



**TOURING the Baltic sea region: FINLAND, LATVIA, ESTONIA**  
**Midsummer press tip**  
**18.-24.06.2019.**

**Tuesday 18.6.2019**

13.50 Arrival to Helsinki AY 072, Finland.

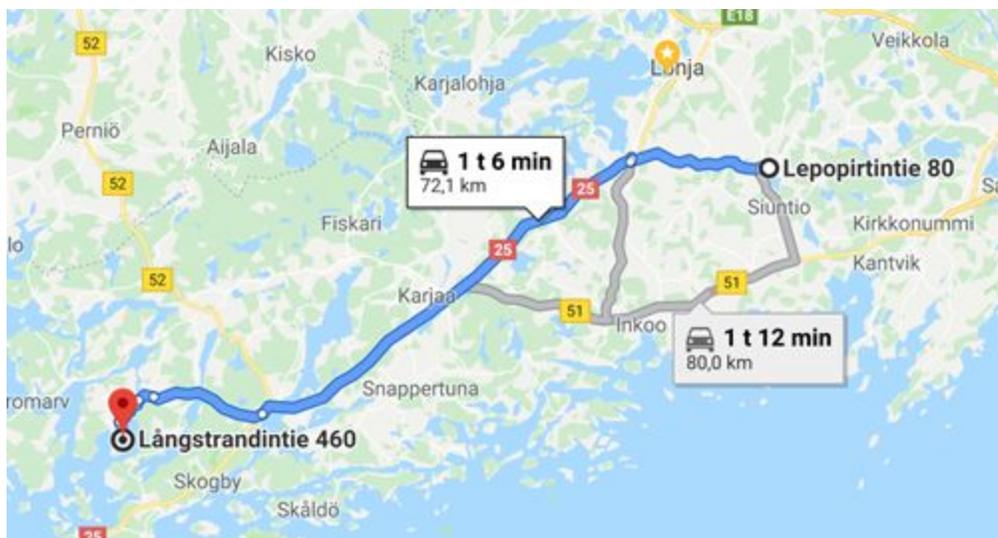
Your Guide Ms Makiko Lommi is waiting for you in the terminal. She will be with you the whole Finland programme. Makiko san is fluent both in japanese and finnish languages.

15.00 Departure from Helsinki-Vantaa Airport by bus to South Coast Finland region.

Transfer to **Hotel Scandic Siuntio**, takes about 1 hour.

16.00 Accommodation and you may leave your luggages. Accommodation in single rooms.

Scandic Siuntio is s place for peace and well-being in Siuntio's beautiful natural landscape, less than an hour away from Helsinki. Scandic Siuntio <https://bit.ly/2E6BHv6>



16.30 Transfer to Tammissaari, Raseborg, **Villa Långstrand**, takes about 45 minutes. Villa Långstrand <https://www.villalangstrand.fi/>



### *Villa Långstrand*

17.45 Evening programme in Villa Långstrand including typical finnish midsummer traditions. Finns are mostly spending their midsummer at the holiday cottage beside the Sea or close to some lake. Midsummer is spent with the family or with good friends. Midsummer evening we wait until the sun is almost going done, we sit by the open fire and enjoy fresh seasonal delicacies. Sauna is the TOP1 to do and of course you have to use the natural birch whisk to make you healthier during next year.

- \* Dinner, prepared outside, enjoying the beautiful nature by the Sea
- \* Smoke sauna heating presentation and Finnish sauna traditions,
- \* Enjoying smoke sauna
- \* Preparing the sauna "whisk" together
- \* Swimming in the Baltic Sea
- \* Possibility to try rowing boat, safely with life vests and local guide

**What you need for the day:** outdoor clothing & swimsuit for sauna

21.30 Transfer back to the Hotel Scandic Siuntio

22.45 Time to go sleep, if you can. Or you may just keep going on to enjoy beautiful bright summer night, green surroundings, bird singing and silence.



