



## THE BALTIC STATES AND BEYOND

### INDIVIDUAL AND GROUP TOURS

SELF-DRIVE  
ACTIVE  
DAY  
FAMILY  
WILDLIFE  
BUS  
STUDY



LAUKU CEĻOTĀJS

LAUKU CEĻOTĀJS / BALTIC COUNTRY HOLIDAYS

# ACCESS TO THE BALTIC STATES

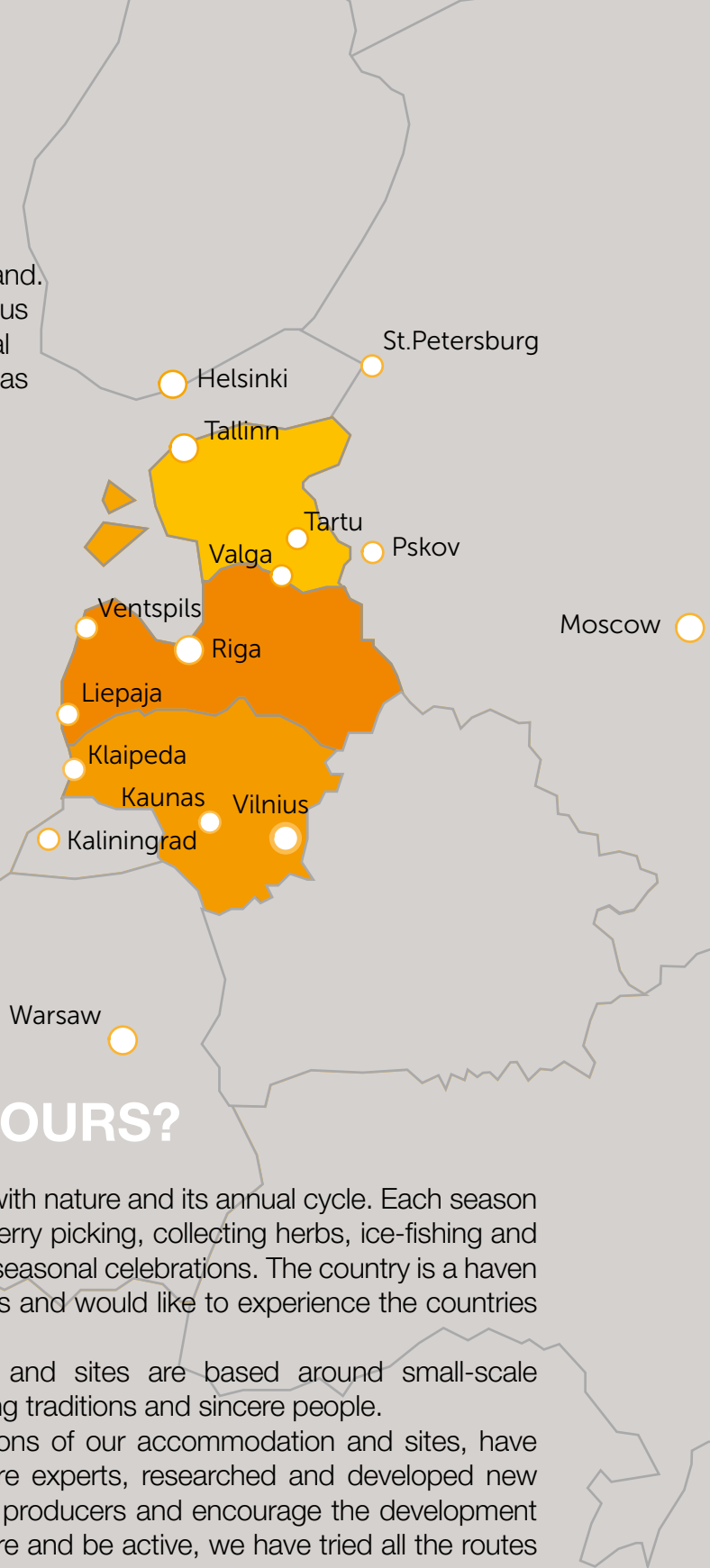
Travellers can arrive in the Baltics by sea, air and land. Main airports are located in the capitals: Riga, Vilnius and Tallinn. However there are also smaller regional airports where international airlines operate - Kaunas in Lithuania and Tartu in Estonia.

Several ferry ports connect the Baltics with Germany, Sweden, Finland and St. Petersburg in Russia. The ferry ports are Riga, Liepaja and Ventspils in Latvia, Klaipeda in Lithuania and Tallinn in Estonia. Local ferries connect the Estonian islands with the mainland.

For more detailed information on ferries look here: [www.celotajs.lv/ferries](http://www.celotajs.lv/ferries)

There are good bus services among the largest cities of the three Baltic states and neighbouring countries.

International train routes from Riga are to St. Petersburg, Moscow, Pskov in Russia and border town Valga in Estonia. Trains go from Vilnius to St. Petersburg, Moscow, Kaliningrad in Russia and Warsaw in Poland. From Tallinn, trains depart to Moscow.



## WHAT IS "GO LOCAL" TOURS?

The people of the Baltic have a close relationship with nature and its annual cycle. Each season has its own specific activities like mushrooming, berry picking, collecting herbs, ice-fishing and different agricultural jobs as well as traditional and seasonal celebrations. The country is a haven for the tourist who loves nature, respects traditions and would like to experience the countries and their cultures more deeply.

Baltic Country Holiday's well-researched tours and sites are based around small-scale accommodation, open farms, local producers, living traditions and sincere people.

For many years we have carried regular inspections of our accommodation and sites, have closely cooperated with national parks and nature experts, researched and developed new routes. We're always looking for local farms and producers and encourage the development of new products. Since we ourselves like to explore and be active, we have tried all the routes in various different ways: cycling, walking, canoeing, by car and by public transport. We feel we can honestly call ourselves the Baltic experts.

Upon receipt of your request we can tailor-make your itinerary through the Baltics according to your individual wishes and interests. We provide detailed road maps and road descriptions for all our tours. More on Baltic Country Holidays website: **[www.countryholidays.lv](http://www.countryholidays.lv)**

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# SYMBOLS

## Tours Type

-  Self-drive tours
-  Active tours
-  Family tours
-  Bus tours
-  Study tours
-  Wildlife tours

## Specialization

-  By the sea
-  Skiing
-  Cycling
-  Canoeing
-  Agriculture
-  Birdwatching
-  Castles and manors

-  Botanic
-  Fishing
-  Wellness
-  Mammal watching
-  Mushroom picking
-  Local life
-  Walking





## BALTIC COUNTRY LIFE TOUR, 17 DAYS

FARMS, CRAFTS, LOCAL FOOD, SMALL VILLAGES ALONG WITH THE MAIN TOURISM DESTINATIONS.

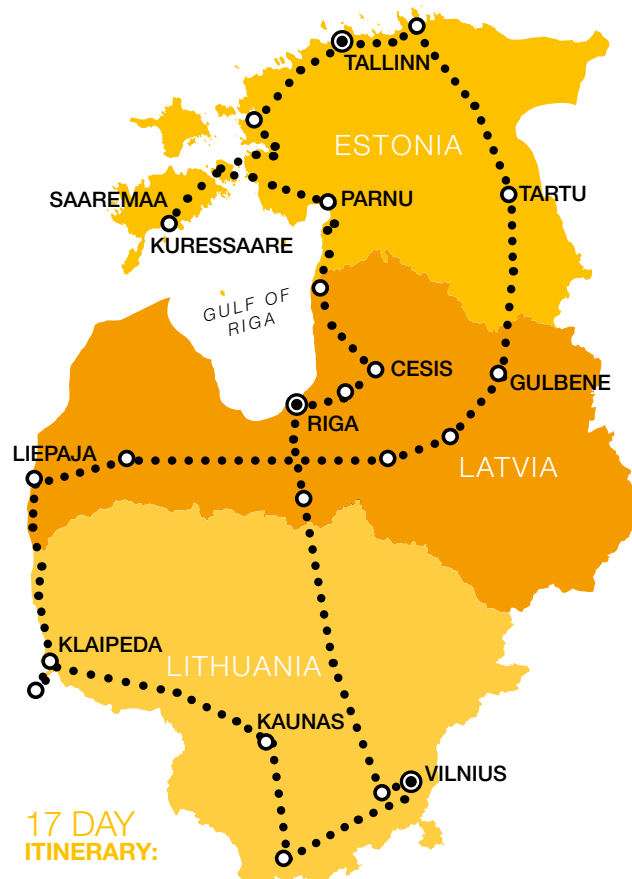
The tour gives a look beyond the usual tourism sites to get to know the three Baltic states more deeply. It starts in the historic Latvian capital, Riga, followed by the Gauja National Park with its castles, manors and walking trails. Climb the tower of medieval Turaida Castle for amazing views over the valley and visit the ancient jewellery master in the castle of the charming town of Cesis. Across the border in Estonia, walk streets with elegant villas at Parnu sea resort before catching a ferry to Saaremaa island. Ethnographic Koguva village, ancient churches and windmills are typical of the island, as is an embroidering tradition. Then it's off to Tallinn with its medieval Old Town and to the rocky landscapes of Lahemaa National Park with fishing villages and manors. Try Estonian national dishes at the pub in Altja. Driving back, stop at the university town of Tartu. In Latvia again, visit goat farms and a traditional black bread bakery. Then the tour heads towards the west coast with the cities of Liepaja and, across the border in Lithuania, Klaipeda. Next is the incredible Curonian Spit. Before Vilnius, take a detour to Grutas Park with its bizarre Soviet statuary. Finish the journey at picturesque Trakai Castle in Lithuania and Rundale Palace in Latvia.

