



Ventspils National Triathlon – Stage 1.



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On Wednesday, July 9, the first stage of the Ventspils People’s Triathlon will take place at Staldzene Beach and in the surrounding forests.

What is a triathlon? It is a sport that combines swimming, cycling, and running into a single event. This diverse sport is an excellent form of physical activity that helps develop fitness in a versatile and engaging way!

The distances in the People’s Triathlon are short and suitable for almost anyone who is physically active.

The Ventspils People’s Triathlon is a beginner- and enthusiast-friendly training-type event with short distances, ideal for getting to know and trying out triathlon.

In the first stage, the swimming segment will take place in the sea, at a safe depth. The swimming course will be 150–200 meters long. The cycling segment will be done with mountain bikes (MTB) along the forest roads and trails of Staldzene, covering a distance of 6.8–10.2 km. Each lap is 3.4 km. The running segment will also take place in the Staldzene forest, covering 1.1–2.2 km, with each lap being 1.1 km long.

Come – try it out and enjoy the joy of movement! Adults, youth, and children are all welcome. All you need is basic swimming skills, a bicycle and helmet, and running shoes. Experienced Ventspils triathletes will encourage you, cheer you on, and offer helpful advice!

The Ventspils People’s Triathlon will take place in three stages:

Stage 1 on July 9 at Staldzene Beach,

Stage 2 on July 30 at the Bušnieki Lake swimming area,

and the final Stage 3 on August 6, also at the Bušnieki Lake swimming area.

Information can be found on the website www.triatlons.lv and on the “Ventspils Triathlon” Facebook page. For questions, you can contact the organizer Māris Priedēns by phone at +371 29288659. Registration is possible via email at maris.priedens@itp.com.lv, by sending a message to phone number +371 29288659, or directly at the event location.

See you at the 1st stage of the Ventspils People’s Triathlon at the Staldzene Beach parking lot at the end of Bangu Street on Wednesday, July 9. Arrival and registration start from 17:00. The event begins at 18:00.

The Ventspils People’s Triathlon takes place thanks to the support of the Ventspils City Council, the Ventspils Freeport Authority, and “Užavas alus.”

📅 Wed, 09.07.2025

🕒 18:00-20:00

📞 +37129288659

🏠 Staldzene Beach

📍 Bangu iela 61

