



Waterful joy

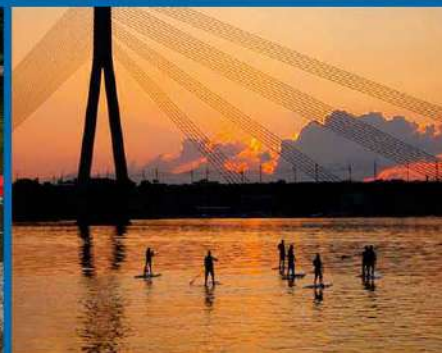
in Estonia and Latvia

2800
paddling km

65 rivers

15 sea kayak
routes

Choose your water adventures
from wilderness to city lights





Estonia and Latvia

are great places for active outdoor recreation, offering a wide range of opportunities to discover something new. Both guests and local residents are often surprised by the untouched landscapes and exciting sparsely-populated areas giving them the chance to get acquainted with traditions and the close relationship between culture, nature and history. Outside cities and towns there are forests, lakes and rivers with countless opportunities to enjoy nature. There are over 1500 islands in Estonia, whereas Latvia is famous for over 500 kilometres of long sandy beaches.

ESTONIA

The southern part of Estonia is famous for its hills, river valleys and lakes. The nature in Southern Estonia interacts with culture in different ways. There are a number of Russian Old Believers communities on the coast of Lake Peipsi, the fifth largest lake in Europe. To this day, the Old Believers maintain age-old traditions and survive on fishing and cultivating vegetables. There is also one of the oldest towns of Estonia - Viljandi where guests can feel the breath of history and get acquainted with Estonia throughout the centuries. Today, it is a modern and tourist-friendly town. There are 35 species of fish in Lake Võrtsjärv, which is also an important place for migrating birds.

Võhandu, the longest Estonian river, marks the historical border of the southern part of Estonia and the territory inhabited by the Setu people where the residents still maintain their ancient traditions.

The western coastline of Estonia invites you to travel through idyllic villages and farmstead landscapes, or to take a sunny trip along the seacoast and enjoy long sunsets. There are over 500 kilometre long roads and trails along the coastline, taking in cultural, historical and nature landscapes. Thanks to the beautiful coastline, Pärnu and Haapsalu are among the popular recreation places in Europe. Kayaking is possible nearly all along the coastline

which is famous for sandy beaches and cliffs and about one and a half thousand islands and islets. The coastline of Estonia is an important stop-over site for migratory waterfowl, and seals can be found near the islands.

Hiiu and Saaremaa are the largest islands of Estonia; however, they are small enough to be travelled around in a short period of time. Here you can see the oldest functioning lighthouses in the world, the meteorite crater and traditional Estonian farms, windmills and unspoilt nature. Take the opportunity of getting to know the daily life of residents on the island that still completely differs from life in the city and rural areas of inland Estonia.



LEGEND

- length of the river, km
- the route length, km
- 2-3 days – duration of the trip
- slope, m
- service providers (page 14, 15)
- start and end of the route

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Enjoy the wild nature by taking an adventurous trip across rivers and lakes, catching exciting flows which course effortlessly across lakes surrounded by hills, or wandering around the mysterious bogs. Explore the water tourism opportunities and the wide choice of active water recreation in Latvia and Estonia.



LATVIA

Kurzeme is amongst the greenest regions of Latvia, tempting sailors with its ports, both big and small, sun seekers – with its sandy beaches, and nature lovers – with cliffs and protected dunes. Kurzeme's environment is particularly unique due to its ancient fishing villages and towns where guests are able to feel the breath of history and modern urban infrastructure and the rhythm of life. Rivers are the true treasures of Kurzeme – there are about 20 rivers for canoeing, surrounded by forests and meadows in the western part of the region. Most of them flow into the sea, and therefore an opportunity to finish a canoe trip in open water evokes the most exquisite emotions even in true lovers of paddling.

The Riga region is on the outskirts of the capital Riga. Although it is a densely

populated area with an active business environment, it offers a wide range of outdoor recreation opportunities. There are not many cities in Europe where people are able to enjoy an urban environment while at the same time relaxing in the peace and quiet of nature or taking part in forest or water recreation activities in the surrounding area. A beach on the coast of the Gulf of Riga is about a half-hour's drive away from the city. Also, there are a number of recreational places by the river Daugava River and the river Lielupe.

Downtown Riga also offers active leisure facilities like boating along the city canal or the city's lakes. Travelling along the city canal offers a different perspective of the city. There are a lot of lakes near the capital Riga offering a variety of active water sports opportunities. The

calm lower reaches of the river Gauja and the river Daugava are perfect for relaxing stand-up paddling that may be combined with yoga or fitness elements on windless days.

Vidzeme is a region in the central and northern part of Latvia. Here, boatmen have always been attracted by the river Gauja, the most mythical and longest river in Latvia, and the oldest national park, the Gauja National Park. Vidzeme is also blessed with some other beautiful rivers – the picturesque river Salaca, the river Brasla, and the river Amata which is said to be the only mountain river in Latvia. Beautiful nature, traditions and the important cultural and architectural heritage of Vidzeme allows you to feel the breath of history and the natural wealth of the region.



SAAREMAA, HIIUMAA



1 SAAREMAA-VILSANDI

20-30 min. 11

The island of *Vilsandi* is the farthest inhabited western island of Estonia. It is called "the bird paradise" as there are bird migration routes over it.



2 ON THE KUESSAARE BAY

10 km, 4 hours 1

This is a calm kayak route which is extra safe for waves; the bay offers a wonderful view to the bishop's castle and if the weather is good, one can see a nice silhouette of the *Kuessaare* town. There are bird watching towers on your way where you can stop and have a glance at several types of orchids and the oak-grove of *Loode*.

3 KUESSAARE-ABRUKA

2.5 hours 27

The island of *Abruka* offers both unique nature and unusual old mill. The route includes paddling to *Abruka* island (40 min); an hour-long car trip on the island and a return to *Kuessaare*.

4 ON THE VÄINAMERI BAY

1-5 hours

During a kayak trip around the *Saarnaki* and *Hanikatsi* islets visitors can explore the untouched nature of sparsely populated islands and see the old fishermen's houses.

5 KÕRGESSAARE-ROOGRAHU

approximately 40 km, 2 days

A sea-kayak trip around the *Tahkuna* peninsula reveals the beautiful scenery of *Hiiumaa* beaches and the impressive *Tahkuna* lighthouse.

6 AROUND THE HIIUMAA ISLETS

approximately 40 km, 2 days 28

The small islets of *Hiiumaa* give a delightful experience to nature lovers. The islands are the most mysterious part of *Hiiumaa* and paddling is the best way to travel around the archipelago.

