WATER ROUTES AND ACTIVE LEISURE

Vilnius • Trakai • Kernavė
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Welcome to the current Lithuanian capital city of Vilnius, the first Lithuanian capital city Kernavė, and one of the most important political centres of the Lithuanian Grand Duchy – Trakai. All of these cities are very important to the Lithuanian history and culture, they have plenty of interesting objects, and all of them are situated in the beautiful natural surroundings. By the way, the Old Town of Vilnius and the Kernavė mounds complex are included in the UNESCO World Heritage list.

Kernavė is an ancient settlement, and one of the first towns in Lithuania. Up to the year 1321 it was the residence of rulers, therefore it performed the role of the first capital of Lithuania. Lithuanian Grand Duke Gediminas for a short time moved the capital city from Kernavė to Old Trakai, and shortly thereafter to Vilnius. Old Trakai left a short, but meaningful imprint in the Lithuanian history. Quite soon, it was overshadowed by Trakai, favoured by the Gediminids dynasty rulers, especially Vytautas the Great.

Vilnius was first mentioned in written sources as a capital of Lithuania in 1323. Since then, it is the most important political, cultural, and economic centre of Lithuania for almost 700 years.

Nature of these towns and their surroundings is perfect for water tourism and various recreational activities. The publication presents 9 routes of water tourism and 50 recreational objects located in the touristic areas of Vilnius, Trakai and Kernavė. Next to the description of the water tourism routes you can find information on the most visited sites and canoe rental services. The maps will help to stay oriented during a journey with the most visited sites, rural tourism homesteads, rest points, catering places, etc. found near the route marked by the conventional signs (pictograms). Beside the recreational objects you will find contact information for recreational flights, leisure and adventure parks, cognitive trails, horse riding, summer and winter activities, sports clubs and field tennis courts.
Pictograms

- Itinerary
- Kayak transfer
- Start and end of route
- Cafe
- Shop
- Car park
- Resting place
- Camping site
- Rural tourism farmstead
- Place of interest
- Tourist information centre
- WC
- Month
WATER ROUTES
The water level is up to your knees, but the adrenaline level rises up to your neck. This could be a short description of the Vilnia River water track. Fast current, banks, rifts, obstructions, artificial waterfalls, outcrops... And right next to all that – a busy city. Užupis with its peculiar residents, buildings, quays and bridges, ideally arranged Bernardine Garden and the Old Arsenal...

Those who take this route for the first time often promise themselves to master it again, since it is simply impossible to cover everything in one go. By the way, you can sail in Vilnia even in winter, unless it is frozen over. During the cold time of the year there is enough water for kayaking. Sailing on the New Year’s Eve is very popular, and attracts more and more enthusiasts every year.

The length of the right tributary of the Neris River – the Vilnia – is 82 km. The most impressive, fast and extreme are the last few kilometres of the river, therefore it is advised to get into the kayaks and sail along the Vilnia from the dam of the Naujoji Vilnia. It is approximately 13 km from here to the endpoint of the route – the White Bridge. Depending on the water level, duration of stops and capacities of the kayakists this distance can be covered by a kayak in 3–5 hours. It is handy that you can take public transport to the starting point and end point of the route.

You can also choose a shorter route: from the dam of Naujoji Vilnia to the Belmontas Waterfalls (approx. 4 km, duration – about 1.5 hours) or from Belmontas to the White Bridge (approx. 9 km, duration 2–3 hours). These shorter routes are perfect for those who wish to blow away the cobwebs off one’s mind after a day of work.

However, we recommend doing it before it gets dark. Night sailing can be dangerous for less experienced kayakers. Once it gets dark you cannot see the rifts and obstructions. Even during the day you will have to stay focused: one or two wrong moves and you will be in the water. However, falling into the water in the Vilnia is not very dangerous – the depth of the riverbed is 10–15 m.

When you are sailing along the Vilnia you should pay attention not only to the water, but also to the shores. Before sailing off at the Naujoji Vilnia dam at Kuču-riškės, you should look at the burial mounds of the second half of the I millennium on the other side of the street. There are four preserved tumuli, the authentic altar and the fieldstones with engraved ancient graphic signs.

Further away from the dam the river begins to rapidly meander, and you will see the first rifts and large stones in the riverbed. One kilometre from the starting point of the route you will see the roaring rift, below which the Vilnia flows through a deep valley.

About 3 km from the starting point of the route the Pūčkoriai outcrop will burst into view, the highest and largest one in Lithuania (height – more than 65 m, width – 260 m). Here the river is swift and it is difficult to get onto the shore, therefore you can admire the outcrop only from your kayak. What you can also
do is leave the kayak somewhat further down, at the Belmontas dam 3 600 m down the river, and reach the outcrop by the cognitive walking trail 4. Along the way it is worth stopping at the Pūčkoriai Mound 5 with the Sun–Clock built next to it, the remains of the Pūčkoriai cannon foundry and the ancient settlement, and a wooden farm estate built at the turn of the XIX century. Not to get into trouble while going for a walk, do not leave your kayaks unattended – nobody can watch them besides you.

Another danger is the Belmontas weir, which turned into rubble. It is very dangerous to go down the weir. This place has a history of accidents. On the right side of the river the weir is surrounded by a fish–ladder. Many kayakists dare to test their strength here, whether or not they will be able to sail across it without falling into the water. However, trying this is not advisable: the fish–ladder is one of the most extreme places of the Vilnia. Therefore, the safest place to stop is on the left side of the shore after the pendant bridge and carry your kayak for some twenty meters.

The swiftest and most interesting segment of the river begins after you pass Belmontas. Constant rifts and small rapids will keep you from sitting back and calmly enjoying the views of the shore.

Five kilometres down from the starting point of the route you will pass the pedestrian bridge at the crossing of Belmonto and Pavilnio streets. Down from it there is a half meter rapid. Another kilometre down and the river curves between the granitic Užupis quay walls. They stretch for about 400 meters. Its fascinating point is the Užupis Mermaid 6. Next to the Mermaid you will see the exhibited paintings, after passing which you will see the St. Anne’s Church and the Bernardine Church 7. Several hundred meters down and you will see the reconstructed Bernardine Garden 8, and after sailing a little over a kilometre the Vilnia will flow into the Neris. As compared to the Vilnia, sailing in the Neris is like a casual walk. You do not even have to use the paddles, just enjoy the city while letting the current carry you down to the White Bridge, where the route ends.

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PLACES TO VISIT:
1 Naujoji Vilnia burial mound
GPS 54.697810; 25.381124

2 Pūčkoriai outcrop
GPS 54.692075; 25.357246

3 Belmontas dam
GPS 54.685475; 25.357754

4 Pūčkoriai tourist trail
GPS 54.685563; 25.357851

5 Pūčkoriai Mound
GPS 54.689433; 25.369075

6 Užupis Mermaid
GPS 54.680542, 25.292536

7 Bernardine Church
GPS 54.68317, 25.293592

8 Bernardinai Garden
GPS 54.684862; 25.293660
The Neris is the ideal river for the beginners of the water tourism. The section from Nemenčinė to the White Bridge of Vilnius fits perfectly for this purpose. If you do not have energy or desire to row, you can simply float and be carried down by a slow current with no dangerous obstacles on the way.

The length of the suggested route Nemenčinė–Vilnius is 34 km. You could complete it within 5–7 hours. However, you could make the route shorter: sail to the White Bridge from Ožkiniai (approx. 15 km, duration 3–4 hours) or from Valakampiai beach (approx. 10 km, duration 1–1.5 hour). The latter is exceptional since it can be covered during the dark part of a day as well – Vilnius lanterns on the river shores will lead your way by the romantic glimmering.

The Neris is not very deep. Even though there are sloughs in some places, the depth is usually between 1.5 and 3 meters. However, the river also got shallow spots, which are not deeper than 1m. Near Vilnius the Neris widens out to 90 m. The speed of the current varies between 0.6 and 1.9 m/s.

The best time to sail on this second longest river in Lithuania is between the months of May and October. It is somewhat harder to master the Neris during the times of the spring freshet, which usually begins in the middle of March and ends in the middles of May.

Sailing the Neris is popular not only by kayaks, but also by floats, catamarans, canoes and inflatable boats. You should not hurry to reach your destination – when you are approaching Vilnius you will have a fascinating landscape of the shores open before your eyes. Steep slopes, outcrops, forestland – there is so much to see. The long route begins in Nemenčinė near the bridge of the Vilnius and Švenčionys road. Several hundred meters down you will pass under the old Nemenčinė bridge. It was built in 1932 and reconstructed in 2008.

After that the river is flowing along a deep valley. There are many terraces around, which in some places rise to 50 m. The bottom of the Neris here is rocky with plenty of rifts. The current becomes stronger, the slope grows to 45m/km. The Nemenčinė forest is soughing on the left side of the river.

