

1. Solar and Wind Energy Solutions in a Guest House & Craft Cidery on a Historic Manor

Akmeņi Nature Resort is an eco-friendly guesthouse that integrates renewable energy solutions and sustainable practices in its hospitality business. Followed by a visit to Turkalne Manor, where local craft cider production supports the restoration of a historic manor.

08:45

Departure from Wellton Riverside Spa Hotel

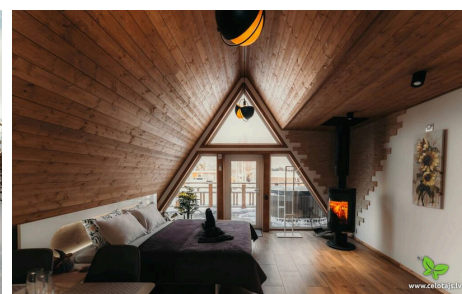
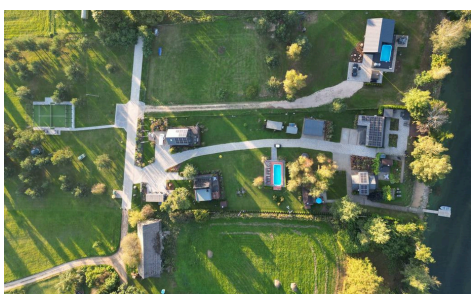
09:45 – 11:00

Hostess:
Mišela Duka

www.akmenioresort.lv

Tour of Akmeņi Nature Resort (eco-friendly initiatives & sustainability practices)

The resort near the Daugava River offers fully equipped cottages, each with its own sauna and hot tub, providing guests with the perfect way to unwind after a day of exploring the surrounding area's natural beauty, including walking and cycling trails. The resort has been awarded the Green Certificate eco-label for sustainable management. Its energy solutions include solar panels and a wind turbine. An e-mobile is used for transport within the resort, and guests can enjoy boating trips on the River Daugava in e-boats. Electric vehicle charging points are available for guests. The buildings feature heat recovery and air conditioning systems, while an automated water treatment and irrigation system maintains the garden.



11:00 – 11:30

Travel to Turkalne Manor

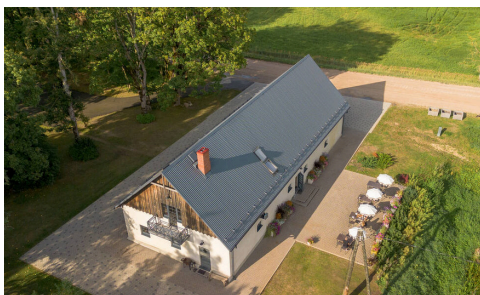
11:30 – 12:45

Host:
Kaspars Bramanis

www.turkalnesmuiza.lv

Turkalne Manor (welcome cider & short introduction + tour of manor & restoration)

Turkalne Manor, established in 1604, is a place where history meets modern technology through the renovation of the manor and the production of craft beverages. The manor produces apple cider, apple-rhubarb cider, mulled cider, beer, and wine, using apples and berries from local fruit and berry farms. The current owner acquired the property in 2014 as an abandoned building near his holiday complex and began renovating it to save it from decay. His first project was restoring the manor's barn, which now offers visitors insight into its history, along with tastings of its produce. The barn's second floor features a spacious venue for weddings, family celebrations, seminars, and training sessions. The future plans include continuing the restoration of the manor buildings, improving the grounds, and expanding beverage production by dedicating a separate building for the production of each beverage, complete with tasting rooms.



12:45 – 13:45







Lunch at Turkalne Manor

~14:30

Expected Return to Wellton Riverside SPA Hotel

2. Serving Michelin-Quality Meals from Locally Grown Ingredients in a Rural Location

Exploring sustainable culinary practices at Pavāru Māja, a Michelin Green Star-awarded restaurant in Līgatne. The restaurant collaborates with local farmers, incorporates foraged ingredients, and places special emphasis on seasonality.

