



GO **RURAL**

PRODUCT MANUAL

LATVIA / ESTONIA / SOUTH COAST FINLAND



Legend • Zeichenerklärung • Условные знаки

- | | | |
|--|---|---|
| Motorway • European road number
Autobahn • Europas Straßennummer
Автоматристра́ль • Номер дороги | Other roads
Андре Страссен
Прочие дороги | Airport • Bus terminal
Flughafen • Autobusbahnhof
Аэропорт • Автобусная станция |
| Trunk road
Fernverkehrsstraße
Магистральная дорога | Ferry
Fähre
Паром | National boundary
Staatsgrenze
Граница государства |
| Main road
Hauptstrasse
Главная дорога | Railway • Station
Eisenbahn • Bahnhof
Железная дорога • Станция | National capital
Hauptstadt eines Staates
Столица государства |

Rīga

0 35 km



INTRODUCTION

This manual is aimed at helping you discover rural destinations in the South of Finland, Estonia and Latvia beyond traditional touristic routes.

The tours and sites in this manual are based around small-scale accommodation, open farms, local producers, living traditions and sincere people. The people here have a close relationship with their natural surroundings and 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 countries are a haven for the tourist who loves nature, respects traditions and would like to experience them and their cultures more deeply.

Behind this manual there is a team of professional countryside tourism organisations and tour operators. 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.

In this manual we present examples of group and individual touring routes, full day packages based on accommodation in the countryside and small towns, nature experiences in national parks, visits to farms and craftsmen. All of these can be linked with the traditional touristic routes and city experiences to bring more variety and attraction.

Travelling options between the countries are shown by air, ferries and bus. A list of tour operators that can help to arrange tours and services group and individual customers is provided in this manual. Some of the tour examples include optional extensions to Lithuania and Sweden.

www.balticsea.countryholidays.info



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DESTINATION AREA – SOUTH COAST

FINLAND, ESTONIA, LATVIA

Finland, Estonia and Latvia are neighbouring countries in the North of Europe and Scandinavia, on the shores of the Baltic Sea. Visiting all three countries in one trip is very easy for the following reasons: relatively short travelling distances between and within the countries due to their small size, no border formalities between countries since Finland, Estonia and Latvia are all in EU, have the same time zone, the same currency and similar climate.

The peoples of our three countries feature many similarities in personality and way of life. However, each is proud of their unique identity which shows in language, arts and crafts, foods and traditions. Take their capitals, each featuring a UNESCO World Heritage

site: the Suomenlinna fortress at the entrance to Helsinki's harbour, Tallinn's well-preserved and charming Old Town, and Art Nouveau architecture in Riga. The countryside provides an equally varied ambience in numerous national parks, contrasting coastlines and historic sites. The rural landscape is characterised by low population density and varied landscapes, rich in wildlife. There are also charming small towns, full of history and peaceful milieu.

While each country has its own national language, in cities many people speak English as well. In rural areas however foreign language skills are sometimes less common and interpreter services would be helpful.

PRACTICAL THINGS TO NOTE:

- driving is on the right side of the road
- European C-type socket

	FINLAND	ESTONIA	LATVIA
Capital	Helsinki	Tallinn	Riga
Population	5 487 308	1 315 635	2 023 825
Population density: inhabitants per km ²	17	28.4	31
Language	Finnish Inhabitants also speak Swedish, English	Estonian Inhabitants also speak Russian, English or German	Latvian Inhabitants also speak Russian, English or German
Currency	EUR	EUR	EUR
Country code	+ 358	+ 372	+ 371
Local time	GMT + 2 hours	GMT + 2 hours	GMT + 2 hours
Climate	Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature +17°C, the coldest month is January with average temperature -4°C.		

TRAVELLING WITHIN THE DESTINATION

Travellers can arrive in the destination area by sea, air and land. Main airports are located in capitals: Helsinki, Tallinn and Riga and many flights also operate between them. Several ferry ports connect the countries with other interesting destinations, for example Sweden. The main ferry ports are Helsinki in Finland, Tallinn in Estonia, Riga, Liepaja and Ventspils in Latvia, while local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn and regular ferry services between Tallinn and Helsinki.

AIRLINES

Finnair

Finland's flagship carrier, with its Helsinki hub as a gateway between the Far East and Europe.
www.finnair.com

Japan Airlines

Japan's top airline, one of the world's premier carriers.
www.jal.com

airBaltic

The national Latvian airline that offers cheap flights to over 50 destinations in Europe and beyond from Riga, Vilnius and Tallinn.
www.airbaltic.com

Nordica

The national Estonian airline in cooperation with LOT Polish Airlines.
www.nordica.ee

FERRIES

Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger transport services in the northern Baltic Sea region.
Helsinki – Tallinn
Helsinki – Stockholm
Riga – Stockholm
www.tallinksilja.com

Viking Line

Viking Line is a public limited company and a market-leading brand in passenger traffic in the northern Baltic Sea area.
Helsinki – Tallinn
Helsinki – Stockholm
www.vikingline.com

Eckerö Line

Estonian ferry line and a travel agency.
Tallinn – Helsinki
www.eckeroline.ee

Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:
Kihnu and other small islands **www.veeteed.com**
Muhu, Hiiumaa and Saaremaa **www.praamid.ee**

COACHES

Lux Express: **www.luxexpress.eu**

Ecolines: **www.ecolines.eu**

Eurolines: **www.eurolines.eu**

The coach trip from Tallinn to Riga takes ca 4.5 hours.

CHARTER BUS COMPANIES

Friman Travel

Modern bus services, licensed tour operator, charter tours.
Phone: +358 19 2481004
Email: info@frimantravel.fi
Website: **www.frimantravel.fi**

Go Bus Charters

Exceptional quality coaches and minibuses providing services in Baltic countries and Scandinavia. Highly professional, friendly and experienced bus drivers and staff, large fleet and flexible service.
Phone: +372 631 0011, +372 55 645 753
Email: tellimine@gobus.ee
Website: www.gobus.ee

CAR RENTAL

Avis, Budget, Sixt and Hertz are international car rental companies with large worldwide networks and a standardised level of service. Driving licences issued in Japan are valid for tourists to drive in Finland, Estonia and Latvia. Driving is on the right side of the road.



TOURS FOR **GROUPS** **AND INDIVIDUALS**

Photo by Outdoors Finland (cc)

The tours in this chapter are examples showing how our countries can be explored. They combine the professional knowledge of rural tourism organisations of South-Finland, Estonia and Latvia who are experts in countryside tourism, with the expertise of experienced tour operators specialising in working for Japanese customers.

We focus on experiences outside cities therefore the tour descriptions presented here include capitals and cities only as start and end points. The tours enable discovery of the traditional and modern life outside cities, cultural and historical heritage, nature values and local cuisine. Each tour description includes its name, the route map, itinerary, distances, time to complete the tour and suggested sites to visit.

All tours can be adapted to the needs and interests of customers. Approximate driving distances between the start and end points of each day's itinerary are shown while the itinerary planning is flexible, the visits can be selected according to preferences of interests and timing. The itineraries can be modified changing the length of a whole tour, selecting optional visits and programmes, and adapting for groups or independent travellers.

It is possible to visit several countries in one tour or choose one or two countries of interest. To make the most of your countryside experience, the best time for visiting is between April and October.

For detailed information requests and arrangement of services please contact the tour operators or rural tourism organisations listed in the chapter "Rural tourism organisations and inbound tour operators for the Central Baltic area"

PRACTICAL INFORMATION ABOUT TOURS AND SERVICES

TOURING TRANSPORT

- Tourist coach or minibus for groups. To gain a better countryside experience, it is advisable to keep to a smaller group size (~12-15 persons) according to accommodation capacities in countryside guest houses and hotels;
- Rent-a-car is recommended for independent travellers (public transport or private transfers can be used in some parts of the tours). Driving is on the right side of the road.

Length of route and total programme duration is shown by each day. Please note that it can change depending on the visiting options chosen.

TOUR LEADER AND GUIDE SERVICES

Groups are accompanied by a tour leader who knows the route and local conditions well, and a Japanese speaking guide/interpreter who tells about the areas and sites visited, and interprets during excursions and visits. Guide/interpreter services can also be booked for individual travellers.

ACCOMMODATION

Tours usually start with a day and overnight in capital cities. Outside cities accommodation is planned in country hotels and guest houses in rural areas and small towns, in single and twin rooms. In cities and towns accommodation names are not given as there is a greater variety to choose from at the time of booking. Usually rooms are equipped with WC and shower. Bath tubs are not always available.

Rooms in small hotels or guest houses may vary in their size, style, amenities and facilities. It is usually done to cater for different tastes and needs of guests, to

personalise the service and to create special ambience. For groups, it is recommended to request detailed room information in advance.

MEALS

Breakfast is almost always included with accommodation, lunch and dinners can be booked as well. Menus are based on locally grown and seasonal foods. Traditionally meals in Finland, Estonia and Latvia include beef and pork meat, fish, eggs, cooked and fresh vegetables, fresh salad, cheese, white and black bread. Various dietary requirements can be met upon prior arrangement.

VISITS AND EXCURSIONS

The most attractive features of traditional heritage and modern life in rural areas are revealed through visits to people who run farms, craft shops, private museums and other attractions that are open to tourists. The programmes are usually 1-2 hours long. Guests are shown around the place by the owner or a guide. Often guests can try their hand in some activities (bread baking, weaving, etc.), taste the farm produce (cheese, honey, etc.). Visits to farmsteads by groups and individuals must be booked in advance, as most of the sites are not open all-day-round for visits.

SOUVENIRS

Tours involve visits to local arts and crafts masters who produce traditional and modern designs. Pottery, natural textiles, knitwear, woodworking products, wax candles, herb teas, natural honey and other handmade and home-made things are favoured by tourists.

CULTURE ROAD:

EXPLORE THE COUNTRYSIDE OF THE BALTIC SEA:

LATVIA - ESTONIA - FINLAND

5 NIGHTS / 6 DAYS

DAY 1: Arrival in Riga, Latvia

Riga city tour. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site. Overnight in a hotel in Riga.

DAY 2: Riga – Ķemeri National park – Jelgava – Mazmežotne
DRIVING DISTANCE ~170km.
WALKING DISTANCE 2 or 4km (1-2h).
PROGRAMME DURATION with 3 visits: 12h.

The timing allows for a combination of a maximum of 3 visits. There are the following options en route to choose from:

1) Ķemeri National Park – the Great Ķemeri Bog Boardwalk www.latvia.travel/en/sight/great-kemeri-bog-boardwalk and a watchtower (walking distances 2 or 4km).



2) Bread baking workshop in a traditional Latvian farmstead Caunites. www.celotajs.lv/en/e/caunites.



3) Excursion, demonstrations and opportunity to participate in ceramics workshop, herbal tea tasting in Laima Ceramics studio in Rundāle region www.laimagrignore.com/j-p/.

4) Rundāle palace <http://rundale.net>. This 18th century palace, built by an Italian architect F. B. Rastrelli is the most magnificent masterpiece of Baroque architecture in the Baltic States.

The renovated palace interiors are decorated with authentic 18th century furniture, paintings and china. The palace boasts a beautiful French-style garden surrounded by a canal.



Overnight in Mazmežotne manor www.mazmezetne.lv, set in beautiful surroundings.

DAY 3: Mazmežotne – Bīriņi – Latvia/ Estonia border – Võrumaa region – Tartu
DRIVING DISTANCE - 420km. Walking 1.5h. PROGRAMME DURATION 12h.

Tour of the Bīriņi manor complex and the park (18th – 19th century) www.birinupils.lv/en/, a restaurant.

Haanja nature park (1.5h walking). In the centre of the park there is the highest hill in the Baltic States – Suur Munamägi, which stands 318m above sea level. A viewing tower is on the hilltop offering a stunning view.

Mooska Farm www.mooska.eu in Võrumaa region. UNESCO smoke sauna story, degustation of local products.



Overnight in a hotel in Tartu.

DAY 4: Tartu – Lahemaa national park
DRIVING DISTANCE - 270km.
PROGRAMME DURATION 9h.

Short city tour of Tartu - a university town and a city of youth.
Excursion at Avinurme Wooden Handicrafts Centre www.puiduait.ee/en/.
Vihula manor - a charming 16th century estate set alongside the Mustoja River in the Lahemaa National Park.
Overnight in Vihula manor hotel www.vihulamanor.com.



DAY 5: Vihula – Tallinn – Helsinki – Western-Uusimaa Region – Raasepori region – Karjalohja – Mustion Linna
DRIVING DISTANCE - 205km, ferry 2h.
PROGRAMME DURATION 12h.

Tallinn city tour. The tour combines walking and bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Pirita area.



Transfer to the Tallink Silja line ferry terminal. Ferry Tallinn – Helsinki (~2h).

Transfer from Helsinki to Western-Uusimaa Region. Possible to do 2 visits:

1) Tammisaari (old fishing village) www.visitraseborg.com/en/sights/culture-history/ekenas.

2) Fiskars Village - excursion and lunch www.fiskarsvillage.fi/en/.



The tour introduces a variety of attractions and values outside big cities revealing the true character of the countries. Visitors will experience the beauty of nature in national parks, charming ambience of rural manors, visit traditional rural farms and skilful traditional artisans and craftsmen.



Riga – Ķemeri – Jelgava – Bīriņi – Tartu – Vihula – Tallinn – Helsinki – Karjalohja - Mustion Linna - Helsinki



3) Svartå Manor at Mustion Linna www.mustionlinna.fi/en/ is one of the most precious manor houses in Finland with a history of more than two hundred years.
4) Spa Hotel Päiväkumpu www.paivakumpu.fi/en is a well-known versatile spa in Southern Finland, in Karjalohja, on the shore of Lake Lohja.
Overnight in Mustion Linna / Spa Hotel Päiväkumpu or in Tammisaari Hotel Sea Front or Motel Marine.
www.hotelseafront.fi
www.motelmachine.fi/fi/

DAY 6: Mustion Linna – Lohjansaari – Helsinki
DRIVING DISTANCE - 130 km.
PROGRAMME DURATION depending on the flight time.

Excursion in Martinpiha country estate
www.martinpiha.fi and Lohjansaari Island.



Photo by Outdoors Finland (cc)



Tytyri mining museum
www.tytyriamyskaivos.fi
Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.
Transfer from city centre to Helsinki-Vantaa Airport.

Departure.