About 19 km down the route on the right shore of the Neris the Ožkiniai settlement will burst into view, where you will find a rest point. Turniškės is another 2 km down, where the residences of the country leaders are found and the homes of the famous business men rise near them.

Once you pass this prestigious district you can stop on the right side of the river, get the kayaks out of the water and visit the architectural monument – Verkiai Watermill built in the XIX century. The mill was turning the grindstones up to 1975. In 1999 it was raised to a new life by opening a restaurant in it.

Near the mill the Verkiai Palace is rising on a hill, which can be reached by the steep stairs. The palace was built in the XVIII century by the bishop of Vilnius Ignatas Masalskis to the designs of Lau-
Soon you will see another three bridges: Šilas, Antakalnis–Žirmūnai and the King Mindaugas bridges. Attention is drawn by the Gediminas’ Hill, the first Vilnius power plant, modernist architectural style buildings built at the end of the XIX and beginning of the XX century on the left side of the river between the Mindaugas and the Green bridges, right after the Green bridge the Baroque St Raphael the Archangel Church of the beginning of the XVIII century rising on the right side of the river and the modern time structures—the skyscrapers.

The route ends once you pass the concrete shores of the Neris behind the White Bridge. But as long as you have the desire and time you can keep rowing to the other capital of Lithuania—Keršnavė.

**PLACES TO VISIT:**

1. **Verkiai Watermill**
   - Verkiai g. 100, Vilnius
   - GPS: 54.745762; 25.290828
2. **Verkiai Palace**
   - Žaliųjų Ežerų g. 49, Vilnius
   - GPS: 54.748121; 25.291110
3. **Valakampiai beach**
   - GPS: 54.730393; 25.297689
4. **Trinapolis Church**
   - Verkių g. 70, Vilnius
   - GPS: 54.731034; 25.291165
5. **Valakampiai beach**
   - GPS: 54.730393; 25.297689
6. **Žirmūnai beach**
   - GPS: 54.723479; 25.312666
7. **Gediminas’ Hill**
   - Arsenalo g. 5, Vilnius
   - GPS: 54.686609; 25.290731
8. **Energy and Technology Museum**
   - Rinktinės g. 2, Vilnius
   - GPS: 54.690021; 25.287796
9. **Church of St Raphael the Archangel**
   - Šnipiškių g. 1, Vilnius
   - GPS: 54.68317; 25.293592
There are not so many capitals in the world like Vilnius, which are surrounded by natural environment. In order to see it with your own eyes all you need to do is go down the Neris from the present to the first capital of Lithuania – Kernavė.

Once the swift Neris breaks free from Vilnius it begins curving down into the arms of the Nemunas. However the section between Vilnius and Kernavė is very different from a peaceful river of the plains, which further flows down to Kaunas. The water tourists will have to battle a fast current, overcome many rifts and be aware of the large stones lying in the river bed and on the shores. Some of them have names enmeshed with stories and legends.

The length of the suggested route Vilnius–Kernavė is approximately 68 km. You will need 2 days to finish it, and if you are sailing on a float, it might take even longer. You can shorten the route and sail from Vilnius to the Vokė–Neris confluence (length – 22.5 km, duration – 4 hours) or from Vievis bridge to Kernavė (length – 14 km, duration – 4 hours). The best time for sailing is from May to October.

In Vilnius you will take off from a platform near the White Bridge. Several hundred meters down on the left shore of the river you will see the Lithuanian Seimas Palace. Next to it the Žvėrynas bridge, built in 1906. Very soon on the right side of the Neris begins the Vingis Park and on the left the picturesque Karoliniškės Landscape Reserve.

The Vokė will flow into the Neris when you pass Grigiškės, about 22 km from the starting point of the route. The riverbed of the Neris narrows down, but the current becomes stronger. The river further rushes through the glacier formed gorge with the high coniferous wood hills. From here almost up to Kernavė the Neris and its surrounding territory are protected by the state by establishing the Neris Regional Park in 1992. It has plenty of objects of interest, has great camp sites and cognitive trails. Some of the inhabitants of the fauna of the park, such as Alcon Blue and Hermit Beetle, are listed not only in the Red Book of Lithuania, but also of Europe.

About 27 km down the route on the left side you will see a steep Stirniai Mound, the slopes of which reach 24 m, and another 400 m further, along the Saidžiai village, the travellers will be greeted by the largest rift of the Neris, the Saidė rift.

It is three kilometres before you hit the Naujoji Rėva Mound, at the base of which the archaeologists discovered the remains of an ancient settlement. Another 4 km down (39 km from the starting point of the route) the Bražuolė Stream flows into the Neris and the loops of Elniakampis begin. Here you will find comfortable places to stop, and sailing
another few kilometres you will also find rural tourism farmsteads, where you will be able to spend a night.

Having sailed 51 km from the White Bridge, the swift Dūkšta Stream flows into the Neris, which becomes stronger and once again greets with rifts and rocks. On the right side you will see the Karmazinai Mound. There is an altar on its territory, which was built in 1969 by the members of ethnographers' movement of Ramuva in Vilnius University when celebrating Dziady (All Souls' Day). One kilometre further, once you pass Pušynėlis Inn, you will see Verkšioniai rocks spread around in the river called the Užkeikta Veselia. It is said that a young man living on one side of the Neris fell in love with a girl living on the other side. The mother of the bride did not like her future son-in-law and she cursed the couple by saying: “May you turn into the stone”. When the wedding guests were crossing the river their carriages turned over and all the group turned into stones. About 54 km from the starting point of the route on the left side of the river there is the Paneriai Manor. It is believed that it was built in the XVIII century by the royal estate manager Simonas Liudvikas Gutakovskis. The two storey manor was preserved in the best shape up to this day, from where the river curve with a large island open up in all its beauty. Six kilometres down from the Paneriai Manor there is the linear village of Grabijolai along the Neris. Its oldest house is 300 years old. The residential houses of the linear village are lined up with the back facing the street and with the plantings along it.

The final stop of the route, Kernavė, is right after this village, the city which in XIII century was the former capital of Lithuania. It is most renown by its five mound complex. Recently it received another object of tourist attraction – the modern Archaeological Museum situated in the centre of the town.

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PLACES TO VISIT:

1. Žvėrynas bridge
   GPS 54.6905, 25.258846
2. Vingis Park
   GPS 54.691018, 25.241851
3. Karoliniškės Landscape Reserve
   GPS 54.680601, 25.224259
4. Stirniai Mound
   GPS 54.719283, 24.907619
5. Naujoji Rėva Mound
   GPS 54.738420, 25.022021
6. Karmazinai Mound
   GPS 54.818746, 24.930547
7. Verkšioniai rocks
   GPS 54.806573, 24.918123
8. Paneriai Manor
   GPS 54.785602, 24.909840
9. Grabijolai
   GPS 54.846545, 24.867593
10. Kernavė Mounds
    GPS 54.883002, 24.852463
11. The Kernavė Archaeological Site Museum
    Kerniaus g. 4A, Kernavė, Širvintų r.
    GPS 54.885780; 24.853864
From the days of old every spring or after heavy showers when the water level rises, this river like a troublesome fly chases the lovers of extreme sailing out of their homes. Obstructions, rifts, fast current and the remains of the old mills threaten the travellers to dip them into the cold water, therefore, if you are not ready for this, you better select a different river. During the summer the Musė heavily shallows out and is usually not suitable for water tourism.

The Musė curves around the Vilnius and Širvintos districts for 61 km until it flows into the Neris in Čiobiškis. The most beautiful section of this swift river is from Musninkai to the mouth. The Musė here is beautiful with its high scenic scarps and wide meadow on the skirts of the wood, where it is convenient to stop and set up a camp.

The length of the suggested route along the Musė river is approximately 20–23 km. You need to have a day at your disposition in order to master it, since sailing will take from 7 to 10 hours. It is best to start from two places: from the Kernavė – Musninkai road bridge or from the camp site near Musninkai – Čiobiškis road bridge. The end point of the route is the Musės confluence with the Neris right below the Darius and Girėnas arch bridge in Čiobiškis.

You could choose to take a twice shorter route: from Kernavė – Musninkai road bridge to the reinforced concrete bridge near Spietiškiai (distance – approx. 10 km, duration – 4–5 hours) or from this bridge to Čiobiškis (distance 12.6 km, duration – 4–5 hours).

Sailing about 1.4 km down from the Kernavė – Musninkai road bridge you will hit the first considerable obstacle: remains of the former weir. If you prefer to take no risks and not to wait and see whether you will turn over into the water or not, it is best to get the kayaks out of the water onto the left shore and carry them a short distance. By the way, this will not be the last time you will need to get onto the shore while sailing along the Musė: in the spring there are uprooted trees com-
pletely blocking the way in the river.

