



Interreg



Co-funded by
the European Union

Estonia – Latvia

EE-LV00043

Access Routes

Alise Lūse
Project Leader



**KURZEMES
PLĀNOŠANAS
REĢIONS**



Interreg

Latvija-Lietuva

European Regional Development Fund



EUROPEAN UNION



Interreg

Central Baltic



EIROPAS SAVIENĪBA

Eiropas Reģionālās
attīstības fonds

**Nature Tourism for All
«UniGreen» LLI-010**

**Latvia
Lithuania**

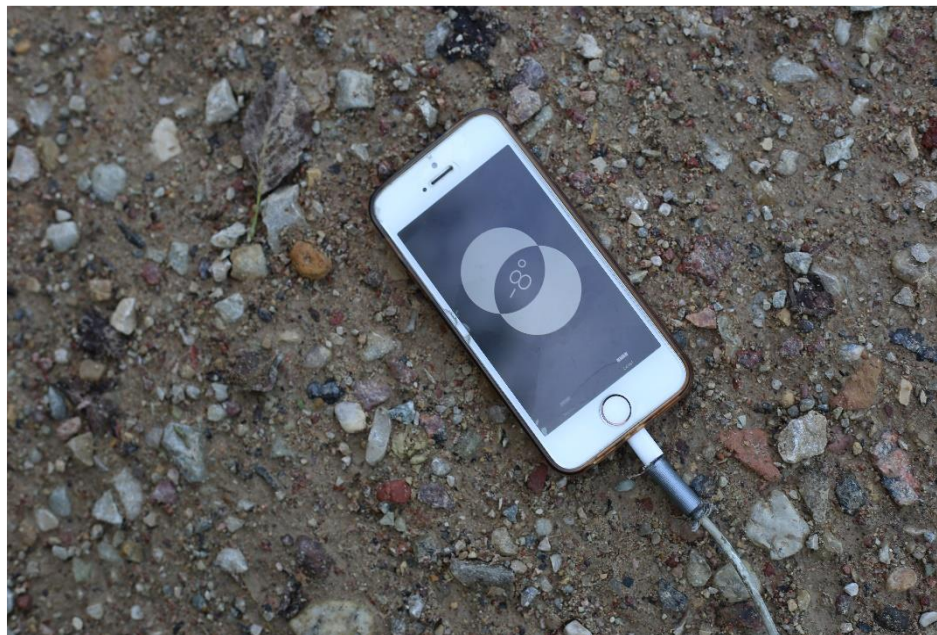
13 sites

**Nature Access to All
«NatAc» CB786**

**Latvia
Estonia
Finland**

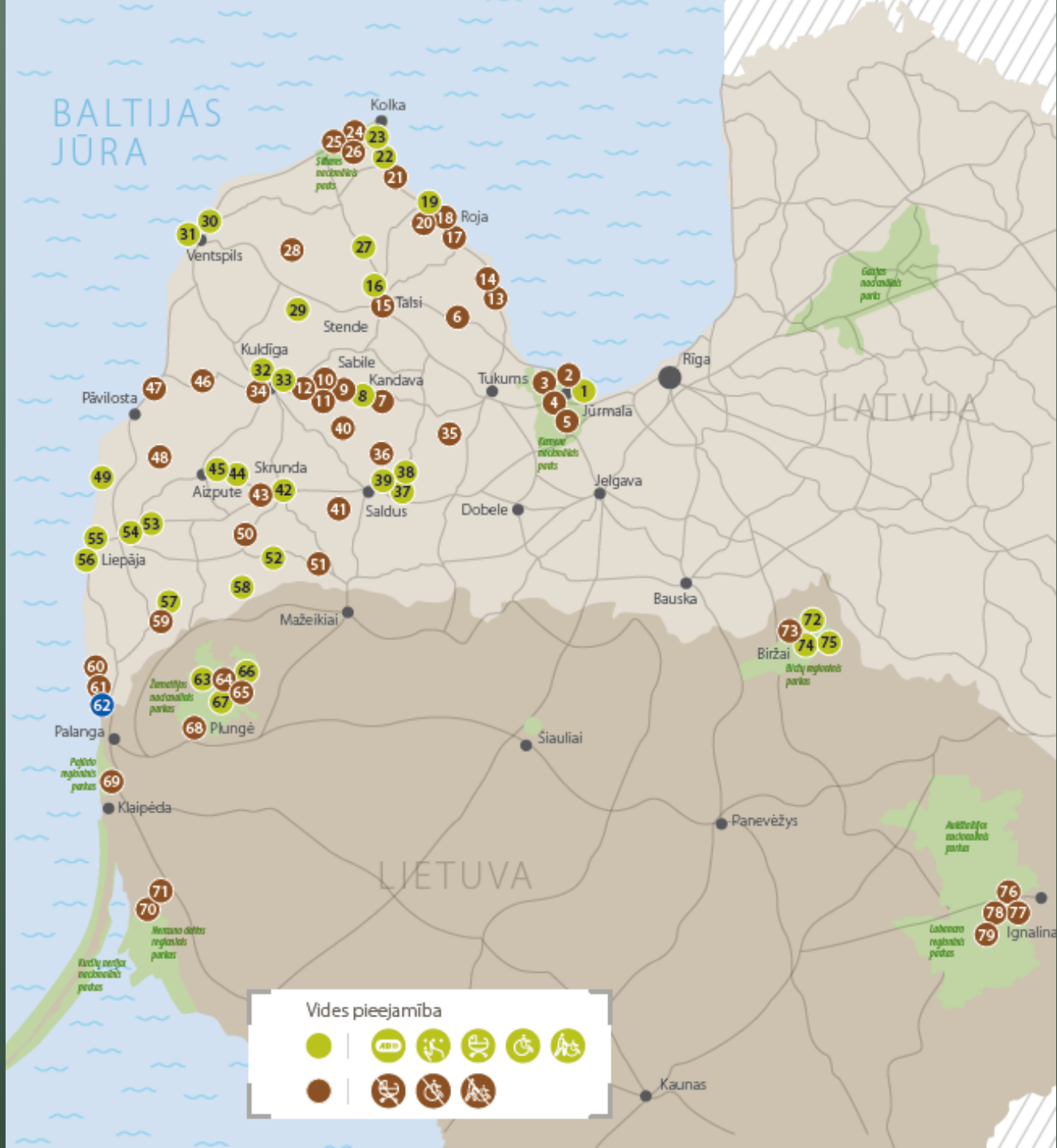
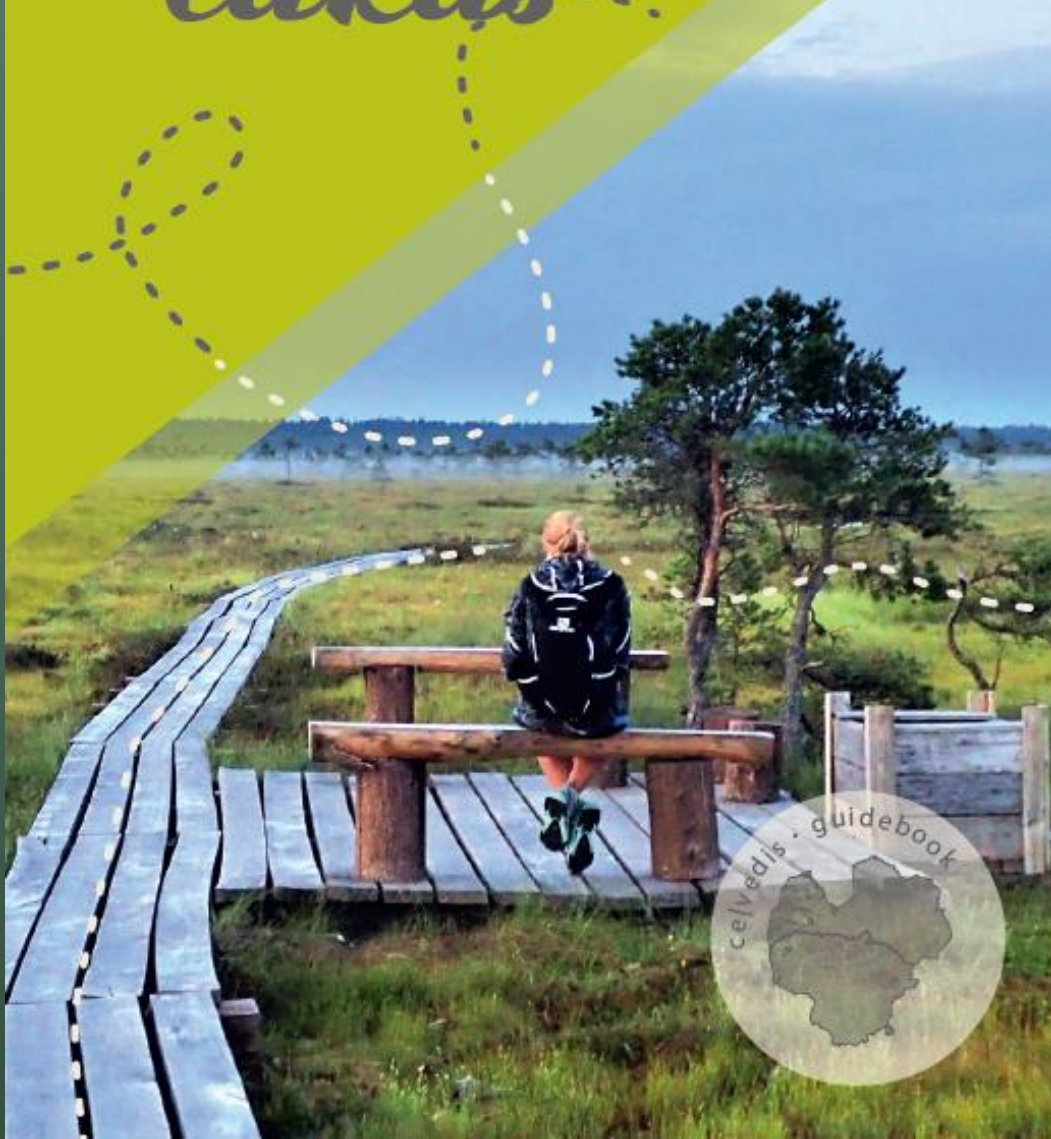
19 sites