CASTLES AND MANORS ROAD: RIGA – TALLINN – HELSINKI

6 NIGHTS / 7 DAYS

DAY 1: Arrival in Riga, Latvia

Riga city tour. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site. Overnight in a hotel in Riga.

DAY 2: Riga – Sigulda – Turaida – Bīriņi DRIVING DISTANCE ~114km. PROGRAMME DURATION 9h.

The Gauja National Park with medieval castles and great views to the Gauja river valley below. Sigulda medieval castle ruins and baronial estate.

The Vienkoči Park www.vienkoci.lv features one-log boats and other wooden objects carved in log according to ancient methods dating back to the 9th century. Interactive programmes offer visitors to try their own hand at woodcraft.

The Turaida museum reserve www.turaida-muzejs.lv with the ruins of a medieval Livonian Order castle. An observation tower reveals a beautiful panorama over the ancient Gauja river valley.



Farm Gundegas www.celotajs.lv/en/e/gundegas. The farm cultivates cranberries that were bred in Latvia. Farm excursion, products for sale.



The Bīriņi manor complex and the park (18th-19th century) www.birinupils.lv/en/.

Overnight in Bīriņi manor hotel www.birinupils.lv/en/.



DAY 3: Bīriņi – Igate – Limbaži – Straupe – Cēsis – Dikļi DRIVING DISTANCE - 150km. PROGRAMME DURATION with 3 visits: 9h.

The timing allows for a combination of maximum 3 visits. There are the following options en route to choose from:

- 1) The Igate Manor (19th century) www.igatespils.lv/index.php/en/ is built in the style of Neo-renaissance, surrounded by a romantic park and an old water mill with traditional Latvian taverna.
- 2) An outdoor exhibition of medicinal herbs at farm Avotiņi in Limbaži region www.celotajs.lv/lv/e/veselibas_augu_ekspozicija introduces a visitor to a "green pharmacy" - more than 300 different plants.
- 3) The Ungurmuiza manor www.facebook.com/Ungurmuiza in Pārgauja region is the oldest wooden Baroque manor in Latvia with some surviving wall paintings.



- 4) Sightseeing in Cēsis – the Old Town and Castle Complex with impressive medieval Livonian Order castle ruins and the so called new castle (18th century) where a museum is located.

Overnight in Dikļi manor hotel www.diklupils.lv. The Dikļi Manor (19th century) is built in the style of Neo-baroque. It hosts a collection of valuable antique furniture, fireplaces and interior articles.

DAY 4: Dikļi – Valmiera – Latvia/Estonia border – Sangaste – Otepää – Tartu DRIVING DISTANCE - 210km. PROGRAMME DURATION 12h.

The Valmiermuiza brewery saloon www.facebook.com/valmiermuiza/ popularises Latvian beers and uses beer in various dishes.

Adzēlvesi hemp farm in Burtneki region

www.celotajs.lv/en/e/kanepju_seta_adzēlvesi is cultivating hemp from which it produces hemp butter, roughly ground seeds, hemp oil.

Sangaste castle www.sangasteloss.com is



one of the best examples of Historicism in the Baltics. Overnight in a hotel in Tartu.

DAY 5: Tartu – Alatskivi – Rakvere – Vihula DRIVING DISTANCE - 190km. PROGRAMME DURATION 9h

Short city tour of Tartu - a university town and city of youth. Alatskivi castle (18th – 19th century) www.alatskiviloss.ee/eng/ with a beautiful park.



Avinurme Wooden Handicrafts Centre www.puiduait.ee - local woodcraft, woodworking workshops, Estonian traditional foods.

Castle ruins in Rakvere with a theme park www.rakverelinnus.ee/en where visitors



can experience everyday life of the 16th century.

Overnight in Vihula manor hotel www.vihulamanor.com.

Vihula manor (19th century) is in Lahemaa National Park. It is surrounded by a nice park; the estate has an interesting pond system.

The tour provides an insight into the history of the countries through experience of castles and manor houses, starting from massive medieval stone walls through to exquisite Baroque and Art Nouveau masterpieces.



Riga - Sigulda - Bīriņi - Cēsis - Dikļi - Sangaste - Tartu - Rakvere - Lahemaa National Park - Tallinn - Helsinki

DAY 6: Vihula – Lahemaa National Park – Sagadi – Palmse – Tallinn
DRIVING DISTANCE 110 km.
PROGRAMME DURATION 8h

The route leads along the northern Baltic Sea coast of Estonia through the oldest Baltic national park – Lahemaa. Huge boulders at the seaside and small fishermen's villages are typical landscapes there. In Altja traditional fishing village and tavern, visitors can taste Estonian food www.palmse.ee/en/restaurant/altja-tavern. Sagadi manor (18th century)



www.sagadi.ee hosts a forest and manor museum and a nature school. Palmse

manor (18th century) <http://palmse.ee/en> is one of the most beautiful and grandest Baroque buildings in Estonia. Tallinn city tour. The tour combines walking and bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Pirita area. Overnight in a hotel in Tallinn.

DAY 7: Tallinn – Helsinki

Ferry from Tallinn to Helsinki (2h).



Helsinki city tour and free time in the city. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.



Photo by Visit Finland (cc)

Departure.



NATURE ROAD: FROM VILNIUS TO HELSINKI THROUGH THE BALTIC STATES

10 NIGHTS / 11 DAYS

DAY 1: Arrival in Vilnius, Lithuania

Vilnius city tour. Vilnius Old Town, Gediminas tower, Presidential Palace, St. Anne's Church, Sts. Peter & Paul's Church, KGB museum, Gates of Dawn, Bernardine Gardens, Castle Hill, Hill of Three Crosses, Gediminas avenue.
Overnight in a hotel in Vilnius.

DAY 2: Vilnius – Trakai Historical National Park – Kaunas DRIVING DISTANCE - 115km. PROGRAMME DURATION: 8h.

The Trakai Island Castle in the Trakai Historical National Park www.trakai-visit.lt/en/trakai.
Karaites' cultural heritage museum (ethnic group of Turkish speaking Crimean Tatars who settled here in 14th -15th century).
Traditional Lithuanian food www.kibinas.lt.
Kaunas city tour. Old Town Kaunas, the Ninth Fort, Laisvesaleja (Liberty Boulevard), the Kaunas castle, Cathedral of St. Peter and St. Paul. The house of Chigune



Sugihara www.sugiharahouse.com, the Japanese consul, who resided in Kaunas in 1939 - 1940 and rescued Jewish people from persecution by granting them visas.
Overnight in a hotel in Kaunas.

DAY 3: Kaunas – Klaipėda – Curonian Spit – Nida DRIVING DISTANCE - 270km. PROGRAMME DURATION 10h. Ferry 15min.

Klaipėda, a harbour city. Ferry to peninsula (15min) to Curonian Spit National Park, a sand-dune spit that separates the Curonian Lagoon from the Baltic Sea. This is the only place in the Baltic States where there is such a vast territory of open-air sand dunes which still change the local terrain very actively because of the wind. Sites to visit: ethnographic villages, Nida holiday resort, impressive sand dunes. Near Juodkrantė, bird lovers can observe the colony of grey herons and large cormorants. Juodkrantė



also has unique forest sound observation sites "Sound catchers" in an old forest www.nerija.lt/lt/news/show/1260349253.
Overnight at Nida.

DAY 4: Nida – Klaipėda – Lithuania/Latvia border – Pape Nature Park – Liepāja DRIVING DISTANCE - 160km. PROGRAMME DURATION 9h. Ferry 15min.

Vienkiemis www.vienkiemis.lt/recreation complex with a cafe, pub, restaurant offering traditional Lithuanian food. Exposition of historical working tools. The House of Tradition Zvanitaji www.celotajs.lv/lv/e/tradiciju_nams_zvanitaji.



The wooden building was erected in the late 19th century and features a museum demonstrating the way people lived more than 100 years ago. Exhibits include household objects, the Rucava folk costume, socks and decorated mittens. Tasting traditional Latvian food.



The Pape Nature Park www.pdf-pape.lv/en: a coastal lagoon lake and a wet high peat bog with transitional bogs, sand beaches and walking dunes, coastal forests, flood-plain meadows.
Liepāja Craft Centre www.celotajs.lv/en/e/liepajas_amatnieku_nams. Watching

various craftspeople at work: amber jewellers, weavers, etc.
Overnight in a hotel in Liepāja.

DAY 5: Liepāja – Saldus – Ķemeri National Park – Riga DRIVING DISTANCE - 190km. PROGRAMME DURATION with 2 visits: 12h

The timing allows for a combination of maximum 2 farm visits. There are the following options en route to choose from:
1) Farm Pīlādži www.celotajs.lv/en/e/zs_piladzi produces crops (500ha for grain, 350ha for rapeseed), breeds livestock and grows flowers and vegetables (20ha for potatoes).
2) Apiary Honey Castle in www.celotajs.lv/lv/e/meduspils. The owner has ca 300 hives of bees.



3) The farm Geidas www.celotajs.lv/lv/e/geidas specialises in dairy farming. Visitors can churn butter and learn about how dairy products are produced.
The Ķemeri National Park. The bog landscape can be enjoyed walking through the bog on wooden trail (2-4km, 1-2h walking).



Overnight in a hotel in Riga.

DAY 6: Riga – Gauja National Park – Cēsis / Valmiera DRIVING DISTANCE - 80 km. WALKING 2-4km (1-2h). A cable car ride (10min one way)

Riga city tour. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views

A panoramic tour of Lithuania, Latvia, Estonia and Finland with highlights of natural monuments and attractions in national parks and nature reserves including a wide variety of landscapes, wildlife sites, birds and wild animals, forests and coastal shorelines. The tour also offers some cultural and historical insights.



Vilnius - Trakai - Kaunas - Klaipeda - Cūronian Spit - Liepāja - Saldus - Kemer National Park - Riga - Gauja National Park - Cēsis - Valmiera - Soomaa National Park - Pärnu - Saaremaa - Matsalu National Park - Haapsalu - Tallinn - Helsinki - Nuukso National Park - Siuntio - Helsinki

of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site. Namdari Woodworking www.celotajs.lv/en/e/namdara_darbnica - getting to know local trees, joining together with master craftsmen to check out antique instruments and play ancient games.



The Gauja national park features landscapes of the ancient Gauja river valley and historic monuments. A cable car ride over the Gauja river. The crossing is 1060m long, about 40m above the river, and the ride offers an outstanding look at the local landscapes. www.tourism.sigulda.lv/gaisa-trosu-cels-vagonins/.



Overnight in guest house Kārļamuiža www.karlamuiza.lv/en/. Located in the scenic Amata river valley, guests can walk along a nature trail near the guest house (1-2h walking along the boardwalk).

DAY 7: Cēsis – Rūjiena – Soomaa National Park – Pärnu
DRIVING DISTANCE - 236km.
PROGRAMME DURATION: 12h, 2-3h
swamp walking in special swamp shoes.

Cēsis town. Visit a jeweller workshop www.celotajs.lv/en/e/seno_rotu_kalve at the medieval Cēsis Castle. Reproductions of

ancient jewellery, watch the craftsman at work. The timing allows for 1 farm visit. There are the following options en route to choose from:

1) Sheep farm Klimpas breeding more than 150 sheep www.celotajs.lv/en/e/zs_klimpas



2) The Kõni windmill at Rūjiena. The windmill has a 19th century system produced by the Latvian machinery factory and used to shred and card wool. The owners use the wool to produce blankets and pillows that are stuffed with sheep's wool (this is handwork). Possibility to taste Latvian food www.celotajs.lv/en/e/konu_dzirnavas. The Soomaa National Park in Estonia is a land of swamps www.visitsoomaa.com. There are several major swamps in this area, along with rivers, lowland meadows, wetland forests. A walking tour (2-3h) wearing special swamp shoes.



Overnight in Pärnu.

DAY 8: Pärnu – Virtsu – Kuivastu – Muhu island – Saaremaa island
DRIVING DISTANCE - 215km.
PROGRAMME DURATION: 12h.
Ferry 0,5h. Walking 45min.

Ferry to Muhu and Saaremaa islands www.visitestonia.com/en/where-to-go/islands/saaremaa-muhu-islands. Ethnographic fishermen's village Koguva at Muhu island. Vanatoa farm for traditional food www.vanatoa.ee/en/.

The Panga cliff, ca 22m high dolomite cliff at the coast. Nature reserve, forest trail and observation tower at the seaside Viidumäe (45min walk). Kuressaare Episcopal Castle - the convent building is the only surviving medieval fortification in the Baltic countries which has not been reconstructed. Overnight in a hotel in Kuressaare.

DAY 9: Saaremaa island – Pädaste – Haapsalu – Matsalu National park – Tallinn
DRIVING DISTANCE - 270km.
PROGRAMME DURATION: 12h.
Ferry 0,5h. Walking 2h.

The Castle in Kuressaare town. Lunch and wine tasting at Pädaste manor www.padaste.ee or Luscher & Matiesen Muhu Winehouse www.veinitalu.ee/farm-winery Muhu island. Ferry Muhu island – Virtsu.

The timing allows for 1 walking tour. There are the following options en route to choose from:

1) A boardwalk trail in Matsalu National park (5km, 2h), bird watching towers.
2) Haapsalu – a charming seaside town, a castle. Sightseeing walking tour 2h. Overnight in a hotel in Tallinn.

DAY 10: Tallinn – Helsinki – Nuukso National Park – Helsinki – Siuntio
DRIVING DISTANCE - 100km.
Ferry 2h. Walking 7km (2-3h)

Departure to Helsinki, ferry (2h). Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Tempelikaikio church, the Design District Helsinki, the Suomenlinna Sea fortress.

The Nuukso National Park comprises the westernmost part of the so-called Nuukso lake highlands. Dozens of endangered or near threatened species of animals, plants and fungi are found in the area, for instance, the Siberian Flying Squirrel, the European Nightjar and the Woodlark.



Photo by Outdoors Finland (cc)

Overnight in spa hotel Cumulus Resort Siuntio: <https://resort.cumulus.fi/en/hotels-and-spas/spa-hotel-rantasipi-siuntio> Enjoy the peaceful natural surroundings of the spa and take the wild herb tour in Purnus river valley with SE-Action www.seaction.com/en/program-services/outdoor-activities/thaw

DAY 11: Siuntio – Helsinki – departure
DRIVING DISTANCE - 60km.

