

GOURMET TOURING ROUTES

Active Gourmet Tour

DURATION: **9 days / 12 days**
FOR WHOM: **independent travellers**
TRANSPORTATION: **bicycle, canoe boat**
TOTAL LENGTH: **~ 446 km cycling, ~ 7 km im canoeing**



ITINERARY:



RĪGA - GAUJA NATIONAL PARK -
OTEPÄÄ - AHJA RIVER - TARTU -
LAHEMAA NATIONAL PARK - TALLINN

DAY 1

TRAIN: RĪGA – SIGULDA (1 h)
CYCLING: SIGULDA - TURAIDA - SIGULDA - LĪGATNE
(~ 33 km, 60% asphalt, 40% gravel road)

EN ROUTE:

Turaida museum reserve, ruins of a Livonian Order castle. ¹

There is an observation tower and a sculpture garden on the banks of the River Gauja. Also, do some sightseeing in Sigulda.

Lunch in the Pub "Bucefāls" ²

It is a log building with traditional style interior design. On the menu: lamb from the owner's farm, smoked chicken. www.bucefals.lv

Līgatne Winery and Spoon Factory ³

This family-run winery makes 20 sorts of sweet, semi-sweet and dry wines from berries, fruit, plants and even flowers foraged in Gauja National Park. They also produce jam and gather herbs to produce herbal teas. The Spoon Factory demonstrates how they make spoons and other practical household items from wood.

www.ligatnesvinadaritava.lv

Līgatne Nature Park ⁴

Walking trails and wild animals in open air enclosures.

The Secret Soviet Bunker ⁵

The secret Soviet bunker in Līgatne is located in the territory of the „Līgatne” Rehabilitation Centre at a depth of nine metres underground. It was built in the 80s to create a safe place where the state's elite could live in the case of a nuclear war threat. Now a popular tourist attraction, guided tours available. www.bunkurs.lv

Evening Meal at "Vilhelmīnes dzirnavas" Pub ⁶

This local pub is located in the historic Līgatne paper mill building by a pond. Traditional Latvian dishes are on the menu such as Vidzeme stroganoff, grilled Kolka herring, Amata river trout.

Overnight Stay in the Guest House "Vilhelmīne".

The guest house is located in Līgatne by the river and close to the Līgatne nature trails. Family rooms are available.



1



2



3



6



5



6

Photo: Velga Vītola

DAY 2

CYCLING: LĪGATNE – ĀRAIŠI – CĒSIS
(35-45 km; 60% asphalt, 40% gravel road)

Āraišu Castle on the Lake ⁷

The only tribal residence in Europe that was fortified in the 9th-10th centuries. Its historic reconstruction serves as a museum.

www.amata.lv/archeological-museum-park-araishi/

Āraišu Vējdzirnavas Windmill ⁸

Excursion and Miller's Lunch in an authentic environment. Āraišu Vējdzirnavas Windmill is one of the few Dutch-type windmills in Latvia that is still in working order. You can also try your hand at grain milling. The Miller's Lunch is made from locally grown ingredients. It consists of barley porridge with meat sauce, dessert with berry jelly, and herbal tea or sour milk.

www.viahanseatica.info/lv/objekts/araisu-vejdzirnavas/

Cēsis Town ⁹

Cēsu medieval castle with a historical reconstruction of a 16th century herb and vegetable garden. It contains only vegetables, herbs and medicinal plants that were found in Livonia 500 years ago, such as onions, garlic, dill and thyme. Both in the Middle Ages and in the palace garden, medicinal plants such as marigold and wormwood were also grown. During the summer season, a knowledgeable medieval gardener will tell you about the plants that are found in the garden and their uses, as well as their positive and negative impacts.

www.cesupils.lv

"Cēsu maize" Bakery ¹⁰

Excursion and bread tasting. They bake bread from organic grain using a natural dough starter. The grain is milled in the stone mill.

www.viahanseatica.info/objekts/maizes-ceptuve-un-veikals-cesu-maize/

Gift Shop "Pie Karlīnes" ¹¹

The shop is named after the hotel's former owner, Karlīne. It is possible to buy gifts, handicraft items, souvenirs, as well as delicious homemade products, homemade wines and spirits here. Produce tasting presentations on prior arrangement.