Nature trails' inspections



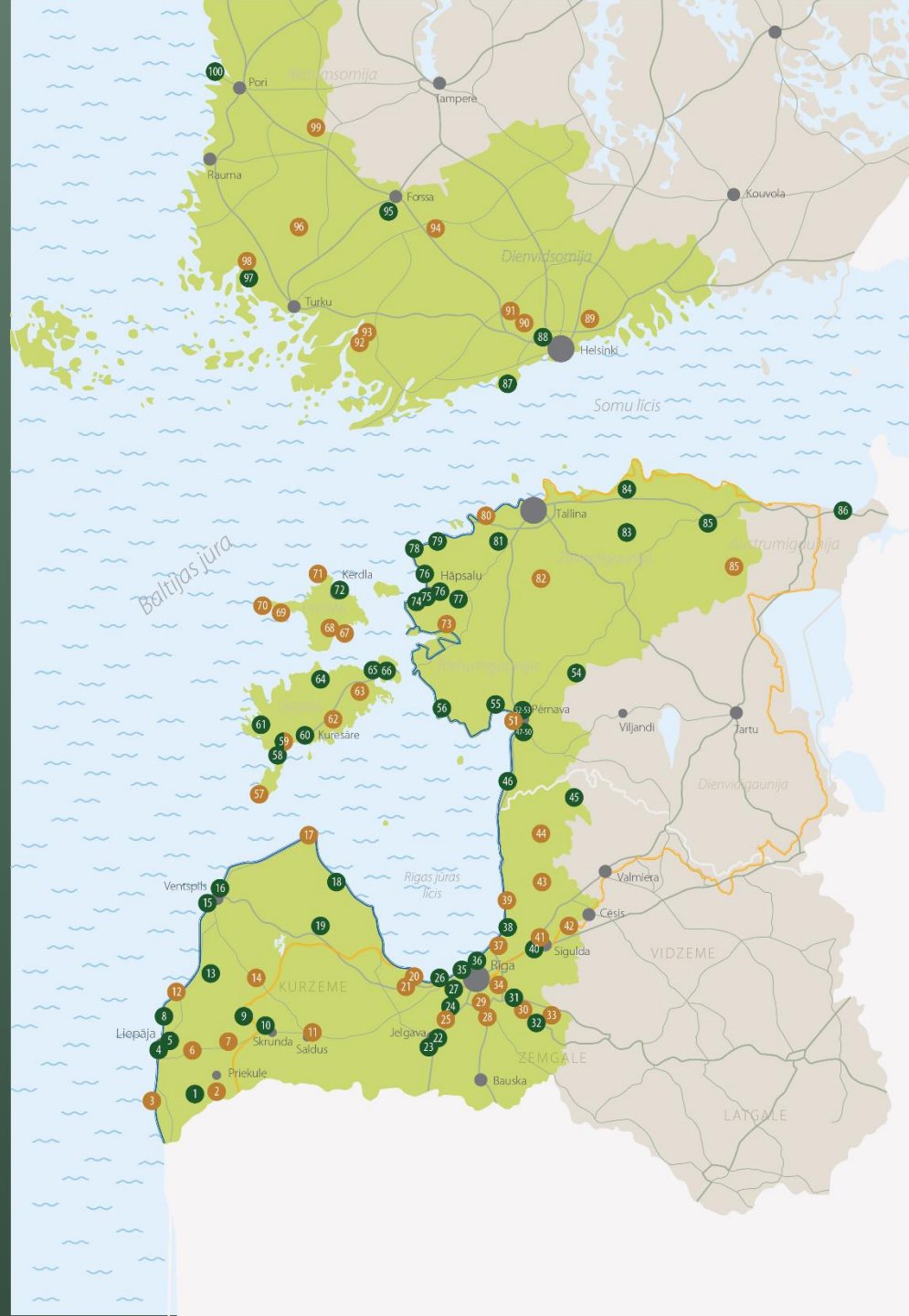
Dabas takas

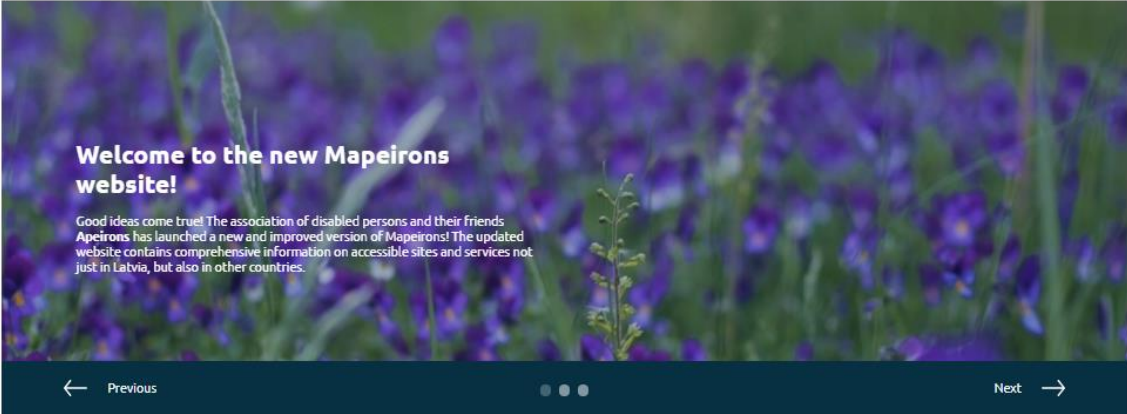
KURZEME
ZIEMEĻLIETUVA



Taku celvedis

Latvija, Igaunija, Somija





Find the best spots for your free time activities!



Search object Location Object type Accessibility Activity type

Total 1026 places

Pävilosta Beach Boardwalk

Watch the trail video: Description: Pävilosta beach boardwalk stretches along the widest gray dune in...

Learn more...

Pävilosta Pier Promenade

Watch the trail video: Description: Pävilosta pier promenade was opened very recently – in 2020....

