

Baltic Nature Tourism Presentation Event

London, November 26

Interreg



Co-funded by
the European Union

Central Baltic Programme

NAT-TOUR-EXPO



BALTIC
NATURE
TOURISM



Who we are

Baltic Nature Tourism is a collaborative consortium comprising **over 120 individual nature and outdoor specialists** across Latvia and Estonia.

The **platform is part of the NAT-TOUR-EXPO project**, designed to promote the collaboration of Baltic nature tourism companies on the UK tourism market.

Project partners: Baltic Country Holidays, Latvian and Estonian Nature tourism associations, Estonian Rural tourism organization.

SIGN UP for
the newsletter



Baltic Nature tourism

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Baltic Nature Travel



If you seek a local DMC in the Baltics and adventures for your travelers like hiking, biking, kayaking and wildlife watching, then **Baltic Nature Travel** is for you!

We organize multi-day tours in the Baltic countries. Join our tours or come with your own adventure idea, and we will make it happen!

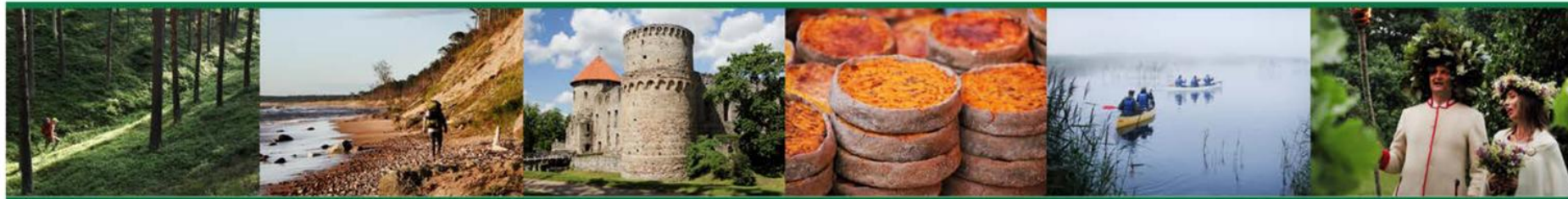
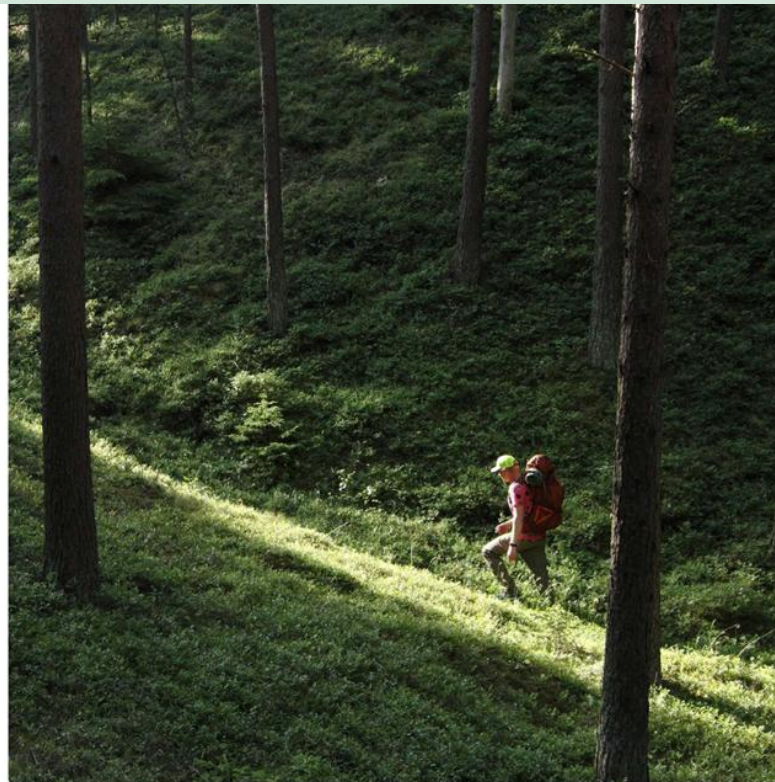
www.balticnaturetravel.com

