



JŪRMALA



**a tourist's
guide to
the city**



NATURE TRAILS

In Jūrmala, the urban environment and pristine nature live practically next to each other. With their well-maintained trails, observation towers and birdwatching towers, the nature parks amid Jūrmala's dunes and marshes let visitors get close to and learn about the local flora and fauna and discover their secrets. As you walk on the moss- and lichen-covered ground between centuries-old trees, you might find a wolf's footprints, encounter mysterious nocturnal bats or get surprisingly close to the easily startled world of birds.

ĶEMERI NATIONAL PARK

Ķemeri National Park (ĶNP) is the first special protected nature area in Latvia to be included in the European Charter for Sustainable Tourism. Here you'll find rare bird and plant species, including the White-tailed eagle, European eagle-owl, Black storks and cranes. Wild cattle and horses live in the Dunduri Meadow area of the park. Guided tours focusing on birds, bats and beavers are also available. The ĶNP information centre (Meža māja) is open to visitors from May to October and provides detailed information about tourist activities in the park. Contact the information centre to find out about its educational programmes and to arrange guided tours (Meža māja, Ķemeri. T. +371 67730078. www.kemerunacionalaisparks.lv).
HOW TO GET THERE? By train, take the Riga–Ķemeri or Riga–Tukums line to the Ķemeri station. By bus, take minibus No. 10 (Bulduri–Ķemeri) or bus No. 6 (Sloka–Ķemeri) to the Meža māja stop.

ALDER FEN (MELNALKŠŅU DUMBRĀJS) TRAIL

This 600-metre-long boardwalk trail meanders past the Vēršupīte stream and through a large area of frequently flooded land, well suited to black alder. Many unique plants and animals have adapted to this damp environment and call it home. Due to the ample food resources, eight of Latvia's nine woodpecker species also live here. The fen is most beautiful in the springtime, when marsh marigolds bloom on the banks of the bubbling stream and the air vibrates with bird songs and woodpeckers drumming on the trees.

GREAT ĶEMERI BOG TRAIL

Follow the recently reconstructed boardwalk trail through the Great Ķemeri Bog for a wonderful walk in a pristine natural environment. The trail leads past mosses, bog pines, pools, small dark lakes and aromatic marsh tea. If you look closely, you'll

see the insect-eating sundew plant or notice a Wood sandpiper, White wagtail or Tree pipit. In the distance you'll hear cranes calling. The trail offers two routes, one shorter and the other longer. The longer route includes a observation tower for a grand view of the area from an elevated position. Guided tours of the marsh can be arranged through the ĶNP information centre.

NATURE SCHOOL

The ĶNP Nature School encourages children, teens and young adults to get out into nature. It organises educational activities (in Latvian only) in the forest, marsh and by bodies of water with the goal of fostering an understanding of nature and the environment by studying it and getting to know it up close. The school offers a variety of activities for all age groups.

RAGAKĀPA NATURE PARK

Measuring 800 metres long and 100 metres wide, Ragakāpa is a dune created by the wind. The park contains stands of pines that are up to 340 years old as well as several rare plant and bird species. The park has four trails – the Scenic Trail, Insect Trail, Pine Trail and Plant Trail – which are enhanced by viewing platforms, steps, benches and informative signs (36. līnija, Bulduri, by the Jūrmala Open-Air Museum).

WHITE DUNE (BALTĀ KĀPA)

The White Dune, rising to a height of 15–17 metres, was created in the mid-18th century on the right bank of the Lielupe River near the Buljupe River. This dune is one of the most beautiful protected natural landscapes in Jūrmala. The best views of the dune are from the opposite side (left bank) of the Lielupe River or from aboard the Riga-bound ferry.

BULDURI DENDROLOGICAL PARK

The first horticulture school in Latvia was established on the grounds of the Bulduri Estate in 1910. The school ran an experimental farm until the First World War; its orchards contained more than 200 fruit tree varieties, and the school also grew carrots, tomatoes and corn. Today, visitors can enjoy the fruits of the students' labour as they stroll past the rhododendrons, flower beds and trees in the 12-hectare dendrological park. On the last Saturday of July the school hosts its annual Flower Days. The school's museum is open to visitors by prior arrangement (Bulduri Horticulture School, Viestura iela 6. T. +371 67753135, www.bulduri.lv).

MUSEUMS AND GALLERIES

Jūrmala's museums, galleries and exhibition halls provide an exciting look into the city's cultural history and contemporary cultural scene. Spend some time in the former homes of the city's most famous residents, which have been turned into memorial museums and still retain an aura of times gone by. Or visit a unique space such as the spa history museum, located in a legendary sanatorium, or the contemporary art exhibit in a railway station.

ASPAZIJA HOUSE

A museum dedicated to Aspazija (1865–1943), one of the best known women in Latvian literature. Aspazija spent the last years of her life in this house, a typical example of Jūrmala's wooden architecture built in 1903.

Free admission.

Open: Tuesday–Saturday 10:00 to 17:00, in summer (May 15 to September 14) 10:00 to 18:00.

Zigfrīda Meierovica prospekts 18/20, Dubulti.

T. +371 67769445

www.jurmala.lv

JŪRMALA GALLERY

An art gallery, exhibition hall and space for creative workshops. Featuring artwork by local Jūrmala artists.

Open: Monday–Sunday 12:00 to 19:00.

Jomas iela 56, Majori.

T. +371 26545447

Facebook: Galerija.Jurmala

PRIVĀTKOLEKCIJU MUZEJS GALLERY

This gallery regularly exhibits paintings, graphic art and watercolours from private collections. The gallery's outside walls are decorated with a number of stained glass windows created by well-known Latvian artists.

Open: Saturday–Sunday 11:00 to 15:00 or by prior arrangement.

Dzelzceļa iela 16, Asari.

T. +371 25257727, +371 29448832

INNER LIGHT THEATRE OF LUMINOUS PAINTING

The Inner Light art gallery specialises in paintings made with luminous, fluorescent paint. Under special lighting, the images seem to shine and reveal otherwise invisible aspects.

Admission: EUR 1–3

Open: Monday–Sunday 11:00 to 17:00 or by prior arrangement.

Omnibusa iela 19, Majori.

T. +371 29628517

www.jermolajev.lv

EXHIBITION HALL ON KĀPU IELA

This exhibition space in a private home exhibits artwork by Imants Ozoliņš.

Imants and Inta Ozoliņš' studios are located on the second floor of the house. Open by prior arrangement.

Kāpu iela 143/3, Vaivari.

T. +371 29401393, +371 67766447

JŪRMALA OPEN-AIR MUSEUM

The Open-Air Museum in Jūrmala – the keeper of the city's historical heritage and promoter of fishing, the area's oldest profession – is located near the mouth of the Lielupe River, by the Ragakāpa Nature Trail. The museum consists of a traditional fisherman's homestead from the 19th and early 20th centuries and has an extensive collection of historical boats and anchors. It also takes pride in its varied and unique collection of authentic rope-making tools. Visit on any Thursday throughout the summer to see demonstrations of fishing crafts and fish-smoking techniques.

Free admission.

Open: Tuesday–Sunday 10:00 to 17:00, in summer (May 15 to September 14) 10:00 to 18:00.

Tiklu iela 1a, Lielupe.

T. + 371 67754909

www.jbmuzejs.lv

JŪRMALA SPA HISTORY EXPOSITION

This exposition tells about the history of Jūrmala's spa culture beginning in the early 19th century and also introduces visitors to various medical equipment from the 1970s and 1980s.

