

Baltic Country Holidays

ACTIVE TOURS 2012




www.countryholidays.lv



About Our Itineraries

None of our tours are particularly difficult and most routes are suitable for beginners. The Baltic landscape is gentle rolling hills. The greatest attraction here is untouched nature with old forests, meadows full of flowers, long wild sea shore, provincial towns, medieval castles and manors as well as carefully kept local traditions.



Our routes often pass  national parks, quiet country roads, go along the sea shore and small attractive towns. There are several hundred kilometers of river to be explored in the Baltics.

Either during springtime flooding, when the bird-cherries blossom or in the colorful summer or the golden autumn, each river offers exciting adventures. There are beautiful sandstone cliffs and old forests alongside many of the rivers.

The best time for cycling, canoeing and walking in the Baltic States is from May to September.

Planning

In our manual you will find various basic tour samples. But we would like to stress the flexibility because tours can be tailor-made to each clients individual needs, wishes and fitness level, various other services can be added.

Activities can be mixed together in one tour. For example, cycling and canoeing, walking and birdwatching and insects, self-drive with mushrooming.

Baltic Country Holidays has huge list of local people who does various crafts, cu-

linary products, organic farming etc. In order to put an extra experience in your tours, we encourage to visit the workshops, farms, arrange tastings of wine, bread, lamprey and other local produce.



Natura 2000

Natura 2000 is a network of nature protected areas of European importance. It has been established to protect rare and endangered plant and animal species and their habitats (biotopes) in Europe.

In Latvia the network was based upon the existing nature protected areas, adding 122 new sites. All our suggested tours pass several Natura 2000 territories.

Symboles



walking



canoeing



cycling



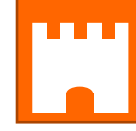
self-drive



scienic views

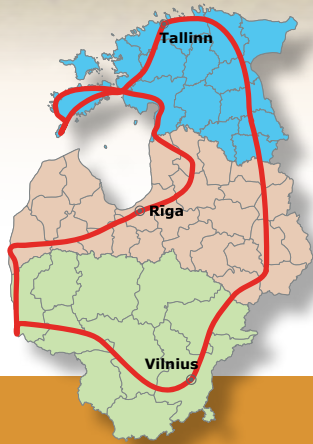


family



heritage

Grand Tour of the Three Baltic States



This tour gives a good insight into the three Baltic states, featuring their bustling capital cities, tranquil nature parks, white sandy beaches, pine forests, charming provincial towns, varied landscapes, local traditions and historic sites. **Highlights:** three Baltic capitals - Rīga, Tallinn, Vilnius with their enchanting Old Towns; three National Parks - Gauja in Latvia, Lahemaa in Estonia and Aukštaitija in Lithuania; Picturesque Trakai Lake Castle; Majestic sand dunes of the Curonian Spit; Saaremaa island with its intact Bishop's Castle, medieval churches and windmills; Historic university town of Tartu; Unspoiled Latgale lake district with traditional pottery workshops and gastronomy; Liepāja, a city with a great atmosphere and distinctive military heritage.



approx 2,600 km (12 days)



Turaida castle museum complex

General Route: Rīga – Cēsis – Valmiera – Saaremaa – Tallinn – Tartu – Daugavpils – Vilnius – Kaunas – Klaipėda – Rīga

Day 1

Arrival in Rīga. Pick up a car at the airport. Maps and detailed itinerary will be at your hotel's reception. Free time in Rīga. Attractions include: Hanseatic Old Town, the Art Nouveau district, the wooden buildings of Pardaugava, Ethnographic open-air museum and an excellent opera house. Overnight at the hotel in Rīga.

Day 2

Rīga – Cēsis – Valmiera (170 km).

Breakfast. Sites and attractions en route: Sigulda - Latvia's most beautiful landscapes in the Gauja National park and the Turaida castle museum complex. Numerous well-marked walking trails along the Gauja river valley. Wild animals at Ligatne Nature Park. Cēsis – a charming medieval town with impressive medieval castle ruins. Free time in Valmiera. Attractions include: St. Simon's church, original Soviet cinema, castle ruins and the river Gauja. Overnight at the hotel in Valmiera.

Day 3

Valmiera – Pärnu – ferry to Saaremaa island (330 km)

Breakfast. Head to Estonia. Sites and attractions en route: Pärnu, historic Estonian seaside spa resort, the ethnographic Koguva village of Muhu island, Valjala church and hill fort, Kaali meteorite lake – perhaps the most impressive meteorite crater in Europe. Free time at Kuressaare. Attractions include: impressive medieval Bishop's Castle, art galleries, craft shops and cafes, beach and spas. Overnight at the hotel in Kuressaare.



Curonian Spit national park with sand dunes



The Beach on Nida Island

Day 4

Saaremaa island ferry – Haapsalu island – Tallinn (280 km)

Sites and attractions en route: Panga cliff – the tallest cliff in Estonia, Haapsalu – charming seaside town with the castle, open-air ethnographic museum. Free time in Tallinn. Attractions include: Old Town, Kadriorg Park, KUMU art museum, Overnight at the hotel in Tallinn.

Day 5

Tallinn – Lahemaa – Tartu (280 km).

Breakfast. Sites and attractions en route: Jagala juga waterfall, Kolga Landgut – one of the leading examples of estate architecture in Northern Europe, Jaani - Tooma kivi – typical landscape of the Lahemaa National Park, Käsmu fishing village, Rakvere castle ruins. Overnight at the hotel in Tartu

Day 6

Tartu – Alūksne – Rēzekne – Preiļi – Aglona (330km)


Free time in Tartu. Attractions include: the oldest Baltic university, the old observatory, Tartu Dome church and the Toomemägi hill. Return to Latvia. Sites and attractions en route: Alūksne town - Bible museum and the castle ruins on the island of Lake Alūksne, Latgale region, which is famous for its lakes and pottery. Visit to the workshop of the traditional "black ceramics" and see the pottery process. Aglona's Basilica is one of the most popular pilgrimage destinations in the Northern Europe, Overnight at the hotel in Aglona.

Day 7

Aglona - Daugavpils – Vilnius (270km).

Sites and attractions en route: Daugavpils - the second largest city in Latvia and birthplace of the world famous artist Mark Rothko. Daugavpils fortress is one of the mightiest in



Europe. Cross the border to Lithuania. Aukštaitija National Park  - Palusee church and ethnographic villages. The Centre of Europe – the spot that claims to be the geographical centre of the continent. European Park. Overnight at the hotel in Vilnius


Day 8

Vilnius – Kaunas (120km).

Breakfast. Free time in Vilnius. Sites and attractions en route: Vilnius Old Town with its numerous churches, university buildings and Gediminas Hill, Trakai – picturesque castle built on an island, Rumsiske - open-air museum of country life in Lithuania. Overnight at the hotel in Kaunas.



Day 9

Kaunas – Jurbarka – Silute – Rusne – Vente – Klaipeda (~350km).

Breakfast. Free time in Kaunas - the former Lithuanian capital with a charming Old Town. Sites and attractions en route: Valley of the river Nemunas with beautiful vistas from various castle mounds, Cape Vente - a popular bird observation point, lighthouse, the island Rusne  with a small ethnographic open-air museum. Free time in the port city of Klaipeda. Overnight in Klaipeda.


Day 10

Klaipeda – Nida – Klaipeda (110 km).

Breakfast. Ferry to the Curonian Spit . Drive through the Curonian Spit national park  with sand dunes up to 60 m tall. Sites and attractions en route: Juodkrante - hill of witches. Dolphinarium. Ferry back to Klaipeda. Overnight at the hotel in Klaipeda.

Day 11

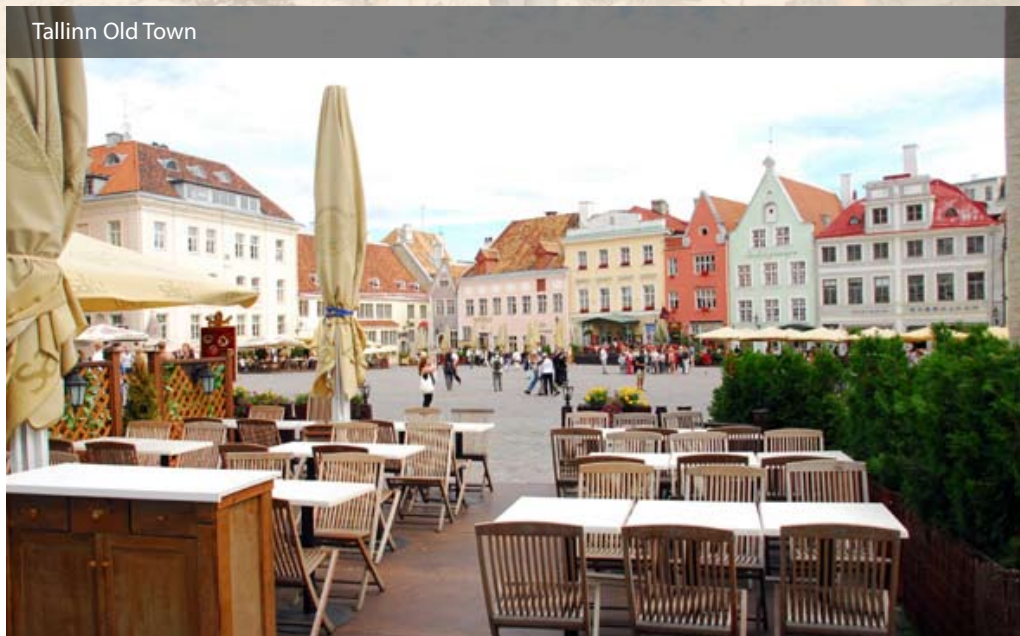
Klaipeda – Palanga – Liepāja – Saldus – Rīga (330 km).

