

Baltic Nature Lunch & Reception

Interreg



Co-funded by
the European Union

Central Baltic Programme

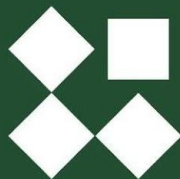
NAT-TOUR-EXPO



BALTIC
NATURE
TOURISM



Latvia travel



Investment and Development
Agency of Latvia

Key information about Latvia

- Capital: **Riga**
- European Union/NATO: **member since 2004**
- Currency: **EUR**
- Schengen Area: **member since 2007**
- Population: **1.9 million**
- Area: **24 937 sq mi**
- Weather: **4 seasons**
- **Highest temperature: $\approx 30^{\circ}\text{C}$ (86°F)**
- **Lowest temperature: -20 (-4°F)**



Latvia in Europe

Less than 3 hours away from the majority of European capitals

3h flight

2h flight

1,5h flight

Riga



RIX

Air traffic hub of the Baltics

Riga International Airport (RIX) offers direct flights to more than 100 destinations in 40 countries, including a variety of routes operated by 14 different airlines.

AEGEAN

airBaltic

BRITISH AIRWAYS

FINNAIR

LOT

Lufthansa

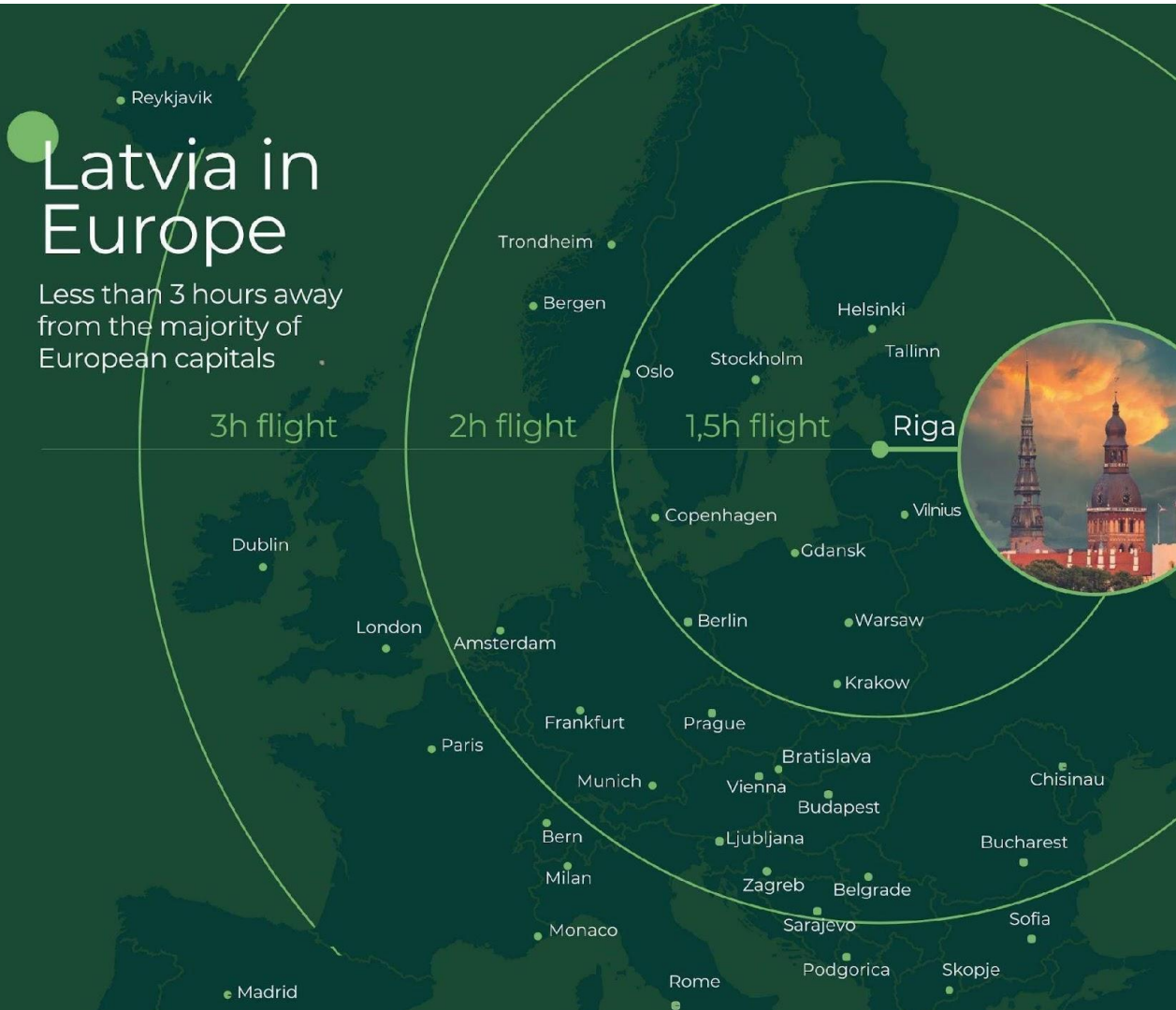
norwegian

RYANAIR

WIZZ

UZBEKISTAN Airways

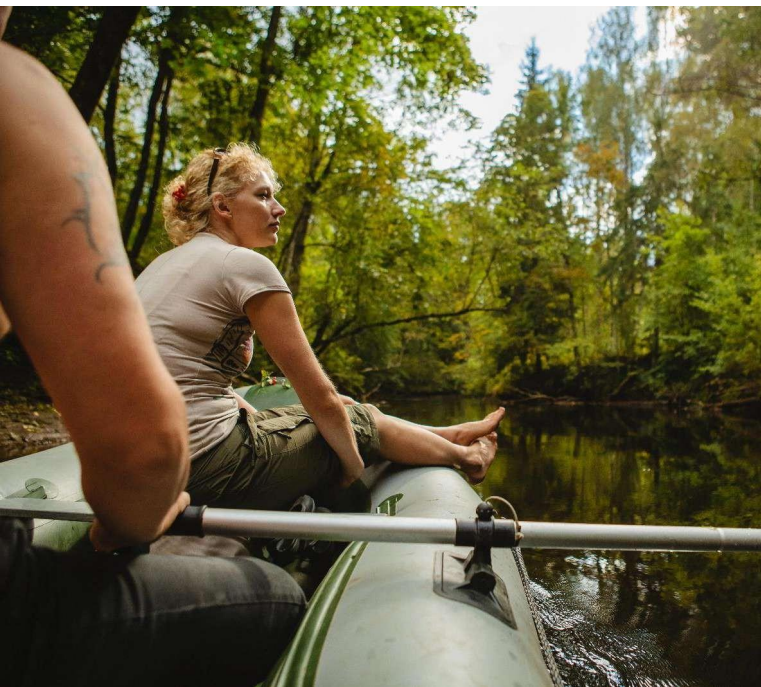
TURKISH AIRLINES



Latvia's Regions

- Kurzeme (Western Latvia)
- Zemgale (Southern Latvia)
- Vidzeme (Northern Latvia)
- Latgale (Eastern Latvia)





Soft
adventures

Baltic Sea coast



An aerial photograph of a roller coaster track, likely the Gauja Roller Coaster, winding through a dense forest. The track is made of dark brown wooden rails with blue-painted support structures. In the foreground, a large, light-colored, curved structure, possibly a part of the track or a viewing platform, is visible. To the left, a control tower with a metal frame and a platform holding various electronic equipment stands prominently. The background shows the track curving through the trees towards a bright, orange-hued sunset sky. The overall scene is bathed in the warm, golden light of late afternoon.

