

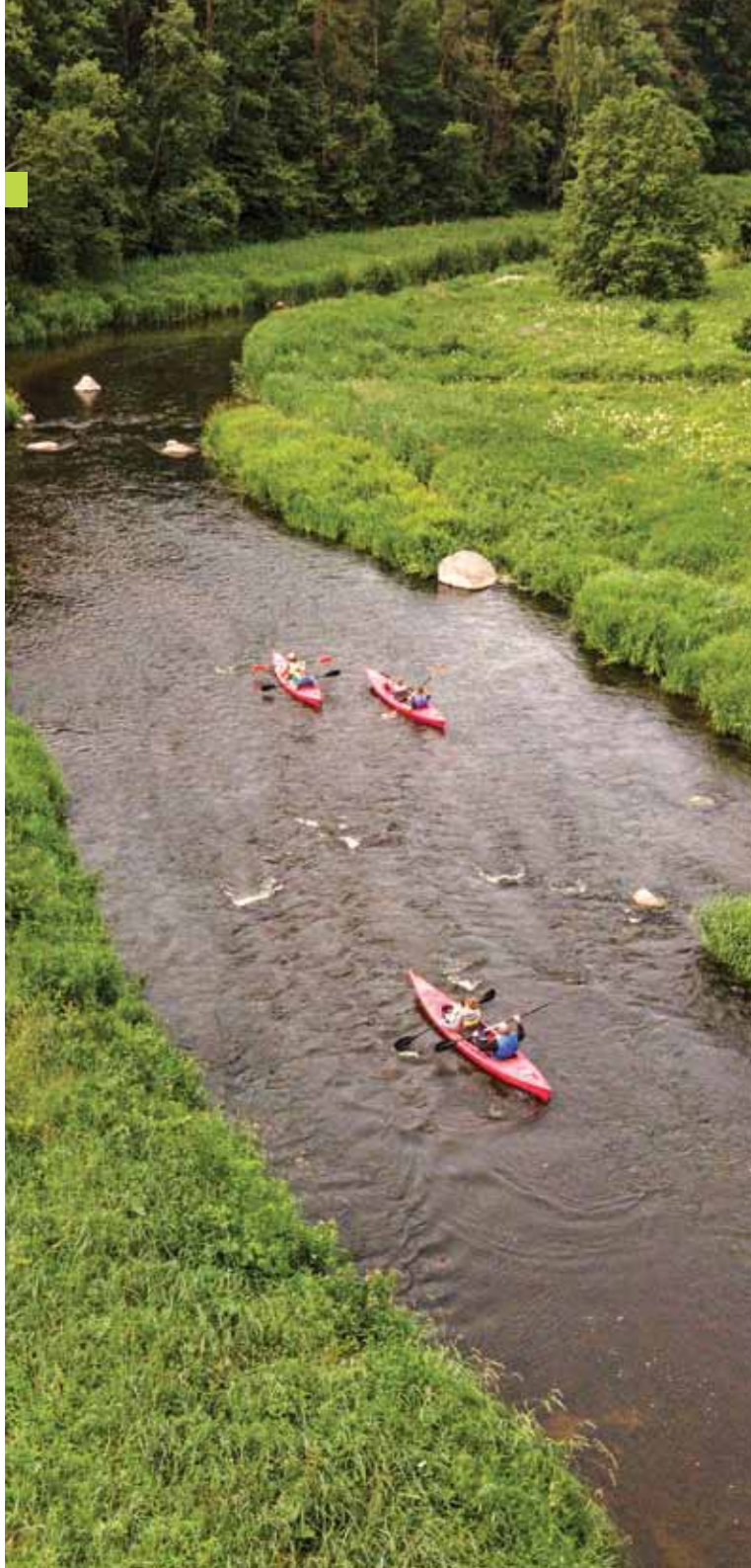
KRETINGA DISTRICT



See it with
your heart



FOR THOSE IN
SEARCH OF
ADVENTURE



For those in search of adventure

Holidays can be lazy. But if the thought of a lounge chair, a crowded beach, and a slow-moving afternoon only makes you yawn, pack up and head for Kretinga and its surroundings. A real paradise of adventure and a dose of adrenaline await you. In the Kretinga area, you will find active recreation to fit any taste.

