

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.

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♦ 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 19.35km².

* 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 Skiing 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 150.00-180.00

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 m², Life Fitness
and Hammer Strength equipment

Café
Conference hall

Rental:

Sports field
Ice Rink
Football pitch

Cost per hour:

EUR 100.00
EUR 180.00-230.00
EUR 40.00-120.00

- ♦ 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 m²
multi-purpose hall

To visit:	Fee:
Single	EUR 6.00
Rental:	Cost per hour:
One lane	EUR 40.00
Entire pool	EUR 200.00-300.00

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 3.00
Weightlifting gym	EUR/h 2.00
Rental:	Cost per hour:
Track	EUR 50.00

- ◆ 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 Tracks for group trainings	EUR 2.00 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/



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:

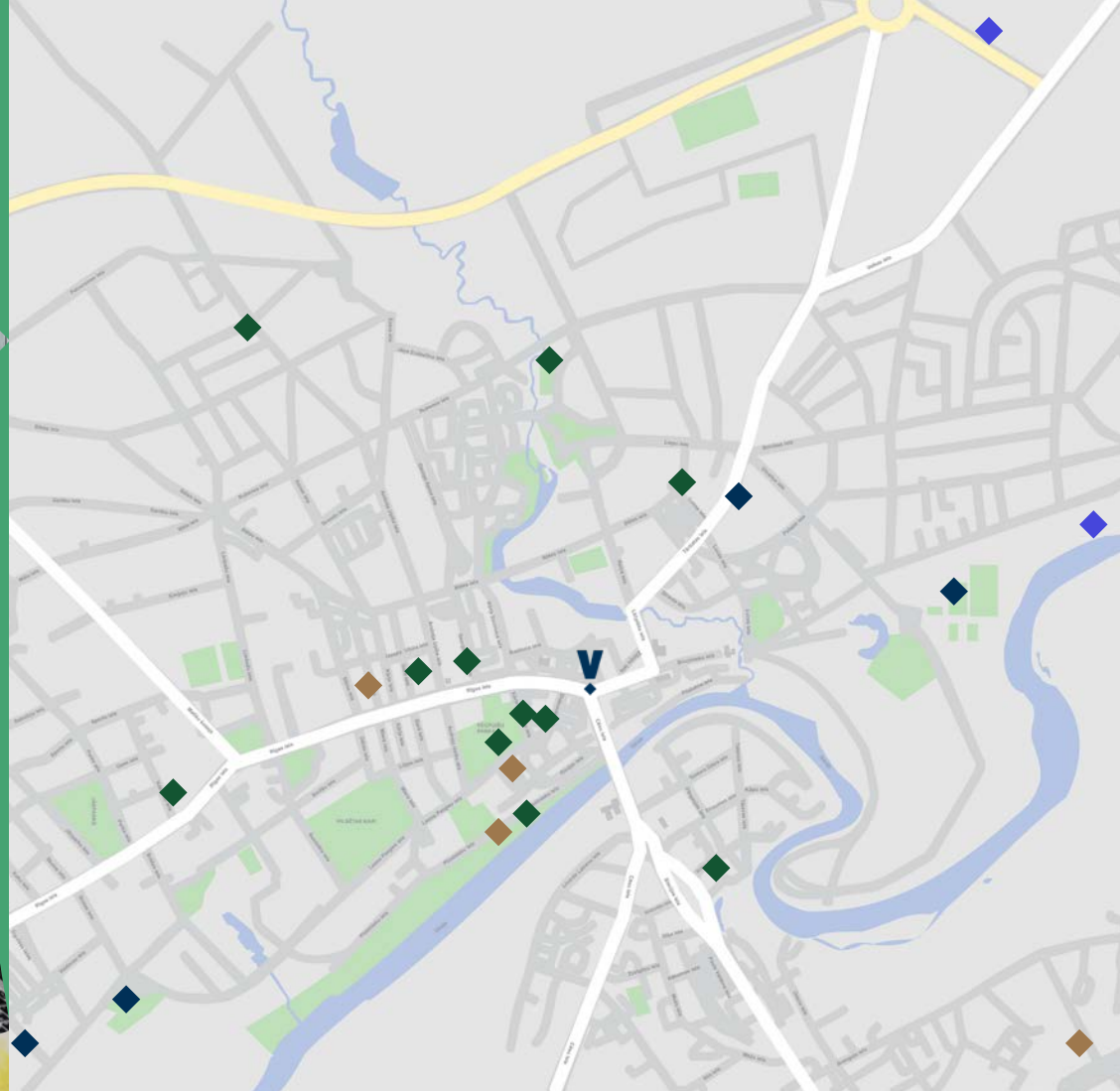
30 rooms
Canteen
Conference hall

Number of beds:

100

Find out more:

visit.valmiera.lv/en/accommodation/



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/



Enjoy sports in Valmiera!

Tourist map

1-5
6
7-10
11
12-13



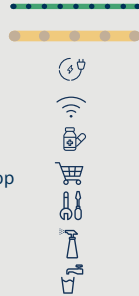
1-11



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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