

# Valmiera – a world-class player in sports!



**The evergreen city!**



**VALMIERA**



## Valmiera's greatest athletes

### Jānis Daliņš

Won silver in the 50 km race walk at the 1932 Summer Olympics in Los Angeles

**Year 1932**

### Aigars Fadejevs

Won silver in the 50 km race walk at the 2000 Summer Olympics in Sydney

**Year 2000**

### Māris Štrombergs

Olympic BMX gold medallist in 2008 and 2012

**Year 2008  
Year 2012**

### Ainārs Ķiksis

Three-time Olympic participant, ranked 8th at the 1996 Olympics in Atlanta in track cycling

**Year 1996**

### Dāvis Bertāns

Player for the Washington Wizards of the National Basketball Association (NBA)

**Year 2019**

## Major events

- ♦ Valmiera Marathon
- ♦ Riga-Valmiera Ultra-Race
- ♦ Latvian State Forests MTB Marathon
- ♦ IV Latvian Olympiad
- ♦ 2019 UEC BMX European Championships
- ♦ Qualification tournament for the 12th World Floorball Championships in 2018
- ♦ State President's Prize in Athletics

“

Valmierians are known for being as active and full of energy as the River Gauja. The city's athletic success can be attributed to a number of factors: the city's fresh air, nature areas, high-quality training conditions suitable for a variety of disciplines, talented and driven athletes, dedicated coaches. Our sporting traditions, the achievements of our athletes and the commitment of our coaches have put Valmiera's name on the map, both within Latvia and far beyond its borders.

”



♦ Jānis Baiks, the Mayor of Valmiera Municipality Council

♦ Māris Štrombergs – the only two-time Olympic medallist

# Location of Valmiera in Latvia and Europe

Valmiera, one of Latvia's ten cities, is situated in the central part of the Vidzeme region. With 24,868\* residents, Valmiera is the largest city in the Vidzeme Planning Region and the eighth largest in Latvia. Valmiera is located 107km from Riga and 50km from the Estonian border and has an area of 19.35km<sup>2</sup>.

\* Office of Citizenship and Migration Affairs, 01.01.2021.



## Flights from Riga

2 h 55 min Dublin Airport, Dublin  
2h 40 min Heathrow Airport, London  
2h 50 min Charles de Gaulle Airport, Paris  
2h 35 min Malpensa Airport, Milan  
2h 25 min Amsterdam Airport Schiphol  
2h 15 min Frankfurt Airport, Frankfurt  
3h 00 min Istanbul Atatürk Airport, Istanbul  
1h 30 min Sheremetyevo Airport, Moscow  
1h 30 min Oslo Airport, Gardermoen  
1h 20 min Copenhagen Airport, Copenhagen

## Sports in Valmiera

MTB Golf Floorball Weightlifting  
Street workout Orienteering Swimming Snowboarding  
Cycling Frisbee Ice hockey Judo  
Badminton Track-and-field athletics  
Dancesport Basketball Football  
Volleyball Canoe slalom Boxing BMX Tennis Karate  
Beach volleyball Powerlifting  
Horse riding Long jump



# Jānis Daliņš Stadium



## Stadium:

400 m running track with 8 lanes plus a 9-lane straight for sprints  
Conica Conipur SW flooring  
4 long jump, 4 pole vault and 2 javelin throw sectors, 2 discus throw sectors and 1 hammer throw sector  
105 x 68 m natural grass football pitch  
Spectator stands with 1400 seats

## Track and field arena:

200 m running track with 4 lanes plus an 8-lane straight for sprints  
Conica Conipur SW flooring  
2 long jump, 2 pole vault and 2 javelin throw sectors  
1 discus throw and 1 hammer throw sector  
2 weightlifting platforms  
A gym with ATX and Ffittech equipment  
Spectator stands with 470 seats

Hotel with 100 beds, 2 basketball and 1 multi-game sport court, Café

### To visit:

Track and field arena

### Rental:

Track and field stadium

Track and field arena

Football pitch

### Fee:

EUR 5.00

### Cost per hour:

EUR 170.00-250.00

EUR 170.00-250.00

EUR 220.00-350.00

♦ The stadium got its name in 1938, thanks to the most famous athlete of that time, the Olympian Jānis Daliņš.







