

Mushroom Tour at Vidzeme region



This is for people who enjoy forests, wildlife and has an interest in mushrooms- different species as well as their various ways of preparation. The tour is lead by the professional mycologist and combines the misterious world of mushrooms with local culinary traditions. The group is introduced with mushrooms growing at the various biotops – natural as well as man made. The tour goes in different forests, pass several historic sites and beautiful views on the way. During the tour you will learn not only about various species of mushrooms, different forests with their typical habitat but also find out how locals prepare and preserve wild mushrooms.



(7 days)

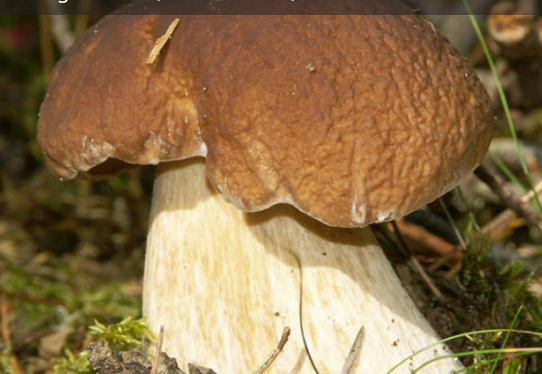
Cowberries (*Vaccinium vitis-idaea*)



Spiny puffball (*Lycoperdon echinatum*)



King Boletus (*Boletus edulis*)



General Route: Rīga - Lielstraupe - Cēsis - Zilais kalns - Strenči - Valka - Āraiši - Sigulda - Mālpils - Rīga

Day 1

Arrival in Rīga

Departure to the hotel in the city centre. Introductory meeting with the guide at the Latvian Nature Museum which can be followed by the excursion to the Central Market. Free time in Riga. Accommodation in Riga.

Day 2

Transfer Rīga – Silciems-Ragana-Inciems- Lielstraupe - Sigulda

Breakfast. One of the most popular mushroom pickers routes at Riga suburb. Here we might find popular in Latvia eadible mushroom like cchanterelles, russulas and various boletus. Also Chestnut Bolete (*Gyroporus castaneus*), Lurid Bolete (*Boletus luridus*), eadible tree-fungus – Sheep polypore (popular in Scandinavian cooking) (*Albatrellus ovinus*), Golden corall (*Ramaria aurea*) and others. Short stop at Krimulda Church in Ragana to look for rare mushroom in European level - pretty saffron yellow coloured (*Hapalopilus croceus*). At Inciems we look for Chestnut Bolete (*Gyroporus castaneus*), European bolete (*Boletus edulis*), as well as golden Coral Tooth (*Hericium coralloides*). At Lielstraupe forest there is a chance to find the largest boletus mushroom in Latvia which can be eaten uncooked – The Parasol Mushroom (*Macrolepiota procera*). Accommodation in Sigulda.

Day 3

Sigulda - Gauja National Park: Zvārte Cliff – Cēsis – Ungurmuiža - Valmiera

Breakfast. We walk nature trail along the Amata river which gurantees spectacular views, including impressive sandstone Zvartes Cliff as well as mushrooms typical for river banks. Also Chaga (*Inonotus obliquus*) which is used in medicine as well as Alder Bracket (*Inonotus radiatus*) which changes its colour depending of the light. We'll make a stop at Cēsis to look at its mighty medieval castle ruins and charming Old town. Ungurmuiža Manor is unique example of the 18th century wooden baroque architecture. The interior paintings on the walls and ceilings have still survived. The manor has the park with impresive old oaks. There we look for (*Hapalopilus croceus*) and other typical mushrooms growing by oaks. Walking along the Lake Vaidava we might find summer boletus (*Boletus reticulatus*). We end the mushrooming by stopping at the shitaki mushroom growers at Dulbeņi. Accommodation in Valmiera district.

Day 4

Valimera - Zilaiskalns – Strenči – Zile Forest - Valmiera

Breakfast. Zilaiskalns is a very distinct hillock covered by forest, and from where there is a "narrow" landscape featuring the northern part of the highlands, as well as the Lake Burtnieks flatlands. It is also a good place for different types of boletus. Zile Forest, Pirtsliča brach of the river is a rare biotp in Europe with ancient oak forest and park type meadows.

...getting to know at least 100 different mushroom species

TRIP DETAILS

Package price per person:
from EUR 695.00

Based on group of 8 persons

INCLUDES:

- Accommodation based* on shared DBL room with breakfast
- Bus transfers
- Five dinners
- Mushroom preparation class
- Visit to shiitake grower
- Guide/mycologist
- Information pack

* depending of the group size 2 nights might need to share facilities

EXTRA COSTS:

- Single supplement
- Other meals
- Possible fees

TOUR GUIDE:

Diāna Meijere, mycologist

PERIOD OF TRAVEL:

Mid August-First half of October

WALKING:

Easy short walks in woods from 1 to 2 hours combined with bus drives. Waterproof boots, hats and mosquito repelent recommended.

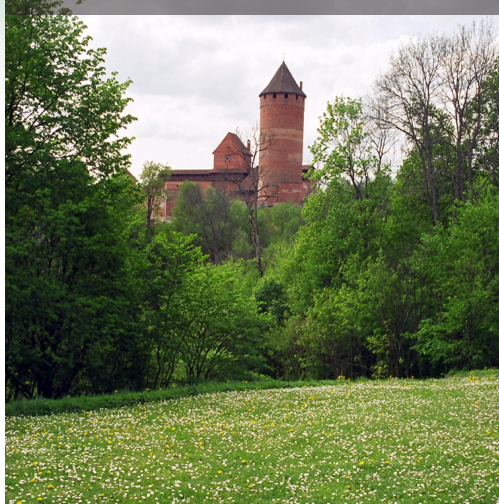
Chance to find (*Hapalopilus croceus*), Ceramic Parchment (*Xylobolus frustulatus*) as well as other mushrooms growing by oaks. Accommodation in Valmiera district.

Day 5

Valmiera - Valka - Mežole - Valmiera

Breakfast. Mushrooming near Valka at

View to Turaida Castle



Ungurmuiža Manor and park



Looking at mushrooms with mycologist



the typical pine-tree forests with Cladonias on white lichen. Chanterelles, Suillus, Boletus, Leccinum and others. Natural coniferous forest at Mežole - one of the richest from biological diversity point of view. Here one can find mushrooms which is indicators of natural forest, like Wood-rotting fungus (*Phellinus nigrolimitatus*), (*Junghuhnia collabens*), needled covered *Asterodon ferruginosus*. Stop at Jaunannužēni – growers of oyster mushrooms. Accommodation in Valmiera district.

Day 6

Valmiera - Āraiši – Sigulda – Mālpils – Sentaži - Lielie Kangari - Rīga

Breakfast. Āraiši reconstructed ancient

settlement from Bronze Age built on lake. Here is a good example how mushrooms can damage and destroy the man made objects. We will see *Gloeophyllum sepiarium*, which growth on wooden constructions not only here but often also on fences, wooden roofs and wooden parts of railway tracks. Lielie Kangari is unusual geological object. Mushrooming along the slopes and edge of the bog. Possible to find bolete (*Suillus flavidus*) and *Suillus piperatus* (can use as a spice), Earthstars (*Geastrum sp.*). Accommodation in Rīga.

Day 7

Breakfast. Free time. Transfer to the airport.