

RECONFIGURING FUTURE OF RESORT CITIES

CĪRULĪŠI AS A STARTING POINT FOR
NATURAL RETREAT RESORT IN CĒSIS

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Identifying potentials in Cēsis

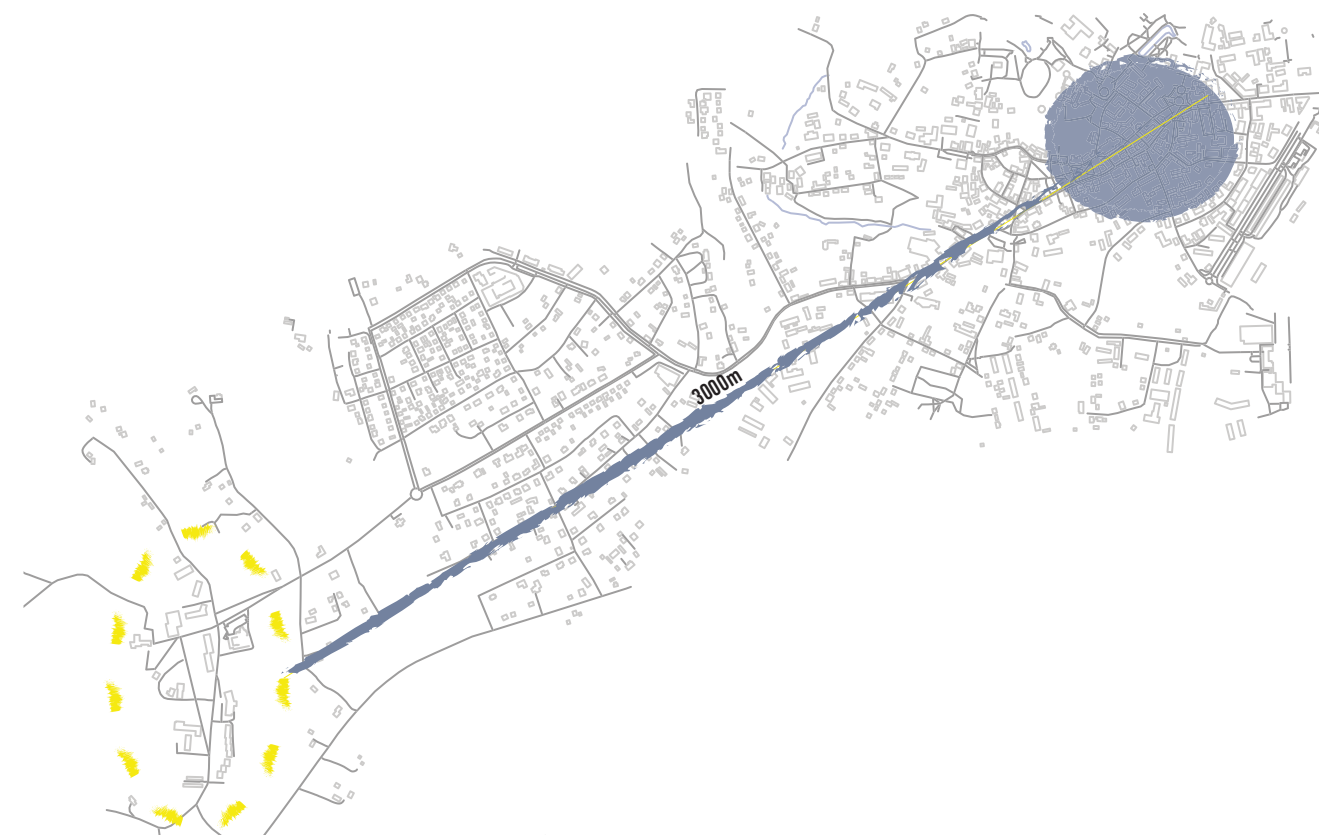
4. CONTEMPORARY NATURAL RETREAT RESORT

5. CĪRULĪŠI

Design and programmatic qualities

Cīrulīši

Cīrulīši is located 3km far from Cēsu city. In 19th century here was cold water resort. Cēsis in that time is named as a resort city with beautiful place with cultural objects.



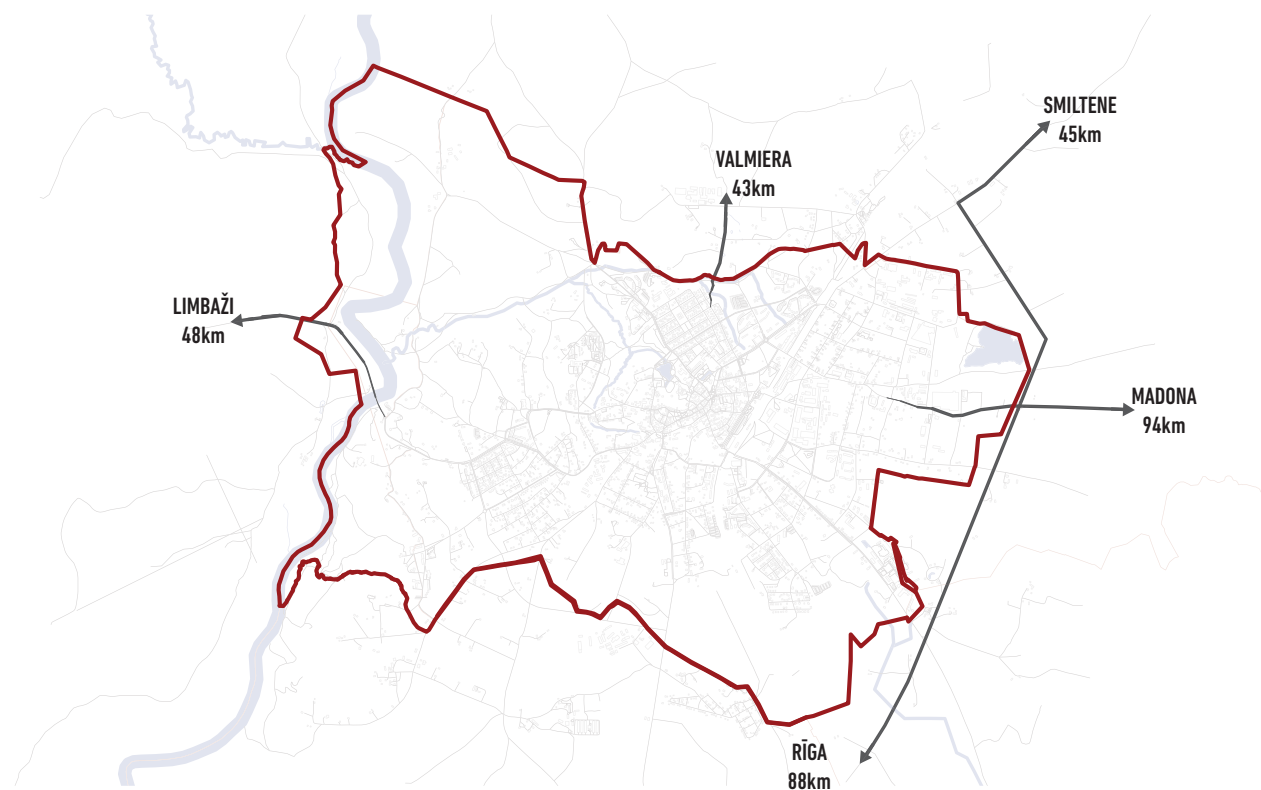
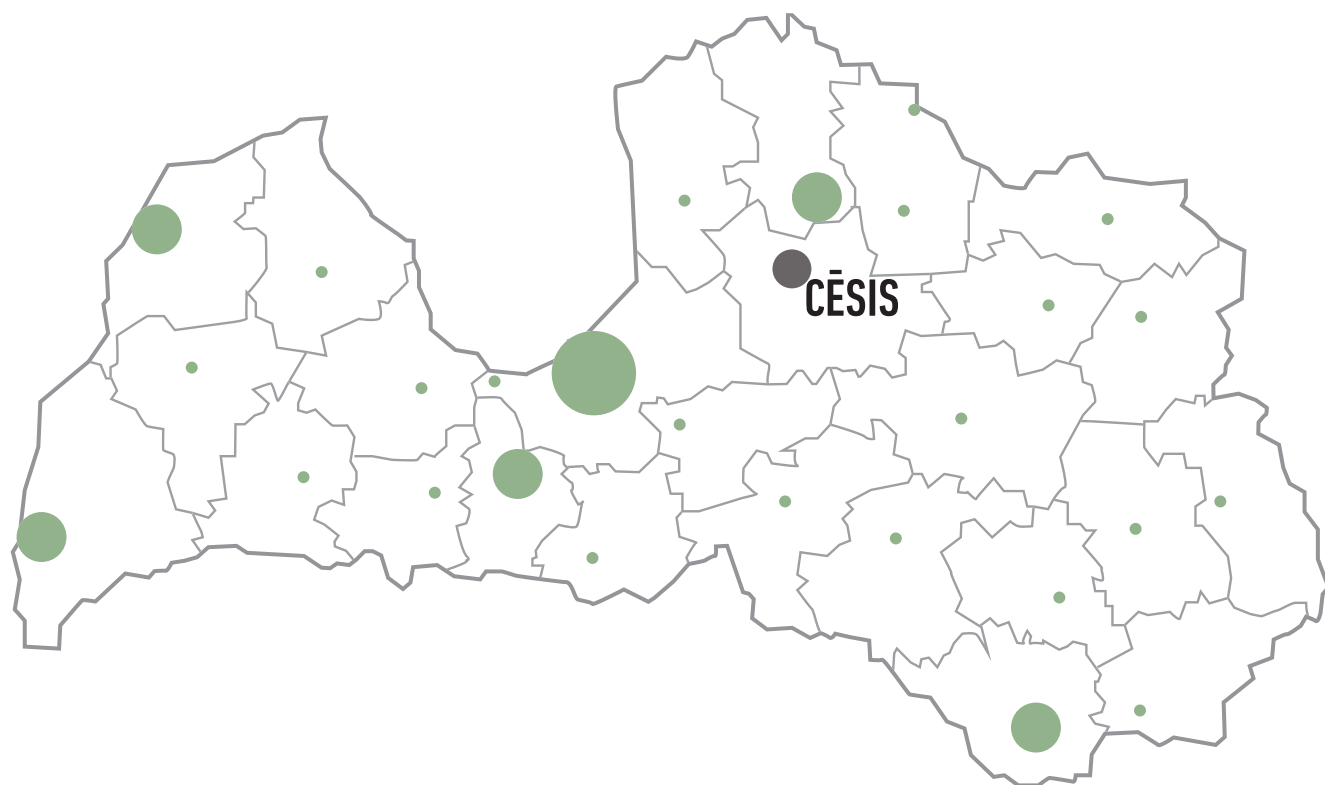
Water healing in the old days involved religious beliefs. The Romans used it for hygiene and medical treatment, but in the Middle Ages the water healing was forgotten. In the end of the 18.gs, at the beginning of the 19 th century, water healing began to be restored in Western Europe. Its revival was propagated and the treatment methods were developed mainly by individuals without medical education.

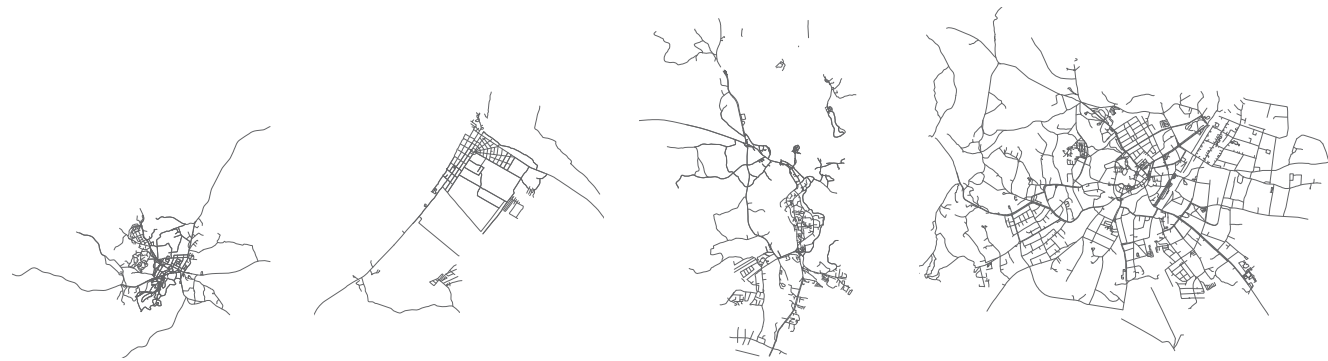
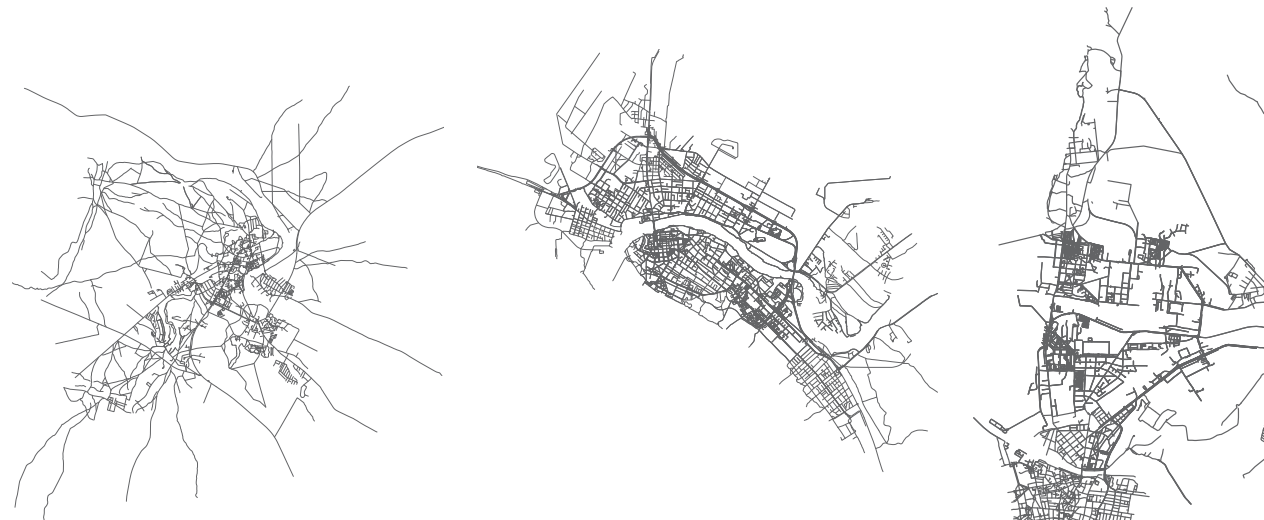


Introduction

The resort towns have always stood out with some special attention among tourists. And in a way, the resort, this is the place where most tourists are attracted today, perhaps even flying across the world just to see the exact resort.

Cēsis municipality observes the potential for the city to become a resort city, as well as getting official resort status. We support this idea because in Latvia we don't have resort cities in green areas, only next to sea, and Cēsis has a big potential because of surrounding area. Resort status in Cēsis could help to increase the number of tourists in the town and improve the town's infrastructure. Creating a resort would also create places, that would be more useful to the people who live and work there every day, which is unfortunately not possible at the moment because the city cannot afford it. As potential territory for the resort, Cēsis municipality sees Cīrulīši, small corset in the city, in Gaujas National Park territory - prospective resort area could be 116,2 ha large.