Open by prior arrangement.

Jantarnij Bereg Sanatorium, Zvīņu iela 2, Jaunķemeri.

T. +371 67736500, +371 67736850

www.sanatorij.lv

JŪRMALA CITY MUSEUM

The museum showcases Jūrmala's history as a spa town. It has almost 50,000 items in its collection, a part of which can be seen in the permanent exposition titled *History of the Jūrmala and Ķemeri Spa in the 18th–20th Century*. The museum also has several halls for changing exhibitions featuring the work of artists from Jūrmala and Riga. Free admission.

Open: Wednesday–Sunday 10:00 to 17:00, in summer (May 15 to September 14) 10:00 to 18:00.

Tirgoņu iela 29, Majori.

T. +371 67761915

Facebook: JormalasPilsetasMuzejs
JurmalaCityMuseum

JŪRMALA HOUSE OF ARTISTS

This two-storey wooden building, built in the 1920s, is a Latvian architectural landmark. Inside are a weaving studio,

exhibition spaces and local artists' studios.

Free admission.

Open: Tuesday–Friday 12:00 to 19:00, Saturday 12:00 to 16:00.

Muižas iela 6, Bulduri.

T. +371 67752472

JŪRMALA ART SCHOOL EXHIBITION HALL

The Jūrmala Art School's exhibition space shows artwork by its students as well as established Latvian artists.

Free admission.

Open: Monday–Friday 13:00 to 20:00, Saturday 10:00 to 20:00.

Strēlnieku prospekts 30, Dubulti.

T. +371 67767529

www.jurmala.makslaskola.lv

ART STATION DUBULTI

This contemporary art space is located in the Dubulti train station, which in itself is a fine example of modern Soviet architecture. The art space features international contemporary art, thereby introducing audiences to current trends in art.

Free admission.

Open: 6:00 to 21:00 every day May through August; 7:15 to 18:45 every day September through April.

Dubulti station, Dubulti.

T. +371 29548719 (Inga Šteimane, curator at Art Station Dubulti)

Facebook: [artstationdubulti](https://www.facebook.com/artstationdubulti)

RAINIS AND ASPAZIJA MEMORIAL SUMMER HOME

A memorial museum dedicated to Latvia's best known literary couple, the poets Rainis and Aspazija, has been established in the summer home that Rainis bought in the autumn of 1926. The complex of buildings is typical of the Jūrmala style of wooden architecture and is a local architectural landmark. Inside, the original interiors and household items as well as the poets' personal library have been preserved. Thematic exhibitions regularly take place at the museum.

Admission: EUR 1.50 for adults; EUR 1 for students and senior citizens.

Open: Tuesday–Saturday 10:00 to 17:00.

Pliekšāna iela 5/7, Majori.

T. +371 67764295

(Closed for reconstruction until June 2016.)

CULTURAL INSTITUTIONS

JŪRMALA CULTURAL CENTRE

A variety of events are organised at the Jūrmala Cultural Centre, from concerts and dance to art exhibitions. This is also where Jūrmala's cinema is located.

Free admission.

Open: Monday–Friday 13:00 to 18:00, Saturday–Sunday 13:00 to 17:00.

Jomas iela 35, Majori.

T. +371 67764446

Facebook: [jumalaskultcentrs](https://www.facebook.com/jumalaskultcentrs)

JŪRMALA THEATRE

Jūrmala has one of Latvia's best amateur theatre troops. Its repertoire includes productions for children as well as adults.

Muižas iela 7, Bulduri.

T. +371 67751089

www.jumalasteatris.lv

KAUGURI CULTURAL CENTRE

A variety of events and shows for mainly local audiences.

Raiņa iela 110, Kauguri.

T. +371 67740700

HEALTH AND SPORTS

Thanks to the proximity of nature and water, Jūrmala is a wonderful destination for a wide variety of sports and activities for a healthy lifestyle. In addition to individual outdoor activities, the city's medical institutions, spas and sports centres offer various therapeutic and relaxation programmes as well as opportunities to maintain physical fitness under the supervision of professional specialists and trainers.



HORSEBACK RIDING AND THERAPEUTIC RIDING

Alongside regular horseback riding in an indoor arena and on trails in the surrounding area, the Jaunķemeri and Vaivari centres both offer therapeutic riding sessions for well-being and for people with special needs. Here, the main agent of healing is the horse, and this method of therapy has physical, psychological and social benefits.

JAUNĶEMERI RESORT REHABILITATION CENTRE

Kolkas iela 20, Jaunķemeri.

T. +371 67733242, www.jaunkemeri.lv

VAIVARI NATIONAL REHABILITATION CENTRE

Asaru prospekts 61, Vaivari.
T. +371 677661224
www.nrcvaivari.lv



BICYCLE RENTAL

ABC GRUPA

Jūras iela 24, Majori.
T. +371 28609000
www.abcgrupa.lv

AMBER SPA BOUTIQUE HOTEL

Meža prospekts 49, Bulduri.
T. +371 67755330
www.amberspahotel.lv

BULDURU VELONOMA

Bulduri railway station, Bulduri.
T. +371 28687378
www.velonoma.lv

HOTEL JŪRMALA SPA

Jomas iela 47/49, Majori.
T. +371 67784400
www.hoteljurmala.com

ĶEMERU VELONOMA

Ķemeri railway station, Ķemeri.
T. +371 20257295
www.velonoma.lv

MELLUŽU PIKNIKS

Mellužu prospekts 21, Melluži.
T. +371 67767899, +371 29277414

NEPTŪNS

Jaunķemeru ceļš 1, Jaunķemeri.
T. +371 67731289, +371 26189261
www.restoransneptuns.lv

SIXT

(bicycle rental, Vespa scooter rental,
car rental)

Rent a bicycle at one of Sixt's sites and
return it at any of their rental sites any
time of day or night. Sixt also rents cars
and Vespa scooters.

LIELUPE – on Viestura iela by the Rimi
store

MAJORI – in the car park across from
the Majori railway station

DZINTARI – at the end of Turaidas iela
by the Dzintari Concert Hall

BULDURI – at the end of Vienības
prospekts where it meets the sea, by the
Semarah Hotel Lielupe hotel

T. + 371 67207121, www.sixtbicycle.lv

VELOMAN

Vienības prospekts 35, Lielupe.
T. +371 26930041, www.veloman.lv



TENNIS

Play indoors or outside at
Jūrmala's tennis centres.

CONCEPT

Three outdoor courts (clay surface) and
four indoor courts (Soft Hard surface)
as well as group and individual tennis
instruction. Concept also rents out its

facilities for special events.
Vienības prospekts 36, Lielupe.
T. +371 67149911, www.concept.lv

JANTARNIJ BEREG SANATORIUM

Outdoor clay courts for summer use.
Zvīņu iela 2, Jaunķemeri.
T. +371 67736500, www.sanatorij.lv

JŪRMALA CAMPGROUND

(open from 01.05. to 30.09.)
Dubultu prospekts 51, Jaundubulti.
T. +371 26400500
www.campingjurmala.lv

VAIVARI NATIONAL REHABILITATION CENTRE

Outdoor clay courts.
Asaru prospekts 61, Vaivari.
T. +371 677661224
www.nrcvaivari.lv

SEMARAH HOTEL LIELUPE WELLNESS CENTRE

(opens on 20.06.2016)
Bulduru prospekts 64/68, Lielupe.
T. +371 67753306
www.semarahhotels.com

LIELUPE TENNIS CENTRE

Latvia's largest tennis centre. This is a
national sports centre, where many
of Latvia's best athletes train. It also
hosts the country's main national and
international competitions. Lielupe has
eight outdoor courts and five indoor
courts.

