

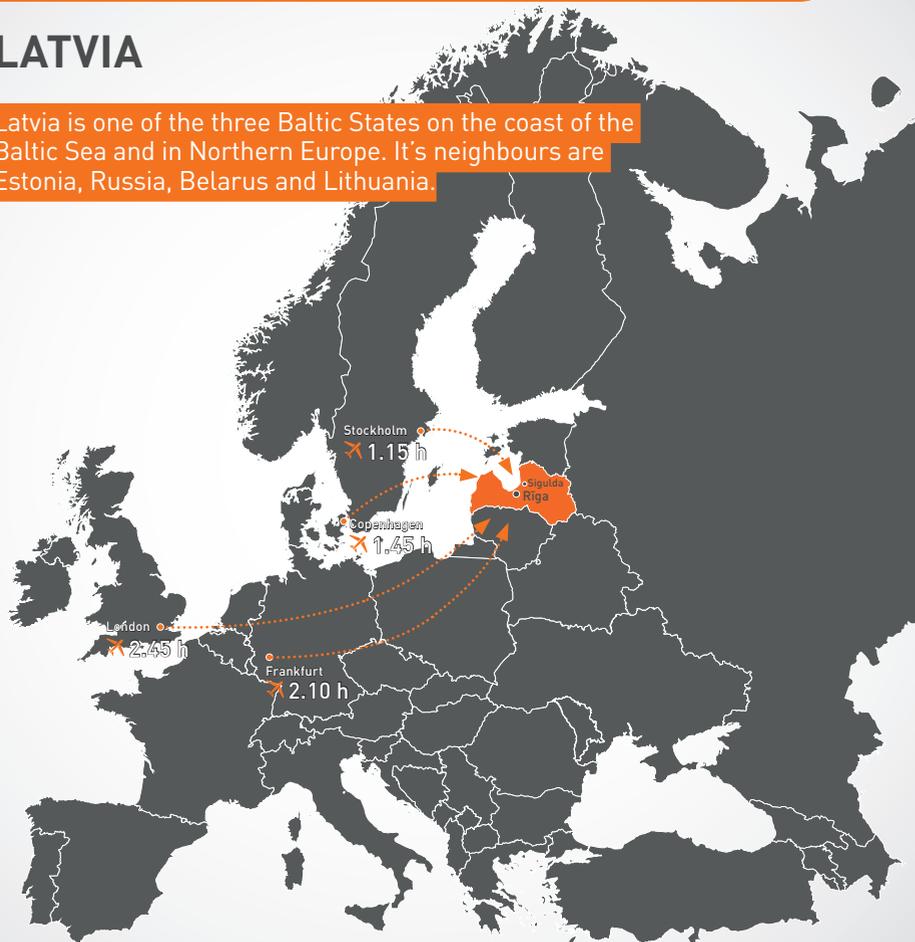


**UNIQUE OPPORTUNITIES FOR
WORLD-CLASS PROFESSIONAL ATHLETES**
SIGULDA SPORTS CENTRE

HAMMER STRENGTH

LATVIA

Latvia is one of the three Baltic States on the coast of the Baltic Sea and in Northern Europe. It's neighbours are Estonia, Russia, Belarus and Lithuania.



Cover photo: Martins Dukurs, who has won the World Cup eight times and an Olympic medal in the skeleton, and his brother, Tomass Dukurs, who is a world-level skeleton rider who has won numerous awards.

S! SIGULDA THRILLS

Distance

FROM THE CENTRE OF RIGA:

 45 min

  1h 10 min

FROM THE „RIGA INTERNATIONAL AIRPORT“:

 55 min

A unique opportunity to spend time in a green, clean and lovely place with forests, hillocks and a river Gauja. The most popular tourist destination in Latvia, include the ruins of the Sigulda Castle, the Cable Car, the Aerodium, the Sigulda Bobsleigh and Luge Track, the Gutmanis Cave, the Turaida Museum Reserve and other interesting locations right nearby!

tourism.sigulda.lv

SPORTS FACILITIES FOR PROFESSIONAL ATHLETES:

- 1 Sigulda Sports Centre, *Ata Kronvalda iela 7A*
- 2 Sigulda City Ski Track, *Peldu iela 1*
- 3 Fischer Cross-Country Ski Centre, *Puķu iela 4*
- 4 Sigulda Bobsleigh and Luge Track, *Šveices iela 13*

HOTELS IN THE CITY CENTRE:

- 5 Sigulda Hotel, *Pils iela 6*
- 6 Kaķis Hotel, *Pils iela 8*
- 7 Pils Hotel, *Pils iela 4b*
- 8 Livonija Hotel, *Pulkveža Brieža iela 55*
- 9 Kaķu Māja Apartments, *Raiņa iela 5*
- 10 Parks Guest House, *Atbrīvotāju iela 1*
- 11 Prieka Pietura Guest House, *Stacijas iela 6*
- 12 Marigolds Guest House, *Dārza iela 7*
- 13 SPA Hotel Ezeri, *Siguldas pagasts*
- 14 Hotel Santa, *Kalnĵani, Sigulda*
- 15 Hotel Kakitis, *Senču iela 1, Sigulda, Siguldas novads*
- 16 Hotel Brūveri, *Brūveri, Sigulda*
- 17 Guesthouse Livkalns, *Pēteralas iela 2, Sigulda*
- 18 Hotel Segevold, *Mālpils iela 4b, Sigulda*
- 19 Hotel Kaupo, *Jaunbeites, Vidzemes šosejas 51. km, Siguldas pagasts*

 The train station and bus station

 Tourism information centre





SIGULDA SPORTS CENTRE



Multifunctional sports centre with state-of-the-art professional equipment and inventory was opened in the spring of 2017.

The centre offers a gym, fitness halls, a 100-metre indoor track and field zone with a long jump sector, a multifunctional sports hall, a 25-metre swimming pool and a water and leisure park with hydromassage pool and cascade.

GYM



The hall features exercise equipment from the famous **Hammer Strength** un **Eleiko** brands:

- ▶ weights for weightlifting;
- ▶ exercises aimed at strength, speed and weight;
- ▶ special floors with a platform to absorb impact.

Group sessions for up to 10 people, with power circle training.

Photo: World Cup and Olympic skeleton medal winners, brothers Martins and Tomass Dukurs