**OTEPAA****NARVA JESUU****TRAKAI****CĒSIS****DRUSKININKAI****PAARNU****JŪRMALA****LIEPĀJA**

PRECEDENT STUDIES IN THE BALTIC STATES

Comparing eight cities from Baltic States. Three from Latvia - Cēsis, Liepāja, Jūrmala. From Lithuania - Trakai, Druskininkai and from Estonia - Narva Jesuu, Otepaa and Paarnu.

Main goal from this research is to compare population and number of tourists, is it increasing or decreasing, and of course other similar features in these cities, like location, national parks and spas.



Winter activities



Small town but resort



Ecosystem



Wanna be resort city



Spa town



Beach town



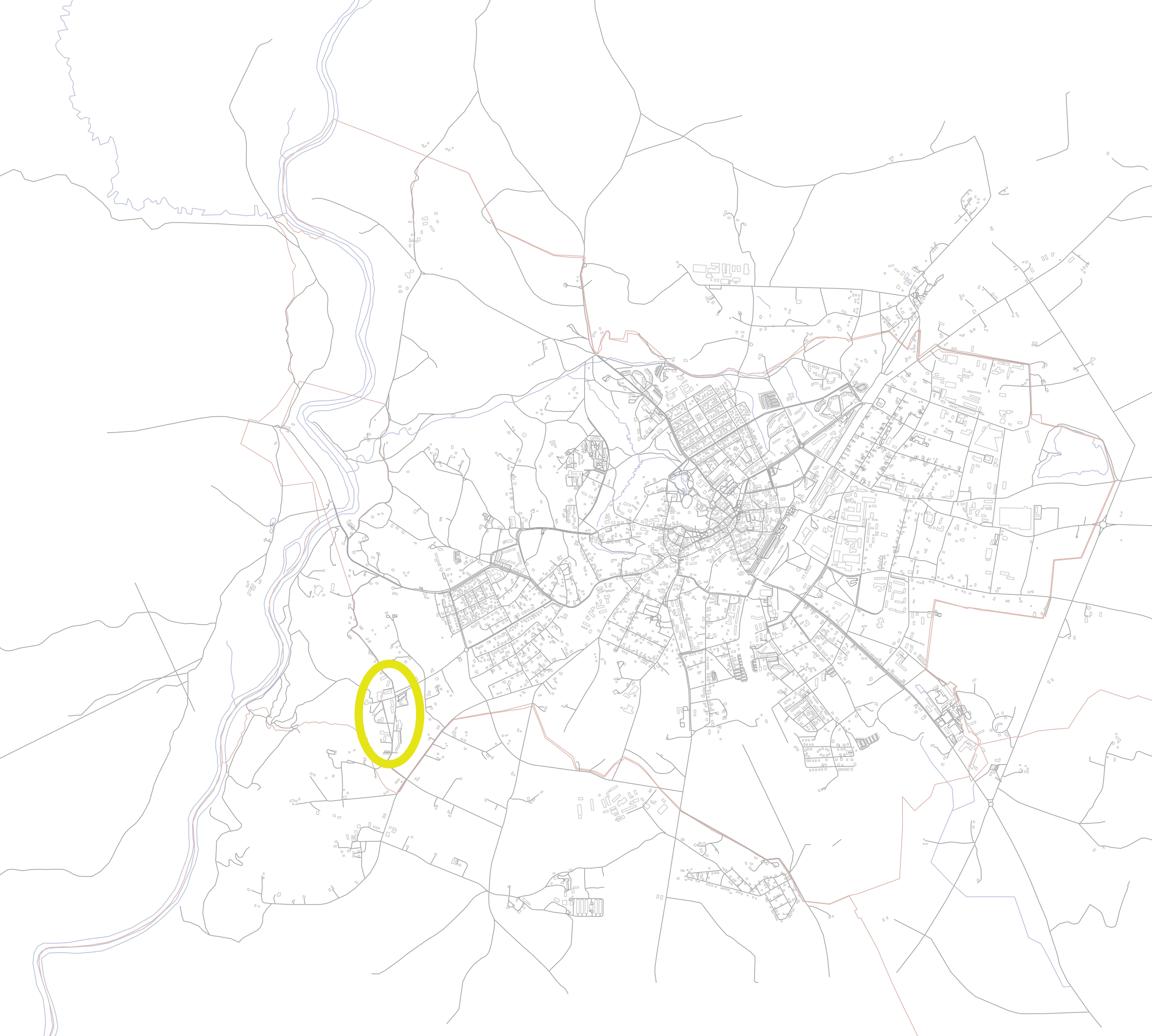
Resort city with beach



Resort city with beach

SPATIAL SCENARIO: NATURAL RETREAT RESORT IN CĚSIS

IDENTIFYING POTENTIALS IN CĒSIS



CĪRULĪŠU AREA

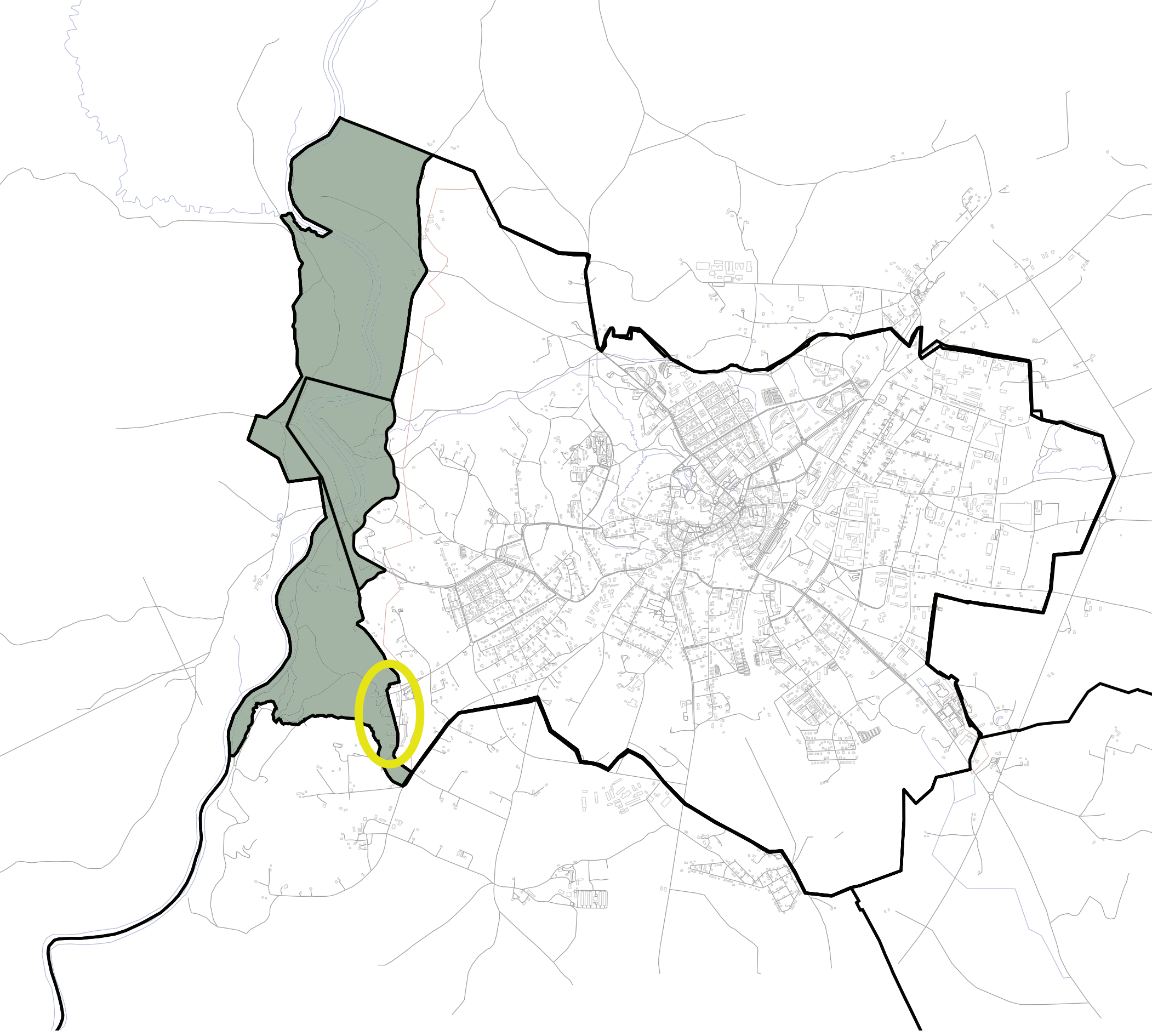


Gauja National park in Cēsis

In The Gauja National park contains protected habitats and biotopes. Spectacular sites in this zone which have formed naturally and which we must preserve and not destroy.

The Gauja National Park established in 1973. The main "artery" of the park is the ancient Gauja River valley, which was left behind where Ice Age glaciers receded. The valley is 95 km long, with many tributaries that are also in deep ravines with massive sandstone cliffs from the Devonian period. The deepest part of the river valley is at Sigulda, where it is 85 meters deep.

<https://www.celotajs.lv/en/e/gnp>



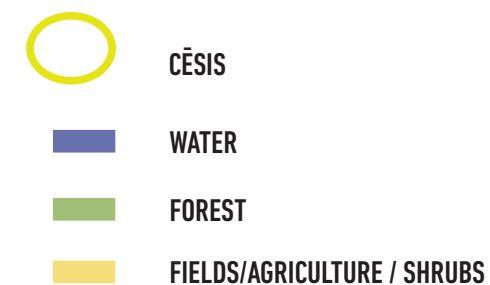
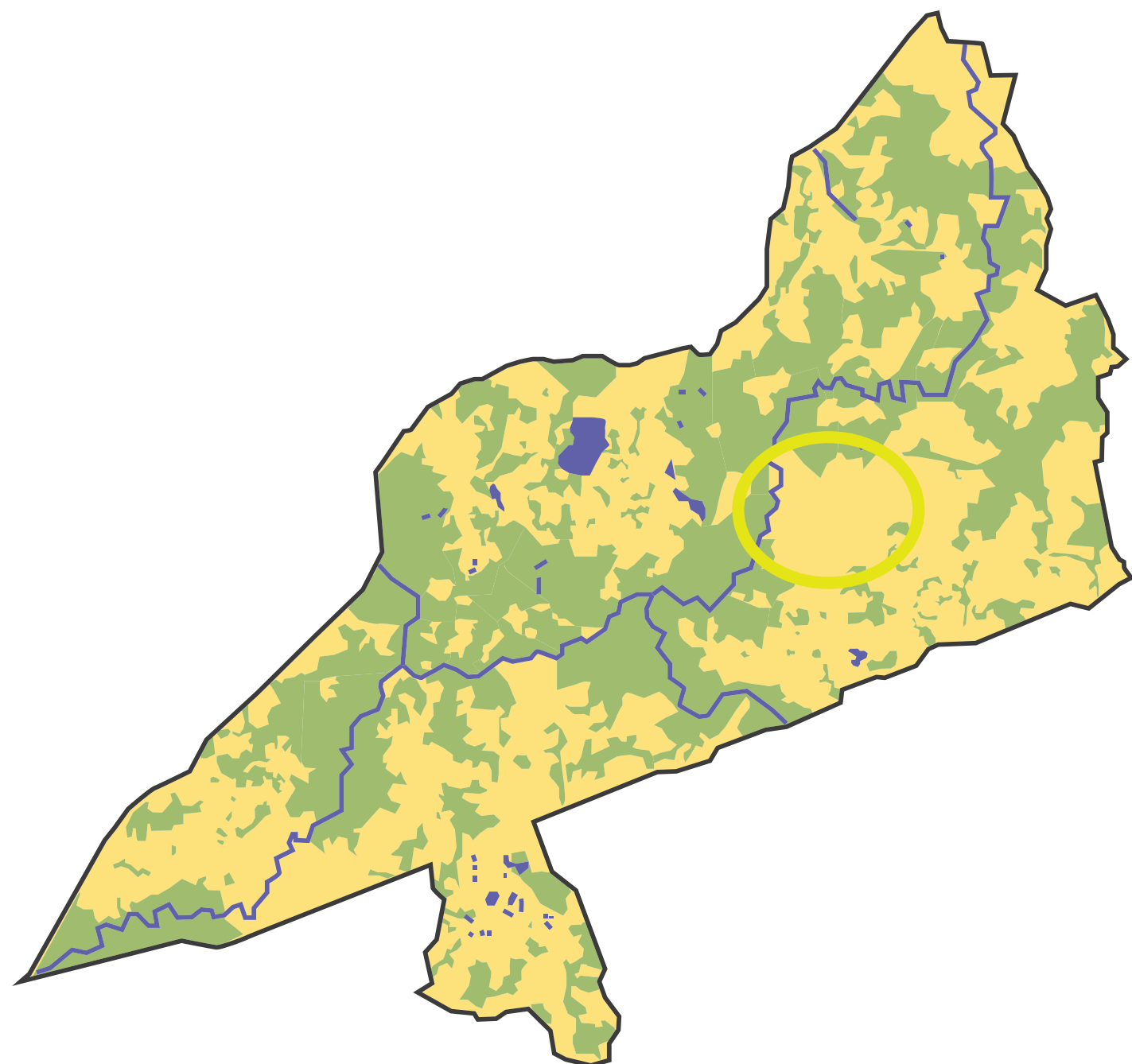
The Gauja National park

The following functional areas have been created in the Gauja National park:

- nature reserve (strict regime) zone;
- nature reserve zone;
- landscape protection zone;
- cultural and historical zone;
- neutral zone.

In the territory of the park is not allowed:

- 1) damage or destroy cultural-historical objects;
- 2) damage or destroy state and local geological and geomorphological nature monuments;
- 3) to carry out activities that cause soil erosion;
- 4) damage or destruction of micro-reserves, especially protected habitats, especially protected species and their habitats;
- 5) damage or destruction of specially protected trees included in the category of natural monuments;



Nature objects



Red cliff

The red cliff is located on the right base of Gauja. Red cliffs is a protected geological nature monument, located in Gauja National park. The cliff stretches several hundred meters. There are cracks in the cliffs that break down reddish rocks, creating an unusual work of natural art. Their surface is rather jagged which makes small curves and niches in the rocks.

<http://turisms.cesis.lv/ko-redzet/dabas-objekti/sarkanas-klintis/>

Gaujas cave

In a size small cave which is difficult to see from the river. This cave is not the most popular one and it is located in degraded environment.

<https://www.entergauja.com/lv/ko-darit/enter-daba/objekti/gaujas-ala>

Call cliff

Located 0.3 km north of Cēsu bridge over Gauja, long-left landing slope ~100m long is visible several-stage sandstone outcrops.

<https://www.entergauja.com/lv/ko-darit/enter-daba/objekti/zvanu-klintis>

Mirror cliff

The cliffs are 140m long, up to 10m high sandstone cliffs. It was exposed recently 8-4 thousand years ago when Gaujas waters revealed a sandstone wall. Looking carefully at the rock, you can see several levels of layers.

http://www.vietas.lv/objekts/spogulu_klintis/





CONTEMPORARY NATURAL RETREAT RESORT

Ecosystem

There is a great diversity of nature in the territory of Gauja National Park throughout its wealth, also focusing on species and habitats not currently on lists to be protected, but an integral part of the uniform habitat coverage or landscape spatial structure. Protecting Europe alone values shared by nature, we may not notice and lose what is typical of Latvian circumstances or unique in the area of Gauja National Park.

ECOSYSTEM MEANING

An ecosystem consists of a community of organisms together with their physical environment.

Ecosystems can be of different sizes and can be marine, aquatic, or terrestrial. Broad categories of terrestrial ecosystems are called biomes. In ecosystems, both matter and energy are conserved. Energy flows through the system—usually from light to heat—while matter is recycled. Ecosystems with higher biodiversity tend to be more stable with greater resistance and resilience in the face of disturbances, disruptive events.