Departure from Helsinki Airport

RURAL ROAD: COUNTRY LIFE: FINLAND - ESTONIA - LATVIA - LITHUANIA

10 NIGHTS / 11 DAYS

DAY 1: Arrival in Helsinki, Finland
DRIVING DISTANCE - 120km.

Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.

Drive to South Coast Finland Region.
Overnight at Spa Hotel Päiväkumpu:
www.paivakumpu.fi/en/

DAY 2: South Coast Finland
DRIVING DISTANCE - 100km.
PROGRAMME DURATION: 8-10h.

Fiskars Village – a tour of three small local breweries with produce tasting: Ägräs Distillery, Fiskars Brewery, Kuura cider www.fiskarsvillage.fi/en/see_and_do/activities/three-producers-tasting-tour.



Kettukallio - the Fox Rock, a traditional forest place in Lohja municipality www.en.kettukallio.net/
A herb trail in Purnus river valley in Siuntio www.seaction.com/en/program-services/outdoor-activities/thaw
Overnight in spa hotel Cumulus Resort Siuntio: <https://resort.cumulus.fi/en/hotels-and-spas/spa-hotel-rantasipi-siuntio>

DAY 3: Siuntio – Helsinki – Tallinn
TRANSFER from Siuntio to Helsinki - 40min.

Ferry to Tallinn. A city tour combining



walking and a bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Pirita area.

Overnight in a hotel in Tallinn.

DAY 4: Tallinn – Lahemaa national park – Rakvere
DRIVING DISTANCE - 180km.
PROGRAMME DURATION: 8h.

The Jägala waterfall. The Jägala waterfall www.visitestonia.com/en/jagala-waterfall



Iisaka Sheep & Handicraft Farm. Workshop "From the ancient times to a contemporary functional family farm" at the farm.
Nice and quiet Kuusiku Nature Farm www.kuusikunaturefarm.ee on the edge of the Lahemaa National Park by Lake Viitna, Pikkjärv.



Käsmu fishing village www.visitestonia.com/en/kasmu-captains-village - the former Estonian naval centre and Käsmu Maritime Museum where visitors can take a sea voyage with a Viking ship www.visitestonia.com/en/kasmu-viking-ship-aimar
Castle ruins in Rakvere with a theme park www.rakverelinnus.ee/en where visitors can experience everyday life of the 16th century. A possibility to order medieval dinner.
Overnight in Rakvere town.

DAY 5: Rakvere – Mustvee – Setomaa – Madona
DRIVING DISTANCE - 420km.
PROGRAMME DURATION: 12h

Avinurme Wooden Handicrafts Centre www.puiduait.ee - local woodcraft, woodworking workshops, Estonian traditional foods.

Mustvee town by lake Peipsi - a haven for Russian Old Believers. Mustvee has held fairs for the past two centuries. Traditional fishing town.

Setomaa in South-East Estonia is a unique area for its people (the Seto) and culture. A very specific type of singing - leelo - has been inscribed into the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. Visit traditional Obinitsa farmstead www.visitsetomaa.ee



Overnight in Mārcienas SPA hotel at Madona www.marcienu.eu

DAY 6: Madona – Gulbene – Riga
DRIVING DISTANCE - 270km.
PROGRAMME DURATION: 12h

Goat farm Līvi www.celotajs.lv/en/e/kazas_piena_produkcija_livi. Tasting various sorts



of cheese and watching how the goats are milked.

Herbal tea farm 55 Mārites www.celotajs.lv/en/e/55_marites?lang=en, biological farming.

Stop by the Cesvaine castle www.cesvaine.lv/en/cesvaine-palace.html

Farm Lāciši www.celotajs.lv/en/e/lacisi specialises in grain farming (577 ha), rapeseed farming (295 ha), and various grasses. It is also a dairy farm with some 100 cows to produce meat and breed calves.

The tour introduces modern day life in rural Finland, Estonia and Latvia and includes visits to small farms raising livestock and producing delicious foods, and to ethnographic villages preserving the traditional lifestyle in a contemporary environment. The tour also involves sites of historical and cultural interest.



Helsinki - Karajohja - Fiskars Village - Lohja - Siuntio - Helsinki - Tallinn - Lahemaa national park - Rakvere - Mustvee - Setomaa - Madona - Gulbene - Riga - Bauska - Liepāja - Palanga - Nida - Klaipėda - Kaunas - Trakai - Vilnius



Overnight in Riga.

DAY 7: Riga – Bauska – Liepāja
DRIVING DISTANCE - 350km.
PROGRAMME DURATION: 12h

Riga city tour. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site.



Dairy farm Celmi www.celotajs.lv/lv/e/celmi_majas_siers uses milk from its own



cows for cheese production. The Ribbe windmill www.rozmalas.lv/en/ shows the exhibition "The Path of the Grain" – a history of how agriculture has developed over the centuries, from ancient times up to modern day technology. Miķelis, a farmstead museum and vintage car exhibition www.mikelis.lv/museum/, a restaurant. Lively Liepāja with its old town, promenade, nice beach and impressive military history. Overnight in a hotel in Liepāja.

DAY 8: Liepāja – Latvia/Lithuania border - Palanga – Klaipėda – Nida
DRIVING DISTANCE - 170km. Ferry 0,5h.
PROGRAMME DURATION: 8h

Liepāja Craft Centre www.celotajs.lv/en/e/liepajas_amatnieku_nams. Watching various craftspeople at work: amber jewellers, weavers, etc. Palanga – a busy beach resort with an excellent and very informative Amber Museum. Vienkiemis – traditional Lithuanian farmstead with a restaurant www.celotajs.lv/en/e/vienkiemis



A ferry from Klaipėda to the Curonian spit (15 min). Nida village with traditional architecture and the Curonian Spit – a white sand dune. Overnight in Nida.

DAY 9: Nida – Klaipėda – Kaunas – Trakai – Vilnius
DRIVING DISTANCE - 380km. Ferry 15min.
PROGRAMME DURATION: 12h

Ferry from the Curonian Spit to Klaipėda. Lunch at a country restaurant and fish farm Karpyne half way between Klaipėda and Kaunas www.atostogoskaime.lt/en/farmstead/sodyba-karpyne - Rumsiskes – open air museum of Lithuania www.llbm.lt/en/. The museum presents the way of life, works, and traditions of peasants and townspeople of all Lithuanian ethnographic areas.



Trakai Castle. The picturesque castle was built on an island in the lake (14th - 15th century).



Karaites' cultural heritage museum (ethnic group of Turkish speaking Crimean Tatars who settled here in 14th - 15th century). Traditional Lithuanian food in Trakai: www.kibinas.lt/
Overnight in a hotel in Vilnius.

DAY 10: City tour of Vilnius

Vilnius Old Town, Gediminas tower, Presidential Palace, St. Anne's Church, Sts. Peter & Paul's Church, KGB museum, Gates of Dawn, Bernardine Gardens, Castle Hill, Hill of Three Crosses, Gediminas avenue, Sugihara Sakura park.



Departure.

BALTIC – SCANDINAVIAN ROUTE:

FINLAND - SWEDEN - ESTONIA - LATVIA

8 NIGHTS / 9 DAYS

DAY 1: Arrival in Helsinki, Finland

Overnight in a hotel in Helsinki.

DAY 2: Helsinki – Siuntio – Lohja DRIVING DISTANCE - 80km. PROGRAMME DURATION: 8h.

Helsinki city tour. Visit the iconic Marimekko production and design facility in Herttoniemi. Continue to Helsinki centre and check out the must-see places of Helsinki. Visit local Punus farm in Siuntio, taste the local food and produce. Hostess Susanne will welcome you to her farm and show you around. A short walk in the forest.



Visit the Lohja Tytyri mine – experience the working mine and museum and the spectacular light show with Sibelius Finlandia music 100 metres below the surface.



Overnight in Kisakallio:
www.kisakallio.fi/en/frontpage
Visit the Finnish countryside and a sauna experience while in Kisakallio or Spa hotel Cumulus Resort Siuntio: <https://resort.cumulus.fi/en/hotels-and-spas/spa-hotel-rantasipi-siuntio>

DAY 3: Siuntio – Helsinki – Stockholm DRIVING DISTANCE - 45km. CRUISE FERRY 16.5h.

Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.

Overnight cruise: Helsinki – Stockholm by ferry Silja Serenade/Silja Symphony (17:00 – 09:30).



DAY 4: Stockholm

Stockholm archipelago www.stockholmarchipelago.se with more than 30,000 islands, ancient fishing villages and centuries-old towns, inviting coves, cliffs and soft sand beaches. Overnight in a hotel in Stockholm.

DAY 5: Stockholm – Riga CRUISE FERRY 17h.

City tour/free time in Stockholm. Gamla Stan – the Old Town, the Royal Palace, the Stockholm Cathedral, the Vasa museum,



the SkyView – the top of the world's largest spherical building, Djurgården – the green island. Stockholm – Riga overnight cruise with Isabelle/Romantika cruise ferry (17:00 – 11:00)

DAY 6: Riga DRIVING DISTANCE - 30km. PROGRAMME DURATION: 6h

City tour in Riga. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site. Latvian Ethnographic open air museum – a collection of 118 historical buildings from all four of Latvia's provinces. Overnight in a hotel in Riga.

DAY 7: Riga – Limbaži – Salacgrīva – Pärnu DRIVING DISTANCE - 222km. PROGRAMME DURATION: 12h WALKING 2.2km (ca 1.5h)

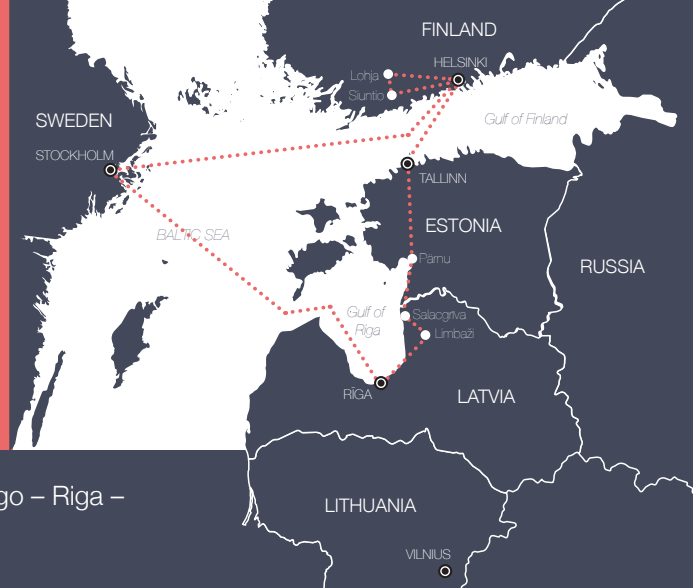
Blacksmith's workshop www.celotajs.lv/en/e/kalejs_kaspars_auza. Hand-made lanterns, candelabras, hinges, fireplace tools, stair railings and gates. Several exhibits from the 18th century.



Dzirņupes farm, a traditional Latvian farmstead www.celotajs.lv/en/e/dzirnupes?lang=en
The owner makes drums from tree stumps and is prepared to teach how to use a bow and arrow. The lady of the house offers a



This tour offers visiting UNESCO World Heritage sites – Helsinki, Stockholm, Riga, Tallinn, travelling by ferries and cruise ships and adding value to the trip by exploring the Baltic countries beyond the capitals. The sites outside cities present traditional folk cultures of Finland, Sweden, Estonia and Latvia and a variety of farms showing today's life in the countryside. The round trip includes two overnights on cruise ships.



Helsinki – Lohja – Helsinki - Stockholm - Stockholm archipelago – Riga – Limbaži – Salacgrīva – Pärnu - Tallinn - Helsinki

programme presenting household skills that a Latvian bride should have mastered before her wedding.



Lunch at Plavas www.plavashotel.lv gourmet restaurant.

Tolkuse nature trail www.visitestonia.com/en/rmk-rannametsa-tolkuse-nature-and-study-trail is a circular trail, partly running on a boardwalk. It passes through the pine forest on the dunes and Tolkuse bog and leads to the largest bog-pool of the bog. 2.2km, ca 1.5h.



Nurka Tourism Farm www.visitestonia.com/en/nurka-farm. Guided nature hikes in Tolkuse bog, wood-heated sauna, handicraft workshops. Accommodation is possible for a small group. Overnight in a hotel in Pärnu.

DAY 8: Pärnu – Tallinn
DRIVING DISTANCE - 140km.
PROGRAMME DURATION: 8h

The timing allows for a combination of maximum 3 visits. There are the following options en route to choose from:

1) Herbal biological farm
www.visitestonia.com/en/herb-garden-on-tamme-farm



2) ALPAKAFARM www.visitestonia.com/en/alpaca-farm-the-largest-in-estonia?site_preference=normal. Guests can pet an alpaca and feed it with treats, see pygmy goats, miniature sheep, Angora rabbits, and chickens.

3) Jaanihanso Cider House and orchard makes cider from natural Estonian apples. Visitors can try five different ciders and take a tour www.jaanihanso.ee/about-us/



4) Luhtre Farm www.luhtre.ee/en. Luhtre farm serves organic food, using old recipes (possibility to have dinner).



Overnight in a hotel in Tallinn.

DAY 9: Tallinn – Helsinki
CRUISE FERRY 2h.

Tallinn city tour. The tour combines walking and a bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Pirita area. Tallinn – Helsinki with Tallink Shuttle: Star/Megastar.

Departure.







FULL DAY PACKAGES AND SITES TO VISIT IN THE COUNTRYSIDE

The sites described in this chapter can be inserted in tour programmes as full day or half day options for small groups or individual travellers. We have selected the sites and attractions, based on references and recommendations from tourists and tour operators.

Full day packages based on rural accommodation can be included in tour programmes or combined with city stays for diversity. The hosts offer programmes and activities on site and organise short excursions to nearby places of interest.

Nature based experiences represent outings to national parks with guided programmes of general nature interest or specialised in bird watching or fungus or berry picking.

Local experiences are visits to rural farms and artisan workshops that are open for visitors and generally offer 1.5 - 2 hour programmes.

When choosing optional programmes, it is important to remember the seasonality, for example, tours involving nature based activities, like bird watching, are best in April or September to observe bird migration. Mushrooming tours would be possible in August and September. Specific information is provided with the description of particular activities and programmes.

For detailed itinerary planning and arrangement of all necessary services the tour operators listed further in this manual will be glad to help.