About 11.8 km from the starting point of the route near the Musė there is the beige Ilgojus Stone. Its surface is furrowed with natural dents referred as feet of a human, a cow or a sheep. The legend says that a witch was spinning broadcloth on that stone.

Further down, in 7 km, you will see the Janoniai Mound rising before you, also referred to as the Pikuolis Hill. The mound is dated to the I millennium – beginning of the II millennium. The Pikuolis Hill has the fortification typical of the Late Iron Age. It is said that there were human bones, crosses and brickbats found, therefore it is believed that there could have been a brick chapel in this place during the times of the new era.

About 0.3 km to the north–west from Pikuolis there is the Rusių Ragas Kurgan which consist of 26 tumuli. Their burrows are 10–15 m in diameter and 0.8–1.5 m high. The burrows are enclosed by the ditches or surrounded by the pits.

Soon you will see the end stop of the route, Čiobiškis. Its treasure is the engineering and historic heritage: a 28 m long bridge over the Musė built in 1933 named after the pilots S. Darius and S. Girėnas. Right next to the bridge there is the watermill built in 1900 and reconstructed in the first half of the XX century made of hewn wooden blocks. It is made entirely out of wood including grain and flower chutes, millstone lifting mechanism, log and spindle.
The Širvinta is the longest (128 km) and the most beautiful affluent of the Šventoji stretching over three districts: Širvintos, Ukmergė and Jonava. The water in this river is clear and pure, and its shores are sparsely populated. Therefore, the Širvinta suits perfectly for those who wish to escape the human turmoil, if even only for a little while.

In some places the river is so overgrown with trees and bushes that even when looking with both eyes through this thickness you will not see much. You will know you are passing by a village from seeing one or two crumbled steps, hearing cows’ bellowing or dogs’ barking.

Most of the Širvinta affluents gushing out in as small streams are hidden in the thick of the forest. The names of the streams drowning in the green sound somewhat unusual, but charming: Kabarkšta, Malka, Medinė, Kertuša, Sėmenys, Šeškupė, Šiūra, Ūdara, Viesa, Vilkesa, Apušė, Beržė, Juodė and Tola.

However, there is no shortage of comfortable rest points suitable for both short breaks or camp site near the Širvinta. Just like there is no shortage of sudden turns, shallow passages, rifts and large rocks.

The Širvinta is twisting a lot, therefore you will have to paddle a lot. The average slope of the river is 1 m/km. In the lower reaches of the river (26 km up from the mouth) the largest slope is 1.32 m/km. The width of the riverbed is 10–12 m, and the average depth of the river is 0.8-1.2 m.

The length of the longest possible route along the Širvinta is approximately 70 km, however usually the travellers go for shorter options: sailing from the Širvintos – Ukmergė road bridge to Vindeikiai (distance – 26 km, duration – 1 day) or from Vindeikiai to the Gelvonai – Ėiobiškis road bridge, the Liukonys Mill (distance – approx. 20 km, duration – 1 day).

Along Vindeikiai, which preserved the fragments of the estate homestead, the shores of the Širvinta become higher and steeper. Having sailed about 6 kilometres down from the village you will have to manoeuvre among the remains of a weir and deal with the riffle.

Further down, in about 4 km, on the left side of the river you will see the Mantinyns Mound. Its slopes are steep and about 20 m high, sunken down and decayed in some places, tree-covered and shrubby. From here on the current of the Širvinta slowly takes up the speed, and there is more large stones and rifts in the riverbed.

Soon you will pass by the Lapšiai Manor. You will see its buildings on the left side of the river. This manor is private, therefore, if you wish to see it inside, you
will have to make an appointment with the owners in advance.

As you sail further (40.9 km from the starting point of the route) on the left side you will see a protruding 30 m high Pasodninkai Mound, and at the end of the route, near Liukonys, there will be an 11 m high cross with the corpus on the right steep scarp of the Širvinta. It was made around 1925 by a folk master Juškevičius. The cross is seen from far away, it is monumental and has expressive proportions.

To the north-east and south-west from the cross there are two mythological irregularly shaped square stones (with one cleft side) with pointy tops. The story has it that these are the people turned to stone, the lackeys of the Liukonys manor Jonas and Povilas. There is another stone nearby with a narrow-bottomed bowl. People call it the Maria stone. It is said that water gathered in its basin had miraculous powers – the ones who washed themselves with it were healed. Its miraculous powers disappeared when a lady washed her blind puppy in it.

In Liukonys there is also a brick estate homestead, which remained from the first half of the XIX century, a park and an alley. This is the manor where Napoleon’s adjutant, the general Juozapas Antanas Kosakovskis, lived and died in 1842. Those wishing to continue the journey need to know, that the scenic Širvinta Landscape Reserve begins from Liukonys.
The Vokė is flowing down and flows into the Neris right next to Vilnius, therefore for the residents of Vilnius it is very convenient to reach this river and spend a couple of hours together with it, or maybe even the whole weekend.

The left affluent of the Neris, the Vokė, is a comparatively short river and its length is 42 km. However it is rather eventful with plenty of rocks and one meter high easily crossed minor embankments and larger weirs, through which you will have to carry your kayaks, and many places where you can easily get onto the shore. In some places the current of the Vokė will suddenly accelerate, and where its lower reaches are especially rapid is the place where the competitions on the rowing slalom are organised.

A journey along this river is suitable for both the beginners and experienced water tourists. The latter try to sail on the Vokė in the spring, when the water rises high and sailing gives an adrenaline rush.

After the Vokė flows out of the Papis Lake it carries its waters through the moors, therefore the surroundings are not particularly scenic. The Vokė is most beautiful from the Vaidotai bridge to the mouth. It is this section that is advised to the water tourists.

The length of the suggested route is 19 km, duration – 5-7 hours. It is best to end the journey on the left shore of the Vokė just before confluence with the Neris. Shorter versions of the route are: Vaidotai–Mūrinė Vokė (distance – approx. 9.5 km), Mūrinė Vokė– confluence with the Neris (approx. 9.5 km) or the weir of Grigiškės hydroelectric power plant – confluence with the Neris (approx. 2.5 km).

Having sailed approximately 6 km down from Vaidotai you will see the Vilnius-Trakai road bridge before you. Under this bridge the current is strong and seething with rifts. Another kilometre down you will find a fascinating railway bridge connecting Vilnius and Kaunas. Next to it there is a pendant bridge. Here you can get onto the bank and walk to the Trakų Vokė estate farmstead ensemble. This is an architectural monument with Neoclassicism, Neogothic and Eclectic elements. The Trakų Vokė estate palace was built in 1876-1880 by Jonas Tiškevičius, the marshal of nobility of the Vilnius province. Inside there is the preserved valuable interior or that reconstructed according to the available patterns. The estate is in the arms of the curve of the Vokė and a beautiful park designed by the famous French architect Eduardas Fransua André.

As you sail further down the Vokė, about 9.5 km from the starting point of the route you will approach the Mūrinė Vokė weir. Here you will have to pull the kayaks out of the water and carry. It is best to do it on the right shore of the river. The weir with a mill in Mūrinė Vokė was built in the XIX century. The owner of the Trakų Vokė estate J. Tiškevičius, who settled nearby, reconstructed the mill into a paper factory in 1887, which was opera-
ting until 1964.

About 10.2 km from the starting point of the route you will end up at the inclined one meter high dam of a former aqueduct, which you can cross. The aqueduct was built in 1930 by the former owner of the Grigiškės paper factory Grigas Kurecas. The water of the large channel and aqueduct were used for the hydroelectric power plant. Water to the plant was supplied through a small channel.

You need to sail another 200 m and on the left side of the river you will see the Grigiškės Mound and another kilometre down along Kadriškės you will find remains of the old dam. You could sail through them in two ways: along the left side of the river – at slow pace, or along the right side – by jumping of a one meter high barrier, however you might end up in the water while doing it.

Approximately 12.5 km down the route you will end up at the weir, along which you will have to sail for about 4 km to the weir of the Grigiškės hydroelectric power plant. You will not be able to sail across the weir, but will need to carry your kayaks to pass it.

Below the weir the current of the Vokė speeds up and you will find rocks and rifts in the riverbed. Its length is 200 m. Since 1971, every spring this track like a magnet attracts the kayak rowing enthusiasts and athletes from all around Lithuania.

The route ends right before the mouth of the Vokė. However, you could choose to stop in the pinewood forest on the left shore of the river, take a break and continue your trip along the Neris.