<https://www.khanacademy.org/science/biology/ecology/intro-to-ecosystems/a/what-is-an-ecosystem>





Resort vs Spa

Resort is place where people go for recreation where the environment is more relaxing. Spa is a health resort near a mineral spring or hot spring.

<https://wikidiff.com/resort/spa>

A resort (North American English) is a self-contained commercial establishment that tries to provide most of a vacationer's wants, such as food, drink, lodging, sports, entertainment, and shopping, on the premises. The term resort may be used for a hotel property that provides an array of amenities, typically including entertainment and recreational activities.

<https://en.wikipedia.org/wiki/Resort>

A spa is a location where mineral-rich spring water (and sometimes seawater) is used to give medicinal baths. Spa towns or spa resorts (including hot springs resorts) typically offer various health treatments, which are also known as balneotherapy.

<https://en.wikipedia.org/wiki/Spa>

ECO - RESORT

The "eco-resort" means a friendly environment a concept of resorts with localizations and destinations animation related to the environmental questions.





Precise boundaries



Future development prospects



Availability of curative resources



Environmental requirements



Resort medical institution

Resort components according to Latvian Building Normative

To get official resort status city have to fulfill five important components. Have to create precise boundaries for chosen territory. City council has to work on future development prospects. Should have availability of curative resources. Have to think about environmental requirements. And should have at least one resort medical institution.

<https://likumi.lv/doc.php?id=253701>



Precise boundaries

- Local residents are officially informed
- Precise presented borders for investors
- No searches for other potential sites
- Created SWOT analyze for the site
- Already drawn plans, schemes

- 1 point
- 2 points
- 2 points
- 2 points
- 2 points

9 / 10

Resort territory have to create strict boundaries, because large area to become a resort territory asks for a big money investment.

Resort components according to Cīrulīši

Cīrulīši is an area that is potentially the most successful place in Cesis, where the resort area could be located. These evaluations are subjective and were based mostly on publicly available information. To understand the true potential of the area, we went through five steps needed to get the resort status and appreciated each of them.

There were five additional evaluation criteria for each step, with a maximum score of 2 points for each criterion. The maximum score you can get for each step is 10, and with this rating, we understand how great the potential is to work for the development of this area.



Future development prospects

- | | |
|--|----------|
| Interests in potential competitors | 2 points |
| Exploring development plans | 2 points |
| Performed different analyzes | 2 points |
| Attraction of architects and designers | 2 points |
| Attracting investors | 2 points |

10 / 10

Future development prospects. City council have to work on future plans, have to look for investors, for information on how to attract tourists.



Availability of curatice resource

- | | |
|---------------------------------------|----------|
| Medical plants | 1 point |
| Mud, sludge other natural extractions | 1 point |
| Spring water | 2 points |
| Fresh air | 2 points |
| Water extraction places | 2 points |

8 / 10

Availability of curative resources. In resort territory has to have curative resources, for example springs, or mineral waters.



Environmental requirements

Options from the Nature Protection Board	0 points
Sound pollution analyzes	2 points
Air pollution analyzes	2 points
Temperature analyzes	2 points
Regular water analyzes	2 points

8 / 10

Environmental requirements. In selected area should have made some analyzes about the air pollution, sound pollution, also about the quality of water and others. It depends on the chosen territory.



Resort medical institution

Premises for medical institution	0.5 point
Ideas for medical procedures	0.5 point
Development building project	0 points
Found the necessary medical specialists	0 points
Arranged infrastructure, access	0 points

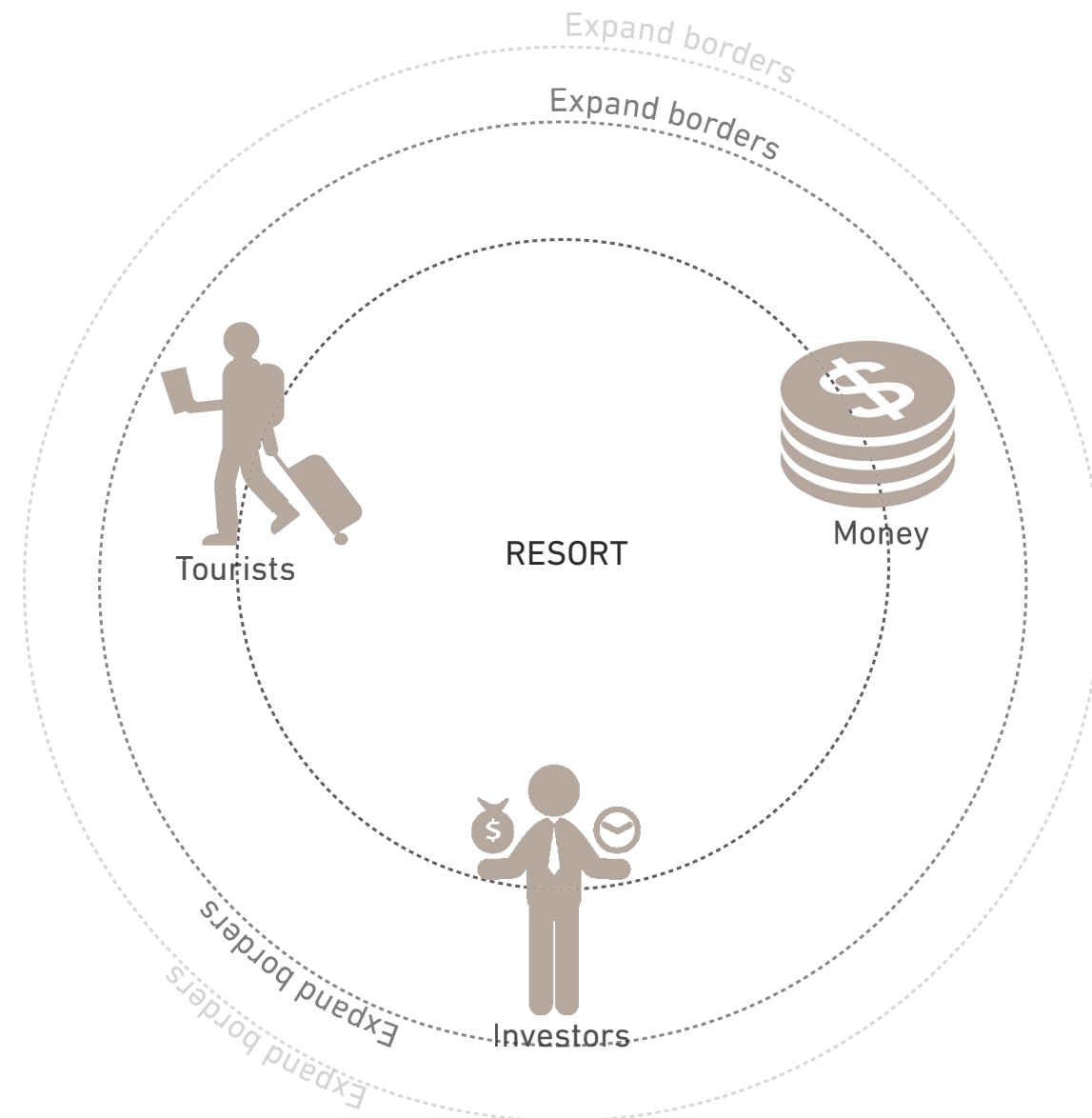
1 / 10

Has to have at least one working resort medical institution.
Numbers next to symbols symbolize our evaluation (from 1 to 10, 10 excellent; 1 bad) for our chosen territory in Cēsis - Cīrulīši.

City benefits becoming resort city

As the city gets resort status there are benefits, but also this status imposes responsibility. Main benefits what city gains are bigger attention from the investor side, they get more interested in the territory to invest their money, the place gets some higher value with the resort status.

Another good benefit is that increases number of tourists which means that also have bigger cash turnover in the city, and if the number of tourists gets bigger, most probably there will be needed more workers, it means city unemployment would decrease. And if we calculate all the benefits together, the city has enough materials, money, and people to expand the borders for the resort territory.



TOURISTS + MONEY + INVESTORS = CHANCE TO EXPAND BORDERS

Ecotourism

Ecotourism is responsible travel to natural areas that conserves the environment, sustains the well-being of the local people, and involves interpretation and education

Although the tourism industry is constantly growing, this growth doesn't always necessarily have positive implications for the destination and its resources. For one, a heightened influx of tourists can threaten the ecosystem of sensitive natural locations. More people equals more strain on the environment.

Ecotourism is not only conscious of its impact on the natural environment, it is also sensitive to the local economy. This means that a legit ecotour won't be putting money in the hefty bank accounts of transnational companies.

Instead, locals will be reaping the benefits of your visit.

A few real examples of environmentally-friendly travel activities to get started:

Learn how to make cocoa from local farmers in Chiapas, Mexico, and support the conservation of their environment through the tour revenue.

Take a day trip from NYC to participate in a variety of seasonal farming activities with a farm that encourages healthy eating habits.

Protect sea turtles in Costa Rica by setting endangered hatchlings free in the Pacific Ocean.

<https://visit.org/blog/en/what-is-ecotourism/>



Components of ecotourism

It's important to know the main components of ecotourism if we want to create eco-resort place in Cēsis - Cīrulīši.

The main components:

- Contributes to conservation of biodiversity
- Sustains the well being of local people
- Includes an interpretation / learning experience
- Involves responsible action on the part of tourists and the tourism industry
- Is delivered primarily to small groups by small-scale businesses
- Requires lowest possible consumption of non renewable resources
- Stresses local participation, ownership and business, particularly for rural people

Ecotourism: Principles, Practices & Policies for sustainability. Megan Epler Wood. United Nations Publication. 2002.



Holistic approach

A holistic approach means thinking about the big picture. Whether you're doing holistic parenting, holistic website design, or holistic medicine, know that each change you make to one part affects the whole.

In a medical setting, holistic refers to addressing the whole person, including their physical, mental, and emotional health, while taking social factors into consideration. This could be specific to diagnosis, in which case a holistic approach might consider all possible symptoms; or holistic treatment, which may be very creative and empowers the patient to take charge of their own care.

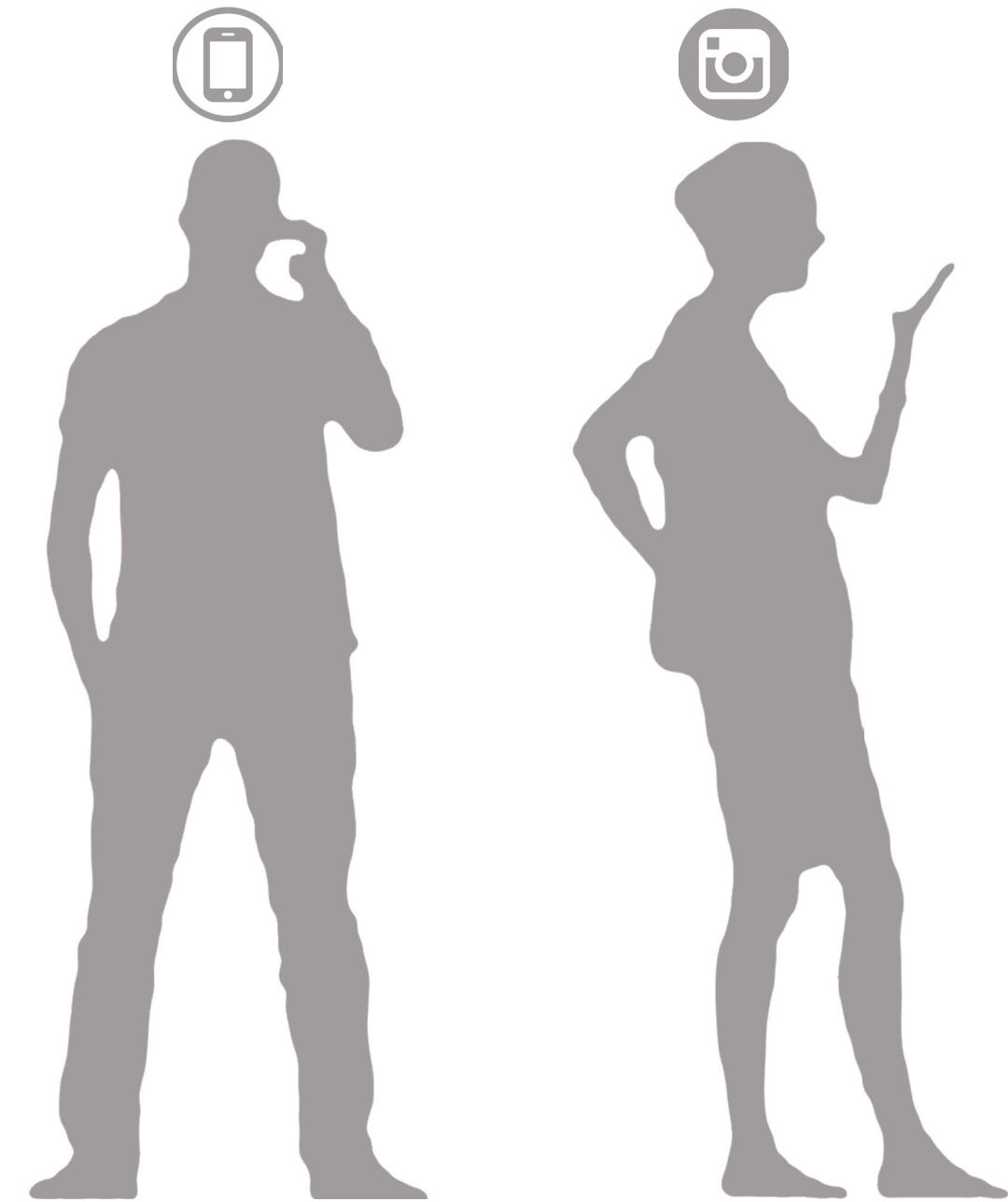
Holistic medicine includes conventional and alternative treatments.

<https://www.ameritech.edu/blog/6-ways-approach-problems-holistically/>



Digital addiction

This research we did by ourselves, because we think we are addicted to social media. We interviewed people aged 16 - 30 with 16 respondents about instagram and 16 about telephone usage. Min average screen time is 1h 30min and max is 6h 58min. Min time spends in instagram is 2min and max 4h 24min.

