



**Baltic Nature Tourism  
NAT-TOUR-EXPO**

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Baltic Nature Tourism presents the very best of nature and outdoor tours and activities from across Latvia and Estonia. Choose from the wide variety of nature and outdoor tours on offer, each safely taking you into wild and untouched nature.

**TOUR OPERATOR/MEDIA FAM TRIP  
October 5 – 6, 2023**

**October 5th, 2023**

<p>09:00</p> <p>10:30</p> 	<p><b>Departure for Gauja National Park. Meeting Valdis Ceics, nature tourism guide.</b></p> <p><b>Guided walk on a scenic nature trail in the ancient valley of the Gauja River.</b> A one-hour-long (3 km) walk along the bank of the ancient valley of the Gauja River, offering a view of a medieval castle and the up to 90 m deep river valley. The walk provides some of the most beautiful sights in the national park, opening up from Paradise Hill over the wild ravine of the rivulet Vējupīte and sandstone cliffs. The landscape is dominated by sloping forests, ferns, oaks, and broadleaf forests. The area is a popular site for observing the coloured leaves in autumn. We recommend wearing hiking shoes and outdoor clothing.</p>
<p>12:00</p>  	<p><b>“Zērglis” – a zipline ride over the Gauja River valley.</b> A zipline ride on a cable car track 55 meters above the Gauja River, reaching speeds of up to 60 km/h. The "Bungee Sigulda" team, which developed the attraction, has over 26 years of experience in extreme sports and excels in high safety standards and professionalism. The flight takes place in pairs and lasts about 10 minutes. Passengers are placed in a horizontal harness system. If the weight exceeds 115 kg - in a seated system. Weather-appropriate clothing and shoes that do not fall to the ground should be worn. <a href="https://siguldaadventures.com/en/zipline">https://siguldaadventures.com/en/zipline</a></p> <p><u>Alternatively:</u></p> <p><b>Sigulda cable car over the Gauja River valley.</b> The Sigulda cable car offers a journey over the Gauja River valley, allowing passengers to admire the magnificent landscape. Suspended 43 meters above the ground, the Sigulda cable car connects both banks of the River Gauja, spanning a width of 1020 meters. <a href="https://siguldaadventures.com/cablecar">https://siguldaadventures.com/cablecar</a></p>

<p>13:00 – 14:00</p>  	<p><b>Lunch at the restaurant “Zeit” in Līgatne.</b> <a href="https://zeit.lv/">https://zeit.lv/</a></p> <p>Restaurant ZEIT is located within renovated quarters of the former Līgatne Paper Mill which is a popular industrial heritage site now housing a hotel and facilities for concerts, team building and other events.</p> <p>After lunch, departure for accommodation at the "Kārļamuiža" country hotel, a charmingly renovated 18th-century manor surrounded by a landscape park and an old apple orchard. The hotel is situated on the bank of the deep Amata river valley, and the river is a popular water tourism destination in spring with high waters and rapids. The hotel owners also offer hikes, Nordic walking, and other nature activities. <a href="#">Kārļamuiža country hotel</a></p>
<p>16:00 – 17:00</p> 	<p><b>Guided hike along the Amata River in the landscape park.</b></p> <p>A 3km guided walk through Kārļamuiža Landscape Park along the River Amata offers inspiring views of some of the largest Devonian rock formations and cliffs in the ancient Gauja River valley. On the banks of the Amata River, mighty slope forests spread, which are protected biotopes of European importance. The river serves as a salmon run-through for migrating salmon and trout during autumn. Interesting fossils of Devonian armadillos can be found in the river sands. Protected plant species can be found on the river banks. In autumn, you can see a protected plant - perennial Honesty, as well as various species of mushrooms. The Amata trail is a good spot for mushrooming.</p>
<p>19:00</p> 	<p><b>Dinner with “Gatavo dabā” / Cooking in Nature</b></p> <p>Return to “Kārļamuiža” country hotel. Preparing a dinner meal using wild ingredients with Renārs Purmalis, a chef specialised in wild foods. With a deep connection to nature and a desire to go beyond traditional camping meals, he brings delicious and aesthetically pleasing dishes to nature locations, making every adventure a memorable gastronomic journey.</p> <p>Seasonal menu: meat or fish with vegetables, mushrooms, salads, and apples picked in the hotel apple orchard. Home-baked bread with hemp butter and gray pea lecho. The meal will be accompanied by the chef’s story about the local foods.</p>
<p><b>October 6th, 2023</b></p>	
<p>08:30</p>	<p><b>Departure</b></p>
	<p><b>Animal watching in Gauja National Park nature trails with nature guide Arta Krūmiņa.</b></p> <p>A 3-4 km long walk through the park, where lynxes, wolves, bears, moose, foxes, beavers, and other animals characteristic of Latvian nature live in open-air enclosures. Approximately 2.5 hours of animal observation and photography.</p>
<p>12:00 – 14:00</p>	<p><b>Lunch at the restaurant “Pavāru māja” / The Chefs’ House in Līgatne.</b></p> <p>The restaurant builds its menu around the slow food philosophy and the seasonality of products by collaborating with local farmers and using herbs from its own garden. The chef also utilises wild ingredients from the surrounding nature, such as mushrooms, nuts, and wild herbs. The restaurant</p>

	<p>building is an industrial heritage site, and a tour of the house will be provided. <a href="http://pavarumaja.lv">Pavāru māja Līgatnē (pavarumaja.lv)</a></p>
<p>15:00 – 17:00</p>  	<p><b>Sauna ritual / Mandala workshop at the specialised nature wellness resort “Ziedlejas”.</b></p> <p><b>Sauna ritual</b> The wellness resort blends modern architecture with authentic sauna traditions. Sauna rituals carry on authentic knowledge to relax, invigorate, and nurture one's body and soul. Led by an experienced sauna master, the ritual uses locally gathered wild plants. <a href="http://balticnaturetourism.com">Latvian Sauna Ritual (balticnaturetourism.com)</a></p> <p>The visit includes:</p> <ul style="list-style-type: none"> <li>• A 1.5 hour introduction of the place and the sauna ritual by sauna masters.</li> <li>• Opportunity to experience the sauna ritual using specially prepared herbs.</li> </ul> <p><b>Tea mandala workshop</b> Sauna rituals are often concluded with drinking herbal teas to enhance the effects. Workshop participants will get to know the healing properties of plants and create a tea mandala, each making their own tea to take home. <a href="http://www.ozolini.lv">www.ozolini.lv - Home</a></p>
<p>19:00</p>	<p><b>Return to Riga, evening meal in Riga. End of tour.</b></p>

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**Lauku Ceļotājs**  
Baltic Country Holidays

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