In this deceptively calm corner of Samogitia, you can experience impressions which you will remember for the rest of your life. You can return to your childhood and climb among the trees, and get past obstacles in the adventure park "Forest".

Hot outside? Head to the wakeboarding park, "313 cable park". Just can't sit still and you want some active recreation? "Boom park" offers so many things to do, it will make your head spin.

The Kretinga area can be proud of its horse farms; if you dream of galloping along forest paths or along streams, there is no lack of opportunities to ride on horseback in the district.

Kretinga District also has good news for enthusiasts of water tourism. The bends and untouched nature of the Minija River can impress even those who think they have seen it all. And if after a day of paddling a kayak or riding on horseback you still have any strength, you can hop onto a bicycle; the planned routes let you see the Kretinga area in an even better and more interesting way.

After spending a perfect day of active recreation, you can take it easy in the evening at the recreation and health complex "Holiday park"; the most varied saunas, pools and water attractions will refresh your body for the next day.

Or maybe you would prefer a non-traditional night's sleep? If you've never slept at a height of 3.5 metres above the ground, give it a try at Kalnius Homestead, along the edge of the forest next to Lake Kašučiai, in a tree-tent stretched out on a terrace built among the trees.

Extreme sport

Want to experience a breathtaking adventure? Welcome to Kretinga District; active recreation is here for the taking. But first, ask yourself: when was the last time you clambered into a tree? Have you ever swung on a swaying cable, when under your feet you see only tree branches? Have you ever glided across the surface of the water? Have you ever tried to rise above everyday cares and concerns? If not, well, the time has come to put your strength and courage to the test.



If you want to try out some recreation that pumps up your adrenaline, **the adventure park “Forest”** is just for you. This park offers children and adults alike a variety of net-bridges to climb and clamber among the trees.

Visitors can choose from 8 routes, with something for the adventurous of all age groups. The lowest route is just 1 m above the ground, while the highest route takes climbers as much as 15 m above the ground.

You can also feel what a free fall from a height of 20 m feels like, try out new tricks on trampolines, and see the mini-zoo animals up close. There is a place here for everybody.

And if you want to be a bit wild, but not too much, come to **“Boom park”**. The park’s founders say that the park is for everyone: child, adult, or someone who has gone a bit off the deep end. Boom park offers so many attractions, it can make your head spin: a crazy rush in a tyre down the hill, leaps onto air pillows, labyrinths and various obstacle courses. But if your maturity gets the best of you and you just want to sit in peace, pavilions and gazebos await your party or gathering. And that is not all. At Boom park, you can breathe the fresh air, grill some summertime food in the designated campfire areas, and relax in a sauna.

Those searching for water recreation or refreshment on a hot summer day will find an entire assortment of entertaining options at the **wakeboarding park “313 cable park”**. This is the newest and most modern wakeboarding park in all of Europe. The legendary Vilnius bar Briesly is located at the park. A large terrace with a view of the wakeboarding area and the tricks performed by wakeboarders will focus your attention. Wakeboarding will certainly please many adventure-seekers. It is an activity which beginners can handle, but offers opportunities for extreme tricks and adrenaline to experienced wakeboarders, too.

Have you ever heard of **motoball**. This unconventional sport can be seen in Lithuania in only two cities. And Kretinga is





one of them! Motoball is a game with a ball on a football pitch, but the athletes are certainly not running around on the pitch. They move the ball while mounted on motorcycles. The sight is worth some impassioned cheering and even more photographs. We invite you to make some unforgettable memories at the Kretinga motoball pitch. Each summer, there are international championship matches. Everybody can watch motoball in Kretinga!

To make it easier to find:

- „**Boom park**“ – Mokyklos str. 90, Žibininkai, tel. +370 685 44 419, www.boompark.lt
- **Kretinga motoball pitch** – Tiekėjų str. 34, Kretinga, tel. +370 655 49 945, www.motobolas.lt
- **Adventure park “Forest”** – Liepų str. 23, Žibininkai, tel. +370 650 22 050, www.miskaspark.lt
- **Wakeboarding park “313 cable park”** – Mokyklos str. 82, Užpelkiai, tel. +370 663 13 313, www.313cablepark.lt



Riding: on horseback, with your hair streaming in the wind

Galloping through the fields on a fast horse, with its mane streaming in the wind: a lot of us probably had that dream in childhood. And that is what makes a dream so fun, because sometimes it comes true. Especially if you visit Kretinga District. You can find several stables and clubs here, with trainers and horses ready to make those dreams come true, teach you to ride, and teach you how to behave with the elegant four-footed couriers of freedom.



