

Secrets of Lake Lubāns

Nature Route "LUBĀNS – the Largest Lake in Latvia"

Information on the tourist attractions in Madona, Rēzekne, Lubāna, Varakļāni, Balvi and Rugāji Counties near Lake Lubāns – the largest lake in Latvia.

www.visitmadona.lv
www.lubana.lv
www.turisms.balvi.lv

www.rezeknesnovads.lv
www.varaklani.lv
www.rugaji.lv



Catering 4

- 1 "JAK Barkavas struktūrvienība" canteen
Dzirnavu iela 1, Barkava, +371 64807214
- 2 Lubāns PB, canteen
O. Kalpaka iela 5, Lubāna, +371 64807325
- 3 Hunters Bar, cafe
J. Zābera iela 2, Lubāna, +371 29425756
- 4 Raibais asaris, cafe
Varakļānu pag., +371 29126648
- 5 Pērtņieku gardumi, cafe
Subinaite, Sakstagala pag., +371 26106333
- 6 Grāmatnica, cafe
Rīgas iela 4, Varakļāni, +371 22443812

Accommodation

- 1 (6+4 beds) Lubāns Wetland Information Centre Hostel
Aiviekstes hidromezgls, Ošupes pag., Madonas nov., +371 29234956, www.lubanamitrajs.lv
- 2 (14 beds) "Bāka" – Center of water tourism
Kvāpāni, Gaigalavas pag., Rēzeknes nov., +371 26663358, <http://baka.rezeknesnovads.lv>
- 3 (4 beds) Floating House on a Raft
Lubāna ezers, +371 26528739
- 4 (14 beds) Birzes
Kvāpāni, Gaigalavas pag., Rēzeknes nov., +371 29422050
- 5 (30 beds) Zvejnieki
Īdeņa, Nagļu pag., Rēzeknes nov., +371 28301143, www.zvejnieki.lv
- 6 (10 beds) Stikāni
Bernāni, Nagļu pag., Rēzeknes nov., +371 28671971, www.dabastures.lv
- 7 (50 beds) Noras
Krišjāni, Krišjāņu pag., Balvu nov., +371 26519272
- 8 (20 beds) Licītis
Višķuļi, Bērzpils pag., Balvu nov., +371 26590367
- 9 (5 beds) Accommodation In Lubāna
Sporta iela 15, Lubāna, +371 28682267
- 10 (6 beds) Tourist accommodation
Tilta iela 5, Lubāna, +371 64894941, 26165144