WE ALSO RECOMMEND:

Hiiumaa, *Saaremaa* and many other small islands **OFFER VARIOUS ACTIVITIES**, such as diving and seal-watching tours, surfing, canoe and kayak trips, guided tours to islets and many other possibilities of adventures.

4, 6, 10, 17, 20, 26, 30, 31, 39, 40, 42



SEASHORE IN THE WEST OF ESTONIA

7 HAAPSALU-VORMSI

12 km, 1.5 hours 14

Simple and enjoyable sailing on a historical vessel near the shore. Departure from the town of *Haapsalu*, destination – *Sviby* port in the island of *Vormsi*. There is an excursion available on the island.

8 HAAPSALU-HOBULAIID-PUSKU VILLAGE

15 km, 5 hours 14

Kayak route from the town of *Haapsalu* along the *Pullapää nina* (*Pullapää* horn) to the *Pusku* village is an ideal option for beginners. The islet of *Hobulaid* is in the middle of the route, inviting kayakers to have a rest.

9 VIRTUSU VANALUUBI-PIVAROOTSI VILLAGE

6 km, 1.5 hours 14

A short kayak tour near the shore. This route is ideal for beginners.

10 KAYAK TOUR AROUND THE MANIJA ISLAND

12 km, 5-6 hours 24

Manija is a small, stony island in the *Pärnu* bay and one of the smallest inhabited islands in Europe. *Manija* with the neighboring *Hanilaid* are both included in the landscape protection area.

11 KAYAK TOUR MUNALAIID-KIHNU

35 km, 2 days 24

Kihnu is the largest island in the Gulf of Riga and the seventh largest island in Estonia. UNESCO has proclaimed *Kihnu*'s cultural space and traditions as a Masterpiece of the Oral and Intangible Heritage of Humanity.

12 KAYAKING ON PÄRNU BAY

10 km, 3-4 hours 24

Pärnu bay is the biggest bay and most important fishing area on the west coast of Estonia. During the kayaking trip you'll see many interesting sights of *Pärnu* town and stop at the watch-tower on *Vana-Pärnu* beach.

WE ALSO RECOMMEND:

WEST-ESTONIA OFFERS, besides sea kayaking, many different and exciting activities, such as surfing, kite surfing, sailing, tours with historical boats and ships, fishing and many other possibilities to enjoy your time.

3, 19, 21, 29, 33, 38, 44



SOUTHERN ESTONIA



1 PÕLTSAMAA

135 km 115 km, 1–7 days
72 m 1, 2, 16, 18, 32, 45

A unique and historic waterway, discover culture and natural scenery, pass through nature reserves, Põltsamaa town, the Rutikvere and Adavere Manors, Põltsamaa Castle, and Meleski Glass Factory.

2 MUSTJÕGI AND GAUJA

84 km 25 km, 5 hours – 1 day
29.7 m 2, 9, 15, 18, 25, 32

Picturesque scenery, sandstone outcrops, sandy banks and clean water.

3 ÕHNE

94 km 20 km, 2–4 hours
62 m 2, 9, 16

Õhne is narrow, yet fast and exciting river.

4 VÄIKE EMAJÕGI (Little Emajõgi)

84 km 60 km, 2–3 days
81 m 2, 9, 16, 32

The wild character of Väike Emajõgi makes it a very good choice for kayaking.

5 VÕHANDU

162 km 127 km, 1–7 days
102.4 m 2, 9, 15, 18, 25, 32, 37

The longest river in Estonia has a very diverse character and offers both slow canoeing and more extreme kayaking. Explore the sandstone outcrops, the old millponds, dams and enjoy the rapids.

6 SUUR EMAJÕGI (Big Emajõgi)

100 km 100 km, 4–5 days
3.6 m 1, 2, 9, 18, 22, 25, 32, 37, 43, 45

The second longest river in Estonia is suitable for paddling throughout its length. It flows through the Alam-Pedja Nature Reserve, Tartu and again through swampy lowland of Emajõe-Suursoo.

7 AMME

59 km 59 km, 1–2 days
51.6 m 2, 9

Amme is a tributary of Emajõgi River. It begins at Lake Kuremaa near Palamuse, and then flows through Lake Kaiavere and Lake Elistvere until it reaches Emajõgi.

8 AHJA

102.2 km 17 km, 3 hours
87.6 m 2, 9, 15, 16, 18, 25, 32

Ahja River is suitable for both the beginners and experienced canoeists. The river is surrounded by sandstone outcrops and the area of Taevaskoja is one of the most beautiful places of Estonian nature.

9 HALLISTE

99.8 km 70 km, 2 days
87.6 m 2, 5, 13, 32, 35, 36, 43

Wild nature where you will meet no people, see neither villages nor any other human activity.



WE ALSO RECOMMEND:

DOWN THE EMAJÕGI RIVER ON A TRADITIONAL BARGE

A boat ride on the traditional barge *Jõmmu* is a unique opportunity to see places which are unreachable from land, such as river banks and lake shores, swamps and flood-lands.

RIDE IN A TRADITIONAL SAILING YACHT ON THE VÕRTSJÄRV LAKE

22, 45
Sailing yacht and its crew invite groups of up to 12 people and offer both recreation and introduction to sailing. It is possible to agree on duration and program of the trip.

WE ALSO RECOMMEND:

THE FIFTH SEASON IN THE SOOMAA NATIONAL PARK

13, 35, 36, 43
The period of spring floods in Soomaa National Park is called "the fifth season". The water level in rivers and lakes can rise by up to five meters. Paddle on rivers

- 10 Kõpu (73.7 km),
- 11 Lemmijõgi (49 km),
- 13 Raudna (65.6 km),
- 14 Tõramaa (23.6 km).

12 NAVESTI

106.1 km 50 km, 1–2 days
60.2 m 2, 5, 32, 35, 36, 41

The river flows near the road and is easily accessible in many places. Get out of your canoe and take a walk down the trails of Soomaa National Park's wilderness.

15 TÄNASSILMA

36.3 km 10 km, 2–3 hours
8.3 m 2, 22, 35, 36

This is a calm and curved Hanseatic waterway.



16 ELVA

85.3 km 60 km, 2–3 days
144 m 2, 16, 25, 32

Small sandstone outcrops, well-developed infrastructure of water tourism with plenty of recreational places, dams and watermills.

17 PÄRNU

144 km 144 km, 7–8 days
76.2 m 5, 8, 15, 23, 24, 35

One of the largest rivers in Estonia, people call it "the Estonian Mississippi" as it has large floods. The river banks hold the oldest human settlement in Estonia.

18 AUDRU

30.3 km 30 km, 1 day
16.4 m 5

The river flows through the Audru Manor complex, meandering under four bridges.

19 REIU

73 km 73 km, 2 days
50 m 5

This river hosts plenty of fish – one can find 22 different species there.