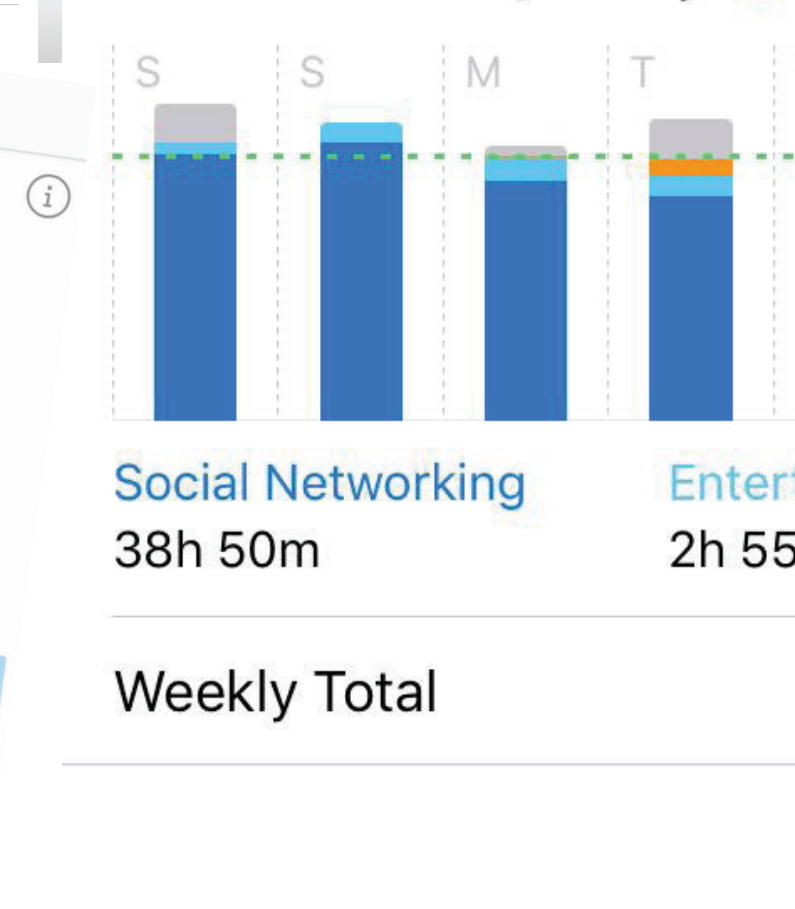
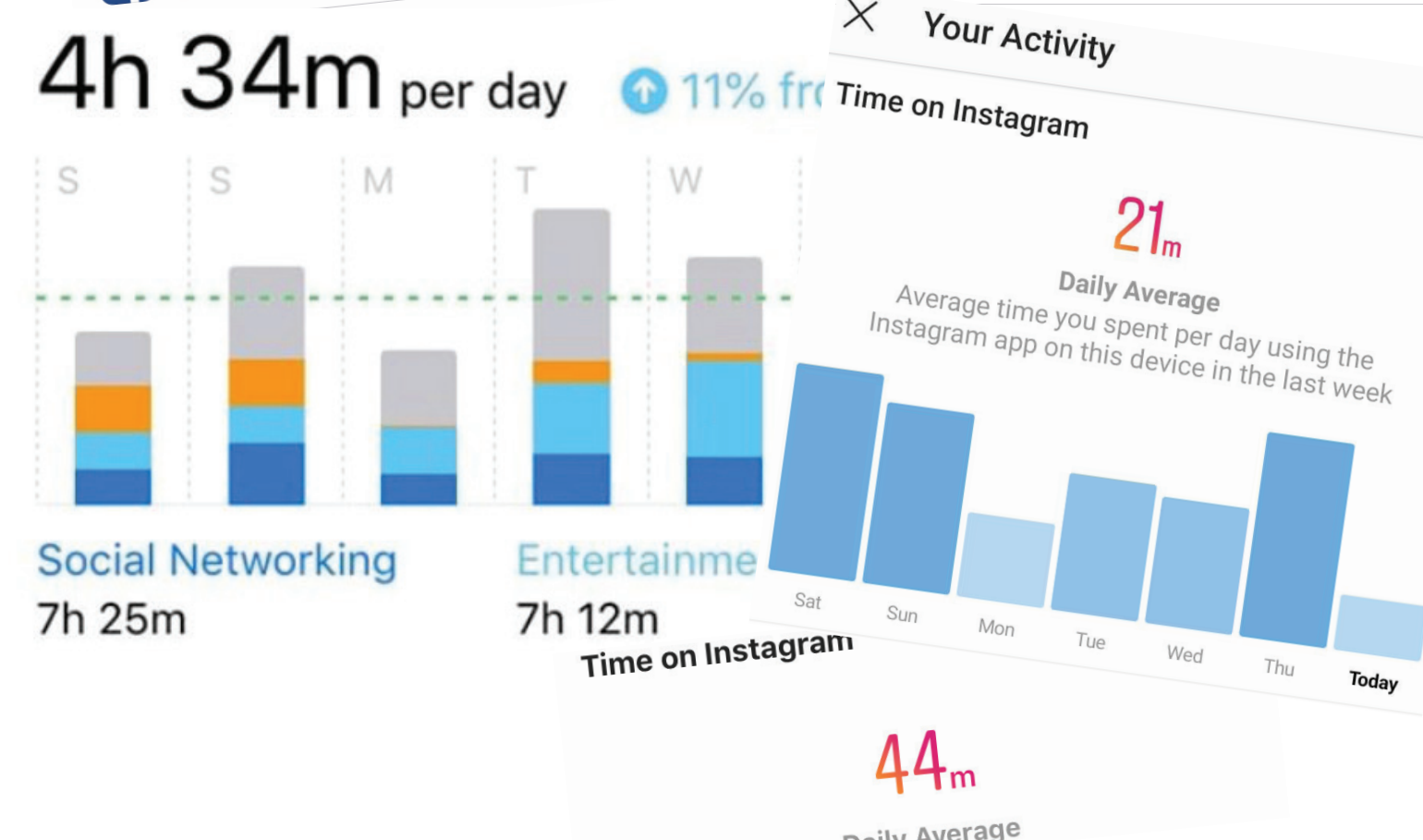
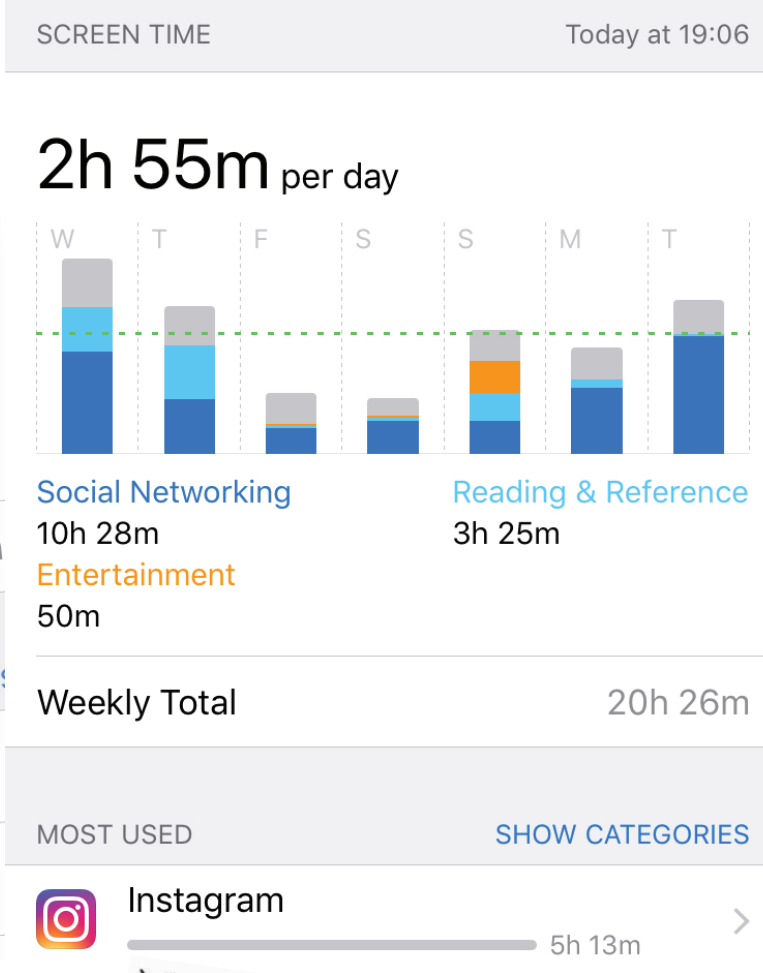


3.49 H

1.55 H

**1/4 TIME OF YOUR
DAY YOU SPEND
IN YOUR PHONE**

In the year 1273 H



Mēs domājam taisīt digital detox viesnīcu un digitālās ierīces ietekmē mūsu veselību

@ANETEBINKE

Vai jūs domājat par savu mentālo veselību?

JĀ 49%

NĒ 51%

2h 10m

3h 23m below average

1h 21m Daily Average

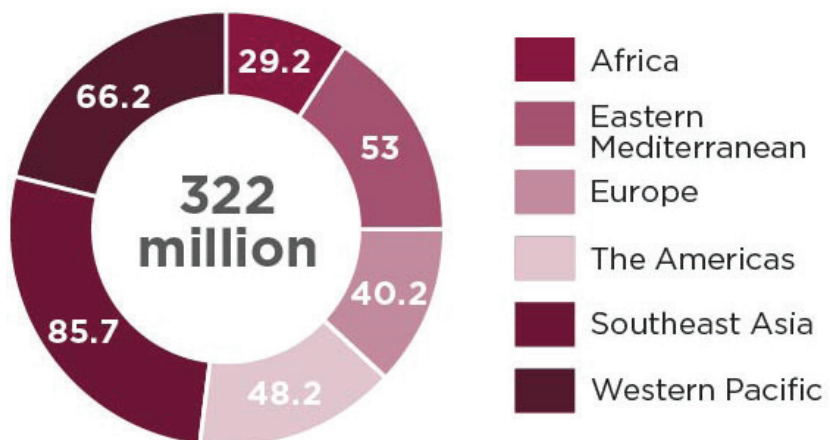
Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.



One in four people in the world will be affected by mental or neurological disorders at some point in their lives.

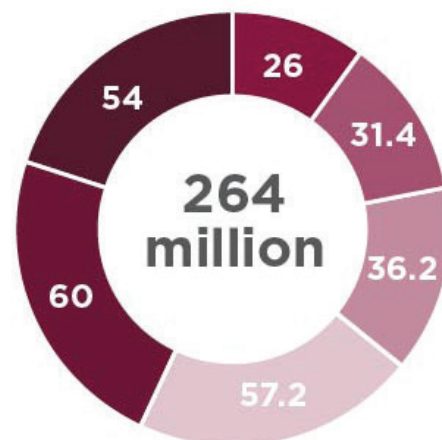
Cases of depressive disorder

By WHO region, in millions



Cases of anxiety disorder

By WHO region, in millions



World Health Organization

Mental health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

It is not easy to push forward innovation in this space: there is a lot of responsibility that comes with mental health care, and everyone is being extremely cautious, up to the point of stagnating the progress out of fear. The few digital mental health mobile products that have received funding, like Betterhelp or Superbetter, are not coming from academia; rather, they have been developed by people who have gone through mental illness themselves and are trying to help others like them. This makes these products less likely to be evidence-based, which does not help the cause at all.

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Be aware of mental problems

Mental health problems affects your mood, your body and your thinking. It is important to realize problems before you are really sick and to take a pills.

Always you have two options - to find good treating doctor or be aware of it as soon as possible and go to the retreat center. Using nature as is an underestimated strategy, which has been scientifically proved to highly increase human`s mental health conditions.



Yoga retreat

In modern Yoga a retreat is often a recreational holiday, where everyday business is left for a few days (weekend-retreat) up to weeks. The goal is to let go of daily stress and problems by doing Asanas rather than pure meditation. Sometimes retreats are offered as organized travels abroad.

[https://en.wikipedia.org/wiki/Retreat_\(spiritual\)](https://en.wikipedia.org/wiki/Retreat_(spiritual))

RETREAT MEANING

If you retreat, you move away from something or someone.

If you retreat from something such as a plan or a way of life, you give it up, usually in order to do something safer or less extreme.

A retreat is a quiet, isolated place that you go to in order to rest or to do things in private.

<https://www.collinsdictionary.com/dictionary/english/retreat>



Yoga retreat VS Yoga holiday

A yoga holiday is a vacation with yoga classes available where you might opt to take part in as many as you want. On the other hand, a retreat has a more defined program built around yoga and you're expected to participate in most sessions.

[https://en.wikipedia.org/wiki/Retreat_\(spiritual\)](https://en.wikipedia.org/wiki/Retreat_(spiritual))

The programm

Holiday
flexible
freedom

Retreat
Determined program

The Venue

Holiday
luxurious

Retreat
yoga centers,
ashrams or any site

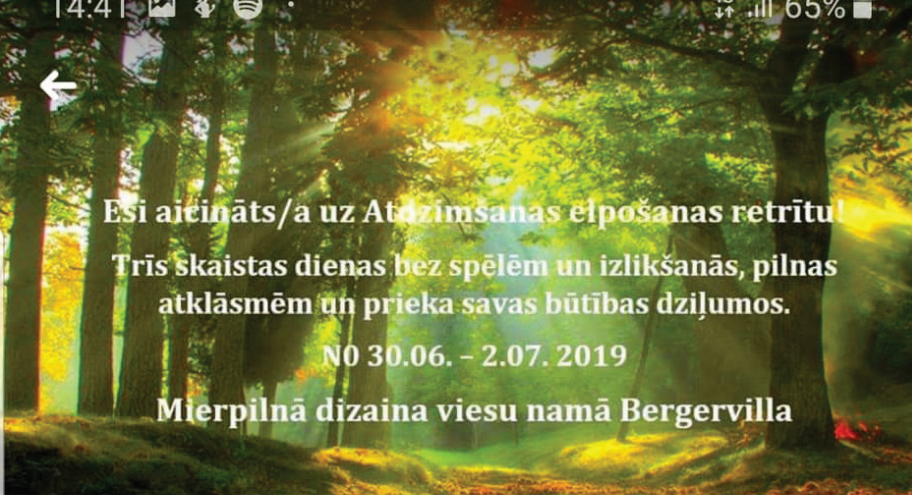
Level of practice

Holiday
no guarantee that all
the instructors are
certified

Retreat
improve skills
the teachers are
certified

<https://www.bookyogaretreats.com/news/difference-yoga-retreat-yoga-holiday>





JŪN. 30 Atdzimšanas elpošanas vasaras retrīts

Public · Hosted by Zanda Žentiņa and 1 other

Interested Going Share More

6 going · 43 interested · 23 shares

Sv, 30. jūn. at 13:00 - Ot, 2. jūl. at 15:00 GMT+03:00
Next month

Viesu nams Bergervilla - Vijciema Medību pils
Vijmeži 4, Vijciema pagasts, Valkas pagasts-4733 · 86.7 mi



14.-18. AUGUSTS
Apšuciems, Latvija

STARPTAUTISKS
UPĀJA VĒDA TANTRA JOGA
INTENSĪVS RETRĪTS 2019

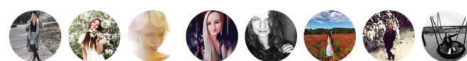


AUG. 2 Retrīts «Tuvība un Apzināta komunikācija» 1.līmenis

Egomāne

Interested Going Share More

Sintija, Annika and 6 others like Egomāne



12 going · 69 interested · 14 shares

Pk, 2. aug. at 11:00 - Sv, 4. aug. at 18:00 GMT+03:00
In 3 months

Egomāne
Tērbatas iela 33/35, Rīga, Latvia-LV- 1011 · 1.6 mi



MAIJS 17 Pavasara Jogas & Meditācijas Retrīts

Publiskā pasākums · Rīko Urban Yoga Rīga

Interested Apmeklēju

17. Maijs at 18:00 – 19. Maijs at 18:00
Pēc 3 dienām



JŪL. 21 5 dienu retrīts Abgunstes muižā

Publiskā pasākums · Rīko FLOW

Interested Apmeklēju

21. jūl. at 12:00 – 25. jūl. at 12:00

Abgunstes muiža
Abgunste, Latvia-3011

Hosted by FLOW
Parasti atbild dažādu stundu laikā



MAIJS 17 ZEMES ELPA pavasara retrīts

Publiskā pasākums · Rīko ZemesElpa un Roberts Gorenko

Interested Apmeklēju

17. Maijs at 16:00 – 19. Maijs at 19:00
Pēc 3 dienām

Laimas Ligzda
Drabeši, Latvia-4139

Hosted by ZemesElpa



AUG. 2 Retrīts "Atgriezies pie sevis"

Publiskā pasākums · Rīko Sevis izzināšanas centrs

Interested Apmeklēju

2. Aug at 09:00 – 4. Aug at 17:00

Tauriņi, Ziemeļu iela, Bērziņi, Engures pagasts

Apskatīt kartē

Festival “Spīdolas salidojums”

In May 11, in the Cēsis Castle Park happened the first festival of health practices and ancient knowledge “Spīdolas salidojums”. The number of visitors by preliminary estimate exceeded two thousand. In total, more than 100 masters of esoteric practices, alternative therapies and folk traditions participated in the festival, and everyone had the opportunity to think about maintaining their health and integrity as well as where our roots come from. The visitors of the meeting emphasized the harmonious and beloved atmosphere of the event, as well as the rich opportunities to supplement knowledge and meet like-minded people. There were healers, connoisseurs, traditionists, systemphenomenologists, color, sound and aromatherapy, astrologers, numerologists, hiologists, extrasensis, cigun, yoga, taro, runes, fenchu, biodeja, neurography, aura-bag, breathing techniques, dry and wet spanking, healing and energetic massages, unique products and health products.