### GENERAL INFORMATION:

Total length of the route: **2515 km**  
Recommended travel time: **April-October**

### NOTES:

We suggest visits to local producers and farmers as well as few guided excursions at the national parks.



### 17 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga (LV)
<b>Day 2</b>	Riga-Sigulda-Cesis (89 km))
<b>Day 3</b>	Cesis-Ainazi-Parnu (EE) (164 km)
<b>Day 4</b>	Parnu-Kuressaare on Saaremaa island (158 km)
<b>Day 5</b>	Saaremaa-Haapsalu-Tallinn (256 km)
<b>Day 6</b>	Tallinn
<b>Day 7</b>	Tallinn-Lahemaa-Tartu (227 km)
<b>Day 8</b>	Tartu-Gulbene (LV)-Madona (237 km)
<b>Day 9</b>	Madona-Koknese-Skrunda (306 km)
<b>Day 10</b>	Skrunda-Liepaja-Klaipeda (LT)-Silute (227 km)
<b>Day 11</b>	Nida
<b>Day 12</b>	Silute-Kaunas-Drunskininkai (322 km)
<b>Day 13</b>	Drunskininkai-Vilnius (137 km)
<b>Day 14</b>	Vilnius
<b>Day 15</b>	Vilnius-Trakai-Bauska (LV) (302km))
<b>Day 16</b>	Bauska-Pilsrundale-Riga (90 km)
<b>Day 17</b>	Departure from Riga





## WALK NATURE TRAILS IN LATVIA AND ESTONIA, 7 DAYS

### ANCIENT FORESTS, MARSHLANDS, WILD-FLOWER MEADOWS AND COASTAL REGION

The tour from Riga to Tallinn combines natural and cultural heritage and includes lovely landscapes and 15 nature trails which cross marshlands, meadows and forests along the shores of the Baltic Sea, including several protected nature reserves. Many trails are equipped with viewing towers for birdwatching. Randu meadows near Ainazi contains one third of Latvia's entire plant species. A boardwalk leads through reeds to a viewing platform with views over the meadow and the sea. Saaremaa island is interesting with very different natural attractions to the mainland - dolomite cliffs, juniper heaths, a meteorite lake and rocky sea shore. The tour passes rural farms and traditional villages typical of the coastal areas. Hiiumaa island is a laid back place and retains a very Estonian atmosphere with an important bird reserve at Kaina Bay, unusual Saare Tirp as well as several small islets off its south-eastern coast. Back on the mainland, Paldiski peninsula gives a glimpse of the recent history with its former Soviet military base.

#### GENERAL INFORMATION:

Total length of the route: **1270 km**  
 Recommended travel time: **April-October**  
 Walking: **easy**  
 Road cover: **boardwalks, gravel, forest trails**

#### NOTES:

This tour can also be arrange from Tallinn to Riga.



#### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Salacgriva-Pärnu. (190 km) Sunset trail across the dunes (1h). Randu coastal meadows (3h). Luitemaa trails (2h)
<b>Day 3</b>	Pärnu-Saaremaa island (275 km) Koigi trail (2 h), Sorve Horn (1,5h)
<b>Day 4</b>	Kuressaare-Kardla-Hiiumaa island (150 km) Viidumäe forest trail (1h). Panga cliff (1 h). Ojarku boardwalk trail (1h). Saare Nature trail (1.5h).
<b>Day 5</b>	Kardla-Haapsalu-Matsalu (140 km) Matsalu National Park boardwalk (3h)
<b>Day 6</b>	Haapsalu-Paldiski-Tallinn (180 km) Paldiski peninsula walk (2-3h), Keila Nature Park trail (1-2h)
<b>Day 7</b>	Departure from Tallinn







## GRAND TOUR OF THE THREE BALTIC STATES, 12 DAYS

### BEYOND THE CAPITAL CITIES

The tour introduces visitors to varied landscapes, local traditions and historic sites. Travellers are usually surprised that such a small territory holds so many contrasts. Riga offers a medieval Old Town and elegant Art Nouveau district, then comes Sigulda with three castles on the high banks of the Gauja river valley. Saaremaa island is a pleasure to drive around with good quality, quiet roads, windmills, medieval churches and ethnographic villages. Tallinn has its walled Old Town while Lahemaa national park has an almost mystical landscape. There is also elegant Palmse Manor. The tour goes through sleepy villages in eastern Latvia with distinctive pottery, ancient culinary traditions, and the Catholic pilgrimage site of Aglona. Vilnius' historic centre has distinctive baroque churches. The massive sand dunes of the Curonian Spit and Nida with its characteristic blue framed windows are among Lithuania's most attractive sights. Trakai has its picturesque medieval castle on the lake as well as the small Karaitis ethnic community with their unique traditions and food. Port towns Klaipeda and Liepaja have both developed into bustling modern cities with lively cafe culture.

#### GENERAL INFORMATION:

Total length of the route: **2600 km**

#### NOTES:

We suggest to stay extra days at Saaremaa to relax and explore the island.



#### 12 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga - Sigulda - Valmiera (170 km)
<b>Day 3</b>	Valmiera - Parnu - Saaremaa (330 km)
<b>Day 4</b>	Saaremaa - Haapsalu - Tallinn (280 km)
<b>Day 5</b>	Tallinn - Lahemaa - Tartu (280 km)
<b>Day 6</b>	Tartu - Aluksne - Aglona (330 km)
<b>Day 7</b>	Aglona - Daugavpils - Vilnius (270 km)
<b>Day 8</b>	Vilnius - Trakai - Kaunas (120 km)
<b>Day 9</b>	Kaunas - Rusne - Klaipeda (350 km)
<b>Day 10</b>	Klaipeda - Nida - Klaipeda (110 km)
<b>Day 11</b>	Klaipeda - Liepaja - Riga (330 km)
<b>Day 12</b>	Departure from Riga





## FROM GDANSK TO HELSINKI THROUGH THE BALTIC STATES, 19 DAYS

### THE BEST NATIONAL PARKS, HISTORIC TOWNS AND VILLAGES ,THE DIVERSE BALTIC SEA COAST

The tour starts at former Hanseatic port town Gdansk with its pretty Old Town, then continues to Malbork, an impressive fortified medieval castle and on to laid-back Frombork with a magnificent Gothic cathedral. The route crosses the Mazurian lake district where hundreds of lakes are connected to rivers and canals, best experienced from the deck of a boat. Continue to Wigry National Park with walking trails and interesting archaeological and cultural remains. Further into Lithuania, Dzūkija National Park has several well preserved traditional farmsteads and villages which are well worth a visit. It's a good place to experience Lithuanian crafts and traditions, for instance bee keeping. Then the route goes via Kaunas to the Curonian Spit formed by shifting sand dunes between its lagoon and the sea. Pretty little villages are located along its length. Next the route goes to the sea resort Palanga with a great Amber Museum and on to Latvia.

Stop at Pape Nature Park, a diverse mosaic of nature's ecosystems, where wild horses and oxen breed. Slitere National Park shows the historical development of the Baltic Sea. Cape Kolka is a prime spot for bird migrations, Slitere lighthouse provides a great view of the surrounding forests and traditional Liv villages, one of the smallest ethnic groups in the world. The Kemer National Park includes different types of wetlands and vast bogs. It is famous for its sulphur springs. Walk a Great Heath trail there and try the curative spring water. Further on Gauja National Park is formed around the ancient valley of the Gauja river with picturesque sandstone cliffs from the Devonian period. Here are many historic monuments – medieval castles, churches and ancient settlements which you can see crossing the valley on a cable car. Ligatne Nature trails offer a chance to observe local wild animals. Saaremaa's landscape is characterised by large juniper growths, dolomite cliffs, windmills, medieval churches and the famous Kaali meteorite lake. It also retains a very Estonian soul. Sooma National Park has contrasting swamps. Walk a beaver trail there and try 'bog-shoeing'. Lahemaa National Park has a rugged coastal landscape with big boulders, traditional fishing villages, forest trails and romantic manor houses. From Tallin take a ferry to Helsinki, from where it is an easy trip to Nuukio National Park, home to an endangered flying squirrel. The landscape here is dominated by valleys and gorges, rocky hills covered by lichen and sparse pine forest that is very different to the previous parks. Well-equipped walking trails have several scenic views.

#### GENERAL INFORMATION:

Total length of the route: **2660 km driving**

#### NOTES:

Expert guided tours are available at the national parks.