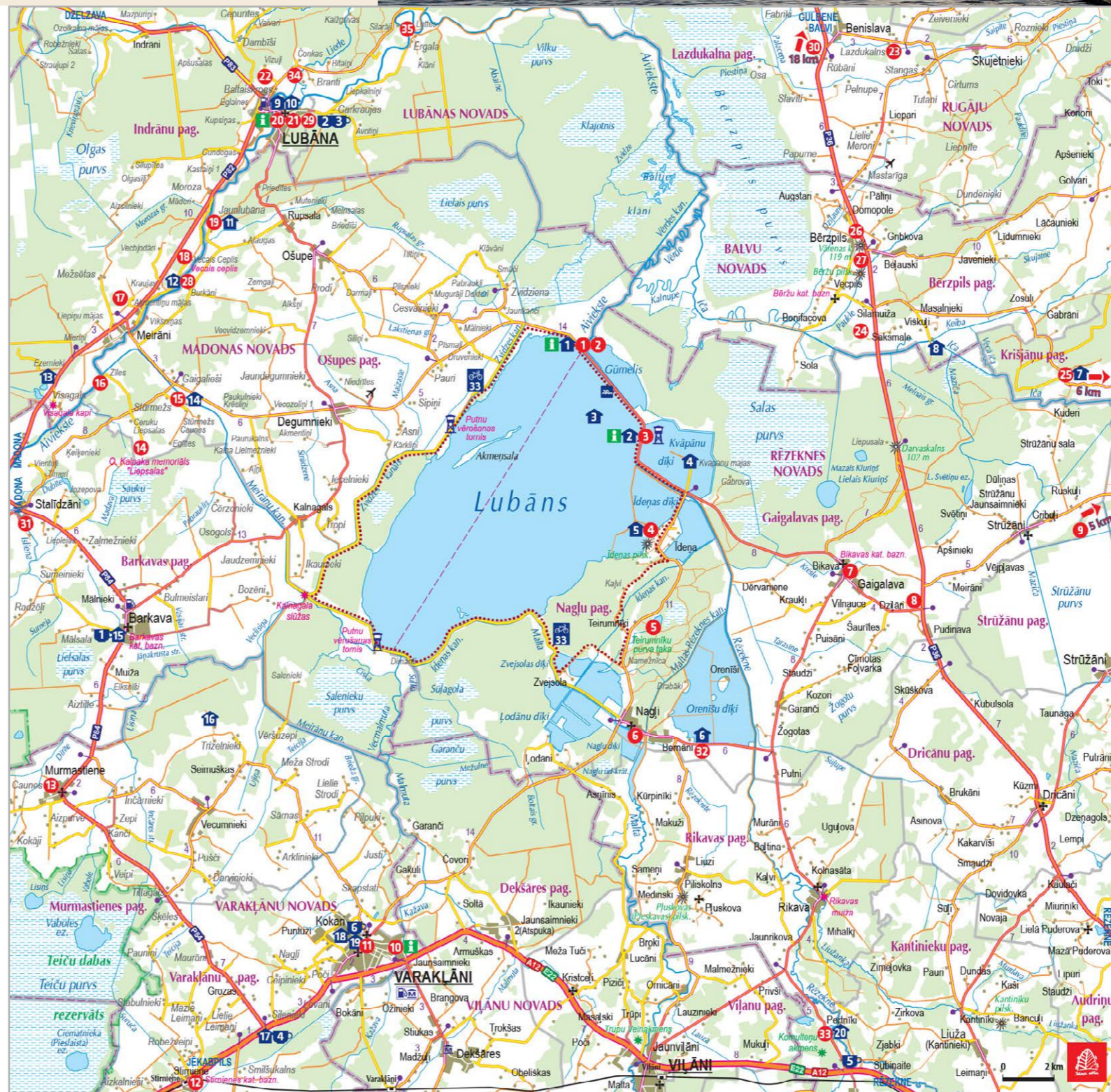
- 11 (2 beds) Kodoli
Kodoli, Ošupes pag., Madonas nov., +371 29331268
- 12 (10 beds) Zvaigznes
Meirāni, Indrānu pag., Lubānas nov., +371 26825836
- 13 (90 beds) Ezernieki
Indrānu pag., Lubānas nov., +371 26671421
- 14 (9 beds) Jaunkalēji
Kalēji, Ošupes pag., Madonas nov., +371 29104869
- 15 (70 beds) "JAK Barkavas struktūrvienība" hostel
Dzirnavu iela 1, Barkava, +371 64807213, 28709297
- 16 (9 beds) Trizelnieku Ignatiņi
Murmastienes pag., Varakļānu nov., +371 26528739
- 17 (10 beds) Raibais asaris
Tornis, Stradiņi C, Varakļānu nov., +371 29126648, www.raibaisasaris.lv
- 18 (6 beds) Dālderī
Kokari, Jaunatnes iela 1, Varakļānu nov., +371 29486023
- 19 (4 beds) Shopping Centre
1. maija laukums 3, Varakļāni, +371 22512302
- 20 (10+25 beds) Pērtņieki
Pērtņieki, Sakstagala pag., Rēzeknes nov., +371 26106333

Legend on map

- 14 Object
- 15 Accommodation • Catering
- 23 Cycling routes
- 24 Museum • Church
- 25 Filling station
- 26 Important hill • Castle mound
- Symbols which are not positioned in the exact location of the objects

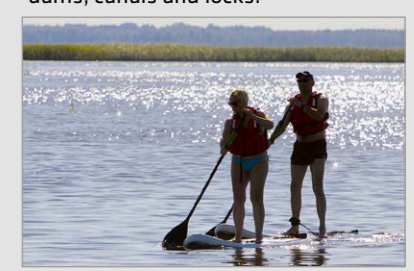
LUBĀNA

- Centre of municipality
- Boundary of administrative unit
- Boundary of territorial unit
- Boundary of nature reservation Teiči
- Paved road
- Gravel road
- Improved unsurfaced road
- Unsurfaced road
- Distance in kilometres









Top facts about Lake Lubāns

- Archaeological excavations show that the first human settlement after withdrawal of glaciers from the Baltic region was located at the lake. During the Stone Age there used to be more than 20 settlements in the neighbourhood.
- Lake Lubāns is the largest dammed lake in Europe. The shores of the lake have been transformed and are surrounded by a system of protective dams, canals and locks.
- A number of endangered bird species nest here – great snipe, corncrake, white-tailed eagle, osprey, etc. More than 257 bird species have been traced in the neighbourhood. The area is included in BirdLife International Important Bird Areas list and Ramsar Convention list.
- Lake Lubāns, fishponds, the River Aiviekste and the River Rēzekne are popular places for angling. Lake Lubāns is considered the best pike lake, while Nagļi Ponds are famous for their carps.
- The lake is surrounded by the nature reserve of Lubāns Wetland (51 351 ha) and extensive bogs.
- A nice sandy swimming place is located on the northeast shore of the lake. The distance around the lake by road is 57 km.



