



In Honour of Latvia’s 105th Anniversary, Take Part in Physical Activities

On 18 November at 11:18, on the occasion of the proclamation of Independence of Latvia, we invite everyone in Ventspils to be physically active and celebrate the 105th anniversary of Latvia by running, Nordic walking, marching or cycling.

Participants can choose to run, walk or Nordic walk 11.5 kilometres or cycle the 19-kilometre outline of the country through the streets of Ventspils. The 19-kilometre cycle ride will start in the Reņķa Garden and the 11.5-kilometre run, walk and Nordic walk at the intersection of Zvaigžņu and Sabiles Streets.

Programme of the event:

At 10:00 – start of the 11.5km walking and Nordic walking event (start at the intersection of Zvaigžņu and Sabiles Streets);

From 10:30 – gathering of participants in the Reņķa Garden for the running and cycling distances;

At 11:18 – start for the 19-kilometre cycle ride (the start will be in the Reņķa Garden);

At 11:18 – start for the 11.5 kilometre race (start at the intersection of Zvaigžņu and Sabiles Streets);

The map for the 11.5 km route is available [HERE](#).

The map for the 19 km route is available [HERE](#).

During the running, walking, Nordic walking and cycling distances, you will have the opportunity to start with knowledgeable pace keepers who will “supervise” everyone to make sure they complete the course correctly! Everyone will receive a souvenir and will enjoy hot tea and porridge at the finish!

Let’s show that we are active and sporty and start the day actively by running or riding the outline of Latvia in the streets of Ventspils. The route of the cycle tour is not an exact outline of Latvia, but includes safe and interesting cycling along Ventspils cycle paths, forest trails and sightseeing outside Ventspils city centre. The routes have been created in cooperation with representatives of SIA “Ģeodēzists” and Veloceļojumi.lv.

We invite everyone to take part in the event and start the morning of Latvia’s birthday actively!

The event is organised within the European Union project No. 9.2.4.2/16/I/103 ‘Measures for the Promotion of Public Health and Disease Prevention in Ventspils’. The project aims at encouraging the individuals to change their health habits and to improve the availability of health promotion and disease prevention services to the residents. The project activities include the promotion of physical activities, healthy diet, and mental health.

