

An aerial photograph of a rural landscape. In the upper left, a small pond reflects the golden light of the sun. To its right is a large, green field with distinct curved tracks, possibly from a tractor. The foreground and right side are dominated by dense forests with trees in various shades of green and yellow. A dirt road or path winds through the landscape. The overall atmosphere is peaceful and scenic.

Rural Lifestyle products

Asnate Ziemele

Latvian Country Tourism Association
28 April 2022, London

GO RURAL

Partners from 4 neighboring countries in the Northern Europe on the shores of the Baltic Sea have joined together with the aim to develop and promote the

Rural Lifestyle tourism products in the Central Baltic Sea region:
Söderhamn (Sweden), Åland Islands & Lohja (Finland), Estonia & Latvia.

Rural Lifestyle tourism products offer to get to know today's life and people in the countryside by visiting destinations outside cities.

countryholidays.info



EUROPEAN UNION
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Rural Lifestyle offers:



RURAL LIFESTYLE TOURISM PRODUCT

RURAL LIFESTYLE VALUES:

- QUALITY OF LIVING ENVIRONMENT
- QUALITY OF FOOD
- NATURE CONNECTEDNESS
- PRIVACY
- AWAY FROM CROWDS
- COMMUNITY SPIRIT
- FARMING BUSINESS
- COMBINE TRADITIONS AND MODERN LIFE

RURAL LIFESTYLE PACKAGES:

FOR WHOM:



individuals



small groups

PACKAGE TYPES:



Half day



1-3 days

SERVICES:



guide/interpreter



transfers



visiting programs



meals



accommodation

TRADITIONAL FARMSTEAD **GULBJI**

Authentic country living

The family lives in this place in six generations. The hosts Rita and Jānis integrate the traditional heritage in their today's life.

The visitors will find out how a traditional farmstead functions, what is daily routine of rural lifestyle, and will try out some traditional crafts or cooking traditional meals.



DOME HOUSE PARK "ĀRPUS LAIKA"

Modern country living

The family supports green lifestyle. They have created a landscape park, built an ecological dome house and a dome terrace based on their own design and architecture.

The hostess Ilze Berziņa offers a tour of the house, home made wine tasting and a workshop and tasting of traditional Latvian desserts.



GUEST HOUSE "DIVAS UPES"

Culinary experience

*The family runs a design guest house on a riverbank.
The hostess Dace is a professional violin player
and the host Tomas prepares excellent cooked and
smoked meats.*

*In relaxed atmosphere, guests are welcome to
engage in family's activities throughout a day cooking
smoked and grilled meats and having meals together.*



BIRCH SAP PRODUCTION FARM "BIRZĪ"

The Labanovski family invites visitors to see how they collect birch saps and produce an organically certified sparkling drink.

Guests will taste different kinds of birch sap from fresh to sparkling and each guest will plant a new birch tree in the birch grove.



FARM
"OZOLINI"

Mandala tea workshop

The family run farm produces ecological teas for more than 20 years.

The hostess Evita Lūkina will guide the guests through the Mandala tea workshop where each guest will select plants in a meditative process for a personalised herb tea.



FARMSTEAD INDĀNI

Small animals and birds on a farm

The hostess Signe Ezeriņa runs a traditional smallhold farm supplying her family with fresh products – eggs, milk, cheese, vegetables and fruit.

Guests will learn about the farmstead, see the animals, and will taste the products the hostess makes on the farm.



FARMSTEAD DZIRNUPES

Visiting a drum maker

Juris and his wife Sandra lives in a traditional rural farmstead with a vegetable and fruit garden and farm animals such as goats, geese, chicken and a cat. Juris makes and plays traditional Latvian drums.

The hostess will treat guests to a herb tea and home-made delicacies. The host will tell about making drums and will play drums together with guests.



BALTIC COASTAL HIKING ROUTE & FOREST TRAIL



Crossing Estonia, Latvia, Lithuania

Total distance:

3560 km / ~ 6 months to walk

The distance of 3560 km compares to:

- *the length of the Appalachian trail in the USA;*
- *straight line distance between Riga and Morocco in Africa;*
- *all residents of Latvia standing in a single line, with a 2m distance.*

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NATURE VALUES

The Baltic trails visit:

9
national
parks

1
biosphere
reserve

~100 other
protected
nature areas



4 UNESCO world heritage sites:

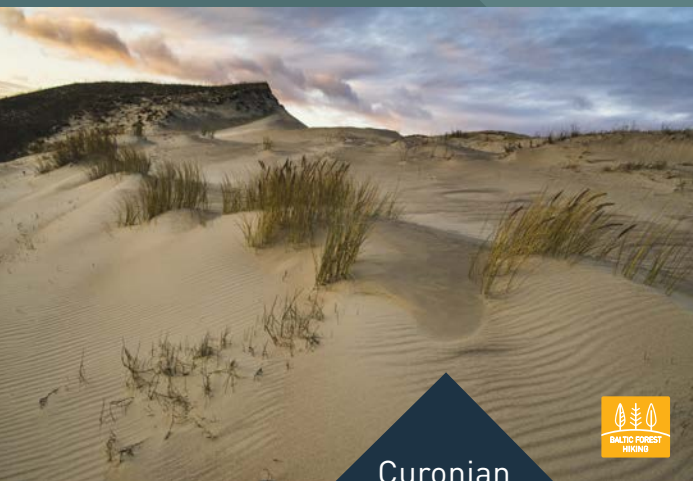
Old
Town
Kaunas
(LT)



Old
Town
Riga
(LV)



Curonian
spit
(LT)



Old
Town
Tallinn
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BALTIC
COASTAL
HIKING

RANNIKU MATKARADA
JŪRTAKA
JŪRŪ TAKAS





PUBLICATIONS

HIKING TOURS
Forest trail and
Baltic Coastal



FOREST TRAIL
HIKING TOURS



Baltic Coastal
hiking route
TOURS





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