*Sea and lake scenery at summer time in Finland & sunset.*



## Wednesday 19.6.2019

6.00 – 8.30 Breakfast at the Hotel Scandic Siuntio

8.30-9.00 Guided tour in the hotel, facilities and surroundings

9.30 Transfer to Lohja, please take all your luggages with you in to the bus.

10.00 Visit in Lohja Museum exhibition. Mystic pictures from nature, forest and animals f.ex. bear, moose and badger. Nature photographer is Mr Heikki Willamo from Lohja. After exhibition, short guiding in Museum area, old traditional wooden buildings and fresh blooming garden. In Lohja Museum Tourism Manager Ms Minna Ermala will join to your day programme.



*Lohja Museum buildings & Mr Heikki Willamos Photography exhibition.*

10.45 Transfer to Kaljaasi, floating summer restaurant in the middle of the Lake Lohja, boat transportation from the shore 5 minutes. <http://kaljaasilauttaravintola.fi/>

11.15-12.00 Visit in Kaljaasi, enjoying drink from the local winery Ciderberg, from Lohja Island

12.00-12.30 Transfer to Järvi Café & Bar

12.30.-13.15. Lunch in Järvi Café & Bar, summer restaurant by the Lake Lohja  
<https://www.facebook.com/jarvicafebar/>



*Floating restaurant in the middle of the Lake Lohja, Kaljaasi & Järvi Cafe & Bar restaurant, large selection of local craft beer.*



13.15-16.00 Nice 15 minutes walk with a guide along the shore of Lake Lohja to Ms Riitta Laine, Home visit place. Home visit, meeting the family, walking in the garden. During the homevisit you will bake some sweet berry pie together with Riitta and enjoy coffee and tea and selfmade pie outside.

Short visit to the Liessaari Island. <https://bit.ly/2Ywhl6d>



*Ms Riitta Laine & Home visit in Finnish home & garden*

16.00-16.30 Transfer to Kettukallio Experience farm <https://www.kettukallio.net/>



*Kettukallio Experience farm*

16.30-21.00 Kettukallio Experience farm

- Picking up some wild flowers to prepare for midsummer magic
- Dinner outside enjoying summer evening
- Preparing Finnish sausage by the open fire, very traditional Finnish midsummer snack
- Possibility to go smoke sauna and swimming
- Small midsummer fire, if it is possible due to weather to make open fire.

**What you need for a day:** outdoor clothing and shoes, swimsuit for sauna.



21.00-21.40 Transfer to Mustio Castle/Mustion Linna



*Mustion Linna/ Svartå Manor, Raseborg*

21.40 Accommodation in Svartå Manor/ Mustion Linna [www.mustionlinna.fi](http://www.mustionlinna.fi)

The countryside hotel “Svartå Manor” in the South of Finland consists of five different historical buildings situated in an idyllic park with a scenic river flowing nearby.

## **Thursday 20.6.2019**

8.00-9.00 Breakfast in the Hotel

9.00-10.00 Guided tour in Svartå Manor

The old Manor building, history and stories of the place. Svartå Manor is one of the most precious manor houses in Finland with a history of more than two hundred years. The Manor is situated about 80km west of Helsinki along the Finnish coast, in western Uusimaa near the City of Raseborg. Today it is a museum and is opening its doors to the public with guided tours.