FULL DAY PACKAGES BASED ON RURAL ACCOMMODATION

The full day packages are based on accommodation including: guest houses, manor hotels and country hotels that offer extra services and attractions. The packages allow the enjoyment of a full day in the countryside with meals, activities and overnights. Detailed programmes for a day will be pre-arranged according to a customer's wishes. Room standards offer SGL, TWIN, DBL or APARTMENT accommodation with WC and shower or bath if not indicated otherwise. Rooms in a country hotel or a guest house may differ in style, size, facilities and amenities, and they can be located in different buildings of the same accommodation property. If so, they are denoted as Standard, Suite or Superior. When booking, it is strongly advised to check on room specifications. Depending on accommodation capacities, these packages can be used for groups or individuals.

Detailed information:

www.balticsea.countryholidays.info

or from countryside tourism associations (in English):

www.countryholidays.lv (Latvia, Estonia, Lithuania)

www.maaturism.ee (Estonia)

www.visitsouthcoastfinland.fi (South-Finland)

FINLAND

MARTINPIHA COUNTRY ESTATE

Martinpiha is one of the oldest country estates in Lohja Island. Guests can experience a romantic and tranquil atmosphere in beautiful natural surroundings.



Distance from Helsinki: 80km
Website: www.martinpiha.fi

Seppäläntie 130,
08800 Lohja, Finland



ACCOMMODATION:

7 guest rooms in converted, cosy old grain store house buildings. Toilets and showers are situated in a separate building, very close to the rooms.

SERVICES AND ATTRACTIONS ON SITE:

Rowing boats, kayaks and kayaking with guide, bicycles, sauna and hot tub.

MEAL SERVICES:

A summer restaurant offering daily lunches, salads, special hamburgers, tapas, soups, sandwiches, homemade cakes and pies, ice-cream, wines, ciders and beers.

PLACES OF INTEREST NEARBY:

The Paavola oak – said to be the most beautiful tree in Finland. The age has been estimated to be around 350-500 years.

FINLAND

SE-ACTION HOTEL AND COTTAGES

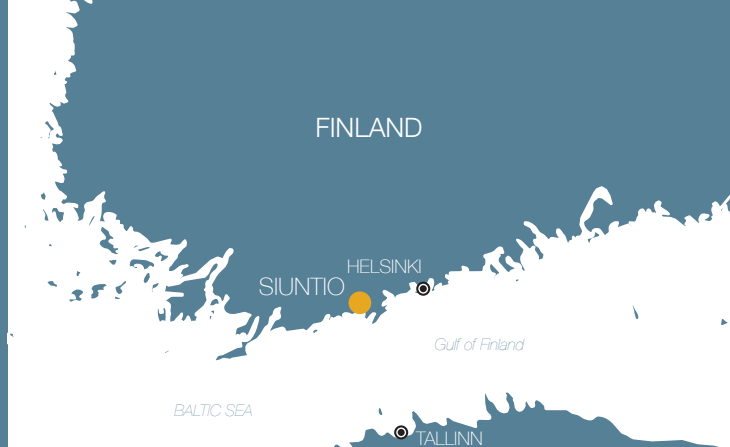
Group programmes and services, paddling trips and rent of canoeing equipment and bicycles. Marvellous views over the Siuntio river valley. The flowing water and surrounding nature create a peaceful, unhurried atmosphere.

Distance from Helsinki: 53km

Website: www.seaction.com (cottages & activities)
www.cumulus.fi (hotel)

Störsvikintie 140,

02580 Siuntio, Finland



ACCOMMODATION:

- Cumulus City & Resort Hotel Siuntio. 142 Standard SGL and TWIN rooms, 47 superior rooms.
- 2 cottages for individual travellers. Each has 2 DBL bedrooms, shower and WC.

SERVICES AND ATTRACTIONS ON SITE:

Paddling:
canoeing along the scenic Siuntio River, kayaking in the beautiful archipelago
SUP paddling
Hiking:
along the seashore with wonderful views over the Finnish archipelago in unspoiled forests surrounded by breathtaking silence and up on hills

with marvellous views
Cycling:
quality hybrid bikes and mountain bikes

MEAL SERVICES:

Cumulus City & Resort restaurant offers delicious, healthy food at lunch and dinner buffets and a la carte.
SE-Action offers the possibility of pre-ordering groceries to the cottages. By pre-booking wilderness and other meals can be prepared for groups.
Café Sjundby - a summer café in the old granary of mediaeval Sjundby manor. Known for its wonderfully tasty homemade Sjundby ice cream, delicious homemade sweet and savoury

pastries.

PLACES OF INTEREST NEARBY:

Museum Degerby Igor, a museum of Finnish-Soviet military history during WWII.
Sjundby Manor, built in 1560 and still privately owned.
Petpark Lomamäen Lemmikkipuisto. Guests can meet and pat the lovely animals. It is possible to see reindeer.
Open-air recreation area of Kopparnäs. Hiking, swimming, sunbathing, bird-watching, picking berries and mushrooms and even barbeque. Breathtaking views over the Finnish archipelago with exceptional cliff formations.

FINLAND

FISKARS VILLAGE

Fiskars Village, the Fiskars company's birthplace, has become an internationally renowned centre of Finnish design and art. Its history goes back to 1649 and today it offers visitors things to see and do all year round. Events and services of Fiskars Village have their focus on the main four themes: design, handicraft and art, local food and drinks, performing arts and outdoor and nature.

Distance from Helsinki: 97km

Website: www.fiskarsvillage.fi



ACCOMMODATION:

- Hotel Tegel Hotel.
7 SGL rooms
17 DBL/TWIN rooms
- Hotel-restaurant Wärdshus.
4 DBL rooms

MEAL SERVICES:

There are several nice restaurants in Fiskars Village.

PLACES OF INTEREST NEARBY:

Raasepori/Raseborg, Hanko, the Billnäs ironworks.

SERVICES AND ATTRACTIONS ON SITE:

The Fiskars Museum, mountain bike trails, local food and food events, guided tours.

FINLAND

SPA HOTEL PÄIVÄKUMPU

Located only a 1 hour drive from Helsinki, in the village Karjalohja by the Lake Lohjanjärvi. Finnish nature is near, only one step from your hotel room and is also brought inside the spa. You can actually hear Finnish birds singing and smell the Finnish summer while enjoying your holiday in luxurious spa facilities.



Distance from Helsinki: 86km
Website: www.paivakumpu.fi

Ylhäntie 1,
09120 Karjalohja, Finland



ACCOMMODATION:

40 rooms in the main building, located on two floors.

SERVICES AND ATTRACTIONS ON SITE:

Spa Hotel Päiväkumpu offers spa and wellness services and is specialised in promoting the Finnish sauna culture.

MEAL SERVICES:

Buffet lunch and dinner are available in the hotel restaurant. A la carte restaurant Panorama offers Finnish and international cuisine daily with a remarkable view over Lake Lohjanjärvi.

PLACES OF INTEREST NEARBY:

- Fiskars Village 17 km
- Tytyri Underground Mine Museum 31 km
- Raasepori/Raseborg Castle Ruins 45 km

FINLAND HOTEL SEA FRONT

The hotel is situated near the sea in a peaceful environment, only a short walk away from the centre of Ekenäs in Raseborg. One can find restaurants, shops, the railway station and the beaches close by.

Distance from Helsinki: 93km
Website: www.hotelseafont.fi

Valkovuokonkatu 2,
10600 Tammisaari, Finland



ACCOMMODATION:

20 DBL rooms located on two floors. 10 of the rooms have a balcony and a view to the sea.

SERVICES AND ATTRACTIONS ON SITE:

- A boat trip from the hotel to Tammisaari archipelago national park.
- Fishing trips and trips to old fisherman house.
- Historic weekend at Raseborg Castle ruins with medieval dinner.

MEAL SERVICES:

Lunch and dinner are served in the hotel restaurant Strandis offering Finnish and international cuisine with a modern twist. Dinner or a drink can be enjoyed on the terrace with a beautiful view to the sea.

PLACES OF INTEREST NEARBY:

- The old town of Tammisaari.
- Ramsholmen forest park and Raseborg Castle ruins.

ESTONIA

VIHULA MANOR COUNTRY CLUB&SPA

An elegant 16th century manor hotel offers a perfect change from the city life with a luxurious stay. Primarily the manor fascinates with its atmosphere and picturesque location in Lahemaa National Park.



Distance from Tallinn: 90km
Website: www.vihulamanor.com

Vihula
45402, Lääne-Virumaa, Estonia



ACCOMMODATION:

- The Main Manor
 - 1 Superior SGL room
 - 7 DBL/TWIN deluxe rooms
 - 1 Presidential Suite
- Back Manor
 - 3 Standard DBL/TWIN rooms
 - 4 Superior DBL/TWIN rooms
 - 3 suites
- The Carriage House
 - 2 Superior DBL/TWIN rooms
 - 6 Superior family rooms
- The Barn House
 - 2 Superior DBL/TWIN rooms
 - 6 family rooms
- The Cattle Barn
 - 7 Superior family rooms
 - 1 suite
- The Vodka Distillery
 - 22 DBL/TWIN rooms (various standards)

- 5 suites
- The Laundry House
 - 5 DBL/TWIN rooms

SERVICES AND ATTRACTIONS ON SITE:

- Eco-SPA
- Activities: Quadbike and buggy tours, Excursions, Fun with Berliet, Golf, Golf Buggies, Helicopter Experience Flights, Horse Carriage Tour, Horse riding, Picnics.
- Vihula Manor House Tour.

MEAL SERVICES:

Vihula Manor menus are focused on local Estonian cuisine, combining hearty traditional countryside dishes and elegant

manor cuisine. Some recipes even come from the manor's historical cookbooks. The manor cuisine follows the green concept with many of the ingredients coming from the estate's own organic Manor Garden, Eco-Farm, neighbouring gardens and farms. Guests can enjoy best quality meals in:
Vihula Manor Restaurant
Kaval-Ants Tavern
Water Mill Café
Vihula Manor Wine Cellar

PLACES OF INTEREST NEARBY:

- Lahemaa National Park
- Rakvere town and castle

ESTONIA

KAU MANOR

The restoration of Kau Manor, which was originally constructed before 1241, was inspired by the colourful history of the manor, and the imagination employed makes it stand out from the other manors. Kau Manor has won the 2016 World Boutique Hotel Award in the category of the World's Most Inspired Design Hotel.



Distance from Tallinn: 50km
Website: www.kau.ee

Triigi
75019, Harjumaa, Estonia



ACCOMMODATION:

- The Manor House
 - 4 Suites
 - 3 Deluxe DBL rooms
 - 4 Superior Rooms
- The Coach House
 - 9 Superior DBL rooms

- private sauna and swimming pool
- massage
- gaming and sporting equipment
- bike rental
- private nature tours
- picnic arrangements

SERVICES AND ATTRACTIONS ON SITE:

- library
- airport transportation,
- rental cars booking
- private cinema

MEAL SERVICES:

Restaurant Kaheksa Jalga (Eight Legs), a wine cellar, a cigar room

PLACES OF INTEREST NEARBY:

- Paunküla village and forests popular for mushrooming
- Medieval St. Nicolas church in Kose village
- Kakerdaja Fen Hiking Track
- Seidla Windmill
- Ostrich Farm in Imavere
- Tuhala Witch's Well
- Blue Springs of Saula
- Kuimetsa Karst Area

ESTONIA

SANGASTE CASTLE HOTEL

The castle was built as an almost exact copy of the architecture of Windsor Castle in the UK and is among the most unusual of the Estonian manor buildings. At least as interesting is the owner and initiator of the manor building design - Count Friedrich von Berg. There is also a Dendro park with rare species behind the Castle.



Distance from Tallinn: 250km
Website: www.sangasteloss.com

Lossiküla
67005, Valgamaa, Estonia



ACCOMMODATION:

6 TWIN rooms
5 DBL rooms
5 suites

MEAL SERVICES:

Sangaste castle restaurant Vidrik
is open on pre-order.

SERVICES AND ATTRACTIONS ON SITE:

- guided walk through the Sangaste arboretum (Dendro Park)
- guided tour in the castle
- local history tour "Roads of the Rye Count" in a minibus

PLACES OF INTEREST NEARBY:

- Otepää Nature Park
- Harimägi and Harimäe viewing tower
- Sangaste Fort
- Hike on the paths and in the footsteps of Sangaste's Rye Count
- Theme park Pokumaa

ESTONIA

MOOSTE DISTILLERY GUESTHOUSE

The renovated historic distillery at Mooste Manor (1909) is home to the Estonian Photo Tourism Centre. The guesthouse on the second floor of Mooste Distillery offers cosy rooms with all modern conveniences.



Distance from Tallinn: 240km
Website: www.viinavabrik.ee

Mooste,
64601, Põlvamaa, Estonia



ACCOMMODATION:

6 TWIN/DBL rooms
1 suite

MEAL SERVICES:

Lunches and dinners in
café-restaurant of Mooste Distillery

SERVICES AND ATTRACTIONS ON SITE:

- sauna and Jacuzzi facilities
- photography courses
- nature tours with a photographer
- bird hide for bird-watching and photography

PLACES OF INTEREST NEARBY:

- Mooste Manor
- Mooste Manor Steward's House where artists are working
- Mooste Manor Folk House where concerts are held
- Lake Mooste

ESTONIA

NURKA

TOURISM FARM

Nurka Farm is located in Luitemaa Nature Protection Area in Pärnu County. The farm complex that is over 100 years old has been renovated into a contemporary holiday farm with all modern conveniences.



Distance from Tallinn: 160km
Website: www.nurka.ee

Piirumi
86507, Pärnumaa, Estonia



ACCOMMODATION:

- The Main building
6 TWIN/DBL rooms
- The Crafts building
5 TWIN/DBL rooms

MEAL SERVICES:

Available if pre-ordered

SERVICES AND ATTRACTIONS ON SITE:

- nature hikes in Tolkuse bog
- wood-heated sauna
- handicraft workshops

PLACES OF INTEREST NEARBY:

- Lotte Village theme park
- Tahkuranna Golf
- Jõulumäe Sports Centre
- Luitemaa Nature Protection Area

ESTONIA

PÄDASTE MANOR

The manor is located on Muhu island. Origins of the manor go back to the 15th century, with some of the ancient walls still visible at the very heart of the house. Five 19th century granite buildings join the stately Manor in a horse shoe shape, opening up to the Baltic Sea. The Manor ensemble is set amidst a 7 hectare landscaped park surrounded by 22 hectares of meadows & forests.