Breakfast. Drive along the Baltic sea coast through the Pajurio Regional Park to Palanga. Cross the border to Latvia. Sites and attractions en route: Nature trails of Lake Pape  with several bird observation towers and wild horses. Sightseeing in Liepāja with many nice cafe's, white sand beach and military heritage. Overnight in the hotel in Rīga.

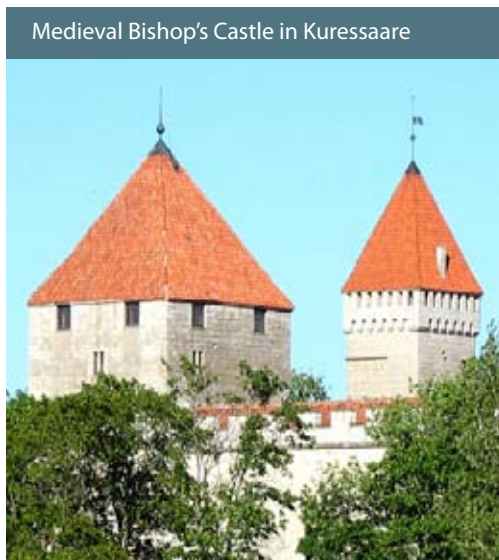
Day 12

Rīga

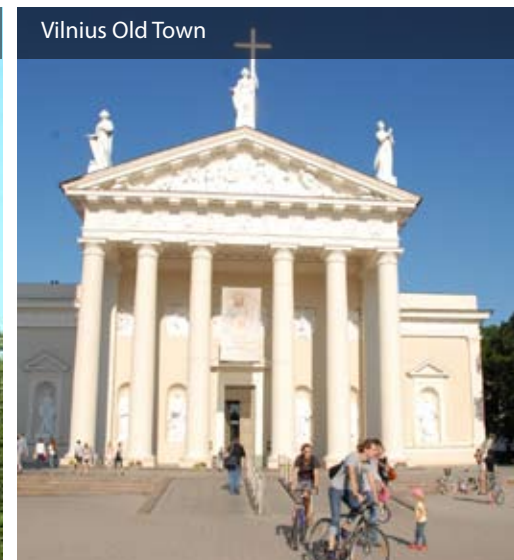
Return the car at Rīga International Airport. Departure.



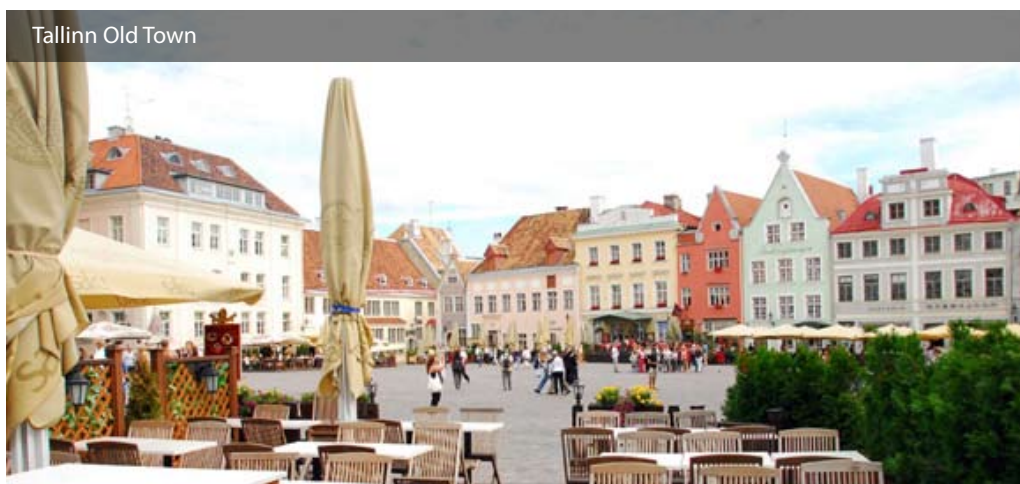
Tallinn Old Town



Medieval Bishop's Castle in Kuressaare

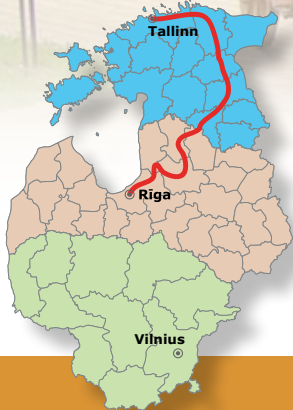




Vilnius Old Town



Tallinn Old Town

Visiting castles and baronial estates



This tour introduces with the cultural the cultural and historical heritage left behind in the Baltic States by rulers over the course of several centuries – six outstanding castles in Latvia and seven in Estonia, along with ancient castle ruins. The route weaves through two national parks – the Gauja National Park  in Latvia and the Lahemaa National Park  in Estonia. You will spend time in enchanting small Baltic towns and visit important centres of culture and history, including Tartu and the two capital cities – Riga and Tallinn. Accommodations is organized at baronial estates and castles wherever its



Length of the route: ~1100 km (7 days)



The ruins of the castle of the Livonian Order, Cēsis



Ungurmuīža manor



Igate Manor

General Route: Rīga – Limbaži – Cēsis – Rūjiena – Valga – Otepää – Tartu – Rakvere – Lahemaa Nationalpark - Tallinn

Day 1

Arrival in Rīga

Pick up the hired car at the airport. Free time in Rīga. Overnight in Rīga.


Day 2

Rīga – Sigulda – Turaida- Biriņi (77 km, 100% Asphalt).

Breakfast. Sites and attractions en route: Sigulda medieval castle ruins and baronial estate; Turaida museum reserve with the ruins of a Livonia Order castle. There is an observation tower and a sculpture garden on the banks of the Gauja river; Biriņi Manor (built 1857-1860) located near a lake and surrounded by wonderful park, good for leisurly walk.

Day 3

Biriņi – Igate – Limbaži – Straupe – Ungurmuīža – Cēsis – Dikļi (136 km, 100% Asphalt).

Breakfast. The route leads through the Gauja National Park  which is situated on the both sides of the ancient river-valley of the river Gauja. Sandstone cliffs and outcrops and dense forests are typical for the park. Sites and attractions en route: Igate Manor (1880) – built in the style of neorenaissance, near the castle there is a romantic park and an old water mill, where there is a pub serving traditional Latvian dishes; Lielstraupe castle (13th century) – the

castle is unique because it's building is united with a church; Ungurmuīža manor – the oldest wooden baroque manor in Latvia;

Sightseeing in the town Cēsis – the old town, the ruins of the castle of the Livonian Order and the new castle. In the garden of the castle there is a workshop of a traditional jeweller, which can be visited; Dikļi Manor (1896) – built in the style of neobaroque. There are collection of valuable antique furniture, fireplaces and interior articles inside the manor. Sightseeing in the town Valmiera

Day 4

Dikļi – Valmiera – Naukšēni – Taagepera – Sangaste - Otepää – Tartu (230 km, 90% Asphalt, 10% gravel road).

Breakfast. Sites and attractions en route: Naukšēni manor (1843) with a nice park and several household buildings; Taagepera manor (1912) in Estonia – built in the style of art nouveau; Sangaste castle; The castle mount in Otepää; In the evening sightseeing on the town Tartu, a visit to the first Baltic university and the old observatory on the top of the Toomemägi hill is recommendable. Overnight in Tartu

Day 5

Tartu – Alatsikvi – Rakvere – Lahemaa Nationalpark  (~210 km, 100% Asphalt)

Breakfast. Sites and attractions en route: Alatsikivi castle (18-19th century) with a beautiful park; The castle ruins in Rak-



Biriņi manor





Dikļi manor with collection of valuable antique furniture



vere; Vihula manor (19th century) with a nice park and an interesting pond system in the surroundings. Overnight in Vihula manor.

Day 6

Lahemaa National Park  – Tallinn (~110 km, 100% Asphalt).

Breakfast. The route leads along the northern Baltic sea coast of Estonia through the oldest Baltic national park – Lahemaa . For the park huge stones at the seaside and small fishermen's' villages are typical. Sites and attractions en route: Sagadi manor (1749–1750), there is a forest museum in the manor; Palmse manor (18th century) – one of the most beautiful in Estonia with a large park; Kolga Manor (17-18th century). In the evening free time in Tallinn. Overnight in Tallinn.