PLACES TO VISIT:

1. Trakų Vokė Manor
   GPS: 54.630630; 25.108759

2. Mūrinė Vokė manufactory complex
   GPS: 54.648040; 25.119413

3. Grigiškės Aqueduct
   GPS: 54.659535; 25.108083

4. Grigiškės Mound
   GPS: 54.662216; 25.103137

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Upių labirintas
+370 687 10 836
info@upiu-labirintas.lt
www.baidariu-nuoma.lt

Active tourism
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Sostines baidarės
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Neries baidarės
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Baidarės.lt
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EVO baidarės
+370 673 54 420
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Kajakas
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In the Strėva you can expect very different sailing sections: woody and swampy areas, reed patches, manoeuvring on rocky and swift places, a “work out” in the lakes and ponds, which this river is not short of.

The right affluent of the Nemunas, the Strėva, is flowing through the Trakai and Kaišiadorys districts. Its length is approximately 80 km.

River headwaters are situated near Mackantiškės, 5 km to the east of Aukštadvaris. At the beginning the Strėva is carrying its waters to the east through the Šamuškai, Drabužis and Spindžius Lakes, then lower it turns to the north through the Gilūšis, Eglis, Strėvis, Strėvaitis and Nes‑trevantis Lakes. Below the Elektrėnai Reservoir the river is flowing to the west and flows into the Kaunas Reservoir.

The shores of the Strėva are bushy and have single trees here and there. Woodier areas are found along the river headwaters and the mouth. The width of the riverbed is not large and varies from 3 to 6 metres. However, along all the track there are plenty of obstacles – weirs, small bridges, swampy stretches, and therefore the journey along this river is best suited for the experienced water tourists.

Part of the route passes through the Strėva and Spindžius Landscape Reserves of the Aukštadvaris Regional Park. It is suggested to begin your journey along the river there, from the Spindžius Lake. It is recommended to sail about 20 km to Pastrėvis town. You should be able to master this distance within 5–6 hours.

The best place to start is the west coast of the Spindžius Lake, where the recreation area is situated. This lake is surrounded by a forest; its shores are steep, at places with springs and swamps. Due to the algae in the water, in the sun light this lake receives a bright green colour, even though sometimes it can be absolutely clear.

Exit from the lake is in the north–east. Then the Strėva is drowning in a forest until when in 2 km it flows into the Skaukas (Stankas) Lake, the former dam of the Skaukas Mill.

Another few kilometres down you will be able to see a small Strėva Mound on the left side of the river, at which a rather long (3 km), but narrow dam of the Bagdononys hydroelectric power plant begins. It formed in 1960 after the Strėva river was impounded. At the beginning of the dam there is a recreation area for the tourists.

Once you approach the 11 m high dam of the Bagdononys hydroelectric power plant with a village road passing along it, you will have to carry your kayak. You can do it by both shores of the river. In the summer the hydroelectric power

**ALONG THE STRĖVA TO THE ELEKTRĖNAI**

**RESERVOIR: WORK THE PADDLES**

**Track length:** approx. 20 km  
**Duration:** 5–7 hours  
**Route starting point:** coast of the Spindžius Lake (near route 4715)  
**GPS 54.571763; 24.668732**  
**Route end point:** Pastrėvis Hydroelectric Power Plant  
**GPS 54.716200; 24.674440**  
**Season:** May–October

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![Image of river scene]
The plant is working only during peak hours (9AM–4PM), therefore at all other times the Strėva has low waters.

Below the Bagdononis after the river was curving for some time with its narrow riverbed (1.5–2 m), it falls into a peaty swamp overgrown by thick willow bushes. Very soon you will approach the Bagdononis Mound. An ancient settlement was discovered at its base, and during digging they found rugged and clay ceramics. Throughout the years the Strėva washed out the mound, therefore today it is very small. There is only a 10 m in diameter and 4 m high hill left.

Several kilometres down the Strėva quietly flows into the Nestrėvantis (Nestrėvis) Lake. Its coast is swampy and covered with reed mace and moorgrass. Just before Semeliškės the lake is impounded. Once you approach a water mill of the beginning of the XX century and a 2.4 m high weir, you will have to carry your kayak once again. It is advised to take the left shore.

Semeliškės, the urban monument protected by the state, begins along the weir. This town is unique because its original planning was maintained up to this day with a nearly triangle central square and the street network of the end of the XIX century.

The houses of prayer are standing on both shores of the Strėva right across from one another: The Orthodox church (built in 1895) on the right and one of the oldest wooden Catholic churches in Lithuania on the left. This church possesses a priceless value: near the churchyard there is a bell tower with two XVIII century bells and the oldest in all of Lithuania bell with a Gothic inscription casted in 1442. However nobody chimes this 123 kg old chap because it is cracked.

At the end of Semeliškės you will pass by the Vievis–Aukštadvaris road bridge. This is where a fun and very swift section of the Strėva of approximately 1.8 km begins. However further down the river begins resting on the Elektrėnai Reservoir backwater, and the current slows down, the riverbed becomes deeper and wider. It is suggested to end the route at the former bridge of the Pastrėvis hydrowlectric power plant, currently route 4710.
The Verknė, the right affluent of the Nemunas, is a 77 km scenic river with continuous turns twisting around several lakes. It is dammed up by two hydroelectric power plants and has remains of the old mills. At the same time this river is surrounded by wild nature – large part of its shores below Aukštadvaris are swampy and populated by rare birds and plants.

The Verknė flows between Trakai and Prienai districts and flows into the Nemunas near Birštonas. It is usually recommended to start sailing this river from the bridge of the Zabarauskai village and go down to the Vydžionys village. The distance you will have to cover is 16 km, for which you will need 5–7 hours.

Of course you could start your journey higher, however then you will have to work pretty hard: below the Aukštadvaris hydroelectric power plant the river is shallow and often obstructed by the trees. Therefore you will have to lift up, push and pull the boats for 3 kilometres. Moving along the shore with all the belongings is difficult – wet environment and abundance of springs.

The suggested route Zabarauskai – Vydžionys extends to the Aukštadvaris regional park, which is populated by many plants and birds listed in the Red Book of Lithuania. The first part of the route goes through the Verknė Landscape Reserve, and the end of the route goes through the Verknė Botanical and Zoological Reserve.

The headwaters of the Verknė are 141 m above the sea level and its mouth – at 40.6 m. This means that it slopes to the Nemunas at 100.4 m and is rather fast. However, it is not a very difficult river, it suits perfectly for the beginners of the water tourism. The width of the Verknė varies from 2 m along the effluents to 30 m along the mouth, and its average depth is 1.5–2.5 m. The deepest places are along Alešiškės and Stakliškės and reach even 4 m.

Once you begin sailing from the Zabarauskai village you will immediately see the remains of the old mill. Two hundred meters down the river will be the village road bridge and a ford laid with stones.

One kilometre from the starting point of the route the Strūzda flows in on the left side. Below it the Verknė is still narrow (5–8 m) and curvy. Its bottom is full of grass, through which stones stick out in some places with fallen trees and stumps obstructions. But you will not have to get out of your kayak, because you will be able to find a passage near one of the shores.

Two kilometres down you will see a reinforced concrete bridge and the Gudžionys village. After the bridge on the left side of the river it can be easy to get onto the shore. Three lakes are shining among the Gudžionys farmsteads: Vilūnai (Volungė), Slanka and Bravorynė. On the right, somewhat further away from the Verknė there are Rangava, Ružiava, Safarnė, Tameliai villages spread...
around. The middle ground of these villages became the battle arena of the 1831 rebellion.

After a little while on the same shore you will approach the Dzūkai Highlands spit. Going around it the Verknė forms unexpected loops. It will seem that it ended, but then it returns to nearly the same spot it was just flowing through. In some places of these loops sharp branches are sticking out and stumps are jutting out. The high shores of the Verknė and the slopes of the valley coming very close to the river are often replaced by open fields, and the river current sometimes slows down, but is then again frolicking around.

Shortly after you reach the old Alešiškės village you will be forced to step out onto the shore because of a low bridge. The village was mentioned in the manuscripts in 1655. It had a big manor and a watermill with oak weirs knocked up with wooden nails. Moreover, it is only 2 km from Gudžionys to Alešiškės, whereas if taking the Verknė you would have to circle for 5 km.

Along Alešiškės the Samė flows into the Verknė, and from there on the river flows calmly through the shrubs and trees. In several places small streams flow out of the Verknė, which takes away a lot of water and forms islands, but after a simple river curve the “loners” come back again to the main riverbed.

Having sailed 8.2 km from the starting point of the route, below Šadžiūnai, on the left shore, the Verknė is enfolded by the woody hills, however the river continues running in loops like a wild child. Once the hilly area stops, the Verknė flows through a flat valley. This is probably the most monotonous section of the river extending for 3 km. The banks here are extremely low with green meadows around. But the Verknė does not change its “style” and continues curving around. You will have to circle down the river until the end of the route after the bridge, near which the linear Vydžionys village is settled parallel to the Verknė on its left shore.