Jānis Daliņš Stadium





Jānis Daliņš Stadium  
track and field arena



# Valmiera Olympic Centre

## Sports hall:

Suitable for basketball, floorball, handball, volleyball and other events  
Total area 68 x 44 m  
Separable into 3 fields  
Mobile spectator stands with 1,200 seats

## Football stadium:

100 x 64 m artificial grass turf  
Spectator stands with 1,000 seats

## Ice Hall:

Ice Hall with 500 spectator seats

## Power zone:

180 m<sup>2</sup>, Life Fitness  
and Hammer Strength equipment

Café  
Conference hall

### Rental:

Sports field  
Ice Rink  
Football pitch

### Cost per hour:

EUR 120.00  
EUR 230.00-285.00  
EUR 70.00-140.00

- ♦ The Valmiera Olympic Centre plays host to both domestic and international competitions in basketball, ice-hockey, floorball, football and other sports.





## Valmiera Swimming Pool

25 m 8-lane swimming pool  
Spectator stands with 300 seats  
2 training pools for learners, 10 x 15 m, Relaxation area with 4 different saunas, whirlpool baths and a kid's zone

200 m<sup>2</sup>  
multi-purpose hall

| To visit:   | Fee:              |
|-------------|-------------------|
| Single      | EUR 6.00          |
| Rental:     | Cost per hour:    |
| One lane    | EUR 45.00         |
| Entire pool | EUR 240.00-300.00 |

## Sports Health Centre

Sports physiotherapy and rehabilitation. Vacuum massage, functional magnetic stimulation (FMS) and ultrasound sessions  
Gait analysis and aerobic capacity testing

- ◆ When Valmiera's first swimming-pool opened in 1975, it brought the sport of swimming to the Vidzeme region. In 2018, the modern Valmiera Swimming pool opened.

## Māris Štrombergs, Valmiera BMX track

### Track:

Track length 405 m, 5 m and 8 m start hills, 3 m, 5 m and 8 m Progate start gates Participation of "PRO TRACKS" in the track construction. In the start hills, there are changing rooms and a weightlifting gym with 3 WattBike trainers

| To visit:         | Fee:           |
|-------------------|----------------|
| Track             | EUR 6.00       |
| Weightlifting gym | EUR/per. 10.00 |
| Rental:           | Cost per hour: |
| Track             | EUR 60.00      |

- ◆ Venue of the 2019 UEC European BMX Championship











Māris Štrombergs,  
Valmiera BMX track



## Sports fields

### Valmiera Viesturs Secondary School

76 x 30m sports hall  
Separable into 2 fields  
Suitable for basketball, volleyball,  
indoor football and floorball  
60m running track with 3 lanes

### Valmiera Secondary School No 5

36 x 20m sports field  
Suitable for basketball  
and volleyball  
Spectator stands with 380 seats

### Valmiera Pārgauja Primary School

51 x 30m sports hall  
Separable into 3 fields  
Suitable for basketball, volleyball,  
badminton, indoor football  
and floorball

| Rental:      | Cost per hour:  |
|--------------|-----------------|
| Sports field | EUR 15.00-60.00 |

## Sports clubs and fitness studios

| To visit: | Fee:          |
|-----------|---------------|
| Single    | EUR 2.50-8.00 |



## Krāces Rowing base

### Track:

Rapid of Class II-III  
120 m track with 40-50 gates

| Rental:                    | Fee:      |
|----------------------------|-----------|
| Track for 1 day / 1 person | EUR 2.00  |
| Tracks for group trainings | EUR 40.00 |