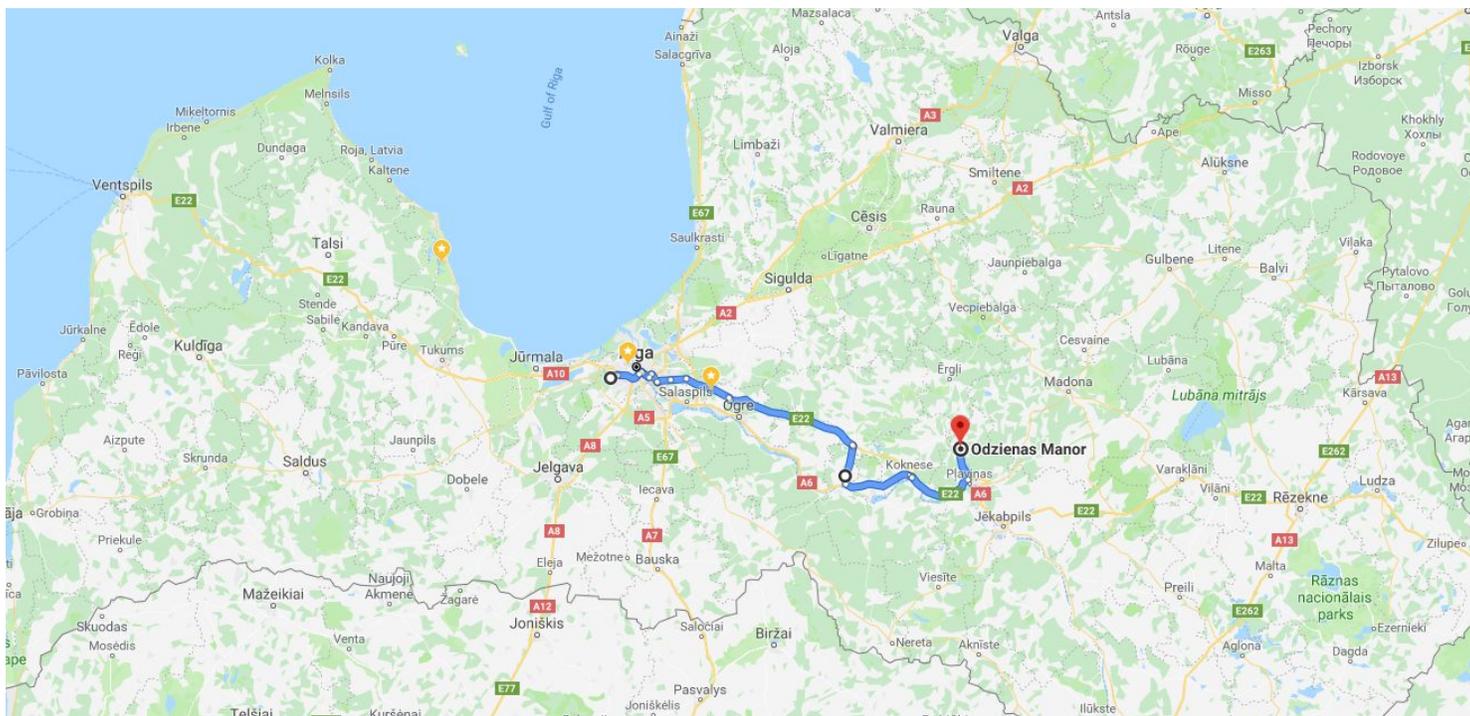
10.00 Transfer to the Helsinki-Vantaa Airport

11.00 At the Airport

12.45 Departure to Latvia, Helsinki AY1073



20th June / Thursday



*RIX airport - Skrīveri homemade ice-cream - Odziena manor (~150 km)*

- 13:55 Arrival from Helsinki to Riga international airport
  - Japanese-Latvian speaking guide Mr. Ugis Nastevis and representative of Baltic country holidays Mr. Anna Paleione will pick up the group in the hall of arrivals in the airport.
- 16:00-17:15 **Skrīveri Homemade ice-cream / Skrīveru mājas saldējums (LV)**. Host: Lelde Sotniece and family.
  - <https://www.facebook.com/Skriverumajassaldejums/>
  - <https://majassaldejums.lv/>

This family enterprise makes homemade ice-cream. Their range includes various types of dessert, including plombières, cream, frozen yoghurt, sorbets and today's latest innovations – blue cheese, horseradish or potato ice-creams, with tomato sauce. So far the family have trialled 80 different ice-cream recipes. The house speciality is horseradish ice cream with herring! The enterprise holds a Latvian Heritage award for producing craft food.



*Skriveri homemade ice-cream*

- 18:00 Arriving to Odziena manor (accommodation)
- 18:00 - 18:30 Leisure time / resting
- 18:30 - Dinner in Odziena manor
- Overnight in Odziena manor
  - <http://www.odzienasmuiza.lv/en>
  - <https://www.facebook.com/odzienasmuiza/>

Odziena Manor's recorded history dates from 1455. The present manor house was built in the mid 19th century. The manor was burned out during the unrest of 1905, but now this Latvian architectural gem has been brought back to life from the ruins. Odziena Manor is one of the most prominent romantic neo-Gothic style monuments in the Baltics.

There are a Manor house, Currently, several large function rooms in the manor have been renovated and the manor can accommodate events with up to 200 guests.