**PLACES TO VISIT:**

1. **Remains of the Mill**
   - GPS: 54.554062; 24.515715

2. **Dzūkai Highlands**
   - GPS: 54.550762; 24.496333

3. **Alešiškės Village**
   - GPS: 54.538322; 24.456363

4. **Vydžionys Village**
   - GPS: 54.538808; 24.396683

**KAYAK RENTALS:**

- **Upių labirintas**
  - +370 687 10 836
  - info@upiu-labirintas.lt
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- **Paverknės sodyba**
  - +370 698 40 704
  - nark.alla@gmail.com
  - www.baidariunuomaverkne.lt

- **Verknės baidarės**
  - +370 685 12 620
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  - www.verkneseidares.com

- **Plaukimas Verkne**
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  - www.plaukimasverkne.lt

- **Mylos baidarės**
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How well do you really know Trakai? Once confronted with such a question any resident of Vilnius will state: “Definitely well!” The castle, the kibinai bars and wooden houses... However, Trakai can be seen differently, especially if you look at it from the side of the lakes.

It is popular to sail the lakes surrounding Trakai for an hour or two. However you could easily spend a day or two on the water. The lakes will never bore you, because the fascinating views here are two a penny.

It is advisable to begin the journey along the lakes of Trakai from the southern coast of the Bernardinai (Luka) Lake. Already in the days of the duke Kęstutis (XIV century) the Monastery and Church of the Birth of the Holy Mother of God were built on this lake, and Vytautas the Great, in celebration his baptism in this monastery in 1384, gave it the land and part of the lake – the “bow”. The lake received the name of Bernardinai because the Bernardine monastery was standing in this part of Trakai on a steep hill in the XVI–XIX century and the lake was owned by the bernardines.

Sailing two kilometres down this lake you will see the fragments of the Peninsula Castle. This is a former mighty XIV century fortress erected by the duke Kęstutis. One of the largest castles of that time occupied a four hectares area and had elven towers of different size.

Once you pass the wooden bridge, which connects Trakai with the Varnikai village, you will end up in the Galvė Lake. This is one of the largest (361 ha) and most picturesque lakes of Lithuania. It is also one of the deepest – its depth in the eastern part reaches 46.7 metres. The lake has a number of bays and peninsulas, and as many 21 islands. The largest of them is the Castle Island, which holds the famous Trakai Castle, which in the XIV-XV century was the residence of the rulers of the Grand Duchy of Lithuania.

Travelling down from the Bernardinai Lake, on the right side of the Galvė you will see a former rowing base of Žalgiris and further a yacht club. Between the protruding peninsula and the Žvyrinė Island there is a water passage into the Skaistis Lake (285.5 ha), which is somewhat smaller than the Galvė Lake. By the way, once the shores of the both lakes were
You will return to the Galvė Lake from the Skaistis Lake if you take the same way. The route then continues along the Užutrakis Park, which was designed by the famous French landscape architect Eduardas Fransua André (Édouard François André). The Užutrakis Manor was built in the second half of the XIX century, which has the Neoclassical style chambers, used to belong to the earl Juozapas Tiškevičius. The family of the Tiškevičiai was ruling here until the very World War II.

Across the Užutrakis Manor there are a smaller Raudos and a larger Valka Islands. In the old times people condemned to die were cast onto the Valka Island. Relatives were allowed to see them from a distance, from the Raudos Island.

As you go further along the north–eastern part of the Galvė Lake, you will approach a camping and a guest house. Here you can set up your tents or stay in the wooden summer cabins or a small hotel. On the territory of the camping there is a diner and you will be able to reserve a bath house.

In the south-west the Galvė Lake is joined with yet another lake – the Totoriškiai Lake. You will be able to reach it by sailing under the Galežiniu (Karaimų) Bridge. On the right shore of the lake there are old and new Karaite graveyards, and somewhat further down a large beach.

Once you return to the Galvė, do not hurry: you can enjoy floating near the shore and watch the cafés and souvenir shops, and the yachts sailing past. The journey is coming to an end – you only need to go back along the Bernardinai Lake to the point where you started it. You made it - 40 km are behind your back.

**PLACES TO VISIT:**

1. Exposition of Sacral Art
   - Kęstučio g. 4, Trakai
   - GPS 54.645442; 24.936073
2. Trakai History Museum
   - Pilies sala, Trakai
   - GPS 54.652633; 24.933611
3. Užutrakis Manor Estate
   - Užtrakio g. 17, Trakai
   - GPS 54.659721; 24.943707
ACTIVE LEISURE
Vilnius is one of the few European capitals, above which one is permitted to fly on the hot air balloons. Therefore, when the weather conditions allow, you will see groups of these flyers in the sky. Hot air balloons are usually launched in the Vingis Park near Litexpo Exhibition and Congress Centre or in Valakampiai. The flight is especially beautiful, when the wind is blowing from the west: once the balloons take off at the Vingis Park they proudly “sail” along Basanavičiaus street, the old town, Užupis and then land in Pavilniai.

It is also fun flying on hot air balloon above Trakai. The multitude of lakes with the floating yachts open up from up high and you “sail” so close to the Trakai Castle towers that it seems you are able to touch them. Flying above the Kernavė mounds, forests and the Neris carrying its waters will also leave indelible impressions.

This centre operating for a number of years gathered a large team of highly experienced pilots. Once up in the sky they are not only great in operating the balloon, but also have time to entertain the passengers with the songs. The centre offers the traditional or night balloon flights, as well as flights on the zeppelins.

This is the group of the pioneers of ballooning in Lithuania, who will ensure maximum safety of the flights and will guarantee only enjoyable feelings. Having chosen a proper launching area, the pilots will be able to pass by all the places you are interested in, the ones you wish to photograph, film or simply admire. They offer traditional, winter and high-rise flights.

Flights with the Smile Balloons team in Vilnius, Trakai and Kernavė take 3-4 hours. Your take off is usually early in the morning, around 5AM-9AM, and from 4PM. This time is selected for a reason, because this is the time when you can enjoy the most beautiful part of a day – sunrise or sunset.

The slogan of these balloonists is: Everyone can fly, you only need to choose a flight. And there is a lot to choose from here. They offer romantic flights for two, when next to them there is only a pilot, as well as the observation-training and competition flights, during which a balloon is launched and landed faster, which gives an additional adrenaline rush.

Here you can feel like a bird and rising into the sky leave everything behind on the earth. Paluknys airfield is very busy. This is the place where the lovers of airspace regularly gather. Some want romance, others need extreme experience full of adrenaline.
The recreational parks are situated in the most beautiful places of the Vilnius, Kernavė and Trakai districts in the arms of the trees. Here you will come across not only the families peacefully spending their time together, but also many people doing sports. The parks are well-kept, have fresh air and no noise of the city is heard, therefore this is a perfect place to spend some quality time.

Bernardine Garden situated right in the heart of the old town of the capital, at the foot of the Gediminas Hill and the ridge of the Kalnai Park, after its renovation became one of the cosiest places in Vilnius, and regained its authentic features of the end of the XIX century: the outdoor and indoor space system, the central part created by artist Vladislovas Štrausas, the botanic and monastery garden expositions, a rock-garden, rosarium and other historic elements. Both adults and children will have something to do in the Bernardine Garden: there are playgrounds available for children, well-kept water reservoirs and the Vilnia quay, there are tables all around where you can play chess, and 300 benches, sitting on which will allow you to admire the decorative plants.

The unique feature of the park is the fountain dancing with music and changing colours.

Vilnius University Botanical Garden
Kairėnų g. 43, Vilnius
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www.botanikos-sodas.vu.lt

Vilnius University Botanical Garden in Kairėnai is not only the largest garden in Lithuania, but also the one with the richest plant collections including more than 10 600 species of plants. Some of these collections, for example, the black current collection, are the largest in Europe, while others hold a unique floral gene bank. Right here, on a slope, there is a Japanese garden with a creek and a waterfall, a pond, paths and gazebos in the eastern style. In Kairėnai you will not only enjoy the plants, but can also participate in educational tours, ride horses, ride in a carriage or britzka, and look at the Kairėnai manor complex found in the garden.

Kairėnai regularly hosts art exhibitions, and the concerts of Flora Jazz festival, Kristupas summer festival, Bard summer festival and international youth big band festival.
French mixed style park, regular shape parterres with clipped linden alleys, ornamental flower beds, marble vases and sculptures, more than 20 ponds of different size and shape, which create a unique water reflection park. This marvellous place revives with the old beauty once again: buildings and the park are renovated, the dried out ponds are restored and the elements of small architecture are returned to the park. The most beautiful music, classic masterpieces, old and contemporary opuses of the Lithuanian composers and rarely heard in Užutrakis jazz are more and more often heard at this place, and the art exhibitions are organised.

