



9

## BIRD WATCHING IN MATSALU NATIONAL PARK HAESKA – PUISE

Itinerary: HAESKA – SINALEPA – TUURU – PÕGARI-SASSI – PUISE – PUISE NINA.

Hiking route length:

→ 23 km ⌚ 8 – 10 h

Duration: 1 day

Difficulty level: ●●

*One of the most beautiful sections of the Baltic Coastal Hiking Route in Matsalu National Park, which leads through the agricultural lands and coastal meadows located near Matsalu Bay, where thousands of migrating cranes and geese gather in autumn. There are excellent birdwatching sites with towers near Haeska village (coastal meadows, shallow coves, small islets, cattle pastures) and at Cape Puise (coastal meadows with pastures, shoals). The most panoramic views of the sea and strings of islands can be seen in the surroundings of Põgari-Sassi and Puise nina.*



**START:** HAESKA (by bus from Haapsalu or Lihula, get off at the Haeska Teerist stop, buses run 7x a day).

**FINISH:** PUISE NINA (bus to Haapsalu, ride 0.5 h, runs 2x a day).

### PRACTICAL INFORMATION:

**Road surface:** Roads covered in asphalt and gravel.

**Good to know:** The itinerary goes through Matsalu National Park. During the migration period, the birds that are resting near the coast and in the nearby fields should be disturbed as little as possible. No shops (the closest one is in Panga village) or catering companies are available in this section. Need to take lunch boxes.