1 Lubāns Wetland information centre – travel guides, coffee, souvenirs, guides and excursions in the vicinity of Lake Lubāns, binoculars/telescope, bird-watching tours, trekking and environmental education workshops, orienting game in the vicinity of the Information Centre, SUP boards (10), SUP orientation route in the lake.






Aiviekstes hidromezģls, Ošupes pag., Madonas nov.,
 ☎ +371 29234956 (LV, RUS, ENG), www.lubanamitrajs.lv,  com/lubanamitrajs
  (6+4)  (5)  

2 Bird watching – about 257 bird species have sighted in Lubāns Wetland, *BirdLife International* area, nature guides, ornithologists, bird watching routes excursions, binoculars, observation.






** ☎ +371 29234956 (LV, RUS, ENG), www.lubanamitrajs.lv
 ** ☎ +371 28671971 (LV, RUS, ENG), www.dabastures.lv

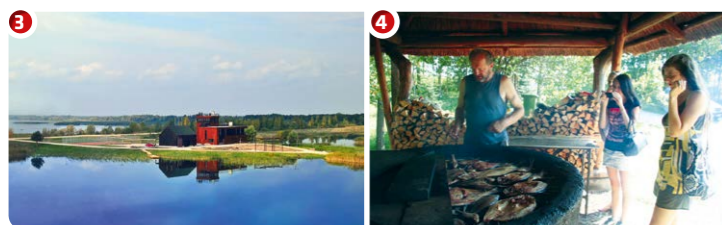


3 "Bāka" – Center of water tourism – (surfboards 2, SUP boards (10), water skis (1), motor boat, viewing terrace, binoculars (9), bikes (10), kayaks (10), exhibition hall, a motor boat ride across Lake Lubāns, sports grounds, coffee, Skiing, skating.


Kvāpāni, Gaigalavas pag., Rēzeknes nov.,
 ☎ +371 26663358 (LV, LTG, RUS, ENG), http://baka.rezeknesnovads.lv
  (14)   (1) 

4 Zvejnieki – a fisherman's farm, Latgale culinary heritage, history of the neighbourhood of Lake Lubāns, tourist guides, fresh and smoked fish, fish soup and catering.


Īdeņa, Nagļu pag., Rēzeknes nov.,
 ** ☎ +371 28301143 (LV, LTG, RUS, ENG), www.zvejnieki.lv
  (30)   (1) 



5 Teirumnieki Bog Trail – a 800m long path, footbridges, nature guide.

Teirumnieki, Nagļu pag., Rēzeknes nov.,
 ** ☎ +371 28301143 (LV, LTG, RUS, ENG) 

6 Dzipsļi Honey (Dzipsļi medus) – a bee yard, honey, stories by the host, honey for sale.

Upmalas, Nagļu pag., Rēzeknes nov.,
 ** ☎ +371 26669693 (LV, LTG, RUS, ENG)  com/dzipsli



7 Museum of ancient musical instruments and local homemade spirits – musical instruments, playing music with host Gunārs Igaunis, traditions of homemade spirits distilling, tasting.

Meža iela 2a, Gaigalava, Rēzeknes nov.,
 ** ☎ +371 28728790 (LV, LTG), www.baltharmonia.lv

8 Ceļtekas – homemade cheese with different seasoning, tasting, sale (curd dumplings with sour cream, rye buns with butter, side-dishes) for groups over 10 people. Booking required!

Ceļtekas, Gaigalavas pag., Rēzeknes nov., ** ☎ +371 20569541 (LV, LTG, RUS, ENG)



** ☎ - booking required!

9 Dzeneiši – an artisan's home, woollen, linen, wooden and leather articles, felting, bathhouse items, candied fruit, herbal teas.