The owners of the park hope that people arriving to their park will first of all breathe in a gulp of fresh pinewood air and only then discover adventure and entertainment hiding behind tall pine trees of the forest. Here you will find all the conditions to quietly enjoy the fascinating nature: tranquillity, mature pampered pinewood, right here you will find the shores of the Gilušis Lake and its sandy beach. In winter one can enjoy skiing on the curvy paths, and in summer enrich your cosy evenings with late walks. Those enjoying active leisure could try the climbing tracks built between the pines, play volleyball, tennis and ride horses. The cognitive march through the local swamps offers a unique experience. All you need to do is bring suitable clothing and rubber boots.

Vingis Park is one of the most visited green areas of Vilnius. This is a place where families spend their leisure time, Vilnius residents fond of active leisure and doing sports in the nature, and all those who wish to get away from the noise of the city. There are plenty of things you can do in the park free of charge. There are trainings of Nordic walking, jogging, yoga, etc. organised. Here you can also rent a bicycle or roller-skates.

Different events, festivals and concerts of the world stars are regularly organised on the stage in the centre of the Vingis Park. This is the place where Elton John, Rome Symphony Orchestra, Andrea Bocelli, Sting, Lady Gaga, Depeche Mode, etc. gave their performances. In 1988 the meetings of Sajūdis took place on the stadium in front of the stage, and the Pope John Paul II said Mass here in 1993.

In the park you will also find a naturally formed amphitheatre, where the sounds of Jazz, Dixieland and pop music are heard throughout the summer.
History and nature of the Vilnius, Kernavė and Trakai districts are rather impressive, therefore they have several regional parks: the Pavilniai Regional Park, the Verkiai Regional Park, the Neris Regional Park and the Aukštadvaris Regional Park, as well as the Trakai Historical National Park and the Cultural Reserve of Kernavė. These places have a number of cognitive trails, provided with references, information stands, benches and gazebos. When walking on the cognitive trails you will be able to visit the most fascinating places, improve your knowledge on the Lithuanian history, nature, local landscape and human activities related to them.

The stretch of the valley lying along the curve of the Vilnia is rich and possesses an unusually valuable cultural heritage. The beauty of nature of the surroundings of Pūčkoriai is valued from the days of old. This is the place where the harmony of nature and human living is revealed. The cognitive trail is lingering through the Pūčkoriai outcrop, goes down to the valley along Pūčkoriai hamlet buildings, and then trailing through the remains of the cannon foundry to the French mill, the Pūčkoriai mound and the Sun Clock.

This is unique corner of nature with an abundance of rare plants and animals and a contrasting landscape. Travelling along the cognitive trail one will be able to observe how a naturally formed forest of more than a hundred years of age is gradually transforming into the Ilgelis swamp with four lakes. This cognitive trail makes it possible to see the most beautiful places of the reserve. Here you will find quick break areas, where the visitors are able to both rest and learn about the peculiarities of the Varnikai Botanical-Zoological Reserve.

On this trail you will learn about the Spindžius Landscape Reserve famous with its pinewood and oak underbrush. Here you will find a unique tunnel valley landscape of the Strėva source with forest, lakes and marshland. Along the trail you can admire the Stanka, Spindžius and Spindžiukas lakes, and the Strėva River with the marshland and moors, spring hills, impressive western taiga and leafy swamp forest dwellings, giant trees of the old-growth forest and berry fields.

The Strėva subsidence is a bowl-shaped ravine called the sister of the Devil’s Pit. The subsidence is of the thermokarst origin, however the legends interpret it differently: in this place there used to be a tavern where devils and fallen men would gather. This tavern was cursed and fell through the ground, and you can still sometimes hear weird sounds coming from the deep hole that came to be in its place. The bottom of the subsidence is swampy and covered by a layer of peat, and its slopes are rising 20 metres high. The new cognitive walking trail grants the opportunity to examine the subsidence from all sides, to admire the beautiful forest and dwell in the arms of nature.

This is a dreamy trail made by the woodsmen in Kernavė, at the White Hill is curving through the picturesque pinewood and along the ancient burial mounds of the X-XI centuries. On the way you will find the observation platforms. The trail is decorated with wood carvings. When travelling along this trail you will be able not only to relax and stroll peacefully along its curves, but also to enjoy the recreational areas.
Active leisure lovers have plenty things to do: Vilnius has a big, but cosy aqua park full of attractions, on the way to Trakai you could wander in a corn maze, and several other places where the visitors are welcome at the theme and adventure parks, and where one could try out tracks of different difficulty and height. An inseparable part of the programme of the adventure parks is a rope flight, usually above the water.

The theme of the Vichy Aqua Park is a hospitable and exotic environment and atmosphere of the Polynesian Islands. It is present in all the facilities of the park from the changing rooms, register, attractions and pools to the uniforms of the employees, music, food and drinks offered at the bars. The park has nine most modern attractions in the Baltic States, and pools imitating a flowing river and a waving sea. The youngest visitors of the park are expected at the playgrounds designed specially for them. On the third floor of the park there is the sauna and bath zone inviting to try five different types of saunas.

The park is offering the visitors a combination of extreme leisure and unique nature – it is situated in a unique place of Vilnius, in the Pavilniai Regional Park, on the left slope of the Vilnia rising nearly 40 m above the picturesque Belmontas valley. The tracks of the Belmontas Adventure Park essentially differ from other parks. They are arranged in a rather concentrated manner: spatial track configuration is used, i.e. platforms of the tracks of different levels of difficulty are built on the same trees.

In the adventure park situated in the Coloured Spring Park near the Neris and Valakampiai bridge, one can have fun all year round and all day long, and in any weather. The distinguishing mark of the park is the rope flight track built above the Neris, the length of which reaches 401 m.
Even though it is small, this park is especially cosy. It is surrounded by impressively beautiful nature, and you can go rope climbing not only above the ground, but also above the lakes. Right here are football, basketball and volleyball courts and gazebos for resting. On a hot day you can swim in the lake, which has a 3 and a 5 metre high diving platforms on the shore.

The climbing tracks built in the valley among the old-aged but strong pines are marked with different colours. The yellow and orange tracks are designed for the young tearaways. The green track is the adult “warm up” track, where the instructor will introduce you to the equipment and safety regulations. The blue track is much more difficult, whereas the red one is loved by those who are not afraid of challenges. The most difficult one, and built the highest, is the black track. Those wishing to try something new should enjoy the Spiderman track, under which there is a giant web.

This is a seasonal type of activity, and is offered from the end of July to the beginning of November. This is the time when corn is high enough and “merges” into a dead wall. Every year the park adds new attractions and offers more activities: those coming to wander around are offered to use a corncob grenade launcher, a hey roll tower, a pipe swing, a corn basketball backboard, puzzles, a water rocket and other surprises.
Horse riding is a perfect way to relax, to spend time in a meaningful manner and to make friends with one of the best mate of humans – a horse. It is sports and leisure and entertainment. Once you learn to sit in a saddle and control the horse, and to make it go faster, you will feel the unspeakable pleasure. Even though from the first sight horseback riding seems dangerous, the horse riding clubs raise only calm and specially trained horses, and the beginners will have the help of an instructor.

Tonyresort Active Leisure Park
Anupriškių kaimas, Trakų rajonas
GPS 54.70604; 24.901904
+370 620 52 636
nuotykiuparkas@tonyresort.lt
www.tonyresort.lt

Only the best breeds of horses and excellently trained obedient horses are raised here in the stud. Those who dare to sit on a horse will ride along the path of the mature and well-kept pinewood, along the fields and valleys. You will be able not only to enjoy the nature, but also to learn to control a horse and sit in the saddle. You will receive useful information and advice on horse riding from the instructors. In the meantime the children can ride a small horse – a pony.

Laimingas Žirgas (Happy Horse)
Riding Club
Ostruvkos kaimas, Trakų rajonas
GPS 54.629381; 24.960315
+370 602 52994
info@laimingaszirgas.lt
www.laimingaszirgas.lt

Equestrian Sport Club Naujadvario Žirgai (Horses Of Naujadvaris)
Jovariškių kaimas, Trakų rajonas
GPS 54.651308; 24.880482
+370 612 99 096
info@endurance.lt
http://endurance.lt

The club organises not only the riding lessons and tourist riding tours in the vicinities of Trakai, but also offers riding in a peasant carriage. In winter you are offered to ride the hand made six-place or three-place sledge with a driver pulled by the horses. Those willing to experience something unusual, are welcome to try night riding.