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Mooska smoke sauna

- Võro smoke sauna tradition from 2014 in UNESCO Representative List of the Intangible Cultural Heritage of Humanity.
- It comprises a rich set of traditions including the actual bathing customs, the skills of making bath whisks, building and repairing saunas, and smoking meat in the sauna
- ~3h guided sauna session
- For locals well preserved way of life, living culture
- Sightseeing in the farm
- Pork meat, smoked in sauna
- Media and PR
- Farm shop
- Trainings, events





visit estonia

Smoke Sauna Tradition in Võromaa

UNESCO Intangible Cultural Heritage

Let's take a deep breath in some
of the cleanest air in the world.

Smoke Sauna Sisterhood

- 2023, Documentary
- In the darkness of a smoke sauna, women share their innermost secrets and intimate experiences, washing off the shame trapped in their bodies and regaining their strength through a sense of communion.
- 18 wins & 30 nominations



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Smoked Sprats from DIPLOMATS

Engures Smoked Sprats are produced on the Latvian coast in town Engure.

Prepared using traditional smoking methods that reflect Baltic coastal food heritage. The sprats are cleaned by hand, lightly smoked, and preserved in high-quality oil to retain a clean, natural flavour.

Part of Latvia's long-standing coastal craft tradition.



Speciality Salt from the Chef's House



Pavāru Māja (Chef's House) is based in Līgatne, Latvia.

Designed as a “chef's creative workshop” for chefs, nature lovers, and creative people to gather, experiment, and share.

Listed in the Michelin Guide.

Awarded a **Green Star for Sustainable Gastronomy** by the Michelin Guide.

Part of the **Slow Food** movement.

A set of 5 salts:

- Birch syrup salt
- Wild mushroom salt
- Herb salt
- Smoked salt
- Latvian flavored salt





1

What makes Baltic restaurants and cafés special?

Our restaurants and cafés stand out for using **seasonal, locally sourced ingredients**—fish, meat, and eggs from nearby farms, **home-grown** fruits, vegetables, berries, and grains, as well as **foraged products** like mushrooms and wild berries



Restaurants and Cafés Featuring Local, Natural Flavours in Latvia and Estonia



Līgatne's Chefs House



Gatavo Dabā



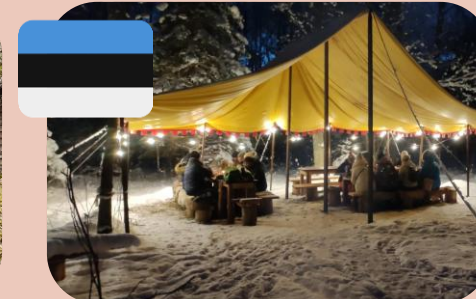
Gājēdis



Mereiaarestoran



Wanderlust



Nõmbra Karjamõis



Pernigēle



Boards You



Latvia



Estonia

2

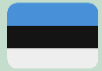
Which bird makes this loud, trumpeting call during autumn migration, often seen flying in V-shaped flocks?

Common crane (*Grus grus*)

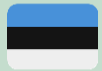
The crane is a characteristic bird of Latvia's wetlands, common as a migratory species and a fairly widespread breeder. During spring and autumn migration, flocks can be seen in fields or flying overhead. Latvia hosts 1,000–2,500 breeding pairs, with numbers increasing in recent decades.



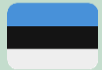
Birdwatching Tour Providers



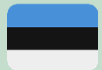
Anne's cottage



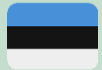
Naturum



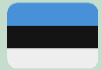
Natourest



Wildlife Dreams



Estonian Nature



Birding Haapsalu



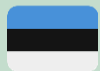
Kurzemes Putni



SIA Uzzini, Iepazīsti



Top Places in Estonia and Latvia for Birdwatching and the Seasonality



Matsalu National Park
Kabli Nature Reserve
Haapsalu
Lahemaa National Park
Northern Kõrvemaa Nature Reserve