Kalpaka prospekts 16, Lielupe.
T. +371 67754969
www.tenisslielupe.lv

JŪRA TENNIS CLUB

Individual and group lessons with
professional trainers. Court rentals,
guest house.
Jūras iela 44, Majori.
T. +371 20370414, www.tenissjura.lv



BOWLING

BALANS BOWLING

Meža prospekts 49, Bulduri.
T. +371 67755330
www.amberspahotel.lv

EMPIRE BOWLING

Talsu šoseja 39, Kauguri.
T. +371 28301019
www.empire-club.lv



GOLF

VIESTURI GOLF CLUB

A 25-hectare, nine-hole golf course.
This course is suitable for competitions
as well as daily play. It also has special
areas for training and instruction.
Jaunmārupe, Mārupes novads.
T. +371 26444390
www.golfsviesturi.lv



BEACH FOOTBALL AND VOLLEYBALL

In the summer, Jūrmala's beach hosts the Beach Volleyball European Championship Jūrmala Masters as well as the Latvian championships in beach football and beach volleyball. It also hosts the Jūrmala City Cup in beach football, which is a public event and open to all. Volleyball poles and football goal posts can be found at several spots along Jūrmala's beach.



EXERCISING ON THE BEACH

Jūrmala's beaches provide a great opportunity for people to become and stay fit. In addition to individual activities, several local medical institutions and hotels offer exercise programmes led by professional trainers.

AMBER SPA HOTEL

Meža prospekts 49, Bulduri.
T. +371 67755330
www.amberspahotel.lv

BALTIC BEACH HOTEL & SPA

Jūras iela 23/25, Majori.
T. +371 67771400
www.balticbeach.lv



NORDIC WALKING

Nordic walking is walking at a certain pace with the help of poles. It is beneficial for people of all ages and requires no previous training. Several of Jūrmala's spa hotels and sanatoriums offer poles for Nordic walking along the beach, dunes or any other route through the city.

AMBER SPA HOTEL

Meža prospekts 49, Bulduri.
T. +371 67755330
www.amberspahotel.lv

BALTIC BEACH HOTEL & SPA

Jūras iela 23/25, Majori.
T. +371 67771400
www.balticbeach.lv

PEGASA PILS BOUTIQUE SPA HOTEL & RESORT

Jūras iela 60, Dzintari.
T. +371 25617722
www.hotelpegasapils.com

EIROPA HOTEL

Jūras iela 56, Majori.
T. +371 67762211
www.eiropahotel.lv

HOTEL JŪRMALA SPA

Jomas iela 47/49, Majori.
T. +371 67784400
www.hoteljurmala.com

JAUNĶEMERI RESORT REHABILITATION CENTRE

Kolkas iela 20, Jaunķemeri.
T. + 371 67733242
www.jaunkemeri.lv

VAIVARI NATIONAL REHABILITATION CENTRE

Asaru prospekts 61, Vaivari.
T. +371 677661224
www.nrcvaivari.lv

BELORUSIJA SANATORIUM

Bulduru prospekts 4/8, Bulduri.
T. + 371 66014102, www.belorusija.lv

JANTARNIJ BEREG SANATORIUM

Zvīņu iela 2, Jaunķemeri.
T. +371 67736500, www.sanatorij.lv

SEMARAH HOTEL LIELUPE WELLNESS CENTRE

(opens on 20.06.201)
Bulduru prospekts 64/68, Lielupe.
T. +371 67753306
www.semarahhotels.com



SPAS AND BEAUTY CENTRES

ALVE HOTEL

Full-service cleansing programme, juice therapy, detox programme.
Jomas iela 88a, Majori.
T. +371 29148086, www.alve.lv

AMBER SPA

Amber Spa offers the Balans programme, a unique blend of diagnostic and renewal methods developed with the goal of achieving a state of balance. Based on both Eastern and Western traditions and innovations, the programme includes traditional and contemporary procedures, including massages, face and body treatments, water and mud procedures, thermotherapy and electrostimulation.
Meža prospekts 49, Bulduri.
T. +371 67755330
www.amberspahotel.lv

BALTIC BEACH HOTEL & SPA

Specialists at Baltic Beach Hotel & SPA offer a number of procedures that help the body renew itself, diminish pain and avert or decrease functional disturbances for patients with various types of physical trauma. Procedures offered include the use of ultrasound equipment, laser therapy, electrostimulation, magnet therapy, vacuum therapy and climate therapy in combination with aesthetic procedures and manual techniques.
Jūras iela 23/25, Majori.
T. +371 67771400
www.balticbeach.lv

PEGASA PILS BOUTIQUE SPA HOTEL & RESORT

This spa uses the unique natural resources found in the Jūrmala area. High-quality, well-developed wellness programmes are combined with relaxation on the beach, swimming in the sea, sun-bathing and walks in Jūrmala's fresh air.
Jūras iela 60, Dzintari.
T. +371 25617722
www.hotelpegasapils.com

CHOCOLATE

Bulduru prospekts 33, Bulduri.
T. +371 67737711

DAINA JURMALA BEACH HOTEL & SPA

Guests can enjoy health and beauty procedures and the latest in medical and relaxation technologies at this hotel's spa centre. Also available are special weight-loss and physical renewal programmes developed by leading experts.
Mežsargu iela 4-6, Melluži.
T. +371 67767056, www.hoteldaina.lv

DZINTARA SPA

A wide range of cosmetic procedures, including new ecological procedures and rituals using the highest quality medications and products.
Dzintaru prospekts 68, Dzintari.
T. +371 29165865
www.amberhotel.lv

EIROPA HOTEL

The spa and relaxation centre offers different types of massage as well as a balanced package for face and body care. It also has a sauna and Jacuzzi.
Jūras iela 56, Majori.
T. +371 67762211, www.eiropahotel.lv

JAUNĶEMERI RESORT REHABILITATION CENTRE

Medical rehabilitation, wellness programmes and a healthy living centre (including juice therapy, Ayurveda and Panchakarma). Jaunķemeri also has a medical clinic and fitness centre.
Kolkas iela 20, Jaunķemeri.
T. + 371 67733242
www.jaunkemeri.lv

KURSHI HOTEL & SPA

The spa offers a variety of facial treatments with anti-aging, firming and skin renewal effects as well as full-body massages and other beauty rituals.
Ceriņu iela 22, Dubulti.
T. +371 67878900
www.kurshihotel.lv

THAI LOTUS MASSAGE STUDIO

The Thai massages at Thai Lotus are characterised as a combination of gentle and vibrating motions, reflexology, acupressure and passive yoga. Guests can sink into a deep meditative state, thereby assisting their

spiritual renewal as the professional massage therapists do their work.
Dzintaru prospekts 68, Dzintari (Amber Sea Hotel).
T. +371 29165865, www.thailotus.lv

VAIVARI NATIONAL REHABILITATION CENTRE

Vaivari offers underwater massages, Sharko showers, full-body massages, vacuum massages, lymphatic cleanses in mineral-water baths and other treatments.
Asaru prospekts 61, Vaivari.
T. +371 677661224
www.nrcvaivari.lv

