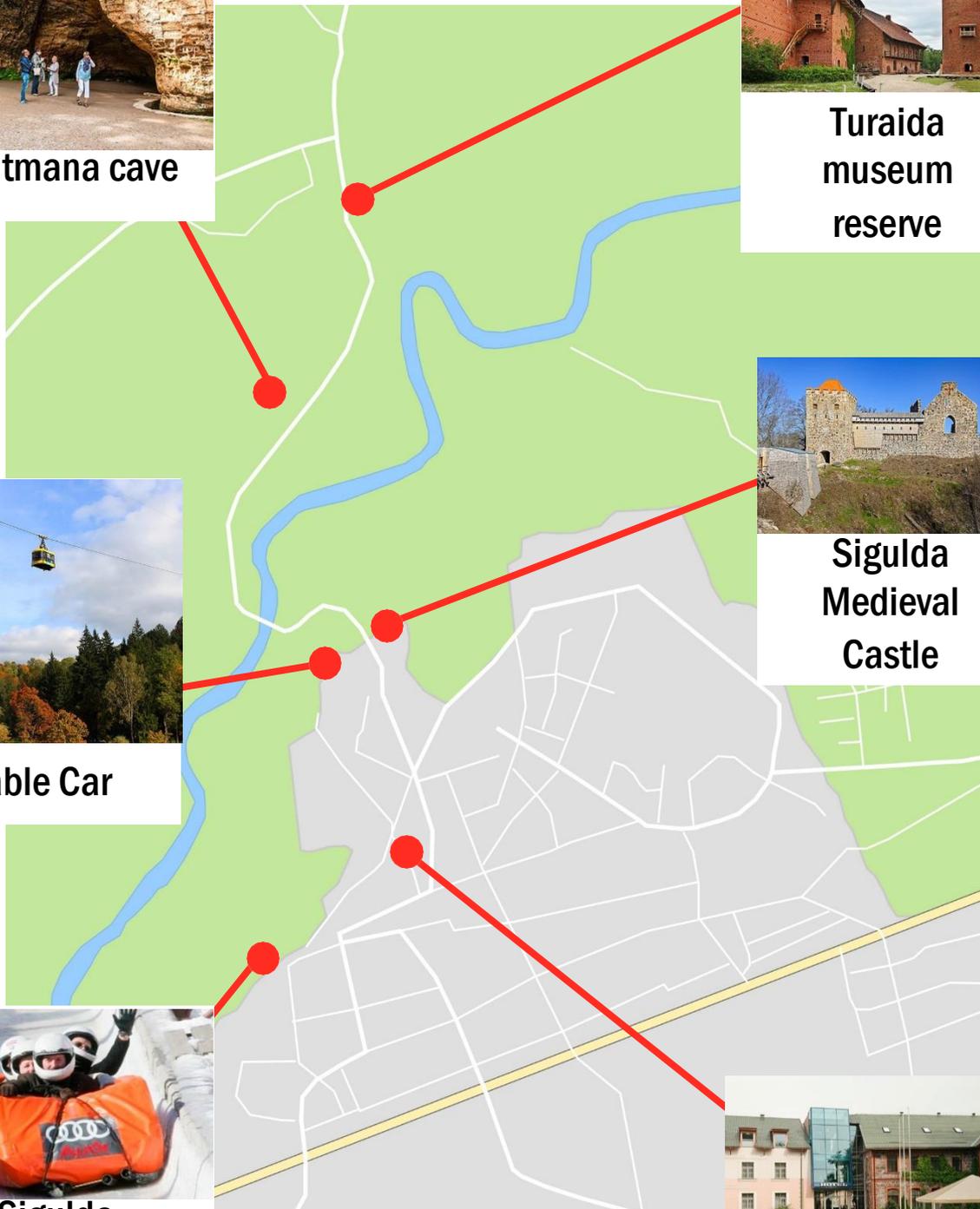
# Map of Sigulda



**Gutmana cave**



**Turaida  
museum  
reserve**



**Cable Car**



**Sigulda  
Medieval  
Castle**



**Sigulda  
bobsleigh track**



**Hotel Sigulda**

# What to see

We recommend to rent a car for city and recommended places view, because of city relief and places are situated far from each other. Also city buses are not very frequent and they are not accessible for wheelchair users.



## Sigulda bobsleigh track

The track was built in 1986.

It is 1200 metres long and has 16 turns.



**Bobsleigh** is a winter sport.

Teams of 2 or 4 people are in a sled going fast down narrow, twisting ice tracks.



**Luge** is where one or two people are on a small sled lying down face up feet first.



**Skeleton** is where one person goes down a track on a very small sled head first.



It is used for **bobsleigh, luge and skeleton** competitions.

You can get up to 125 km/h on the track.



From the top you get a great view of the River Gauja valley, Sigulda Town and the track itself. People in wheelchair can not get upstairs because there is a staircase at the entrance.

You can walk along all the turns of the track.

## **Sigulda Medieval Castle**



The castle ruins are on the edge of the Gauja valley.

The original castle was built 800 years ago. The old castle has been repaired many times. You can climb up into some of the old towers.



You get great views from the castle.



## **Cable Car**

A trip on the cable car will give you great views of castles, the Gauja Valley and the bobsleigh track.

You can also do a bungee jump from the cable car over the Gauja river.



**Gutmana cave (Gūtmaņala)** Gutmana cave is the biggest grotto cave in the Baltics.

It is on the right bank of the Gauja River, not far from Turaida.



## **Turaida museum reserve**

This is a large area which has historic monuments and art works.

You can see: the Folk Song park, Turaida Stone castle, Church and Church Hill.

# About us



This document has been produced as part of the visits4u project.



Visits4u aims to develop inclusive tourism provision in different countries across Europe.



The project started in July 2016 and finishes in December 2017.

Visits4u is co-funded by the COSME Programme of the European Union.



Website: [www.visits4u.eu](http://www.visits4u.eu)

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