#### 20 DAY ITINERARY:

<b>Day 1</b>	Arrival in Gdansk (PL)
<b>Day 2</b>	Gdansk- Malbork- Frombork (130 km)
<b>Day 3</b>	Frombork-Mikolajki (175 km), Great Mazurian Lakes
<b>Day 4</b>	Mikolajki-Suwalki (125 km), Wigry National Park
<b>Day 5</b>	Suwalki-Marcinkonys (150 km), Dzūkija National Park (LT)
<b>Day 6</b>	Trakai National Park Marcinkonys-Trakai – Kaunas (185 km)
<b>Day 7</b>	Curonian Spit, Kaunas-Klaipeda -Nida (270 km)
<b>Day 8</b>	Pape Nature Reserve (LV) Nida-Klaipeda-Liepaja (160 km)
<b>Day 9</b>	Slitere National Park, Liepaja-Kosrags (160 km)
<b>Day 10</b>	Kemer National Park, Kosrags-Riga (185 km)
<b>Day 11</b>	Gauja National Park, Riga-Sigulda-Limbazi (150 km)
<b>Day 12</b>	Sooma National Park (EE) Limbazi-Ainazi-Parnu (130 km)
<b>Day 13</b>	Saaremaa island, Parnu-Virtsu-Kuressaare (320 km)
<b>Day 14</b>	Saaremaa island Kuressaare -Kihelkonna -Kuressaare (80 km)
<b>Day 15</b>	Tallinn, Kuressaare-Koguva -Tallinn (250 km)
<b>Day 16</b>	Lahemaa National Park Tallinn -Kasmu-Tallinn (190 km)
<b>Day 17</b>	Tallinn- Helsinki (FI), Ferry (2 h)
<b>Day 18</b>	Nuukio National Park Helsinki-Espoo-Kattila- Helsinki. Train and bus services.
<b>Day 19</b>	Departure from Helsinki







## CASTLES AND MANORS FROM RIGA TO ST. PETERSBURG, 12 DAYS

### EXPERIENCE THE GRANDEUR OF PAST CENTURIES

The tour starts in Riga with its attractive Old Town and elegant Art Nouveau district. Then it goes through Gauja National Park with the medieval castles of Turaida, Sigulda and Krimulda, all with great views to the valley below. Your accommodation is at romantic Birini Manor surrounded by a large park and lake. Next, visit the oldest remaining wooden baroque manor at Ungurmuiza followed by the mighty Livonian Order castle ruins and New Castle at Cesis Old Town. Your next base is elegant neo-baroque Dikli manor hotel with antique furniture and fireplaces. Across to Estonia, stop at Sangaste manor built in the historicism style and then Otepaa hill fort which shows that a sophisticated society was active in the area before the 7<sup>th</sup> century. Explore Tartu, where the first Baltic university is located, and the old observatory on the top of the Toomemagi hill. Further on the route passes Alatsikivi manor with a beautiful park and stops at Rakvere castle ruins, a popular outdoor performance venue. Lahemaa Park contains several German manors at Kolga, Sagadi and Vihula. Sagadi manor house is now a forest museum but Vihula is your next accommodation. 19<sup>th</sup> century Palmse Manor is famous and one of the most attractive baroque manors in Estonia surrounded by a large park and pond system. Stay in Tallinn with its compact, picturesque Old Town then take a ferry to Helsinki. There is time to explore the city centre before catching an overnight ferry to St. Petersburg. The former Russian capital's main attractions are its historic centre and Winter Palace, the Hermitage and St. Isaac's Cathedral, among others. But we also recommend you have an excursion just outside the city to grand Petrodvoretz with a spectacular fountain cascade in the summer as well as Pushkin and Pavlosk Palaces, both of which have outstanding formal parks.



### 14 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Sigulda-Birini (77 km)
<b>Day 3</b>	Birini-Cesis-Dikli (120 km)
<b>Day 4</b>	Dikli- Valka/Valga - Otepaa-Tartu (230 km)
<b>Day 5</b>	Tartu-Rakvere-Vihula (210 km)
<b>Day 6</b>	Vihula-Tallinn (110 km)
<b>Day 7</b>	Tallinn
<b>Day 8</b>	Tallinn-Helsinki-St.Petersburg. 2 ferries
<b>Day 9-12</b>	St.Petersburg

### GENERAL INFORMATION:

Total length of the route: **1100 km driving in the Baltics**

### NOTES:

In order to visit St. Petersburg you need a valid Russian visa.

If you prefer a round trip there is an overnight train to Riga from St. Petersburg.

The tour can be shortened by omitting St. Petersburg.







### 8 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga - Jurmala - Kolka (198 km)
<b>Day 3</b>	Kolka - Ventspils - Pāvilosta (119 km)
<b>Day 4</b>	Pāvilosta - Palanga - Kretinga (156 km)
<b>Day 5</b>	Kretinga - Klaipėda - Nida (75 km)
<b>Day 6</b>	Nida - Klaipėda - Liepāja (155 km)
<b>Day 7</b>	Liepāja - Kuldīga - Riga (370 Km)
<b>Day 8</b>	Departure from Riga



## ALONG THE SHORES OF THE BALTIC STATES TO THE CURONIAN SPIT, 8 DAYS

### SANDY BEACHES, CHARMING TOWNS, IMPRESSIVE SAND DUNES

This tour has a very summery feel since it never wanders too far from the sea. Latvian sea resort Jurmala attracts with characteristic wooden cottages from the 19<sup>th</sup> century, Dzintari concert hall and a lively beach. Cape Kolka is located in Slitere National Park which also includes the traditional villages of the smallest ethnic group in the world, the Livs. Enjoy empty beaches and locally smoked fish. Ventspils is an immaculately maintained town with a medieval castle and well equipped beach. Pāvilosta is Latvia's unofficial windsurfing capital, while Palanga in Lithuania has an excellent amber museum. Lithuania's pearl is the Curonian Spit and its lagoon which attracts with its vast sand dunes and Nida, a charming village with a Thomas Mann Museum. Back in Latvia, Liepāja is an exciting city with a historic quarter, beach, lively restaurants and clubs and a distinctive military heritage in the form of former naval forts and a military zone. Kuldīga is loved by artists due to its picturesque little cobbled streets with wooden houses and the Europe's widest waterfall on the Venta river.

#### GENERAL INFORMATION:

Total length of the route: **1075 km**  
Road cover: **100% asphalt**  
Recommended travel time: **May-September**

#### NOTES:

This tour also can be started from Klaipėda, where several ferry companies operate.





## WINTER PLEASURES IN LATVIA, 6 DAYS

WARMING DRINKS, HEARTY MEALS,  
PAMPERING, SNOW SPORTS

This itinerary allows you to enjoy the Latvian winter at its best. It starts in the bustling capital of Riga with its Christmas market, decorations, shopping facilities, many cultural events and museums as well as a charming Old Town. Then the route heads out to the countryside to enjoy winter pleasures at skiing and sledging slopes. After an active day its time for relaxation and pampering at a spa hotel plus the chance to experience Latvia's healthy and unique sauna rituals. For sightseeing visit Sigulda medieval castle ruins, Turaida Castle and taste home-made wine at Krimulda manor. Local wild animals such as wolves, bears, moose and more, easily can be observed at the Ligatne Nature Trails and afterwards enjoy a ride in a horse-drawn sledge at a nearby farm.

### GENERAL INFORMATION:

Total length of the route: **200 km**  
Recommended travel time: **mid-December-mid-March**



### 6 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga
<b>Day 3</b>	Riga-Sigulda (65 km)
<b>Day 4</b>	Sigulda-Krimulda-Sigulda (25 km)
<b>Day 5</b>	Sigulda-Ligatne-Riga (100 km)
<b>Day 6</b>	Departure to Riga

### NOTES:

The tour can be extended or shortened according to your plans.







## 11 DAY ITINERARY:

### Part 1

- Day 1** Arrival in Riga
- Day 2** Train from Riga. Sigulda-Birini (cycling 29 km)
- Day 3** Birini-Limbazi-Dikli (cycling 69 km)
- Day 4** Dikli-Cesis-Karli (cycling 73 km)
- Day 5** Karli-Ligatne-Ungurmuiza-Cesis (cycling 44 km)
- Day 6** Karli-Cesis. Train to Riga

### Part 2

- Day 7** Train to Tukums. Tukums-Jaunpils (cycling 40 km)
- Day 8** Jaunpils-Dobele-Tervete (cycling 43 km)
- Day 9** Tervete-Pilsrundale-Bauska
- Day 10** Bauska-Jelgava. Train to Riga
- Day 11** Departure from Riga



## CASTLES, MANORS AND PALACES OF LATVIA, 11 DAYS LATVIA

### EXPLORE, STAY AND SAMPLE FINE DINING

On this tour travellers will see the finest cultural and historical heritage left behind over the course of several centuries – medieval castles, different manors and splendid palaces. Part of the route goes through Gauja National Park with some excellent views of meadows and ancient forest, where farmsteads carry on with their unchanging lives. A picturesque road connects three castles - Sigulda, Turaida and Krimulda - situated on the high valley sides of the Gauja river. Further on, the road passes one of the oldest churches in Latvia and heads to two attractive 19th century manors at Birini and Igate. Next day, relax in luxury at Dikli manor hotel. The tour then goes through charming medieval town Cesis with mighty castle ruins and a newer castle alongside.