Cape Kolka
Kõmeri National Park
Pape Nature Park

LV Latvia

EE Estonia

Birds

Late winter / early spring

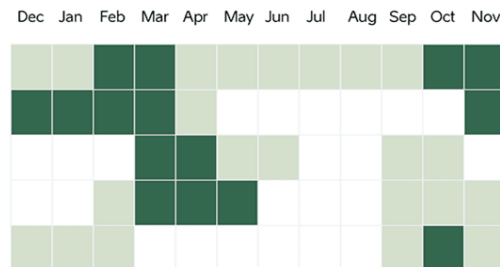
White-tailed Eagles

Steller's Eiders

Owls

Woodpeckers

Winter visitors



Spring

Wildfowl migration

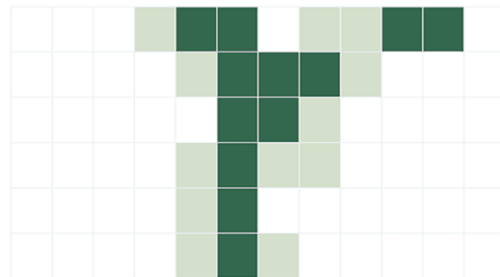
White and Black Storks

Long-distance migrant songbirds

Great Snipe

Lekking Ruff

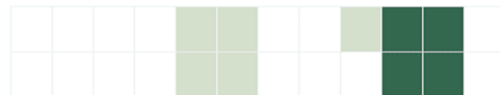
Breeding waders



Autumn

Common Cranes roosting

Landbird migration



3

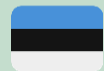
Who makes this sound, and in which season can you hear it?



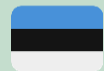
September in Baltics is the **red deer rutting season**, when deer become loud and bold, roaring to challenge rivals and attract harems. This period is marked by antler clashes, complex mating behaviour, and reduced feeding, making deer easier to spot for hunters and wildlife photographers.



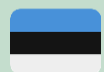
Wildlife Watching Tour Providers



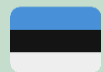
Wildlife Dreams



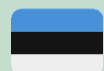
Toosikannu Nature Resort



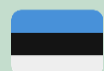
Aktivest



Naturum



Reimann Retked



Natourest



Baltic Nature Travel



Latvia



Estonia



Wildlife watching spots

Lahemaa National Park

Lynx, moose, brown bears, wolves, red deer

Northern Kõrvemaa Nature Reserve

Bear watching

Alutaguse National Park

Wolf, the [Eurasian lynx](#), and the [brown bear](#).

Alutaguse is also home to the **only flying squirrel species in Europe**

Soomaa National Park

Beavers, moose, wild boar, brown bear, grey wolf, and Eurasian lynx. [Soomaa](#) is only accessible by [kayak or canoe](#) during certain parts of the year.

Mammals

Looking for lynx and mammal tracks

Mammal footprint tracking

Lynx mating & tracking

Observing forest animals

Bear, Raccoon dogs, Flying Squirrel

Wild boar, Beaver

Elk & Deer rutting

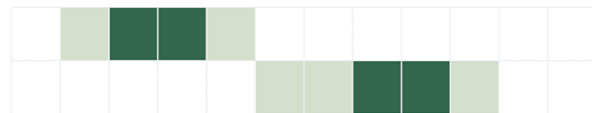
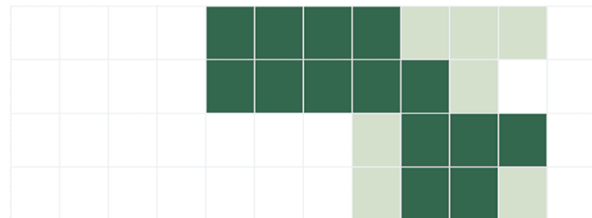
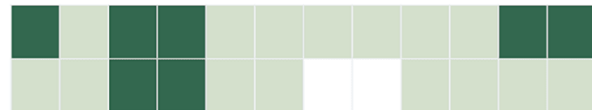
Wolf & G Jackal howling

Seal spotting

Grey and Ringed Seal cubs

Grey Seals on sea roosts

Dec Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov



4

Can you identify these berries and think how they might be used?



4

Can you identify these berries and think how they might be used?