*Odziena manor house and castle ruins*

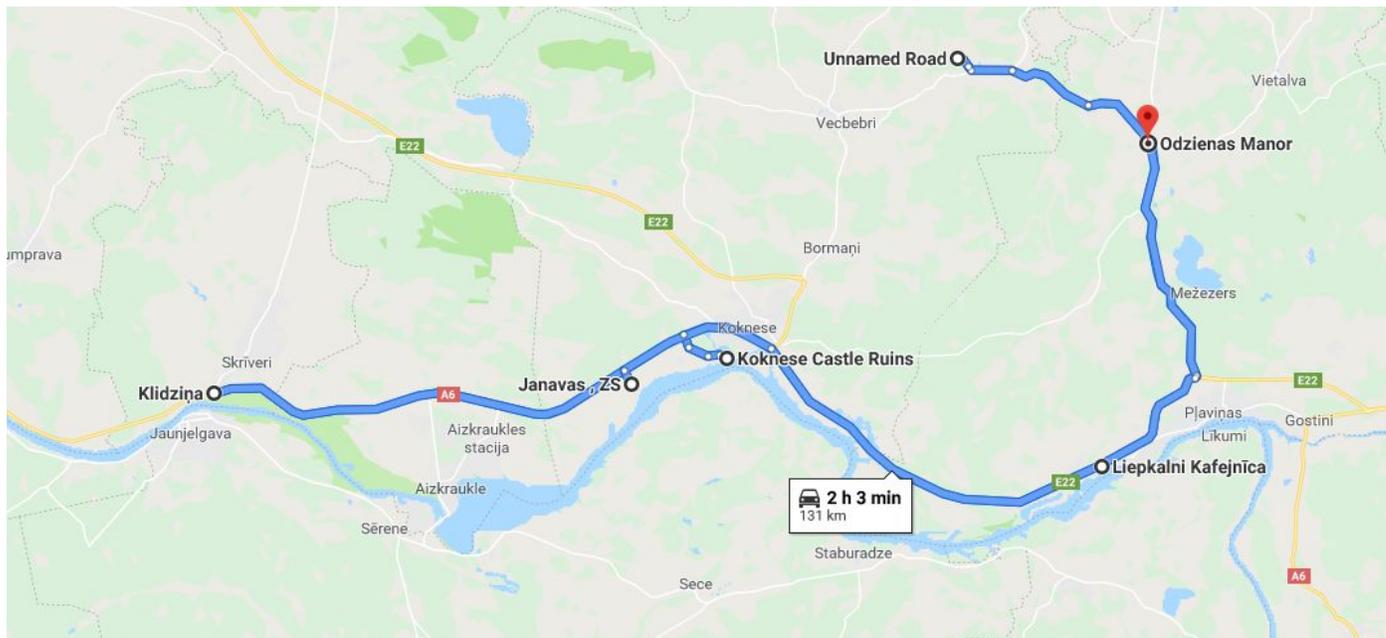
In the Maron complex there is a brewery. **The Odziena craft brewery** produces select ales that are held in high esteem by Latvian beer connoisseurs. Odziena ales are brewed using modern methods and equipment but the process is not automated.

The small scale of operations means that the beers receive the hands-on personal attention of the head brewer at every step of the process.



*The Odziena craft brewery and beer*

21st June / Friday



- 8:00-9:00 Breakfast at Odziena manor
- 9:15 departure from Odziena manor
- 9:30 - 11:30 - **Vecsiljāņi farm/ levas siers**. Hosts: leva and Juris Sprukuļi
  - <http://ievassiers.lv>
  - <https://www.facebook.com/levasSiers/>

The Vecsiljāņi farm is in the Bebri Parish in the Koknese Administrative District. It is a dairy farm and also grows wheat, barley, oats, rye, corn and grasses. In 2010 the farm began to produce hard cheese under the brand name "levas siers." Visitors can taste the cheese and tour the farm and the cheese-making facility.