20 KOORASTE JÄRVESTIK (Kooraste lakes)

14 km 14 km, 5 hours – 1 day
2, 25, 32

Up to 11 connected lakes offer a wild expedition on the river; sometimes you might need to take the canoe out of the river to pass dams made by beavers or wade in the stream and pull the boat.



21 KASARI

127 km 25 km, 1 day 7
Kasari is a calm river that will guide you through the Matsalu National Park which hosts 282 bird, 49 fish and 47 mammal breeds.

22 SAUGA

77 km, 2 days 5

Calm and narrow river that flows under several bridges and past many fishermen's piers and swimming areas.



VIDZEME AND RIGA REGION

1 GAUJA

452 km 425 km, ~ 10 days
195 m 50-56, 59-61, 63, 64, 68-70, 72, 74, 75, 77, 82, 91, 93

The Gauja River is the longest river in Latvia with spectacular banks. It is famous for its diversity – meanders, russet sandstone rocks, cliffs, ancient valleys and ravines.

2 AMATA

75 km 56 km, 2 days;
20 km, 1 day 193 m 50, 55, 59, 60, 72, 74, 75, 77, 93

Amata is said to be the only mountain river in Latvia. In spring it is the best place to be if you are looking for an adrenaline-pumping adventure. The river flows through the Gauja National Park, there are flat meadows and steep rocks on the banks of the river.

3 BRASLA

70 km 45 km, 2 days;
28 km, 1 day 68 m 50, 54, 55, 59, 64, 68, 70, 74, 75, 84, 93

Enjoy a picturesque trip across the meandering river Brasla which is full of rapids flowing along the rocky banks of the Gauja National Park. You should definitely see "Vējiņi" which has underground lakes and caves.

4 ABULS

52 km 20 km, 1 day
129 m 52, 59

Abuls River is perfect for a recreational trip as there are the historical sights of Trikāta and a pleasant recreational area at the "Brenguļi" brewery on the banks of the river.

5 SALACA

95 km 95 km, 4 days 42 m
50, 52, 54, 55, 59-61, 63, 64, 67, 68, 70, 74, 75, 84, 88, 93

The pearl of the Northern Vidzeme – Salaca is a quiet and calm river with swirling rapids in some places, moving from the shadows of sandstone rocks to sunny sandbanks and coloured rock piles.

6 AIVIEKSTE

114 km 114 km, 4 days
29 m 48, 49, 55, 60, 63, 64, 69, 74, 75

Combine a canoe trip across the calm Aiviekste River with bird-watching and fishing.

7 PEDEDEZE

159 km 81 km, 4-5 days
108 m 48, 49, 55, 59, 63, 64, 69, 74, 75, 79

Pededeze River is famous for untouched nature, clear water, sandy beaches and oak trees on its banks.

8 OGRE

188 km 130 km, 5 days
222 m 54, 55, 59, 63, 64, 68, 70, 74, 75

Ogre River tempts with 10 km long overfalls and the Brāžu rapids in the Ērgļi area. It is a fast flowing and meandering river with dolomite outcrops and a few sandstone rocks on its banks, running through sparsely populated areas.



9 LIELĀ JUGLA

63 km 27 km, 6 hours
70.6 m 55, 59, 63, 64, 68, 74, 75

In periods of high-water, the river has many rapids that form large waves between Bajāri and Zaķumuiža. The banks of the river are mostly overgrown with bushes, so make sure you choose the best time for a landing place.



10 MAZĀ JUGLA

119 km 48.5 km, 1.5 days
112 m 55, 59, 63, 64, 68, 74, 75

The route begins with a canoe trip along two small, picturesque dolomite outcrops on the right bank of the river. In high-water periods, the river has many small rapids and there are a number of barriers to make the paddling more interesting.

11 SVĒTUPE / JAUNUPE

58 km 29 km, 1-2 days
49 m 55, 59, 67

The character of this river changes depending on the season. The river flows faster in high-water periods, offering a fast ride, while in summer it challenges you with fallen trees and shallow rapids. To enjoy the rocky cliffs and the challenging river bed, choose proper equipment.



12 MISA

108 km 20 km, 1-2 days
42 m 63, 68

Misa River is easily to canoe; wild banks alternate with garden areas. In the high-water season you can navigate the canoe across overflow meadows.

13 DAUGAVA (over Rigas Hydroelectric power station)

352 km (Territory of Latvia)
11 km, 3 hours 99 m
63, 68

It is the perfect route for beginners and paddlers interested in history-related objects – World War I Memorial on the Island of Death (Nāves sala), a number of castle mounds, etc.

WE ALSO RECOMMEND:

14 SEDA, 15 RŪJA,

16 BRIEDE – quiet, calm rivers flowing into the mythical lake Burtnieks.

17 VAIDAVA – fast flowing, meandering river near the picturesque Raganu cliffs (Witches' Cliffs) in Ape. Enjoy the sandstone and dolomite outcrop from a boat or take a walk along the cliffs in summer when the river is shallow enough to walk across it.

18 VITRUPE – is a several kilometre long and fast flowing discovery in periods of high-water for those who are no longer surprised by Amata – a picturesque ancient valley, deep with steep sandstone outcrops, a diversity of forest landscapes, and with obstacles for experienced boatmen.





THE COASTLINE OF LATVIA

1 AROUND THE KOLKAS-RAGS TO THE KOLKAS-RAGS LIGHTHOUSE

10–14 km, 1 day 64

Kolkasrags is a well-shaped cape on the coasts of Latvia which is the meeting point of 2 seas. The place is famous for unusual weather and strange waves. We recommend extreme adventure lovers to take a kayak trip to the Kolka lighthouse located on an island 6 km off the coast.

2 ZIEMUPE-PĀVILOSTA-JŪRKALNE

up to 40 km, 1–3 days
54, 58, 64, 65

Untouched nature, white and quiet beaches, pine forests and cliffs makes the Baltic Sea coast a unique destination. Travel the route by sea kayaks or SUP boards that are suitable for wave surfing in the sea or floating down calm waters to enjoy the picturesque scenery and sunsets on the water.

3 VIDZEME ROCKY SEASIDE: TŪJA-VITRUPE

18 km, 1 day 64, 68

One of the most spectacular parts of the Baltic Sea coast. It is famous for untouched rocky capes, picturesque sandstone outcrops which are unique in the Baltic States. The route also includes also Kūrmrags lighthouse, the Tūja pier and the Vitrupe ravine.