GYM

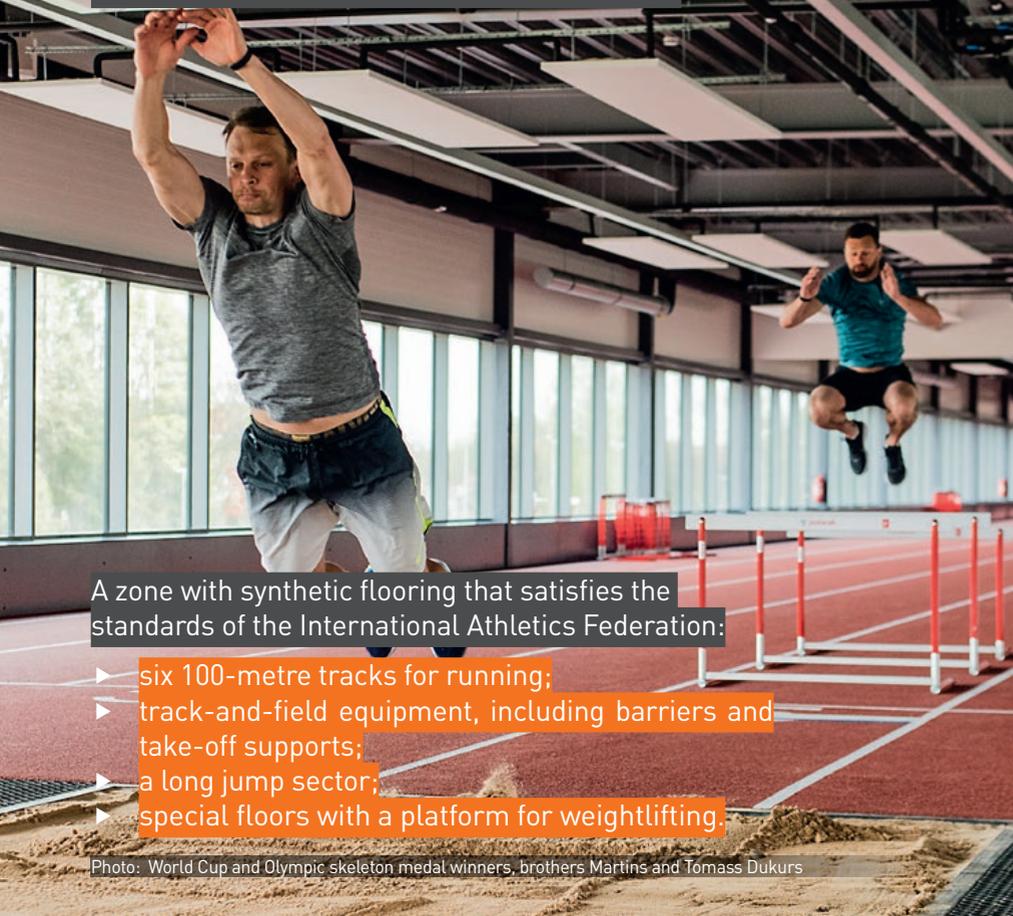


30 different types of exercise machines in two halls:

- ▶ 17 **Life Fitness Insignia** cardio machines;
- ▶ a free weight zone with **Life Fitness** equipment;
- ▶ professional **Tomahawk** bicycle exercise machines;
- ▶ 4 special **SciFit** cardio exercise machines that are adapted for the use of people with movement limitations and rehabilitation.

Photo: Olympic luge medal winners, brothers Juris and Andris Šics

INDOOR TRACK AND FIELD ZONE WITH A LONG JUMP SECTOR



A zone with synthetic flooring that satisfies the standards of the International Athletics Federation:

- ▶ six 100-metre tracks for running;
- ▶ track-and-field equipment, including barriers and take-off supports;
- ▶ a long jump sector;
- ▶ special floors with a platform for weightlifting

Photo: World Cup and Olympic skeleton medal winners, brothers Martins and Tomass Dukurs

SWIMMING POOL

Swimming pool area includes a large and a small swimming pool. Large swimming pool:

- ▶ four 25-metre lanes;
- ▶ depth of 1.35 to 2 metres;
- ▶ Swiss Timing system with support for backstroke swimmer take-offs;
- ▶ leisure zone with a sauna;
- ▶ lift for people with disabilities.



MULTIFUNCTIONAL HALL

For volleyball, basketball, badminton and indoor football.
(35x42 m)

- ▶ equipment for volleyball, basketball, badminton, indoor football and other indoor activities;
- ▶ special floor covering for badminton;
- ▶ portable tiers with 200 seats for audience;
- ▶ dividing curtain that reduces sound;
- ▶ sound system;
- ▶ results screen.



GROUP ACTIVITIES

NTC (Nike Training Club), pilates, strength aerobics, step aerobics, power, core and other group activities.