# Distance of sports facilities from Valmiera city centre

| Sport facility:         | Distance: |  |  |  |  |
|-------------------------|-----------|---|---|---|---|
| Valmiera OC             | 2.9km     | 10min   | 34min   | 12min   | 5min  |
| Football stadium        | 1.4km     | 7min  | 18min   | 6min  | 3min  |
| Forest Sports Park      | 800m      | 4min  | 10min   | 4min  | 3min  |
| VSG                     | 1.7km     | 10min   | 16min   | 6min  | 5min  |
| VVSS                    | 2.1km     | 15min   | 26min   | 10min   | 4min  |
| VSS2                    | 1.7km     | 10min   | 16min   | 6min  | 3min  |
| VSS5                    | 600m      | 3min  | 6min  | 2min  | 1min  |
| Krāces rowing base      | 1.2km     | 10min   | 15min   | 6min  | 4min  |
| TuffStuff               | 700m      | 3min  | 10min   | 3min  | 2min  |
| VPPS                    | 1.3km     | 6min  | 15min   | 6min  | 3min  |
| Jānis Daliņš Stadium    | 1.8km     | 11min   | 18min   | 7min  | 4min  |
| Daliņu beach            | 3.2km     | 16min   | 34min   | 15min   | 7min  |
| Baiļi Recreation centre | 3.9km     | 20min   | 49min   | 25min   | 8min  |
| Valmiera Tech School    | 2.6km     | 18min   | 30min   | 14min   | 6min  |

## Abbreviations:

- Valmiera OC – Valmiera Olympic Centre
- VVSS – Valmiera Viesturs Secondary School
- VSG – Valmiera State Gymnasium
- VSS2 – Valmiera Secondary School No 2
- VSS5 – Valmiera Secondary School No 5
- VPPS – Valmiera Pārgauja Primary School

## Find out more:

[valmierasnovads.lv/pilseta/sports/sporta-bazes/](http://valmierasnovads.lv/pilseta/sports/sporta-bazes/)