www.viahanseatica.info/objekts/majrazotaju-produktu-veikals-pie-karlines/

Evening Meal in the Restaurant "Jānoga" ¹²

The restaurant offers meals made from local farmers' produce and extensive vegetarian menu.

www.viahanseatica.info/objekts/restorans-janoga/

Overnight in Cēsis www.turisms.cesis.lv/en/where-to-stay/

DAY 3

CYCLING: CĒSIS – VALMIERA
(~ 50 km; 24% asphalt, 76% gravel and forest road)

Cēsis - Valmiera

The route leads through forests and meadows in the ancient valley of the River Gauja with landscapes of sandstone cliffs and caves. As there are no lunch possibilities in this route, we recommend to take lunch boxes.

Evening meal in Valmiermuiža Brewery ¹³

Visitors can enjoy local foods at the brewery pub. After the meal visitors will learn about the traditions of beer brewing, as well as observe how "live" beer is made using natural ingredients. The tour ends with beer tasting.

www.valmiermuiza.lv

Overnight Stay in the Hotel "Wolmar" in Valmiera ¹⁴

Located in the centre of Valmiera, the hotel features a city theme - each room has its own address and the corridors bear street names. The hotel restaurant offers a culinary journey based on natural local foods.

www.hotelwolmar.lv



DAY 4

TRAIN: VALMIERA – LUGAŽI

(43 km, ca 50 minutes)

CYCLING: LUGAŽI – VALKA (LATVIA) – VALGA (ESTONIA) (~ 7 km)

EN ROUTE:

Cycling through twin-towns Valka and Valga.

Lunch in the Hotel Metsis Restaurant in Valga

On the restaurant menu you will find game and fish dishes, mostly made from local ingredients. The restaurant Hunter's Hall with its cosy atmosphere is worth a visit. www.hotellmetsis.com/restoran/

TRAIN: VALGA – TARTU TO PUKA (ca. 50 minutes)

Tarmere Company ¹⁵

A family run company producing innovative and delicious hemp and buckwheat products like hemp seeds, hemp oil, organic buckwheat flour, buckwheat pillows. www.estecofood.eu

CYCLING: PUKA – OTEPÄÄ (15 km, 100% gravel road)

The route leads through the uplands of Otepää with wonderful nature landscapes.

Dinner in the Restaurant "Ugandi Resto" ¹⁶

Attractive interior and tasty food. Their menu includes Karilatsi trout, Liivimaa beef, house beer, grape wine, birch sap wine and house cider. www.ugandiresto.ee

Overnight in Cantervilla Palace ¹⁷

7 km from Otepää. www.cantervilla.ee

DAY 5

CYCLING: OTEPÄÄ – PÕLVA (~ 53 km, 100% asphalt)

The route leads through Otepää Nature Park

Eve Demitševa Sepa talu (Eve Demitševa Sepa Goat Farm) ¹⁸

The farm makes goat's cheese and other goat's milk products. www.facebook.com/sepatalumeierei/

Lunch in Kopli taluköök (Kopli Farm Kitchen) ¹⁹

This is a private restaurant where guests can enjoy delicious meals from fresh, seasonal and local food in a quiet pastoral atmosphere. Their speciality is home-made ice-cream. www.koplitalu.ee

EN ROUTE: **Touring Põlva Town**

Evening Meal and Overnight Stay in Hotell Pesa (Hotel "Pesa") in Põlva

The hotel offers a variety of holiday activities: boating down the River Ahja or River Võhandu. Hiking in winter, trike rides, kick sled, adventure tourism. The hotel restaurant offers meals from local ingredients including fruits, berries and mushrooms picked in the nearby forests.

www.kagureis.ee

DAY 6

CANOEING: 7 km, ca. 2,5 hours

CYCLING: KOORVERE – TARTU (~ 40 km, 100% asphalt)

Canoeing Trip on the River Ahja

from Kiidjärve to Koorvere On this canoeing trip you will see beautiful sandstone cliffs, wild nature, birds and animals. For groups, a picnic lunch can be arranged with soup made on an open fire. For individuals we recommend to take lunch boxes.