Day 7

Drive back to Riga (330 km)

Breakfast. Hand over the hired car at the Riga International Airport / Departure from Riga. Or hand over the hired car in the Airport of Tallinn / Departure from Tallinn.

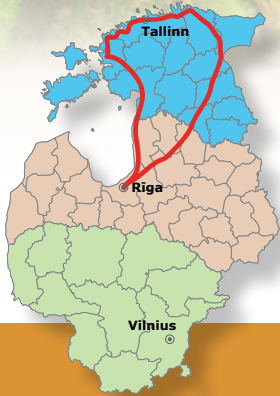
Palmse manor




Sagadi manor



Through national parks to the cliffs of Estonia's northern shore



The route leads through the most attractive Baltic landscapes – the Gaujas, Lahemaa and Matsalu national parks  and through the Vidzeme, Otepää, and Pandivere uplands. You will see the stony seacoast in the North Estonia and fishermen villages, visit cities and towns - Rakvere, Tartu, Tallinn. The itinerary also includes nature trails, viewing towers and nature sites.



Length of the route: ~ 1000 km (7 days)



Sigulda castle ruins



Palmse manor (18th century)



Boulders at the Lahemaa seaside

General Route: Rīga - Valmiera - Valga - Otepää - Tartu - Rakvere - Tallinn - Haapsalu - Pärnu - Rīga

Day 1


Arrival in Rīga

Pick up the hired car at the airport. Free time in Rīga. Attractions include medieval Old Town, Art Nouveau district, Open-air ethnographic museum and boat trip along the canal and river Daugava. Overnight in Rīga.

Day 2

Rīga - Sigulda - Cēsis - Valmiera - Valka/Valga - Otepää (225 km, 100% Asphalt).


Breakfast. Sites and attractions en route: Sigulda medieval castle ruins and baronial estate; Turaida museum reserve with the ruins of a Livonia Order castle. There is an observation tower and a sculpture garden on the banks of the Gauja river; Sightseeing of the town of Cēsis with its Livonia Order castle ruins and the Medieval Old Town. Border crossing at Valka and Valga.

On the way to Otepää- visit Sangaste castle which architecture is taken from Windsor castle in UK. In Otepää the castle mound and Pühejärvi lake  with well maintained beach. Overnight in Otepää

Day 3

Otepää - Tartu - Kallaste - Mustvee - Lahemaa (210 km, 100% Asphalt).

Breakfast. On the way historic education center of Tartu with its attractive Old Town, university, observatory and Toomemägi hill; Other attraction is Peipsi

lake which divides Estonia from Russia and is the fifth largest lake in Europe with Oldbelievers villages alongside. Rakvere with its impressive medieval castle and the Bull as a city's symbol. Overnight in Lahemaa National park .

Day 4


Lahemaa National Park - Tallinn (100 km, 100% Asphalt).

Breakfast. Sites and attractions en route: The castle ruins in Rakvere; Road leads along the northern Baltic sea coast of Estonia with picturesque limestone cliffs, through the oldest Baltic national park and largest national park in Estonia - Lahemaa, representing the nature and cultural heritage, typical of North Estonia. Huge boulders at the seaside and late-back small fishermen's villages form a typical landscape.

En route can visit Sagadi manor (18th century) with forest museum, Palmse manor (18th century) and Kolga manor (17.-18th century). Overnight in Tallinn.

Day 5

Tallinn - Keila - Joa Koloogaranna - Keila - Haapsalu (136 km, 98% Asphalt, 2% Gravel road).

Breakfast. Sites and attractions en route: Sightseeing of the Tallinn medieval Hanseatic Old Town, Kadriorg Palace park with modern art museum KUMU, the port district and the ethnographic open-air museum; Keila nature park  with hiking trail through a forest to Keila waterfall which is 4m high; Sightseeing in Haapsalu with the 13th century Haapsalu Bishop's



Waterfall in Lahemaa National Park





Small fishermen's villages Lahemaa National Park



castle, medieval Ridala church and old town with typical, romantic wooden buildings. Overnight in Haapsalu.

Day 6

Haapsalu - Lihula - Paarnu - Rīga (299 km, 100% Asphalt).

Breakfast. Sites and attractions en route: Paarnu historic sea and spa resort of Estonia with elegant villas and white sandy beach. Rannametsa - Toluse bog nature trail  with viewing tower. Border crossing at Ainaži. Seacoast Randu meadows  and lagoons - perfect for birdwatching, nesting and migrating birds, as well as different dragonflies and butterflies.

Along the way there is a forest hiking trail of the Baron von Munchhausen in Dunte; Nature trail over the dunes and through the pine forest in Saulkrasti. Overnight in Rīga.

Day 7

Rīga

Breakfast. Return the hired car at the Rīga International Airport / Departure from Rīga.

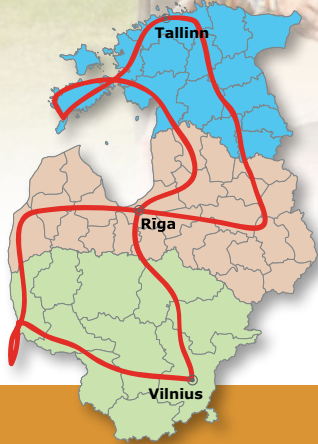
View of Tallinn Old Town



Haapsalu medieval castle ruins



Baltic Country Life Tour



This tour is organized around excellent quality accommodation at villas or manor houses. Many of the accommodation places have their own interesting history. The route often turns away from the main tourist roads and gives a chance to explore local life and traditions. On the way there are several crafts workshops where to observe traditional handicrafts and there are farms where to try local products. The route passes some late-back village where life has not changed much, beautiful landscapes and natural richness in the Gauja, Lahemaa and Dzukija National parks  and tranquil Saaremaa island. There are included cultural heritage from different centuries as well as capitals of three Baltic states – Rīga, Tallinn and Vilnius.



approx 2,515 km (17 days)



The Turaida Castle Museum Reserve



Farmstead Jurgučī in Cesvaine



Fish tasting at the coastal village in Kurzeme


General Route: Rīga – Cēsis – Valmiera – Pärnu – Saaremaa – Tallinn – Tartu – Madona – Liepāja – Šilute – Kaunas – Vilnius – Trakai – Bauska – Rīga


Day 1


Arrival at Rīga. Places of particular interest: Old Town, Art Nouveau district, Central Market. Overnight at Europe Royal Rīga. Historically it is known as Benjamins House.

Day 2

Rīga–Sigulda–Cēsis (~89 km).

Breakfast. Sites and attractions en route: Ethnographic open-air museum at the outskirts of Rīga. Sigulda – Latvia's most beautiful landscapes in the Gauja National Park  and the Turaida castle museum complex.

Līgatne  with nature trails where local wild animals can be watched, sandstone caves where local wine-makers and craftsmen offer their production and tastings.

Āraiši Lake Fortress is an authentic reconstruction of the 9th century's lake settlement. Cēsis with impressive medieval castle ruins and ancient jewellery workshop. Overnight at the country hotel Kārļa Muiža. The hotel surrounded by beautiful hilly landscape, old forests and walks along the river Amata .

Day 3

Cēsis–Valmiera–Pärnu (~164 km).


Breakfast. Sites and attractions en route: Ungurmuiža Manor, only remaining sample in the Baltics of wooden baroque architecture, with old wall paintings.

Stop for lunch at Dikļi Manor. Applied Arts Studio in Staicele. Border crossing. Pärnu – historic Estonian seaside resort town with elegant villas. Overnight at Ammende Villa.

Day 4

Pärnu–Virtsu–ferry to Muhu island–Kuressaare at Saaremaa (~158 km).

Breakfast. The ethnographic Koguva village at Muhu island . Valjala church and

hill fort. Kaali Meteorite Lake  – the most prominent meteorite crater in Europe. Kuressaare with medieval Bishop's Castle, art galleries, artisan shops and cafes, beach and spas. Overnight at Grand Rose Hotel.

Day 5

Saaremaa–Haapsalu–Tallinn (256 km).

Breakfast. Sites and attractions en route: Panga rock, Haapsalu – a nice seaside town with the castle, Open-air Ethnographic Museum. Overnight at the Merchants House in Tallinn.


Day 6

Day in Tallinn. Breakfast. Attractions include Old Town, Kadriorg Park, KUMU art museum. Overnight at the Merchants House in Tallinn.

Day 7

Tallinn–Lahemaa–Tartu (227 km).

Breakfast. Sites and attractions en route: Jägala juga waterfall , Kolga Landgut – prominent example of estate architecture.

Typical boulders of the Lahemaa National park . Käsmu fishing village – the former Estonian naval center.

Rakvere castle ruins. Tartu attractions include oldest Baltic university, the old observatory, the Tartu Dome church and the hill Toomemägi. Overnight at the Antonius Hotel.

Day 8

Tartu–Ape–Alūksne–Madona (237 km).