4 RANDU MEADOWS, SALACGRĪVA-AINAŽI

12 km, 4 hours 64, 68

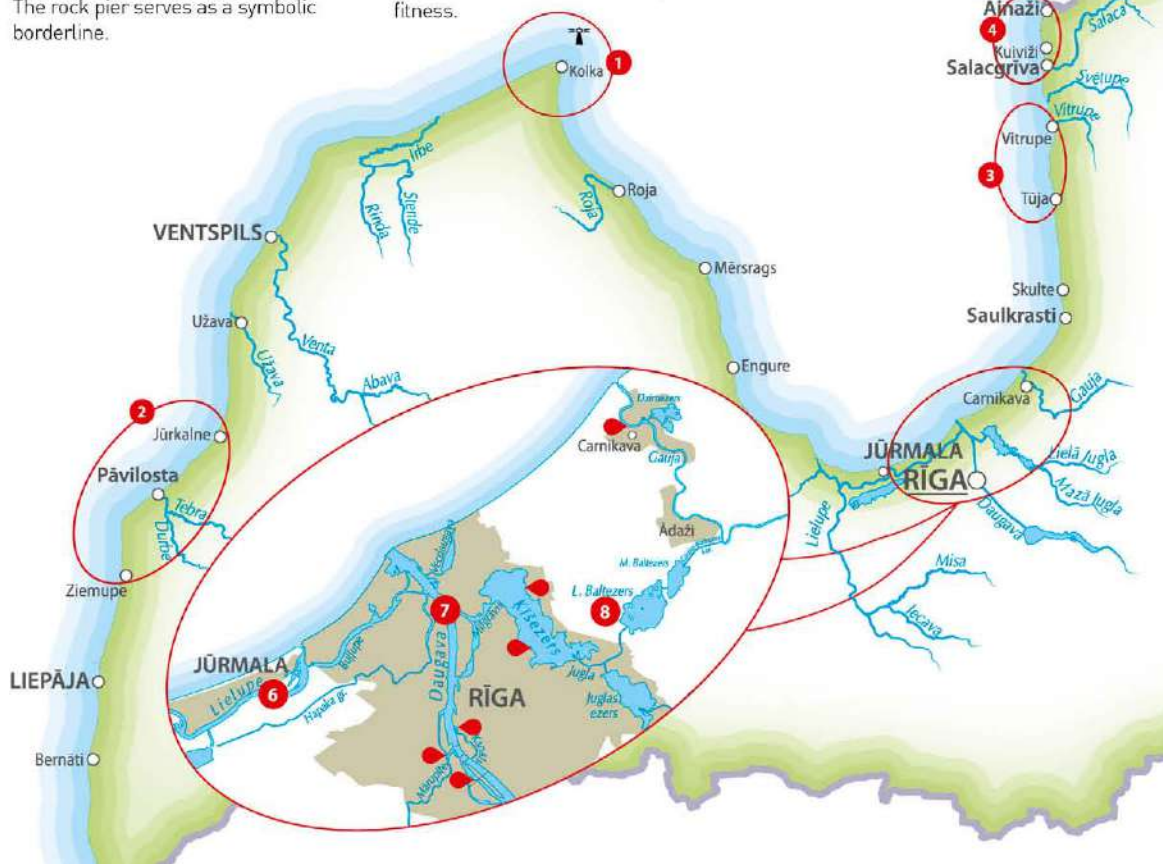
The banks are famous for a special ecosystem – coastal meadows with unique biotopes of Europe. The finish at the border of Latvia and Estonia is marked with one of the most interesting rock piers in Latvia. The rock pier serves as a symbolic borderline.



5 WINDSURFING, KITE BOARDING AND LONGE CÔTE

65, 68, 83, 85, 89, 90

The Baltic Sea coast and the coast of the Gulf of Riga is the perfect place for wind sports. Longe côte ("Along-the-coast") is an exciting walk that you can take in almost any season. It is healthy and delivers the same results you would expect from fitness.



RIGA AND RIGA REGION



6 LIELUPE

119 km, 4 km, 3 hours
44, 51, 52, 54, 58, 64, 65, 66, 69

A different view of the famous resort in the Baltic States – Jūrmala. The Lielupe River is a great route for beginners looking for a calm trip through the town and untouched coastal nature. The Lielupe River is popular among fishermen, and is often chosen for yacht trips and sports activities.

7 DAUGAVA, RIGA CITY CANAL

up to 15 km, up to 6 hours
44, 51, 52, 54, 58, 65, 66, 69

City sightseeing and boating in the very heart of the capital! It is an opportunity to see Riga from a completely different, unconventional perspective.

RIGA CIRCLE – a trip by a kayak or a SUP through the historic City Canal, through 16 bridges, a number of parks, along the Old Town (Vecrīga) and the Castle of Light – the National Library of Latvia. Feast your eyes on the historic and modern architecture, and enjoy the tranquillity of the parks.



NIGHT IN RIGA – take a trip to Riga city centre which looks like a spectacular stage. The trip starts in the evening with a view of the sunset over the river Daugava, followed by a performance of the city lights and lanterns and illuminated bridges of the City Canal. What a wonderful night in Riga!

AROUND THE ISLANDS – a great opportunity to not only view the beautiful parks of Riga and the Castle of Light but also the silhouettes of the Old Town (Vecrīga) and the green islands of the river Daugava – Zaķusala, Lucavsala and Ķīpsala.

RIGA SHIPYARD – the old shipyard can only be viewed from the water. The docks are full of smaller and larger ships waiting for the day to arrive when they are restored and ready to set sail again.

8 RIGA LAKES, THE MOUTH OF THE GAUJA RIVER

40 km, 1 day 44, 54, 64, 66, 69

If you would like to discover and see the natural diversity near Riga, a day in a boat or on a SUP is an excellent choice. Lake Ķīsezers offers a wide choice of activities for people looking for active recreation and adventures to challenge their abilities and endurance.



KURZEME AND RIGA REGION



1 IRBE

32 km 32 km, 1–2 days
8 m 46, 55, 57, 64–66, 71, 75, 76, 81, 86, 89

One of the most beautiful rivers in Kurzeme. There are sand dunes along the banks of the river and the river flows through sparsely populated areas of pine tree that was once a restricted area during the period of the Soviet Union. To extend the length of the route, you can set off from either of the two tributaries of the river Irbe River – the Rinda or the Stende.

2 ROJA

78 km 20 km, 1 day 52 m
55, 64–66, 73, 75, 76, 81, 87, 89

The Roja River is one of the wildest rivers in Kurzeme – rocky, and with steep banks which have large tree roots. You may encounter some obstacles in the river; however it maintains a steady flow.

3 RĪVA

53 km 18 km, 1 day 66 m
55, 64–66, 71, 75, 76, 80, 81, 89

It is a small, narrow, meandering river with steep and scenic banks overgrown with pine trees and fir-trees. It flows into the sea through a canyon-shaped ravine at the Labrags cliff.

4 DURBE

48 km 35 km, 1–2 days
20 m 55, 64–66, 71, 75, 76, 78, 80, 81, 89

Enjoy the picturesque scenery of Durbe ancient valley with cliffs, which are several metres in height in some parts. The banks of the river are mostly flat and the river flows slowly. The confluence of the River Durbe and the Tebra River creates the Saka River which flows into the sea. The route may be ended in Pāvilosta, which is one of the most charming towns on the Kurzeme coast.

