

HEALTH ROUTE



Download route in GPX format



~1h | ~2.5km

Route

On the Health Route, along the picturesque shores of Lakes Ievas and Lake Trumulītis, it is possible to combine pleasant with useful – walking in the open air and physical activities. There are information stands on the route with health boosting exercises for different age groups. Families with children will find the trail really enjoyable as they will have the adventure of learning about nature, especially the life of beavers. The walk can be combined with swimming in Lake Ievas and making a meal in the barbecue house on the shore of the lake.

Direction of the route

Veclaicene History Depository – Lake Ievas – Lake Trumulītis – River Pērļupīte

Road surface

Paths, forest roads and gravel roads

Recommended time

Late April – October

Length

~2.5km

Duration

~1h

Level of difficulty

Easy

Start point

The shore of Lake Ievas opposite the parking place in the centre of Korneti

GPS: 57.5897, 26.9497

Marking

A circular trail marked clockwise with violet rings

Worth to know!

Suitable trail running shoes are required to complete the route. Depending on meteorological and other conditions, there may be slippery trails, stairs and footbridges on certain sections of the route.

Everyone is responsible for their own safety during the route. Rescue services: 112

Follow the principle “# Walking in nature. Leave no trace of your visit!”

Service

Car and trailer parking place “Korneti”

Self-service tourist information point

Bez maksas dzērāmā ūdens uzpildes punkts

“Vaiņagi”, Korneti, Veclaicene Parish,

Alūksne Region

GPS: 57.5899, 26.9480

Holiday House “Ezerlīči”

+371 26186570

ritameldere@inbox.lv

GPS: 57.5906 26.9555

Holiday House “Dzērves ezers”