Breakfast. Border crossing. Visit farmstead Jurgučī which specialises in goat breeding, makes high quality cheese and goat meat products at Cesvaine.

Overnight at the Mārciena Manor.

Day 9

Madona–Koknese–Jelgava–Skrunde (306 km).

Breakfast. Traditional bakery Liepkalni. Visitors can observe the baking process, an purchase the bread.

Spectacular Koknese castle ruins with park. Jelgava Palace. Overnight at Berghof Manor.




Day 10

Skrunda–Liepāja–Palanga–Klaipēda–Šilute (227 km).

Breakfast. Liepāja old town, promenade and impressive military heritage. Border crossing. Palanga is a busy beach resort with an excellent Amber Museum. Overnight at Zveju užeiga.


Day 11

Nida, Curonian Spit (by boat)

Breakfast. Take a boat to Nida, Curonian Spit  for a relaxing day trip without the car. Overnight at Zveju užeiga.


Day 12

Šilute–Kaunas–Drunskininkai (322 km).

Breakfast. Sites and attractions en route: The valley of the river Nemunas with beautiful vistas from various castle mounts. Possibility to visit bird ringing station and climb up to the Ventes lighthouse. The delta of the river Nemunas and the island Rusne  with a small ethnographic open-air museum. Overnight at the hotel Violeta.

Day 13

Drunskininkai–Marcinkonys–Vilnius (137 km).

Breakfast. Drunskininkai is a Lithuanian historic health resort town with fascinating Gruto Park where exhibition was based on the Soviet time monuments. Džūkija National Park  is a good place to experience Lithuanian crafts and traditions. Overnight at Mabre Residence in Vilnius.

Day 14

Vilnius. Breakfast. Atmospheric old town with Baroque churches, hilly relief which provides scenic views. Overnight at Mabre Residence in Vilnius.

Day 15

Vilnius–Trakai–Kernavė–Panevėžys–Bauska (302 km).

Breakfast. Picturesque Trakai Castle built on an island in the lake and museum of Karaites - ethnic group of Tatar origin. Chance to taste their meals at several cafés. Kernavė with impressive ancient mounds and archeological museum. Border crossing. Overnight at Mežotne Manor

Day 16

Bauska–Pilsrundāle–Rīga (90 km)

Breakfast. Medieval Bauska Castle park with tower providing scenic views. Rundāle Palace – the grandest palace in the Baltics. Return to Rīga. Overnight at the Europe Royale Rīga.

Day 17

Rīga. Breakfast. Departure

Guesthouse near ethnographic Koguva village at Muhu island



Traditional jewellery



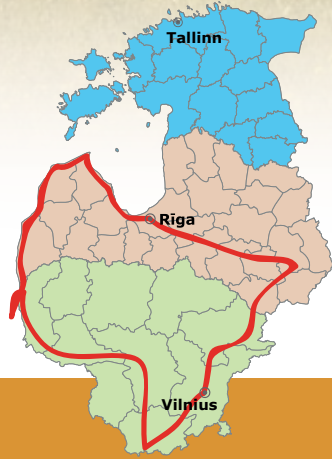
Local organic food







Vilnius old town



Along the Baltic National Parks – Latvia and Lithuania



During the Cambrian, Silurian and Devonian eras, the territory of the current Baltic States was often covered by seawater, which is why there are places where lots of geological evidence of the region are manifested not just in fossils and various geological objects, but also in the unique landscape. For example, The Gauja River basin is an outstanding locations for Devonian cliffs and caves. Several elements related to the former Baltic Ice Sea and the Littorine Sea are well presented at the Slītere National Park . The Kemeris , Slītere  and several other parks were established to protect wetlands. There are two “lands of lakes” in the Baltic States – Latgale and Augštaitija . Some national parks have been established to protect distinctive local cultural heritage.



approx 1,745 km (14 days)



A Grey Heron



Steep coast at Jūrkalne



Church of St. Joseph at Palūše, Auskaitija



General Route: Rīga – Koknese – Rēzekne – Daugavpils – Ignalina – Vilnius – Trakai – Druskininkai – Kaunas – Klaipėda – Nida – Liepāja – Ventspils – Kolka – Ķemeri – Rīga

Day 1

Arrival at Rīga. Overnight at Hotel in Rīga.

Day 2

Rīga-Ķekava-Ķegums-Koknese-Atasiene-Vijāni- Rēzekne (~ 254 km)

Breakfast. The route goes along the right bank of the Daugava, then crosses the river at Kegums HES. Picturesque Koknese Castle Ruins and park. Skrīveri Dendrology Park with 372 foreign trees and shrubs. Teiči Nature Reserve  is the largest untouched raised and moss bog in the Baltic. In the middle of the bog there is a unique islet Sīksala  where Old Believers still live. Vijāni Catholic Church and Bernadine monastery. Overnight at the guest house near Rēzekne


Day 3

Rēzekne – Mākoņkalns – Andrupene-Daugavpils (~130 km).

Breakfast. Latgale region is Latvia's “land of lakes” and there is Rāzna National Park . Lake Rāzna with typical landscapes of ancient hillocks. Mākoņkalns Hill with lovely view of Lake Rāzna. Latgale famous pottery workshops. Typical regional meals. Aglona Basilica – the pilgrimage place. Overnight at the guest house near Daugavpils.

Day 4

Daugavpils - Zarasai – Ignalina – Palūše – Ginučiai –Stripeikiai – Ignalina (~160 km).

Breakfast. Bordercrossing. 70% of the Aukštaitija National park  comprises of forest. Most of it is pine, about 200 years old. There are 126 interconnected lakes and several ethnographic villages. Ginučiai village and its watermill with preserved original mechanisms. Ancient Beekeeping Museum

at Stripeikiai. Guided birdwatching and other wildlife excursions are available. Overnight at the guest house in Ignalina.

Day 5

Ignalina – Moletai – Vilnius (~233 km).

Breakfast. Vilnius – the capital of Lithuania. Vilnius attractions include Old Town with its many churches, Vilnius University, Higher and Lower Castle Museums, the Gates of Dawn. Overnight at the guest house in Vilnius.


Day 6

Vilnius – Trakai (~28 km).

Breakfast. Trakai Historical National Park preserves mainly monumental part of Trakai. Trakais Island Castle is the most popular Lithuania's tourism sites. The Karaites' cultural heritage (ethnic group of Turkish origin settled here in 14th-15th cent). Overnight at the guest house in Trakai.

Day 7

Trakai – Merkinė – Marcinkonys – Druskininkai (~63 km).

Breakfast. Džūkija National Park  include several well preserved traditional farmsteads and villages worthwhile a visit. The park's is a good place where to experience Lithuanian crafts and traditions. Ancient Castle Hill at Merkinė provides fine views at the rivers Merky and Nemuna. Drunskiniėki is Lithuanian historic health and spa resort. Grutos Park where exhibition was based on the Soviet time monuments demolished during 1989-91 restoration of independence. Overnight at the guest house in Druskininkai.

Day 8

Druskininkai – Kaunas (~126 km).

Breakfast. Kaunas was a Lithuanian capital between wars (1920-40). The attractions include Town Hall at the Old Town, some churches as well as pedestrian Laisves Av.



enue with shops, cafes and restaurants. Here are also located the State Museum to the most prominent Lithuanian artist Mikolojus Konstantinas Čiurlionis. Overnight at the guest house in Kaunas.

Day 9

Route: Kaunas – Klaipėda – Nida (~267 km).
 Breakfast. Curonian Spit National Park is a sand-dune spit that separates Curonian Lagoon from the Baltic Sea. Several small ethnographic villages. Nida – pretty holiday resort with writer’s Thomas Mann house and impressive sand dunes. Sea Museum, Aquarium and Dolphinarium. Near Juodkrantė there is grey herons and large cormorants colony. Overnight at the guest house in Nida.

Day 10

Route: Nida – Liepāja (~120 km).
 Breakfast. Palanga is a busy beach resort with an excellent Amber Museum. Bordercrossing. Liepāja is a lively town with distinctive cultural and military history. The places of interest include old town, promenade with cafes and restaurants and nice beach, naval forts and Military prison. Overnight Overnight at the guest house in Liepāja.

Day 11

Liepāja – Ventpils (~124 km).
 Breakfast. Distinctive Jūrkalne steep coast. Ventspils places of interest includes: Old Town with Livonian Order Castle, promenade, market place, ancient crafts house, breakwater as well as Blue Flag beach. Overnight at the guest house in Ventspils.

Day 12

Ventpils – Kolka – Ģipka (~102 km)
 Breakfast. Slīteres National Park is as an open-air museum which shows the historical development of the Baltic Sea. Cape Kolka where the waters of Baltic Sea meet with the Gulf of Rīga. Traditional Livs’ villages along the coast. Livs are one of the smallest ethnic groups in Europe. Tasting of smoked fish. Slītere lighthouse which provides fantastic panoramic view. Guided wildlife tours are available. Overnight at the guest house in Ģipka.