**Cīrulīši as the starting point
for Cēsis to become a natural
retreat resort city.**

CĪRULĪŠI

Student group come to Cēsis by bicycle



1ST DAY

18 PM Arrives in Cīrulīši, Cēsis
19 PM they go to the Spa zone
21 PM go to enjoy dinner at the restaurant
23 PM is likely to enjoy a musical evening
Or
23:00 PM go to the club

2ND DAY

9 AM stand up and go to breakfast
Or
9 AM go to the pool
11 AM goes to look at nearby caves
Or
Performing orientation tasks
Or
11 AM goes to play tennis
14 PM Sign out of the hotel

Image: <https://www.pinterest.com/pin/299982025155480160/>

Young couple comes to Cēsis by train



1ST DAY

11.00 AM Arrives in Cēsis station
12.00 Noon Takes the public transport and goes to Cīrulīši. Arranges at the hotel.
1.00 PM Goes to Cīrulīšu path, tries out obstacle path in trees, and after enjoys "Baskāju" path.
4.00 PM Lunch
5.00 PM Goes to old water tower wich will be created as view tower
6.00 PM Goes to SPA complex, enjoys pools, saunas, salt room etc.
21.00 PM Returns to the hotel room
22.00 PM Goes to bar to have fun

2ND DAY

10.00 AM Breakfast
11.00 AM Plays tennis
1.00 PM Goes to city center, visiting Castle
6.00 PM Arrives back to hotel, goest to Cīrulīšu SPA center
9.00 PM Dinner
10.00 PM Takes the walk around Cīrulīši, Goes to Žagarkalns etc...

3RD DAY

10.00 AM Breakfast
11.00 AM Goes back to train station

Image: <https://www.pinterest.com/pin/676595543998024618/>



Family with kids, culture lovers, arrive by car

1ST DAY

11.00 AM Arrives to Cīrulīši, arranges at the hotel
12.00 Noon Goes to Cēsis city centre, visits main cultural objects
16.00 PM Luch in city centre
17.00 PM Arrives back to hotel
18.00 PM Goes to concert in concert hall
21.00 PM Dinner
22.00 Back at the hotel

2ND DAY

11. AM Breakfast
12.00 Noon Goes to master classes (cooking or making beauty products)
14.00 Goes to Cīrulīšu SPA, pool
18.00 Late lunch
19.00 Goes back to home

Image: <https://www.pinterest.com/pin/852095191975061363/>

Family with kids, nature lovers, arrive with car

1ST DAY

Arriving around 17:00

18:00 go to the pools, children are left in the hands of supervisors in the meantime, children are taught to swim, dive etc.
18:30 parents go to massage
19:00 family goes to diner
21:00 parents go to sleep children so they can go on musical evening

2ND DAY

9:00 The family has stood up
10:00 go for breakfast
12:00 family heads to bassfoot trail to lark trail, looks at caves and cliffs
Or
12:00 IN WINTER the family is heading to the mountain
16:00 family arrives back at hotel
17:30 children go to masterclass, parents enjoy pyggies, cold pool
19:30 family goes out for dinner
21:30 family go to the number to rest

3RD DAY

9:00 rises the next day
10:00 breakfast
11:00 Goes to the Children's Square with children or/and climbs the viewing tower
Or
12:00 IN WINTER, family sign out of hotel and head to mountain
14:00 Sign out of the hotel

Image: <https://www.pinterest.com/pin/106890191143645025/>

Development activities

Retreat center

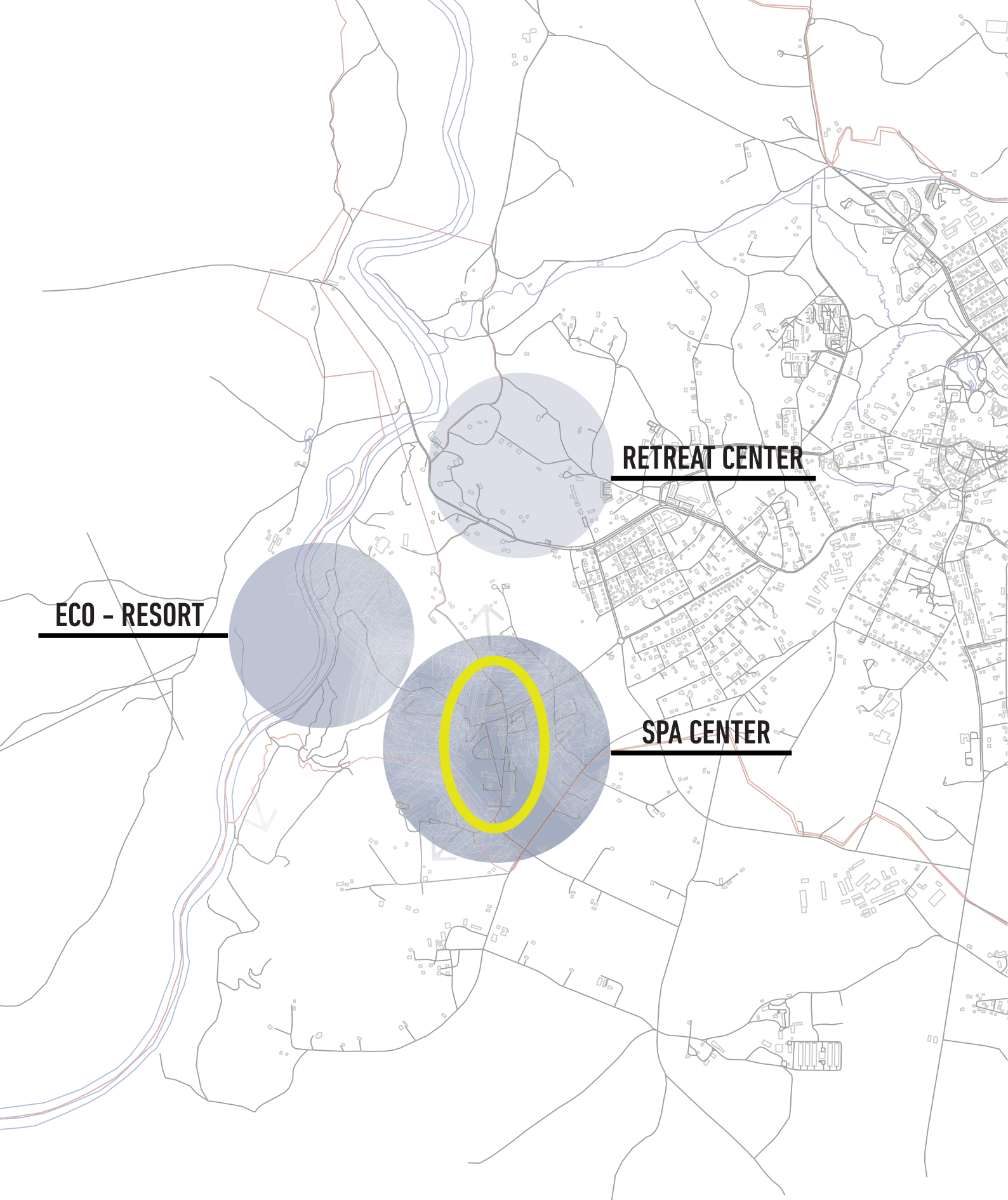
In one study, 95% said their mood improved without used of telephones to spend time outdoors. Their moods changed from depressed, stressed and anxious to more calm and balanced. Digital detox placement we choose into woods in Santa Villa region. More calm place where to treat yourself. In our modern time we are running to do our works.

Eco - Resort

Eco resort in Cēsis could develop in Cīrulīši nature trail area. This area is located into Gauja National park and it has regulations that allow to created minimal adjustments. Eco resort is good for this placement because of Gauja National parks and ideology of Eco resort travelers.

Spa Center

The resort history of this site began in the 19 century. In evaluation of resort components according to Cīrulīši this place has been evaluate it has a potential to get this status.



Cīrulīši

Gaujas līči

Historical center

Station

Žagarkalns camping

Residential site

Gauja river

171 000.56 m²

Nature trails

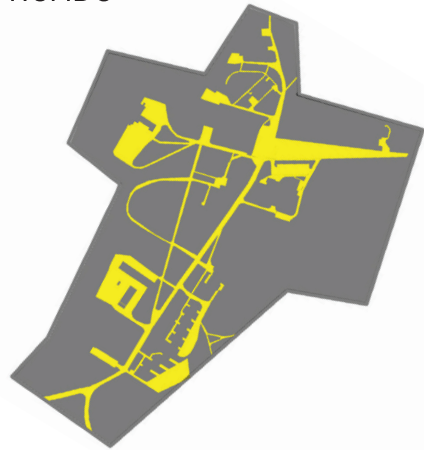
Ozolkalns



Layers

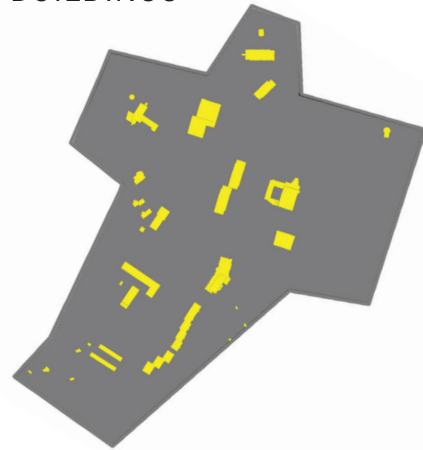


ROADS



Analyzing street structure in this area it is easy to see which roads are the main roads. Main roads create a cross grid and then less important roads connect to the main roads. As there are not so many buildings, all the buildings have direct street connection with each building. Could say that for this small territory place is quite rich with the road structure, there could be less streets and parkings.

BUILDINGS



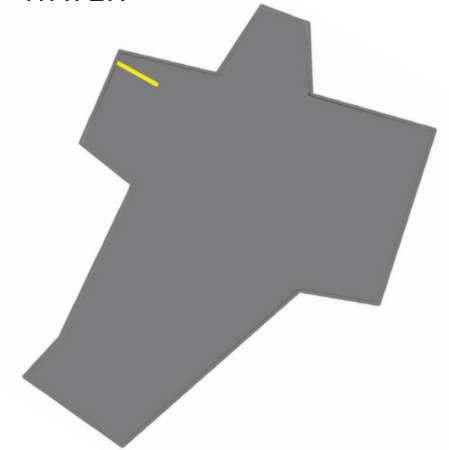
In this territory mainly all the buildings have public meaning or apartment buildings. Half of the buildings right now stays empty and nothing is happening in there. It's not possible to see from this place river Gauja, but still all the buildings mainly rotated to riverside.

VEGETATION



As it is border for Gaujas National park place itself is very green and ecofriendly. There are different types of woods, park which also seems a bit forgotten, and there are few empty green fields.

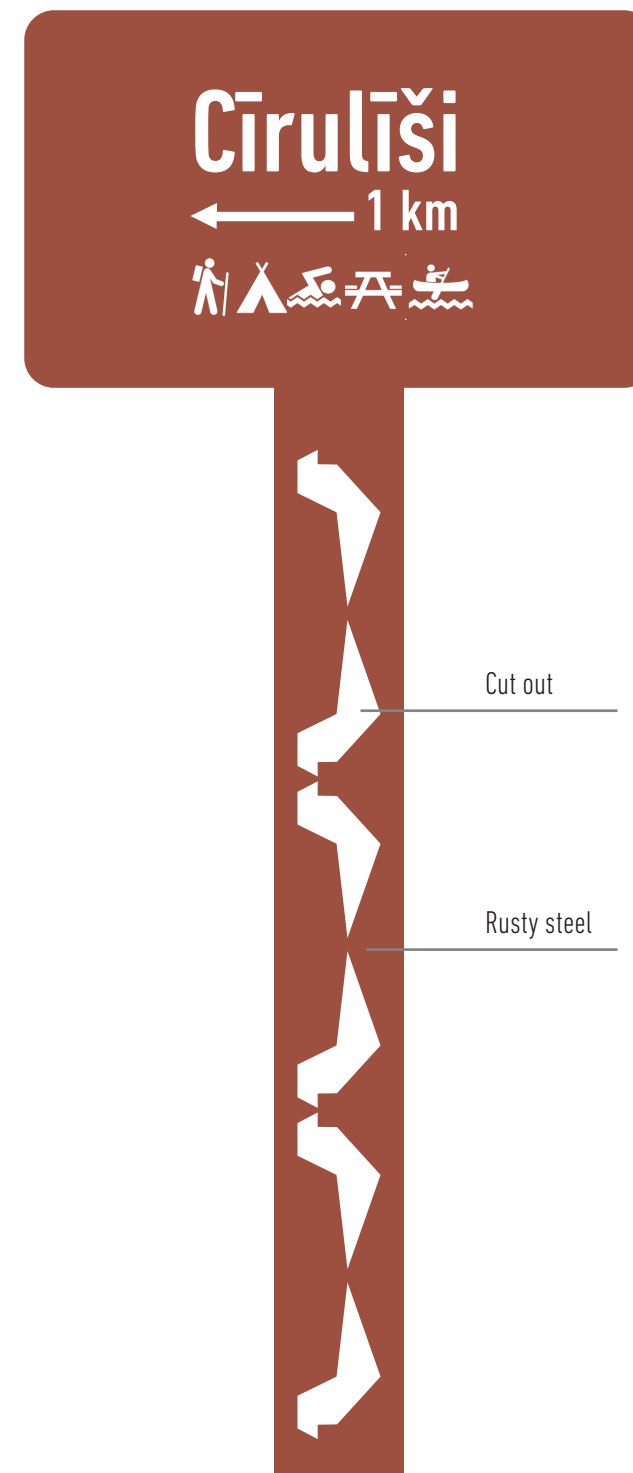
WATER



In chosen territory has small spring water which flows into River Gauja. But territory is located very close to different blue structures. For example Gauja, and spring water next to Spoguļklintis, which is very clear and fresh.

