EXPLORE PANEVĖŽYS DISTRICT WITH CHILDREN

WHERE TO EAT?

RESTAURANTS

BISTRAMPOLIO DVARAS / *Bistrampolio g. 1, Kučių k., Panevėžio r., Tel. +370 699 99 085*

"CORDO.22" / *Pamarliškių g. 22, Makšvytiškių k., Panevėžio r., Tel. +370 655 22 366*

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CAFES

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"GANDRALIZDIS" / *Jūros g. 20, Dembavos k., Panevėžio r., Tel. +370 455 94 422*

"KARČEMA RUŽAVA" / *Tilvyčio g. 171, Molainių k., Panevėžio r., Tel. +370 600 51 771*

"NIJUS" / *Vadoklių g. 22, Ramygala, Panevėžio r., Tel. +370 650 57 785*

"GĖLIŲ 2" / *Gėlių g. 2, Dembavos k., Panevėžio r., Tel. +370 620 70 090*

"LAIMĖ KARTU" / *Bažnyčios g. 1, Krekenavos k., Panevėžio r., Tel. +370 677 64 078*

"LAPĖ MEDYJE" (coffee, desserts) / *Nevėžio g. 54, Velžio k., Panevėžio r., Tel. +370 614 11 321*

"PRIE ŽIDINIO" / *Gėlių g. 14, Uliūnų k., Panevėžio r., Tel. +370 676 47 613*

"PAS KATINĄ" / *Smėlynės g. 222, Tičkūnų k., Panevėžio r., Tel. +370 698 09 851*

"SMILTYNĖS SODYBA" / *Smiltynės vs. Nr. 7, Panevėžio r., Tel. +370 615 78 855*

"SVETAINĖ" / *Lėvens g. 50, Karsakiškio k., Panevėžio r., Tel. +370 603 14 212*

"29-AS KILOMETRAS" / *Laisvės g. 4, Krekenavos k., Panevėžio r., Tel. +370 636 90 029*

CHILDREN PLAYGROUNDS AND LEISURE SPACES

- **a** **RAMYGALA /** *Parko g., Ramygala (55.51097, 24.30608)*
- **b** **USTRONĖS K. /** *Ustronės k. (55.61543, 24.10200)*
- **c** **NAUJAMIESČIO K. /** *Kalnelio g. Naujamiesčio k. (55.68130, 24.15967)*
- **d** **NAUJAMIESČIO K. /** *Dariaus ir Girėno g. 52, Naujamiesčio k. (55.68451, 24.14914)*
- **e** **UPYTĖS K. /** *Tvenkinio g., Upytės k. (55.65343, 24.23457)*
- **f** **MOLAINIŲ K. /** *Alyvų g., Molainių k. (55.70150, 24.30165)*
- **g** **BERNATONIŲ K. /** *Bernatonių k. (55.78111, 24.28919)*
- **h** **PINIAVOS K. /** *Piniavos k. (55.78416, 24.36361)*
- **i** **PINIAVOS K. /** *Kelmynės g., Piniavos k. (55.77860, 24.36318)*
- **j** **KARSAKIŠKIO K. /** *Vabalninko g., Paliūniūniškio k. (55.79412, 24.44080)*
- **k** **DEMBAVOS K. /** *Guobų g. 1A, Dembavos k. (55.73043, 24.40559)*
- **l** **VELŽIO K. /** *Nevėžio g., Velžio k. (55.69255, 24.43522)*
- **m** **VELŽIO K. /** *Žemdirbių g. 8, Velžio k. (55.69282, 24.43035)*
- **n** **LIŪDYNĖS K. /** *Ramioji g., Liūdynės k. (55.69058, 24.45695)*
- **o** **MIEŽIŠKIŲ K. /** *Nevėžio g., Miežiškių k. (55.67689, 24.54317)*

1 BISTRAMPOLIS MANOR

8 ANGORA GOAT FARM

SITES

1 BISTRAMPOLIS MANOR / *Bistrampolio g. 1, Kučių k., Panevėžio r. (55.59696, 24.35645), Tel. +370 685 66 151*

A walk through the halls of Bistrampolis Manor, built in 1850, will take you back in time. Today, the estate houses a hotel and restaurant, while the landscaped manor park is a great place for walks. The estate's grounds include a coach house, a horse stable, an ice house, a gardener's house, a rotunda and a chapel. Children's favourite place is the Bistrampolis Manor animal farm where they will meet fallow deer, and pet and feed alpacas, sheep and goats.