BELORUSIJA SANATORIUM

The sanatorium specialises in water treatments, mud baths, paraffin wrapping, classic massages, hydro massages, lymphatic drainage, modern physical therapy and full functional examinations as well as dentistry and other specialist services. Supplemented by medical and healing treatments with daily walks in fresh air, oxygen cocktails, freshly pressed juices and herbal teas. The sanatorium has a 25-metre-long swimming pool filled with curative mineral water from an artesian well in addition to a sauna, Turkish bath and infrared sauna. Also available are medical exercise, Nordic walking and a gym, all with programmes led by professional trainers.
Bulduru prospekts 4/8, Bulduri.
T. + 371 66014102, www.belorusija.lv

JANTARNIJ BEREG SANATORIUM

The sanatorium offers classic manual massage, segmentary massage and underwater massage as well as medicinal baths, acupuncture, vibromassage therapy, cosmetic treatments and dentistry. Medicinal herbs (chamomile, calendula, salvia) and a variety of essential oils are used in of inhalations for people with upper respiratory conditions and lung illnesses. The sanatorium includes a number of special diets in its treatment packages. It also has an on-site medical laboratory and functional diagnostics capabilities.
Zviņu iela 2, Jaunķemeri.
T. +371 67736500, www.sanatorij.lv

SEMARAH HOTEL LIELUPE WELLNESS CENTRE

(opens on 20.06.2016)
Professional classic full-body massages, foot massages and anti-cellulite massages.
Bulduru prospekts 64/68, Lielupe.
T. +371 67753306
www.semarahhotels.com

HOTEL JŪRMALA SPA BEAUTY AND WELLNESS CENTRE

Relaxing massages, various water procedures, beauty treatments for the face and body, hair salon, manicures and pedicures. Spa capsules, five kinds

of sauna, three pools at different water temperatures, sports activities and a gym.

Jomas iela 47/49, Majori.

T. +371 67784430

www.hoteljurmala.com

TB PALACE HOTEL & SPA HEALTH AND BEAUTY CENTRE

The health and beauty centre at this hotel offers Japanese Kamishimo massages and hot stone massages as well as tandem massages with two massage therapists working at the same time. Also available are Ayurvedic Kerala Oasis procedures, a Russian sauna and a Turkish hammam. Non-surgical liposuction with Italian Medicell Rah-2 equipment is also performed at the centre.

Pilsoņu iela 8, Majori.

T. +371 67147094

www.tbpalace.com

SOCIAL INTEGRATION STATE AGENCY

Dubultu prospekts 71, Jaundubulti.

T. +371 67767045, www.hotelsiva.lv

DZINTARA LIEDAGS GUEST HOUSE

Relaxation and wellness: beauty treatments, water treatments, massages.

Dzintaru prospekts 48, Dzintari.

T. +371 67754811

www.dzintara-liedags.lv

VILLA ST MARIA

The spa salon at this boutique hotel offers guests a variety of spa procedures, massages and cosmetic services as well as a sauna.

Jomas iela 77, Majori.

T. +371 67745515

www.villastmaria.lv



SPORTS CENTRES

BALANS STUDIO

Here guests can practice a variety of sports and work out in the studio's gym.

Also available are separate weight, cardio training and aerobics rooms.

Meža prospekts 49, Bulduri.

T. +371 67755330

www.amberspahotel.lv

BALTIC BEACH HOTEL & SPA

A fully furnished fitness complex with modern weight and cardio training equipment, over 30 activities and a 25-metre swimming pool with heated Baltic Sea water and waterfalls.

Certified and experienced fitness trainers and instructors are available to create personalised training programmes for guests.

Jūras iela 23/25, Majori.

T. +371 67771400

www.balticbeach.lv

HASC

The HASC sports centre has a modern gym with TRX and cardio training equipment as well as the Baltics' biggest boxing and MMA gym. It also has a synthetic ice hall as well as everything needed to play darts, table tennis, foosball and chess. Also available are sunbeds, massages, a sports bar and hostel.

Lienes iela 16/18, Majori.

T. +371 29164418, www.hasc.lv

SLOKA STADIUM

Jūrmala's multi-purpose stadium is a fully-equipped athletics facility with a 400-metre track as well as two football fields – with natural grass and artificial turf.

Skolas iela 5, Sloka.

T. +371 26335339

www.jssc.jurmala.lv

JAUNĶEMERI RESORT REHABILITATION CENTRE

Jaunķemeri has a fitness centre and gym. Various sports are also available.

Kolkas iela 20, Jaunķemeri.

T. + 371 67733242

www.jaunkemeri.lv

MAJORI SPORTS FIELD

The synthetic ice hall, located right on the banks of the Lielupe River within the Majori sports field, is great for ice skating and hockey in the winter as well

as inline skating in the summer. Skate rental is available on-site.

Rīgas iela 1, Majori.

T.+371 26007271, www.jssc.jurmala.lv

VAIVARI NATIONAL REHABILITATION CENTRE

A gym, Nordic walking, group and individual physiotherapy sessions, tennis (in summer) and golf for people with special needs.

Asaru prospekts 61, Vaivari.

T. +371 67766122, www.nrcvaivari.lv

BELORUSIJA SANATORIUM

The sanatorium offers therapeutic medical exercise, a gym and Nordic walking, all under guidance of trained specialists.

Bulduru prospekts 4/8, Bulduri.

T. + 371 66014102, www.belorusija.lv

JANTARNIJ BEREG SANATORIUM

A volleyball court, table tennis, fitness exercises and a gym.

Zvīņu iela 2, Jaunķemeri.

T. +371 67736500, www.sanatorij.lv

SEMARAH HOTEL LIELUPE WELLNESS CENTRE

(opens on 20.06.2016)

Bulduru prospekts 64/68, Lielupe.

T. +371 67753306

www.semarahhotels.com

JŪRMALA SPA SPORTS CENTRE

Hotel Jurmala Spa offers seven kinds of fitness activities to choose from: Pilates, Callanetics, back strengthening, roll-relax, stretching, body toning and water aerobics. The activities tone muscles, develop balance, lessen back pain and help with the respiratory system. The hotel's large gym is equipped with modern Oemmebi and Technogym weight and cardio training equipment.

Jomas iela 47/49, Majori.
T. +371 67784430
www.hoteljurmala.com

SOCIAL INTEGRATION STATE AGENCY

Dubultu prospekts 71, Jaundubulti.
T. + 371 67771000, www.hotelsiva.lv

TAO SPORTS CENTRE

Vienības prospekts 6, Bulduri.
T. +371 +371 26082904
www.taoclub.lv



CENTRES WITH SWIMMING POOLS AND/OR SAUNAS

AMBER SEA HOTEL & SPA ****

A spa centre with a swimming pool (water temperature 28°C), sauna and steam bath.

Dzintaru prospekts 68, Dzintari.
T. +371 67751297, www.amberhotel.lv

AMBER SPA HOTEL

A 16x14-metre pool with a low chlorine level (water temperature 27–30°C). The centre offers swimming lessons and aerobics activities as well as Sokolovskiye banyi saunas with a variety of special treatments (skin peels, massages, sauna swatting rituals, chocolate/avocado/lingonberry body wraps). The saunas are divided by gender, and each section also has private relaxation rooms.

Meža prospekts 49, Bulduri.
T. +371 67755330
www.amberspahotel.lv

BALTIC BEACH HOTEL & SPA

The only swimming pool (25 metres long) in the Baltics filled with heated sea water and a sauna. For those who appreciate a good Russian banya, the spa presents The Баня: high amounts

of heat generated by a stove made of 16 tons of Karelian granite, a special banya 'climate' ('light steam') and the aroma of freshly baked rye bread. The Garden, for its part, is a water relaxation centre that consists of a Jacuzzi, an amber sauna, an 'adventure' shower, and Old Wood sauna, ice jets, a pool with counter current, a hammam, Rasul (Oriental apartments for four, with a starry sky), a Kneipp pool and the Phytobar. Jūras iela 23/25, Majori.
T. +371 67771400
www.balticbeach.lv

PEGASA PILS BOUTIQUE SPA HOTEL & RESORT

A spa complex with a pool and Jacuzzi, sauna, steam bath and relaxation zone.