08:30	Departure from Wellton Riverside Spa Hotel
<div>10:15 – 11:30</div> <div>Host:</div> <div>Ēriks Dreibants</div> <div> <div>www</div> <div>pavarumaja.lv</div> </div> <div>MICHELIN 2025</div>	<div> <div>The Chef's House is located in the former Līgatne Maternity Hospital, built in 1897 by the owner of the Līgatne Paper Mill for his workers' families. Today, it serves as both a restaurant and a creative space for chefs and food enthusiasts to experiment and craft innovative dishes using local, wild, and seasonal ingredients. The concept was developed by Ēriks Dreibants, one of Latvia's top chefs and a nature lover. This connection to nature is reflected in the area surrounding the restaurant, which features a Nature Observers' Garden, a Bird Watching Square, and a Butterfly Meadow, alongside a herb garden, fruit trees, and berry bushes. Listed in the Michelin Guide Latvia 2025, it holds the prestigious Michelin Green Star, awarded to establishments that lead the way in sustainable gastronomy.</div> <div>Please note: It is a 10-minute walk from the bus parking to the restaurant.</div> <div> <div>    </div> </div> </div>
11:30-12:30	Lunch at Pavāru Māja
~12:40-13:15	Before departure - an opportunity to visit the local souvenir shop in Līgatne.
	<div> <div>    </div> </div>
~14:30	Expected Return to Wellton Riverside SPA Hotel

May 8

3. Exploring Unique Wetland Landscapes and Biotopes in Bog Shoes

Experience **bog-shoeing in Latvia's largest bog**, discovering its pristine landscapes and diverse biodiversity, followed by a visit to Valguma Pasaule—a **wellness retreat** surrounded by tranquil forest.

08:00

Departure from Wellton Riverside Spa Hotel

08:50 – 11:30

Guide:
Kristaps Kiziks

www.bogshoeing.com

Guided Bog-Shoeing Tour

This nature experience takes you to the **Great Ķemeri Bog**, one of the largest raised bogs in Latvia, featuring a distinctive landscape of small lakes, low pine trees and deep pools. This protected nature site in Ķemeri National Park is an extensive hydrological system, a preserver of the local microclimate, and a major source of sulphurous water. It is also an important bird habitat. During this expedition with one of Latvia's most experienced bog guides, you will discover many fascinating facts about the nature, origin, flora, and fauna of bogs. Walking in bogs with bog shoes provides access to areas that would otherwise be difficult or even impossible to reach on foot. Bog-shoeing requires no special knowledge or skills.

N.B.! Rubber boots are provided, but you may choose to use your own waterproof shoes (trekking shoes or rubber boots). In case of rain, choose a waterproof windbreaker, do not take umbrellas with you. Dress in layers which can be added or removed based on weather conditions and activity, if needed.



11:30 – 12:00

Travel to Valguma Pasaule

12:00-13:00

Lunch at the Restaurant Valguma Pasaule

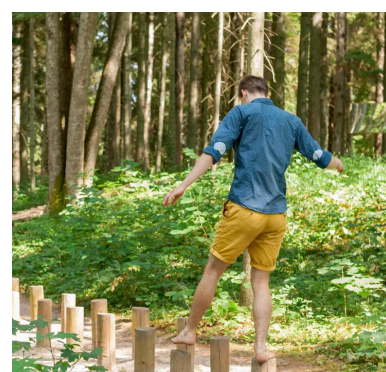
13:00 – 13:45

Hostess:
Vita Belavniece

www.valgumapasaule.lv

Exploring the Valguma Pasaule Retreat

The hotel and restaurant, nestled in the forest by Lake Valgums, offers a relaxing nature retreat. Guests can explore the Arts Trail, featuring paintings and sculptures, or walk the nearly 3 km Barefoot Trail, experiencing surfaces like moss, pebbles, sand, cones, reeds, wood chips, ending with a soothing foot bath. Activities include cycling, forest walks, and boating. The hotel proudly holds the Hiker-Friendly sign, awarded to Baltic tourism providers catering to hikers' needs, ensuring essential services for a comfortable journey.