5 TEBRA

69 km 32 km, 1–2 days 93 m
55, 64–66, 71, 75, 76, 80, 81, 89

The upper reaches of the Tebra River are fast flowing, particularly when boating after a long period of rain, while the lower reaches of the river becomes wider and calmer as it approaches the sea.

6 ABAVA

129 km 60 km, 1–4 days 51 m
46, 47, 55, 62–66, 68, 71, 75, 76, 78, 80, 81, 84, 89

With its picturesque banks and scenic ancient valley the River Abava is one of the favourite rivers amongst water tourists in Kurzeme. There are a wide range of tourism activities on the banks of the river – local wine tasting, a treetop cable ride over the river, nature trails, summer toboggan track, and many more.

7 VENTA

346 km (LV 173 km) 76 km, 1–4 days 166 m (LV 40 m)
46, 47, 55, 62, 64–66, 71, 75, 76, 80, 81, 89, 92

The Venta is a large and fairly slow river. The most popular boat route starts from the Lithuanian border to Skrunda – there are dolomite outcrops and rocks on the banks of the river as well as rapids and fords in some parts.



8 BĀRTA

98 km (LV 44 km) 156 m (LV 10 m)
55, 62, 64–66, 71, 75, 76, 80, 81, 89

The River Bārta looks deceptively small on the map. Actually, it is rather large and calm, surrounded by forests. The river is perfect for families with children.



9 VECLOCENE

42 km 10 km, 1 day
16 cm 54, 55, 63, 64, 68, 75, 84

A route is rich in contrasts, surprisingly close to Riga. The river is the best choice for people who love nature but are too busy to take longer trips outside the city. Paddling down the Vecslocene River offers also an opportunity to watch the diversity of birds and plants in the Ķemeri National Park. The river is surrounded by reed banks, creating labyrinths and making you feel like being in an exotic place.

WE ALSO RECOMMEND:

If you prefer a trip through particularly quiet and untouched nature where you can see animals and watch different species of birds, as well as doing some fishing, take a trip across the

21 UŽAVA, 22 VĀRTĀJA or **23 ENGURE.**

We recommend paddling across the

24 FORTRESS CHANNEL

IN LIEPĀJA. The channel is a part of a military camp in the north of Liepāja which was built in the late 19th century by the order of the Russian Tsar Alexander III.

WE ALSO RECOMMEND:

In the spring or the autumn rainy season, enjoy the extreme excitement of paddling in the small streams and rapids of the rivers in Kurzeme and Riga region where the water level is usually too low. Among these rivers are:

10 CIECERE, 11 VADAKSTE, 12 EZERE,
13 RUNA, 14 OTANKE, 15 ALOKSTE,
16 IMULA, 17 AMULA, 18 ŠĶĒDE,
19 ĒDA, 20 VĒRŠUPĪTE.





YACHT HARBOURS

LATVIA

- 1 Liepāja Yacht Center**
+371 26155882, www.promenadehotel.lv
Depth 3.8–5.0 m
- 2 Pāvilosta town yacht center**
+371 2912552, www.pavilostasjahtuosta.lv
Depth 2.00–3.5 m
- 3 Pāvilosta Marina**
+371 26557856, www.pavilostamarina.lv
Depth 2.5–3.5 m
- 4 Ventpils Yacht Center**
+371 29287670, pils.real@apollo.lv
Depth 3.9–4.5 m
- 5 Roja Marina**
+371 26434813, www.rojaport.lv
Depth 3 m
- 6 Yacht Centre "Mersrags"**
+371 29116611, www.jahtu-centrs.lv
Depth 2.5–3.5 m
- 7 Yacht Club "Engure"**
+371 29165693, arniskrauklis@inbox.lv
Depth 3.5 m
- 8 Lielupe – Concept Port**
+371 29118380, www.concept.lv
Depth 1.7 m
- 9 Rīga – Port Bolderāja**
+371 29206978, www.latvijasjahta.lv
Depth 3 m
- 10 Rīga – "Aagenosta"**
+371 26331441, www.aagenosta.lv
Depth 3.5–5.0 m
- 11 Rīga – Marina Andrejosta**
+371 67323225, www.andrejosta.lv
Depth 2–5.5 m
- 12 Rīga – Marina Auda**
+371 26114414, www.marinaauda.com
Depth 2.8–5.5 m
- 13 Skulte**
+371 26202141, www.skulteport.lv/lv/uznemumi-skultes-osta/serviss/jahtu-serviss, Depth 4 m

ESTONIA

- 14 Salacgrīva**
+371 22016399, www.caramba.lv
Depth 2.5 m
- 15 Kuiviži port**
+371 29250671, www.kapteinuosta.lv
Depth 3 m
- 16 Pärnu Yacht Club Marina**
+372 53078777, www.jahtklubi.ee
Depth 3 m
- 17 Port of Pärnu**
+372 5048180, www.transcom.ee
Depth 5.5 m
- 18 Munalaia Harbour**
+372 53328095, www.saarteliinid.ee
Depth 2.4 m
- 19 Manilaid Harbour**
+372 53328095, www.saarteliinid.ee
Depth 2.4 m
- 20 Kihnu Harbour**
+372 53328095, www.saarteliinid.ee
Depth 3.5 m
- 21 Virtsu Marina**
+372 53443945, Depth 6.1 [2.5] m
www.slmarinas.ee/home/virtsu
- 22 Rohuküla Marina**
+372 5155253, Depth 3.8 m
www.slmarinas.ee/home/rohukuela
- 23 Westmeri Marina**
+372 53039129, Depth 2.5 m
www.ain366.wix.com/westmer5
- 24 Veskiviigi Port**
+372 5247533, www.jahta.ee
Depth 1.8 m
- 25 Dirhami Marina**
+372 56233232, www.dirhami.ee
Depth 4.2 m
- 26 Sviby Marina**
+372 53012889, Depth 3.2 m
www.slmarinas.ee/home/sviby
- 27 Roograhu Marina**
+372 53066615, www.roograhu.ee
Depth 1.8 m
- 28 Kärkla Marina**
+372 53285218, marina.kardla.ee
Depth 3.2 m
- 29 Orjaku Harbour**
+372 5299414, www.orjakusadam.eu
Depth 2.7 m
- 30 Heltermaa Harbour**
+372 5237633, www.saarteliinid.ee
Depth 4.6 m
- 31 Kuivastu Harbour**
+372 54004131, www.saarteliinid.ee
Depth 3.5 m
- 32 Triigi Harbour**
+372 4573203, www.saarteliinid.ee
Depth 3.1 m
- 33 Saaremaa Harbour**
+372 6318555, www.ts.ee, Depth 10 m
- 34 Roomassaare Harbour**
+372 4530140, www.saarteliinid.ee
Depth 2.7 m
- 35 Kuressaare Harbour**
+372 5031953, Depth 2.5 m
www.kuressaare.ee/sadam
- 36 Abruka Harbour**
+372 4530140, www.saarteliinid.ee
Depth 2.5 m
- 37 Lõunaranna Port**
+372 5036640, www.lounaranna.ee
Depth 2.2 m
- 38 Ringsu Harbour**
+372 4530140, www.saarteliinid.ee
Depth 3 m