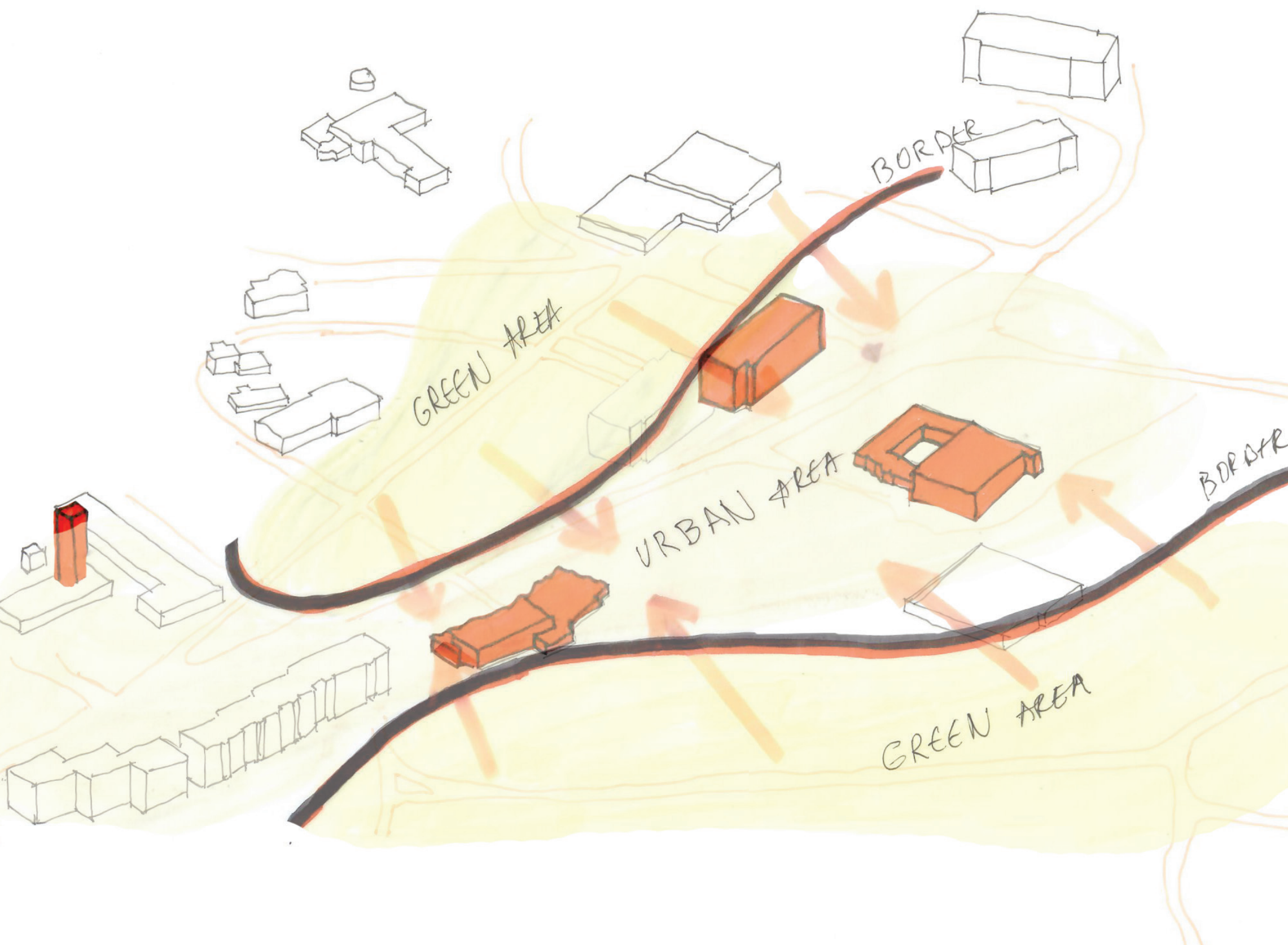


Signs on road

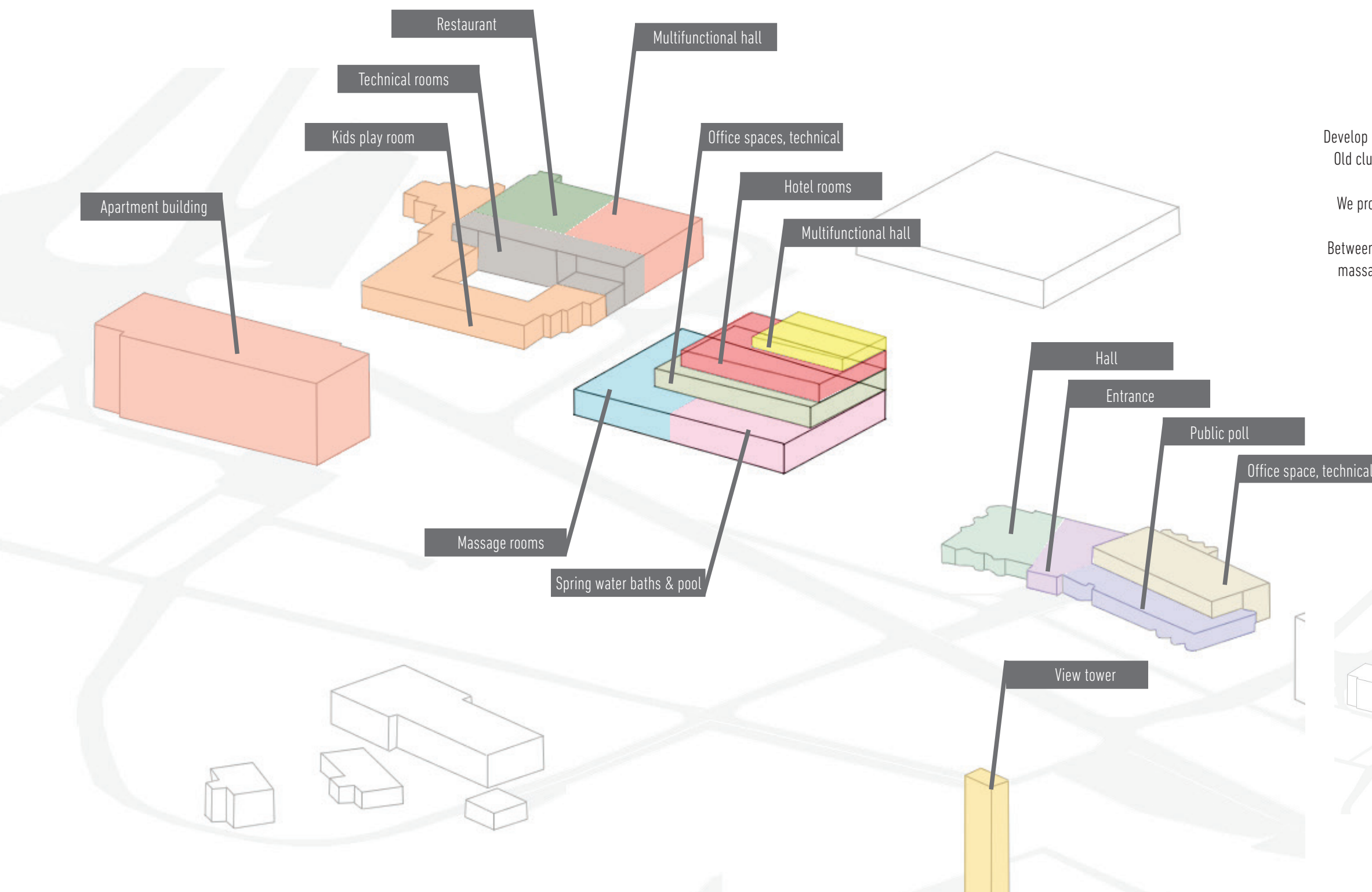


Zones and borders

Territory is divided into green and urban area. There are borders which are created but our proposal is to blur those lines. With a blurring lines and those zones we want to have Spa into green area.

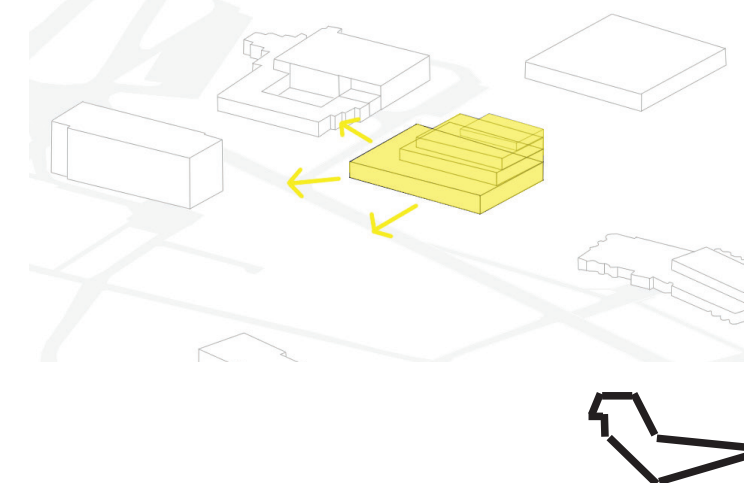


Proposed program for Cīrulīši spa



Develop existing buildings – old club building and closed swim pool building. Old club building creates new functions as Multifunctional hall, restaurants for Spa hotel necessities, technical rooms and kids playroom. We propose to open closed swimpool to public and create public swimpool for locals and tourists. Between is free site where could develop Spa hotel in the first floor could be massage room, spring water baths and pool, on second floor Office spaces for workers, on third hotel and on fourth floor multifunctional hall.

Spa hotel building concept scheme



Mineral water procedures

Mineral water procedures strengthen the immune system, develop the body's ability to resist diseases, stress, bad weather. Water procedures are also performed for beauty purposes, helping to dispose of overweight and cellulitis, as blood circulation is improved and metabolism is activated, so fat begins to break down, muscle tonus increases.

Mineral water with herbs

Flavouring salts and herbal preparations may also be added to the water. It is believed that underwater massage completely replaces normal hand massage, in some way it is even better, because water pressure and temperature are also exerting pressure on the body. An upward shower is used to treat diseases in small pelvic organs and hemorrhoids.

The Sharko shower

The Sharko shower is an all-body massage with a high-pressure water jet that is directed around the body. Very effective, not recommended for the fragile and nervous, but it is good for people with overweight weight. The Sharko shower strongly tongues the skin, subcutaneous tissue and muscle, thereby stimulating the metabolism and helping the body to remove the tailings. A circular shower is used in patients with neuroses and muscle spasms. It uses moderate water pressure. The water is directed to the body from all sides through circular pipes.

Pearl bath

During the procedure, air bubbles, when lifted up in the bath, irritate the skin mechanically and heat pleasantly. The procedure improves blood circulation, positively emotionally charging, relieves fatigue and excitability. The procedure has a reassuring effect.

<https://www.tvnet.lv/5024435/hidroterapija-jeb-udens-dziednieciba>



Spa & Wellness

Salt Massage

The Epsom salt massage increases energy, reduces tiredness and is beneficial for rheumatic aches and pains. Epsom salt is very rich in magnesium and has 300 enzymes that are important to the human body. This invigorating massage will fill you with energy and replenish your skin.

Salt Scrub & Massage

Salt scrub (Lemongrass/Sweet Amber) increases energy, reduces tiredness and is beneficial for rheumatic aches and pains. After the scrub you will receive a relaxing whole body coconut oil massage. The increases oxygen flow in the blood and releases toxins from the muscles leaving you relaxed yet invigorated.

Whole Body Massage

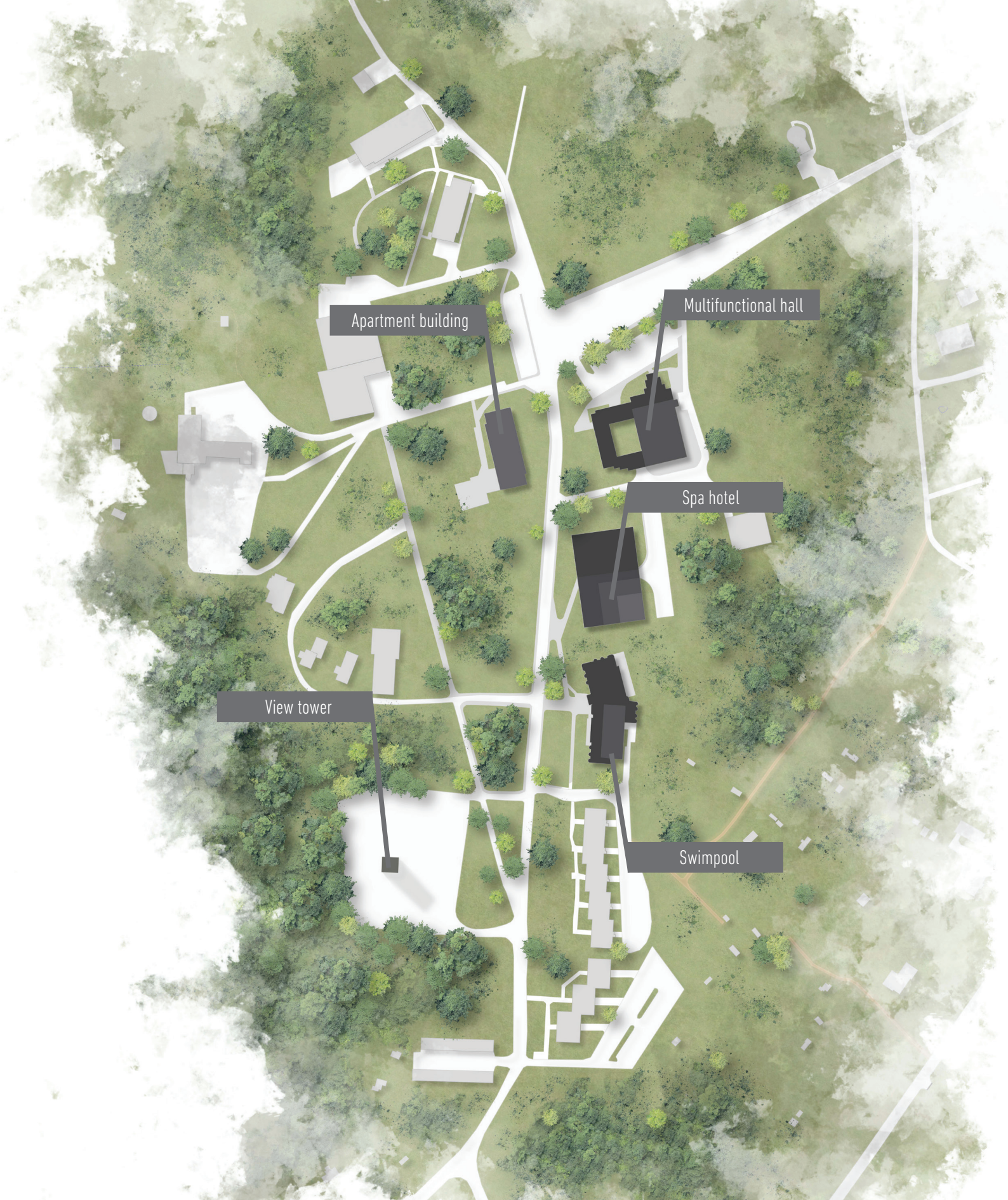
Massage using classic techniques. Relax your mind and body in the hands of our talented therapists. The massage increases oxygen flow in the blood and releases toxins from the muscles leaving you relaxed yet invigorated.

Mind – Body – Soul

This treatment uses deep holistic strokes with hands and hot Icelandic stones. This is an effective treatment aimed at releasing mental and physical tension in a relaxed manner.



Cīrulīši – Natural retreat spa center



Spa center



Street view



Remarks

Cīrulīši territory has a great potential to be as a starting point for natural retreat resort in Cēsis. Cīrulīši could be as a heart for whole resort in Cēsis because Cīrulīši nature trail and Gaujaslīči couldn't function without Cīrulīši Spa.

With existing buildings Cīrulīši can provide different types of procedures, very typical like massages and also specific procedures for yoga retreat.

Developing this territory could increase tourist number.