~15:00

Expected Return to Wellton Riverside SPA Hotel

4. What Does It Take to Run a Tourism Business in a National Park

A guided hike along the **Baltic Coastal Hiking Trail** followed by a visit to Restaurant Neptūns, where operating within a national park means following nature conservation principles and raising awareness about responsible tourism.

09:00

Departure from Riverside Spa Hotel

10:00 – 11:00

Guide:

Juris Smalinskis

www

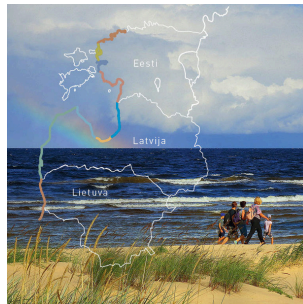
coastalhiking.eu

Coastal hike to restaurant Neptūns

We will walk **5 km along the Baltic Coastal Hiking Trail**, starting from the historic fishing village of Ragaciems and ending at the restaurant Neptūns for lunch.

The Baltic Coastal Hiking Trail runs along the shores of the Baltic Sea in Latvia, Lithuania, and Estonia, and is part of the **E9 route in the European network** of long-distance hiking paths. The E9 route begins at Cape St. Vincent in Portugal and ends in Tallinn, the capital of Estonia. The Coastal Hiking Trail is divided into approximately 20 km sections, designed for one- or two-day hikes, with accommodation and transport options available. We will enjoy a hike along part of section #21, which runs through Ķemeri National Park along a sandy beach. Along the way, hikers can observe dune habitats and enjoy birdwatching.

N.B.! Please wear comfortable hiking shoes suitable for walking on sand and be prepared for the weather.



11:00 – 12:00

Hostess:

Dace Dinsdorfa

www

restoransneptuns.lv

A House Tour at Restaurant Neptūns

Nestled among dunes and pine trees near the Baltic Sea in Ķemeri National Park, the restaurant follows **sustainable practices** throughout its operations, from water treatment solutions to collaboration with the National Park administration. Built in 1968, the restaurant has preserved its original architecture and interior design, maintaining the character of that era for historical reminiscence. The restaurant menu is largely based on **locally sourced ingredients**.

The business holds the national **Green Certificate ecolabel**, recognizing its environmentally friendly practices. Situated near the Coastal Hiking Trail the restaurant proudly displays the Hiker-Friendly sign, welcoming hikers. Additionally, the owners operate a small-scale camping site not far from the restaurant.



12:00 – 13:15







Lunch at Restaurant Neptūns

~14:15

Expected Return to Wellton Riverside SPA Hotel

5. Hands-on Tourist Experiences Based on the Traditional Crafts of Woodworking and Bread Baking

Visiting **Caunītes Country House**, a family-run homestead that offers tourists authentic experiences in traditional woodworking and bread baking crafts.

09:00	Departure from Riverside Spa Hotel
<div>10:00 – 12:00</div> <div> <div>Hosts:</div> <div>Santa & Jānis Rubenis</div> </div> <div> <div>www</div> <div>caunites.lv</div> </div> <div> <div>Videos:</div> <div>Bread baking program in country house "Caunites"</div> <div>Rye Road at the "Caunītes"</div> </div>	<div> <div>Visit to Caunītes Country House: Bread Baking and Carpentry Experiences</div> <div> <div>The Rubenis family keeps traditional crafts alive, offering hands-on masterclasses and programs for visitors to experience these skills as part of their modern lifestyle. The homestead’s heart is a barn with a bread-baking stove, where the hostess bakes "salinātā" rye bread—a Traditional Speciality Guaranteed (TSG) product recognized by the EU for using traditional methods. The host’s passion for woodcraft combines ancient and modern techniques to create beautiful, functional wooden pieces. This tourism business has earned the Green Certificate for preserving heritage and managing the property sustainably. The family works with nature experts to organize tours, sharing insights into the local forest and meadow biodiversity.</div> </div> <div> <div> <div>    </div> <div>    </div> </div> </div></div>
12:00-13:00	Lunch at Caunītes Country House
~14:00	Expected Return to Wellton Riverside SPA Hotel



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Co-funded by

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