RENTAL AND SERVICES

ESTONIA

- 1 360kraadi**
+372 513 7141, www.360.ee
Canoe, kayaks, boats
- 2 Ahja Matkad**
+372 5836 9804, www.ahjamatkad.ee
Canoe
- 3 Aloha surf**
+372 5694 1133, www.aloha.ee
Kayaks, kitesurfing, skimboard, SUPs, windsurfing
- 4 Barrakuuda Diving**
+372 569 78810, www.barrakuuda.ee
Diving
- 5 Edela Loodusmatkad**
+372 525 1113, www.loodusmatkad.ee
Canoe
- 6 Estonian Divers Club**
+372 56482729, www.sukeldujad.ee
Divers
- 7 Estonian Nature Tours**
+372 56950350, www.naturetours.ee
Bird watching with canoe, boats
- 8 Fishing Village**
+372 5332 5400, www.fishingvillage.ee
Boats, fishing gear and Bait Shop
- 9 Haanjamatkad.ee**
+372 511 4179, www.haanjamatkad.ee
Canoe
- 10 Heritage Tours**
+372 526 9974, www.parimusmatkad.ee
Seal-watching with boats
- 11 Islander**
+372 566 71 555, www.islander.ee
Boat, marine tours
- 12 Jõesuu Jõematkad**
+372 507 1445, www.joematkad.ee
Canoe
- 13 Junsi Puhkekeskus**
+372 529 5270, www.junsi.ee
Canoe
- 14 Kakajiga Merele**
+372 59012355, www.kajakimatkad.com
Kayaks, SUPs
- 15 Livonia Matkad**
+372 5669 1318, www.livoniamatkad.ee
Canoe
- 16 Loodusturism OÜ**
+372 527 2701, www.loodusturism.ee
Canoe, kayaks
- 17 Mändjala Surfclub**
+372 556 43893, www.mandjalasurfclub.com
Kiteboarding, snowkiting, SUPs, surf
- 18 Matkajuht**
+372 5667 8113, www.matkajuht.ee
Canoe, kayaks, rafts
- 19 Meri Sail (Cloud Ltd)**
+372 5022372, www.merisail.ee
Skippered charter, yachts
- 20 Muhu Canoe Trips**
+372 52 91 656, www.puhkamuhus.eu
Canoe
- 21 North-West Group**
+372 5828 5868, www.nw.ee
Kite surfing courses, tours, rental
- 22 Oiu Sadam**
+372 506 6426, www.oiusadam.ee
Canoe, kayaks, traditional barge rides, boats
- 23 Pirates Cruises**
+372 5667 6716, www.pirates.ee
Boat trips
- 24 Seikle Vabaks**
+372 5650 0550, www.seiklevabaks.ee
Boat trips, sailing, sea-kayaks
- 25 OÜ Veetee Projekt**
+372 506 0987, www.veetee.ee
Canoe, rafts
- 26 Panga Diving Resort**
+372 566 92009, www.panga.ee
Diving, sea trips, water sports
- 27 Pringeldivers**
+372 5215434, www.pringeldivers.com
Diving, sailing
- 28 Püstkojamatkad**
+372 553 0643, www.pystkojamatkad.ee
Canoe

- 29 Puulaevaselts Vikan**
+372 5279641, www.vikan.ee
Historic wooden boat and ship tours, skippered charter
- 30 Saarepuhkus**
+372 56 627 637, www.saarepuhkus.ee
Canoe, seal watching
- 31 Saarnak OÜ**
+372 5383 4083, www.paadigahiiumaalaidudele.eu
Guided boat trips
- 32 Seiklusmatkaklubi Toonus Pluss**
+372 505 5702, www.toonuspluss.ee
Canoe
- 33 Seakayaking Estonia**
+372 56942920, www.seakayakingestonia.com
Sea-kayaks
- 34 Seto Line Reisid OÜ**
+372 503 7616, www.setoline.ee
Ship cruises
- 35 Soomaa Kanuumatka- ja Saunakeskus**
+372 5348 4025, www.veelaager.com
Canoe
- 36 Soomaa.com**
+372 506 1896, www.soomaa.com
Canoe
- 37 Spordiühing Ekstreempark**
+372 52 13130, www.vohandumaraton.ee
Canoe, kayaks, whitewater kayaking
- 38 Steamship in Haapsalu**
+372 4733248, www.visithaapsalu.com
Skippered charter, steamship tours
- 39 Surf Paradise**
+372 5625 1015, 505 1015, www.paap.ee
Jet skis, scuba diving, windsurfing
- 40 Toomalõuka Tourist Farm**
+372 56 466 567, www.toomaloukatourism.ee
Canoe, fishing, snorkling

- 41 Vanaõue puhkekeskus**
+372 521 2148, www.vanaou.ee
Canoe
- 42 Västriku Holiday House**
+372 518 3187, www.ahoivastriku.ee
Canoe, boats
- 43 Veematkad**
+372 511 0253, www.veematkad.ee
Canoe, rafts
- 44 Vormsi Paat OÜ**
+372 51 87 190, www.vormsipaat.ee
Historic wooden boat
- 45 Võrtsjärve SA**
+372 56952950, www.vortsjarv.ee
Traditional barge tours