Kristiņķas, Nautrēnu pag., Rēzeknes nov., ** ☎ +371 26548778 (LV, LTG, RUS, ENG)

10 Varakļāni Manor Complex – TIC, tour guides, 18th century interior, museum, upgraded exposition, exhibitions, thematic events, programs for school students and newly-weds, lease of premises, bicycle rental (ph. +371 28363580).



Pils iela 29, Varakļāni, ☎ +371 64866162, 29359242 (LV, LTG, RUS, ENG, DE), www.varaklani.lv



11 Victor's Chapel – built in 1814 as a burial site and a church for Count Borch family. The construction idea was based on the Pantheon of Rome.

Rīgas iela 4, Varakļāni, tel. +371 64866162, 29359242** (LV, LTG, RUS, ENG, DE)

12 Stirniene St. Laurentius Roman Catholic Church – an important centre of spiritual and secular culture, a commemoration site for Honourable Bishop Boļeslavs Sloškāns, a commemoration stone for deportees, Stirniene Manor.

Satiksmes iela 9, Stirniene, Varakļānu nov.,
 tel. ** ☎ +371 29678002 (LV, LTG, RUS, ENG), www.stirnienesbaznica.lv  



13 Skalbjudambji – native home of Latvian poetess Marta Bārbale (1933–2003), "Gender Path", "Martha's Grove", recreation and picnic site.




Muižas iela 1, Murmastiene, Varakļānu nov., ** ☎ +371 29988601 (LV, LTG, RUS)

14 Liepsalas – memorial home of the first commander of the Latvian Armed Forces, Colonel O. Kalpaks (1882–1919).

Liepsalas, Ošupes pag., Madonas nov., ** ☎ +371 26400999 (LV, RUS)



15 Jaunkalēji – meeting baker Andrejs Broks, group excursions, bread-baking, tasting, Latvian cuisine, group catering**, a wedding entertainment program.

Kalēji, Ošupes pag., Madonas nov., ** ☎ +371 29104869 (LV, RUS, DE),  (9)  




16 Zīles – sheep breeding, sheep and beef cattle herds on show, meeting the host.

Zīles, Ošupes pag., Madonas nov., ** ☎ +371 26138020 (LV, ENG)



17 Rozas – a farmstead presenting a collection of birds: ostrich, Australian emu, South American rheas, peacocks, pheasants, Indian runner ducks, pigeons, chickens, turkeys, geese, domestic animals.

Rozas, Indrānu pag., Lubānas nov., ** ☎ +371 28378516, 29178584 (LV, RUS),

 com/saimnieciba.rozas  




18 The Old Kiln (Vecais ceplis) – the museum of opera singer Jānis Zābers (1935–1973), playing of solo songs and opera aria records.

Vecais Ceplis, Indrānu pag., Lubānas nov., ** ☎ +371 29355123, 26862047

(LV, RUS, ENG), www.janiszabers.com,  com/vecaisceplis   



19 Kodoli – talks about bathing traditions, bathhouse, a bathing ritual, meeting the bathhouse hostess, aromatherapy, bath scrubs, essential oils, herbal teas.

Kodoli, Ošupes pag., Madonas nov., ** ☎ +371 29331268 (LV, RUS)  (2)  

20 Crafts Centre and Lubāna TIC – travel guides, routes, tourist guides, souvenirs, exhibition hall, mastering crafts (basket weaving, weaving, felting), exhibition of artisan works, shop.



Oskara Kalpaka iela 4, Lubāna, ☎ +371 26374962, 29404727 (LV, RUS, DE), www.lubana.lv, www.lubanaspuse.lv



21 Aborieši – a Stone Age settlement, archery, skiing, a nature trail, guides, bicycle, boat and camping equipment rental, barefoot trail, guides, event organisation.

** ☎ +371 26649344 (LV, RUS), www.lubanaspuse.lv,  com/aboriesi  (12) 

22 Vaidavas – a park with stones (approximately 4000 stones), an exhibition of mugs, a collection of ancient household items and tools, a "haunted house" of nature finds, "100 Parliament Members".

Vaidavas, Indrānu pag., Lubānas nov.,
 ** ☎ +371 26565071 (LV, RUS), www.lubanaspuse.lv  



23 Saipetnieki – a private museum of antiques (approximately 5000 items), machines, vehicles, household items, a landscape garden, recreation areas, a wedding entertainment program.