Jūras iela 60, Dzintari.
T. +371 25617722
www.hotelpegasapils.com

DAINA JŪRMALA BEACH HOTEL & SPA

(opens on 01.06.2016)
A 24-metre pool (water temperature 28°C), children's pool (32°C), Jacuzzi and relaxation centre with a steam bath, sauna and fireplace. Mežsargu iela 4–6, Melluži.
T. +371 67767056, www.hoteldaina.lv

DZINTARS HOTEL

A small centre (for 10–15 people) with a sauna, Jacuzzi and relaxation zone. Edinburgas prospekts 15, Dzintari.
T. +371 25660084
www.dzintarshotel.lv

EIROPA HOTEL

The Good Stay Eiropa Hotel relaxation centre includes a sauna that improves the quality of skin, relaxes the body and drives away tiredness. It also has a Jacuzzi that rejuvenates the body with the massage effect of water and air bubbles after a long day or difficult journey. Jūras iela 56, Majori.
T. +371 67762211, www.eiropahotel.lv

HOTEL JŪRMALA SPA

Hotel Jūrmala Spa's sauna and pool centre, called Wellness Oasis, is a wonderful place to relax from the hustle and bustle of daily life and renew your energy. The large relaxation zone has three pools of different water temperature, Jacuzzis, the Aqua bar, a waterfall and five different saunas (Roman sauna, Finnish sauna at 80°C, Finnish sauna at 110°C with jadeite stones, aromatic sauna, salt sauna). Jomas iela 47/49, Majori.
T. +371 67784430
www.hoteljurmala.com

JANTARNIJ BEREG SANATORIUM

The sanatorium has a 22.5-metre pool and sauna.

Zvīņu iela 2, Jaunķemeri.

T. +371 67736500, www.sanatorij.lv

JAUNĶEMERI RESORT REHABILITATION CENTRE

Jaunķemeri has a 12x14-metre swimming pool with a waterfall, a sauna and a steam bath. The centre also offers physiotherapy and water aerobics activities.

Kolkas iela 20, Jaunķemeri.

T. + 371 67733242

www.jaunkemeri.lv

KURSHI HOTEL & SPA

In addition to its classic sauna and Oriental steam bath, the Kurshi SPA offers guests skin peels with the spa's specially formulated scrubs. Professional sauna attendants can turn a regular sauna session into a pleasant ritual with a relaxing massage using aromatic birch whisks or a regal experience involving lemon and honey. Turkish and Moroccan hammam rituals are also a favourite at Kurshi SPA.

Ceriņu iela 22, Dubulti.

T. +371 67878900, www.kurshihotel.lv

MELNAIS STĀRĶIS

Kolkas iela 12, Jaunķemeri.

T. +371 26751543

www.melnaisstarkis.lv

ĶEMERI MOTEL

Tukuma iela 2, Ķemeri.

T. +371 29476452

www.kemerimotel.lv

VAIVARI NATIONAL REHABILITATION CENTRE

A 25-metre swimming pool filled with mineral water, a sauna, a steam bath and a Jacuzzi.

Asaru prospekts 61, Vaivari.

T. +371 677661224

www.nrcvaivari.lv

ROCKIN' PAPAS

The Finnish sauna, pool and relaxation zone with music is the perfect setting for a variety of events, family celebrations or a romantic evening. The premises includes free parking and a sliding price scale.

Bulduru prospekts 30, Bulduri.

T. +371 67752411

www.rockinpapas.lv

BELORUSIJA SANATORIUM

The sanatorium has a 25-metre-long swimming pool filled with medicinal mineral water from an artesian well. It also has a sauna, Turkish sauna and infrared sauna.

Bulduru prospekts 4/8, Bulduri.

T. + 371 66014102, www.belorusija.lv

SEMARAH HOTEL LIELUPE WELLNESS CENTRE

(opens on 20.06.2016)

A 25-metre swimming pool, children's pool, sauna, steam bath, Jacuzzi and salt room.

Bulduru prospekts 64/68, Lielupe.

T. +371 67753306

www.semarahhotels.com

TB PALACE HOTEL & SPA HEALTH AND BEAUTY CENTRE

Pilsõņu iela 8, Majori.

T. +371 67147094

www.tbpalace.com

SOCIAL INTEGRATION STATE AGENCY

The agency has a small swimming pool and sauna.

Dubultu prospekts 71, Jaundubulti.

T. + 371 67767045, www.hotelsiva.lv

LĪVU AKVAPARKS WATER PARK

A wave pool and several children's swimming pools with slides, fountains and other features are among the many attractions at the water park. It also has a steam bath, sauna, Jacuzzi filled with mineral water, contrast hydrotherapy, foot massages, cold Russian shower, salt room, oxygen bath, infraseat (40°C–60°C) and Tylarium.

Viestura iela 24, Lielupe.

T. +371 67755636

www.akvaparks.lv

VALENSIJA

Lienes iela 38, Majori.

T. +371 29104174, www.valensijam.lv

VILLA ST MARIA

Jomas iela 77, Majori.

T. +371 67745515

www.villastmaria.lv



WATER SPORTS

Jūrmala is a paradise for water sports lovers! The proximity to the sea and the Lielupe River make a great variety of water sports possible. Several yacht clubs are located on the banks of the river, offering yacht tours of the river, wakeboarding and water skiing as well as water motorcycle and motorboat rentals. On the beach, visitors can rent water bicycles and equipment for a number of other sports. Kiteboarders and windsurfers will enjoy the brisk breeze on the sea or river. The beaches at Majori and Jaunķemeri both have Blue Flag certification, ensuring the highest level of safety and water quality. In the summer the sea reaches an average temperature of 18°C, while the river reaches 20°C.

DELAWAKE

Wakeboard rental and instruction.

Jaunā iela 66, Majori.

T. +371 29498150

www.delawake.lv

ELINGI

Water taxi rides on the Lielupe River, water skiing, wakeboarding, rowboat and motorboat rides, aquaskippers, waterballs, fishing, sauna, sports event planning and camping.
Salas pagasts, Rīgas rajons.
T. +371 29275577, www.elingi.lv

CONCEPT YACHT CLUB

A dock for sailboats and water motorcycles.
Vienības prospekts 36, Lielupe.
T. +371 29118380, www.concept.lv

LATVIAN YACHT CLUB

Yacht rides on the Lielupe River.
Vikingu iela 6, Lielupe.
T. +371 29629947
www.latviansailingclub.lv

LIELUPE PORT AUTHORITY

Boat docking.
Tiklu iela 10, Buļļuciems; Rīgas iela 2a, Majori. T. +371 26516777

PICOLO

Yacht rides on the Lielupe River for up to five people.
T. +371 27729161

PORTO MARINA

Yacht club, boat docking.
Vikingu iela 8, Lielupe.
T. +371 67751916, +371 26307383

STŪRIS

A centre for water sports. Water skiing and wakeboarding equipment rentals and instruction.
Salas pagasts, on the opposite bank of the Lielupe River, 4 km from the Lielupe bridge on the Jūrmala loop road.
T. +371 29792972, www.sturis.lv

VARKAĻU OSTA

Motorboat rides, motorboat and rowboat rentals, other water transportation rentals.
Kilometre #4 on the Ventspils Highway (on the opposite bank of the Lielupe River), Salas pagasts, Babītes novads.
T. +371 26466068, +371 29212749
www.varkaluosta.lv



WHERE TO EAT

Jūrmala's restaurants and eateries mirror the city's history – a multi-national and saturated experience of flavours. They reflect historical tastes as well as contemporary culinary fashions and the local residents' daily rituals. Guests can always find something suited to their taste and mood among the city's 150 diverse restaurants. Many are found right in the centre of the city, along Jomas iela and the surrounding streets, where a variety of live music often accompanies diners well into night during the summer season.