If you are interested in professional riding lessons with an instructor, it is time to visit **the horse-riding sport club “At the Baltics”**. During the lesson, you learn the basics of horse-riding or improve the skills you already have. The instructor will instruct you in the finer points of getting along with horses. After all, one of the most important steps toward successful horse-riding is to establish a relationship with the horse. The horse-riding lesson will not only give you insight into horses and the art of riding, not only teach you some practical skills for riding and behaving with horses, but also relax you and encourage you to think positive thoughts.

The **riding school “Leader”** invites everyone to actively and pleasantly spend their leisure time. During the ride, you have an opportunity to get to know these wonderful creatures, horses, who provide so many positive emotions.

Even those who have some experience with the art of horseback riding or who have some familiarity with breeds of horses will be struck by **the Friesian horses** raised at the **Kalnius homestead**. The Friesian breed is one of the oldest breeds of horses in Europe. Friesians have long been used for farm work as well as for war. In war, they were without equal in their strength and courage. Friesians were used in war by the Romans, and later, the English came to like the breed for its good nature. The birthplace of these beauties is the province of Friesland in the Netherlands. And it is precisely because of their exceptionally positive qualities that Friesians are raised at the Kalnius homestead. Even a completely inexperienced beginning rider can ride these horses without fear. After all, the Friesian is not only courageous, but also a calm and thinking companion. The Friesians raised since 2014 at the Kalnius homestead make good company for bounding across the fields (with the rider wearing a helmet, of course), or, conversely, for calmly trotting down the forest paths and along the riverbanks. Whichever method you choose, riding on a Friesian of great beauty will make you feel like a movie star.

To make it easier to find:

- **Horse-riding sport club “At the Baltics” stable** – Liepų str. 1B, Žibininkai, tel. +370 690 40 538
- **Riding school “Leader”** – Saulėtekio str. 9A, Užpelkiai, tel. +370 686 12 900
- **Kalnius homestead** – Barkeliai, Kretinga dist., GPS: 56.00547, 21.30544. Tel. +370 603 05 688, www.kalniaus-sodyba.lt





Water recreation

Everybody knows: water calms and relaxes. So give yourself a gift of unforgettable moments and see a multitude of wonderful sites created by untouched nature and the river itself, which sometimes are invisible when seen from a riverbank... Forget your work, the hustle and bustle of the city, and immerse yourself in the adventure of water recreation: by kayak, by pedalboat, or simply splashing around in a pool.

For those in search of active water recreation, the ideal way is to experience it **in kayaks**. And the best adventures for those in kayaks are offered by the beautiful and ever-amazing Minija River. The Minija is best for water tourism in April–May, along a route from Stalgėnai, Mardosai or Aleksandravas to Kartena through Salantai Regional Park. The Minija flows through the park territory for about 25 km. During a drier period, when the water level in the river falls, it is possible to start the trip by kayak from Kartena in the direction of Gargždai. For those who wish to spend the night along the way, countryside tourism homesteads located along the riverbanks offer their services. Floating down the Minija, memories are guaranteed: it is a fun challenge to cross a sudden drop in the river, to stop for lunch in a quiet backwater, on a hot day to jump into the cool river current.

Those who prefer calmer leisure on the water can find it at **the countryside tourism homestead “Vienkiemis”**. The hosts invite visitors on scorching-hot summer days to spend some pleasant time on the water

in pedalboats. As you travel, you enjoy the impressive natural landscape of the Akmena, and you pass through the most beautiful bends in the river. You can watch the coming and going of beavers in the river current.