Day 13

Route: Ģipka – Ragaciems – Ķemeri – Rīga (~138 km)
 The Ķemeri National Park mostly involves wetlands – the shallow shores of the Bay of Rīga, an overgrown seaside lake, vast swamps, damp forests and fens, and floodland meadows. Lake Sloka walking trail, Kanieris Castle Mound trail and birdwatching tower. His-



Sand dunes at Curonian Spit



Slītere lighthouse



Guided birdwatching tour in Slītere National Park

toric centre of Ķemeri health resort and sulphuric waters. Jūrmala, the most popular holiday and spa resort of Latvia. Overnight at the guest house in Rīga.

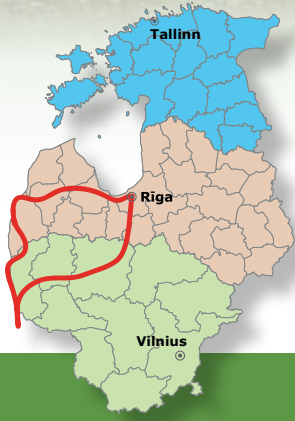
Day 14


Rīga. Breakfast. Departure



Birdwatching tower at Ķemeri National Park

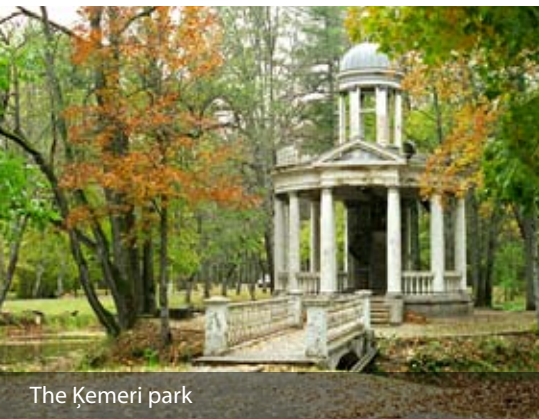
Cycling Along the Baltic Sea to the Curonian Spit



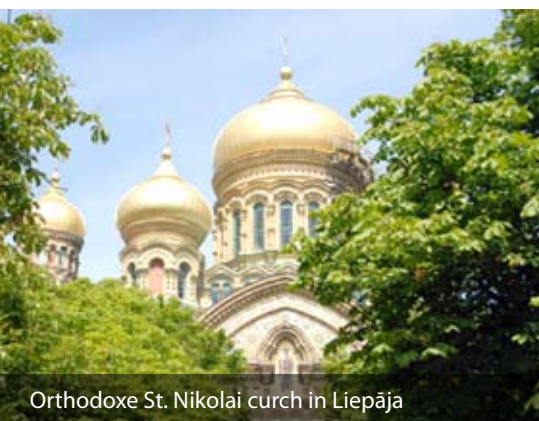
This cycling route will take you from Riga along the West coast of the Baltic Sea of Latvia and Lithuania. On the way the route passes the sea resort Jurmala with 19th century wooden architecture, the picturesque Abava river valley, geologically interesting steep banks of Jūrkalne, historically exiting city of Liepāja with great ambience and charming Kuldīga with the widest waterfall in Europe. In Lithuania the route goes through Palanga where Amber Museum is located and culminates at the National Park of the Curonian Spit  with 60m high sand dune.



Cycling ~25-67 km daily (13 days)



The Ķemeri park



Orthodoxe St. Nikolai church in Liepāja



Bridge of Kuldīga

General Route: Rīga – Sabile – Kuldīga – Jūrkalne – Liepāja – Mosedis – Palanga – Klaipeda – Nida – Rīga

Day 1

Arrival at the Rīga airport.

Transfer to the hotel. The information pack with maps and detailed description of the tour will wait you at the reception. Overnight in Rīga.

Day 2


Rīga - Jūrmala - Ķemeri - Tukums

Breakfast. Pick-up your bicycles delivered to the hotel. Cycling: Rīga – Jūrmala (~30 km, 100% asphalt) – Ķemeri (~20 km, asphalt). A ride through Jūrmala - the most popular resort town in Latvia.

Beautiful beach, restored wooden villas and lively pedestrian streets. By train: Ķemeri – Tukums 1 (~20 min). Overnight in Tukums.

Day 3

Tukums - Kandava

Breakfast. 1st option. Cycling: Tukums – Vecmokas – Pūre – Kandava – Plosti (Sabile) (~36 km, 11 km of this distance – on a major traffic road). 2nd option. Cycling: Tukums – Sāti – Grenči - Zemīte – Kandava – Plosti (Sabile) (~48 km, 15 of this distance – on a gravel road). 3rd option. Cycling: Tukums – Abavnieki – Kandava – Plosti (Sabile) (~36 km, 22 km of this distance – on a gravel road). The part between Kandava und Sabile is very picturesque with small hills and with a view to the Abava river valley . Overnight in Sabile.

Day 4

Kandava - Sabile - Kuldīga

Breakfast. Cycling: Plosti - Sabile – Kuldīga (~49 km, asphalt). Kuldīga – a charming small town with romantic wooden buildings, the widest waterfall in Latvia. Overnight in Kuldīga.

Day 5

Kuldīga - Jūrkalne - Pāvilosta

Breakfast. Cycling: Kuldīga – Jūrkalne – Pāvilosta (~63 km, asphalt). A steep bank of the Baltic sea at Jūrkalne. Along there you can spot blue cows, a typical local breed. Overnight in Pāvilosta.

Day 6


Pāvilosta - Liepāja

Breakfast. 1. Option. Cycling: Pāvilosta – Vērgale – Saraiķi – Liepāja (~55 km, 6 km of this distance - on a gravel road). 2. Option. Cycling: Pāvilosta – Akmeņrags – Ziemeupe – Saraiķi - Liepāja (~55 km, 36 km of this distance - on a gravel road or a forest road). The route goes along the seashore with wild beaches and good swimming spots. The city centre of Liepāja offers lively cafés, restaurants and clubs as well as military heritage. You can cycle to Southern Pier with naval defence system, visit former military prison and Officers House. Overnight in Liepāja.

Day 7 Liepāja - Mosedis


Breakfast. Cycling: Liepāja – Grobiņa – Bārta – Kalēti - Skodas - Mosedis (~70 km, 7 km of this distance – on a gravel road, the rest on minor traffic roads, asphalt). The route goes through the



Žemaitijos National Park  in Lithuania with typical stone fences around the farmsteads. Overnight in Mosedis.

Day 8

Mosedis - Kretinga

Breakfast. Cycling: Mosedis – Salantai – Kretinga (~48 km, 100% asphalt). A ride through the Salantai regional park  with beautiful hilly landscapes and the river valley. The highlights of Kretinga include the cloister, the church and the Winter garden of the count Tischkevich. Overnight in Kretinga.


Day 9

Kretinga - Klaipeda

Breakfast. Cycling: Kretinga – Palanga – Klaipeda (~47 km, 6 km of this distance – on a gravel road). Resort town Palanga. The route goes along the seashore, through the Pajūrio regional park. Overnight in Klaipėda.

Day 10

Klaipeda - Nida

Breakfast. Cycling: Klaipeda – Juodkrante - Nida (~55 km, 100% asphalt). Ferry: Klaipeda – Smiltyne. A ride through the National Park of the Curonian Spit  – up to 60m high dune. Attractions of Smiltyne are the Sea Museum and the Delphinium located at the former Prussian fort. For local legends visit Hill of Witches at Juodkrante. Overnight in Juodkrante.

Day 11

Nida - Klaipeda

Breakfast. Cycling: Nida – Klaipeda (~55 km, asphalt). Ferry: Smiltyne - Klaipeda. Overnight in Klaipeda.

Day 12

Klaipeda- Rīga

Breakfast. By train: Klaipeda – Šiauliai. By train: Šiauliai - Riga. Return the hired bicycles at the hotel's reception. Overnight in Riga.

Day 13

Rīga

Breakfast. Transfer to the airport. Individual departures.

View to Juodkrante town



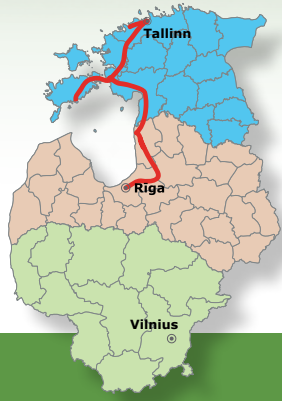
Curonian Spit – up to 60m high dune



The Sea Museum and the Delphinium located at the former Prussian fort.



Cycling from Latvian Capital Rīga to Estonian Capital Tallinn



This tour connects the two beautiful Baltic capitals of Latvia and Estonia. In between, the route passes through charming provincial towns, traditional villages, beautiful nature reserves, sandy beaches, two islands and many historic sites. Highlights include: Old Town and Art Nouveau district of Riga, Old Town of Tallinn, Turaida Castle Reserve, The picturesque River Gauja Valley , Saaremaa island with wind mills, medieval churches and mighty Bishop's Castle at Kuressaare, Ethnographic fishermen village Koguva at Muhu island - Former base of Soviet submarines at Paldiski.