A more extensive gastronomic tour of Jūrmala can lead one to a wonderful meal amongst the dunes or on the banks of the river, with a grand view of nature and yachts calmly sliding by or, in the evening, Europe's most beautiful sunset reflected on your plate. It's no wonder that during the summer several of the seaside restaurants, cafés and grill bars are open late into the night or even till dawn, letting guests leisurely enjoy the magic of a summer night, only to return the next day for an equally relaxing brunch with family or friends. Many of Jūrmala's restaurants feature local cuisine – both traditional and contemporary interpretations thereof – with the catch of the day from the nearby waters playing a prominent role on the menu. If you yearn for something a bit more exotic, it's just as easy to find a meal inspired by the Caucasus or the Orient... or savour a bit of Old Europe, where Italian and French cooking take centre stage. Jūrmala takes pride in being home to some of Latvia's best restaurants. For more information see www.visitjurmala.lv.



WHERE TO STAY

Peace, quiet and absolute relaxation. Jūrmala is an oasis from the chaos and stress of everyday life. A place to replenish one's energy.

The city's various accommodations also embody this sense of calm, offering something for every budget, mood and style. From affordable spa holiday spots to small, exquisite boutique spa hotels, luxury hotels exuding the splendour of the past and spa medical institutions with years of professional experience.

SPA HOTELS

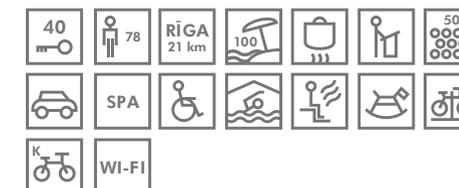
ALVE HOTEL***

Jomas iela 88a, Majori.
T. +371 29148086
alve@alve.lv
www.alve.lv
Room prices: EUR 40–120



AMBER SEA HOTEL & SPA****

Dzintaru prospekts 68, Dzintari.
T. +371 67751297
info@amberhotel.lv
www.amberhotel.lv
Room prices: EUR 69–299
incl. breakfast



AMBER SPA BOUTIQUE HOTEL

Meža prospekts 49, Bulduri.

T. +371 67755330

info@amberspahotel.lv

www.amberspahotel.lv

Room prices: EUR 75–580

incl. breakfast



BALTIC BEACH HOTEL & SPA*****

Jūras iela 23/25, Majori.

T. +371 67771400

res@balticbeach.lv

www.balticbeach.lv

Room prices: EUR 95–977

incl. breakfast



DAINA JURMALA BEACH HOTEL & SPA

Mežsargu iela 4-6, Melluži.

T. +371 67767056

reservations@hoteldaina.lv

www.hoteldaina.lv

Room prices: EUR 50–200

incl. breakfast



DZINTARA LIEDAGS

Dzintaru prospekts 48, Dzintari.

T. +371 67754811

info@dzintara-liedags

dzintari@dzintari.lv

www.dzintara-liedags.lv

Room prices: EUR 42–99

incl. breakfast



EIROPA *****

Jūras iela 56, Majori.

T. +371 67762211

hotel@eiropahotel.lv

www.eiropahotel.lv

Room prices: EUR 60–350

incl. breakfast



HOTEL JŪRMALA SPA*****

Jomas iela 47/49, Majori.

T. +371 67784415

booking@hoteljurmala.com

www.hoteljurmala.com

Room prices: EUR 60–150

incl. breakfast



KURSHI HOTEL & SPA

Ceriņu iela 22, Dubulti.

T. +371 67878900

info@kurshihotel.lv, www.kurshihotel.lv

Room prices: EUR 59–260

incl. breakfast



BOUTIQUE SPA HOTEL & RESORT PEGASA PILS *****

Jūras iela 60, Dzintari.

T. +371 67761149

info@hotelpegasapils.com

www.hotelpegasapils.com

Room prices: EUR 45–300

incl. breakfast



SEMARAH HOTEL LIELUPE*****

(opens on 20.06.2016)

Bulduru prospekts 64/68, Lielupe.

T. +371 67752755

lielupe@semarahhotels.com

www.semarahhotels.com

Room prices: EUR 81–460

incl. breakfast



TB PALACE HOTEL & SPA

Pilsõņu iela 8, Majori.

T. +371 29237025

maksim@tbpalace.com

www.tbpalace.com

Room prices: EUR 300–800

incl. breakfast



HOTELS

ALBA HOTEL

Dārzu iela 9, Melluži.
T. +371 67512632
info@albahoteljurmala.lv
www.albahoteljurmala.lv
Room prices: EUR 35–120
incl. breakfast



BALTĀ PŪCE

Pilsoņu iela 7/9, Majori.
T. +371 28277452
hotel@baltapuice.lv
www.baltapuice.lv
Room prices: EUR 30–95
incl. breakfast



CONCORDIA

Konkordijas iela 64, Majori.
T. +371 29794945
F. +371 67536363
hotel_concordia@hotmail.com
www.concordia.lv
Room prices: EUR 30–70



DZINTARS***

Edinburgas prospekts 15, Dzintari.
T. +371 67751582
F. +371 67751620
info@dzintarshotel.lv
www.dzintarshotel.lv
Room prices: EUR 42–527
incl. breakfast



GOOD STAY EIROPA DELUXE HOTEL

Jomas iela 76, Majori.
T. +371 67762211
info@eiropadeluxe.lv
hotel@eiropahotel.lv
www.eiropadeluxe.lv
Room prices: EUR 80–150
incl. breakfast



ELĪNA***

Lienes iela 43, Majori.
T. +371 67761665, +371 29226176
elina@elinahotel.lv
www.elinahotel.lv
Room prices: EUR 30–150



LIGHT HOUSE JURMALA

Gulbenes iela 1a, Dzintari.
T. +371 67511445
office@lhj.lv
www.lighthousejurmala.lv
Room prices: EUR 210–1800
incl. breakfast



MAMA BOUTIQUE HOTEL & RESTAURANT

Tirgoņu iela 22, Majori.
T. +371 67761271
info@hotelmama.lv
www.hotelmama.lv
Room prices: EUR 50–277
incl. breakfast



PARUS***

(01.06.–01.09.)
Smilšu iela 2, Majori.
T. +371 67762391
F. +371 67761538
info@parus.lv
www.parus.lv
Room prices: EUR 30–170



ROCKIN' PAPAS

Bulduru prospekts 30, Bulduri.
T. +371 67752411
rockinpapas@inbox.lv
www.rockinpapas.lv
Room prices: EUR 30–150
incl. breakfast



SUNSET HOTEL

Pilsoņu iela 7/9, Majori.
T. +371 67755311
F. +371 67755322
info@sunsethotel.lv
www.sunsethotel.lv
Room prices: EUR 30–200
incl. breakfast



VALENSIJA****

Lienes iela 38, Majori.
T. +371 29104174
maksim_33333@yahoo.com
www.valensijam.lv
Room prices: EUR 35–170