Learn more...

Paths at Dvēseles Veldzes Dārzs

Listen to trail audio Share audio Facebook Twitter Whatsapp Description: Liepāja Society of...

Learn more...

1 2 3 4 ... 103 >

mapbox

Parking lot



Signs

Green



Rada 0,8 km

Orange



Rada 2,7 km



Kõik puuded ei ole nähtavad
Not every disability is visible

TOILET



Kõik puuded ei ole nähtavad
Not every disability is visible

WC



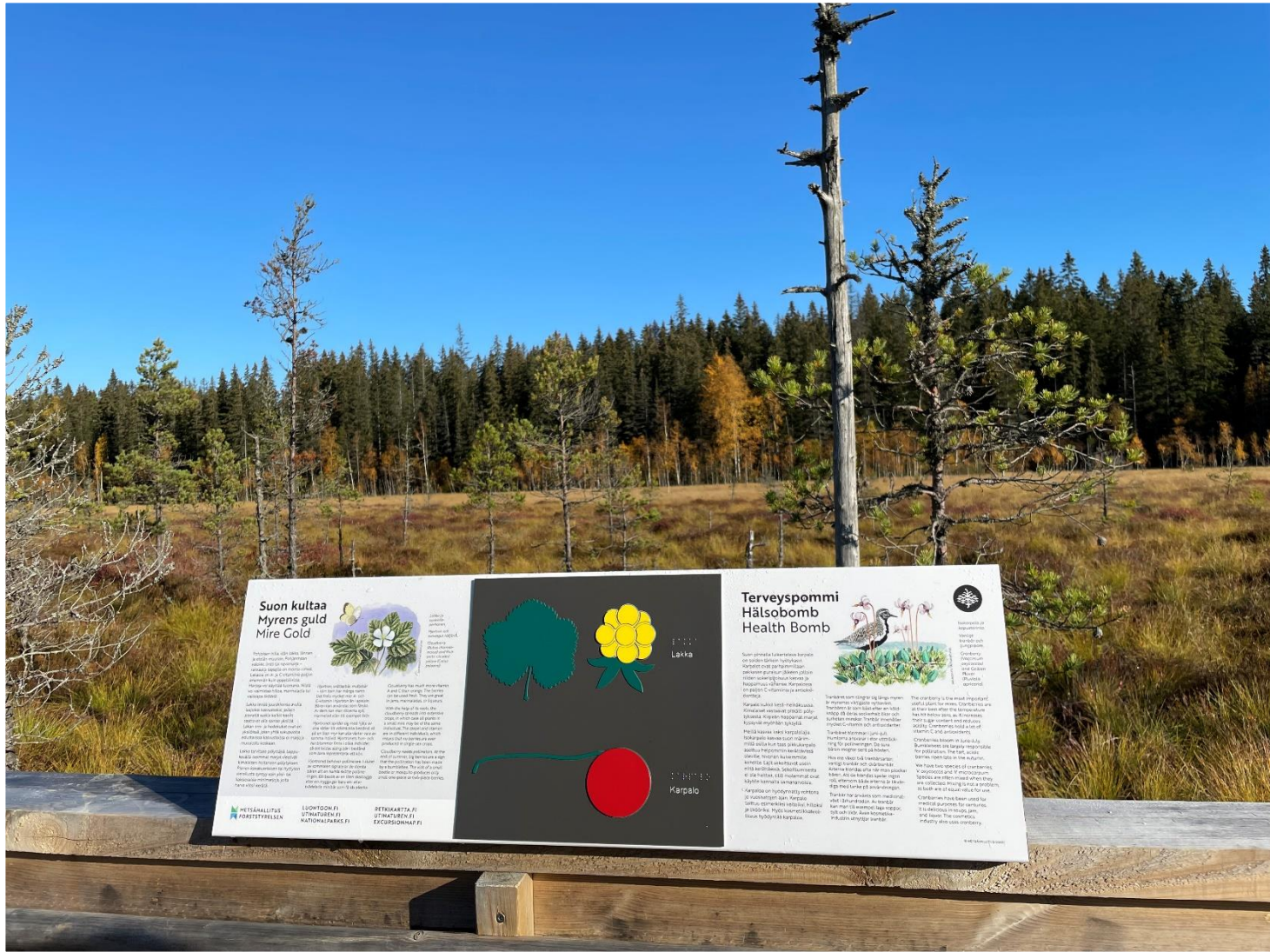
Signs



Taktilie info stendi







**Suon kultaa
Myrens guld
Mire Gold**

Myrenskrämmen är en av de mest giftiga växterna i skogen. Den innehåller mycket alkaliska ämnen som kan skada djur och människor. Myrenskrämmen är också en viktig del av ekosystemet och ger skydd åt många insekter.

Lakka

Lakka är en av de mest vackra växterna i skogen. Den innehåller mycket alkaliska ämnen som kan skada djur och människor. Lakka är också en viktig del av ekosystemet och ger skydd åt många insekter.

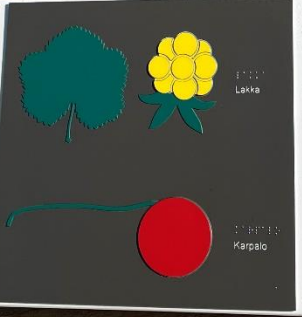
Karpalo

Karpalo är en av de mest vackra växterna i skogen. Den innehåller mycket alkaliska ämnen som kan skada djur och människor. Karpalo är också en viktig del av ekosystemet och ger skydd åt många insekter.

HETELÄÄLITÄS
FORESTFELLEN

LOUHOONEN
NATIONALPARKS FI

ETUKAARANTA
STURKUNEN
EXCURSIONMAP FI



**Terveyspomme
Hälsobomb
Health Bomb**

Suon pohja-kämmä on yksi Suomen tärkeimmistä kasveista. Sen lehdet sisältävät alkalisia aineita, jotka voivat olla myrkyllisiä ihmisille ja eläimille. Kasvi on kuitenkin tärkeä osa ekosysteemiä ja tarjoaa suojaa monille eläimille.

Lakka

Lakka on yksi Suomen kauneimmista kasveista. Sen lehdet sisältävät alkalisia aineita, jotka voivat olla myrkyllisiä ihmisille ja eläimille. Kasvi on kuitenkin tärkeä osa ekosysteemiä ja tarjoaa suojaa monille eläimille.