Distance from Tallinn: 155km
Website: www.padaste.ee

Pädaste
94716 Muhu island, Estonia



ACCOMMODATION:

- The Manor House
14 TWIN/DBL rooms and suites
- The Carriage House
9 TWIN/DBL rooms and suites
- Private Farm House
comfortable accommodation for 2 to 6 guests.

centuries old Estonian herbal traditions.

- Sauna services. Guests can enjoy a wood-fired sauna following Estonian traditions.
- Activities: horseback riding, canoe, sunset boating trip, picnic on the Island of Love, biking, nature walks.

PLACES OF INTEREST NEARBY:

- Saaremaa island
- Koguva village in Muhu island

SERVICES AND ATTRACTIONS ON SITE:

- Spa services. The spa experience is based on harmony and revitalisation of all six senses using

MEAL SERVICES:

The Alexander Restaurant offers an arresting culinary combination of urban sophistication and wholesome countryside traditions.

ESTONIA

HOTEL SAAREMAA THALASSO SPA

The Mändjala-Järve coastline has been famous for its sandy beaches and meadows for years – it is the main destination for beach holidays on the island of Saaremaa. Mändjala is home to the Saaremaa Hotel, which is set against a backdrop of pine forests, the sounds of the sea, and a pristine coastline.



Distance from Tallinn: 231km
Website: www.saarehotell.ee

Mändjala,
93871, Saaremaa, Estonia



ACCOMMODATION:

33 Standard and Superior DBL rooms
5 family rooms
2 suites
1 apartment

MEAL SERVICES:

The hotel restaurant seasonal menu changes according to availability of local ingredients. Much attention is given to the freshness and healthiness of food and also to the Estonian cuisine.

SERVICES AND ATTRACTIONS ON SITE:

- tennis court with clay sand cover
- bike rental
- Nordic walking poles rental for a healthy walk in the beautiful pine forest, on a marked path or by the seaside
- sandy beach 100m from the hotel

PLACES OF INTEREST NEARBY:

- Abruksa island
- Kuressaare town

LATVIA

PIENA MUIŽA BERGHOF GUEST HOUSE

The Milk Estate Berghof (Piena Muiža) is a restored historical estate now comprising a guest house, the Rose Tavern restaurant, the Milk Spa salon, a sauna, countryside sauna, a weekend cottage, banquet halls, a well-appointed area for trailers, and a set of tennis courts.



Distance from Riga: 156km
Website: www.pienamuiza.lv

Sieksate,
Skrundas pag., LV-3325, Latvia



ACCOMMODATION:

23 SGL, DBL and TWIN rooms in the guest house.

SERVICES AND ATTRACTIONS ON SITE:

- Milk Spa: milk baths treatments, massages, spa rituals.
- Sauna: traditional and black sauna with professional sauna practitioners.
- Milk Museum: a unique exhibition with all possible information about milk – where we get it from, as well as how butter, cottage cheese, cheese and other products are made.

- Active leisure: 2 tennis courts and a complex field for tennis, mini-football, volleyball, basketball, handball, badminton and floorball.

MEAL SERVICES:

The Rose Tavern restaurant.

PLACES OF INTEREST NEARBY:

- The Garikas guesthouse
This is the first farm in Latvia which began to grow shiitake mushrooms. Informative tours are available and guests are treated to

the “emperor mushroom” sauce or soup. Visitors can also order other foods which involve shiitake mushrooms or purchase them in dry or powdered form. The owner also produces an ancient herbal beverage called “Ponso,” and it is only available at Garikas.

- The Vilki ceramics workshop
The craftswoman will talk about and demonstrate the way in which she produces various ceramics products, encouraging guests to do some of the work on their own. Guests can buy ready-made objects.

LATVIA

MĀRCIENAS MUIŽA MANOR HOTEL

A spa resort in a renovated manor house in the countryside. High standards of service in all fields, personal attitude, outstanding cuisine and luxurious interiors. The manor has a spa complex and offers spa procedures.



Distance from Riga: 160km
Website: www.marciena.eu

Lejas Patmalnieki,
Mārciena, LV-4852, Latvija



ACCOMMODATION:

The Manor house.

- 4 Standard TWIN/DBL rooms

- 2 Suite TWIN/DBL rooms

The SPA house.

- 6 Standard TWIN/DBL rooms

- 1 Suite TWIN/DBL room

Hostel.

- Shared WC and shower - 3 for women + 3 for men.

- 15 TWIN rooms

Blacksmith's house - a private cottage with 1 bedroom (DBL bed), a living room, WC and shower, a small kitchen.

SERVICES AND ATTRACTIONS ON SITE:

- SPA complex: stone bath, pine bath, hay bath, sauna, mill contrast shower, cold pool, warm pool with counter-stream, Jacuzzi.

- Biomechanical stimulation procedures.
- Latvian country bath.
- Active leisure: croquet, bicycles, fishing, walking trails, children's playground, swimming, walking sticks, swing, catamaran, slide in the lake.

MEAL SERVICES:

The Mārcienas muiža hotel restaurant offers the "old world," Latvian and Baltic German dishes in a modern way. Fruit, vegetables, meat and fish come from the estate's gardens and from local farmers.

PLACES OF INTEREST NEARBY:

Jānis Seiksts, a ceramist - Guests can visit the workshop, watch the

craftsman at work, try their own hand at the process, and purchase clay objects, including garden ceramics. There is also a lovely garden to view.

- "Līvi" goat milk products - This is one of the largest goat farms in Latvia, with approximately 160 pedigree goats (Alp, Anglo, German White Noble and other breeds), as well as pigs for breeding purposes. Guests can taste various kinds of cheese and watch how the goats are milked. Guests can also taste and purchase canned meat. No preservatives are ever added to the farm's products.

- The Gaiziņkalns Hill - is the highest hill in Latvia. There is a well-signposted hiking trail around the Gaiziņkalns Hill. In winter the hill and its surroundings are popular for downhill and cross-country skiing.

LATVIA

KĀRĻA MUIŽA COUNTRY HOTEL

The Kārļa Muiža Country Hotel is located in the countryside of the Amata river valley with beautiful landscapes and in the Gauja National park. It represents a renovated 18th century estate building with charming ambience and is surrounded by an old apple orchard.



Distance from Riga: 75km
Website: www.karlamuiza.lv

Karļi,
Cēsis, LV-4139, Latvia



ACCOMMODATION:

- The main building.
 - 2 Standard DBL rooms
 - 1 Standard TWIN rooms
 - 1 Suite DBL room
 - 1 Superior DBL room
 - 1 APARTMENT
- Cottage "Annmarie" - a private cottage with a bedroom (DBL bed), a living room, WC and bath, a kitchen.

SERVICES AND ATTRACTIONS ON SITE:

- Sauna
- Active leisure: walks in the Romantic Landscape Park, Amata River Hiking Trail, cycling routes in the Gauja National Park, bike rental and trekking poles' rental.

MEAL SERVICES:

The hotel restaurant mostly uses local ingredients.

PLACES OF INTEREST NEARBY:

- Historic town of Cēsis 8km.
- Sigulda town 18km.
- The Lake Castle of Āraiši 7km. It is an authentic reconstruction of a Lettgalian tribe settlement (9th -10th century) – wood cabins on a platform in a lake. Guided excursions.
- The Līgatne nature trails 11km.

LATVIA

MAZMEŽOTNES MUIŽA MANOR HOTEL

The manor hotel is located on the slopes of the Lielupe river valley, surrounded by countryside in which to relax and enjoy active nature-based holidays.



Distance from Riga: 80km
Website: www.mazmezotne.lv

Mazmežotne,
Rundāles pag., LV-3921, Latvia



ACCOMMODATION:

The Lords' house.
5 Superior DBL rooms
1 Superior SGL room

The Servants' house.
9 Standard TWIN
1 Standard TWIN with facilities for disabled.

SERVICES AND ATTRACTIONS ON SITE:

- Sauna
- Active leisure: boat and bicycle rental, the nature trail.

MEAL SERVICES:

The Mazmežotne Manor restaurant offers a variety of appetisers, soups, main courses and desserts.

PLACES OF INTEREST NEARBY:

- The Rundāle Palace
Rundāle palace <http://rundale.net> (18th century), built by an Italian architect F. B. Rastrelli is the most magnificent masterpiece of Baroque architecture in the Baltic States. The renovated palace interiors are decorated with

authentic 18th century furniture, paintings and china. The palace boasts a beautiful French-style garden surrounded by a canal.

- Laima Ceramics
Laima Grigone is an artist in ceramics. She is creating hand-thrown tableware from porcelain and reduction wood-fired earthenware. Her unique tableware collection is rooted in fusion of art, craftsmanship and design.

LATVIA

COUNTRY HOUSE

LANTUS

A country house in a landscaped setting by a pond and near forest. The house is comfortably appointed with several fireplace rooms, a sauna, a pool.



Distance from Riga: 115km
Website: www.laukumaja.lv

"Lantus",
Bērzaimes pag., LV-4208, Latvia



ACCOMMODATION:

- The main house.
2 Superior DBL rooms
1 APARTMENT (2 bedrooms, a dining room; WC and shower outside the apartment)
- Extra rooms available in the Sauna house.

SERVICES AND ATTRACTIONS ON SITE:

- Latvian Sauna: sauna procedures, bath-house attendant service.
- Massages: classical or relaxing massage, facial massage, body peeling, hot honey massage etc.

MEAL SERVICES:

The hostess offers home-made meals. The farm buys from local food suppliers - farmers and food manufacturers.

PLACES OF INTEREST NEARBY:

- The Valmiermuiza beer brewery
Tourists can learn about the history of the Valmiermuiza estate and the brewing of beer, beginning with raw materials and ending with finished products. The visit is enriched by tastings of live beer and stories about Latvia's traditional holiday beverage. The brewery shop sells

live beer, homemade goodies and selected souvenirs.

- Carpenter's workshop
The craftsman manufactures barrels, hot tubs, furniture, stairs, doors and other useful objects. Guests can take a tour, learn about the relevant skills and experience, and help in manufacturing something that will be of use in the household. Guests can watch how barrels are made from start to finish, and also try their own hand at the craftsmanship.

LATVIA

BĪRIŅU PILS

CASTLE HOTEL

The Bīriņi estate buildings and the park were built in the 18th-19th century. The castle itself exemplifies a successful mixture of styles - the architecture is dominated by the Neo-gothic and Semicircle style, while the interior features Neo-renaissance. Today the castle is a prestigious and romantic venue for banquets and seminars.



Distance from Riga: 53km
Website: www.birinupils.lv
www.celotajs.lv/en/e/birinupils

Bīriņi,
Vidrižu pag., LV-4013, Latvia



ACCOMMODATION:

- The Castle Building.
5 Standard DBL/TWIN rooms (2 with a shower, 3 with a bath)
3 Suite DBL rooms (with private Jacuzzi bath)
4 Family apartments (2 bedrooms, private WC and shower)
- The Gardeners House.
3 Standard DBL rooms (1 with a shower, 2 with a bath)
2 Standard DBL/TWIN rooms
1 Suite DBL
1 Suite TWIN
3 Family apartments (2 bedrooms, private WC and shower)

SERVICES AND ATTRACTIONS ON SITE:

- Several parks surrounding the Bīriņi estate.
- Bathhouses: Castle's Bathhouse

with a pool, steam bath and massage shower.

- Watermill's Bath during the summer season - a traditional Latvian sauna with birch or linden whisks, herbal tea, and swimming in Watermill Lake.
- Active leisure: horse riding, cart or sleigh riding, boat rental, bicycle rental.

MEAL SERVICES:

- The Bīriņi Castle restaurant is located in the Vaulted Hall, in the cosy basement of the Castle.
- The Summer Café. In the summer season, an ethnic museum - cafe is open between Wednesday and Sunday in the Bīriņi Castle Watermill, guests can also enjoy refreshments on the Terrace at the Watermill lake.

PLACES OF INTEREST NEARBY:

- The Dzirnupes farm
This is an organic farm, and visitors are invited to join in the fieldwork
- gather hay, make sauerkraut, pull weeds, milk a goat, watch the geese, catch some fish and then smoke them following the farmer's own recipe. Visitors can also help to bake bread. There's a sauna where guests can inhale the aroma of healthy grasses and drink some medicinal teas.
- The smithy, museum and workshop of Kaspars Auza
At the workshop, guests can make their own metal nail and examine lanterns, candelabras, hinges, fireplace tools, stair railings and gates that have been manufactured there, as well as several exhibits from the 18th century.





Photo by Outdoors Finland (cc)

NATURE BASED EXPERIENCES IN NATIONAL PARKS

The South of Finland, Estonia and Latvia have four distinctive seasons with their respective weather, plants, wildlife and human activity. Nature wakes up in the spring with the first flowers, birch tree sap, migrating birds and flooded rivers providing opportunities for bird watching. In the summer, when the meadows are full of wild flowers and gardens with ripening berries, it's time for botanic and butterfly tours. Autumn turns the forests golden and it is harvest time - ideal for picking cranberries and mushrooming, also for watching the displays of cranes and mammals. The snowy winter season is particularly enjoyable if outdoor activities are followed with a traditional sauna ritual involving patting with birch twigs, rubbing in honey, cooling in icy water and relaxing with herbal teas.

From April to the end of September are spring, summer and early autumn months, and the best time to enjoy the beautiful countryside. Natural values are safeguarded and presented to visitors in our national parks. They offer guided tours and specialised programmes to take visitors to beautiful and unique natural sites, to see birds, animals and plants in their natural surroundings and explain nature's processes in attractive ways.

Visits to national parks can be included in group and individual touring itineraries as full day or half day experiences.

FINLAND

EKENÄS ARCHIPELAGO NATIONAL PARK

Visitor centre: Tammisaari nature visitor centre,
Rantapuistikko, 10600 Tammisaari (Raasepori)

Distance from Helsinki: 93km

Website: www.nationalparks.fi/ekenasarchipelago



Phone: +358 206 39 4613

E-mail: tammisaari@metsa.fi



Photo by Eeva Mäkinen



Photo by Alexander Mazurov



Photo by Visit Finland

Enjoy an unforgettable summer outing to this lovely part of Finland's coastal archipelago with its larger wooded islands, small rocky islets and open seascapes. Watch majestic white-tailed eagles soaring overhead. Take a boat excursion from Ekenäs to one of the main islands, or head off to explore smaller islands and bays in your own sailing boat or kayak.

ACTIVITIES:

Boating, nature trails, canoeing/kayaking.