+371 26391443

dzervesezers@gmail.com

GPS: 57.5871 26.9438

Nature House at Lake Raipals

+371 25442335, +371 29130280

tic@aluksne.lv

www.visitaluksne.lv

GPS: 57.5847, 26.9945



Photo: Ainars Gaidis



Photo: Linda Pastare



Photo: Linda Pastare

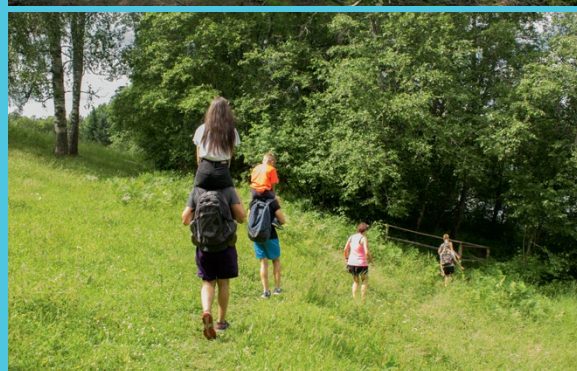
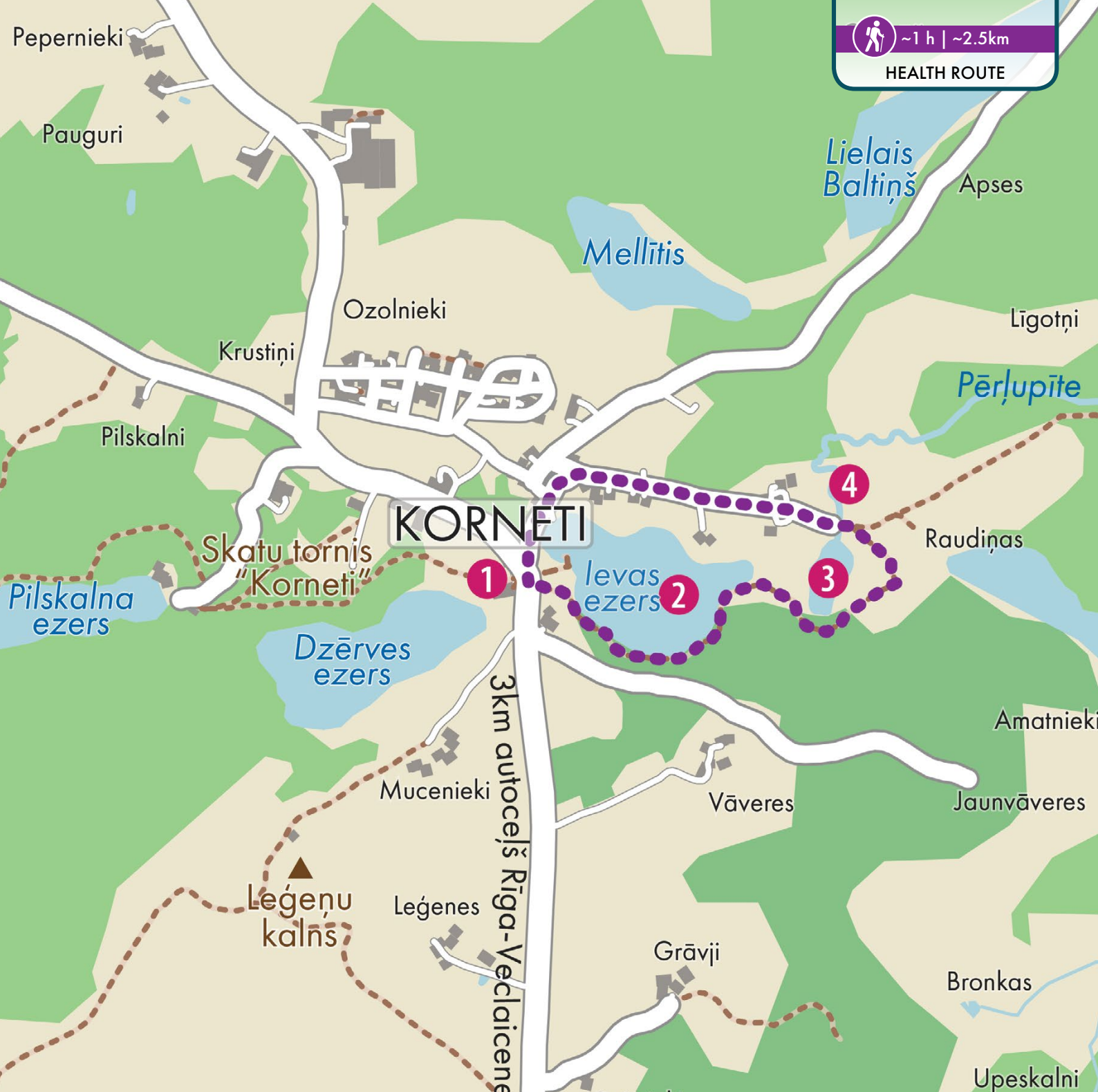


Photo: Linda Pastare



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1 Veclaicene History Depository

The historical Defenders' House (Latvian: *Aizsargi* — a paramilitary organisation in Latvia during the period between 1918 and 1939) houses the Veclaicene History Depository, which provides information about the history of Korneti and its surroundings, life on the Latvian-Estonian border and language peculiarities.

Ph.: +371 29347398

GPS: 57.5894, 26.9476

2 Lake Ievas

Lake Ievas in the centre of Korneti is one of the eight lakes of the Korneti lake row. Its average depth is 5.2 m, but the deepest place — 12.5 m. On the shore of the lake, there is a swimming and recreation place, and a barbecue house, where you can cook your meals.

GPS: 57.5898, 26.9537

3 Lake Trumulītis

The smallest and also the shallowest lake from the Korneti lake row is Lake Trumulītis (also Mazais, Mazais Šķaunacītis). Its average depth is 2.4 m, but the deepest place is 4.5 m. It is an overgrowing lake resembling a small bowl.

GPS: 57.5900, 26.9606

4 The River Pērļupīte

Lake Trumulītis is the source of the River Pērļupīte (also called the Lakna, the Sveķupīte, or the River Slokas, Estonian: *Pärlijõgi*). The name suggests that in former times it was possible to find the freshwater pearl mussel (*Margaritifera margaritifera*) there. The length of the river in the territory of Latvia is only 4 km, for 2 km it is the border river of the Latvia-Estonia border, but in total it is the 41-kilometre-long tributary of the River Mustjēgi (the River Gauja basin) with a high average decrease in height: 2.37 m/km.

Walking is an investment in your health — commit yourself to walk 10,000 (~ 7 km) steps a day!

Walking:

- reduces stress and tension,
- improves thinking, reasoning and concentration abilities,
- improves balance,
- ensures the maintenance of a healthy body weight,
- increases muscle mass and strength.