The other part of the tour makes a loop formed by Zemgale's distinctive castles and palaces. It includes Jaunpils Castle, barely changed since medieval times, Dobele Castle ruins and Tervete ancient hillock. Located a short ride from each other are 15th century Bauska Castle, strategically situated between two rivers, the classically styled Mezotne Palace hotel and the most famous pearl in the Baltics - splendid baroque and rococo style Rundale Palace surrounded by a French park.

### GENERAL INFORMATION:

Daily cycling:	<b>29-70 km</b>
Recommended travel time:	<b>May-September</b>
Level of difficulty:	<b>moderate</b>
Road cover:	<b>asphalt, gravel roads, forest road</b>
Luggage:	<b>can be transferred</b>





## THE GAUJA NATIONAL PARK, GULF OF PARNU AND SAAREMAA, 11 DAYS

### NATURAL BEAUTY, CASTLES AND MANORS, FISHERMEN'S VILLAGES

The tour begins in Riga with its Art Nouveau district and Old Town. Make your way to Sigulda by train. A hilly road passes Gutmana Cave, Turaida Castle and Krimulda Castle which stand on the hillsides of the Gauja river valley. The road continues to Limbazi, which is a typical Latvian provincial town. Further on you reach the Baltic Sea coast and Salacgriva, which is famous for its fishing traditions and lamprey weir. Outside Salacgriva town there are rare coastal meadows and lagoons. After crossing the Latvian-Estonian border point, the road winds through old coastal villages - Ikla, Treimani, Kabli and Haademeste before rejoining the Via Baltica. At Parnu explore Ruutli pedestrian street and the old fortifications. It is time to cross to the islands - the route passes through the small island of Muhu. Visit the local fish café at Liiva and ethnographic fishermen' village of Koguva. Then the route leads to Saaremaa island over a causeway. The main sites on the route are 'Valjala maalin' – one of the most attractive hill forts in Estonia, the Valjala church, and meteorite craters of Kaali. By bus you head to the Estonian capital, Tallinn, charming with its medieval Old Town. From there take a tour of a former Soviet submarine base at Paldiski, a memorable reminder of recent history.

#### GENERAL INFORMATION:

Daily cycling: **45-70 km**  
 Road cover: **asphalt (97%) and gravel (3%)**  
 The level of difficulty: **easy**  
 Recommended travel time: **May-September**  
 Luggage: **can be transferred**

#### NOTES:

This tour can also be organised in reverse from Tallinn to Riga.



#### 11 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga
<b>Day 3</b>	Riga-Sigulda-Limbazi (train, cycling 60 km)
<b>Day 4</b>	Limbazi-Salacgriva (64 km)
<b>Day 5</b>	Salacgriva-Voiste (65 km)
<b>Day 6</b>	Voiste-Parnu-Koguva (30km, ferry, 21 km)
<b>Day 7</b>	Koguva-Valjala-Kuressaare (70 km)
<b>Day 8</b>	Kuressaare
<b>Day 9</b>	Kuressaare-Tallinn (public bus)
<b>Day 10</b>	Tallinn-Paldiski-Tallinn (train, 67 km)
<b>Day 11</b>	Departure from Tallinn







### 17 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Sigulda-Igate (64 km). Train to Sigulda
<b>Day 3</b>	Igate-Salacgrīva (65 km)
<b>Day 4</b>	Salacgrīva -Ainazi-Voiste (65 km)
<b>Day 5</b>	Voiste-Pärnu-Tori (55 km)
<b>Day 6</b>	Sooma National Park
<b>Day 7</b>	Tori-Liu (55 km)
<b>Day 8</b>	Liu-Varbla (41 km)
<b>Day 9</b>	Varbla-Virtsu-Kuivastu-Koguva, Muhu island (62 km). Ferry to the island
<b>Day 10</b>	Koguva-Nommakula-Koguva, Muhu island (43 km)
<b>Day 11</b>	Koguva -Orissaare-Meiuste, Saaremaa island (52 km)
<b>Day 12</b>	Hiiumaa island (75 km). Ferry to the island
<b>Day 13</b>	Meiuste-Leisi-Angla-Viira-Kaali-Kuressaare (57 km)
<b>Day 14</b>	Kuressaare
<b>Day 15</b>	Kuressaare-Tallinn. Public coach.
<b>Day 16</b>	Tallinn-Naissaar island-Tallinn (67 km)
<b>Day 17</b>	Departure from Tallinn



## CYCLING THROUGH NATIONAL PARKS AND ESTONIAN ISLANDS, 17 DAYS

### DIVERSE PICTURESQUE LANDSCAPES, ISLANDS PERFECT FOR CYCLISTS, BOG-SHOE WALKING

The route leads through the Gauja National Park which is located on both sides of the ancient Gauja river valley. Sandstone cliffs and caves, hilly landscapes and deep forests and castles are characteristic of the park. Further on at Igate Manor stop for a lunch at their mill tavern to taste traditional Latvian food. The route turns towards the coast which belongs to the North Vidzeme Biosphere Reserve and continues through old Estonian fishing villages before arriving at the seaside resort of Pärnu with its elegant villas. Next is a guided wilderness day in Soomaa National Park trying old-fashioned bog-shoeing and canoeing. Further on the route you will pass Pootsi with a 19<sup>th</sup> century manor and the ancient village of Varbla. Take a ferry to Muhu island and stay in the ethnographic fishermen's village of Koguva for a couple of days to explore the area. Cycle across the causeway to Saaremaa island from where you can take a ferry to laid-back Hiiumaa island for a day trip to get a feeling for the true spirit of Estonia. Back on Saaremaa there is time for a free day in its capital, Kuressaare with plenty of spa and relaxation facilities. Then by bus head to Tallinn, charming with its medieval Old Town. From there enjoy a day trip to the former military base of Naissaar island where special cycling routes showcase its military history, mine and nature reserves.

#### GENERAL INFORMATION:

Recommended travel time: **May-September**

Daily cycling: **45-80 km**

Road cover: **asphalt (95%) and gravel road (5%)**

Level of difficulty: **moderate**





## WALKING IN THE GAUJA NATIONAL PARK, 7-9 DAYS

### THE BEST NETWORK OF TRAILS IN LATVIA

This tour features the best trails and attractions within the Gauja National Park. The walks are organised so that travellers are constantly on the move. The main “artery” of the park is the ancient Gauja River valley with many tributaries and deep ravines with massive sandstone cliffs from the Devonian period. The walk starts from one of the oldest churches in Latvia and follows the river which finishes at Sigulda bobsled track. Scenic views of the river, cliffs and nature trails await in the next section. The Amata river trail winds through untouched forest and includes an icon of the Latvian landscape - Zvartes rock. At Cesis explore the little streets, climb the tower of St John's Church and visit medieval castle ruins before heading to Cirulisi nature trail to explore the area's geological history. Ungurmuiza Manor is the only remaining wooden baroque manor house in the Baltics. A short trail weaves through ancient oak trees. The park also features several sites of cultural importance: Turaida Museum Reserve, Krimulda Manor and Ligatne historic centre.

#### GENERAL INFORMATION:

Total walking: **78 km**  
 Daily walking: **10-20 km**  
 Recommended travel time: **May-September**  
 Road cover: **forest roads, trails, tarmac roads, wooden steps, asphalt roads**  
 Level of difficulty: **moderate**  
 Luggage: **transferred from one place to the next**  
 Signs: **not always obvious**  
 GPS route and detailed maps provided



#### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Krimulda-Sigulda (walking 10 km) Option: extra day in Sigulda
<b>Day 3</b>	Sigulda-Ligatne (20 km) Option: extra day in Ligatne
<b>Day 4</b>	Amata river trail (15 km)
<b>Day 5</b>	Cesis-Cirulisi nature trail (10 km)
<b>Day 6</b>	Ungurmuiza Manor and trail (1.3 km)
<b>Day 7</b>	Departure from Cesis to Riga and departure from Riga

#### NOTES:

possible to explore Turaida Museum Reserve, Krimulda Manor and Ligatne historic centre for longer if staying extra days, with adjusted itinerary







## 8 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Valmiera (cycling 33 km)
<b>Day 3</b>	Valmiera-Cesis (cycling 55 km, walking 3-5 km)
<b>Day 4</b>	Cesis-Ligatne (canoeing 17 km, cycling 9 km, walking 5.5 km)
<b>Day 5</b>	Ligatne-Sigulda (cycling 30 km)
<b>Day 6</b>	Sigulda (cycling 30 km)
<b>Day 7</b>	Sigulda-Riga (train)
<b>Day 8</b>	Departure from Riga

## GENERAL INFORMATION:

Recommended travel time: **May - October**  
 Level of difficulty: **Moderate**  
 Road cover: **asphalt 64%, gravel and other road cover 36%**  
 The tour includes: **4-5 Cycling tours (Daily cycling: 30-55 km)**  
**2-3 Walking tours**  
**1 Canoeing tour**



## SOFT ADVENTURES AT THE GAUJA NATIONAL PARK, 8 DAYS

### CYCLING, WALKING AND CANOEING IN PICTURESQUE SURROUNDINGS

Activities on this tour are cycling, walking and canoeing. If you enjoy an active lifestyle then this tour is the perfect way to enjoy the heritage hidden in the Gauja National Park, from several different perspectives. Cycling starts at Strenci and passes two local breweries at Brenguli and Valmiermuiza with nice cafés and good beer. From Valmiera the route goes through beautiful forest to Cesis with its charming medieval Old Town. Canoeing takes place from Cesis to Ligatne, which is one of the nicest parts of the Gauja river with its sandstone banks, remote farmsteads and old fashioned water-powered ferry. Ligatne historic centre is connected with the development of its paper mill. Here you can also visit local wine and handicraft producers located in one of the artificial caves typical of the area. Walking the Ligatne Nature trails to see local wild animals in a forest setting. Cycling the surprisingly hilly, winding roads of Sigulda, you'll see Turaida and Sigulda medieval castles, Gutmana Cave and other picturesque views.





