



## Ventspils National Triathlon – Stage 2



Foto autors Ventspils Photo Archive

On Wednesday, July 30, the 2nd stage of the Ventspils People’s Triathlon will take place in the vicinity of Bušnieku Lake.

Triathlon is swimming, cycling and running combined into one sport. This diverse sport is a great physical activity that allows you to develop physical abilities in a diverse and interesting way! The distances of the People’s Triathlon are short, suitable for almost every physically active person.

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

In the 2nd stage, swimming will take place in Bušnieku Lake, at a safe depth. The swimming course is 150-200m long. The cycling course will be 1 lap 8.3km long around Bušnieku Lake along a gravel bike path. The recommended bike type is Gravel, an MTB bike or a regular city bike will also work. Or a “road bike” with wider tires. Running along the asphalt bike path from the Bušnieku Lake playground to Briēžu dārz -1.25 or 2.5km.

Come – try it and enjoy the joy of movement! Adults, youth and children alike. All you need is basic swimming skills, a bike and helmet, and running shoes. Experienced Ventspils triathletes will encourage, cheer you on, and help you with advice!

The Ventspils People’s Triathlon takes place in three stages: the 1st stage took place on July 9 in Staldzene, the 2nd stage on July 30 at the Bušnieku Lake swimming area, and the final 3rd stage will take place on August 6 at the Bušnieku Lake swimming area.

Information can be found on the website [www.triatlons.lv](http://www.triatlons.lv) and on the “Ventspils triatlons” Facebook page. The organizer Māris Priedēns will answer your questions by phone 29288659.

Please contact us by email [maris.priedens@itp.com.lv](mailto:maris.priedens@itp.com.lv) or by sending a message to phone 29288659, and also at the event location.

See you at the 2nd stage of the Ventspils People’s Triathlon at the Bušnieku Lake starting point at the end of Talsu Street on Wednesday, July 30. Arrival and registration from 17:00. Start at 18:00.

The Ventspils People’s Triathlon is held thanks to the sponsors – Ventspils City Municipality, Ventspils Freeport Authority and “Užavas alus”.

- 📅 Wed, 30.07.2025
- 🕒 18:00-20:00
- ☎ +37129288659
- 🏠 Bušnieki Lake swimming area
- 📍 Bušnieki Lake swimming area

