

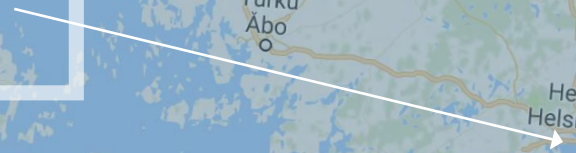


GO RURAL

LATVIA / ESTONIA / SOUTH COAST FINLAND

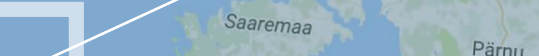
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Finland, Helsinki



2

Estonia, Tallinn



3

Latvia, Riga



Climate

Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature $+17^{\circ}\text{C}$, the coldest months - January with average temperature -4°C .

	FINLAND	ESTONIA	LATVIA
Territory km ²	338 424	45 227	64 573
Population	5 487 308	1 315 635	2 023 825
Population density: inhabitants per km ²	17	28.4	31
Language	Finnish	Estonian	Latvian

Typical landscapes





Four Seasons

- We have four distinct seasons – spring, summer, autumn, winter.
 - Spring months: March, April, May
 - Summer months: June, July, August
 - Autumn months: September, October, November
 - Winter months: December, January, February
 - Each season offers specific tourist activities in the countryside.
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Travelling

Touring routes for small groups (<15) and individuals:

- CULTURE ROAD: Explore the countryside of the Baltic Sea: Finland – Estonia - Latvia (5 nights/ 6 days)
- CASTLES' AND MANORS' ROAD: Latvia - Estonia - Finland (7 days/6 nights)
- NATURE ROAD: From Lithuania to Finland through the Baltic States (11 days/10 nights)
- RURAL ROAD: Country Life: Finland - Estonia – Latvia - Lithuania (11 days/10 nights)
- BALTIC – SCANDINAVIAN ROUTE: Finland – Sweden – Estonia - Latvia (9 days/8nights)

Group travel

Services:

- Japanese speaking guide
- tourist bus
- full catering based on local food
- accommodation in rural guest houses, estates and city hotels
- visits/excursions/entrances in rural farms, production facilities, meeting local families

Ideal group size <15 pax



Individual travel

- Trains
 - Busses
 - Ferries
 - pick-up services from station to farm/ accommodation
-



Rent a car

- car rental: Avis, Budget, Sixt, Hertz and other international car rental companies
- driving licences issued in Japan are valid in Finland, Estonia and Latvia
- right side driving
- good network of petrol stations





Accommodation types

Manor and castle hotels – accommodation
capacity 10-30 rooms





Accommodation types

Guest houses - accommodation capacity
5-15 rooms

A photograph of a dark wooden rural house with a grey shingled roof and a covered porch. In the foreground, a wooden table is set for a meal with white dishes, glasses, and a large vase of yellow flowers. The scene is set in a grassy area with trees in the background.

Accommodation types

Rural house - accommodation capacity up to 5 rooms in the same building with host family



Accommodation types

Services: breakfast usually included.

Other meals can be ordered.

A photograph of a bedroom with floral wallpaper, wooden beams, and a window. The room features a bed with white linens, a radiator, and a wooden door. The wallpaper has a pattern of pink roses on a light background. The ceiling has exposed wooden beams. A window with a wooden frame is visible, looking out onto a green landscape. A white bed with a metal frame is positioned against the wall. A radiator is mounted on the wall below the window. A wooden door is partially visible on the right side of the frame.

Accommodation facilities

SGL, TWIN or DBL rooms with shower or bath

Accommodation facilities

SGL, TWIN or DBL rooms with shower or bath



A photograph of a dining room. In the foreground, a round table is covered with a white lace tablecloth and surrounded by wooden chairs. In the background, there is a wooden cabinet with a decorative arrangement on top, a window with white curtains, and a wooden hutch with glassware. The room is warmly lit.

Accommodation facilities

- Spacious living rooms, terraces and other common use areas available for guests.
 - Gardens, yards and other open air territories for guest use.
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A rustic kitchen scene featuring wooden shelves against a brick wall, holding various kitchen items like pots, plates, and jars. Below the shelves is a wooden cabinet with a built-in oven. To the left, a brick stove is visible. The lighting is warm and natural, suggesting a window on the right. A large purple triangle is overlaid on the left side of the image.