VIKTORIJA 91

(01.06.–01.10)
Meža prospekts 16, Bulduri.
T. +371 27147191.
viktoria91@inbox.lv
www.viktoria91.lv
Room prices: EUR 65–220
incl. breakfast



VILLA JOMA***

Jomas iela 90, Majori.
T. +371 67771999
F. +371 67771990
info@villajoma.lv
www.villajoma.lv
Room prices: EUR 50–150



VILLA ST MARIA

Jomas iela 77, Majori.
T. +371 67745515
info@villastmaria.lv
www.villastmaria.lv
Room prices: EUR 60–200
incl. breakfast



ZVAIGZNE

Z. Meierovica prospekts 23/4, Dubulti.
T. +371 67764681
jurmala@bkc.lv
www.jurmatatour.lv/zvaigzne.htm
Room prices: EUR 25–80



GUEST HOUSES

AIRAVA

(01.06.–01.09.)
Jomas iela 42/3, Majori.
T. +371 29237659
airava@apollo.lv
www.airava.piejuras.lv
Room prices: EUR 10–70



ALUS KRODZIŅŠ

Jomas iela 64a, Majori.
T. +371 29408416
majoru.promenade@gmail.com
www.majorupromenade.lv
Room prices: EUR 50–100
incl. breakfast



AMBER COAST AND SEA

Ilūkstes iela 2, Dzintari.
T. +371 28810428
nml.latvia@gmail.com
www.amberjurmala.lv
Room prices: EUR 50–200



TENISA KLUBS JŪRA

Jūras iela 44, Majori.
T. +371 20370414
tenissjura@gmail.com
www.tenissjura.lv
Room prices: EUR 40–80



BELTES STREET GUEST HOUSE

Pētera Beltes iela 4.
T. +371 29137627
beltes4jurmala@gmail.com
www.beltes.wix.com
Room prices: EUR 35–70



EXCELSIOR

Kaudziņu iela 20, Majori.
T. +371 67761110
eksel@inbox.lv
Room prices: EUR 40–160



MELNAIS STĀRKIS

Kolkas iela 12, Jaunķemeri.
T. +371 26751543
info@melnaistarkis.lv
www.melnaistarkis.lv
Room prices: EUR 35–90
incl. breakfast



MOTELIS ĶEMERI

Tukuma iela 2, Ķemeri.
T. +371 29476452
kemerimotel@inbox.lv
www.kemerimotel.lv
Room prices: EUR 50–100
incl. breakfast



NAIZA

Jaunā iela 61, Majori.

T. +371 29516750

naiza22@inbox.lv

Room prices: EUR 30–60



VĒJU ROZE

(01.06.–31.08.)

Bulduru prospekts 41, Bulduri.

T. +371 67751752

vejuroze@inbox.lv

www.vejuroze.lv

Room prices: EUR 90–120

incl. breakfast



VILLA FLORIO

Kaudzišu iela 6, Majori.

T. +371 29642762

natastrata@gmail.com

www.villaflorio.lv

Prices: EUR 150–350



YOUTH HOTELS/ HOSTELS

HASC

Lienes iela 16/18, Majori.

T. +371 29164418

center@hasc.lv

www.hasc.lv

Room prices: EUR 15–20



DZINTARI PARK HOSTEL

Piestātnes iela 6/14, Dzintari.

T. +371 25131027

dzintariparkhostel@gmail.com

www.dzintaripark.lv

Room price: EUR 15



CAMPING SITES

KEMPINGS DUBULTU 54

(01.06.–01.09.)

Dubultu prospekts 54, Jaundubulti.

T. +371 29947047, kestner@inbox.lv

www.jurmala.webs.com

Price: EUR 55



KEMPINGS JŪRMALA

(01.05–30.09)

Dubultu prospekts 51, Jaundubulti.

T. +371 26400500

info@campingjurmala.lv

www.campingjurmala.lv

Prices: EUR 16–125



KEMPINGS NEMO

(01.05 –30.09.)

Atbalss iela 1, Vaivari.

T. +371 26100500

F. +371 26100500

nemo@campingnemo.lv

www.campingnemo.lv

Prices: EUR 10–72



NEPTŪNS

(01.05.–31.08.)

Jaunķemeru ceļš 1, Jaunķemeri.

T. +371 67731289

dace@restoransneptuns.lv

www.restoransneptuns.lv

Prices: EUR 55–110



VALENSIJA

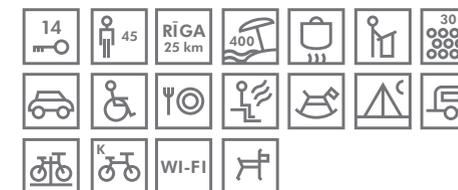
Lienes iela 36/38, Majori.

T. +371 67512692

maksim_33333@yahoo.com

www.valensijam.lv

Prices: EUR 10–20



APARTMENT HOTELS

ALTO

(15.05.–30.09.)

Jomas iela 50, Majori.

T. +371 29488221

alto-k@yandex.ru

www.apartment.lv

Prices: EUR 150–400



APARTE LUX

Jaunā iela 9, Majori.

T. +371 67259922

info@apartelux.lv

apartelux@mogotel.com

www.apartelux.lv

www.mogotel.com

Prices: EUR 55–120



DZINTARI PARK APARTAMENTI

Pištātnes iela 6/14, Dzintari.

T. +371 25862000

dzintaripark@inbox.lv

www.dzintaripark.lv

Price: EUR 55



JŪRMALA HOLIDAYS

Viļuma iela 4, Majori.

T. +371 29224484

willowhousejurmala@gmail.com

www.jurmalaholidays.lv

Prices: EUR 35–195



KATRIN APARTMENTS

Meža prospekts 32, Bulduri.

T. +371 20197180

katrin.apartments@marinell.lv

www.marinell.lv

Prices: EUR 80–200



LIVIA APARTMENTS

Smilšu iela 10a, Majori.

T. +371 22841777

info@apartmentslivia.lv

www.apartmentslivia.lv

Prices: EUR 40–100



MELLUŽI APARTMENT HOUSE

Liepu iela 1, Melluži.

T. +371 29375444

F. +371 67186036

karavellat@karavellat.lv

www.karavellat.lv

Prices: EUR 50–160



SONIA APARTMENTS

Edinburgas prospekts 101, Bulduri.

T. +371 20197180

sonia.apartments@marinell.lv

www.marinell.lv

Prices: EUR 80–200



VILLA ALVĪNE****

Ikšķiles iela 1, Dzintari.

T. +371 66222100

alvine@jurmalahome.com

www.jurmalahome.com

Prices: EUR 120–350



WOODEN WILLA

Jūras iela 53, Majori.

T. +371 25628674

info@woodenvilla.lv

www.woodenvilla.lv

Prices: EUR 110–700



SPA MEDICINE TRADITIONS AND MODERN MEDICINE

Jūrmala's medical institutions have over a century and a half of experience. They offer the newest modern medical treatment programmes as well as proven natural healing procedures. The city's clinics are equipped with the latest medical technology and provide patients with the highest level of comfort, which is why more and more families are calling Jūrmala the best place in the world to give birth. Diagnostics are also highly regarded, and Jūrmala Hospital is a first choice for stomach reduction surgery and laser treatment for varicose veins as well as various complicated dental procedures, including implants and prosthetic dentistry. Treatment with the RIGVIR® virus, one of today's most promising cancer therapy methods, is also available in Jūrmala at the Global Virotherapy Cancer Clinic.