Saipetnieki, Lazdukalnu pag., Rugāju nov., ** ☎ +371 26519360 (LV, RUS)



24 Pottery of Jolanta and Valdis Dundenieki – watching a film, crafting a vessel, ceramics on sale.

Saksmale, Bērzpils pag., Balvu nov., ** ☎ +371 29173889 (LTG, LV, RUS)



25 "Noras" recreation in nature – meals cooked according to Latgale culinary heritage traditions from locally sourced products, workshops, bicycle rental, Nordic walking equipment, a country SPA and sauna.

Noras, Krišjāni, Krišjāņu pag., Balvu nov., ** ☎ +371 26519272 (LTG, LV, RU),




 com/Noras.atputa  (50)

26 Brewer Dainis Rakstiņš – beer brewing traditions of Latgale, beer tasting and sale.

Stacijas iela 4, Bērzpils, Balvu nov., ** ☎ +371 26452844 (LTG, LV, RUS)








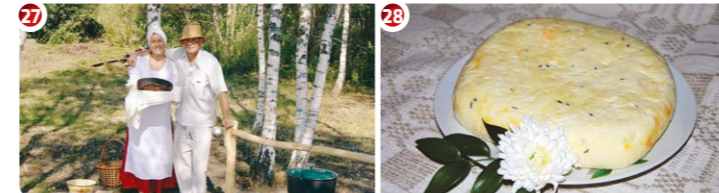
27 An ancient settlement used to exist on the banks of the River Iča (Neolithic during 4500–1500 BC and Bronze Age 1500–500 BC). A journey from today back into the past, getting to know local craftsmen, learning the history of Iča Settlement and culture-historical objects.

Bērzpils pag., Balvu nov., ☎ +371 27872031 (LV, RUS)   

28 Zvaigznītes – making homemade cheese, cheese on sale, premises for parties, beach volleyball court, children's playground.

Meirāni, Indrānu pag., Lubānas nov., ** ☎ +371 26825836 (LV, RUS),

www.zvaigznites.lv,  com/zvaigznites  (10)   (1) 



29 Lubāna Winery – white and sparkling wines and distillates from Latvian fruit and berries. Winery tour, talks, tasting hall, sale of wine and souvenirs.

Parka iela 6, Lubāna, Lubānas nov., ** ☎ +371 23009410 (LV, RUS, ENG)

 com/lubanasvinotava

30 Deer Park "Mežsētas" – approximately 300 red deer, fishponds, a holiday home, nature reserve of the lower course of the Pededze River, a safari tour, paintball.


Mežsētas, Rugāju pag., Rugāju nov.,
 ** ☎ +371 29104212 (LV, RUS), www.rugaji.lv



31 Tree wool master Rītvars Točš – a story about extraction of wool from trees, shrubs and plants and their healing properties, exhibition and sale of products.


Aiviekstes iela 15, Stalīdzāni, Barkavas pag., Madonas nov.,
 ** ☎ +371 25982083 (LV, RUS)

32 Stikāni – bird-watching tours in the neighbourhood of Lake Lubāns by experienced guides. Information centre for bird-watchers, a commemoration corner for ornithologist Jānis Baumanis.

Bernāni, Nagļu pag., Rēzeknes nov.,
 ** ☎ +371 28671971 (LV, LTG, RUS), www.dabastures.lv  (10)




33 Pērtņieki – two fishponds for anglers, equipped with benches, tables. One trout pond, one with a variety of fish. Children's playground, swings, a barbecue house.

Pērtņieki, Sakstagala pag., Rēzeknes nov.,
 ** ☎ +371 29293393 (LV, RUS), www.pertnieki.lv  (10+25)







34 Bronīslava Martuževa's Poetry Granary – exhibition of poem-cribs, meeting the poetess in audio and video records, a walk in the garden – nature images in poetry.

Dārziņi 1, Indrānu pag., Lubānas nov., ** ☎ +371 26374962, 29337282 (LV, LTG, RUS),
 www.lubana.lv,  com/martuzeva













35 Disc golf – the owner of the site is singer Miķelis Gruzītis, his son Rolands invites for a game of disc golf. Beach volleyball court available.

Lettes, Indrānu pag., Lubānas nov., ** ☎ +371 29169497, 29164331 (LV, RUS),

www.lubana.lv,  com/discgolflettes/   (1) 



Legend

-  Object
-  Catering
-  Boat rental (number of boats)
- ** ☎ Booking required
-  Sauna
-  Fishing
-  Tourist information centre
-  Site for camper vans
-  Swimming
-  Accommodation (number of places)
-  Camping sites
-  Picnic grounds
-  Observation tower

Information about publisher

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