## CYCLING ALONG THE KURZEME SHORE OF THE BALTIC SEA, 10 DAYS

RELAXING, REFRESHING,  
REVITALIZING

To start the tour you take a train from Riga to Liepaja, a city with white sandy beaches and a lively cafe culture. The route goes through suburbs of Liepaja to the former military town where you see the Orthodox cathedral, old naval fortifications, former barracks and an imposing military prison which is now a tourism site. Pavilosta is a small seaside town and a favourite with windsurfers. Next the route follows the picturesque coastline, including steep banks at Jurkalne and finishes at the well-maintained town of Ventspils. Then along to fishing villages that are home to the tiny Finno-Ugric ethnic group, the Livs. At Cape Kolka the Baltic Sea meets the Gulf of Riga. Here, sampling the local smoked fish is a must. Further on, the route crosses three different types of sea shore – the stony beach at Kaltene, a sandy one at Upesgriva and coastal meadows at Engure. Finish with the trails at Kemeru National Park and return to Riga from the popular resort town of Jurmala.

### GENERAL INFORMATION:

Recommended travel time: **May-September**

Road cover: **asphalt, gravel, forest roads, beach**

Level of difficulty: **moderate**

Daily cycling: **21-64 km**

### NOTES:

The tour can be started either from Liepaja, Ventspils or Klaipeda in Lithuania, all ports served by ferries. We also recommend staying longer to relax by the sea.



### 10 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Liepaja (train)
<b>Day 3</b>	Liepāja-Pavilosta (55 km)
<b>Day 4</b>	Pavilosta-Jurkalne (21 km)
<b>Day 5</b>	Jurkalne-Ventspils ( 50 km)
<b>Day 6</b>	Ventspils-Kolka (64 km)
<b>Day 7</b>	Kolka-Roja (34 km)
<b>Day 8</b>	Roja-Engure (50 km)
<b>Day 9</b>	Engure-Jurmala (48 km)-Riga (train)
<b>Day 10</b>	Departure from Riga







## CENTRE-BASED FAMILY TOUR BY THE SEA

WELL MAINTAINED SANDY BEACH,  
ATTRACTIVE TOWN, ENDLESS  
ACTIVITIES FOR CHILDREN

Ventspils is one of the most affluent Latvian towns with excellent infrastructure, well-restored Old town and Livonian Order Castle, clean and well equipped white sandy beaches, promenade, 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 with activity zones for different age groups. A short trip by "Mazbanitis", the narrow-gauge steam engine is a special attraction for kids as well as adults. Walking and cycling routes as well as trip on the tourist boat infrastructure, well-restored a good chance to explore the town and coast. Water pleasures can be fully enjoyed at indoor or outdoor acqua parks. We suggest two self-drive excursions in vicinity featuring scenic sea coast, traditional fishing villages where smoked fish can be bought from fishermen, Slitere National Park with beautiful view from its lighthouse, charming Kuldiga with its wooden architecture. Driving there is easy since roads are rather empty.

### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Ventspils
<b>Day 2</b>	Ventspils
<b>Day 3</b>	Ventspils
<b>Day 4</b>	Ventspils-Kolka-Ventspils
<b>Day 5</b>	Ventspils-Pavilosta-Kuldiga-Ventspils
<b>Day 6</b>	Ventspils
<b>Day 7</b>	Departure from Ventspils

### GENERAL INFORMATION:

Suitable for children from 1.5 years old and up.  
Recommended travel time: **June-August**  
Attractions for kids: facilities on the beach, kids town, narrow-gauge steam train, adventure park, BMX and skate parks, inside and outside acqua parks, many playgrounds in the parks etc.





## BY CAR AND BICYCLE TO SAAREMAA ISLAND, 3 DAYS

### PEACEFUL AND REFRESHING

From Riga the route goes to the historic Estonian sea resort and then by ferry to Muhu island. On the way there is ethnographic village of Koguva, the Liiva church and the elegant Padaste Manor. Overnight at Muhu island. 28 km cycling there to juniper fields, its small fishing villages, and the magnificent Juigu cliffs, which open up a view of the other small islands in the Monzunda archipelago. Then drive to Saaremaa and stay in Kuressaare, the island's capital. There the route covers such attractions as Kaali meteorite crater, impressive Valjala church and castle mound, Piretikivi rock and Poide church. Cycle along the Tagameisa Peninsula, up to 30 km. Driving to the ferry take a loop along Viidumae National Park with its viewing tower, Kihelkonna Church, the Odaletsi streams and nature trail and the dolomite Panga cliffs.

#### NOTES:

This trip can be organised also from Tallinn.

The cycling in the island can be extended up to one week with luggage transfer between the accommodation places



## CANOEING IN GAUJA NATIONAL PARK, 2 DAYS

### RELAXING AND PICTURESQUE

The Gauja is the most beautiful river in Latvia, with an impressive river valley that is up to 80 metres in depth. Picturesque sandstone outcrops rise above the river. The Gauja is a calm river, with just a few small rapids. Leisure boating is perfect here. Between Cesis and Sigulda, the Gauja flows through the Gauja National Park. There are several well-appointed facilities for boaters on the banks of the river, with benches, tables, places for campfires, firewood and information stands. Several interesting heritage sites on the way - Ligatne Old-fashioned ferry, Turaida medieval castle and Krimulda Manor.







## GUIDED DAY TOUR TO KEMERI NATIONAL PARK

### BOG, LAKE, SEASIDE AND FOREST WALKS

Driving towards Kemerī we will pass through the popular Latvian sea resort of Jūrmala with its characteristic 19th century wooden villas. However, Kemerī is the place where the resort's history really starts. There we'll try curative sulphur water from the spring, then visit the Forest House and walk the Black Alder trail through a wet-forest environment. Next comes the boardwalk of Big Kemerī Bog with its suggestive landscape, rare birds, animals and plants. Then the tour heads to Valgums Lake for lunch and a walk around Lake Kanieris with its castle hill trail and birdwatching tower. The day finishes with a relaxing walk along the beach, visiting to old fishermen's huts and tasting locally smoked fish.



## WINTER BREAK IN NORTHERN LATVIA, 3 DAYS

### AN ATTRACTIVE TOWN, AND FUN IN THE SNOW

#### Day 1-3 Cēsis

Take a train from Riga to Cēsis and stay in the very heart of this charming town. It is one of the most attractive Latvian provincial towns with a medieval Livonian Order Castle, a New Castle containing an excellent regional history museum and creative workshops, a charming Old Town with St. John's Church and several cosy cafés and restaurants with live music at weekends.

There are two downhill skiing centres, Zagarkalns and Ozolkalns at the town suburbs, with well stocked equipment hire, snow machines, skiing slopes (the longest 500 m), a snowboard park, nursery slopes for beginners and kids, trained instructors, first aid post and cafés.





## ADVENTURES IN THE GAUJA NATIONAL PARK FOR KIDS AND ADULTS, 7 DAYS

### MULTI-ACTIVITY, EXCITING EXCURSIONS, DISCOVERIES

This is an activity-packed, family-oriented tour. Planned activities are cycling, walking and canoeing. After exploring Riga's Old Town and parks, you stop at the Open-Air Ethnographic Museum which gives a hands-on insight into ancient Latvian life and architecture. At Sigulda, the walking starts from romantic medieval Sigulda castle ruins and continues along the Gauja river valley to Turaida Museum Reserve with its medieval castle, viewing tower, traditional estate buildings, and working smithy where forging coins is always fun. An exciting canoeing trip from Cesis goes along several picturesque riverside cliffs and gentle rapids, finishing at the old-fashioned wire ferry at Ligatne which still operates every day using just the power of the river flow. While at Ligatne, walk along nature trails that introduce local wild animals in large enclosures with wild boar, bears, lynx, wolves and more.

A 'Time Travel' experience offers an excursion to a former Soviet top secret nuclear bunker, while exploring medieval Cesis and its Livonian Order Castle by lamplight will give another historical insight. During the tour kids can see beautiful nature and learn about local flora and fauna, get interested in history, learn useful skills and above all enjoy themselves.