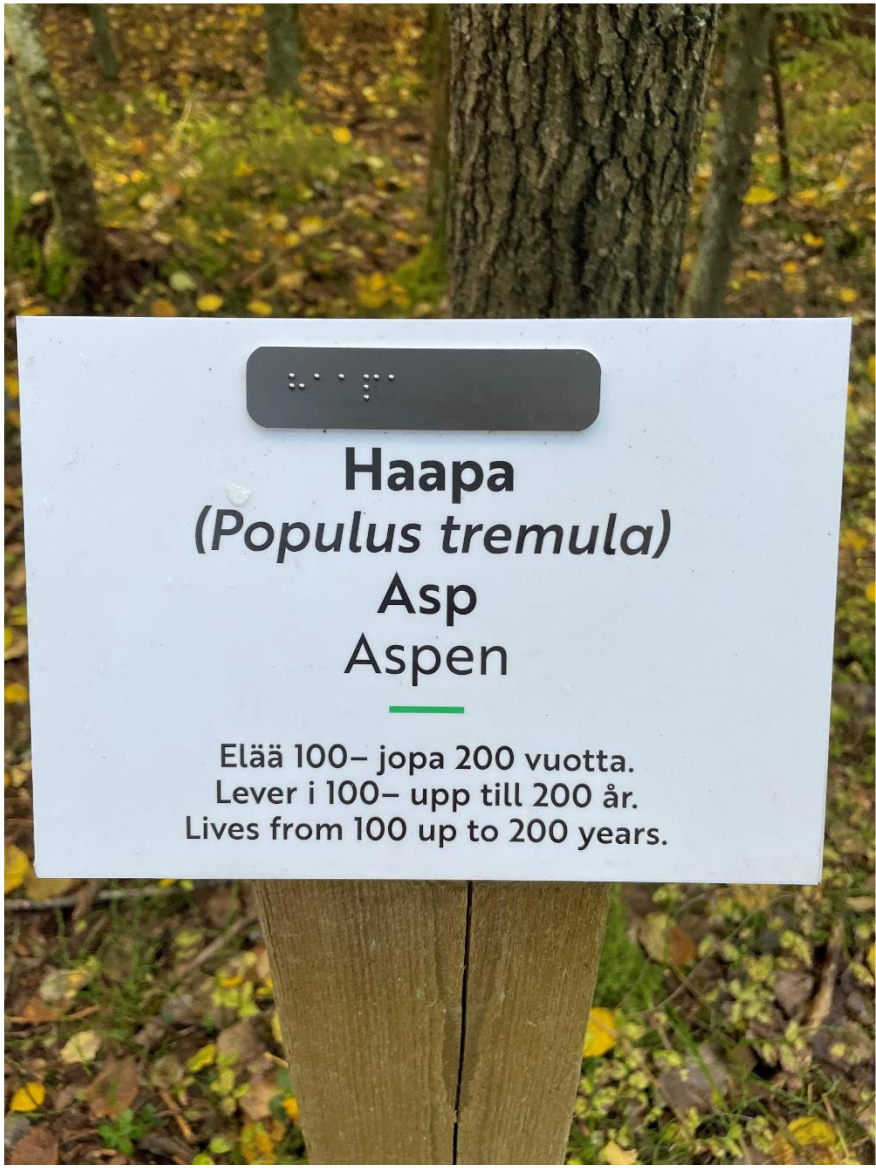
Karpalo

Karpalo on yksi Suomen kauneimmista kasveista. Sen lehdet sisältävät alkalisia aineita, jotka voivat olla myrkyllisiä ihmisille ja eläimille. Kasvi on kuitenkin tärkeä osa ekosysteemiä ja tarjoaa suojaa monille eläimille.