SPA REHABILITATION CENTRES AND SANATORIUMS

BELORUSIJA SANATORIUM***

Bulduru prospekts 4/8, Bulduri.
T. + 371 66014100
marketing@belorusija.lv
www.belorusija.lv
Room prices: EUR 25–60
incl. breakfast



JANTARNIJ BEREG SANATORIUM

Zvīņu iela 2, Jaunķemeri.
T. +371 67736500
info@sanatorij.lv
www.sanatorij.lv
Room prices: EUR 40–118
incl. breakfast



JAUNĶEMERI SPA REHABILITATION CENTRE

Kolkas iela 20, Jaunķemeri.
T. +371 67733242, +371 26386222
rezervacija@jaunkemeri.lv
sanare@jaunkemeri.lv
www.jaunkemeri.lv
Room prices: EUR 35–85
incl. breakfast



SOCIAL INTEGRATION STATE AGENCY

Dubultu prospekts 71, Jaundubulti.
T. +371 67767045
registratura@siva.gov.lv
www.hotelsiva.lv
Room prices: EUR 18–53
incl. breakfast



VAIVARI NATIONAL REHABILITATION CENTRE

Asaru prospekts 61, Vaivari.
T. +371 67766122
info@nrc.lv
www.nrcvaivari.lv
Room prices: EUR 30–60



CLINICS AND HOSPITALS

JŪRMALA HOSPITAL

Vienības prospekts 19/21, Bulduri.
T. +371 67754076
info@jurmallaslimnica.lv
www.jurmallaslimnica.lv

GLOBAL VIROTHERAPY CANCER CLINIC

Jaunā iela 12, Majori.
T. +371 67 229522, +371 26 444949
info@virotherapycenter.com
www.virotherapycenter.com

JAUNĶEMERI MEDICAL RESORT CLINIC

Kolkas iela 20, Jūrmala.
T. +371 67733548, +371 26631659,
+371 67733242 (24/7)
poliklinika@jaunkemeri.lv
www.jaunkemeri.lv

**REDENT
DENTAL CLINIC**

Dubultu prospekts 19, Jūrmala.
T. +371 67766144
revald_in@inbox.lv
www.redent.lv

**ROYAL DENT
DENTAL CLINIC**

Jūras iela 23/35, Majori.
(Baltic Beach Hotel)
T. +371 29579033
info@royaldent.lv
www.royaldent.lv

JŪRMALA TOURIST INFORMATION CENTRE

Lienes iela 5, Majori, Jūrmala, LV-2015
(If arriving by train, get off at the Majori
station)
T. +371 67147900,
F. +371 67147901

OPEN:
May 1 to September 30
Monday–Friday 9:00 to 19:00
Saturday 10:00 to 17:00
Sunday 10:00 to 15:00

October 1 to April 30
Monday 9:00 to 18:00
Tuesday–Friday 9:00 to 17:00
Saturday 10:00 to 17:00
Sunday 10:00 to 15:00

Twitter: visitjurmala
Facebook: visitjurmala
Email: info@jurmala.lv
www.visitjurmala.lv

Free information about tourist
attractions, activities, spas, events
and conference planning; free tourist
information and maps; free hotel
reservation assistance; free Internet;
marketing information.

	NUMBER OF ROOMS		MEDICAL FACILITIES		TENNIS COURTS
	MAXIMUM NUMBER OF GUESTS		SPA		NUMBER OF CAMPSITES
	KILOMETRES TO RIGA		HANDICAPPED ACCESS		TRAILER PARKING
	METRES TO THE BEACH		FOOD		BICYCLE PARKING
	ROOMS WITH KITCHEN		EXERCISE ROOM		BICYCLE RENTAL FOR GUESTS
	CONFERENCE ROOM		SWIMMING POOL		PUBLIC BICYCLE RENTAL
	CONFERENCE ROOM CAPACITY		SAUNA		WI-FI
	PARKING		CHILDREN'S PLAY CORNER		PETS ALLOWED
	HORSE RIDING, RIDING THERAPY		BOWLING		GOLF
	BEACH FOOTBALL AND VOLLEYBALL		NORDIC WALKING		SPA AND BEAUTY
	EXERCISING ON THE BEACH		WATER SPORTS		LODGING

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GETTING TO JŪRMALA

BY CAR

Jūrmala lies about 20 km west of Riga along the A10/E22 highway. All cars entering Jūrmala city limits between April 1 and September 30 must pay a daily entrance fee (EUR 2). If you are arriving from the east (Riga), pay at the toll point in Priedaine. If you are arriving from the west (Tukums), pay at the toll point in Vaivari. The entrance fee can be paid in cash or card as well as by mobile app.

BY TAXI

The centre of Jūrmala, Majori, is 13 km from the Riga International Airport, which serves airlines flying to 69 destinations. A taxi ride from the airport to Majori should not cost more than EUR 17. The Baltic Taxi (T.+371 20008500, +371 8500; www.baltictaxi.lv)

and Red Cab (T. +371 8383; www.redcab.lv) taxi companies are located at the airport. However, you may hail any taxi to take you to the airport. A taxi ride from central Riga to Majori costs approximately EUR 20.

BY TRAIN

The train line runs through the entire length of Jūrmala, from Priedaine to Ķemeri, with 14 stops within the city limits. A Tourist Information Centre is located in Majori, the centre of Jūrmala. Passenger trains to Jūrmala leave Riga Central Station (Stacijas laukums 1) from Tracks (ceļš) 3 and 4 on Platform (perons) 3. Look for trains going in the direction of Tukums, Ķemeri or Sloka. Depending on your selected destination, the ride from Riga to Jūrmala takes between 20 to 50 minutes and costs between EUR 1 and EUR 1.85 (for example, Riga–Majori takes 30 minutes and costs EUR 1.40). Buy a ticket at the counters in the main ticket hall or, for a slightly higher price,

directly from the conductor on the train. If you plan on taking your bicycle with you on the train, make sure to also buy a baggage ticket. Find train schedules and other information at www.pv.lv/en.

BY BICYCLE

A EuroVelo 10 bicycle route leads from Riga to Jūrmala. The 20-kilometre-long route begins at Vanšu tilts (Vanšu Bridge) and follows the route Daugavgrīvas iela–Kliņģeru iela–Kuldīgas iela–Slokas iela–Kandavas iela–Jūrmalas gatve–Imantas 2. līnija. From there it runs parallel to the train tracks all the way to the Jūrmala city limits.

BY RIVER FERRY

The New Way ferry runs between Riga and Jūrmala daily from May 1 to September 30. It leaves the landing by the Lielais Kristaps statue on the banks of the Daugava River in Riga at 11:00 AM. En route to Jūrmala see the Riga port, the old mouth of the Lielupe

River and the riverbanks of Bolderāja. The ferry returns to Riga from the ferry landing in Majori at 5:00 PM. Tickets cost EUR 20 for adults (return trip EUR 30) and EUR 10 for children (children 6 and under travel free). The ferry trip takes 2.5 hours in each direction. T. +371 29237123, www.pie-kapteina.lv.





JAUNĶEMERI

KAUGURI

VAIVARI

ASARI

MELLUŽI

PUMPURI

JAUNDUBULTI

DUBULTI

MAJORI

DZINTARI

BULDURI

LIELUPE

ĶEMERI

NATIONAL
PARK

SLOKA
LAKE

SLOKA

VALTERI

BAŅĶIS

PRIEDAINE

ĶEMERI

KŪDRA

MEŽZARA ISLAND

BABĪTE LAKE

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