FINLAND

KARKALI STRICT NATURE RESERVE

Visitor centre: Lohja Tourist information,
Laurinkatu 50, 08100 Lohja

Distance from Helsinki: 79km
Website: www.nationalparks.fi/en/karkali



Photo by Outdoors Finland (cc)



Photo by Outdoors Finland (cc)



Photo by Outdoors Finland (cc)

Karkali Strict Nature Reserve is one of the finest herb-rich forest areas in Finland. Its landscape has its very own character, as well in the spring as in the summer and in the autumn. The glory of anemones in the spring, and the riot of colour on the autumn leaves are beyond compare.

The area of the nature reserve is protected primarily to completely conserve the natural features, and for scientific research but, unlike strict nature reserves in general, it is also open for visitors. However, when visiting the nature reserve and its sights, you are allowed to walk only on the marked trails, because of the vulnerable natural features of the area which would otherwise be damaged.

ACTIVITIES:

Nature trails, getting to know Finnish nature.

FINLAND

NUUKSIO NATIONAL PARK

Visitor centre: Haltia,
Nuuksiontie 84, FI-02820 Espoo

Distance from Helsinki: 40km
Website: www.nationalparks.fi/nuuksio



Phone: +358 40 163 6200
E-mail: haltia@metsa.fi



Photo by Outdoors Finland (cc)



Photo by Outdoors Finland (cc)



Within easy reach of the Finnish capital of Helsinki, visitors can escape into wild natural settings and enjoy typically Finnish scenery, with lovely lakes, green forests and rugged crags. The nearby Finnish Nature Centre Haltia spotlights the best of Finland's natural treasures from across the country.

ACTIVITIES:

- Nature trails:

The park has two nature trails where you can learn about habitat restoration techniques and the area's woodland and wetland ecosystems. Nahkiaispolku Nature Trail (2 km) runs in challenging terrain, while Kaarniaispolku Nature Trail (2.7 km) is suitable for beginners and even children.

- Nature Information Hut:

Haukkalampi Nature Information Hut has a fascinating exhibition on flying squirrels.

- Visit the Nature Centre Haltia

The Finnish Nature Centre Haltia showcases some of the jewels of Finnish nature and hosts exhibitions about the flora and fauna of Nuuksio and the capital region. Its exhibitions bring visitors within touching distance of the natural world, and the glorious scenery of Nuuksio National Park and Lake Pitkäjärvi are just around the corner.

Finnish Nature Centre Haltia is the first public building in Finland built entirely of wood; it is a combination of stunning architectural design and ultramodern ecological solutions. The building's heating and cooling systems are powered by solar panels and geothermal pumps.

ESTONIA

LAHEMAA NATIONAL PARK

Visitor centre: Lahemaa National Park Centre,
information point, Palmse, Lääne-Viru County

Distance from Tallinn: 52km

Website: www.loodusegakoos.ee/where-to-go/national-parks/lahemaa-national-park



Phone: +372 329 5555



The word Lahemaa means Land of Bays in Estonian. Perfect for a day trip out from Tallinn for a hiking trip and nature watching. Attractions: North-Estonian coast with peninsulas and bays, diverse forest types, Baltic Klint, alvars, rich cultural heritage, and a broad diversity of flora and fauna. The Lahemaa National Park was the first national park in the Baltic States to be designated.

ACTIVITIES:

- Hike in Viru bog.

A guided tour leads through the bog over a boardwalk. The trail is about 3.5km long. During the tour, visitors can view the landscape from a viewing tower, visit a peat milling field, take a look at and touch various plants, and talk about the related lore and the significance of bogs to the biota.

- Nature hikes in Lahemaa.

Trips with experienced nature guides will introduce the nature and cultural heritage of Lahemaa. Visitors will look at boulders and waterfalls, visit bogs and coastal villages, see some manors, ancient holy groves and burial sites, the military heritage, interesting museums, and farms.

ESTONIA

KARULA NATIONAL PARK

Visitor centre: RMK information point at the visitor centre of Karula National Park, Ähijärve village, Võru County

Distance from Tallinn: 280km

Website: www.loodusegakoos.ee/where-to-go/national-parks/karula-national-park



Phone: +372 782 8350



Photo by Kaidi Jõesalu



The wildlife in Karula National Park (total area 123 sq. km) is very varied. In the northern part of the national park semi-natural landscapes prevail which have emerged as a result of millennia of human activity. Here sparsely situated farms alternate with strips of fields, pastures, forests and lakes. The southern part of the national park is covered by huge expanses of forest with smaller bogs and mires in between. Main attractions: scenic Lake Ähijärv (176ha), Rebasemõisa Tornimägi hill (137.8 m above sea level), undulating landscapes.

ACTIVITIES:

- Hiking and cycling
- Adventure tourism
- Fishing
- Nature photography.

ESTONIA

SOOMAA NATIONAL PARK

Visitor centre: RMK information desk in the centre of Soomaa National Park, Kõrtsi-Tõramaa, Tipu village, Viljandi County

Distance from Tallinn: 150km

Website: www.loodusegakoos.ee/where-to-go/national-parks/soomaa-national-park



Phone: +372 526 1924



Soomaa National Park has been established for the protection of large bogs, flooded meadows, forests and heritage culture in the south-western part of Central Estonia. The National Park covers an area of 390 sq km.

Life in Soomaa depends on the weather more than anywhere else in Estonia. The rivers of Soomaa cannot carry all the waters flowing down from the Sakala Uplands during the spring thaw. Thus, the water spreads into meadows and forests and floods even the roads, cutting the connection with the rest of the world. The floods are called the “fifth season” by the people of Soomaa, because floods occur nearly every year. The fifth season is the best time to explore the landscape of Soomaa. Attractions: Bogs, floods, intact nature.

ACTIVITIES:

- Canoeing in Soomaa
- Trips with skiffs made of a single tree trunk (called haabjas)
- Walking tours in the park
- Wildlife observation and nature photography
- Picking berries and mushrooms
- Fishing

LATVIA

ĶEMERU NATIONAL PARK

Visitor centre: Meža māja,
Ķemeri, Jūrmala

Distance from Riga: 45km

Website: www.kemerunacionalaisparks.lv



The Ķemeri National Park was established in 1997 and mostly involves wetlands – the shallow shores of the Gulf of Riga, an overgrown seaside lake, vast swamps, damp forests and fens, and flooded meadows. The park is hugely important for protecting plants (25% of those recorded in Latvia's Red Book are found in the park) and animals, particularly nesting and migrating birds.

The once-famous Ķemeri Spa was based on the availability of sulphur water and mud. Most of the cultural and historical objects in the Ķemeri National Park relate to the seashore as a place for leisure and recuperation.

ACTIVITIES:

- Guided tours along nature trails: walking trail of Lake Sloka with a bird-watching tower (the main circle ~3km, there are alternatives to extend a walk up to 12 km), the Dumbrāji trail (550m), the restored Slampe River and watching how the livestock are adapted to life in the wild at Dunduri meadows.
- Guided bird watching. In a short period of time it is possible to see at least seven species of birds, for example the Ķemeri National Park is one of the best places for woodpecker watching. In the autumn and spring, thousands of migrating geese and cranes use the park to rest and spend the night.
- Ķemeri National Park – the Great Ķemeri Bog Boardwalk www.latvia.travel/en/sight/great-kemeri-bog-boardwalk (walking distances 2 or 4km).

LATVIA

GAUJA NATIONAL PARK

Visitor centre: Regional tourist information
centre in Sigulda

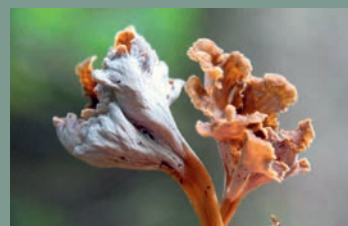
Distance from Riga: 54km

Website: www.latvia.travel/en/sight/gauja-national-park



Phone: +371 67971335

E-mail: info@sigulda.lv



The Gauja National Park, established in 1973, was Latvia's first national park, and it has a wealth of tradition in environmental protection and tourism. The main "artery" of the park is the 95km long ancient Gauja River valley, which was left behind when Ice Age glaciers receded and has become Latvia's most popular river for water tourism. The territory has a great diversity of species – some 900 plant species in all. The Gauja National Park is one of the best protected territories in Latvia in terms of nature trails and tourism routes, e.g. the nature trails at Līgatne pass along paddocks of wild animals – the largest and most complete object of its kind in the Baltic States. 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 lake castle at Āraiši.

ACTIVITIES:

- Guided walks along Līgatne nature trails. Over a distance of some 5 km, visitors can see wild animals and birds characteristic of the fauna of Latvia: roe deer, wild boar, bears, foxes, elks, lynx, owls, eagle-owls and aurochs.
- Guided fungi tours with a professional mycologist in a forest – collecting or taking photos of edible and non-edible mushrooms including: chanterelles, russulas, Chestnut Boletus (*Gyroporus castaneus*), Lurid Boletus (*Boletus luridus*), edible tree-fungus – Sheep polypore (popular in Scandinavian cooking) (*Albatrellus ovinus*), Golden corall (*Ramaria aurea*), (*Hapalopilus croceus*), European boletus (*Boletus edulis*), golden Coral Tooth (*Herizium coralloides*). Fungi tours are available from mid-August to the end of September when mushrooms are growing in the forests.
- Canoeing on the Gauja river 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.

LATVIA

SLĪTERE NATIONAL PARK

Visitor centre: SIA Kolkasrags, Brigas, Kolka,
Kolkas pagasts, Dundagas novads

Distance from Riga: 192km
Website: www.kolkasrags.lv



E-mail: kolkacape@inbox.lv



The Slītere National Park (established in 2000) is known, with good reason, as an open-air museum showcasing the historical development of the Baltic Sea. The evidence of past geological events can be seen in the Blue Hills of Slītere, which stand 20 to 30 metres high above what was once the shore of the Baltic glacial lake some 10,000 years ago. The gentle climate is the reason why so many rare plants are found in the park – some 860 in all including Common Yew (*Taxus baccata*) and Baltic Ivy (*Hedera helix* var. *baltica*). Of great value in the preservation of these treasures was the Soviet military machine, the presence of the military meant that the area of what is now the Slītere National Park remained largely undisturbed for 50 years. Left behind when the Soviets departed are army bases and other military objects in the area.

The park includes one of the most popular tourist destinations in Latvia – the Cape of Kolka. During the spring migration of birds, more than 60,000 birds cross the cape each hour. Along the shore of the Baltic Sea is the so-called Livonian coast, which stretches from Kolka to Sīkrags and Oviši. Fishing villages and other cultural objects established by the world's smallest ethnic minority, the Livonians, can be found here along the beautiful, largely

uninhabited golden sandy beach.

ACTIVITIES:

- Guided walks along nature trails: 0.3-3.5km long nature trails presenting the protected nature values and landscapes.
- Hiking routes: 3-7km long hiking routes introducing the local heritage of nature, history and culture.
- Wildlife. The geographic location and diversity of biotopes of the Slītere National Park ensure a wealth of mammals. You have every opportunity to hear hooting owls, rooting bucks and howling wolves. You may smell a racoon dog, run into a doe with her fawns, watch a beaver building a home, or spot a group of stags swimming in a lake during the foggy morning. Most of the more than 40 species of mammals in the Slītere National Park are shy and hard to spot. The afforested nature of the territory ensures diversity of fauna, but it also makes it more difficult to spot animals. Animal-watching at the Slītere National Park is only possible in the presence of a guide, and only for small groups of one to five people: www.celotajs.lv/cont/tour/tours/files/Sliteres_NP/EN/Zveri_EN_jpg.pdf

A photograph of two women standing in a lush green garden. The woman on the left has short brown hair, wears glasses, a light-colored button-down shirt, and olive green pants. The woman on the right has short blonde hair and wears a blue and white horizontally striped long-sleeved shirt and dark blue pants. They are both smiling. In the background, there is a house with a red tiled roof and a chimney, surrounded by various green plants and trees under a cloudy sky.

LOCAL EXPERIENCES – FARMS, CRAFTS, TRADITIONS

Discover the true spirit of the country by visiting traditional farms and artisans and witness the unique heritage that has been brought along to the present day through generations and finds a place in modern life. The sites demonstrate the living traditions in households, farming, animal breeding, making foods, practicing crafts like carpentry, pottery, weaving, celebrating traditional festivities.

These visits usually take 1-1.5 hours and can be included in tour itineraries to diversify touristic experiences. Translation services are required because many farmers and craftsmen in the countryside do not speak foreign languages.

FINLAND

TAMMISAARI/EKENÄS OLD TOWN

Tammisaari (Finnish name) or Ekenäs (Swedish name) Old Town with its wooden houses spreads out to the seashore. The street names tell the story of the life of the townspeople and how they got along hundreds of years ago. Here, the streets have stayed the same since the 16th century. Street names such as the Hatter's Street (Hattmakaregatan), Linen Weaver's Street (Linvävaregatan), Cloth Weaver's Street (Handskmakaregatan), Smith's Street (Smedsgatan) and Tanner's Street (Garvaregatan) reveal that Barcken's peninsula in Ekenäs once was populated by skilled craftsmen.

WEBSITE: www.visitraseborg.com

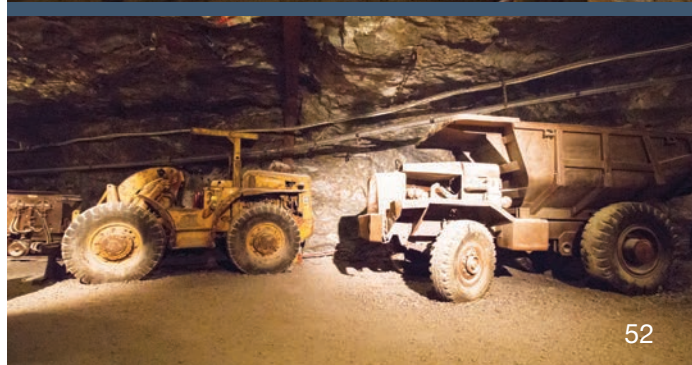
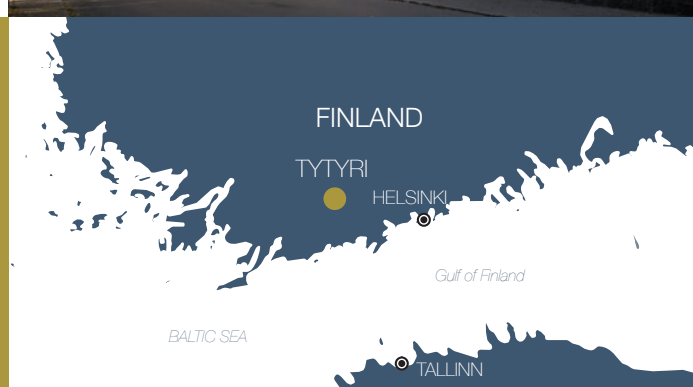


FINLAND

TYTYRI MINE MUSEUM

The Tytyri Mine Museum takes you 100m underground into a real working mine. Explore the cool and humid mine shafts as you find out more about the history of mining through displays, drawings and photographs. A visit to the 100 metre wide and 100 metre deep underground cave gives a good picture of the huge size of Tytyri limestone mine.