On the grounds of the manor stands the statue of St. Anne. Find it, make a wish and touch the head of the statue. They say it can make the wish come true.

5 km

2 ULIŪNAI SHIP / *Uliūnų k., Panevėžio r. (55.62211, 24.35827)*

A real ship sits on a hill at the shores of the Uliūnai water body, suitable for swimming and recreation, lined with wooden sculptures. She has an important symbolism – with a lighthouse nearby, she invites those who have left to return home, and reminds those who have not yet returned not to forget their homeland.

Imagine you are sailors and think about where you would like to go.

14 km

3 RAMYGALA AND THE BUTTON HOUSE / *Dariaus ir Girėno g. 7, Ramygala, Panevėžio r. (55.50934, 24.30356)*

The symbol of Ramygala – the Church of St. John the Baptist – cannot be overlooked. The town is famous for the delicious pastries of the local bakery, the Savos Erdvės craft residence and the old mill. Walking through the streets of Ramygala, your eyes will surely be drawn to the house with painted shutters and walls laced with many coloured buttons – from very small to very large. The buttons here have the magical power to fulfil wishes, but first you have to say a silent thanks for all the good things that have happened to you, and only then should you whisper your secret wish to the buttons.

Storks are some of the symbols of Ramygala. Find them on this house too.

10 km

4 BISON PADDOCK OF PAŠILIAI / *Girelės viensėdis, Krekenavos sen., Panevėžio r. (55.55918, 24.21778) Tel. +370 615 17 701*

It is one of the most spectacular places in the whole of the Panevėžys region. Here you will see Europe's largest animal – the Lithuanian bison. These mammals are listed in the International Red Book. The revival of bison in Lithuania began here in 1969. There is a viewing platform for animal observation in the bison farm, and the 600-metre Girinis cognitive trail stretches alongside it.

Find out why all the bison names here start with the syllable "Gi".

9 km

5 RAPOLAS STONE / *Varnakalnio k., Panevėžio r. (55.52978, 24.11387)*

Near the Girinis trail, on the right bank of the Linkava River, lies a stone brought here by glaciers, with the unique name of Rapolas. Due to its impressive size – 14.54 m in circumference, 2.55 m high, 5.14 m long and 4.18 m wide – it has been a protected natural monument since 1964. Also because of its size, Rapolas is often referred to as the cousin of Puntukas by locals and visitors.

Find out why this stone was named Rapolas.

3 km

6 EXHIBITION OF KREKENAVA REGIONAL PARK VISITOR CENTRE / *Dobrovolės k. 2, Krekenavos sen., Panevėžio r. (55.55216, 24.10526) Tel. +370 687 10 999*

The visitor centre is the best place to start your tour in Krekenava Regional Park. It is situated on the outskirts of the town of Krekenava. Unlike museum exhibitions, here children can feel free to participate in the discovery process using their senses by seeing, feeling, smelling and hearing. The colourful and unique exhibition makes you want to travel and see what Krekenava Regional Park is proud of.

Find and touch a real bison tail, see what lives in the meadows, hear the voices of birds and bats, smell the scent of the forest floor.

7 OBSERVATION TOWER OF KREKENAVA REGIONAL PARK / *Dobrovolės k. 2, Krekenavos sen., Panevėžio r. (55.55170, 24.10568)*

As soon as you enter Krekenava, you will be greeted by the towers of the magnificent church, but they are far from the only towers in Krekenava. A 30-metre observation tower with a viewing platform is located on the territory of the visitor centre of this regional park. Climb up and admire the meandering course of the Nevėžis River and the valley with its labyrinthine old riverbeds.