The recreation and wellness complex “Holiday Park”, the largest in western Lithuania, offers families as well as other visitors fun as well as relaxing recreation year-round. Geothermal mineral water, therapeutic mud procedures, saunas with amber, herbs, and nephrite (a type of jade), 16 outdoor and indoor pools, a separate space for children, and wellness programmes will help you recover your strength and enjoy the natural surroundings. Those who would like a longer stay are invited to stay in the hotel or in the log villas, tent site, or camping-car park tucked into the forest. You can enjoy bicycling, running or walking through the forest, playing padel tennis or outdoor tennis, and spend the evening in two cosy restaurants.

SPA “Levanda” is still another ideal place for resting your body and soul in Kretinga District. Dozens of relaxing, refreshing, healing procedures will help your body to actively recover, until you simply melt in relaxation. The private surroundings, soothing music and aromas, professionally-performed massages and water procedures will, in the space of several hours, help you feel as if you had spent a week on holiday.

Yet another unique relaxing oasis is **“Želvė Village & SPA”**. Here you’ll find rooms just made for relaxation, a private spa with a Swedish sauna, massage services and a separate space for group sport activities. “Želvė” offers privacy, cosiness and the feeling of utter relaxation to each of its guests.

To make it easier to find:

- ➔ **Countryside tourism homestead “Vienkiemis”** – Vienkiemio str. 3, Padvariai, tel. +370 685 69 549, vienkiemis.lt
- ➔ **Recreation and health complex “Holiday park”** – Venecijos str. 2, Žibininkai, tel. +370 600 85 222, atostoguparkas.lt
- ➔ **SPA „Levanda“** – Pakrantės str. 5A, Padvariai, tel. +370 672 32 044, www.spalevanda.lt
- ➔ **„Želvė Village & Spa“** – Želvių str. 119, Želviai, tel +370 460 20 420, www.zelvellagespa.lt
- Kayak rental:**
- ➔ **Kayaks in Kartena** – Kartena, phone +370 645 79 020, www.baidarius.lt
- ➔ **Kayak rental** – Plungės str. 16, Kartena, phone +370 601 70 485, www.baidareskartenoje.lt
- ➔ **Countryside tourism homestead “Laukžemis”** – Laukžemė, phone: +370 640 20 030, +370 620 82 020, www.laukdvaris.lt
- ➔ **Kalnius homestead** – Barkeliai, phone +370 608 64 000, www.kalniaus-sodyba.lt
- ➔ **“Minijos baidarės” (Minija Kayaks)** – Plungės str. 26, Kartena, phone +370 640 24 477, www.minijosbaidares.lt
- ➔ **Raguviškiai sauna** – Raguviškiai, phone +370 650 46 895, pramogaukasmus.lt
- ➔ **“Rūdzio baidarės”** – Minijos str. 2, Kartena, phone +370 672 26 698, rudziobaidares.lt
- ➔ **UAB “Paslauga tau”** – Birutės str. 11, Kretinga, phone +370 687 12 779, baidares.biz
- ➔ **„Basos kojos“** – Kalno str. 5, Dauginčiai, tel. +370 656 61 151

Through the Kretinga area on bicycles

It is one thing to see the area through the window of a car, it is another thing to see from a kayak or a boat on the water. There are places, though, which you can reach neither by paved road nor by water. In that case, an excellent solution is to travel by bicycle: environmentally friendly, economical, healthy, active, ever-interesting.



1st route

Kretinga–Dimitravas–Erškėtnas–Lazdininkai–Sausdravai–Mažučiai–Laukžemė–N. Jpiltis

Just to travel around the city of Kretinga itself by bicycle will take several hours. Not because the city is huge. It is because there are so many interesting sights to see in the city, where it is worth stopping. The first stop: **Kretinga Museum**. Having bought a ticket, you can visit the manor house, the Winter Garden, the mill, and the manor superintendent's house. You may be tempted to have lunch at the cafe in the manor or to have a coffee at the manor confectionery. In Kretinga, you can also visit the Tiškevičius family chapel-mausoleum, the Franciscan monastery and church, the local version of the Lourdes grotto, and the beautiful Dvaras, Pastauninkas, and Jaurykla parks.

