

6 ideas for spring strolls in Jūrmala



To live a long and happy life, it is important to enjoy life. One cannot buy joy for money, but it definitely can be found in travels, in discovering something new, by visiting beautiful places and remembering about physical activities in nature. There is a time, when you can get the joy by jumping with a parachute, from diving in the depths of the sea or climbing to the top of the mountain, and there is a time for strolls, time to go swimming or Nordic walking and that certainly is a wonderful way how to actively enjoy nature and improve health at the same time.