**Unique activities
in Gauja National
park**

Incentives are
in our nature

Bungee
jumping

Aerodium
Vertical wind
tunnel

Zerglis







Creative workshops



Luxury of
being alone



LATVIA.TRAVEL

An aerial photograph of a small wooden boat with two people inside, navigating a dark, calm lake. The water is surrounded by lush green reeds and grasses, creating a serene and natural setting. The boat is positioned in the lower center of the frame, leaving a trail of ripples behind it.

tourism@liaa.gov.lv

Kristine.mickane@liaa.gov.lv

Latvia ❖
travel

- Fam tours for travel trade
- Media trips
- Marketing materials
- Industry news
- Sign up for newsletter



Latvia isn't discovered!

It's whispered...



SPALVA

MEET AUTHENTIC LATVIA

SPALVA is a Destination Management Company (DMC) based in Latvia, founded by **Sindija Vilde** — a travel designer and event architect with **over 18 years of experience**.

The name **“SPALVA” (“Feather”)** reflects our philosophy: **light, elegant, and carefully crafted** journeys.

EXPERIENCES THAT RESONATE

Classical & Authentic

Both the Latvia you expect, and the
Latvia you never dreamed of



SPALVALATVIA.COM

CLASSICAL: RIGA OLD TOWN, CASTLES, FORESTS & COASTLINES

CREATIVE: STORYTELLING SESSIONS, FORAGING, FOLK RITUALS

UNIQUE: MOMENTS YOU CAN'T EXPERIENCE ANYWHERE ELSE

NaTourEst

Estonian nature tourism company

Offered tours:

- **Bear watching & photography**
- **Searching for Lynx**
- **Birdwatching**

Other wildlife tours:

- Combined predator tours
- Mammal & birdwatching tours
 - “Steller’s Eider & Lynx”
 - “Brown Bears, Elks, Bird Migration and Ringed Seals in Estonia”



“Wildlife Dreams”