HETELÄÄLITÄS
FORESTFELLEN

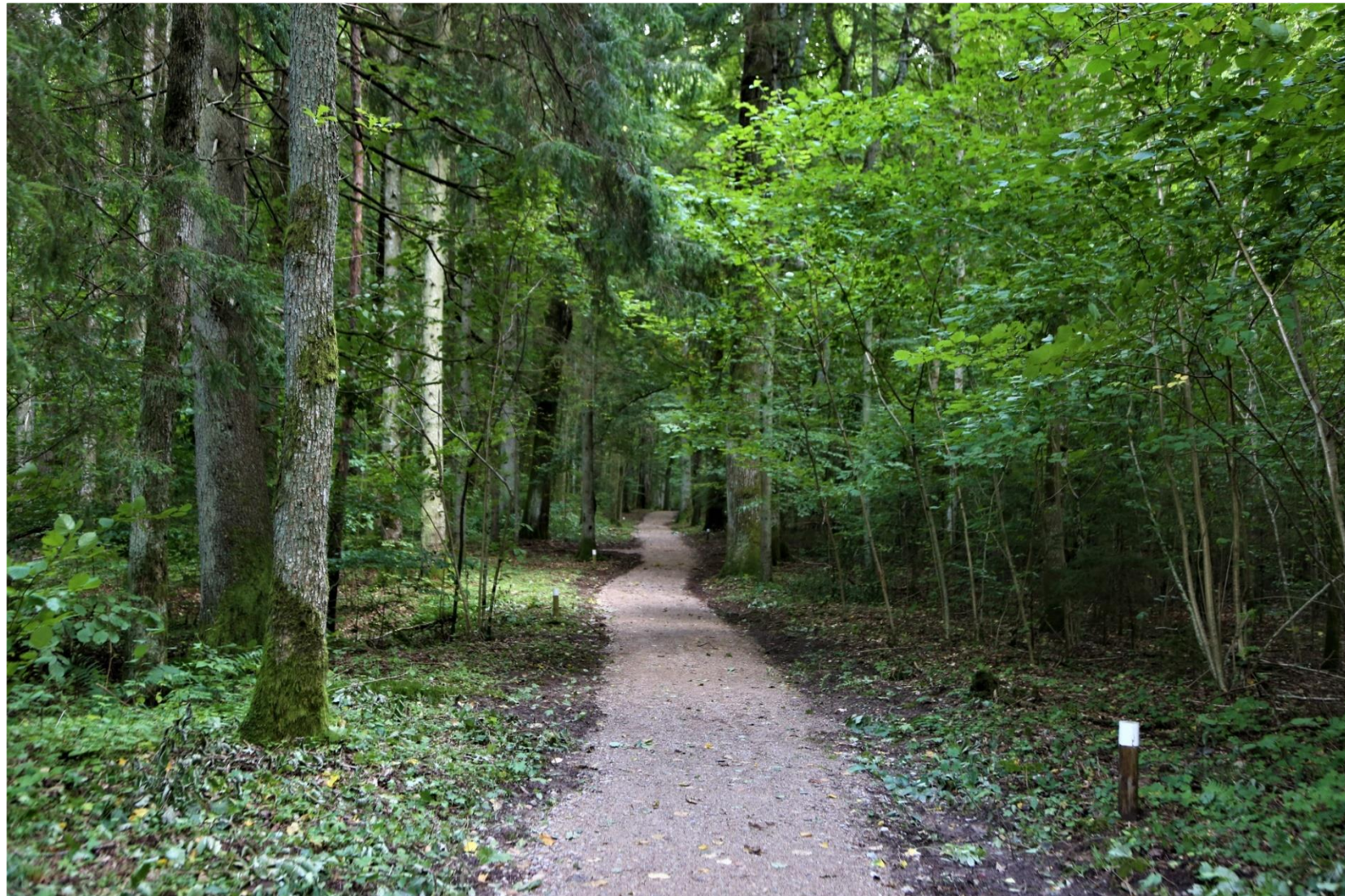
LOUHOONEN
NATIONALPARKS FI

ETUKAARANTA
STURKUNEN
EXCURSIONMAP FI



**Haapa
(Populus tremula)
Asp
Aspen**

**Elää 100– jopa 200 vuotta.
Lever i 100– upp till 200 år.
Lives from 100 up to 200 years.**



Path

Min 1200 mm





Safety



Ramps, resting areas





Benches

Fishing sites





Dry toilets

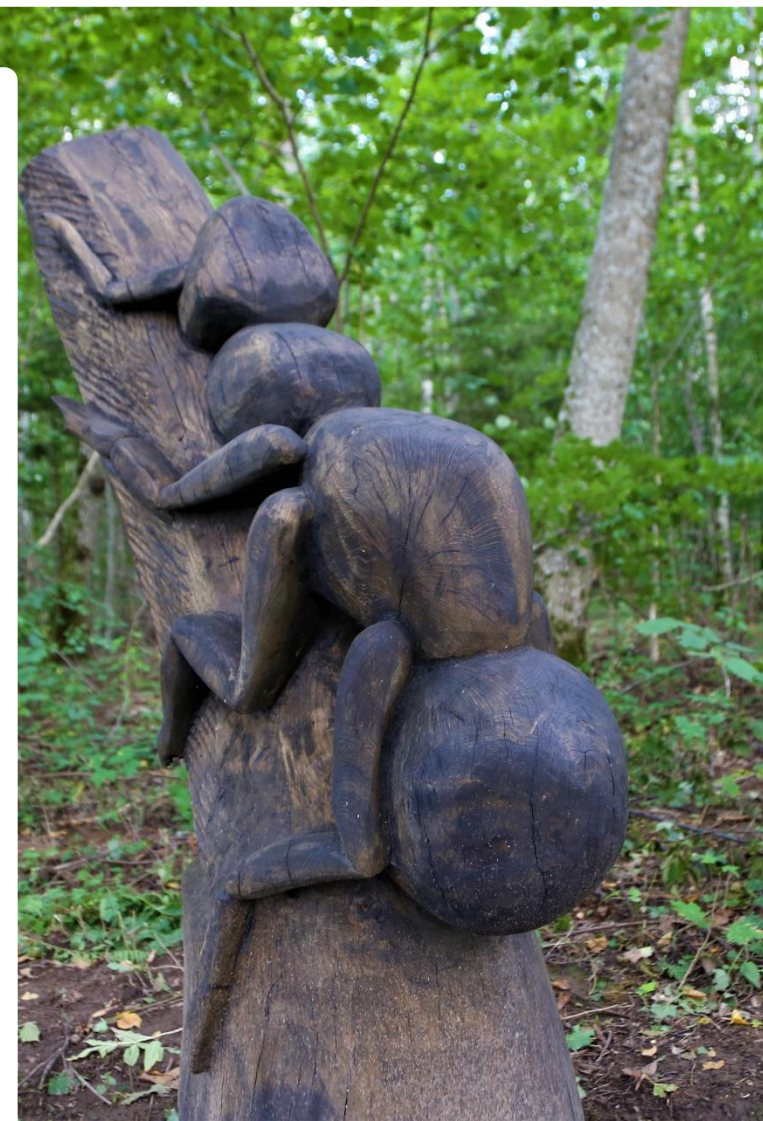
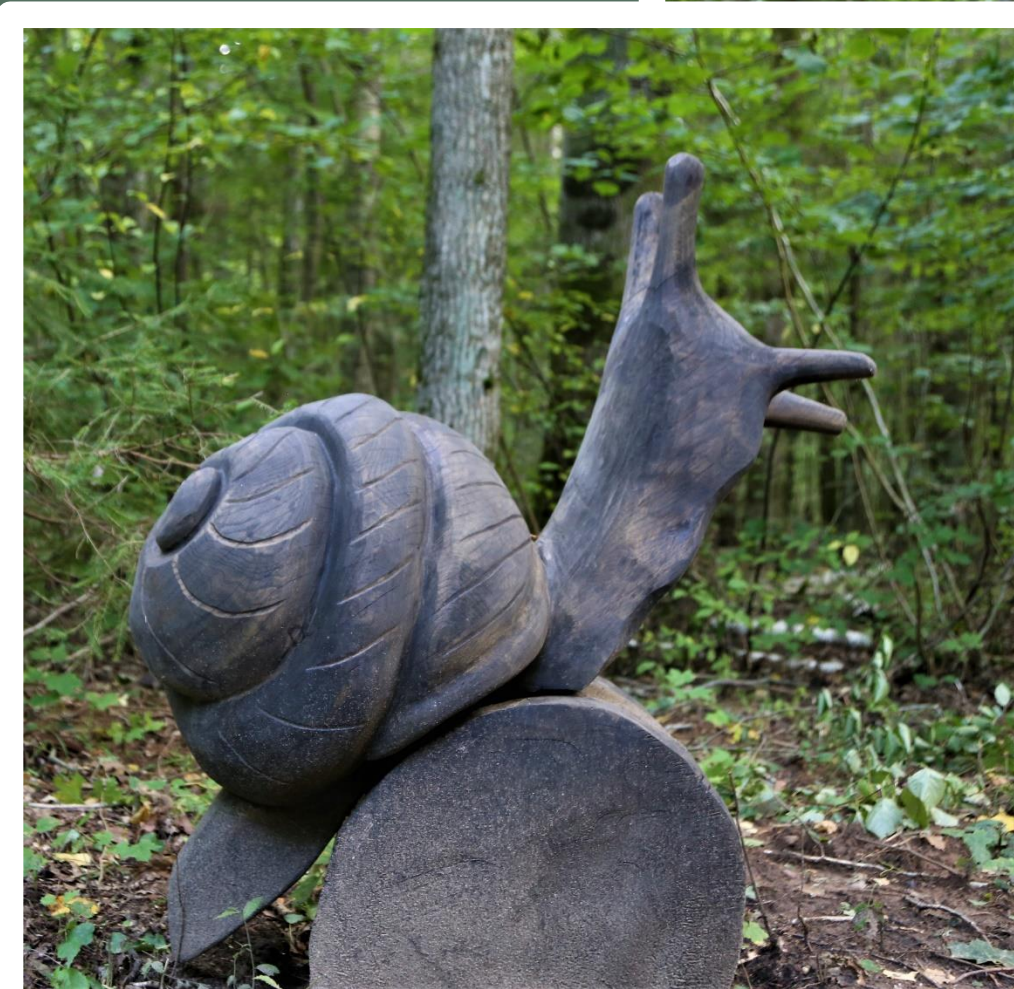