Nature trail

8 800 m²

Gauja river

Gaujas līči

Residential
area

Historical
center

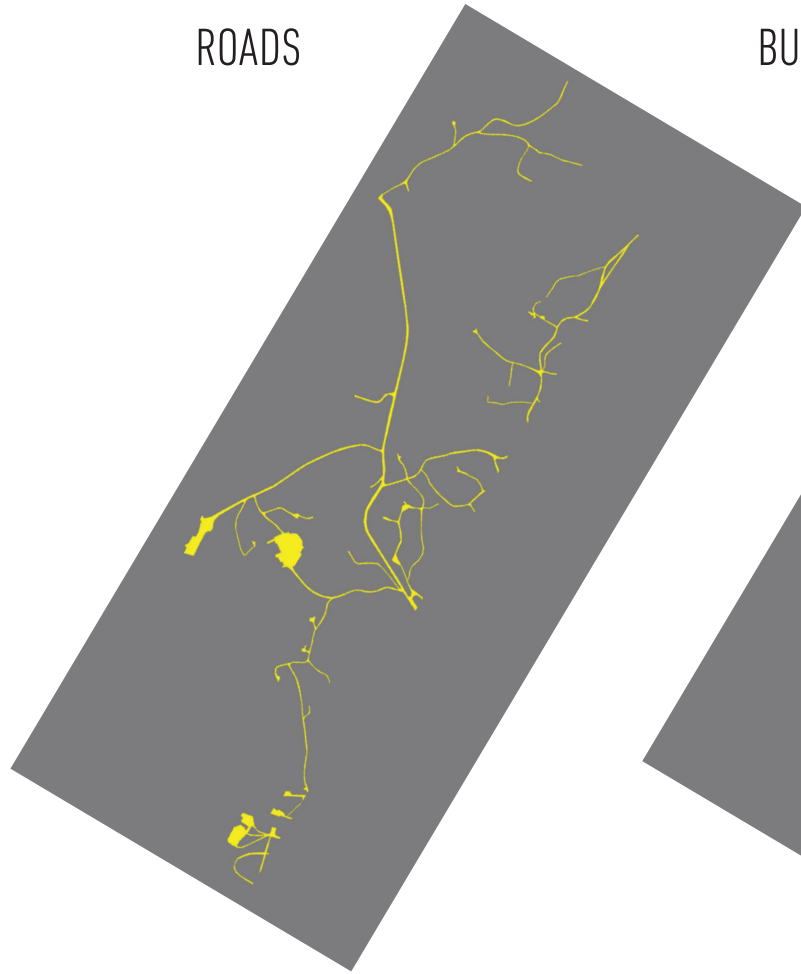
Cīrulīši



Layers

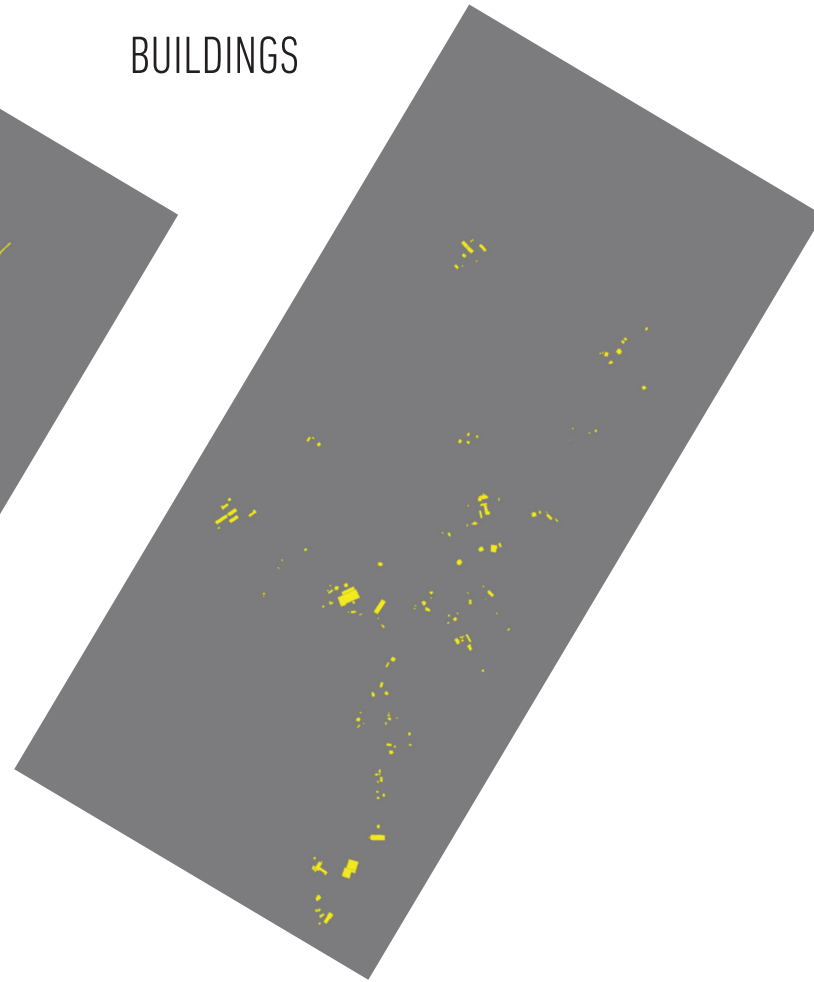


ROADS



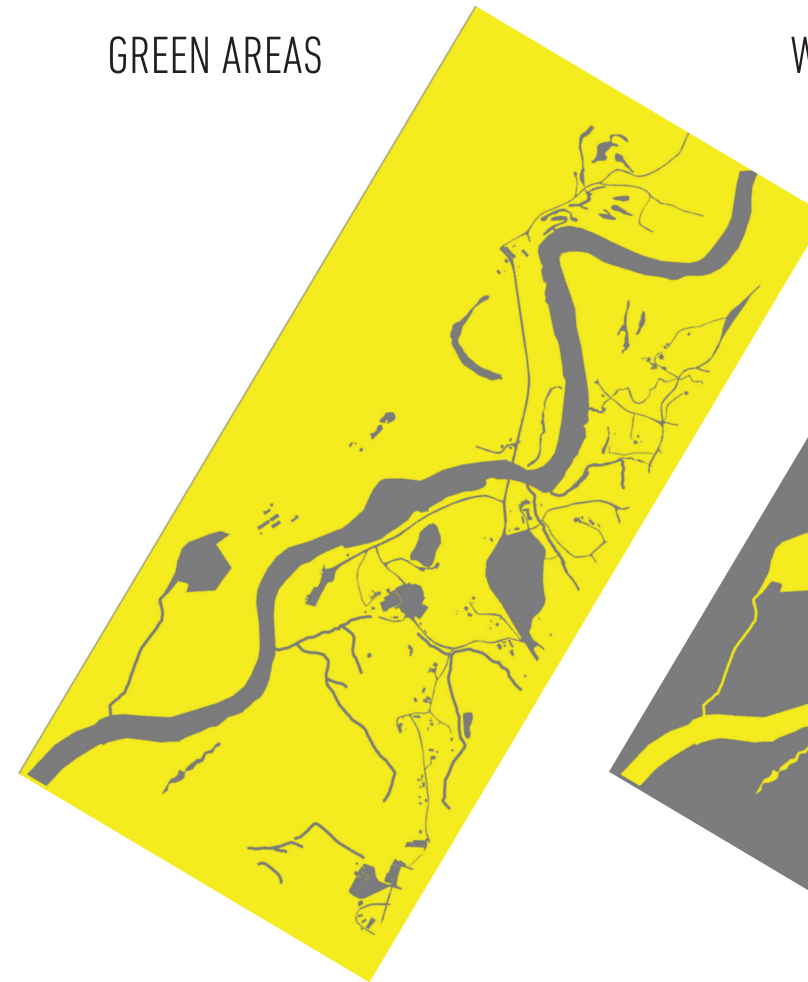
Analyzing street structures in this area it is hard to find uniform grid system. Mainly roads go parallel to river Gauja, but only in few places actually it is possible to go by car really close to the river. But all the roads successfully connect all the places which are necessary to connect with.

BUILDINGS



As this chosen territory is quite big, still it is possible to see one uniform property for almost all the buildings. All buildings are built parallel to river Gauja, and the longest facades face water side. Surrounding buildings mainly are private houses, but also there are few old, degrading, public buildings, an old hotel, pool houses, etc.

GREEN AREAS



As it is Gaujas National Park territory this place is very rich with its vegetation. A lot of green zones are specially protected in this territory which can complicate design work.

WATER



Territory is very rich with the blue structures - water. Most important, and biggest is river Gauja which gives some possibility to create some activities next to river. Around this territory is also several spring waters which go like blood vessels through this territory and Cīrulīšu nature trails, which actually catches the interest walking through the trails.



Cīrulīši nature trail

Cīrulīši Nature Trail is a part of the Cīrulīši and goes through all the territory. In the trails is possible to see different sights and the length of the trails is 4.6km long. Cīrulīšu nature trail has only one place where is possible to go close to river Gauja, in our proposal we think that it could be interesting if there were more than one close access to Gauja.

Sightseeing objects

- 1 The Gauja River
- 2 Oxbow lake
- 3 Beaver
- 4 Spoguļu (Mirror) cliffs
- 5 Dzidravots (Clear spring)
- 6 Orchestra of the nature
- 7 Ozolkalns (Oak Hill)
- 8 Bobsleigh track
- 9 Pine forest
- 10 Līgavas (Bride) Cave
- 11 An anthill
- 12 Spruces
- 13 Friendship trees
- 14 Cīrulīši Cave
- 15 Žagarkalns (Sticks Hill)
- 16 Bird-cherry tree
- 17 The Gauja Valley



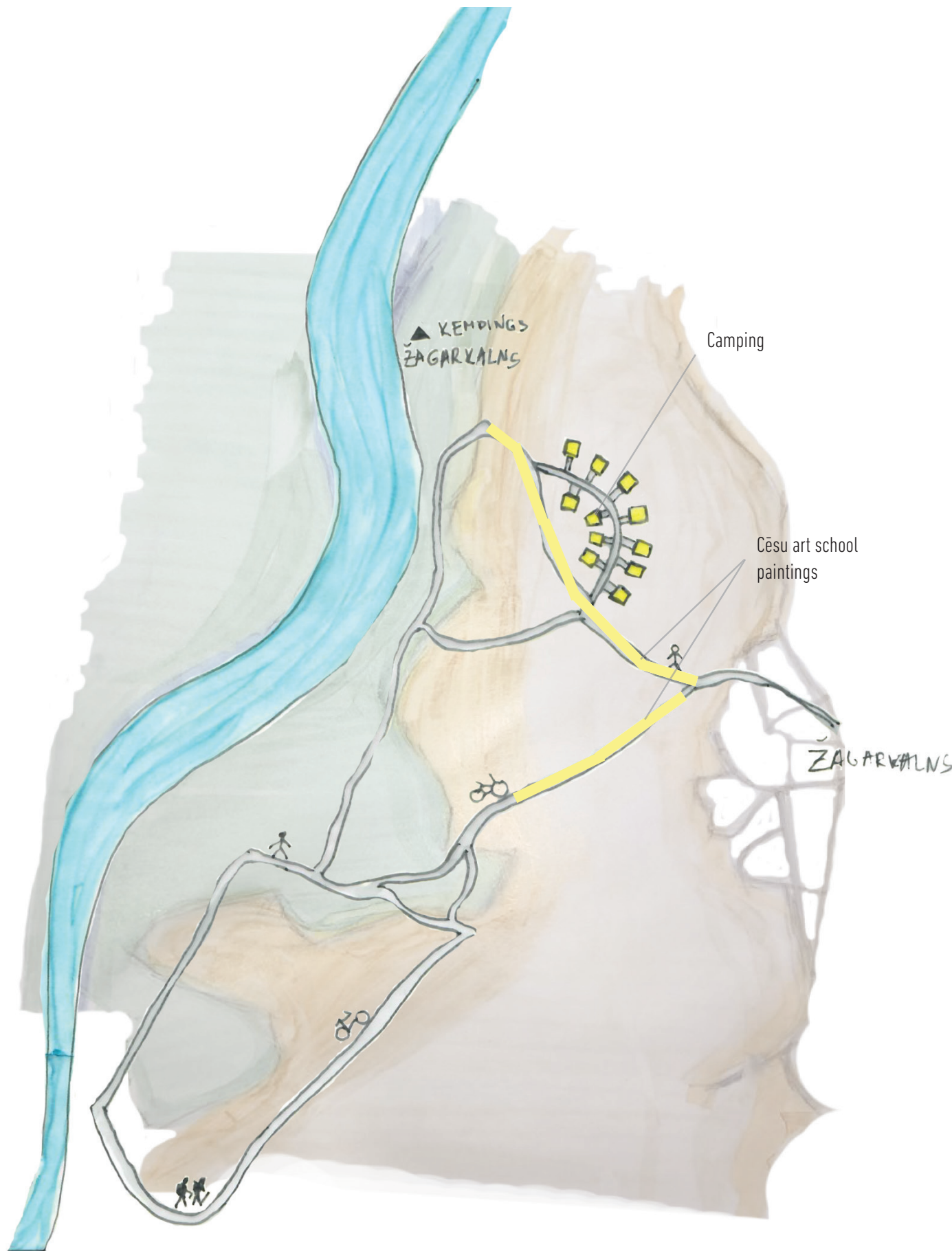
Nature trail continue

Both sides of Gauja are not connected. Idea is to connect Cīrulīši with Cīrulīšu nature trail and Red cliffs.



Potential nature trail camping into the woods

The nature trails are rich in inspection sites as well as activities, but there are still places that are not sufficiently developed. The trails are overgrown and there is nowhere to attract their attention.



- Allowed construction works
- Not allowed construction works
- Area which to develop



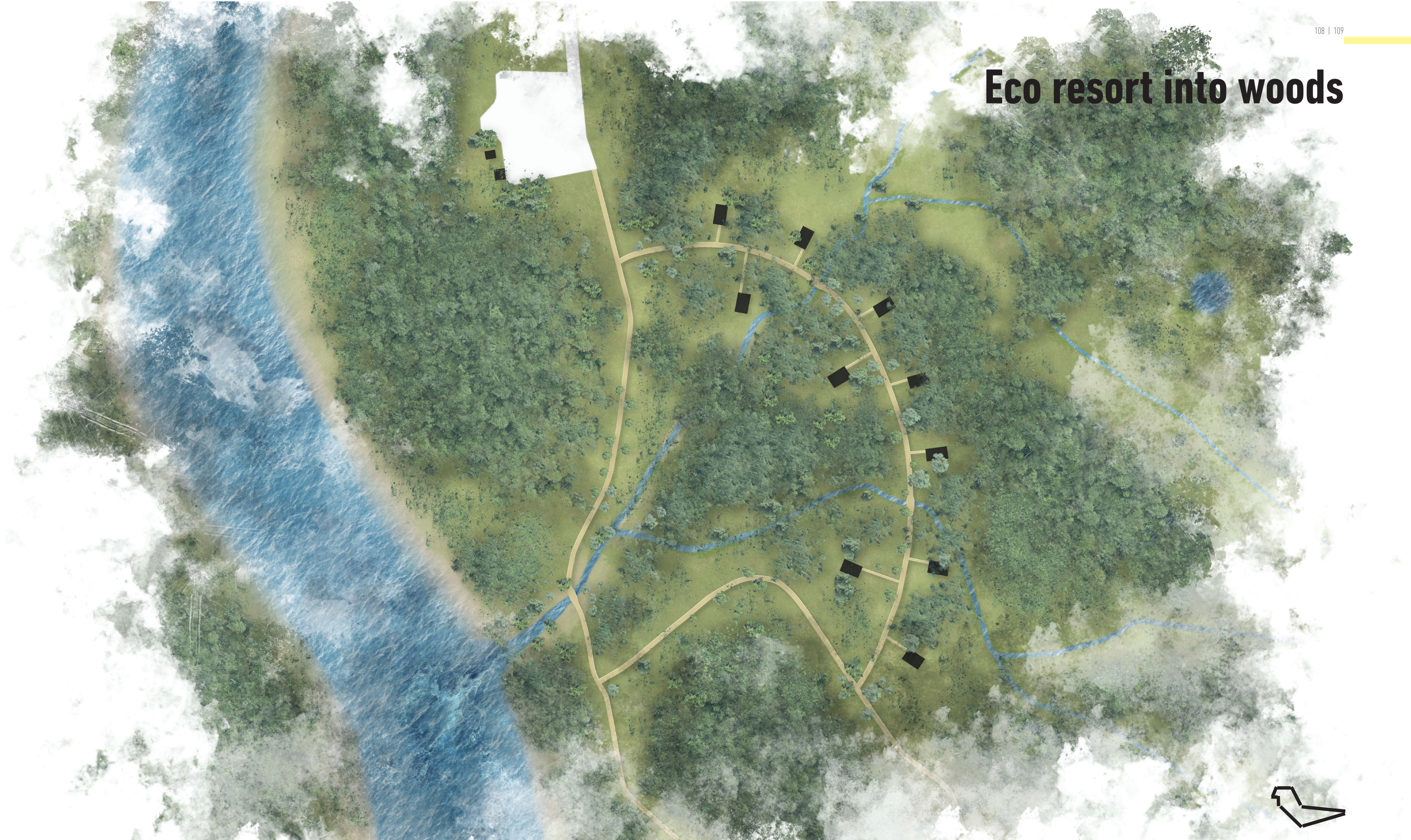
Nature trails



Cēsu art school paintings



Eco resort into woods



Houses in the woods



Remarks

Nature trails are fulfilled with different sightseeing objects. The middle of nature trails are interesting you focus on nature but the end of the nature trails are quite boring. We provide to develop this area and involved local people. On the end of nature trails could be placed Cēsus Art school students works painted on wood. Why on wood? Wood is natural material, it would look better in nature and naturally integrates in the site.