*levas siers / Vecsiljāņi farm. 56.742340 25.565958*

- 12:30 - 13:00 **Excursion in Koknese castle ruins** (English, audioguide)
  - <http://www.visitkoknese.lv/en/tourism/medieval-castle-ruins-koknese>

One of the largest and most significant medieval castles on Latvian territory was the Koknese castle. The construction work for the castle of the archbishop of Rīga began here in 1209, and in a short period of time, a fortified castle and the majority of the Koknese town had been built. The Koknese castle was abandoned after the



bombing of the western towers in 1701; the impressive ruins have remained untouched since then. After the flooding of the Pļaviņas hydroelectric power plant reservoir, water levels reached the foundation of the castle.



*The Koknese castle ruins*

- 13:30 - 14:30 Lunch in the restaurant **Klidziņa**
  - <http://www.klidzina.lv/>
  - <https://www.facebook.com/klidzina>

The restaurant at the 77th kilometre of the Rīga-Daugavpils highway, on the banks of the Daugava River with a lovely view of the river valley from a summer terrace. This is a popular dining venue with a modern and attractive interior made of wood, stone and red bricks.



- 15:00 - 16:00 **Excursion in the Janavas biological farm** (English). Barefoot trail.
  - <https://www.facebook.com/janavasLV>

The farm grows herbal tea plants such as blue dragon, purple cornflower, peppermint, and lavender, as well as other plants. It also offers cosmetics such as the Beāte line of facial creams, as well as cornflower eau-de-toilette. You can take an informative tour, taste delicious teas, and purchase the cosmetics.



*The Janavas biological farm*

- 16:30 - 17:30 **Excursion in Lokstene Shrine of Dievturi**
  - <https://www.youtube.com/watch?v=cVhzct1nGpk>

Lokstene Shrine of Dievturi (Latvian: Lokstenes dievturu svētnīca) is a Dievturi religious building in Pļaviņas Municipality, Latvia. It is used by the organization Latvijas Dievturu sadraudze for devotional ceremonies and annual celebrations.

The building is located on a small island in the Daugava river, behind the Liepkalni bakery and café in Liepsalas, close to the town Pļaviņas. It is named after the nearby Lokstene castle mound.

The entire complex includes a shrine building, a ferry, an assembly and flag square, a monument to the ancestors, and a gate of the sun.



*The Lokstene Shrine of Dievturi*



- **The celebration of Summer solstice**

The Summer Solstice is the one celebration in Latvia that has the most traditions. The celebration is held when the Sun has reached its apex in the sky, with the longest day being followed by the shortest night of the year. Nature is flourishing. Because the Solstice does not take place on the same day each year, the Ancient Latvians celebrated the festival in accordance with the movement of the sun, and the celebration began on June 21.



## 22nd June / Saturday

- 9:00-10:00 Breakfast at Odziena manor
- Driving to Estonia  
Approximately 12.40 meet with the guide Sisi Salumaa and representatives of Estonian Rural Tourism on the Latvian-Estonian border.
- Approximately 13.30 **Short bog hike with nature guide Marika Kose in Tolkuse bog and picnic in the bog.**

*The circular 2.2 km trail, partly on boardwalk, is situated in Luitemaa Nature Reserve. The trail winds through Tolkuse bog, across sandy dunes covered with airy heath pine forest and leads to Tornimägi hill. There's an 18 m high observation tower on top of the hill, offering stunning views of Häädemeeste coastal meadow and the Pärnu bay from one side and the Tolkuse bog from the other side.*

*A local women's organisation "Häädemeeste Martad" takes care of the local food picnic table after hike.*



- Approximately 16.00 **Lottemaa Theme park - the largest family theme park in Estonia!**  
[www.lottemaa.ee](http://www.lottemaa.ee)  
Coffee break



*In Lottemaa, over a hundred attractions, thematic houses, pleasant culinary experiences, souvenir shops and a beach are waiting to be discovered. There is enough to be discovered and invented as well as incredibly exciting adventures for the entire family to fill an entire day. Lottemaa, the largest theme park in the Baltic states, is actually Gadgetville located in a lovely forest by the sea.*

*The theme park is located six kilometres from Pärnu, the summer capital of Estonia.*



- Approximately 18.00 **Luhre Tourism Farm** [www.luhre.ee](http://www.luhre.ee)  
Cooking class and dinner  
Accommodation



- 00.00-01.45 Driving to Hüpassaare and approximately 30 min. walk to the concert place.
- 03.00-04.03 **Sunrise concert at Hüpassaare bog**  
**PS! Warm clothes are important!**  
**Hot drink and snacks on site. Warm blankets for everyone, if needed.**

**Performers:** Estonian TV Girls Choir, choral conductor Aarne Saluveer; Bog orchestra; Estonian choral music and „A Little Night Music“ composed by W. A. Mozart.