Tactile objects



Wooden



Metal



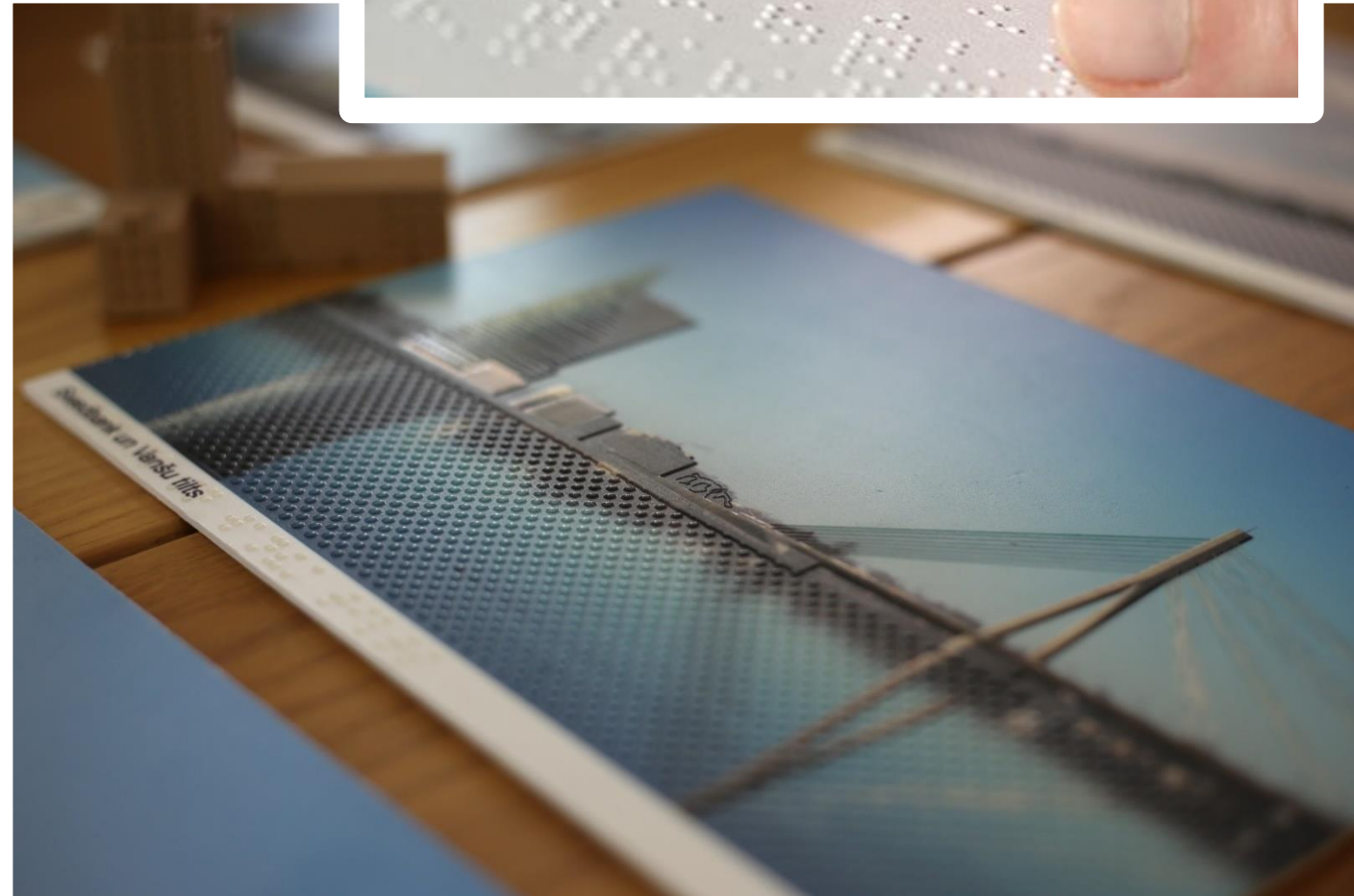
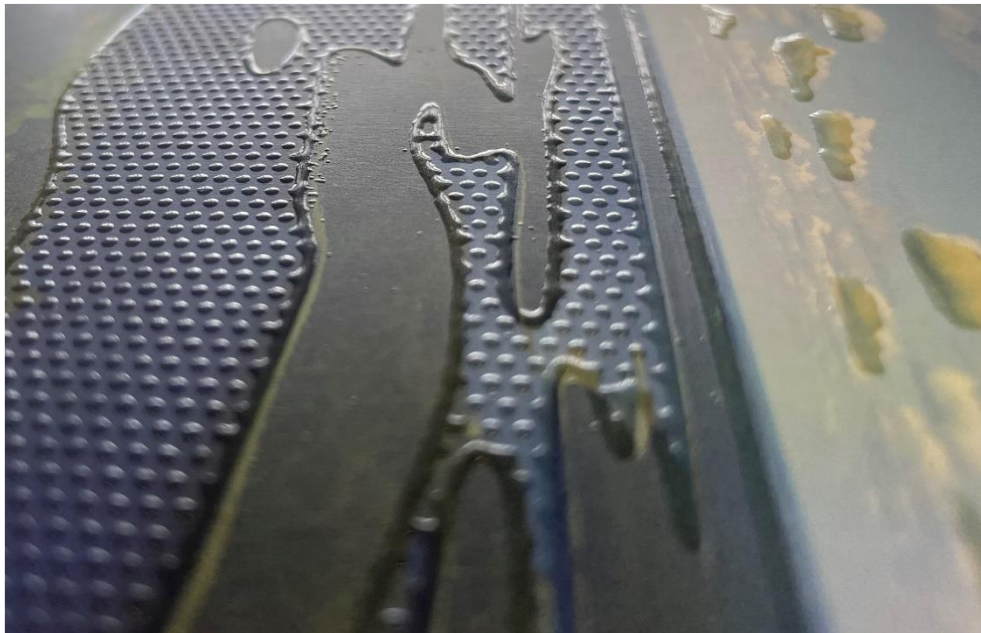
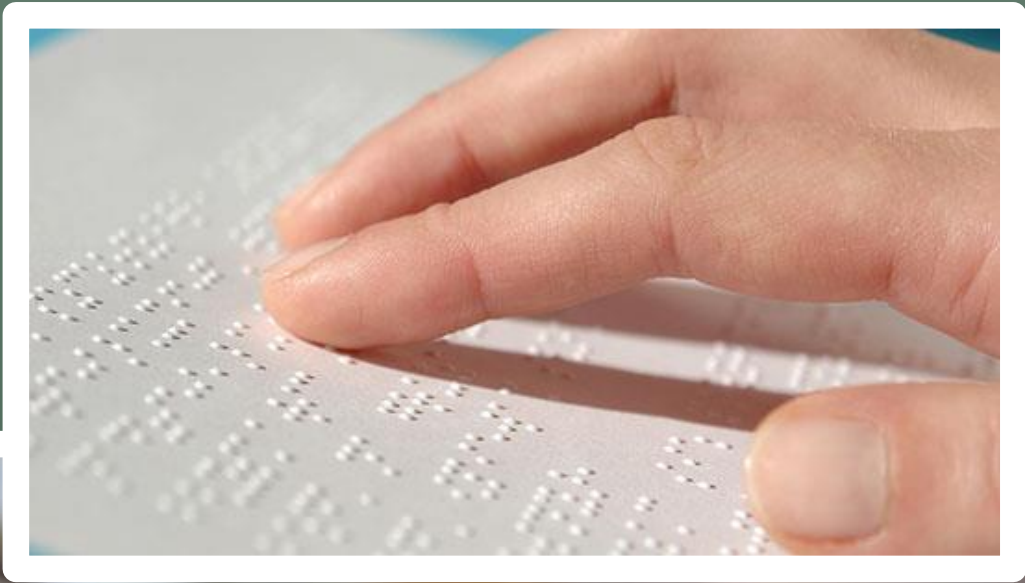
Concrete, 3D type













Organic glass



Tactile cards





				
VISION	HEARING	SMELL	TASTE	TOUCH
				



Accessibility guidelines

TŪRISMA INFRASTRUKTŪRAS, PRODUKTU UN PAKALPOJUMU PIELĀGOŠANA CILVĒKIEM AR ĪPAŠĀM VAJADZĪBĀM

4 TAKA

Kāpnes

Pakāpieniem jābūt ar vienādu augstumu un platumu, nav vēlams veidot grieztas, vītņveida kāpnes. Projektējot kāpnes, nepieciešams ievērot vidējā soļa formulu - $b+2a$ ir jābūt aptuveni vienādam ar 650 mm, kur b - pakāpiena platums un a - pakāpiena augstums.

Katram kāpņu laidam nepieciešams marķēt pirmo un pēdējo pakāpienu ar kontrastējošu (tumšs uz gaiša) krāsu.

Kāpņu margām jāseko kāpņu formai, un tām jābūt 300 mm pirms un jābeidzas 300 mm pēc kāpnēm.

Vietās, kur ir kāpnes, jānodrošina spilgtāks apgaismojums nekā pārējā teritorijā. Vēlams apgaismojums šādās vietās ir 75 luksi.

Samaiņšanās vieta

Laipas minimālais platums ir 1200 mm, taču pārskatāmā attālumā (30-50 m) nepieciešams ierīkot 2000 mm garu un 1800 mm platu samaiņšanās vietu. Ja laipa ir pacelta, samaiņšanās vietās tā jāapriko ar 50 mm augstām apmalēm. Apmales vēlamas visā laipas garumā.

Panduss/ slīpne

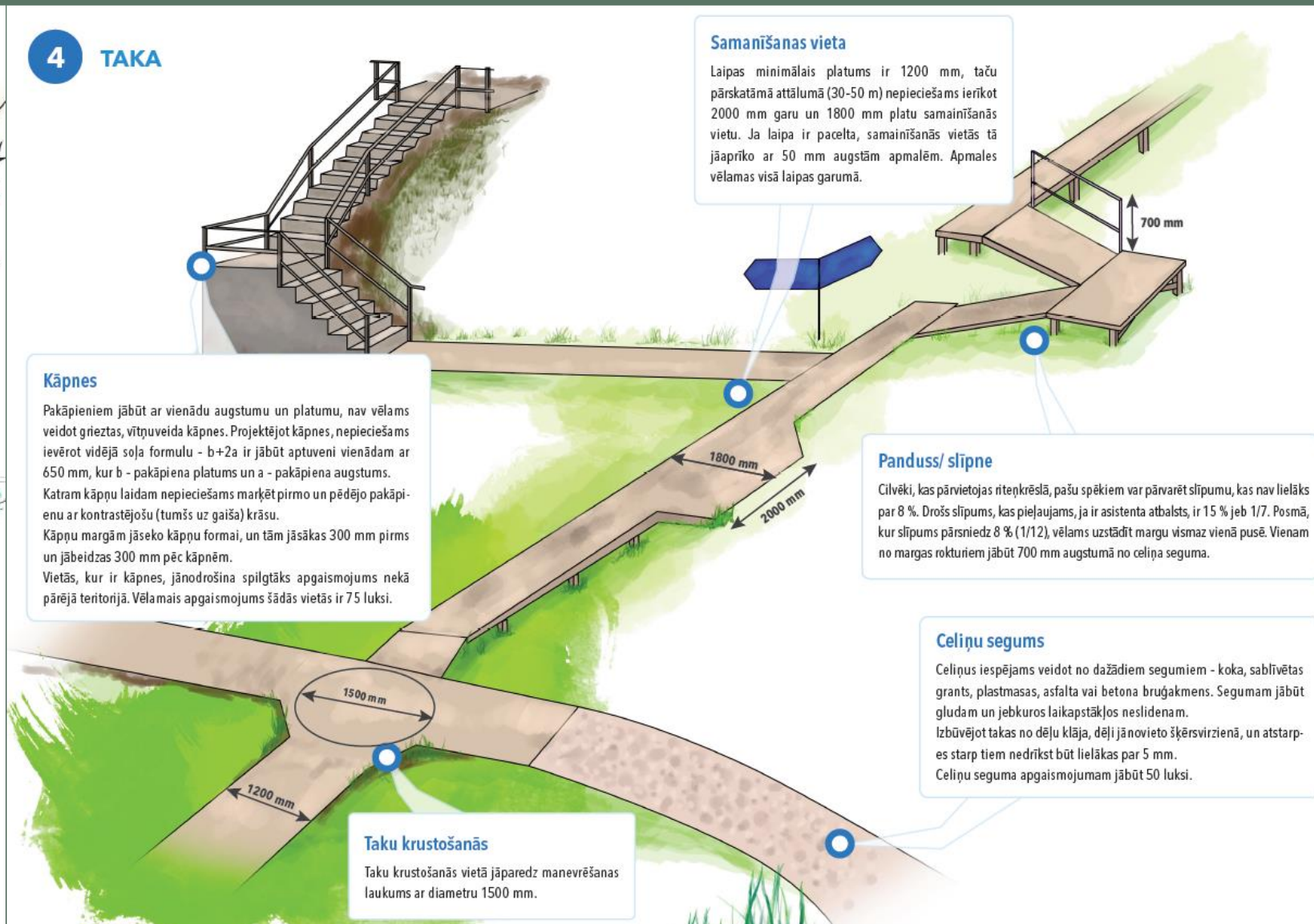
Cilvēki, kas pārvietojas nītenkrēsļā, pašu spēkiem var pārvarēt slīpumu, kas nav lielāks par 8%. Drošs slīpums, kas pieļaujams, ja ir asistenta atbalsts, ir 15% jeb 1/7. Posmā, kur slīpums pārsniedz 8% (1/12), vēlam uzstādīt margu vismaz vienā pusē. Vienam no margas rokturiem jābūt 700 mm augstumā no celiņa seguma.