WEBSITE: www.tytyrielamyskaivos.fi



FINLAND

THREE BEVERAGE PRODUCERS – A TASTING TOUR IN FISKARS VILLAGE

Fiskars Village is an old ironworks village in the middle of Raasepori municipality. Today it is a vibrant arts and handicraft village. A local guide will lead you into the history of Fiskars Village with interesting stories. Dinner packages upon request. The programme duration is 2-3 hours and it includes visits to three local small breweries and tasting of their products:

- Ägräs Distillery,
- Fiskars Brewery,
- Kuura cider.

Dinner packages are also available upon request.

WEBSITE: www.fiskarsvillage.fi/en/see_and_do/activities/three-producers-tasting-tour



FINLAND

TRADITIONAL GAMES IN THE KETTUKALLIO FOREST FARM

Kettukallio - the Fox Rock in Finnish, is a traditional forest farm in Lohja municipality. The old wooden buildings, smoke sauna and the small pond make the surroundings truly authentic.

The traditional games originated in old times and are funny leisure activities suitable for all.

The programme duration is 1.5 - 2 hours and includes games like:

- running water wobbling tower
- separate the wheat from the chaff.

Optional activities include smoke sauna, eating by the camp fire, trekking in the Finnish forest, etc.

WEBSITE: www.en.kettukallio.net



FINLAND

WELLBEING FROM WILD HERBS IN PURNUS RIVER VALLEY

SE-Action is in an old farming area in Purnus river valley in Siuntio. The picturesque surroundings offer a perfect experience in the Finnish rural scenery with a local friendly atmosphere. Herbal therapy is the oldest system of medicine in the world, while being close to nature effects our health in a positive way.

The programme duration is 1.5 - 5 hours depending on arrangement and it includes:

- A herb hike guided by a phytotherapist to learn about the most common medicinal herbs growing wild in the Finnish countryside and about their health impact.
- Some easy exercises during the walk, aiming to create contact with nature and to sensitise ourselves into listening to our own body.

The herb hike can be combined with a relaxing herbal sauna or an inspiring herbal workshop.

WEBSITE: www.seaction.com/en/program-services/outdoor-activities/thaw

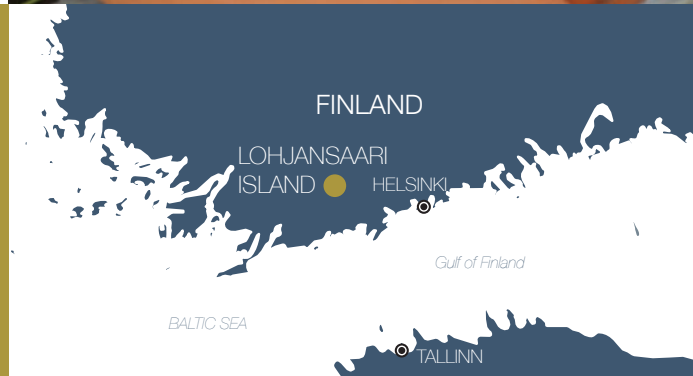


FINLAND

LOHJANSAARI ISLAND

Lohjansaari island is in the middle of the largest fresh water lake Lohja in southern Finland. Due to its fertile soil and warm micro climate, the area hosts several arboreta. You can visit apple orchards or spend the night at Martinpiha destination and enjoy a truly rural experience with the friendly local people.

WEBSITE: www.visitsouthcoastfinland.fi/en/activities/lohja-archipelago



ESTONIA

HOME VISIT ON KIHNU ISLAND

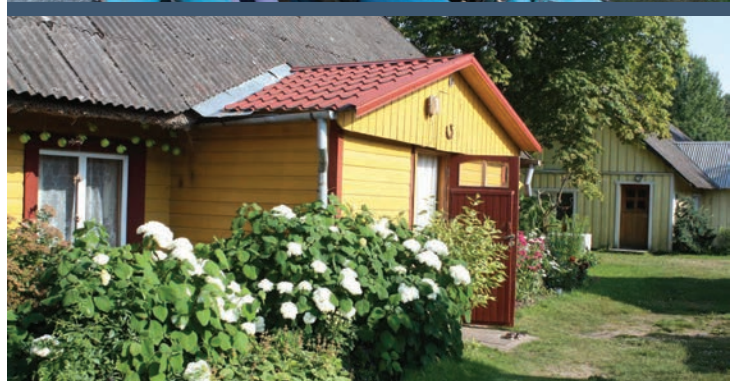
Kihnu is the largest island in the Gulf of Riga with an area of 16.4 km², it is only 7 km long and 3.3 km wide. There are four villages on the island and the unique atmosphere of the island can be experienced by visiting a local family at Kuraga Farm. Three generations live in this farm and are happy to welcome guests.

Duration of the programme: 1.5 hours.

The programme includes:

- Presentation of Kuraga family about everyday life and the past on the island.
- Homemade lunch from ecological self-grown and home-made local food such as white/black bread, herbal tea, jam and other goods from the family's garden.
- Local music performed by the Kuraga family members.

WEBSITE: www.kuraga.eu



Country life experiences and tastes during a day trip outside Tallinn. You are welcome to enjoy the history and modern tastes of the Baltic's largest beer brewery and the great Saku manor, the Metsanurme grain dryer and the bread history, Esko farm dairy products and the environment.

Duration of the programme: 6-7 hours.

The programme includes:

- Presentation of the manor house, workshops and handicraft.
- Visit to Esko farm dairy, presentation of production, degustation (cheese, curd, yogurt, feta-cheese).
- Visit and coffee-break in Metsanurme village centre (former grain dryer).
- Visit to Saku Brewery – guided tour in the factory and beer-museum, production degustation, dinner in the brewery pub.

WEBSITE: www.sakutour.eu

ESTONIA

AVINURME

WOODEN HANDICRAFTS CENTRE

Avinurme Wooden Handicrafts Centre in Ida-Viru County is a tourist centre that offers a chance to get acquainted with local woodcraft, spend quality time in woodworking workshops and taste or even prepare yourself a selection of Estonian traditional foods. Avinurme area has strong woodcraft and business traditions, based on knowledge passed on from generation to generation. Meals can be pre-ordered.

Duration of the programme: 1.5-2.5 hours (depends on the workshop theme).

The programme includes:

- Presentation of the Avinurme Wooden Handicrafts Centre.
- Workshop options: basket weaving, chipwood decorations, sauna hat felting, sauna soap felting, bread baking, candle making, wood painting, galosh painting.
- Coffee break and/or degustation of local products.

WEBSITE: www.puiduait.ee



ESTONIA

VÕROMAA

SMOKE SAUNA AT MOOSKA FARM

The Adventure Trip and Smoke Sauna package presents the smoke sauna traditions of Old Võromaa having found a dignified place in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.

The smoke sauna session in Mooska smoke sauna is customarily at least 3 hours of bathing enjoyment. Body and soul will be cleansed while relaxing in a mysterious and comforting steam room, together with the host family, whisking, bathing, and pampering yourself with sauna honey. The sauna is located near a pond for a cooling swim when water is ice free or an invigorating dip in winter. During the experience, your hosts will tell you all about and explain the Estonian smoke sauna traditions and beliefs. Smoke sauna is a holy (sacred) place for the family.

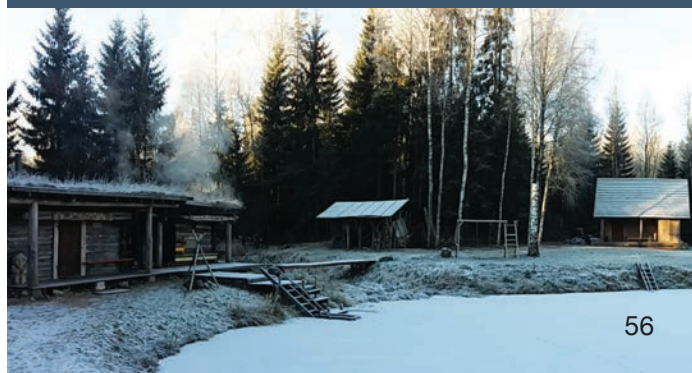
The Adventure Trip and Smoke Sauna package has been awarded the EHE (Genuine and Interesting Estonia) quality label.

Duration of the programme: 5-6 hours.

The programme includes:

- A nature trip to Vällamägi Hill, where participants will gain a deep insight into the local cultural heritage.
- A guided smoke sauna session after the walk.
- Lunch or dinner made of local products.

WEBSITE: www.mooska.eu



ESTONIA

TORI JÕESUU CIDER AND WINE FARM

Fruit and berry wine has been made at the Tori Jõesuu Cider and Wine Farm since its beginnings. The people currently living there are inspired by the experiences of their ancestors and value the fruits and berries that grow from the local Soomaa soil, which has a particular composition. The old feral apple tree, which grows in the yard, is particularly special because its golden apples have an unusual taste which makes the Tori Jõesuu Cider Farm cider unique. The visit also includes a tour of a genuine Nordic vineyard. The Cider tour around Tori Jõesuu Cider and Wine Farm on the edge of Soomaa National Park has been awarded the EHE (Genuine and Interesting Estonia) quality label.

Duration of the cider tour: 2 hours.

The cider tour includes:

- Visit to a genuine Nordic vineyard.

Introduction to the organic cultivation of fruit trees, the process of turning raw materials into cider and wine.

Product tasting.

WEBSITE: www.siidritalu.ee



ESTONIA

KUUSIKU NATURE FARM

You will find the nice and quiet Kuusiku Nature Farm on the edge of the beautiful Lahemaa National Park by Lake Viitna Pikkjärv. The Kuusiku Farm offers traditional farm bread.

Duration of the programme: 5-6 hours.

The programme includes:

- Introduction to Kuusiku Nature Farm.

Activity options:

- Guided wildlife tour to the nearby nature reserves or wetland areas.

- A cooking class for traditional foods, for example, mushroom dishes, bread baking, etc.

Lunch or dinner made from local products.

WEBSITE: www.kuusikunaturefarm.ee



LATVIA

CARPENTER'S HOUSE "NAMDARU DARBNICA"

The carpenter's workshop offers special excursions and thematic programmes. Under the guidance of a craftsman it is possible to try working with traditional wood-working tools and get to know ancient games. A tea break in a romantic cottage. Visitors can buy souvenirs made of juniper wood.

The programme includes:

- Finding out about the tree species in Latvia and the traditional use of wood for various household purposes.
- Seeing in action and trying out, under the guidance of skilful craftsmen, the traditional woodworking tools like sawing with a two-man saw, making an accurate roof shingle with a drawknife, and trying one's hand at carving a trough.
- Trying old-time outdoor games equipment made of wood, like walking on wooden stilts, driving the puck, and other games.

WEBSITE: www.namdaradarbnica.com



LATVIA

ADZELVIEŠI HEMP FARM

Hemp is an ancient Latvian cultivated plant, which has been cultivated more than 1000 years. In the fields of Adzelveši, the crop is cultivated for its seeds which are used to make hemp butter or roughly ground to make powder.

The programme includes:

- A story of hemp cultivation history including a display of traditional hemp processing tools.
- Tasting traditional hemp products: rough and fine hemp spread, hemp sandwiches, pressed and toasted hemp crumbs, hemp oil.

WEBSITE: www.adzelveši.lv



LATVIA

BIRCH SAP PRODUCTION FACILITIES

BIRCH SAP BRAND PRODUCTS BIRŽĪ FROM THE LABANOVSKI FAMILY

From May till October visitors are invited to visit the birch sap production facilities and cellar where sparkling birch sap is made and stored. Sap is especially tasty when it's fresh in April and the beginning of May, but in order to maintain its refreshing and valuable qualities, the Labanovski family has, over many years, developed new recipes. Biržī products are organically certified and are available for purchase on site.

The programme includes:

- An introduction from the hosts about birch sap including video film and photos from birch sap harvests in springtime.
- Tasting different kinds of birch sap from fresh to sparkling with various flavours, and the unique birch sap syrup, as well as wines from birch sap and dandelion.

WEBSITE: www.birzi.lv



LATVIA

BIRCH SAP PRODUCTION FACILITIES

BIO BIRCH SAP PRODUCTS FROM THE LIBERTS FAMILY

A tour of the cellar in which the owner produces fresh birch sap, fermented birch sap lemonade with hint of peppermint, sweet and tasty birch sap syrup, birch sap still wine, sparkling wine made using the traditional champenoise method with second fermentation in the bottle, birch sap spirit, frozen birch sap (for cosmetic and beverage industries). Products are available for purchase on site.

The programme includes:

- An introduction from the hosts about birch sap, harvesting and production of drinks.
- Tasting different kinds of birch sap products.

WEBSITE: www.sula.lv



LATVIA

THE VIENKOČU LANDSCAPE PARK

The Vienkoču park is a landscape park beside the Līgatne river. Visitors can follow theme trails and visit an ecologically built sand-house while finding out about its building philosophy and the process; models of historic manors, wooden sculptures, ethnographic buildings, log-boats, tar kiln are all to be found in the park.

The park also houses a Woodcraft Museum, arranged as a historic carpenter's workshop. It is possible to find out in the museum how the craftsmen of old times mastered wood craft. Special attention is being paid to research into the process of making log-boats.

The programme includes:

- Guided excursion in the park.
- Guided excursion in the Woodcraft Museum.
- Optional workshops for visitors to participate.

WEBSITE: www.vienkoci.lv



LATVIA

AVOTIŅI, HERB FARM

Open-air functional exhibition of medicinal plants introduces visitors to a “green pharmacy”. There are more than 300 different plants. Every healthy lifestyle enthusiast can find the secrets of fitotherapy (phytotherapy) and learn to use the plants in many different ways – making sauna besoms, aromatic pillows, healthy teas, bath scrubs.