#### GENERAL INFORMATION:

Group size: **min. 6 persons, max. 12 persons**  
 Children: **from age 6 upwards**  
 Tours: **1 cycling tour (17 km)**  
**4 walks (5-10 km)**  
**1 canoe tour from Cesis to Ligatne (17 km, 4-5 hours)**  
**3 guided excursions**  
 Level of difficulty: **easy**



#### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2-5</b>	Sigulda
<b>Day 6</b>	Sigulda-Saulkrasti-Riga
<b>Day 7</b>	Departure from Riga







## WALKING ALONG THE BALTIC SEA COAST, 7 DAYS

### EMPTY BEACHES, PINE FORESTS, FISHING VILLAGES, CHARMING TOWNS

We start the tour from Riga by bus and proceed along the Baltic Sea coast, passing through many different landscapes - white sandy beaches, coastal meadows, dunes with pine forests and steep banks. Many beaches are wild and completely deserted. Access to these territories were highly restricted during Soviet times. The route leads through ethnographic fishermen villages at Nida, passing Pape nature reserve where wild horses graze. The bustling city of Liepaja impress with its lively promenade and music scene. The city also has a long military history which can clearly be seen walking among the naval fortifications and visiting the former military town. Well-maintained Ventspils has a pleasant market, castle and numerous parks. A restored narrow-gauge railway with working steam engine is well worth a visit as well as the Craft House - ideal for local handmade souvenirs. On the way back the tour goes through the pretty provincial town of Kuldiga with well-preserved wooden architecture. The tour includes two of the most interesting national parks: Slitere which holds the geological history of former ages and Kemeris with its great heath trail and sulphur springs.

#### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Liepaja
<b>Day 3</b>	Liepaja-Pavilosta
<b>Day 4</b>	Pavilosta-Kuldiga-Jurkalne
<b>Day 5</b>	Jurkalne-Roja
<b>Day 6</b>	Roja-Jurmala-Riga
<b>Day 7</b>	Departure to Riga

#### GENERAL INFORMATION:

Group size: **from 12 persons**  
 Total lengths of walking: **50 km**  
 Daily walking: **5-15 km**  
 Road cover: **forest trails, boardwalks in marshlands, gravel roads, sandy beach. Max. height difference 15 m.**  
 Recommended travel time: **June-September**





## EXPLORE LATVIAN REGIONAL SPECIALITIES, 10 DAYS

### LOCAL LIVING, FOOD, FOLK TRADITIONS AND PARTICIPATION

The tour starts in Riga with guided sightseeing tour as well as free time. Afterward you head to Kemerī National Park. Walk Black Alder trail through wetland and visit sulphur spring at the grounds of the historic resort. Then continue to Jaunmoku Castle but later follow the coast visiting peculiar beach at Kaltene dotted with boulders. Next day there is a chance to go early in the sea with fishermen boat which is followed by traditional fishermen meal on mainland - fish smoking and fish soup on bone fire. Next day the tour goes towards Slitere National Park. There climb Slitere lighthouse, visit Cape Kolka where Riga Gulf meets the open sea, on the way and pass some characteristic villages of the smallest ethnic group in the world- Līvi. Then stop at the Ventspils Radio Astronomy Centre, former Soviet spying centre and learn some exiting facts from Cold War period. Then there is some time in Ventspils to explore its historic centre with Livonian Order Castle, walk along the promenade, watch ships from the waterbreak and enjoy its well-maintained sandy beach. Further on visit Uzava Brewery where excellent live beer is made. Further on pass the steep banks of the sea coast and turn inland to visit distinctive Suiti region which is a unique example of European intangible cultural heritage. Have traditional meal at the pub and enjoy the famous Suiti Women burdon singing. Further on visit charming Kuldīga with well-preserved wooden architecture, historic Wine Hill at Sabīle and taste home-made wines there. Afterwards relax at the sea and spa resort Jūrmala.

#### GENERAL INFORMATION:

Guided coach tour with some free time on the way and at the end of the tour.

Recommended travel time: **May-October**

#### NOTES:

Local activities can be extended or some taken out.



#### 10 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga
<b>Day 3</b>	Riga-Kemerī-Roja
<b>Day 4</b>	Roja
<b>Day 5</b>	Roja-Ventspils
<b>Day 6</b>	Ventspils
<b>Day 7</b>	Ventspils-Alsunga-Kuldīga
<b>Day 8</b>	Kuldīga-Sabīle-Jūrmala
<b>Day 9</b>	Jūrmala
<b>Day 10</b>	Departure from Jūrmala







## AGRICULTURAL STUDY TOUR OF THE BALTIC STATES, 7 DAYS

Professional agricultural tour with visits to local farms typical of the region. We will meet and greet you in Vilnius and have a city sightseeing tour. Next day we go to Kaunas, for professional meetings and sightseeing of the city. On the way to Riga, we visit picturesque Trakai Castle situated on a lake. At Panevezys we have a visit to a professional apple grower. In Riga we have an Old Town sightseeing tour as well as a visit to the impressive Central Market. In Bauska we have a professional visit to a farm specializing in implementing innovative farming (grains, vegetables, potatoes). From Riga on the way to Tallinn, we visit Sigulda town and medieval Turaida Castle with great panoramic views to the ancient Gauja Valley. In Tallinn we have an Old Town tour through narrow cobbled streets followed by a professional visit to a dairy farm in Saku, meeting with the Estonian Farm Union and visiting another cattle and crop farm near Tallinn.



### 7 DAY ITINERARY:

- |              |                          |
|--------------|--------------------------|
| <b>Day 1</b> | Arrival in Vilnius       |
| <b>Day 2</b> | Vilnius -Kaunas -Vilnius |
| <b>Day 3</b> | Vilnius-Riga             |
| <b>Day 4</b> | Riga-Bauska-Riga         |
| <b>Day 5</b> | Riga-Tallinn             |
| <b>Day 6</b> | Tallinn-Saku-Tallinn     |
| <b>Day 7</b> | Departure from Tallinn   |





## A WILD EXPERIENCE IN LATVIA, 10 DAYS

### MUSHROOMS, BERRIES, BIRDS AND MAMMALS WITH AUTUMN'S COLOURS

Autumn is a peak bird migration time when huge flocks frequently cross the sky above your head. Cranes perform impressive displays in the fields. There are still some dragonflies and butterflies to see, plus wild animals including wild boar, deer and beaver.

The landscape acquires its beautiful autumn colours while we people can enjoy ourselves gathering the wild autumn harvest - mushrooms, cranberries, cowberries and much more.

From Riga the tour goes along the Vidzeme sea coast with areas of Devonian sandstone, coastal meadows and numerous places to watching wading birds. At Salacgriva you visit the traditional lamprey weirs and can taste them grilled. The tour goes to Seda bog, which is an important nesting site for water birds. Here you might see several types of geese, swans and cranes as well as some mammals and dragonflies. Then the route goes to natural coniferous forests at Mezole with great biological diversity. Next the tour focuses on mushrooms and berries in the Gauja National Park which also provides great views of the river valley with some steep Devonian banks with several medieval castles and manors perched on top. Then the tour goes back to Riga and on to two important national parks. Kemeru National Park has a Black Alder trail through wet forest, ideal for spotting woodpeckers. In contrast the Big Heath trail passes through a landscape of raised and transit bog and sulphurous springs. At Slitere National Park you have a wildlife day visiting a beaver lodge, tracking various forest animals and possibly seeing some of them. Cape Kolka offers excellent coastal migration action. The tour goes along the steep sea coast of Jurkalne, stops at Ventspils town for lunch with a bracing walk along its breakwater, then turns inland towards Riga. On the way there are stops at the Abava ancient valley and Sabile wine hill.



#### 10 DAY ITINERARY:

<b>Day 1</b>	Riga
<b>Day 2</b>	Riga-Salacgriva-Matisi
<b>Day 3</b>	Matisi-Seda-Matisi
<b>Day 4</b>	Matisi-Smiltene-Ligatne
<b>Day 5</b>	Gauja National Park
<b>Day 6</b>	Ligatne- Kemeru National Park-Smarde
<b>Day 7</b>	Smarde-Slitere National Park
<b>Day 8</b>	Slitere National Park
<b>Day 9</b>	Ventspils-Sabile-Riga
<b>Day 10</b>	Departure from Riga

#### GENERAL INFORMATION:

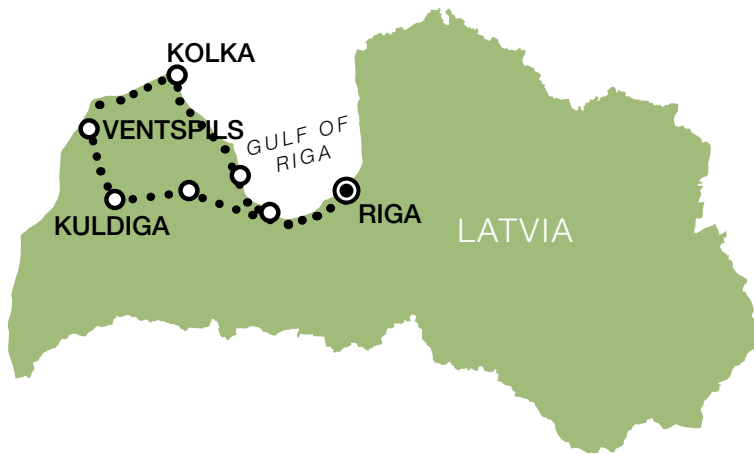
Recommended travel time: **September-mid October**  
 Guides: **Andris Klepers, ornithologist**  
**Diana Meiere, mycologist**  
**Vilnis Skuja, zoologist**

#### NOTES:

With few changes suitable for school groups







### 6 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Kemerli-Engure
<b>Day 3</b>	Engure-Kolka-Ventspils
<b>Day 4</b>	Ventspils-Uzava-Kuldiga
<b>Day 5</b>	Kuldiga-Sabile-Riga
<b>Day 6</b>	Departure from Riga

### GENERAL INFORMATION:

Recommended travel time: **June-July**  
 Tour guide/botanist: **Evita Zviedre (speaks English)**  
 Easy walks in meadows and nature trails  
 combined with bus drives

### NOTES:

The tour can be prolonged by a week, adding the northern part of Latvia.