# Accommodation

## Hotel Wolmar



### Details:

30 rooms  
Restaurant  
Conference hall  
Spa area

### Number of beds:

58

## Hotel Naktsmājas



### Details:

40 rooms  
Restaurant  
Conference hall

### Number of beds:

119

## Jānis Daliņš Stadium hotel

### Details:

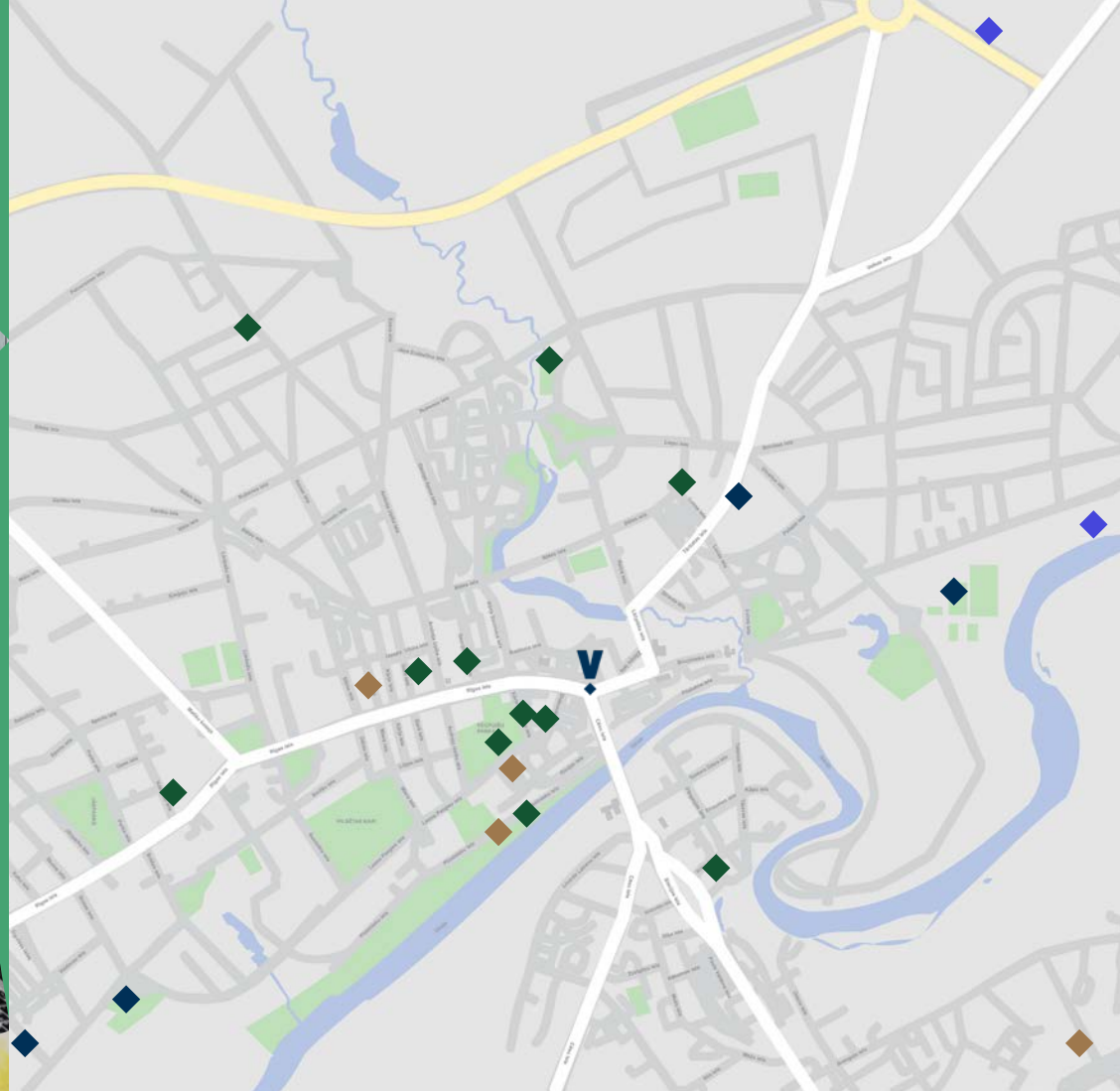
30 rooms  
Canteen  
Conference hall

### Number of beds:

100

## Find out more:

[visit.valmiera.lv/en/accommodation/](http://visit.valmiera.lv/en/accommodation/)



### Accommodation:

Hotels  
Apartments  
Dormitory  
Camping

### Price:

EUR/person 40.00\*  
EUR/apartment 60.00\*  
EUR/person 20.00\*  
EUR 20.00\*

- symbol of Valmiera city centre

\*Prices vary depending on season,  
number of people etc.  
Total number of beds: 1115

Pleasure

Senses

Recreation

Sports

Excitement

# Active recreation sites



## Facilities:

Sports and active recreation park Forest

**GPS:** 57.5353153, 25.4090327

Park of Senses

**GPS:** 57.5402097, 25.4389039

Avoti golf and tennis

**GPS:** 57.556233, 25.444090



Beste tennis courts

**GPS:** 57.5149723, 25.3421474

Disc golf park Pauku Priedes

**GPS:** 57.5316, 25.43472

Daliņu beach

**GPS:** 57.5424, 25.45433

Outdoor sports grounds on Kāpu Street

**GPS:** 57.53587, 25.43341

River Gauja trails

**GPS:** 57.53587, 25.44328

Valmiermuiža stables

**GPS:** 57.5589970, 25.4258458

Baiļi skiing complex

**GPS:** 57.5338591, 25.4679636

Cross-country skiing (Avoti, Baiļi, Dīvaliņa meadows)

**GPS:** 57.54119, 25.43533

Rancho waterpark

**GPS:** 57.464726, 25.254735

Public ice-skating

**GPS:** 57.5282, 25.3880

**Find out more:**

[visit.valmiera.lv/en/](http://visit.valmiera.lv/en/)



Enjoy sports in Valmiera!



# Tourist map

1-5  
6  
7-10  
11  
12-13



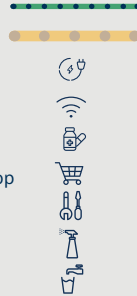
1-11



1 State Police  
2 Valmiera Municipality Police  
3 Tourist Information Centre  
4 Hospital  
5 WC

## Legend:

Cycle lane  
Public transport  
Electric Charging point  
Wi-Fi  
Pharmacy  
Shopping centre / grocery shop  
DIY store  
Household goods  
Public drinking water taps



## Contact details

**Valmiera  
Municipality Council**

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