Lingonberries are very common, growing in **dry or moderately moist pine forests**, transitional bogs, and along forest edges. They are picked both wild and, valued for their tart flavour, widely used in **jams, baked goods**, and as a traditional side for **meat dishes**.



Berry and Mushroom Picking Tours



Nature Tours Estonia

Wild Cranberry Picking Tour
Traditional Estonian
mushroom hunting



Taevaskoja Meejaam OÜ

Foraging Wild
Mushrooms and Berries in
Southern Estonia



Latvian Mycological Society

Mushrooming in Vicinity
of Riga

5

Which herb is valued for its calming qualities and healing benefits?

Chamomile herbal tea

Chamomile is known for its long-recognized **disinfecting** and **healing** properties, with compresses helping against wounds, inflammation, rashes, and swelling. It is also valued for its **calming qualities** and is often enjoyed as a **gentle herbal tea** or used in **skincare and hair care**.



Experiences with Nature's Ingredients



Ozolini

Herbal Tea
Mandala Workshop



SPALVA Latvia

Ethnic-inspired Mindful
Retreat Experience



Apple Manor & Garden Complex

Herbal Tea Workshop



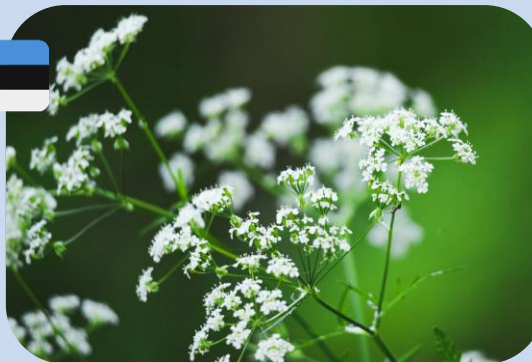
The Botanist Studio

Nature Cocktails



Maidla Resort

Tea ceremony in
nature villas



Aeglane hetk

World of Nectar
Plants Tour

6

Where do you use these tree branches, and which tree are they from?

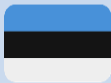
Birch, oak, and juniper are commonly used for **sauna whisks**, a traditional sauna accessory made from fresh or dried branches. They are used during sauna rituals.



Saunas Rituals & Soul Tour Providers



Ziedlejas
SIA PIZĀ
SIA "OzolRasa"
Nomadic Homes Ltd
Million star hotel
SPALVA
Apple Manor & Garden
Complex
"Atputnica"
ZS Ozolini
SIA "Ūši"
Don't Panic / Nature Gallery



Toosikannu Nature Resort
Maria farm
Ööd Hotels
Pädaste Manor
Meremõtted OÜ
Altmõisa
Maidla Resort OÜ
Indietours OÜ
Muuski
Jagala Juga OÜ
Estonian Wildnest Resorts
OÜ Soomaa Puhkeküla
Mooska OÜ
Mustjõe Kõrtsitalu



7

What kind of landscape is this?



Activities in Wetlands and Tour Providers

Season: All year round *(in certain seasons and locations, entry is prohibited due to local environmental restrictions).*

Activities: Stand-up paddleboarding (SUP), kayaking & canoeing, bog shoeing & snow shoeing, hiking, birdwatching etc.



Purvu Bridēji
Lūzumpunkts
Boards You
Ozolaivas
BalticTour.com
Baltic Nature Travel
SPALVA



Nature Tours Estonia
360 DEGREES Adventure
company
OÜ Soomaa Puhkeküla
Reimann Retked LLC
Wanderlust
soomaa.com
Loodusturism
Herman Events OÜ
Villa Pillapalu
Sea Kayaking Estonia OÜ



8

Which of these melodies is played on the *Kokle*, the traditional musical instrument in the Baltics?



The kokle is a traditional Latvian plucked string instrument, part of the Baltic psaltery family alongside the Lithuanian kanklės, **Estonian kannel**, and Finnish kantele. Known since at least the 17th century, it is **carved from wood, strung with metal strings**, and **played by plucking** to create soft, resonant tones.

Kokle playing is recognised as a traditional cultural value and is **included in the Latvian Cultural Canon**.



9

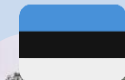
What sounds might you hear, and what kind of place could this be?