This is a comparatively small stable, however it is amiable and cosy. The club is situated on the territory of the Trakai Historical National Park, therefore you will be offered the company of a horse while being surrounded by fascinating nature. Those trying riding for the first time are offered lessons, where they will be taught the basics of a seat and horse management. Those feeling more confident on a horse are offered to explore the territory of the park and try the water of the lakes of the Trakai district by bathing the horses.
If you wish to experience extreme sensations, do visit the go-kart track. While driving a kart you will feel the speed, adrenaline and lots of other inimitable impressions. By the way, for those seeking high achievements in the motorsports, karting is the first step towards it. While driving a kart you will learn to feel and control an automobile, will be introduced to the mechanism and discipline. If karts seem too small a vehicle, you should visit the first in the Baltic States tank training area and sit down behind a wheel of a real armoured vehicle weighing several tons.

**Plytinė Go-Kart Track**

- Address: Plytinės g. 27, Vilnius
- GPS: 54.724063, 25.349128
- Phone: +370 699 56 704
- Email: plytine@kartodromas.lt
- Website: www.kartodromas.lt

This go-kart track is reconstructed according to the international requirements, therefore its tracks are of the highest quality. It is not only the lovers of karting that come here to race, but also the professionals. There is a special activity offered for the young racers, karts adjusted specially for 7-12-year-olds.

**Aukštadvaris Go-Kart Track**

- Address: Aukštadvaris, Trakų rajonas
- GPS: 54.585888; 24.527718
- Phone: +370 612 60 303
- Email: kartodromas@rotena.lt
- Website: www.rotena.lt

The karting enthusiasts, the lovers of extreme sensations and everyone wishing to have an exceptional and fun time gather here all year round without any days of rest. The cover of the tracks is renewed and equipped with the state-of-the-art customer registration and chronometration facilities. Moreover, because of the difficult configuration of the track the Aukštadvaris go-kart track is favoured by the motorcyclists as well – they learn their driving techniques here.

**Tank Training Area**

- Address: Technikumo g. 18, Aukštadvaris
- GPS: 54.586174, 24.526051
- Phone: +370 699 19 931
- Email: info@tanks.lt
- Website: www.tanks.lt

This military vehicle park is special in that you can not only look at its defence vehicles, but try them out yourself. For example, to ride in the British Army’s FV432 MK2 armoured vehicle used in peacekeeping missions in Afghanistan and Iraq. After you hear the instructions you will be able to drive the armoured vehicle yourself. The tank training area will be continuously supplemented with different fighting vehicles and machinery until it turns into a small military town.
Sports provide positive emotions, refill the energy, elevate one’s mood and help prevent certain chronic diseases. You can do your work out personally, but it is much more comfortable and safe to do it in a cosy and modern fitness club, where the instructors determine your personal physical load and monitor whether the exercises are carried out correctly. After a workout at a fitness club you can relax your body in the saunas, whirlpool baths or swim in the swimming pools.

**IMPULS Fitness And Wellness Clubs**

- Kareivių g. 14, Vilnius
  - GPS: 54.719746, 25.299485
  - L. Asanavičiūtės g. 15, Vilnius
  - GPS: 54.689169, 25.210128
  - Savanorių pr. 28, Vilnius
  - GPS: 54.675234, 25.252508
  - Ozo g. 41, Vilnius
  - GPS: 54.708301, 25.241542
  - Fabijonų g. 97a, Vilnius
  - GPS: 54.730174, 25.246315

- +370 5 235 7155
- info@impuls.lt
- www.impuls.lt

This is the largest fitness and wellness facility network in the whole of Lithuania. Vilnius has five IMPULS clubs. All of them have cosy practice halls equipped with the modern training gear, have professional instructors with high athletic achievements, and offer yoga, aerobics, Pilates and other lessons, steam baths, saunas, whirlpool baths and swimming pools.

**Sports, Entertainment And Business Centre Forum Palace**

- Konstitucijos pr. 26, Vilnius
  - GPS: 54.697596, 25.266795
  - +370 5 210 3149
- info@forumfitness.lt
- www.forumpalace.lt

This place does not only offer the regular range of fitness club activities - practice hall and various group lessons (aerobics, Pilates, yoga, aqua, etc.). The centre also offers martial arts and table tennis trainings. Moreover, you can do your work out both inside in the equipped hall, and outside on the terrace. After intensive training it is nice to enjoy the sauna, sudatorium and infrared ray saunas, whirlpool baths and a swimming pool.

**Ž. Savickas Fitness Club**

- Justiniškių 62 A, Vilnius
  - GPS: 54.717946, 25.221294
  - Ažuolyno g. 7, Vilnius
  - GPS: 54.707921, 25.236357
  - +370 5 236 2288
  - info@savickosportoklubas.lt
  - www.savickosportoklubas.lt

One of the founders of the club is Žydrūnas Savickas, the strongest man in the world. His personal experience helped to establish this fitness club and select its training gear. This is the first fitness club in Lithuania, which has the new generation Life Fitness and Hammer fitness equipment highly valued all around the world.

**Trasalis – Trakai Resort & Spa**

- Gedimino g. 26, Trakai
  - GPS: 54.621720; 24.933654
  - +370 656 38 854
  - spa@trasalis.lt
  - www.trasalis.lt/lt

The fitness club situated in the hotel and entertainment centre is distinguished by its cozy atmosphere. Here you can use modern fitness equipment, infrared sauna and join the aerobics and aqua aerobics lessons. Upon the request, the clients can be tested. This way a personal training programme can be selected for a client.
Lawn tennis becomes more and more popular in Lithuania, and the more enthusiasts of this type of sport there is, the more there are modern tennis courts available - outdoor courts are provided in the recreational areas, near hotels and entertainment centres, and the already popular indoor arenas are expanding. The court covers are very different: natural, artificial grass, clay or carpet surface. Thus you have a wide choice and everyone will be able to find what they like the most.

This is the largest indoor tennis court centre in the Baltic States. They created all the condition for the armatures, professional athletes, children and people with limited abilities to be active, spend their leisure time, train and compete under one roof. You can play not only lawn tennis, but also badminton. There is a physical training hall, restaurant, shop and sauna.

TonyResort Entertainment and Leisure Park has two synthetic turf tennis courts consistent with the ATP standards. Hard and steady cover adapted to any changes of weather conditions is especially loved by the tennis fans. Moreover, these tennis courts are situated in the middle of a cosy... and green pinewood, near a pond swarming with trout - simply a perfect tranquillity and idyll.

The recreational club is situated in the unique Aukštadvaris Regional Park on a picturesque shore of the Ungurys Lake. Two artificial grass tennis courts are available near the luxurious IDW Esperanza Resort hotel. Here you can play during the dark part of a day as well, because the courts are provided with illumination. The club offers accommodation and catering services, has conference halls, a SPA centre and plenty of leisure activities available.
When it cools down, Vilnius begins pouring ice skating rinks, and once it snows, those who enjoy skiing rush to the edge of the capital, to the Liepkalnis near the Minsk highway. The Laimis Hill is the highest point of Vilnius, from which the skiing tracks go down. By the way, in Vilnius you can enjoy winter pleasures even during the warm time of the year – the capital has indoor ice arena conforming to the highest quality requirements in the shopping and entertainment centre Akropolis and at the Pramogų Arena. Here you can ice-skate, play ice-hockey or curling all year round. And an uncommon winter pastime, which you can find in the Vilnius, Trakai and Kernavė districts is riding a dog sled.

The Laimis Hill in Liepkalnis is entered into the Lithuanian Record Book. The 235 metres high Laimis Hill is the highest point of the capital. From its top the eye can fathom the distance all the way down to the old town of Vilnius. In 1982 the alpine skiing enthusiast Laimis Janutėnas came up with an idea to make an alpine skiing track, and thanks to his initiative the hill was adjusted and heightened by 16 metres. A stone with the Laimis Hill written on it is found on this hill today, as well as there are three operating funiculars and two snow cannons. There is also a free of charge country skiing track, which, if there are no ongoing competitions, can be freely used.

This ice arena offers recreational skating at any time of the year. This is also a place where the ice hockey, figure skating and curling trainings and competitions take place. One can comfortably watch them from the surrounding cafés and restaurants. The arena also hosts the music concerts, fashion shows and private parties.

This large arena has two ice rinks – the main rink and the trainings rink, which conform to the requirements of the International Ice Hockey and Figure Skating Federations. Moreover, they are effectively illuminated, which adds a new sort of flavour to skating. Here you can also play ice hockey and curling.

This ice skating rink poured in winters is unique in that it is open even when the frost is gone. It is because under the 32 layers of ice there is synthetic ice, which is suitable for skating even when temperature rises above 0˚C. At night time the ice rink is illuminated, and you do not even have to bring your own skates – you can rent them there.
In Anupriškės at the Recreational and Entertainment Park there are wide and smooth ski tracks available, which linger through the pine trees and suit perfectly for the beginning country skiers. You can keep skiing even when it grows dark, because the large part of the tracks is illuminated. You do not need to bring your own gear – you can rent everything right there.