From Kretinga, it is a fun ride by bicycle to the village of **Dimitravas**. A manor had stood there, and now only the ruins of the forced labour prison remains. Locals you meet will tell you about the interesting past of their village. And from Dimitravas twists and turns a peaceful and lightly-travelled road to Erškėtnas. That site will take more time to see. The **Alka Hill** stands in a clean forest. Our ancestors offered sacrifices on the hill. Much later, the hill became a mass grave for massacred Jews. **Erškėtnas** itself is not so far away, with its small hill of crosses, next to which a miraculous spring flows. It is said that the Virgin Mary appeared here. A chapel stands in her honour, and services are held here in May. A rest area awaits the tired.

From Erškėtnas, sandy forest roads lead you to **Lazdininkai**. Here, a **windmill** turns, and has even been dubbed presidential, since its owner is the father of Lithuania's current president. The mill, having been bought with money earned from working in coal mines in the USA, was transported to Lazdininkai at the beginning of the 20th century, and operated for many years. The mill no longer functions, but certainly makes one pause to take in its grandeur.



From Lazdininkai, it is not so far to Sausdravai. In this out-of-the-way village, you find the **Baltic Mythology Park**. From a bird's-eye view, the park resembles the Tree of Life, an especially important element of the culture of the Balts. As you wander the well-maintained yet simultaneously very natural paths of the park, you get to know the deities of the Balts.

In the adjacent village of Mažučiai, the still-expanding **Japanese Garden** amazes with its beauty as it propagates an exotic (for Lithuanians) culture. It is unique, the only such garden in Lithuania and the largest of its kind in Europe. It is beautiful here year-round: covered in snow, coloured by autumn, flowering in spring with cherry, magnolia and other blossoms. If you tire of strolling around the garden, you can enjoy the Japanese tea ceremony, photograph yourself dressed in a kimono, or calmly meditate in the rock garden.

Having rested, an excellent road easily leads you to **Laukžemė**, a beautiful village with **the old Church of Saint Andrew the Apostle** and the crumbling, yet still-intriguing manor. From Laukžemė, it is not so far to the village of **S. Jpiltis**. You can visit more than one impressive hill-fort there.

2nd route

Kretinga–Raguviškiai–Budriai–Abakai–Kartena–Kūlupėnai–Nasrėnai–Skaudaliai–Kalnalis (new cyclist-pedestrian path to Imbarė hill-fort)–Salantai–Gargždelė

Having seen Kretinga's sights, you can choose the second route, too. It first takes you to **Raguviškiai**, which is located in the picturesque valley of the Minija River. From there, it is not far to **Budriai**, and from there it is a quiet road to the nearby Abakai. There stands the **Abakai Lourdes**. It was built in 1921 by Kazimieras Navirauskas, in thanksgiving for returning alive from the First World War. A spring reputed to have healing properties flows alongside the grotto and chapel.

Abakai is located near Kartena. And it is well-known for **the Kartena hill-fort**. If you can believe legends, this hill-fort was built up by stubborn Samogitians who were at war with the Swedes and the Russians. Based on archaeological digs, a castle on the Kartena hill-fort was built in the 8th–9th centuries not by the Samogitians, but by the Curonians. Those who make the effort to climb to the top of the hill-fort are rewarded with a marvellous panoramic view of the Kartena vicinity.

From Kartena, the road takes you to **Kūlupėnai**, known for its strawberries, and next comes Nasrėnai, with the **museum of the birthplace of Bishop Motiejus Valančius**. An 18th century barn is preserved there. An ethnographic exhibition acquaints visitors with the housewife's working area, the room where a girl would sleep, a storage room for household items, and the grain storage area. In the farmhouse, you can get an idea of how Bishop Valančius himself lived. Events at the museum include readings of Samogitian texts and theatre performances, and, oddly enough, here you can see perhaps not the only, but at least one of the first sculptures in Lithuania dedicated to the humble potato.

The road winding past the museum shows you the way, past scenic **Skaudaliai**, and from there you have to go to **Kalnalis**. The **Church of Saint Lawrence**, where the future Bishop Valančius was baptised, is located in the small village, as is **an observation tower**. From Kalnalis, a cyclist-pedestrian path takes you to **Imbarė hill-fort**. The Curonian castle that stood there in the 10th–13th centuries was an administrative and economic centre of the land of Ceklis. How the hill-fort may have looked when buildings stood on it is visualised in the Kretinga Museum. The Imbarė castle was so important that it even competed with Apuolė castle, and the system of streets discovered in the settlement at the foot of the castle suggests that in the Middle Ages the Imbarė site had the characteristics associated with a town.

