

SAMPLE PRODUCTS for Seniors: Latvia, the Baltic States

No	Product Name/ days	Type	Description	Arrival/departure point	Accessability at the location	Surrounding
1.	SPA and nature in Jūrmala (6-7 days)	SPA	Accommodation in spa hotel, various spa packages, walks by the sea, organized tours to Ķemeri National Park with nature trails. http://www.hoteljurmala.com/en/hotel	Riga Airport ~ 30 min transfer	Lifts, ramp by the entrance	Summer resort which is quiet in low-season. Pleasant sandy beach, pedestrian street with little shops and restaurants, Jurmala museum, train station with trains to Riga (20 min journey) near.
2.	Visiting Castles and Baronial Estates, Latvia + Estonia, 7 days	Self-drive	On the route six outstanding castles in Latvia, seven in Estonia, along with ancient castle ruins, two national parks, impressive seashore, important centres of culture and history. Accommodations is organized at baronial estates and castles wherever its possible.	Rent a car at the Riga airport. Can start in Riga and depart from Tallinn. Accommodation change every night. Daily driving from 80-230 km.	Varies	Full itinerary: http://www.celotajs.lv/en/e/itinerary/overview/castles_baronial_estates?29
3.	Riga + Marciena Manor, Latvia, 7 days	SPA	2 ng in Riga, 4 ng in Marciena. SPA resort in ancient manor house, a subsidiary of a Riga hotel "Gutenbergs" in the countryside. Personal attitude, restaurant serves local food, relevant interiors. SPA complex with different steam baths, sauna, pools, Arctic SPA in open air terrace, mill contrast shower, natural herbal teas, SPA procedures for body and face, manicure, pedicure. http://www.marciena.com/en/hotel/in-the-manor-house	Private transfers or client rents a car from Riga.	only stairs to the second floor, no lift	- Walk in the manor's park, map of walks around the Marciena. Possible excursions to nearby rabbit farm, wicker's workshop, nature trails etc.

4.	Riga + Kuksu Manor, Latvia, 7 days	Gourmet, upmarket	<p>3 ng in Riga, boutique hotel – sightseeing excursions, cultural events, gourmet restaurants. Private transfer to Kuksu Manor FB for 2-3 ng. From there excursion to surrounding places – charming small towns, Chocolate Museum, Abava Wine makers and historic wine hill.</p> <p>http://www.kuksumuiza.lv/</p>	Private transfer from/to Riga airport		- manor's park
5	7 Nights In Lithuania Private Tour	City + Countryside	<p>You start in the beautiful baroque capital of Vilnius staying for two nights, included is a private walking tour. Then you travel onto the pretty spa town of Druskininkai. Here you can relax and enjoy spa treatments and take things easy. If you like to do some activities Druskininkai is the perfect place, you can enjoy exploring the quiet surrounding forests, or going for nice nature walks, good cycling. Possibilities to visit culinary heritage providers, craftsmen or world famous Grutas park were former Soviet monuments had found their resting place.</p> <p>After three nights it's onto Kaunas, Lithuania's second city, located in the centre of Lithuania. Kaunas is a real working city, with a very pretty old town. There are museums to explore, beautiful architecture to</p> <p>2 nights accommodation Hotel, Vilnius 3 nights accommodation Country Guest house / Hotel 2 nights accommodation Country Guesthouse Breakfast Private transfer Vilnius airport-Vilnius Hotel Private transfer Vilnius - Druskininkai Private transfer Druskininkai - Kaunas Private transfer Kaunas - Vilnius Airport</p>	Vilnius airport	Varries	City, Nature, Countryside

			<p>3 hour walking tour Vilnius 2 hour walking tour Kaunas</p>			
6	Vilnius + Zemaitija National Park	City + Culinary Heritage	<p>2 nights in Vilnius Capital city of Lithuania. 1 night in Kaunas + a visit to Lithuanian Ethnographical open air Museum of Country life. 2 nights in Zemaitija national park visiting the Hill of Crosses on the way. In Plateliai will have a traditional countryside dinner evening and you will beak you own bread.</p> <p>Individual, Small group, transfers, and guided tours.</p>	Vilnius	Varies	City, countryside, Nature protected areas
7	Countryside tour	Countryside heritage	<p>6 night country tour visiting all five Ethnographical regions of Lithuania; Aukstaitija – the lake district, Zemaitija – North west of the country, Minor Lithuanian – Nemunas river delta, Suvalkija – the flat land and the local products, Dzukija – pine woodland and nature goodies; Visits to the local craftsmen; acommodation at countryside guest house, guided tours.</p>	Vilnius	Varies	Country ,nature, costal area
8	City and Country life	Cultural	<p>2 nights in Vilnius or Kunas folowed by 3 nights in the countryside. Visiting local food providers, craftsmen, and farmers + Dzukija national park. Accommodation 2 nights in hotel + 3 nights at country guest house.</p>	Vilnius or Kaunas	Varies	City, countryside, nature