Count the number of steps you have to climb when you get to the tower's observation deck.

14 km

8 ANGORA GOAT FARM / *Kiršino g. 1, Mickiemės k., Panevėžio r. (55.67103, 24.10869) , Tel. +370 650 56 091*

Angora goats are as white and tender as sheep, as friendly as dogs, and get along well with children. At the farm, you will have the opportunity to meet Angora goats, learn about the uniqueness of their wool and the subtleties of their breeding and, of course, pet and feed them. If you want to spend more time with these animals, you can walk with a herd of goats along the Kiršinas stream.

List the other breeds of goats that you know in Lithuania.

14 km

9 FLAX MUSEUM / *Stultiškių g. 2A, Stultiškių k., Panevėžio r. (55.62964, 24.23209), Tel. +370 615 43 097*

The old Stultiškės mill is a real mill with wings, just like in a fairy tale. It has been there since 1880. The mill was built around a mighty pine tree, which was later cut down, and the millstones were fixed around its trunk. Today, this three-storey mill no longer grinds flour. It is home to the Flax Museum, where you can learn about the 19th-century methods of flax processing, see ancient flax processing and household tools and weaving looms, and learn about flax's journey from the stem to the cloth.

Find and say hello to the mill keeper. Who is he?

3 km

10 UPYTĖ CASTLE MOUND (ČIČINSKO KALNAS) / *Tarnagalos k., Upytės sen., Panevėžio r. (55.65566, 24.22601)*

Near Upytė is a hillfort enshrined in legends and tales. The mound once used to be an island, surrounded by Lake Vešeta. Today, only a small stream remains. Upytė Castle Mound got the name of Čičinskas Hill because of a wicked nobleman, Vladislav Sicinskis, who lived there. Many stories and legends were later created about Čičinskas, the most famous of which is that the cruel Čičinskas was struck down by a thunderbolt for his sins, and his whole estate sunk in the ground. The hollow that remains in the hillfort bears witness to the site of the sunk manor.

Guess how high this mound is.

7 km

11 MOLAINIAI STUD FARM / *Molainių k., Panevėžio r. (55.70231, 24.29671), Tel. +370 610 99 880*

Situated just outside the city of Panevėžys, the stud farm organises tourist hikes in the surrounding area. Even first-timers are welcome here for a horse ride. The stud farm offers an educational programme for children, a young horse lover's club, photo sessions, and riding lessons for those who practice sports or want to learn to ride.

Choose your favourite horse from all the horses in the stud farm and find out its name.

8 km

12 TELEPHONE TREE / *Smiltynės g. 1, Berčiūnų k., Panevėžio r. (55.73572, 24.25031)*

One wild pear tree in Panevėžys district has...a collection of telephones. You will find all sorts of phones on the tree's branches and trunk: from landline to modern smart devices. It's like a little open-air museum of phones, weaving together the innovations of the past and present.

Count how many phones from different manufacturers are hanging on this tree.

22 km

13 PANEVĖŽYS ALPACA FARM / *Medikonių k., Panevėžio r. (55.88111, 24.22032), Tel. +370 682 19 653*

The alpaca farm is located in the village of Medikonys, Panevėžys district. Alpacas are very gentle, curious and cuddly therapy animals. The alpacas on the farm are friendly, and are willing to be petted by children. Interacting with them brings a lot of good emotions. This farm is a great place to spend time with your children.

Find out which animal family alpacas belong to.

25 km

14 BUNKER PARK OF IDEAS / *Vabalninko g. 73, Likpetrių k., Panevėžio r. (55.80885, 24.43112) Tel. +370 616 90 666*

Bunker Park of Ideas is a unique leisure destination in Panevėžys district, located in a secret former military communications base. The huge 4.4 ha forest area is suitable for family recreation in nature. The bunker has one of the largest horror rooms in Lithuania. The park is surrounded by interactive metal animal sculptures that will surely amaze young visitors. There are swings, a children's playhouse and a raised area with exclusive barbecue grills.

Find and count the metal animals living in this park.