Celiņu segums

Celiņus iespējams veidot no dažādiem segumiem - koka, sablīvētas grants, plastmasas, asfalta vai betona bruģakmens. Segumam jābūt gludam un jebkuros laikapstākļos neslidenam. Izbūvējot takas no dēļu klāja, dēji jānovieto šķērsvirzienā, un atstarpes starp tiem nedrīkst būt lielākas par 5 mm. Celiņu seguma apgaismojumam jābūt 50 luksi.

Taku krustošanās

Taku krustošanās vietā jāparedz manevrēšanas laukums ar diametru 1500 mm.



7 blocks

Path and resting area

Parking lot

Toilet

Info and signs

Stirs

Watching platform

Fishing/boating site

Accessibility check-list for nature trails

mapeirons.eu

This accessibility check-list for nature trails has been produced with the financial assistance of the Central Baltic Programme 2014 – 2020 as part of the Project No CB786 "Nature Access to All" (NatAc).

The project aims at facilitating access to nature tourism by developing the chain of accessible nature tourism sites in the core Central Baltic area in Latvia, Estonia and Finland. The project is being implemented by the Kurzeme Planning Region in cooperation with NGO West-Estonia Tourism, Estonian Environmental Board, Pärnu City Government and Parks & Wildlife Finland (Metsähallitus).

The contents of this brochure are the sole responsibility of West-Estonia Tourism and can under no circumstances be regarded as reflecting the position of the European Union.

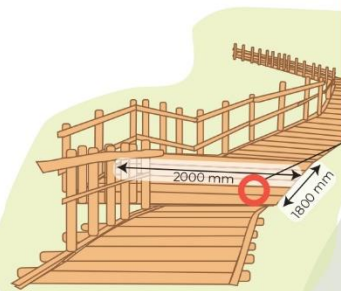
Publisher: NGO West-Estonia Tourism, 2021



Nature trail and resting area

*Questions highlighted in bold are mandatory to be answered "yes" for a trail to meet the minimum accessibility criteria

- Are there exchange areas in every 40 m, in case the boardwalk/trail is narrower than 1600 mm in Estonia and 1800 mm in Latvia and Finland (but not narrower than 1200 mm)?
- Is the boardwalk exchange area at least 1800 mm wide and 2000 mm long?



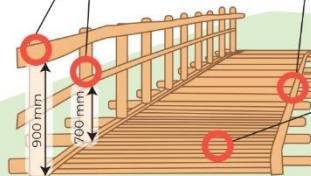
- Is there an accessible toilet available near the trail? (see section Toilet)



- Is there a parking lot near the trail? (see section Parking lot)



- Are there handrails on at least one side of the ramp in at least two heights – 700 mm and 900 mm?



- Is there a 50 mm border along the entire length on both sides of the boardwalk?

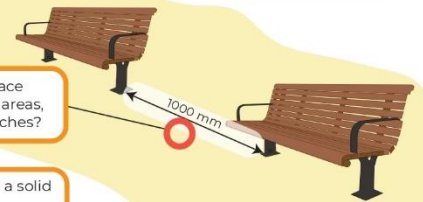
- Is the boardwalk/trail at least 1600 mm wide in Estonia and 1800 mm wide in Latvia and Finland?
- Is the trail surface dense and flat and non-slippery? (weather conditions have to be taken into account, e.g. heavy rain)
- Are boardwalk planks situated perpendicularly to the direction of movement?
- Is the space between planks not more than 10 mm wide?

- Is the trail crossfall less than 1:33 (3%)? (i.e. slope perpendicular to the direction of movement)



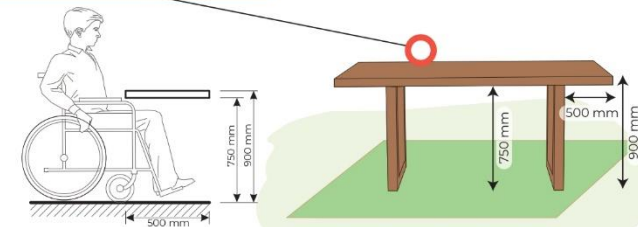
- Are there resting areas available at sites where trail rise reaches 1:20 (5%) and 1:12 (8%), at least in every 6 m or at least one resting area for a 10 m long rise?

- Is there a bench available in every 300 m of the trail? Is there a handle placed at least on one side of the bench?



- Is there at least 1000 mm space between benches at resting areas, which are installed with benches?

- Are picnic tables situated on a solid and flat surface?
- Is there a 750 mm high and 500 mm deep free space below the table?
- Is the table surface not higher than 900 mm from the ground?



Cooperation



Skrunda path



Nominations and awards

UniGreen: Universal design & environmentally friendly solutions in Skrunda path

NatAc: Saaremaa accessible fishing sites, chests of senses, Ombudsman (LV) award 2021 in category of Accessibility initiatives

Access Routes - Project Coordination Group

Partners

- P2 – Vidzeme Planning Region: **Ilze Liepa**
- P3 – EPIK: **Meelis Joost**
- P4 – DCVC: **Astrid Org**
- P5 – SEDMO: **Janelle Uibokand**

Lead
Partner

- Kurzeme Planning Region – **Alise Lūse**

Access Routes - Project Steering Group

Partners

- P2 – Vidzeme Planning Region: **Laila Gercāne**
- P3 – EPIK: **tbc**
- P4 – DCVC: **Aivar Nigol**
- P5 – SEDMO: **Kaia Lehtsaar**

Lead Partner

- Kurzeme Planning Region – **Evita Ozoliņa**

Meetings

- Kick-off in Kurzeme 10.23.
- PMM1 in Estonia 02.24.
- PMM2 in Vidzeme 06.24.
- PMM3 in Estonia 10.24.
- PMM4 02.25.
- PMM5 06.25.
- PMM6 10.25.
- Final meeting 03.26.

1 delegate to Project
Coordination Group

1 delegate to
Project Steering
Group

01.10.23.-31.01.24.

01.02.24.-31.05.24.

01.06.24.-30.09.24.

01.10.24.-31.01.25.

01.02.25.-31.05.25.

01.06.25.-30.09.25.

01.10.25.-31.01.26.