### SELECTED SPECIES:

Fragrant Orchid (*Gymnadenia conopsea*), Great Fen Sedge (*Cladium mariscus*), Black Alders, The Early Marsh Orchid (*Dactylorhiza incarnata*), Fly Orchid (*Ophrys insectifera*), Baltic Orchid (*Dactylorhiza baltica*), Wild Garlic (*Allium ursinum*), Common Ivy (*Hedera helix*), Seaside Pea (*Lathyrus maritimus*), Cross-leaved Heath (*Erica tetralix*), Tree Lungwort (*Lobaria pulmonaria*), Eastern Pasqueflower (*Pulsatilla patens*), Marsh clubmoss (*Lycopodiella inundata*), Rannoch-rush (*Scheuchzeria palustris*), different types of sundews (*Droseraceae*), Bog Rosemary (*Andromeda polifolia*), Deergrass (*Trichophorum cespitosum*), toadflax (*Linaria loeselii*), Sea Holly (*Eryngium maritimum*), Sand Pink (*Dianthus arenarius*), Large thyme (*Thymus ovatus*), Beach Speedwell (*Veronica longifolia*), peat moss (*Sphagnum*), Bog Cotton-grass (*Eriophorum vaginatum*), Leatherleaves (*Chamaedaphne calyculata*), Heath Spotted-Orchid (*Dactylorhiza maculata*), Cranberries (*Oxycoccus palustris*)



## BOTANICAL TOUR OF KURZEME, 6 DAYS

### 34 ORCHID TYPES, COLOURFUL MEADOWS, BOGS, VARIED BIOTOPES

The tour passes through national parks and protected nature territories of international importance, following the sea shore. It also stops at small charming towns, several historic sites and traditional villages. During the tour you learn not only about rare and protected plants and local traditions but also enjoy beautiful landscapes, wilderness and solitude.

At the Kemerli National Park you will follow a fenland trail, see wild meadows and stop at a bird-watching tower beside Lake Kanieris. Then we explore the Engure Lake Nature Park where 22 types of orchids can be found. Next day the route heads to Slitere National Park, the former territory of the Baltic Ice Lake and Litornic Sea. You will follow the Cape Kolka pine-tree trail and Peterezers Lake trail with ancient dunes and landscape. Then head to Stiklu Bog trail, in the largest bog territory in Latvia. At Uzava you will discover the largest 'grey' dune in the Baltics before following the wild banks of the River Venta and visiting the charming town of Kuldiga, with its well-preserved wooden architecture and the widest waterfall in Europe. The route follows the Abava valley created by the melting of ancient ice. At Sabile you can stop at its famous Wine Hill - location of the most northerly grown grapes from which wine is produced - and follow a botanic trail with stops at the grandest oak tree in Europe. On the way to Riga, walk 5 km long Cena Heath trail which features low, high and transit bogs and related plants.





## MUSHROOM TOUR OF VIDZEME REGION, 7 DAYS

### LEARN ABOUT MUSHROOMS AND HOW TO USE THEM

Mushrooming is one of the most popular autumn activities in Latvia. The tour is lead by a professional mycologist and combines the mysterious world of fungi with local historic heritage and mushroom preparation traditions. Mushrooming starts at one of the most popular mushroom pickers' sites in the suburbs of Riga. Then it's on to try various locations in the mushrooming paradise of the Gauja National Park, walk nature trail along the Amata river and have a picnic at picturesque outcrop Zvartes Rock. Further on, the route reaches charming Ungurmuiza Manor park with its ancient oak trees and some specific fungal species. Next the tour visits a shiitake mushroom grower and mysterious Zilaikalns hill featuring a highland landscape as well as the flatlands of Lake Burtnieks. Zile Forest is a rare European biotope with ancient oak forest and park type meadows while the natural coniferous forest at Mezole is one of the richest in terms of biological diversity. Here you can find mushrooms which are indicators of natural forest. You also visit oyster mushroom growers along the route. Then it is Araisi, reconstructed Bronze Age settlement built on a lake where there are good examples of how mushrooms can damage and destroy man made objects. At one of the guest houses the chef will demonstrate how to cook your collected mushrooms the local way.

#### SELECTED SPECIES:

*Chanterelles, russulas and various boletus.*

Chestnut Bolete (*Gyroporus castaneus*), Lurid Bolete (*Boletus luridus*), edible tree-fungus – Sheep poly-pore (popular in Scandinavian cooking) (*Albatrellus ovinus*), Golden coral (*Ramaria aurea*), (*Hapalopilus croceus*), Coral Tooth (*Hericium coralloides*), Parasol Mushroom (*Macrolepiota procera*), Ceramic Parchment (*Xylobolus frustulatus*), Wood-rotting fungus (*Phellinus nigrolimitatus*)



#### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga
<b>Day 2</b>	Riga-Silciems -Lielstraupe
<b>Day 3</b>	Lielstraupe-Karli-Cesis-Matisi
<b>Day 4</b>	Matisi-Strenci-Matisi
<b>Day 5</b>	Matisi-Valka-Nitaure
<b>Day 6</b>	Nitaure-Araisi-Suntazi-Riga
<b>Day 7</b>	Departure from Riga

#### GENERAL INFORMATION:

Recommended travel time: **mid-August - early October**

Walks in woods from 1-2 hours combined with bus rides.

Waterproof boots, hats and mosquito repellent recommended.

Guide/mycologist: **Diana Meiere (speaks English)**







## SPRING BIRDWATCHING IN NORTH-EAST LATVIA, 6 DAYS

### WOODS, WETLANDS, FISH PONDS, RIVER BANKS AND SEA COAST

On this trip you will encounter a rich blend of wetland, woodland and coastal habitats, when almost all the species have arrived and some passage migrants still remain, with the possibility to see around 200 different species. Birdwatching starts in the Gauja National Park with beautiful rolling relief, then goes to the eastern edge of the Gulf of Riga and Lake Burtnieks where there is also the chance of night trekking on the flood plains. Seda bog with its reed beds and flood plains is rich in wildlife. Next day canoeing along the Gauja river will offer a different viewpoint to see the birds, plus with luck some beaver and other wild fauna. Then you pass through oak forest to Lake Lubans. Its wetlands and fish ponds form one of the prime birdwatching sites in the country. A local speciality - fish-soup - will keep you warm. The site is also one of the first known stone-age settlements in Latvian territory. On the way back to Riga there is a stop at Garkalne pine forest.

#### SELECTED SPECIES:

*Great Snipe, Lesser Spotted Eagle, Black Stork, Corncrake, Black-necked Grebes, White-winged Tern, Citrine Wagtail, Blyth's Warbler, Bluethroat, Penduline Tit, Thrush Nightingale, numerous passerines and waterfowl as well as the waders, raptors and other birds in diverse habitats.*

#### 6 DAY ITINERARY:

<b>Day 1</b>	Riga-Sigulda (65 km)
<b>Day 2</b>	Sigulda-Ainazi-Matīsi (176 km)
<b>Day 3</b>	Matīsi-Seda-Aumeistari (115 km)
<b>Day 4</b>	Aumeistari-Lake Lubana (160 km)
<b>Day 5</b>	Idena -Cesvaine (120 km)
<b>Day 6</b>	Cesvaine-Rīga (180 km)

#### GENERAL INFORMATION:

Recommended travel time: **mid-May**  
 Level of difficulty: **easy walks, canoeing  
suitable for beginners**  
 Guide: **Andris Klepers  
(speaks English, German)**





## AUTUMN MIGRATIONS, 7 DAYS

### WOODPECKERS AND OWLS

From Riga airport the tour goes straight into countryside to Jaunmoku manor, surrounded by an attractive park. Next day, birding starts at Kemerī National Park, including wet-forest areas and locations around Lake Kanieris and Kemerī village. Then the route follows the west coast of the Gulf of Riga with some small stops along the way and longer walks at Mersrags. Next you spend some time at Cape Kolka and its surroundings which is a prime migration spot. Visit the broad-leaf forests of Slītere National Park around the ancient coast of the Baltic Ice Lake and drive through Uzava floodplain fields, then stop at the westernmost point in the country, Akmenrags. The tour continues to Liepāja and Pape Ornithological Station and lake where it is possible to spend a night watching the owl migration if it has started. Then you drive through Zvarde wooded area and make some stops at fish ponds on the way back to Riga.

#### SELECTED SPECIES, MOST LIKELY TO BE OBSERVED:

great numbers of geese species: *Tundra and Taiga Bean Goose, White-fronted Goose, Tundra Swan* and diverse waterfowl, including *Ducks, Scooters, Divers and Mergansers*; Woodpecker species: *Grey-headed & Black, Three-toed & White-backed, Little & Middle-spotted Woodpecker*; Raptors: *Rough-legged Buzzard and Northern Goshawk, White-tailed Eagle, Pygmy Owl, probably Tengmalm's Owl* and also *Hazel Grouse, Marsh and Coal Tit, Nutcracker*.