17 km

15 JANINA'S SNAIL FARM / *Taikos g. 35, Trakiškio k., Panevėžio r. (55.73285, 24.51012), Tel. +370 646 67 665*

The snail farm is open to visitors and invites curious little ones to get to know different species of snails, to find out how they live and what they eat. Do snails have teeth? Can they hear? How fast are they moving? Find out all this and much more when you come here. You can also taste the farm's produce if you wish.

Find out how many different species of snails live on this farm.

9 km

16 VALLEY OF ANGELS / *Tilto g., Miežiškių k., Panevėžio r. (55.67751, 24.53689)*

Angels dwell in Miežiškiai, in the Nevėžis River valley in Panevėžys district, and not only do they decorate the area, they also have magical powers. Throughout the valley you will find a variety of wooden guardian angels. One bench in the valley is very special – it has an ear carved at one end of the bench where you can whisper your wishes, and at the other end of the bench is an ear through which you will be heard by angels. In the valley you will also find swings, a gazebo, benches with sculptures and other wooden articles.

Look around and guess which sculpture represents Noah's Ark.

14 BUNKER PARK OF IDEAS

COGNITIVE TRAILS

EDUCATIONAL-COGNITIVE GIRINIS TRAIL / *Krekenavos girininkija, Panevėžio r. (55.53309, 24.11738)*

This educational trail is ideal for walks in the fresh air with your family. It is just half a kilometre long. The aim of the trail is to introduce visitors to the forest in a natural forest environment, and to encourage them to take an interest in nature and cherish it. Take your time and stop at the five information stations along the forest trail. At the end of the trail is the Girinis' hut, next to the observation tower overlooking the picturesque valley of the Linkava rivulet and the escarpment. After you have walked the entire trail, visit the game enclosures near the forestry with grazing fallow deer and mouflons.

Tell the children what grows and lives in the forest. Listen to the sounds of the forest and try to guess what sound it is.

NEVĖŽIS RIVER VALLEY COGNITIVE TRAIL / *Gringalių k., Panevėžio r. (55.52201, 24.087826)*

The Krekenava Regional Park counts about 100 old riverbeds of the Nevėžis River, in various shapes. This Nevėžis River Valley nature trail winds along one of them. The trail is great for walks for the whole family. The nature trail is 1.6 km long, and equipped with a 6 m high observation tower. The trail is fun to follow in all seasons, and it is interesting to observe the changes in nature during different seasons.

Once you've climbed the tower, take a look around. What do you see? What do you hear?

TRAIL OF SENSES / *Dobrovolės k. 2, Krekenavos sen., Panevėžio r. (55.55233, 24.10534)*

When travelling along this trail, the most important thing is not to rush, but to take your time and focus on your senses: hearing, sight, touch and creativity. The trail is 0.5 km long and has 12 recreational stops where you can experience a variety of sensations. Try to feel, understand and hear what the wind, the earth, the trees, the water tell you. Take your time. Admire the shimmering river ribbon with its woven patterns of aquatic plants, listen to the rustle of the trees, touch the gifts of the earth, and take in the energy of life – to become part of nature.

Find the photo frame on the trail and take a picture with the valley view.

WELCOME

Panevėžys district offers plenty of attractions that will be of interest not only to adults, but also children. In this publication you will find exciting routes for the whole family, inviting you to spend an exciting time exploring museums and exhibitions, visiting animal farms, walking on cognitive and sensory trails or climbing the 30 m high observation tower. Embark on an enchanting adventure and discover the attractions of the district!