From the hill-fort, you can go toward **Salantai**. There, a visitor simply must see **the Church of the Assumption of the Most Blessed Virgin Mary** and **the Salantai city park, or, put another way, manor park**. Only basements remain from the manor house, but the park built in the 19th century enchants with its beauty even today. The romantic-minded are drawn by the winding paths and tree-shaded benches, while nature-lovers may be drawn to a chestnut tree growing in the park, with the largest trunk in Lithuania, boasting a girth of almost 5 metres. On bright summer evenings, you can see bats maneuvering in the air as they hunt. The manor park is their home.



Ideas for a non-traditional night

A campfire's warmth, the aroma of just-made food, thousands of stars twinkling in the night sky and the romance that only nature can provide... Or maybe your philosophy of life is more in tune with the little things that make up modernity? Choose your idea of a non-traditional night and dive into night-time adventures in natural surroundings.



A night's rest for those who feel comfortable with height and in search of the romantic. Precisely such a place, as if from the cover of a magazine, can be found at **Kalnius Homestead**, in which a tree-tent looking like a cupola is suspended at a height of 3.5 m in the middle of a forest next to Lake Kašučiai. During the day, guests can relax undisturbed in a hammock or spend a long evening in an ofuro (Japanese hot tub).

For those who prefer not to be so high above the ground, the hosts can offer accommodations in a tipi-style glass house or a modern yurt. The glass tipi as well as the yurt are surrounded by the forest, so wonderful views as well as peace and quiet are guaranteed. You will always find everything in the houses that you might need to rest and relax. It is certainly an exceptional opportunity to escape the everyday routine, to spend some time in nature, and to enjoy the sight of Friesian horses grazing in the pasture.





Can you remember the last time you started a campfire just for yourself? Or read a book that had been on your shelf for years and years? Or soaked in an outdoor tub as the rain pitter-pattered down around you? Or, reclining, looked up at the treetops and watched them sway in the breeze? Or watched a storm roll in, knowing you're in a safe place? Or anywhere, when the time was all yours, and just yours? A young family who decided to move out of the city invites you to a contemporary village in the Abakai forest and to stay at their cosy cottages, "**Ateik Belaiko**". Two little houses are hugged by the natural surroundings. One of them, named Lagom, is the Swedish word for balance. When there is enough of everything, neither too much, nor too little. Just enough. Remembering that, the mind calms, and the heart fills with sweetness and peace. The other, named Hygge, is from the language of one of the happiest countries in the world, Denmark, and the word means cosy and comfortable surroundings. In a general sense, this word can be used to describe the Northern way of life. It's all about the warmth and comfort of the soul, which is difficult to plan or to foresee, but of course is most often found in the simplest things. You have to feel it. When time belongs just to you, you will hear yourself.

Or maybe a genuine Lithuanian village is closer to your heart, and from your childhood or your grandparents' stories you know how fun it can be to spend a summer night sleeping amidst nature itself? On the road to Salantai, the **Birthplace-Museum of Bishop Motiejus Valančius** in Nasrėnai offers you the opportunity to experience what is nowadays a special form of leisure: a night's sleep on the hay. One of the museum buildings has been adapted for small conferences, exhibitions, and educational workshops. But this little wooden house, which in the old days performed a farming function, has a secret: an attic, where, starting in summer 2024, there will be a "hotel" on the hay. Your sleep here will be quite sweet, and will remind you of our grandparents' and great-grandparents' traditions and summer routine.

To make it easier to find:

- ➔ **Kalnius homestead** – Barkeliai, Kretinga dist., GPS – 56.00547, 21.30544. Tel. +370 603 05 688, www.kalniaus-sodyba.lt
- ➔ **Cosy cottages „Ateik Belaiko“** – V. Mongirdo g. 28, Nausodis, Kretinga dist., GPS – 55.89932, 21.43526. Tel. +370 654 43 519, www.belaiko.lt
- ➔ **Birthplace-Museum of Bishop Motiejus Valančius** – M. Valančiaus g. 9, Nasrėnai. Tel. +370 676 18 075, www.mvalanciausmuziejus.lt





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