Tonyresort Ski Tracks
Anupriškių kaimas, Trakų rajonas
GPS 54.70604; 24.901904
☎️ +370 611 44 445
✉️ nuotykiuparkas@tonyresort.lt
🌐 www.tonyresort.lt

Ice Rink Near The Trakai Castle
Galvės ež., Trakai
GPS 54.649248; 24.932774

In winter on the Galvė Lake, when the ice becomes thick, the largest ice skating rink under the open sky in Lithuania is made. Here there is not only plenty of space, but you can also gaze at the Trakai Castle standing on the lake island, and enjoy the tranquillity, which is not overshadowed by the noise of the city. During the dark part of a day the ice rink is illuminated, and those who do not own a pair of skates can rent them here.

Dog Sled
Vičiūnų vienkiemis, Kernavės sen., Širvintų rajonas
GPS 54.910344; 24.862801
☎️ +370 650 99 985
✉️ info@rogiusunys.lt
🌐 www.rogiusunys.lt

The unusual pastime - riding a dog sled – is started with getting to know better the Siberian Husky team: how they are harnessed, trained, etc. Then having settled comfortably in a sleigh, a command to go is given and the dogs take off running along the forest paths. Beautiful nature, friendly dogs and the speed will give you pleasant and extreme sensations.
The Vilnius, Trakai and Kernavė districts have plenty of rivers, lakes and ponds with cosy and comfortable beaches. Here you will find clean sand and water, carefully mown grass and the necessary infrastructure: parking lots, public restrooms, changing cabins, benches, playgrounds for children and sports areas. The beaches are adjusted for those with limited abilities.

**The Totoriškiai Lake Beach**

GPS 54.642884, 24.928078

The sandy Totoriškiai Lake lying on the western part of Trakai is one of the most beautiful pearls of the Trakai group of lakes. The whole stretch of its beach is covered with grass, which is cut really short, therefore this place is pleasant for sun tanning. Next to it there is a changing cabin, bio toilets and benches, trash bins and information signs.

**The Akmena Lake Beach**

GPS 54.662605; 24.909654

The Akmena Lake known by its high steep shores is found to the north-west of the Trakai town. The lake abounding in fish attracts plenty of visitors in the summer and is a place that offers a number of water activities. The renewed Akmena Lake beach has everything one needs for quality rest: changing cabins, sports areas, benches and trash bins.

**The Vilkokšnis Lake Beach**

GPS 54.504393; 24.671711

This beach is especially loved by the holidaymakers. This is a sandy shore where in midsummer the water warms up to a sufficient temperature so that going into the lake is rather pleasant. The beach is provided with the parking lots, changing cabins, public restrooms, playgrounds, sports areas and paths.

**Širvintos Town Beach**

GPS 55.042993; 24.960519

The well-kept beach on the impounded Širvinta River became the pride of the whole town. The territory of the beach is divided into separate zones: recreational, swimming and sports sections. The recreational zone has a small park and is provided with benches. The swimming zone is where you can sun bathe on a renewed sand covering and where a three meter diving platform and a water slide are built. The sports zone has a volleyball court and a playground for children. The bicycle and pedestrian paths are available from the beach to the bridge.
In Lithuania, fishing is one of the most popular ways to spend your leisure time. In the rivers and lakes of the Vilnius, Trakai and Kernavė districts, you can catch perch, crucian, carp, pike, smelt, roach, tench, redeye, and many other sorts of fish. The fishing season does not stop the whole year – both in the summer and in the winter, the shores are full of professional fishermen and those holding a fishing rod for the first time in their life.

The pond created specially for recreational fishing is abundant in the large glossy trout bred in the ecological environment and fed with natural feed. The chefs of the leisure and entertainment park will turn a freshly caught fish into fine cuisine and shortly after fishing you will be able to enjoy a delicious fish meal.

### Tonyresort Pond

The shores of this lake are mostly high, but the eastern shore is low and swampy. The lake is populated by the tench, roaches, breams and perch. The fishers are usually concentrated at the western and southern coasts of the lake on the side of Trakai, because there it is convenient to leave a car, plus there are small bridges, which can be used for fishing.

The northern and south-eastern shores of this lake are high, steep and overgrown with pinewood, but the south-western shore is low and peaty. The eastern coast of the lake is most suitable for fishing. You can leave your car nearby and the shores are not steep. There are several rural tourism farmsteads in the vicinity of the lake, where you can rent a boat and go fishing in it.

### The Luka Lake

The shores of the lake are low, therefore water can be approached from any side. Even so, the fishermen prefer the eastern and the southern coasts of the lake on the side of Trakai. You can fish from the shore or little bridges, or rent a boat and go deep into the lake.

### The Galvė Lake

You can catch different sorts of fish in this lake, but mostly it is roaches. There are plenty of places around the shores of the lake suitable for fishing, however the best areas are the southern and eastern coasts, because the shore here is not steep and has little bridges, in addition you could drive up close to the lake and leave the car nearby. It is also popular to go boat fishing in the Galvė Lake. Boats can be rented at the lake.

### The Totoriškiai Lake

The shores of the lake are low, therefore water can be approached from any side. Even so, the fishermen prefer the eastern and the southern coasts of the lake on the side of Trakai. You can fish from the shore or little bridges, or rent a boat and go deep into the lake.

### The Akmena Lake

The shores of the lake are low, therefore water can be approached from any side. Even so, the fishermen prefer the eastern and the southern coasts of the lake on the side of Trakai. You can fish from the shore or little bridges, or rent a boat and go deep into the lake.
Useful information

**VILNIUS TOURIST INFORMATION CENTRE**

**Headquarters**
- Vilniaus g. 22, Vilnius
- +370 5 262 9660
- tic@vilnius.lt
- www.vilnius-tourism.lt
- I–VII 9:00–18:00

**Town Hall**
- Didžioji g. 31, Vilnius
- +370 5 262 6470

**Cathedral Square**
- Šventaragio g. 2, Vilnius

**Vilnius Airport**
- Rodūnios keliais 2, Vilnius
- I–VII 9:00–21:00

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**TRAKAI TOURIST INFORMATION CENTRE**

**Karaimų g. 41, Trakai**
- +370 5 285 1934
- trakaiTIC@is.lt
- www.trakai-visit.lt
- 10 - 4 I-IV 8:00-17:00
- V 8:00-15:45
- 5 - 8 I-IV 9:00-17:00
- VI-VII 9:00-15:00
- 9 I-IV 8:00-17:00
- V 8:00-15:45
- VI-VII 9:00-15:00

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**VISITOR CENTRES OF REGIONAL PARKS**

**Neris Regional Park**
- Vilniaus g. 3, Dūkštos, Vilniaus r. sav.
- +370 5 259 9234
- info@neriesparkas.lt
- www.neriesparkas.lt

**Aukštadvaris Regional Park**
- Dariaus ir Girėno g. 2, Aukštadvars, Trakų r.
- +370 528 65 363
- aukstadvaris@arp.lt
- www.arp.lt

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**LITHUANIAN COUNTRYSIDE TOURISM ASSOCIATION**

**K. Donelaičio g. 2-201, Kaunas**
- +370 37 400 354
- administracija@atostogoskaime.lt
- www.atostogoskaime.lt
The Old Town of Vilnius is easily and conveniently accessible from Vilnius International Airport, the railway and bus stations as well as from the main roads. The distance from the airport to the centre of the city is approx 5 km. The Old Town of Vilnius can be reached from the airport by paid public buses (3G, 1, 2 and 88) or taxis. Taking a train is also convenient because the bus station of Vilnius is close to the railway station which is approx. 1 km away from the center of the city. The hotels, catering companies and sights of interest located in the centre of the city can be reached from the railway station by buses (1G, 3G, 53), whereas we suggest riding trolleybuses (1, 2, 7, 20) which have become a rarity in the European cities for those in search of exotic experience.

The distance from the Old Town of Vilnius to Trakai amounts to 28 km. If you are driving a car from Vilnius to Trakai, the most convenient way is to take the main road A4. You can also reach Trakai from Vilnius by a train or intercity buses. The distance from the railway and bus stations of Trakai to the Trakai Island Castle is approx. 3 km.

The distance from the Old Town of Vilnius to Kernavė is approx. 40 km. You can drive a car from Vilnius to Kernavė by the main road A2 or the road 5212. Kernavė can be reached from Vilnius by intercity buses (122 and 127); duration of the trip – approx. 1 hour. However, buses ride quite rarely; therefore, plan your travel time precisely.
Explore Historic Capitals of Lithuania

VILNIUS

TRAKAI

KERNAVĖ
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