PANEVĖŽYS NOW
PANEVĖŽIO PLĖTROS AGENTŪRA

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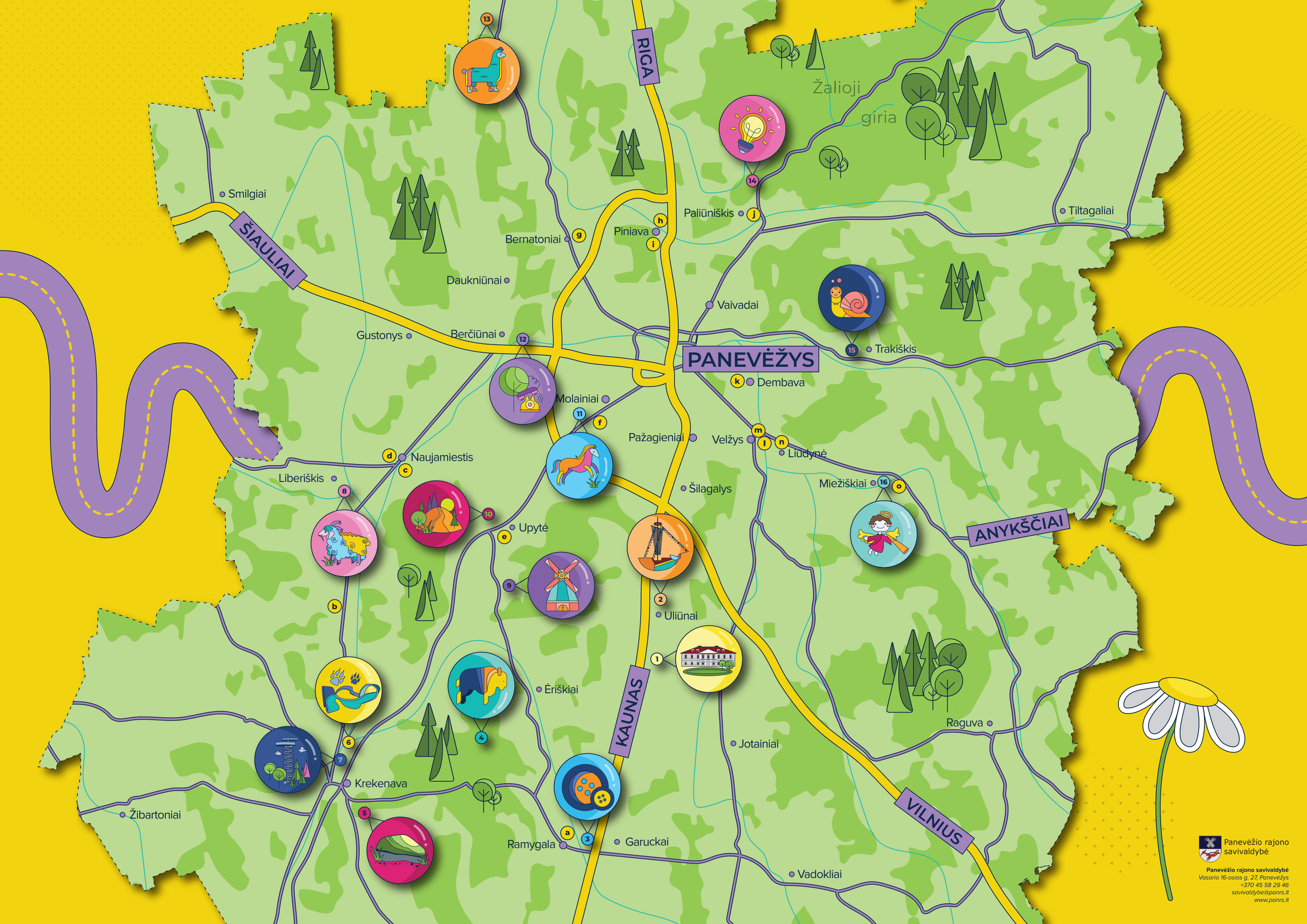
Žalioji giria
RIGA
ŠIAULIAI
ANYKŠČIAI
KAUNAS
VILNIUS
PANEVĖŽYS
Smilgiai
Bernatoniai
Piniava
Paliūniškis
Tiltagaliai
Daukniūnai
Vaivadai
Gustonys
Berčiūnai
Trakiškis
Dembava
Molainiai
Pažagieniai
Velžys
Liudynė
Naujamiestis
Liberiškis
Šilagalys
Miežiškiai
Upytė
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Ėriškiai
Raguva
Jotainiai
Krekenava
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