01.02.26.-31.03.26.

1

8

Project periods 1-8 (01.10.23.-31.03.26. 30 months)

Reporting

Checked by FC
> 3 months

Partners
reports

- **Partner Reports 1 – 8**
10 working days after the end of the reporting period
- **Project Reports 1 – 8**
10 working days after last confirmations on partner reports
- **Final report**
together with progress report 8

Checked by JS

Progress
reports (LP)

*10% flexibility of a cost category at the level of the total project budget

Partner report in LV checked by MoEPRD, in EE – by State Shared Service Centre

Payments



① ERDF payment by MA **to Lead Partner**

② ERDF payment by LP **to Partners** (~ 6 months after the end of the period)

Key activities

Inspect trails, cultural heritage objects & services

Study visit to Sweden & Estonia

Create 30 accessible 1-3 day routes

mapeirons.eu upgrade

Open forums & accessibility days

Install tactiles

Create senses' kits

Develop guidelines

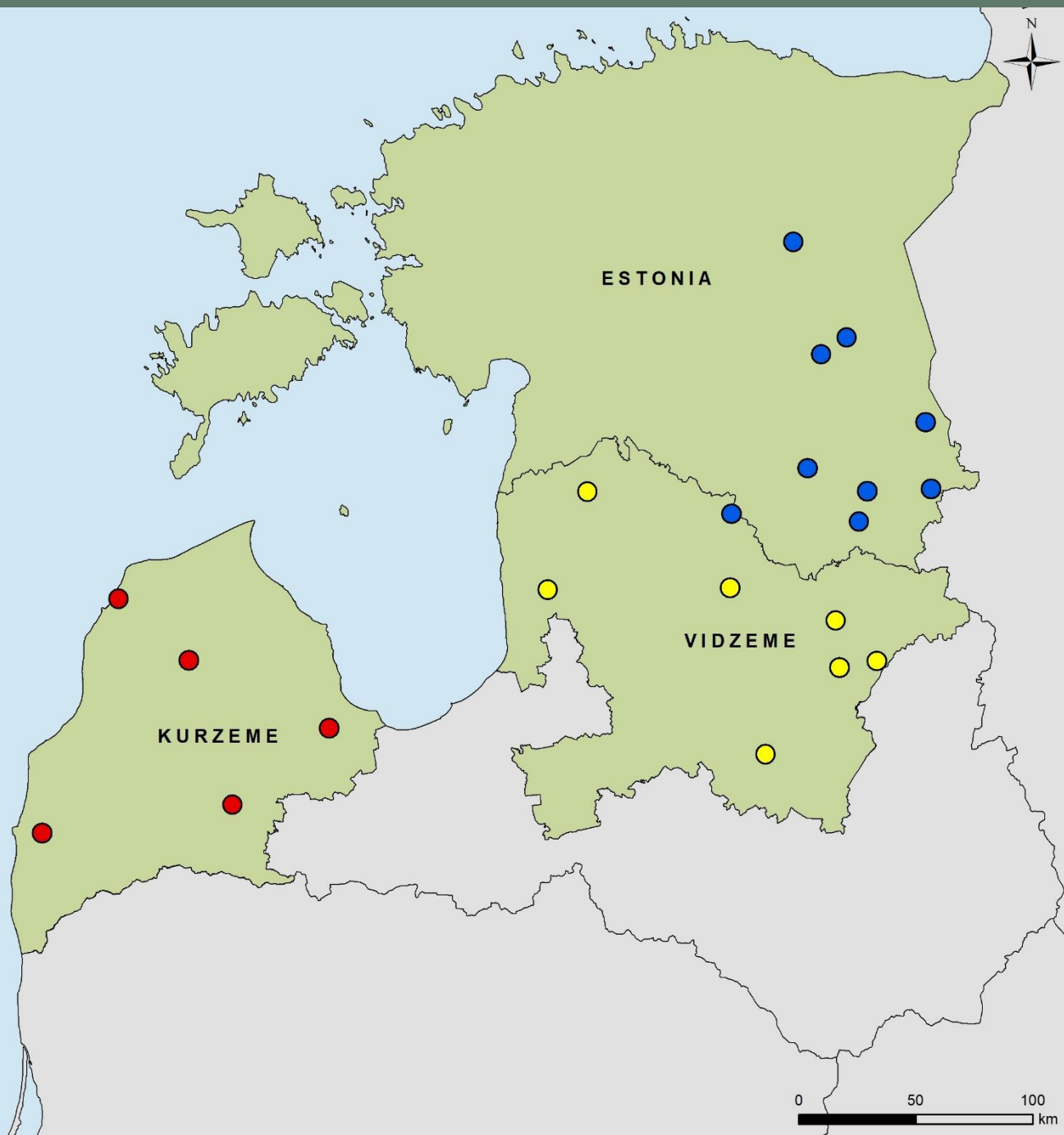
Create «Disability Friendly» brand

Mark routes with signs&pictogramms

Travel Guide on accessible routes

Marketing campaign, videos





Project tactiles

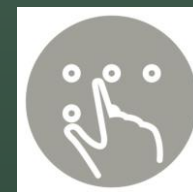
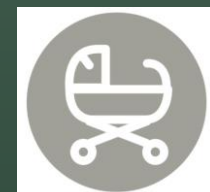
1) 5 in Kurzeme

2) 7 in Vidzeme

3) 5 in Tartu County

4) 4 in Voru County

+ QR codes for audios
and
signage



Kurzeme

1) Mālkalns in Tukums

2) Ciecere path in Saldus

3) Elkrags path in Usma

4) Archeological complex in Grobiņa

5) Lake Būšnieki beach in Ventspils



J.Rozentāls «After the Service (Leaving the Church), 1894

Access routes (accessibility) days



4 events in LV&EE

**1) Easy access tour -
Kurzeme**

**2) Dinner of senses in
Vidzeme**

**3) Cross-border Tartu
gathering**

4) Voru county event



Dinner of senses

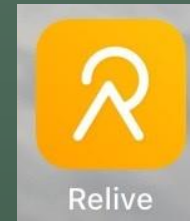


Period 1 (October – January)

**1) Procurement & Contract on accessibility expertise services:
Kurzeme = done**

2) To inspect nature trails in Vidzeme and South-Estonia (min 20):

- ***CL on nature trails*** <https://mapeirons.eu/en/about-accessibility/>
- ***Trail passports*** (Alise will send out)
- ***GPX files, photos, relives***
- ***Upload on mapeirons.eu***



3) To develop a CL on cultural heritage sites & services and carry out inspections in Kurzeme, Vidzeme and South-Estonia (min 30)

4) Organisation of study visit to Sweden (March 2024)

5) Organisation of study visit to Estonia/Latvia (30 to EE, 30 to LV)

Publicity

ACCESS ROUTES

- 1) **Poster**
- 2) **Website section**
- 3) **FB, Instagram etc.**
- 4) **Tags #Interreg
#est-lat
#accessroutes**

sākums » projects » tourism » access routes



EE-LV00043
“Development of
accessible tourism
routes” (Access Routes)

Interreg  Co-funded by
the European Union
Estonia – Latvia

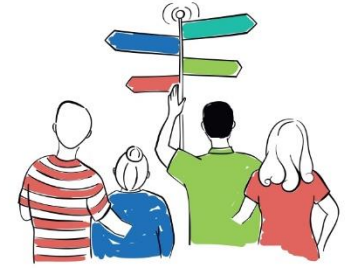
Objective

Expand the chain of accessible nature
tourism destinations on mapeirons.eu
and develop 30 accessible 1-3 day
routes in Latvia and Estonia.



**ESTONIA-LATVIA
PROGRAMME
2021-2027**

Growing through neighbourly cooperation



Access Routes

The project objective is to expand the chain of accessible tourism destinations on mapeirons.eu and develop 30 accessible 1-3 day routes in Latvia and Estonia

Duration

10/2023 - 03/2026

Financed by the
European Regional
Development Fund:

894 217,50 €

Co-financed by
the partners:

223 643,50 €

estlat.eu

Interreg



Co-funded by
the European Union

Estonia – Latvia

Thank you 😊

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