Cycling ~20-75 km daily (11 days)



Turaida Castle Reserve



Cycling between Salacgrīva and Ainaži



Ferry Virtsu Kuivastu

General Route: Rīga – Pärnu – Kuressaare - Tallinn

Day 1

Arrival in Rīga

Arrival in Rīga Airport. Transfer to the hotel. Pick up the info package with the map and detailed itinerary at the hotel's reception.

Overnight at the hotel in Rīga, in the city centre.

Day 2

Rīga


Breakfast and free day in Rīga. Overnight at the hotel in Rīga, in the city centre.

Day 3

Rīga - Sigulda – Turaida – Igate

Breakfast. In the morning collect bicycles at the hotel. **Cycle:** the hotel – Central Railway station (~0.5 hour)

Take the train: Rīga – Sigulda (at 10:22, 55 km, ~1,55 LVL per person, ~0.50 LVL per bicycle, ~1 hour).

Cycling: Sigulda – Turaida – Ragana – Igate (~45 km, 99% tarmac). The route leads through the Gauja National Park  which is located on both sides of the ancient river valley of the Gauja river. Sandstone, caves, forests and castles are characteristic to the park.

Attractions en route: Sigulda castle ruins and Turaida Castle Reserve. Overnight at the guest house near Igate.

Day 4

Igate – Limbaži – Salacgrīva (~63 km,

80% tarmac).

Breakfast. **Cycling:** Overnight in Salacgrīva.

Day 5

Salacgrīva – Ainaži – Haademeeste – Voiste (~61 km, 99% tarmac).

Breakfast. **Cycling** attractive roads through fisherman villages and along the coast. Overnight in Voiste.

Day 6

Võiste – Pärnu (~30 km, 99% tarmac).

Breakfast. Sightseeing of the Pärnu town – the most popular spa resort of Estonia. The Old town, the Ruutli pedestrian street, the old fortifications.

Privat transfer: Pärnu – Virtsu (~80 km, 1.5 hour). **Take the ferry:** Virtsu – Kuivastu (~40 EEK per person + ~15 EEK per bicycle, 0,5 hour).

Cycling: Kuivastu - Hellamaa – Liiva - Koguva (Muhu island) (~21 km, 100% tarmac). Overnight in Koguva.

Day 7

Koguva – Valjala – Pihlta – Kuressaare (~70 km, 86 % tarmac).

Breakfast. The route leads from the Muhu island to the Saaremaa island over the dam.

En route sightseeing „Valjala maalinn” – one of the most attractive hill forts in Estonia, the Valjala church and one of Europe's biggest meteorite craters in Kaali.

Overnight in Kuressaare.



Day 8

Kuressaare

Breakfast. Free time in Kuressaare. Attractions include the Bishop's Castle, art galleries, artisan shops, cafes, spas. Overnight in a guest house in Kuressaare.

Day 9

Kuressaare – Tallinn

Breakfast. In the morning **take a public bus:** Kuressaare – Tallinn. Free time in Tallinn. Overnight in Tallinn.

Day 10

Tallinn – Tabasalu – Muraste – Türisalu – Keila-Joa – Paldiski (~67 km, 100% tarmac) - Tallinn.

Breakfast. Free time in Tallinn or **cycling** to Paldiski. **Take the train:** Paldiski – Tallinn (45 km, 1.1 hour). Overnight in Tallinn.

Day 11

Breakfast. Transfer to the airport of Tallinn. Departure.

Bicyclists in Saaremaa



View of Kuressaare city center



View of Tallinn Old Town



View of Tallinn city



Cycling Along the Baltic Sea Coast in Latvia



The route gives a chance to enjoy one of the most beautiful and diverse parts of the Baltic Sea coast. You will pass white sandy beaches, wild beaches with big rocks and steep banks. The route goes along several national parks and protected nature territories as well as traditional fishermen villages and lively cities of Liepāja and Jūrmala.



Cycling: ~20-60 km daily (10 days)



The Waterbreak at Liepāja



Cycling along the authentic Livs' village



Lighthouse of Cape Kolka

General Route: Rīga – Liepāja – Ziemeļupe – Pāvilosta – Jūrkalne – Ventspils – Mazirbe – Kolka – Roja – Engure – Jūrmala – Rīga

Day 1

Arrival in Rīga

Transfer to the Hotel. Receive from the hotel reception the tour information pack with maps and detailed description of the routes, sites and accommodation. Overnight in Rīga.

Day 2

Rīga - Liepāja

Breakfast. Receive bicycles delivered to the hotel. Free time in Rīga. Train: Rīga, Central Railway Station – Liepāja. Liepāja – Many nice cafes, nice beach and a park by the sea, a harbor, naval fortification and former Soviet military town Karosta. Overnight in Liepāja.

Day 3

Liepāja – Saraiki – Ziemeļupe – Pāvilosta (~60 km, 50% gravel road and forest road)

Breakfast. In Liepāja, route leads through the Karosta district – the former Soviet military town and submarine harbor. The territory earlier was closed. There are military and residential buildings, a park and an impressive Russian Orthodox cathedral.

Further, the 1st option offers a ride along the coast, stopping to see the Saraiki estate on the way. The 2nd option offers an easier ride on an inland tarmac road. Overnight in Pāvilosta.

Day 4

Pāvilosta - Jūrkalne (~21 km, tarmac)

Breakfast. Leisure time till noon to explore the steep banks and the scenic seashore of Jūrkalne. It's a place where famous blue cows grazing coastal meadows – a very typical breed for the region. Overnight in Jūrkalne.

Day 5

Jūrkalne – Ventspils (~50 km, tarmac).

Breakfast. On the way, can have a look at the Uzava church. In the afternoon, leisure time at Ventspils. The best maintained town in Latvia. Places of interest include the castle, central promenade, open-air museum and excellent beach facilities. Excellent live beer is brewed at Uzava brewery.

Another option is to take an inland tarmac road to Ventspils. Overnight in Ventspils.

Day 6

Ventspils – Mazirbe – Kolka (~64 km)

Breakfast. Places of interest include Slītere lighthouse and boardwalk through marsh, fisherman villages around Mazirbe and a ride through the forests of Slītere National Park. The territory is also a home of the smallest ethnic group in the world called The Livs. Overnight in Kolka.

Day 7

Kolka – Roja (~34 km tarmac)

Breakfast. The Cape of Kolka where the Gulf of Rīga meets the open sea and waves cross.



Especially impressive during strong winds. Overnight in Roja.

Day 8

Roja - Mērsrags – Engure (~47 km, tarmac)

The route goes through fishermen villages with three different types of the seashore – coast dotted with boulders at Kaltene, the sandy beach at Upesgrīva and coastal meadows near Engure. Attractions also include bird watching towers, wild horses grazing the meadows by the lake. Overnight in Engure.

Day 9

Engure - Lapmežciems – Jūrmala (~ 54 km, tarmac).

Route goes through Ķemeri National Park. It is possible to walk Dumbrāju trail and visit the historic sulphur spring from where the history of Jūrmala as a spa resort started.

By train: Jūrmala – Rīga or cycling: Jūrmala – Rīga (~25 km, a cycling road). In the evening, the hired bicycles shall be returned at the hotel. Overnight in Rīga.

Day 10

Rīga

Breakfast. Transfer to the airport. Individual departures.

Promenade at Ventspils



Steep banks and the scenic seashore of Jūrkalne



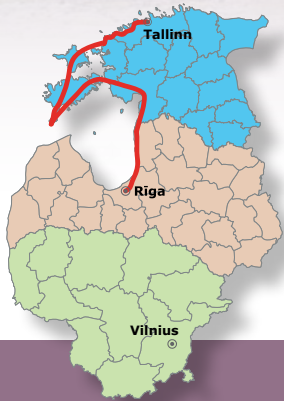
Wild horses in Ķemeri National park



Dundaga Castle



Nature Trails in Latvia and Estonia



Tour begins in the Latvian capital Riga, which is known for its Art Nouveau architecture, and it ends in the Medieval town of Tallinn. Along the way you will enjoy lovely landscapes, walk 15 exciting nature trails (about 40 km on foot in total). The trails cross marshlands, meadows and forests, goes along the shores of the Baltic Sea. Highlights: Riga Old Town and Art Nouveau district - Rare coastal meadows at Ainaži - Estonian islands – Saaremaa and Hiiumaa with distinctive nature, medieval churches and windmills - Mighty Kuressaare Bishop's Castle - Charming medieval Old Town of Tallinn - Unspoiled nature and sandy beaches.



Driving in total ~1270 km (7 days)



Riga Old Town and river Daugava



Forest walking trail of the Baron von Munchhausen at Dunte



View from Maatsalu National Park

General Route: Rīga – Pärnu – Saaremaa – Hiiumaa – Haapsalu - Tallinn

Day 1

Arrival in Rīga

Pick up the hired car at the airport. Free time in Rīga. Overnight in Rīga.

Day 2

Rīga – Salacgrīva – Pärnu (190 km, 100% tarmac).