There are developing camping area in Žagarkalns, but they do not have camping houses because of the regulations there are Not Allowed construction works, but we provide to build camping houses into area in which it is possible to do so.



Gaujas līči

Red cliffs

Gauja river

23 020 m²

Villa Santa

Žagarkalns
camping

Cīrulīši

Residential
area

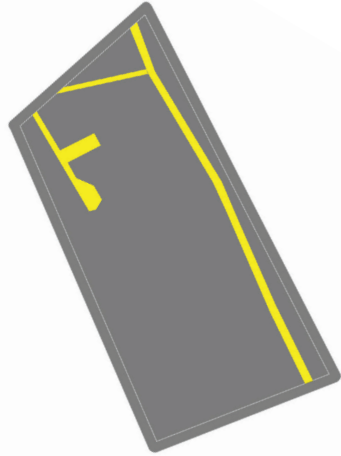
Historical
center



Layers

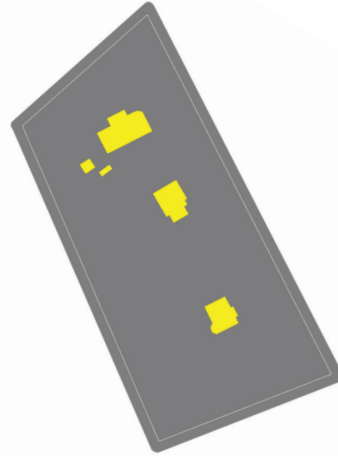


ROADS



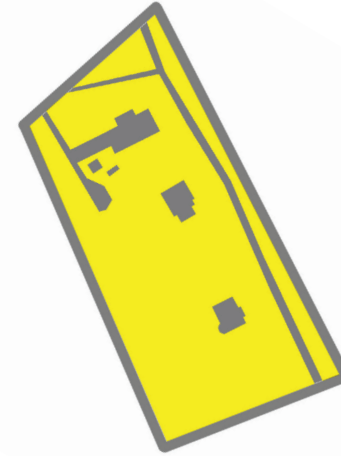
Analyzing street structures in this area it is visible that this place is not really busy with car flows. Surrounding streets mostly go parallel to each other creating typical line grid. As it is quite green area it is also the reason why there is not a very highly developed road infrastructure, and in this case it is good.

BUILDINGS



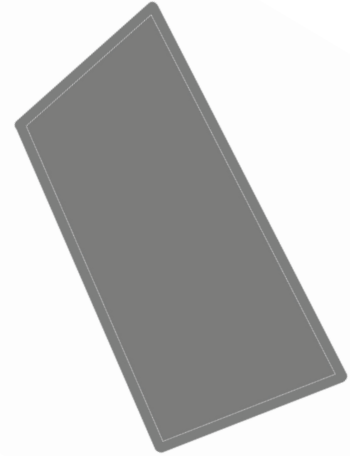
This territory is located in residential area. There are mainly three quite big wooden summer houses. Interesting that it seems that all the buildings are built on one line, parallel to main road and with the view to River Gauja.

VEGETATION



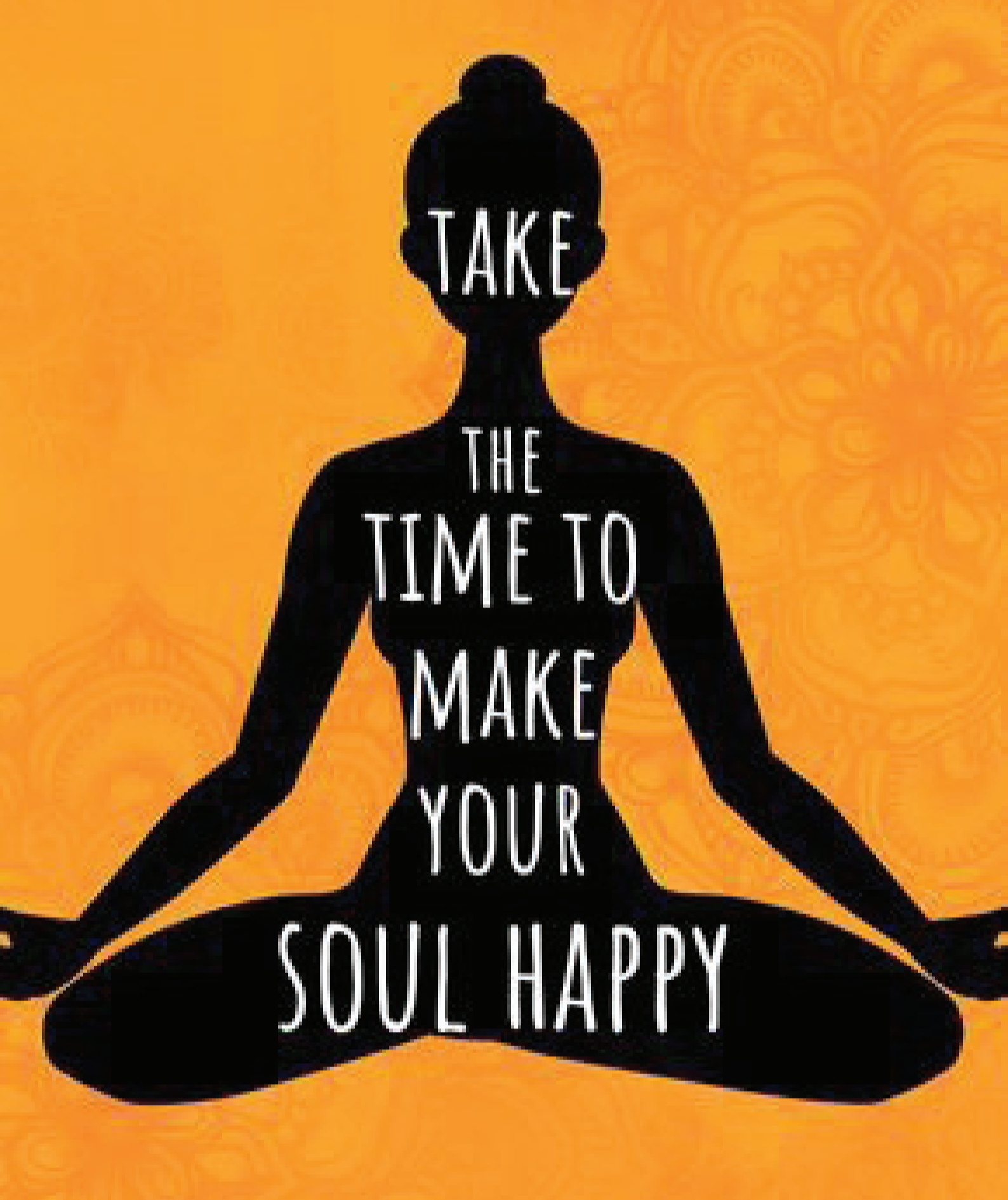
Chosen territory is very green and rich with different kind of vegetation. Could say, that buildings are built in forest. Around has several pine trees, and different plants that love shading. With this green surrounding this place has special calm feeling.

WATER



Indirect territory there isn't blue structure, water. From the territory it is possible to see river Gauja which is not so far, and also next to territory goes spring water which flows in Gauja. Water gives this place fresh feeling and sound of water creates calm feeling.





Typical day schedule

- 6:00 Meditation
- 7:00 Yoga
- 9:00 Breakfast
- 10:00 Yoga philosophy
- 12:00 Discussions, individual consultations and workshops
- 13:00 Lunch
- 14:30 Yoga anatomy
- 16:00 Guided meditation
- 19:00 Dinner
- 20:30 Evening walk or workshops
- 22:30 Lights off

Meal

Vegan
Optional:
Vegan masterclass

Yoga

Restorative yoga
Restorative yoga greatly helps recover after a psychologically heavy day, as well as physical injuries. It makes it possible to direct blood flow to the injured areas of the body without making any effort at all.
Sivananda Yoga
Gentler form of yoga or anyone who wants a more spiritual practice

Program

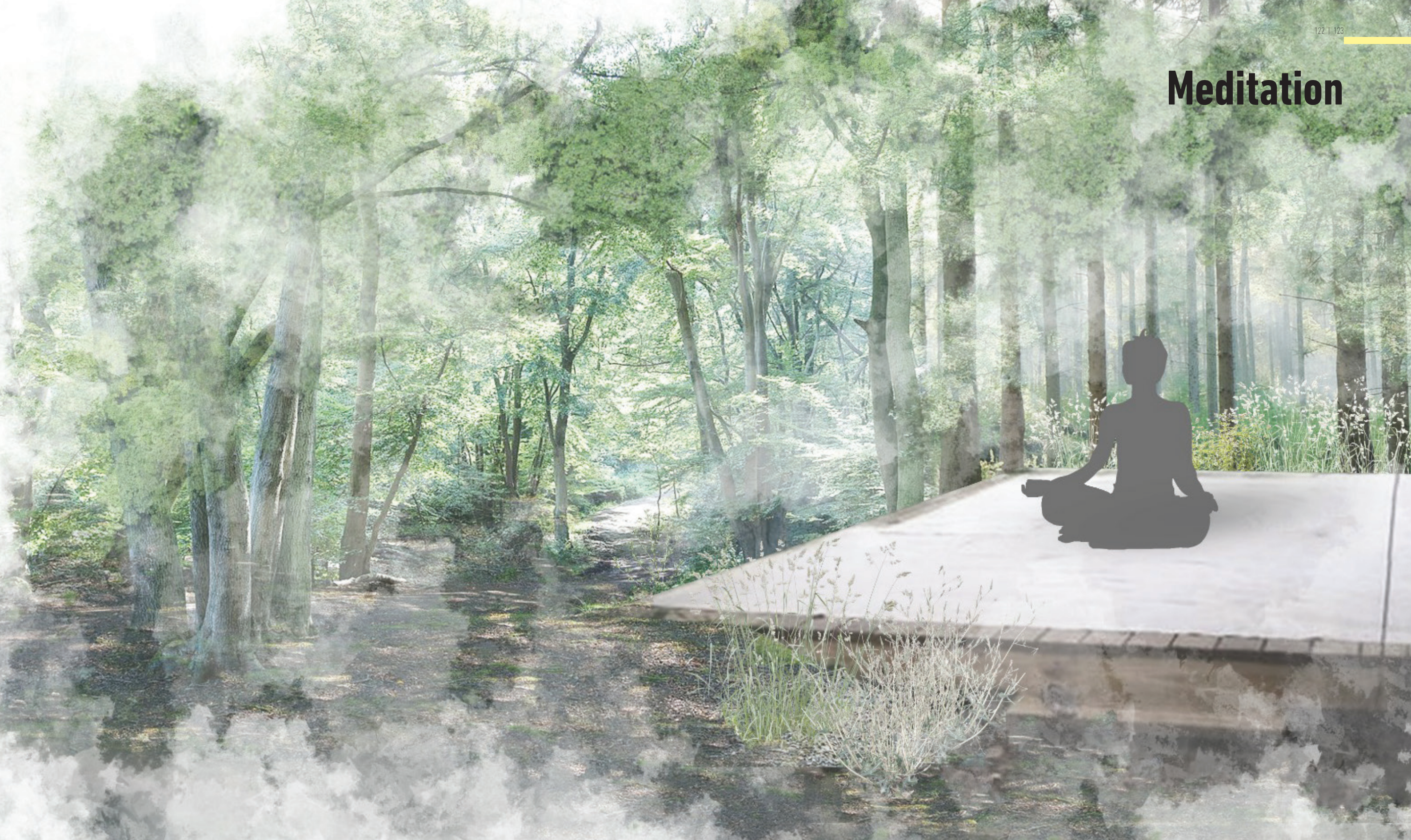
2 x Room for individual sessions
2 x Room for 15 people
Beds for 25 people
Bathroom
Storage
Common space / living room



Retreat center



Meditation



Yoga



Remarks

Gaujas līči is beautiful place with its naturalism, with broken logs and old wooden houses. It is peaceful place near the city center.

This would be great placement for retreat center, where you can more focus on yourself and put all attention on your feelings and body. To be here and now.

To make it more real without phones, computers and other digital devices it is not allowed to use in this territory because it is digital detox area with retreat center. People would be able to improve mental health, take in fresh air and recover strength after a hard week of work.





Lūgavāle
2 min

Spoguļa klints
8 min

Cīrulišu ala
15 min





Book conclusions

Based on our research about resort components according to Latvian Building Normative we think that Cēsis has the potential to become a resort town by developing a resort in Cīrulīši. The biggest benefit of this area is the Gauja National Park, which makes the area green, friendly, inviting and attractive to tourists. Our initial idea of being an nature resort is just going to be confirmed because the Gauja National Park is the main reason for the eco-resort feeling. By creating resort we provide different range of accommodations. The nature friendly option - camping houses into the woods (Nature trails), then guest houses in calm place Gaujaslīči and Spa hotel in Cīrulīši.

It is possible to create resort in Cēsis if we fulfill five resort components according to Latvian Building Normative. Only missing point was Resort medical institution and in our design we propose to create Spa with mineral water procedures.

By developing Nature trails our idea is to connect Cīrulīši with Gaujaslīči and with Red cliffs. We want to involve local people and young artists to develop end of existing nature trail on Žagarkalns part. We wanted to create camping houses next to the river Gauja but as it is in Gaujas National park territory its not allowed construction works we found solution to create camping houses close to river still in the Nature trails but in allowed place.

Existing wooden houses in Gaujaslīči creates an old typical resort feeling, the environment is quiet and clean, which could attract tourists who want to spend their time on nature and further away from the digital environment. Our conclusion is that there could be retreat center in Gaujaslīči. We would like to focus more on specific yoga retreat program, which is based on our research about mental health and digital addiction.