CYCLING: **Koorvere – Tartu**

Andre Farm (Cheese Farm) ²⁰

This farm manufactures and sells globally renowned cheeses. Cows from happy farms give premium quality, delicious milk. Farm visitors can visit and see the cows, as well as watch the milking process. You can buy organic



cheese and other organic local produce from small producers at the small farm store. www.andrefarm.ee

Estonian Agricultural Museum ²¹

The museum is located near Tartu in Ülenurme manor estate, and takes pride in its unique collection of agricultural machinery and a comprehensive exhibition of agriculture and rural life in Estonia through the centuries. In the Museum there is a bakery, which houses a huge baking oven. At the bakery, visitors can learn the art of baking sourdough rye bread and also churn butter. www.maaelumuuseumid.ee

Dinner in the Restaurant "Umb Roht" in Tartu ²²

The chefs of this cosy restaurant find inspiration in the local flora and fauna, bringing out forgotten flavours in any season. Their special offers include game and birch sap jelly. www.umbroht.ee

Overnight Stay in a Hotel in Tartu

DAY 7

A DAY IN TARTU

Sightseeing in Tartu ²³

The oldest city in the Baltic States is also known as the birthplace of the Estonian culture and good thoughts. Numerous museums, extraordinary architecture, pure Estonian food and events for every taste make the visit even more exciting.

Farmers' Market Lõunakeskus ²⁴

Locally grown Estonian produce and products made from local ingredients both for everyday life and festive occasions. A wide range of products coming mainly from farms in southern Estonia.

www.taluturg.ee/lounakeskuse-taluturg/

Lunch in Restaurant Umb Roht ²⁵

A cosy restaurant, where chefs find inspiration from the local flora and fauna that offer unforgettable flavours during any season. The products of local masters, as well as the best from the rest of the world are held in high esteem. The wonderful combination of the local produce, that changes according to season, and delicious wine turns Umb Roht into a restaurant offering a variety of deliciousness.

www.facebook.com/umbroht/

A. Le Coq Beer Museum ²⁶

At the brewery museum of A. Le Coq, Estonia's oldest and largest beverage producer, visitors get acquainted with the history of beer brewing and beer culture, modern beer production as well as taste the beer. You can buy beer and snacks to go with it, as well as souvenirs.

www.alecoq.ee/ollemuuseum/muuseum/

Overnight Stay in Tartu.

www.visittartu.com

DAY 8

TRAIN: TARTU - TALLINN

Sightseeing in Tallinn ²⁷

Overnight stay in Tallinn

OPTIONAL TOUR EXTENSION:

DAY 9

TRAIN: TARTU – TAMSALU (130 km)

CYCLING: TAMSALU – LASILA – RAKVERE
(~ 28 km, 100% asphalt)

Rakvere ²⁸

Livonian Order Castle Ruins and Old Town Rakvere.

Overnight Stay in a Guest House in Rakvere

DAY 10

CYCLING: RAKVERE – VIHULA/ ALTJA
(~ 30-40 km, 100% asphalt)

Lahemaa National Park, Käsmu Peninsula ²⁹

A day in the national park. Altja Village in Lahemaa National Park was first recorded in writing in 1465. It is a typical seaside village with houses along one street. Traditional farmsteads of Uustalu and Toomarahva from the late 19th century are open to visitors. Renovated fishnet sheds are located on Cape Altja. The village has a swing and a tavern (Altja Kõrts) providing national food.



DAY 11

CYCLING: VIHULA/ ALTJA – VÕSU –
VIHASOO - VIINISTU
(~ 50-40 km, 95% asphalt)

Lahemaa National Park

Highlights: coastal landscapes of the Baltic Sea, huge boulders at the seaside, various nature trails, authentic fishermen's villages and beautiful manor houses in Sagadi and Palmse are typical of the park.

Overnight Stay in Viinistu

DAY 12

CYCLING: VIINISTU - KAHALA - KIIU
- JÄGALA JOA - MAARDU - TALLINN
(~ 70 km, 85% asphalt, 14% gravel road)

Overnight Stay in a Hotel in Tallinn