Accommodation facilities

Detailed information about room size, location, beds is provided upon request and can be found in:

www.countryholidays.lv
(Latvia, Estonia, Lithuania)

www.maaturism.ee
(Estonia)

www.visitsouthcoastfinland.fi
(South Coast Finland)

Food

- locally grown and seasonal
- traditional foods: beef and pork meat, fish, eggs, cooked and fresh vegetables, fresh salad, cheese, white and black bread
- gourmet food
- traditional farm meals
- wild foods: mushrooms, wild grasses, herb teas, birch sap and fish from lakes and rivers, wild berries - blackberries, raspberries, strawberries
- foods produced on farms
- more information: www.balticseaculinary.com



Activities and experiences

- available for tour visits or for countryside stays
- pre-booking necessary
- not always possible for individual travellers
- activities:
 - walk nature trails
 - watch and learn crafts
 - see farm animals
 - cycling
 - hiking
 - swimming in the sea or lake
 - kayaking
 - bog excursions on trails or bog shoes
 - horse riding in carts and carriages
 - SPA services



Open traditional farms

Enjoy experiences rooted in our old traditions and skills:

- bread baking
- weaving
- knitting



Open traditional farms

- collecting and using herbs
 - milking cows
 - making clay pottery
 - making wax candles
-



Open modern farms/home producers



MÖRBY JUUREKKA
MOROT
PORKKANA
POTATIS
PERUNA
LÄIS
SIPULI 4€/kg
PRESENTKASSE 12€
LAHJAKASSI
GRÖTKASSE 12€
PUUROKASSI

Pastastover
av ekologiskt
spelt från
Mörby gård
Kierrepasta
Luomuspellets
Mörby gårdista
5€/100g

MÖRBY
GÅRD
EKOGÄRDSPEITIK
LUOMUTILAKAUPPA


Valige turvta, hii
määrästä kassasta
Kassasta
Kassasta
Kassasta

Open modern farms/home producers

demonstrate
production process:
cheese, fruit, berries,
homemade sausages,
smoked fish,
mushrooms, bread,
honey, beer and
homemade wine



Open modern farms/home producers

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- A woman wearing a red jacket and a grey beanie is smiling and leaning against the large, treaded tire of a green John Deere tractor. The tractor has yellow wheels and the number '9430' is visible on its side. The background shows a clear blue sky and a paved area.
- large scale farming - introduce today's modern farm life and business: vegetable, crop, dairy, fruit farming, animal husbandry
 - produce tasting
 - farm shops
 - more information:
www.countryholidays.lv –
CountrysideGoodies



Small towns and villages

Rural areas are full of small picturesque villages with restaurant, cafes and shops





Sauna

- UNESCO heritage
 - certified sauna attendants
 - temperature 70-90 C
 - average time used in sauna: 2 hours
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Sauna

- branch and plant switches, scrubs and body masks made of natural herbs, natural local raw materials
 - herbal teas
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A woman with blonde hair, wearing a white towel, is sitting on a wooden ledge in a sauna. She has her eyes closed and a peaceful expression. The background shows the interior of a wooden sauna with a window and some candles. The entire image is overlaid with a semi-transparent red color.

Sauna

MORE INFORMATION:
saunafromfinland.fi/en

www.visitfinland.com/article/join-the-finns-in-the-sauna

www.visitfinland.com/article/10-sauna-tips-for-beginners

www.celotajs.lv/en/c/wrth/goodies/sauna

www.mooska.eu/index.php/in-english

Mushrooming and berry picking

- season: August and September
- English speaking fungi guide
- Equipment provided: baskets, gloves, mushroom knives
- Local people know edible mushrooms well and will show their special mushrooming spots to guests.
- duration in the forest: 1-2 hours
- mushroom cooking with local chef/host family and dinner: 2 hours



Mushrooming and berry picking

Mushrooms:

- chanterelles
- russulas
- Chestnut Bolete (*Gyroporus castaneus*)
- Lurid Bolete (*Boletus luridus*)
- edible tree-fungus – Sheep polypore (popular in Scandinavian cooking) (*Albatrellus ovinus*)
- Golden corall (*Ramaria aurea*)
- (*Hapalopilus croceus*)
- European bolete (*Boletus edulis*)
- golden Coral Tooth (*Hericium coralloides*).



National Parks and Protected Nature areas:

- Finland
- Ekenäs
archipelago
national park
- Karkali strict
nature reserve
- Nuuksio
national park



National Parks and Protected Nature areas:

- Estonia
- Lahemaa national park
- Karula national park
- Soomaa national park
- Latvia
- Kemeru national park



National Parks and Protected Nature areas:

Activities in National Parks:

- hiking
- paddling
- snow shoe walking
- silence
- animal watching
- berry picking and mushrooming
- swimming
- beautiful landscapes

Events
- Apple festivals,
farmers markets,
etc.





Christmas

Welcome to South Coast Finland

www.visitsouthcoastfinland.fi

Estonia

www.maaturism.ee and

Latvia

www.countryholidays.lv

Explore our tour packages in Japanese at

www.balticsea.countryholidays.info



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