LATVIA

- 46 Abavas brīvdienas**
+371 26825352, www.laivo.lv
Canoe
- 47 Abavas laivas**
+371 29286489, www.abavaslaivas.lv
Canoe, kayaks
- 48 Aborīši**
+371 26649344, www.iebraucubana.com
Canoe
- 49 Aiviekstes laivas**
+371 25434346, www.aivieksteslaivas.lv
Canoe
- 50 Amatas laivas**
+371 29585850, www.amataslaivas.lv
Kayaks, inflatable boats and rafts
- 51 Apalkalns**
+371 29448188, www.apalkalns.lv
Canoe
- 52 Bailī**
+371 29408146, www.baili.lv
Canoe, hard-bottom rafts
- 53 Berezovskis un partneri**
+371 26554959, www.masieris.lv
Canoe
- 54 Burusports**
+371 28639440, www.burusports.lv
Kayaks, SUPs, kite-surfing, ice-surfing, wind-surfing boards
- 55 Campo**
+371 29404049, www.laivas.lv
Canoe, kayaks, inflatable rafts
- 56 Čiekurtaivas**
+371 29174728, www.ciekurtaivas.lv
Canoe, inflatable rafts
- 57 Daba Laba**
+371 26844295, www.dabalaba.lv
Canoe
- 58 Elingi**
+371 26094503, www.elingi.lv
Waterskis, wakeboards, boats, aquaskippers
- 59 Eži**
+371 27852852, www.ezi.lv
Canoes, inflatable rafts
- 60 Gaujas krasts**
+371 29423270, www.gaujaskrasts.lv
Canoe
- 61 Gaujas laivas**
+371 26114644, www.gaujas-laivas.lv
Canoe
- 62 Ievas**
+371 29412804, www.laivasventa.lv
Canoe
- 63 Jenču laivas**
+371 20607509, www.jenculaivas.lv
Canoe
- 64 Jūras laivas**
+371 29464901, www.juraslaivas.lv
www.seakayak.lv
Canoe, kayaks
- 65 Kanoecentrs**
+371 26116933, www.kanoecentrs.lv
Canoe, SUPs
- 66 Kurzemes laivas**
+371 29985244, www.kurzemeslaivas.lv
Canoe
- 67 Lāču laivas**
+371 26612520, marcis.saklaurs@gmail.com
Canoes, kayaks
- 68 Laivinieks.lv**
+371 27878757, www.laivinieks.lv
Kayaks, SUPs
- 69 Laivot.lv**
+371 22151577, www.laivot.lv
Canoe, kayaks
- 70 Laivuīre.lv**
+371 27594939, www.laivuire.lv
Canoe, kayaks, inflatable rafts
- 71 Lapsas**
+371 29135682, www.laivubaze.lv
Canoe
- 72 Makars**
+371 29244948, www.makars.lv
Canoe, kayaks, inflatable rafts
- 73 Melnsils**
+371 28605606, www.melnisils.lv
Kayaks
- 74 Mežmalas laivas**
+371 26649575, www.mezmalaslaivas.lv
Canoe, kayaks, Inflatable rafts
- 75 Mučas**
+371 29211634, www.laivunoma.com
Canoe, kayaks, inflatable rafts
- 76 Niknās laivas**
+371 26464294, www.niknastlaivas.lv
kayaks
- 77 Ozolkalns**
+371 26400200, www.ozolkalns.lv
Canoe, inflatable rafts
- 78 Plosti**
+371 26310303, www.plosti.lv
Canoe, kayaks
- 79 Pededzes**
+371 29169997, www.pededzes.lv
Canoe
- 80 Priezumiža**
+371 29272547, www.priezumiža.lv
Canoe
- 81 Rafting**
+371 29524115, www.rafting.lv
Canoe, kayaks
- 82 Rakši**
+371 29263798, www.hotelraksi.lv
canoe, kayaks, hard-bottom rafts
- 83 Richard Windsurfing Club**
+371 29940712, www.vindsurfings.com
SUPs, ice-surfing, wind-surfing boards
- 84 Rīgas laivas**
+371 26559398, www.rigaslaivas.lv
Kayaks
- 85 Rīgas Veikparks**
+371 28877917, www.rigawakepark.lv
Wakeboards, SUPs
- 86 Rindas skola**
+371 29365455, rindas.skola-laine@inbox.lv
Canoe
- 87 Rojas golfa klubs**
+371 28627919, noriks67@inbox.lv
Canoe, ponton rafts
- 88 Salacas kanoē**
+371 29286988, www.salacaskanoe.lv
Canoe
- 89 Sofijas laivas**
+371 29339677, www.sofijaslaivas.lv
Canoe
- 90 SurfPro**
+371 29339936, www.surfpro.lv
SUPs, windsurfing boards
- 91 Vanagkalns**
+371 26567616, www.skriver.lv
Canoe, kayaks, inflatable rafts
- 92 Ventas**
+371 29106069, www.ventas.lv
Canoe, hard-bottom rafts
- 93 Žagarkalns**
+371 25902905, www.zagarkalns.lv
Canoe, hard-bottom rafts



EVENTS

ESTONIA

1 Võhandu Marathon

One of the toughest and most beautiful canoeing marathons in Europe. **Time** – April. **Place** – Võhandu river. www.vohandumaraton.ee

2 Garfish Festival

Garfish trolling competition, fish and handicraft fair, competition for the best fish dish. **Time** – May. **Place** – Hiiumaa. www.hiiumaa.ee

3 Pedeli Boat Rally

Boat Rally is a part of the Valga-Valka twintown festival. You are welcome to take part in the competition on a canoe, boat or a self-made float! Creativity in costumes and self-made floats will be appreciated. **Time** – June. **Place** – Valga. www.valgasport.ee

4 Water Festival "Watergate"

Festival focuses on music and sport, and welcomes all of the active festival guests with their surfing boards or running shoes. **Time** – June. **Place** – Pärnu. www.watergate.ee

5 Põltsamaa river marathon

Marathon with various distances and categories that are suitable and fun for everyone. **Time** – July. **Place** – Põltsamaa. www.freestart.ee

6 Suislepa Boat Day

Yearly festival with competitions, concerts and activities for families, and a boat parade from the mouth of Ohne River to Suislepa River. **Time** – July. **Place** – Suislepa Village, Viljandi county. www.suislepa.ee/paadipaev

7 Rõuge Water Party and Boat Race

The rubber boat race on the lakes of Rõuge where the contestants have to row across five lakes and carry their rubber boat to cross the ground between the lakes. **Time** – July. **Place** – Rõuge, Võru County. www.paadiralli.ee

8 The Moonsund Regatta

The Moonsund Regatta (Muhu Väina) is both an Estonian Open Offshore Sailing Championship and the oldest sailing regatta in Estonia. **Time** – July. **Place** – Muhu väin, Hiiumaa. www.muhuvain.ee/en

9 Kuressaare Maritime Days

A diverse music and entertainment programme: concerts, boats and yachts exhibition, handicraft fair, flotsam market, sporting events, activities for children, traditional seafood and much more. **Time** – August. **Place** – Kuressaare, Saaremaa. www.merepaevad.ee

10 Leigo Lake Music Festival

An unparalleled festival in the whole of Europe where the union of beautiful nature and music gives some unique experiences. **Time** – August. **Place** – Lutike, Valga County. www.leigo.ee

11 River Emajõgi Festival

Emajõgi River deserves a festival so that people would come together once a year to have fun and watch ships drifting along the river in a long row. **Time** – August. **Place** – Tartu. <http://kultuuriaken.tartu.ee>

LATVIA

12 Traditional competition for water tourists "Amata"

The oldest water tourism competition in Latvia with 50 years of history. Amata gathers hundreds of professional paddlers, amateurs, beginners and their supporters to challenge Amata riffles when the river flows at its fastest speed. **Time** – April. **Place** – Amata district.