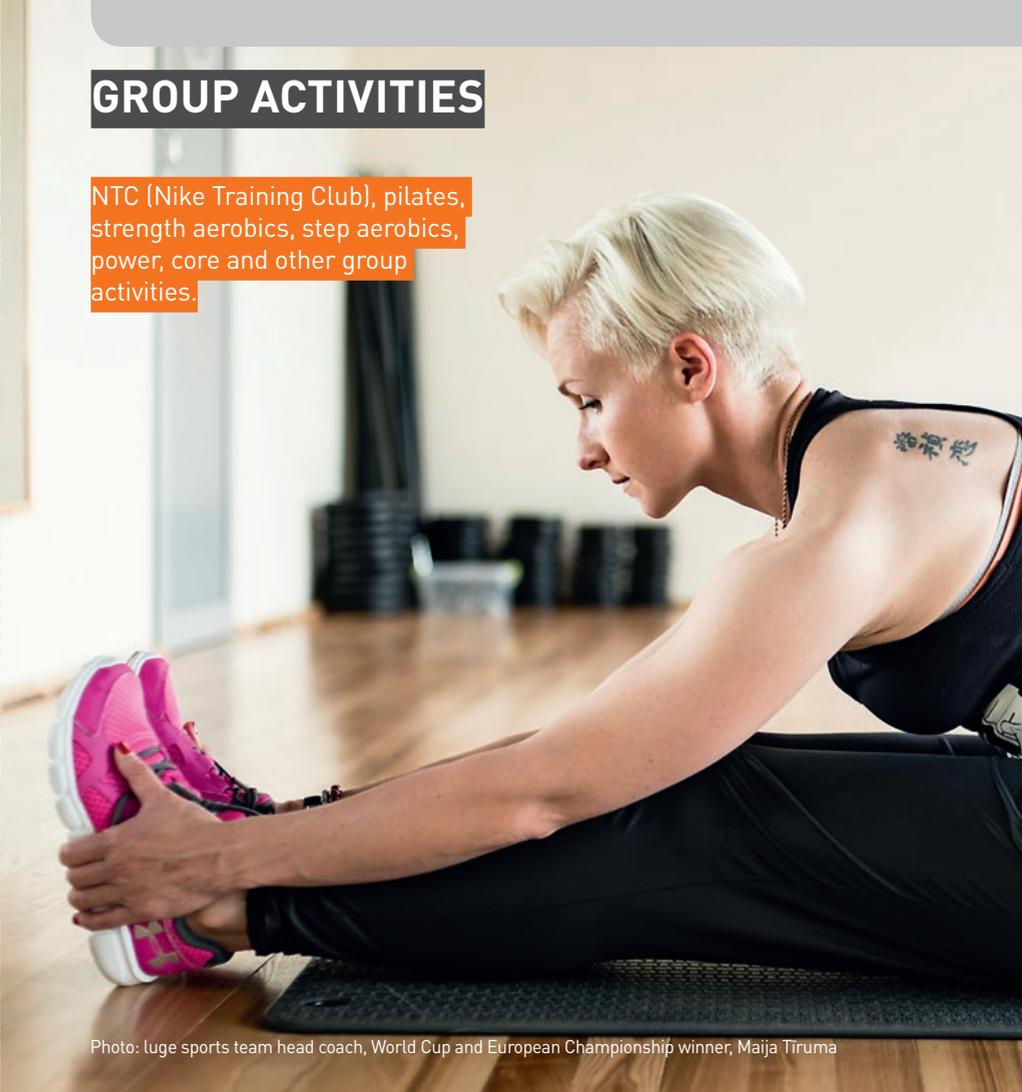


Photo: luge sports team head coach, World Cup and European Championship winner, Maija Tiruma



WATER AND LEISURE PARK



SAUNAS
[Finnish, Steam, Infrared]



SPORTS LABORATORY
[will be open soon]



OTHER SPORTS FACILITIES

(operated by LTD "Sigulda Sports Service")

Sigulda's sports and tourism traditions date back to the turn of the last century. In the 1930s, Sigulda hosted skiing and ski jumping competitions on various scales every year. This helped Sigulda to become a winter sports centre of national significance.



**SIGULDA
CITY SKI
TRACK**

The longest and most athletic mountain ski track in Latvia with a 350 metre downhill track for Latvian and Baltic competitions in skiing and snowboarding. Beginners can use a bunny hill with a 200 metre track. In summer: downhill bicycle track and a mountain automobile track.



**FISCHER
CROSS-COUNTRY
SKI CENTRE**

During the winter, the only frozen cross-country ski track in Eastern Europe with a total length of 1.25 km. The freezing system that is under the track preserves snow cover and extends the skiing season under very rapidly changing weather conditions. During the summer, the track is available for roller skating, roller skiing, Nordic walking, cycling, laser biathlon and an orientation maze.





SIGULDA
SPORTS CENTRE



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WE INSPIRE SPORTY SIGULDA!

www.siguldassports.lv