In the framework of the Suure-Jaani Music Festival <http://muusikafestival.suure-jaani.ee/en/>, a concert takes place at Hüpassaare bog at night.

Suure-Jaani is a small town with the population of 1100 located in the northern part of the Viljandi County. In 1998, a music festival was started in Suure-Jaani. The Festival is dedicated to the composers from the Kapp family and is traditionally held each summer before the Midsummer Night. Concerts have been held inside and outside, at noon, in the evening, at night and at dawn. The sunrise concert is held at three o'clock at night on the Hüpassaare bog island that can be reached by a boardwalk.. A spectacular experience deriving from the mutual influence of nature and humans!



**NB!** After the concert we will return to the accommodation place (Luhtre Tourism Farm) and we are there at around 07.00.

### 23rd June / Sunday

- 12.00-13.00 **Late brunch at Luhtre Tourism Farm**
- 13.30 Departure from Luhtre Tourism Farm
- 14.00 **Filmitalu (Movie House)** <https://filmitalu.wordpress.com/>

*At Filmitalu, visitors can learn how to make movies and make one as well, both animated and regular movies. A studio has been built into the barn of the farm, which is more than 100 years old, and it offers something for people of all ages. Rao Heidmets, a film-maker, trainer, and author of Animaõpik textbook will carry out the workshops with assistants.*

*For us, Rao Heidmets has prepared a workshop which introducing the technique how to animate a human. So who knows - maybe all participants can become movie stars:)*

*PS! Film-maker Rao Heidmets has been involved with the Japanese Animation Festival. He has lived in Japan temporarily. He speaks in more detail on the spot.*





## Celebrating Midsummer Day

*Midsummer or St. John's Day, Jaanipäev as it is known in Estonia, is one of the oldest local celebrations. Late June is the perfect time for a holiday in the blooming nature where days extend into nights, with barely any darkness in sight.*

*Due to its northern location, Estonia experiences the summertime 'White Nights' phenomena, when the sun sets late and the night is dusk at most. Midsummer coincides closely with the longest day of the year in the northern hemisphere – the summer solstice. Midsummer festivities begin on the eve of June 23rd and conclude on June 24th.*

*Originating in ancient folk traditions, St. John's Day marks the beginning of the season for haymaking. The day was celebrated long before the arrival of Christianity in Estonia and although the celebration received a Christian name, the pagan tradition is still alive and well today.*

*Midsummer's Eve is intertwined with many folk beliefs. Children stay up until dawn, while young lovers wander through the forest looking for a lucky fern flower said to bloom only on this night. If you are lucky enough to spot a glowworm, you may expect a great fortune. Young women looking to take a sneak peek into the future are advised to collect nine different types of flowers and place them under a pillow for the night, resulting in a predictive dream revealing a future spouse. The more adventurous boys and girls are known to take a jump over the bonfire in hopes of achieving prosperity or to swing as high as possible on the village's wooden swing. More moderate traditions include singing, dancing and telling old folk tales.*

- 17:00 **Arrival to Kurgja Farm Museum** [www.kurgja.ee](http://www.kurgja.ee)
- 17:00 - 18:00 **Tour with guide in Farm museum**
- 18:00 - 19:00 **Dinner**
- 19:00 - 21:00 **Celebrating Midsummer Day** (a national-style party/public event with national games etc).
- Approximately 21:00 the bonfire lights up.



- Approximately 22.00 starts **driving to Tallinn**, capital of Estonia (120 km).
- Approximately 23.45 accommodation in **Hotel L'Ermitage** <http://lermitagehotel.ee/>



### 24th June / Monday

- 08.00-09.00 **Breakfast**
- 09.15 **Transfer to the ferry port**
- 10.30 **Ferry to Helsinki**
- **Flight from Helsinki to Japan.**