



Local Guide — Palanga & Šventoji

Your complete insider guide to Lithuania's Baltic Coast




Fitness & Activities



Cycling — Palanga's Best Activity

Palanga and Šventoji are paradise for cyclists. Dozens of kilometres of dedicated cycling paths wind through pine forests, alongside dunes, through the town, and along the coast. From Šventoji you can cycle to Palanga (15km, flat), continue to Klaipėda (45km total), or head north to the Latvian border. Bike rental shops are widely available near the beach and town centre.

 *The trail from Šventoji through the pine forest to Palanga and back is one of the most beautiful rides in Lithuania — do it.*



Outdoor Fitness Areas

Palanga has multiple outdoor fitness stations with modern equipment along the beach and coastal trail. The 6km Labrytys wellness trail has five equipped exercise areas. There's a 7-machine outdoor fitness area right next to the beach volleyball court at Children's Park. All equipment has adjustable weights and is wheelchair-accessible.



Palanga Sports Centre & Pool

The renovated Palanga Sports Centre and Stadium offers: swimming pool (well-reviewed), gym, tennis courts, basketball, volleyball, football, athletics arena, badminton, and table tennis. Equipment and facilities are available for public hire. The spa area includes saunas (Turkish, salt sauna) and changing facilities. Great rainy-day option.



Beach Volleyball

Volleyball courts are set up on the main beaches of Palanga and Šventoji throughout the summer. Public use, no booking required. A great way to meet other holidaymakers.



Water Sports — SUP, Kayaking

Stand-up paddleboarding (SUP) and kayak rentals are available in Šventoji — some holiday cottage complexes nearby even include SUP access. Baltic conditions are generally calm and ideal for paddling close to shore.



Children's Activities — Palanga Summer Park

The Palanga Summer Park and Children's Park have a brilliant array of activities for kids: zip line, trampolines, mazes, ninja courses, and more. An AquaPark (wave pool and slides) is also available in the area. A full day out for families.



Palanga Ferris Wheel

The Ferris wheel near the pier offers panoramic views over Palanga, the beach, and the Baltic. Especially magical at sunset. Suitable for all ages.

Boat Trips from the Pier

Regular boat trips depart from the Palanga Pier during summer. A fun experience for couples and families — children under 7 ride free, reduced rates for children 7–12.

Palanga Street Race — July

Every July, Palanga hosts an annual motorsport festival on a temporary street circuit in the town. The highlight is the legendary 1006km endurance race featuring powerful GT and touring cars. A spectacular and unique event if you're visiting in July.

Palanga Concert Hall & Cultural Events

Throughout the summer, the Palanga Concert Hall (on Grafu Tiškevičių Avenue) hosts concerts, cultural performances, and events. Street music and performers fill Basanavičiaus Street on summer evenings. Check local listings for current programmes.