Breakfast / Pick up your info pack with the map and detailed itinerary from the hotel's reception. Sightseeing and walking trails (totally about 10 km walking) en route: Nature trail over the dunes and through the pine forest at Saulkrasti (1 hour);

Forest walking trail of the Baron von Munchhausen at Dunte (2 hours); Walking trail through the very rare coastal meadows at Ainaži – birdwatching possibilities in spring and fall (0,3 hours); Luitemaa walking trail near Pärnu goes along the sea and through marsh. There are several observation towers and birdwatching possibilities (2-3 hours); Overnight in the surroundings of Pärnu.

Day 3

Pärnu – Muhu – Kuressaare – Sorve - Kuressaare (275 km, 100% tarmac).

Breakfast. Sightseeing in Pärnu, historic spa resort of Estonia. Ferry from Virtsu to Kuivastu at Muhu island (0,5 hours). Sightseeing and walking trails (totally up to 10 km hiking) en route: The eth-

nographic fishermen's village Koguva at Muhu island (1,5 hours); Koigi walking trail through marsh and forest at the Saaremaa island (2-3 hours); The Sörve horn in the western part of the Saaremaa island. Its former military basis for Soviet army (1,5 hours). Overnight in Kuressaare.

Day 4


Kuressaare – Kärdla (150 km, 70% tarmac, 30% gravel road).

Breakfast. Sightseeing at Kuressaare. Attractions include impressive medieval castle, town's centre with its art galleries, little shops, cafes and restaurants. Ferry from Triigi to Sõru (1,5 hours). Sightseeing and walking trails (totally about 7 km walking) en route: Viidumäe Nature restricted area with a forest trail and observation tower at the seaside (1 hour); Panga cliff is about 22 m high dolomite cliff at the coast (1 hour); Ojarku boardwalk trail on the Kasari island through overgrown coastal area with an observation tower near Käina bay (bird watching available) (1 hour); Sääre nature trail on the Kasari island which is a stripe of land covered with junipers. (bird watching available) (1,5 hour); Overnight in Kärdla or Käina.

Day 5

Kärdla – Haapsalu – Matsalu National park - Haapsalu (140 km, 90% tarmac, 10% gravel road)


Breakfast. Ferry from Heltermaa to Rohuküla (~2 hours). Sightseeing and

walking trails (totally about 5 km walking) en route: Walking trail at Matsalu National park  boardwalk through the coastal reed fields (5 hours); Sightseeing in Haapsalu; Overnight in Haapsalu.

Day 6

Haapsalu – Paldiski - Tallinn (180 km, 98% tarmac, 2% gravel road).

Breakfast. Sightseeing and walking trails (totally about 8 km walking) en route: Walking trail at the Paldiski peninsula – the trail starts at the fortification which was built by the Peter 1st and leads along the steep Baltic sea banks, sightseeing of the former military basis of the Soviet military (2-3 hours);

Keila Nature Park  – walking trail through the forest to Keila waterfall (1-2 hours); In the evening free time in Tallinn; Overnight in Tallinn.

Day 7

Drive back to Riga

Breakfast. Return the car at Tallinn Airport. Departure from Tallinn. Or return to Riga and leave the car at Riga Airport.

Keila waterfall in Estonia



Panga cliff in Saaremaa



Medieval castle in Kuressaare





View of Tallinn Old Town



Walking at Gauja National park



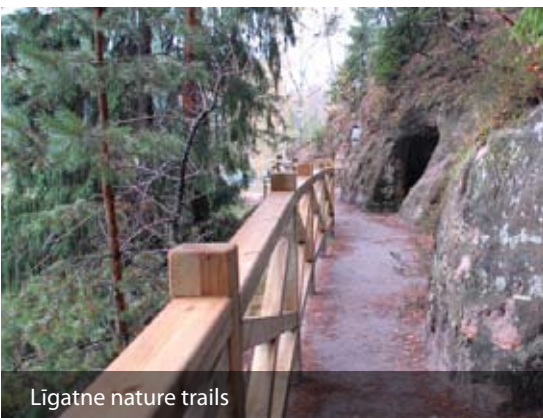
This tour features the best trails and attractions within the Gauja National Park . The walks are organized so that you constantly move forward and the luggage is transferred. There is a good mixture of natural and cultural monuments. The main “artery” of the park is the ancient Gauja River valley  with many tributaries that are deep ravines with massive sandstone cliffs from the Devonian period. The park also features cultural monuments of pan-Baltic importance – the Turaida Museum Reserve, the medieval old town of Cēsis with its famous castle ruins and St John’s Church, the reconstructed lake settlement at Āraiši as well as the wooden baroque manor - Ungurmuiža Manor.



Walking in total 78 km (7 days), GPS route provided



The Krimulda Church



Līgatne nature trails



The Krimulda Manor

General Route: Rīga – Krimulda – Sigulda – Turaida – Sigulda – Līgatne – Amata river – Cēsis – Cīrulīši – Ungurmuiža – Cēsis – Rīga

Day 1

Arrival at the Rīga International airport. Free time to explore Rīga. Places of particular interest: Old Town, Art Nouveau district as well as Central Market. Accommodation in Rīga

Day 2

Walking Krimulda – Sigulda (10km, 3-4 hours forest trails and in the town – tarmac, medium grade).

Private transfer Rīga - Krimulda (~50km). Some parts of the trail might be challenging and muddy. Krimulda Church, one of the oldest churches in Latvia. Walk back to Sigulda along the picturesque banks of the river Gauja with many protected geological and cultural monuments. Krimulda castle ruins, the Piķene precipice, the pedestrians’ bridge with a view to the Devil’s (Velnala) cliffs, the Black shores, Ņeizarkrēsls, along the Olympic bobsled track and back to the hotel through the town centre. Accommodation in Sigulda.



Optional Day to stay in Sigulda

Walk around Sigulda town: 9 km, 2-3 h; walk Sigulda - Turaida 8 km.

Paved roads, forest roads and trails, some steep wooden stairs.

Walk 1: Around Sigulda - 9km, 2-3 h

Explore Sigulda town. Places of interest in the route: Sigulda New Castle, Medi-


eval Castle ruins with spectacular views, the Vējupīte river valley  with some small caves and ravines, Paradīzes hill, the Gauja National Park  visitor centre and the Sigulda castle ruins. Return to the hotel or continue.

Walk 2: Sigulda – Turaida, 8km, 3h

Further visit Turaida Museum Reserve then follow trail with several scenic spots like Karla hill, Slaktera hill along the famous Gutmana Grotto to Krimulda Manor. Catch a cable car across the spectacular river valley returning to Sigulda. Accommodation at guest house in Sigulda.


Day 3

Walking Sigulda – Līgatne (20km, 6h, tarmac roads, forest roads and trails).

Experience the most impressive ancient river valley in the Baltic States, complete with mighty sandstone cliffs from the Devonian era. Trail along the ancient valley of Gauja river to Līgatne Nature Reserve . On the way there are few maintained pick-nick spots for boaters which makes a nice lunch stops also for hikers. Accommodation in guest house in Līgatne.

Optional Day in Līgatne

Walking along the Līgatne nature trails (5km, 2h)

In Līgatne Nature Reserve  there are well maintained trails through the forest where to observe the local wild animals in their enclosures at their natural habitat. Alternative attractions of Līgatne are: Soviet Secret Bunker built for the



Guest house Kārļa muiža.



The Ungurmuiža Manor




government officials in case of nuclear war. Guided excursion takes about 1,5 h. Accommodation in guest house in Līgatne.

Day 4

Amata river trail -15km, 6h

Mostly forest trails, level: medium, might be challenging at some parts because of the steep and high shores, the deep ravines, and occasional fallen tree along the path. The path mostly winds down the right bank of the river. You'll be both at the top and the bottom of the valley, with a 40-metre difference between the two.

Pick-up at the end of the route. Spectacular sandstone Zvartes Rock . Accommodation at the guest house Kārļa muiža.

Day 5

Cēsis town and Cirulīši nature trail 10km Transfer Kārļa muiža – Cēsis (20 km).

Explore streets of charming Cēsis Old Town. Attractions: St.James' Church's tower for fine panoramic views, Medieval Livonian Order Castle, cakes at Karumlade cafe. Walk: Circular route Cēsis - Cirulīši nature trail 10km, 3-4h, easy walk Walk towards the river Gauja and along Cirulīšu Nature Trails. This is a tour that will take you through time and space, because it clearly reveals the geological history of the location since the end of the Ice Age. It's possible to take a

Medieval Livonian Order Castle, Cēsis



public transport from Cirulīši to the centre of Cēsis or walk all the way back. Accommodation at the guest house in the town's centre.

Day 6

Ungurmuiža Manor and trail (1.3km)

Public transport or private transfer from Cēsis to Ungurmuiža (15km). Walk: Circular route - 1.3km at the Ungurmuiža Park. Ungurmuiža Manor park trail weaves through impressive ancient oak trees. Some of them are rotting or dead and they are home to many species, including several total distinct in other parts of Europe. Ungurmuiža Manor is only survived sample of the wooden baroque architecture in the Baltic which

dates back to early 18th century. Its interior contains some original wall paintings. Lunch can be pre-ordered at the Ungurmuiža Manor. Return to Cēsis. Accommodation at the guest house in the town's centre.