The programme includes:

- A tour of the medicinal plant garden and collection.
- Tasting green cocktails.

WEBSITE: www.celotajs.lv/en/e/veselibas_augu_ekspozicija



LATVIA

INDĀNI TRADITIONAL FARMSTEAD

Visitors will see an example of traditional farmstead life. There are farm animals, a collection of ancient tools, a country sauna.

The programme includes:

- A tour of the farm introducing the way of life in the countryside.
- A tea break drinking herbal tea with honey, tasting carrot buns and other traditional pastries.

WEBSITE: www.indani.lv



LATVIA

KOŅU MILL

This is one of the few places in Latvia to offer a look at industrial equipment from the 19th century which is still in good working order – a wool plucking and combing apparatus, a unique spinning wheel and a windmill used to grind grain. Visitors can track the processing of wool on equipment that is 100 years old and watch how blankets and pillows stuffed with sheep wool are produced by hand. There are souvenirs for sale. The owners organise celebrations of the Summer Solstice, the Latvian traditional pagan festivity.

The programme includes:

- A tour of the mill.
- Optional: a programme with traditional singing and dance performance.

WEBSITE: www.konudzirnavas.lv





RURAL TOURISM ORGANISATIONS AND INBOUND TOUR OPERATORS FOR THE CENTRAL BALTIC AREA

RURAL TOURISM ORGANISATIONS



Baltic Country Holidays

www.countryholidays.lv

(Lauku celotajs) is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside and organised tours. Since then the organisation has grown in size, and has varied and developed its products covering also the three Baltic States. Through many years of operation we have established great relationships with our suppliers and our visitors benefit from our extensive local knowledge and personal service.

Address:

Kalnčiema 40, Riga, Latvia

Phone: +371 67617600

E-mail: lauku@celotajs.lv

Website: www.countryholidays.lv

BALTIC COUNTRY HOLIDAYS

(Lauku celotajs) is a Country Tourism Association based



VISIT SOUTH COAST FINLAND

is a regional tourism association in southern Finland. Owned and run by local tourism entrepreneurs, the association's aim is to develop the best possible tourism experience for visitors. Products and services offered includes accommodation - from small cabins to large spas and sports institutes; catering - from making your own food in the forest to high end cuisine in awarded restaurants and activities - from small hikes in pristine nature to glass blowing in the world-renowned Fiskars Village. The region is situated right next to Helsinki and can therefore provide an unrivalled combination of the Finnish lifestyle, culture and nature.

Address:

Nummentie 12-14, 08100 Lohja, Finland

Phone: +358 44 7131753

E-mail: info@visitsouthcoastfinland.fi

Website: www.visitsouthcoastfinland.fi



E·E·S·T·I
MAATURISM
ESTONIAN
RURAL TOURISM

ESTONIAN RURAL TOURISM ASSOCIATION

Established in January 2000, the non-profit organisation Estonian Rural Tourism objective is to represent the common interests of rural tourism represent providers in order to support the development of countryside tourism in Estonia. Accommodation providers who have joined the organisation account for 45% of the total number of Estonian countryside accommodation providers.

Address:

Vilmsi 53 G, 10147 Tallinn, Estonia

Phone: +372 600 9999

E-mail: eesti@maaturism.ee

Website: www.maaturism.ee



LITHUANIAN COUNTRYSIDE TOURISM ASSOCIATION

(LCTA) is a national association with nearly 400 members – rural guest houses and country farms. The association caters for their interests, develops new rural tourism products and is responsible for marketing and promotion. The association is the best expert in Lithuanian rural tourism products and services and cooperates closely with peer organisations in Latvia and Estonia.

Address:

K. Donelaičio st. 2-201, LT-44213 Kaunas, Lithuania

Phone: +370 37 400 354,

E-mail: administracija@atostogoskaime.lt

Website: www.countryside.lt; www.atostogoskaime.lt

WWW.BALTICSEA.COUNTRYHOLIDAYS.INFO

TOUR OPERATORS IN LATVIA, ESTONIA AND FINLAND

are the Baltic rural tourism experts and experienced professionals to help you set up tour programs and make local arrangements.

BALTIC TOURS LTD.

Contact person:

Mrs. Asmik Tsaturjan

Phone: +372 630 0460

E-mail: incoming@baltictours.ee

Website: www.baltictours.eu



BalticTours

ESTONIAN HOLIDAYS

Contact person:

Ms. Anne Hermlin

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E-mail: incoming@holidays.ee

Website: www.estonianholidays.com



Baltic Tours is an experienced travel agency and incoming tour operator since 1989. We offer professional incoming travel services for leisure and business groups in Northern Europe with a focus on Baltic countries – Estonia, Latvia and Lithuania, as well as in neighbouring countries in the Baltic Sea region. Additionally to the single travel services for tour operators and travel agencies, our portfolio includes tailor-made special interest tours and creative incentive programs.

Estonian Holidays is one of the most experienced DMCs in Estonia operating under this name since 1991. Our reputation is built on reliability, flexibility, excellent product knowledge, creativity and personal attention to the customer. We are passionate about our destination and what we do. We are established in Estonia, but we operate accross the whole Baltic Sea region and Russia. We arrange travel services for both leisure and business travellers and also welcome technical visits and special interest groups.

BALTIC TRAVEL GROUP

Baltic Travel Group ✓

Contact person:

Mrs. Santa Feodorova

Phone: +371 67228428

E-mail: info@btgroup.lv

Website: www.baltic.travel

Baltic Travel Group is the leading Destination Management Company (DMC) in the Baltic States offering a full range of inbound travel services to individual, group and corporate clients.

In 17 years of operation our team of experienced and professional experts has provided services in Latvia, Lithuania, Estonia, as well as Scandinavia, Poland and Russia to more than 625 000 visitors from 90 different countries.

The company also has a long experience in serving Japanese clients in the Baltic Region.

ESTRAVEL LTD.

Estravel Latvia - Baltcoming

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Fax +371 6 7287 977

E-mail: info@baltcoming.lv

Estravel Estonia - Baltcoming

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E-mail: info@baltcoming.ee

Website: www.baltcoming.com



DMC REISIEKSPERT

Contact person:

Mr. Ants Norak

Phone: +372 610 8631

E-mail: incoming@reisiekspert.ee

Website: www.travel-expert.eu



DMC Reisiekspert (Travel Expert) is your local tour architect in Estonia, Latvia, Lithuania and beyond. Whenever you need accommodation, transfers, guides, sightseeing tours, catering or incentives - we are at your service. DMC & travel agency experience since 1995.

Travel Expert provides a full range of travel services in Estonia, Latvia, Lithuania, Russian Federation and Scandinavia.

Estravel-Baltcoming – your partner in the Baltic States, Scandinavia and Russia

Baltcoming is a registered trade name of Estravel Ltd., the leading travel agency, destination management company and professional conference organiser in the Baltic States.

Baltcoming operates full-service offices in Riga, Tallinn and Vilnius, offering travel services in Latvia, Estonia, Lithuania, Russia, Finland and Sweden. Due to its market leader position and large purchase volumes, Estravel offers competitive rates and high quality services.

- Accommodation contracting and booking in cities and rural area
- Tailor made free independent travellers and group tours
- Fixed date departure tours in Estonia, Latvia, Lithuania and Russia
- Excursions & special interest tours
- Conference and event management
- Incentive programs
- Airline and ferry tickets
- Transportation (coach, car, minibus, rail)
- Catering services
- Site-inspections and educational trips

**E-TURIST LTD. /
BALTIC INCOMING
TOUR OPERATOR**

Contact person:
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Phone: +372 744 1687
E-mail: triinu@e-turist.ee
Website: **www.e-turist.ee**



E-TURIST offers the best services in Estonia, Latvia and Lithuania with extensions to Helsinki, St. Petersburg and Poland. Traditional culture tours to the capitals with escapes to "hidden places" in the countryside including: organic food tours, fruit wine and beer tours, farm visits, minor cultures in Estonia, plus business trips and conferences. Our experienced staff make your life easy and your clients satisfied.

FRIMAN TRAVEL

Phone: +358 19 2481004
E-mail: info@frimantravel.fi
Website: **www.frimantravel.fi**



Friman Travel was founded in 1967 and since 1995 has been a registered tour operator. We produce ready-made package tours and tailor-made tours according to the customer's wishes. Our brand, Friman Travel, stands for quality and reliability, as demonstrated by our many loyal customers. We have a modern bus fleet which consists of eight buses ranging in size from the smallest with 19 seats and the largest with 50.

GO TRAVEL

Contact person:
Mrs. Hele Lahtvee
Phone: +372 631 0124
E-mail: hele.lahtvee@go.ee
Website: **incoming.gotravel.ee**

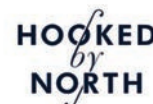


Go Travel is a tour operator & DMC in Baltic States. Our speciality is tailor-made programmes following the "full service range from one place" principle, and our goal is to inspire and inform our customers so that their trips to Baltics and Scandinavia can be fun, affordable, and culturally broadening. Go Travel was founded in 1992 and today we are listed as one of the top tour operators in Estonia. We belong to Go Group – one of the largest transportation and travel enterprises in Estonia.

So, looking for an amazing experience?
We can make it happen.

HOOKEDBYNORTH

Phone: +358 401522952
E-mail: helga@hookedbynorth.com
Website: **www.hookedbynorth.com**



HookedByNorth is a Nordic hospitality B2B company based in Finland. Founders Ms. Vivian Maar and Ms. Helga Himberg had a vision to promote true Nordic hospitality and give travellers exciting experiences. We work carefully and extensively with the best service and product suppliers to assure the HookedByNorth standard for travellers' care and thus ensure that travellers are always met with Nordic professionalism. Our Nordic travel services include everything that is needed for tailored FIT, group and MICE groups' ground handling. HookedByNorth Business Class experiences are suitable for VIP level FITs, and groups, where the focus is on exclusive 5* service and properties.

LATVIA TOURS LTD

(Trade name
Con-ex Latvia Tours group)
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E-mail: info@con-ex.com
Web: **www.con-ex.com**



Con-ex Latvia Tours Group is a wholesale inbound tour operator and DMC in the Baltics (Latvia, Estonia, Lithuania). Well-established network offices in the region permits us to offer a wide range of high quality services combined with the best rates and conditions not only in the Baltics but also in Finland, Sweden, Norway and Russia. Con-ex Incentives & Events is very well known as one of the largest providers of high quality incentive and special event programs. Con-ex Conferences & Congresses is a professional congress organiser in all 3 Baltic States and long-standing member of ICCA.

PORKKALA TRAVEL

Phone: +358 92564040
E-mail: info@seaction.com
Website:



www.seaction.com/en/about-us/porkkala-travel

Porkkala Travel is a travel agency founded in 2005 as part of SE-Action to provide a sales channel linked with marketing activities undertaken by the Porkkala Parenthesis Association.

Porkkala Travel's services cover the West Uusimaa region, with Porkkala and its history as the primary focus. Porkkala's culture, history and idyllic countryside offer exceptional resources for organising successful conferences, celebrations and other leisure-time activities. Customised tours, events and experiences, high-standard conference and meeting facilities and a wide range of indoor and outdoor catering services are all available.

TALLINK SILJA LINE



E-mail: international.sales@tallinksilja.com
Website: www.tallinksilja.com

With the most modern fleet operating in the Baltic Sea today, we offer a variety of short cruises on all our routes which include Stockholm-Helsinki, Stockholm-Turku, Helsinki-Tallinn, Stockholm-Tallinn and Stockholm-Riga. We also sell short day cruises to Åland island from both Stockholm and Turku.

TUMLARE
CORPORATION
A/S TALLINN



Tallinn office
Contact person:
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Phone: +372 6886 400
E-mail: tl@tumlare.com
Website: www.tumlare.com

Tumlare Corporation was established in Copenhagen in 1972. Our global network, incorporating over 30 offices in four Continents, is combined together with an extensive local knowledge and personal touch. We have always believed that mutual success comes from putting our client's interest first. Our track record of repeat clients is testimony that it is a philosophy that is successful. Today the Tumlare network reaches around the globe and strong partnerships enable us to connect our clients to a local sales representative in their own region throughout the world.

Being a leading DMC we have acquired some of the best professionals in the industry who are involved in our main business areas which include: tourist groups, individual travellers, meetings, incentives and sport events, special interest tourist groups, technical visits, cultural and thematic travel and cruise destination management.

VIA HANSA

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Website:
www.viahansa.com,
www.viahansadmc.com



Via Hansa is the leading tour operator in the Baltic Sea region, with offices in Tallinn, Riga, Vilnius, Warsaw, Copenhagen, St. Petersburg, Moscow and Kiev. Our product line includes innovative travel products for groups and FIT all over the Baltic Sea region and beyond. We have 25 years of experience in servicing Asian customers and offering high-quality travel services both for leisure and MICE travellers.

VISIT SOUTHPOINT
FINLAND



Phone: +358 442772882
E-mail: henrica@visitsouthpointfinland.fi
Website: www.visitsouthpointfinland.fi

Visit Southpoint Finland offers unforgettable tours to the beautiful south coast of Finland. The Western Uusimaa region is only an hour's drive from Helsinki.

Catering for leisure and business travellers we organise tour programmes for both individual tourists and groups. A registered tour operator (reg.no 1202/16/Mj), Visit Southpoint Finland administers the association for travel trade companies in Western Uusimaa, HelsinkiWest, and operates in close co-operation with the official regional tourism organisation - Visit South Coast Finland - founded in 2013.

USEFUL LINKS

Please find information about rural South Finland-Estonia-Latvia travel destination in the Japanese language at WWW.BALTICSEA.COUNTRYHOLIDAYS.INFO

The following links offer more information about **Finland, Estonia, Latvia**:

WWW.VISITFINLAND.COM - official tourism website of Finland
WWW.VISITESTONIA.COM - official tourism website of Estonia
WWW.LATVIA.TRAVEL/JA - official tourism website of Latvia



ABOUT THE PROJECT

CAITO - META CLUSTER FOR ATTRACTING THE JAPANESE TOURISM MARKET

Project overall objective: to promote and support rural tourism companies to enter Japanese tourism market by strengthening their capacity and cooperation in the three Baltic Sea countries: Latvia, Estonia, and South Coast Finland.

www.balticsea.countryholidays.info



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