Good possibilities to see mammals including *Red Fox, Roe-deer, Yellow-throated (ar svitrinu pa vidu) Marten, Moose* and others.

#### GENERAL INFORMATION:

Recommended travel time: **second week of September**

Guide: **Andris Klepers (speaks English, German)**

#### NOTES:

Similar tour can also be done during spring migrations (mid-April-May).

Tour can be extended into Lithuania - Nemuna Delta and Curonian Spit



#### 7 DAY ITINERARY:

<b>Day 1</b>	Arrival in Riga. Riga-Jaunmokas
<b>Day 2</b>	Kemerī National Park
<b>Day 3</b>	Slītere National Park
<b>Day 4</b>	Ventspils, Uzava floodplains
<b>Day 5</b>	Liepāja, Pape
<b>Day 6</b>	Pape-Liepāja-Saldus
<b>Day 7</b>	Saldus-Riga







### TRADITIONAL BATHHOUSE RITUAL, 1 DAYS

#### RELAXING, ENERGISING, CURATIVE

Experience a traditional Latvian bathhouse (pirts) ritual with a professional bathhouse therapist. There are several bathing rituals which are used to boost one's energy levels, relax or cure various ailments, restoring the mind/body balance. The rituals involve massages with herbal or tree branch twigs, natural masks as well as heating and cooling processes.

In Latvia, every farmhouse has its own bathhouse and it has an important place in Latvian cultural heritage. It has always been used for hygienic as well as health purposes but it is also a holy place according to Latvian mythology where the Latvian goddess of happiness lives.



### ROMANTIC SPA HOLIDAY AT RURAL LATVIA

#### PIENA MUIZA BERGHOF (MILK MANOR)

Enjoy your stay at beautifully restored former manor house with spa complex and country sauna. The manor has specialised in relaxing bath therapies, various spa rituals for body and classical massages. Proper country milk is the dominant ingredient in their spa rituals. There even is a Milk museum on the estate grounds where one can learn everything about milk.

##### Sample package, 2 days

Milk and Chocolate: accommodation in the Master's bedroom, breakfast at the Rose Tavern, morning swim, milk and chocolate bath, body massage, body wrap in the chocolate and single cream mask, nourishing feet massage, guided tour at the estate and Milk museum, choice of Nordic walking, cycling or skiing.



### ESCAPE TO MUHU ISLAND

#### PADASTE MANOR

The manor is a five-star hotel with luxury bedrooms in unspoiled nature reserve. There is also Private Farm House for undisturbed relaxation. SPA & sauna complex based on centuries old- Estonian herbal traditions.

##### Sample Spa package for 3 days

Herbal Treat for relaxation and detoxification Accommodation at double room at the manor, sparkling wine upon arrival, oat and yogurt scrub for the body, traditional Swedish massage with goat milk cream, herbal bath with essential oils, nourishing body cream, hot sea water bath, traditional Swedish massage with essential oils.



Baltic Country Holidays has substantial accommodation directory online, over 1000 places in the Baltic States. Here we have selected self-catering cottages in Latvia and Estonia. Accommodation numbers correspond with our online directory which you find here: [www.countryholidays.lv](http://www.countryholidays.lv)

## 5 SIPOLI, 2 BEDROOMS

The cottage located 12 km from the seaside city of Liepaja, 5 km from the nearest beach. The cottage has modern conveniences, kitchen and sauna, sports ground and a BBQ place. Fishing possible at the nearby river Barta and in Lake Papes as well as in the sea.



## 19 EZERKRASTI, 3 BEDROOMS

The cottage located on the shore of the Lake Sasmakas, 15 km from Talsi. Designer interior and good view. There is large room with a fireplace, kitchen and sauna on the first floor, bedrooms on the second floor. Outside terrace and decking in the lake for swimming and few boats. Cross-country skiing around the lake.



## 132 SKIPERI, 2 BEDROOMS

Skiperi is located at the Nica parish and 2 km from beach. There is a kitchen and dining room, bedroom, sauna, amenities on the first floor and an open bedroom on the second floor. WiFi. Fishing possible at the pond on the grounds.



## 246 MELDERNIEKI, 2 BEDROOMS

Silence, nature and high-quality recreation 100 km from Riga. A house with two bedrooms with separated bathrooms, living room with open-fire and equipped kitchen. Grill and rural produce. Country sauna with birch besoms and a pond. Bicycles, skis, other sports equipment available. WiFi.



## 239 BRALTIRUMI, 2 BEDROOMS

Cosy log cabin with fireplace room, kitchen and other amenities, located 2 km from the seaside village of Gipka. It is surrounded by forest and 0.3 km from the sea. Baby cots and different table games available.



## 285 ZAKU JURAS MAJA, 3 BEDROOMS

A log cottage 30 km from Ventspils, in a lightly populated location near Mikeltornis lighthouse within a protected nature reserve. The open sea lies behind sand dunes. Double bedrooms with amenities, kitchen, living room, sauna in house.



## 433 ANES MUIZA, 4 BEDROOMS

The cottage is located on the bank of the Lielupe river, not far from Jelgava. There is a living room with a fireplace, well equipped kitchen and a bedroom with a river view on the first floor, 3 bedrooms and a living room on the 2nd floor. Internet access in the house. A country sauna with a pond, a room for parties with billiards. Tennis and beach volley-ball grounds.



## 260 EZERSETA, 2 BEDROOMS

Excellent rural cottage for families, at Lake Auciems, 11 km from Cesis. Here kids have an opportunity to look at chickens, rabbits and Hereford cattle. Downhill skiing facilities are 8 km away. Fishing, ice-fishing and swimming in the lake.



## 261 JAUNBRENGULI, 1 BEDROOMS

A log cottage located 5 km from Cesis. There is a fireplace room with kitchen and amenities on the ground floor and bedroom on the upper floor. Forest trails along the Gauja River with picturesque sandstone banks. Nearest downhill skiing centre is 4 km away. WiFi internet available. Pond in the grounds.





More information on Estonian rural accommodation places has Estonian Rural Tourism Association Eesti Maaturism website: [www.maaturism.ee](http://www.maaturism.ee)

## 2038 KAUKSI, 2 BEDROOMS

The log cottage with fireplace, sauna, balcony, kitchen, dining room and bar located 1.5 km from Lake Peipus. Bedrooms on the second floor. Pond with island near the house. A cabin with private facilities also available nearby.



## 2211 LEPAMETSA, 2 BEDROOMS

Three cottages and sauna located in Nasva, 7 km from Kuresaare, Saaremaa. Two bedrooms, living room with kitchen corner, shower, WC provided in each guesthouse. Beautiful garden. Boat and cycling trips available, also babysitting.



## 2078 KAJU, 3 BEDROOMS

A holiday house located in Nasva. There is an attractive garden. Guests can choose accommodation in a cosy private house, a lovely summer house by a pond or a romantic room upstairs. Bicycle rent and boat trips available.



## 2249 PUUMETSA SUUR, 4 BEDROOMS

The cottage lies secluded in a high pine forest. Kalana, the nearest village is also at approximately 1 kilometre's distance. Cosy, modern interior. Ideal for people who enjoy nature and want total peace.



## 2212 JASSI, 2 AND 3 BEDROOMS

Jassi's two holiday houses are situated 10 km from Kuressaare at Mandjala village, active during the summer season. There is a 7 km long beach close by. Kitchenette, shower/WC, electrical heating in each holiday house, large yard.



## 2248 PUUMETSA VAIKE, 2 BEDROOMS

A nice and cosy holiday house located at Kopu peninsula in Hiiumaa island surrounded by pine trees. This house is suitable for people who love the diverse landscapes offered by this peninsula. A good starting place for walks with wild beach and forests rich in berries and mushrooms. 10 km from the village is the Kopu lighthouse – the oldest lighthouse in Europe.



## 2031 MOISAKOHA, 3 BEDROOMS

This is well equipped cottage in Orjaki village on Kassari island, near Hiiumaa island. It is surrounded by junipers and lies near a beautiful lagoon. Nature trail nearby. BBQ, sauna, fish smoking, boat and bicycle rental available.



## 2047 ROOSE PUHKEMAJA, 2 BEDROOMS

An olden fieldstone home with a thatched roof located at Kardla on Hiiumaa Island. Hiking trails, bird watching tower, fishing, pub yacht anchorage nearby. Cosy interior.



## 2044 KAVADI, 3 BEDROOMS

A comfortable cottage on the shores of Lake Kavadi in the Haanja nature park. Fishing, swimming, picnics, hiking around. Picnic baskets, meals and boat trips can be organized.



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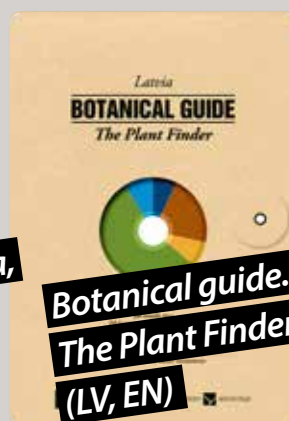
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