Day 7

Breakfast.

Take a train to Rīga and then bus 22 to the airport or we can organize a transfer from Cēsis to the airport or include an extra day in Rīga. Departure.

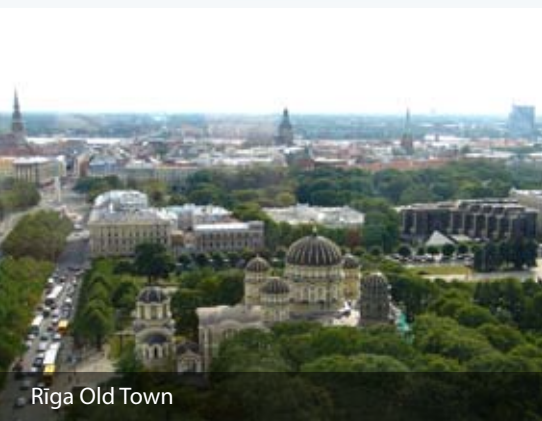
Centre-based family tour at Ventspils



Founded in 1290, Vetspils has developed from small trading port to the most affluent Latvian town with modern new town, well - restored Old town, clean and well equipped white sandy beaches, arty fountains, flower sculptures, manicured parks and various attractions. Whole town is family oriented but kids particularly enjoy the Blue Flag beach with different swings, climbing and sliding options as well as Kids Town. Therefore each day allows at least some time which can be spent there. Self-drive excursions feature scenic sea coast, traditional fishing villages, Slītere National Park , wooden architecture of Kuldīga as well as few castles and lighthouses. Driving there is easy since roads are rather empty.



Center - based (7 Days)



Riga Old Town



Ventspils Old Town



Ventspils Harbour Promenade

General Route: *Rīga - Ventspils - Kolka - Pāvilosta - Ēdole - Kuldīga - Ventspils*

Day 1.

Arrival in Rīga.

Private transfer from the airport to the hotel. Overnight in Rīga.

Day 2

Rīga - Ventspils

Free morning in Rīga. Attractions include: charming medieval Old Town with lively outdoor cafes, Art Nouveau buildings, museums, landscaped parks. Recommended activities: Take a boat tour along the Rīga canal and River Daugava; Natural History Museum; Doll art Museum and creative workshop; Overnight stay at the hotel Jūras Brīze. The hotel is located at a pleasant, green residential area. Blue Flag beach is about 20 minutes walking distance. Well equipped Kids Town with things to do for all ages is just next door.

Day 3

Ventspils

Explore Ventspils Old Town with promenade, market place, Livonian Order Castle, ancient crafts house, cow parade and Southern Pier with viewing tower. Overnight stay at the hotel Jūras Brīze.

Day 4



Ventspils

Visit Kids town and Seaside Open-Air Museum, have a ride by Mazbanitis (narrow-gauge steam train) and walk along

Seaside Park with Tarzan Trail for kids. Overnight stay at the hotel Jūras Brīze.

Day 5

Ventspils - Kolka - Ventspils

Pick-up a car at the hotel and head out to Kolka. On the route visit Ventspils Radio Astronomy Centre (former Soviet spy station), now its used for scientific purposes only, stop at Slītere National Park  with a few walking trails, a light house and viewing platform, visit old-fashioned fishing villages at Livonian coast (home of the world's smallest ethnic minority the Livs) and Cape of Kolka , where Gulf of Riga meets the Baltic Sea. Try locally smoked fish. Overnight stay at the hotel Jūras Brīze.

Day 6

Ventspils - Pāvilosta - Ēdole - Kuldīga - Ventspils

Today the route goes opposite direction from Ventspils, towards Pāvilosta. On the way visit Jūrkalne steep shore, try to spot famous blue cows (ancient breed typical for this coast), visit fishing port, marina and windsurfers town Pāvilosta. Then turn inland and along Ēdole (medieval castle) head to Kuldīga, charming provincial town with well preserved wooden architecture and the widest waterfall in Europe. Overnight stay at the hotel Jūras Brīze.

Day 7

Ventspils - Rīga

Drive to Rīga and leave car at the Rīga International Airport.



**Other attractions
for kids in Ventpils:**

Kids Adventure Park,
Scate park,
BMX park,
Acqua Park,
Ancient crafts House.

Kids Town in Ventpils



Kids Adventure Park in Ventpils



Ventpils Blue Flag Beach



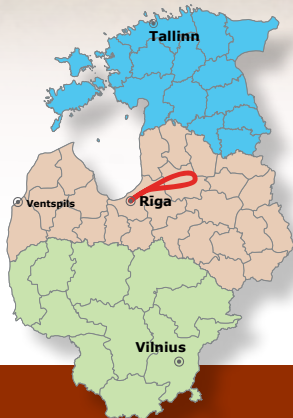
Šlītere Light house




Travellers at the Jūrkalne steep coast



Soft Adventures at the Gauja National Park



The tour is based in the picturesque Gauja National Park  with its main value – the river Gauja ancient valley. The tour will allow to enjoy cycling through forests filled with birds songs, visit several castles, stop at charming provincial towns and take old fashioned ferry across the river. Walks at Līgatne Nature Trails give insight into local wildlife - brown bears, moose, wild boar and others. Canoying the river Gauja allows different perspective to the river bank with wonderful views to the sandy outcrops.



Daily cycling distances: ~30-55 km (8 Days)



Sigulda castle ruins



View to the Turaida Castle



Cycling trails in Līgatne Nature Park

General Route: Rīga - Valmiera - Cēsis - Sigulda - Rīga

Day 1

Arrival in Rīga

Additional: Transfer to the hotel. Pick up the info package with maps and the detailed itinerary at the hotel's reception. Attractions of Rīga include medieval Hanseatic Old Town, Art Nouveau district, Central market and boat trip along the canal and the river Daugava. Overnight in Rīga.

Day 2

Rīga-Strenči - Valmiera

Breakfast. Pick up the bicycles at the hotel. Cycle from the hotel to the Central train station (~0.5 hour). Take the train: Rīga – Strenči. Cycling: Strenči - Valmiera (~33 km, 50% tarmac, 50% gravel road). Overnight in Valmiera.

Day 3


Valmiera - Cēsis

Breakfast. Cycling: Valmiera - Cēsis (~55 km, 5% tarmac, 10% gravel road, 85% forest trails), en route sightseeing of Sietiņezis white sandstone cliffs and Ērgļu red sandstone cliffs by the river Gauja. Free time in Cēsis. Attractions include impressive Livonian Order castle, Old Town and St. John's Church. Overnight in Cēsis.

Day 4

Cēsis - Līgatne

Breakfast. Cycle from the guest house to Cīruliši. Walk the Cīruliši trail (4,5-7,2

km), picturesque trail along Gauja River Valley. Canoeing from Cēsis to Līgatne (~17 km, 4-5 h) which is one of the picturesque parts of the river Gauja where sand stone banks are visible. Cycle from River Gauja to Līgatne Nature Park (~4 km, 98% tarmac). Cycling at the Līgatne Nature Park  (5,1 km, 100% tarmac) is excellent way to watch local wild animals (such as brown bear, wolves, foxes, red deers, wild boar and elks). Further nature trails possible: the trail of the untouched nature in the fern glen (1,3 km) and the trail along the river Gauja (1,3 km). Cycle from the Nature park to the guest house (~4- 9 km, 100 % tarmac). Overnight in Līgatne.

Day 5

Līgatne - Sigulda

Breakfast. Cycling: Līgatne – Nurmizi - Sigulda (~30 km, 40% gravel road, 60% tarmac). Visit picturesque sandstone outcrop Raganu katls (witches' culler), Peter's cave, Satezeles castle hill, Kraukļu cliff and Paradise hill with excellent view to the Gauja river valley. Overnight in Sigulda.

Day 6

Sigulda

Breakfast. Cycling: Sigulda – Turaida - Krimulda - Sigulda (~30 km, forest trails, gravel road and tarmac) en route can visit Sigulda castle ruins, Gutmana cave, Turaida Museum Reserve, with the castle museum, observation tower providing excellent view across the river Gauja ancient valley, history museum



and sculpture garden, the olympic Bobsleigh track with opportunity to have a ride yourself. Overnight in Sigulda.

Day 7

Sigulda - Rīga

Breakfast. Take a train from Sigulda to Rīga. Free time in Rīga. In the evening return bicycles at the hotel's reception. Overnight in Rīga.

Day 8

Rīga

Breakfast. Additional: transfer to the Rīga Airport. Departure.

Gūtmaņa cave in Sigulda



Cable car and bridge across river Gauja



Krimulda Manor and park



Park of The Livonian Order Castle in Cēsis



Ērgļu red sandstone cliffs by the river Gauja