13 Gauja XXL

It is a multi-event complex also for non-professionals with a 310 km individual race (the longest kayaking marathon in Europe) and with a 420 km team relay – the longest and only one competition of this kind in the world (confirmed by Guinness Book of Records). **Time** – Late April, early May. **Place** – Gauja river. www.gaujaxxl.lv, www.multisports.lv

14 Carnival and opening of the paddling season

It's a colourful and joyful party on Gauja river with beautifully decorated canoes or other paddling gears. It's also a competition of attractiveness, originality and creativity. **Time** – May. **Place** – Gauja river. www.ramkalni.lv

15 Canoe march "Abuls-Gauja"

"Canoe march" is an opening event of the tourism season in Valmiera and the region. It starts near Brenguļi brewery on the shore of Abuls and ends near Valmiermuiža brewery with a Gourmet's barbecue. **Time** – May. **Place** – from Brenguļi to Valmiera. www.ezi.lv

16 River festival in Ape

This is a traditional water tourism and culture event which has been held in Ape for several years already. **Time** – May. **Place** – Ape district.

17 Riga Paddling Marathon

The distance consists of few cycles around city center, on the islands of the river etc. This distance has some elements of competition and orienteering. **Time** – June. **Place** – Daugava river and Riga City channel, Riga. www.rigasairesanasmaratons.lv, www.multisports.lv

18 "Salacas Mauciens"

The idea is simple – canoeing on Salaca river from beginning to its end. It is an amazing trip down this river during the night time without any stops and camping. That's a challenge for the brave, skilled and strong. **Time** – August. **Place** – Salaca river. www.laivas.lv/temas/pasakumi, www.multisports.lv

19 Roja river celebration

Roja river festival invites watertourism enthusiasts who are seeking for a journey along one of the most beautiful rivers in North Kurzeme. **Time** – August. **Place** – Roja river. www.visitroja.lv

20 "Bārtas kartupelis"

"Bārta potato" is one of the most popular canoeing events during the autumn season where participants race 21km from Bārta to Nica villages. After completing the distance, participants can enjoy the beauty of an autumn afternoon, have some hot soup and relax in sauna. **Time** – October. **Place** – Bārta river. www.sofijaslaivas.lv





TOURISM INFORMATION

ESTONIA

Haapsalu TIC

+372 473 3248,
www.visithaapsalu.com

Hiumaa TIC

+372 462 2232,
www.hiumaa.ee

Jõgevamaa TIC

+372 776 8520,
www.visitjogeva.com

Kuressaare TIC

+372 453 3120,
www.visitsaaremaa.ee

Otepää TIC

+372 766 1200,
www.otepaa.ee

Pärnu Visitor Centre

+372 447 3000,
www.visitparnu.com

Põlvamaa TIC

+372 799 5001,
www.visitpolva.ee

Tartu Visitor Centre

+372 744 2111,
www.visittartu.com

Valga TIC

+372 766 1699,
valga@visitestonia.com

Viljandi TIC

+372 433 0442,
www.viljandimaa.ee

Võrumaa TIC

+372 782 1881,
www.visitvoru.ee

LATVIA

KURZEME

Aizpute TIC

+371 63448880,
www.visitaizpute.lv

Grobiņa TIC

+371 26490324,
www.grobinaturisms.lv

Kuldīga TIC

+371 63322259,
www.visit.kuldiga.lv

Liepāja region TIC

+371 63480808,
www.liepajaturisms.lv

Nīca TIC

+371 63489501,
www.nica.lv

Pāvilosta TIC

+371 63498229,
www.pavilosta.lv

Roja TIC

+371 63269594,
www.roja.lv

Sabīle TIC

+371 63252344,
www.sabīle.lv

Saldus TIC

+371 63807443,
www.saldus.lv

Talsi TIC

+371 63224165,
www.talsitourism.lv

Ventspils TIC

+371 63622263,
www.tourism.ventspils.lv

RIGA REGION

Ainaži TIC

+371 64043241

Aloja TIC

+371 27806452,
www.aloja.lv

Carnikava TIC

+371 67708443,
www.tourism.carnikava.lv

Jūrmala TIC

+371 67147900,
www.tourism.jurmala.lv

Kandava TIC

+371 63181150,
www.visitkandava.lv

Ķekava TIC

+371 27017333,
www.parturismu.lv

Limbaži TIC

+371 64070608,
www.visitlimbazi.lv

Ogre TIC

+371 29491685,
www.latvijascents.lv

Rīga TIC

+371 67037900,
www.liveriga.com

Salacgrīva TIC

+371 26463025,
www.tourism.salacgriva.lv

Saulkrasti TIC

+371 67951641
www.visitsaulkrasti.lv

Sigulda TIC

+371 67971335,
www.tourism.sigulda.lv

Tukums TIC

+371 63124451,
www.visittukums.lv

VIDZEME

Amata TIC

+37164119024,
www.amata.lv

Ape TIC

+371 64322273,
www.apesnovads.lv

Cēsis TIC

+371 64121815,
www.tourism.cesis.lv

Ērgļi TIC

+371 64871299,
www.ergli.lv

Gulbene TIC

+371 64497729,
www.visitgulbene.lv

Līgatne TIC

+371 64153169,
www.ligatne.lv

Lubāna wetland TIC

+371 29234956
www.draugiem.lv/lmic

Mazsalaca TIC

+371 28374774,
www.mazsalaca.lv

Pārgauja TIC

+371 26620422,
www.pargaujasnovads.lv

Rūjiena TIC

+371 64263278,
www.rujiena.lv

Strenči TIC

+371 64715667,
www.strencunovads.lv

Valmiera TIC

+371 64207177,
www.visit.valmiera.lv

Valka TIC

+371 64725522,
www.visit.valka.lv

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kayaking and canoeing
experiences in web site
www.riverways.eu



Estonia and Latvia are truly lands where you can explore the beauty of nature and wilderness. These are green countries with vast forests, untouched nature, rich and appealing culture and many waters to explore. This makes them a perfect pit stop for those seeking something a bit more authentic than the overrun tourist hubs further afield.

Photo:

Estonia Foundation South-Estonian Tourism, Haapsalu TIC, L. Härmson, Kuressaare TIC, matkajuht.ee, Pärnu Visitor Centre, A. Ruukel, Saarte Liinid, L. Tohva, A. Tuisk, seiklevalbaks.ee

Latvia R. Asaritis, Burusports, L. Eglīte, A. Gaidis, A. Gluha, L. Grinberga, D. Jansons, R. Jansons, Jūras laivas, V. Kļaviņš, G. Kolāts, Laivnieks.lv, Lāču laivas, Sofijas laivas, V. Vanags



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Karšu izdevniecība Jāņa sēta



RIVERWAYS



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European Union



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