



All-Latvian Golf Days 2025 in Usma



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The largest golf introduction event to date – the All-Latvian Golf Days – will take place during the May holidays. From May 1 to 5, nine courses across Latvia will offer the opportunity to learn about golf, try your first shots and enjoy active outdoor recreation with family or friends for free.

Golf is becoming more accessible – everyone will be able to try it at the All-Latvian Golf Days

During the All-Latvian Golf Days, 9 golf courses in Latvia will open their doors to everyone interested – from children and young people to seniors. The event program offers both first shots on the practice range and practical lessons on the course with a coach. There will be an opportunity to try long, short and rolling shots, play holes and learn the basic rules of golf. Several areas will host friendly competitions, while others will offer guided tours of the area, the opportunity to enjoy a leisurely picnic in nature or a shared meal. Equipment will be provided and no prior knowledge is required. The events will be held in small groups, so advance registration is mandatory.

Golf for the whole family and well-being

““Golf is becoming an active leisure choice for an increasingly wider range of people – it is no longer perceived only as an elite sport. We want to show that golf is adaptable to everyone – children, adults, seniors. It can be both a sporting challenge, an opportunity to be in nature and spend time with family,” emphasizes Jānis Trēgers, **President of the Latvian Golf Federation**. The positive effects of golf on health have been proven – during one round of golf, you can walk as many as 13,000 steps, which significantly exceeds the daily norm recommended by the World Health Organization. Studies show that playing golf regularly improves sleep quality, reduces stress and can extend life expectancy by 5 years.

Interest is growing – record number of new players

2024. In 2018, almost 1,000 new players joined golf in Latvia – the number of licensed players increased by 38%, which is the largest annual increase in the history of Latvian golf. Gender and age statistics also show positive changes – 37% of new players were women and 10% were children and young people under 18 years of age. “The National Golf Days of Latvia are not just an opportunity to try golf – they are like a bridge to new experiences and a different everyday life. They inspire, dispel myths and show that golf can be both accessible and ‘affordable’ for different groups of society,” says **J. Trēgers**.

Where will the National Golf Days be held?

- May 1 and 4 – Golf Club “Odiņi”, Tukums region
- May 2 – 5 – **Golf club “Usma golf course”, Ventspils region**
- May 2nd – Golf Club “Viesturi”, Jaunmārupe
- May 3 – Golf clubs “Jūrmala Golf Club & Hotel” in Pinki, “Reiņa trase” in Sigulda municipality, “Kalnozoli” in Madona municipality
- May 4th – Golf clubs “Ozo Golf Club” in Rīga and “Siltie” in Gulbene region
- May 5th – Golf Club “Avoti” in Valmiera region

More information about the event and registration is available at www.lgf.lv/vislavijasgolfadienas and on the **Latvian Golf Federation’s Facebook page and Instagram account**.

About the National Golf Days

The National Golf Days of Latvia have been held for the eleventh year in a row, becoming one of the largest initiatives to promote sports accessibility in Latvia. Every year, several hundred people take their first step in golf at these events – children, parents, seniors, groups of friends, athletes and simply lovers of an active lifestyle.

About golf in Latvia

There are 9 golf courses available in Latvia in Rīga, Pierīga, Vidzeme, Zemgale and Kurzeme, which offer opportunities to play to a wide range of people. Anyone interested can start with “green card” courses, which provide basic knowledge and skills for the game of golf. The Latvian Golf Federation is actively working on increasing the accessibility of the sport, including programs for involving children and young people, as well as cooperating with international organizations for the development of golf in Latvia.

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