Dzirnapes



Countryside Stays - From Cozy Cabins to 5-Star Comfort



Muuski Glamping



Ööd Hotels



Maidla Resort



Jagala Juga



BeTriton



Pernigele



Kārļamuiža



MEKE Hotel

Closest nature activities
within **30 min drive**
from the capital!

Direct Flights to Latvia, Riga (RIX)
(2h 40 min - 3h flight time)

London (LGW) - daily by *British Airways*, *airBaltic*,

London (STN) - daily by *Ryanair*

London (LHR) - 4x weekly by
airBaltic

Operated by airBaltic, British Airways, Ryanair



Closest nature activities
within **30 min drive**
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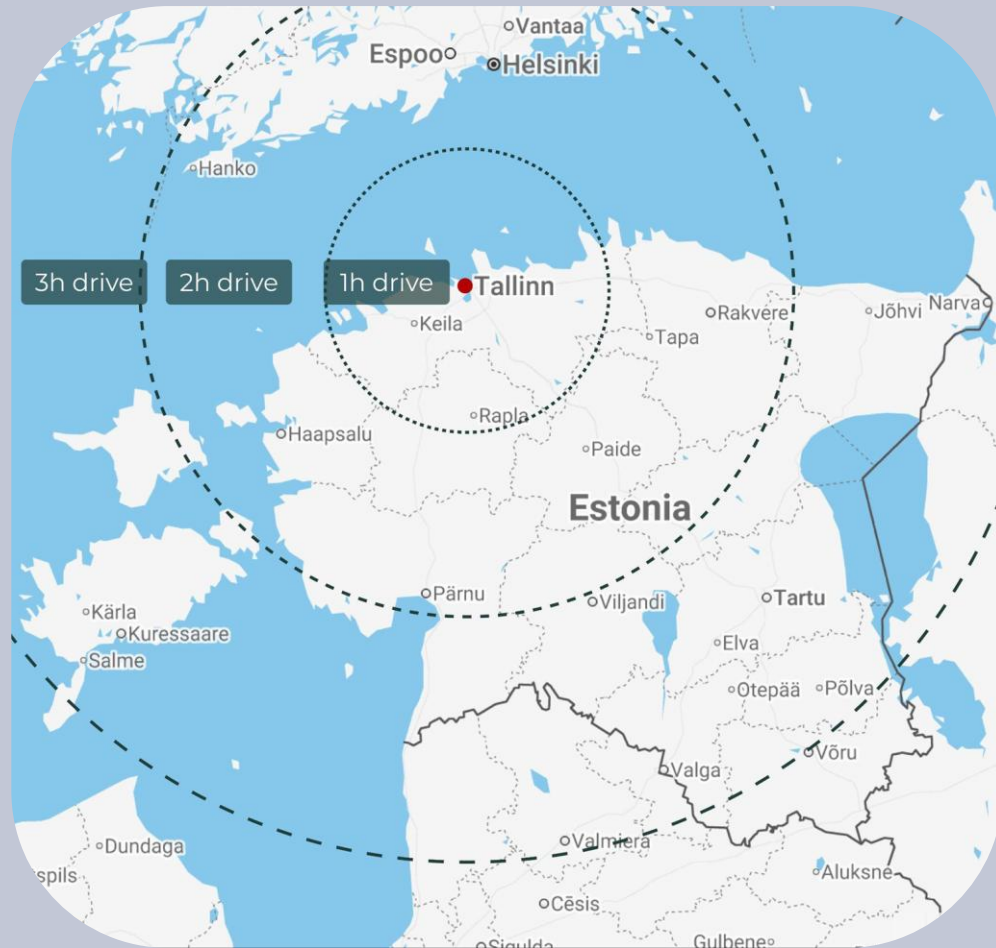
**Direct Flights to Estonia, Tallinn
(TLL)** (~3h flight)

London (STN) - daily by *Ryanair*

London (LGW) - 3x weekly by
airBaltic

London (LTN) - 3x weekly by
Wizz Air

*Operated by airBaltic, Ryanair,
Wizz Air*



Thank you!

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