Baltic's Premier Wildlife
Photography Hide



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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NAT-TOUR-EXPO



BALTIC
NATURE
TOURISM



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



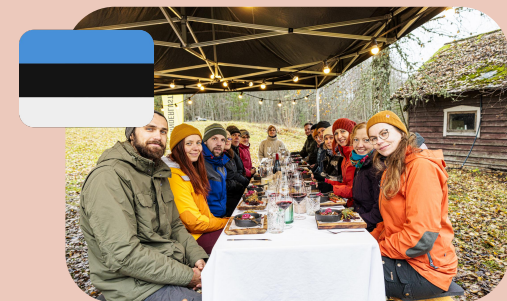
Gatavo Dabā



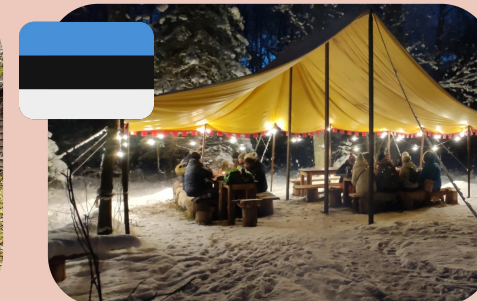
Gājēdis



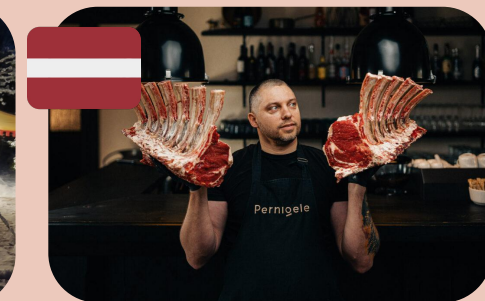
Birzī Birch sap



Wanderlust



Nõmbra Karjamõis



Pernigēle



Boards You



Latvia



Estonia

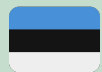
2 Which bird makes this loud, trumpeting call during autumn migration, often seen flying in V-shaped flocks?

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.



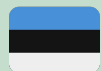
Birdwatching Tour Providers



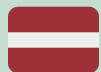
Anne's cottage



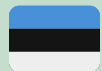
Kurzemes Putni



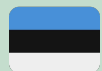
Naturum



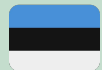
SIA Uzzini, Iepazīsti



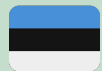
Natourest



Wildlife Dreams



Estonian Nature



Birding Haapsalu

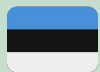


Latvia



Estonia

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
Kemeris National Park
Pape Nature Park



Latvia



Estonia

Birds

Late winter / early spring

White-tailed Eagles

Steller's Eiders

Owls

Woodpeckers

Winter visitors



Spring

Wildfowl migration

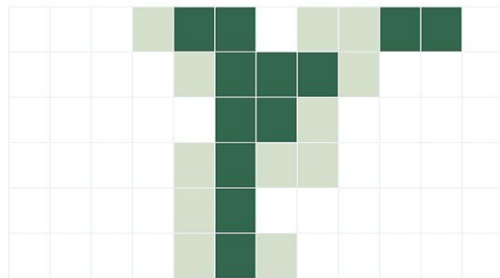
White and Black Storks

Long-distance migrant songbirds

Great Snipe

Lekking Ruff

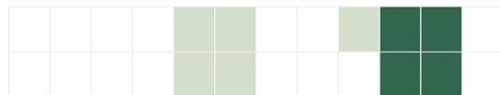
Breeding waders



Autumn

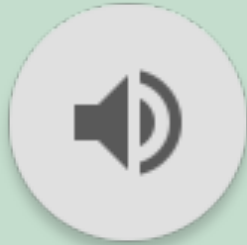
Common Cranes roosting

Landbird migration



3

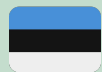
Who makes this sound, and in which season can you hear it?



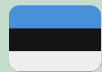
September in Baltics is the **red deer rutting season**, when deer become loud and bold, roaring to challenge rivals and attract harems. This period is marked by antler clashes, complex mating behaviour, and reduced feeding, making deer easier to spot for hunters and wildlife photographers.



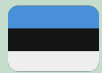
Wildlife Watching Tour Providers



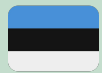
Wildlife Dreams



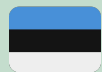
Toosikannu Nature Resort



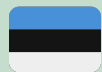
Aktivest



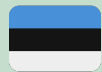
Naturum



Reimann Retked



Natourest



Prangli Reisid



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

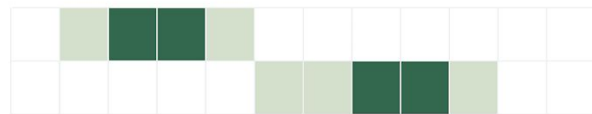
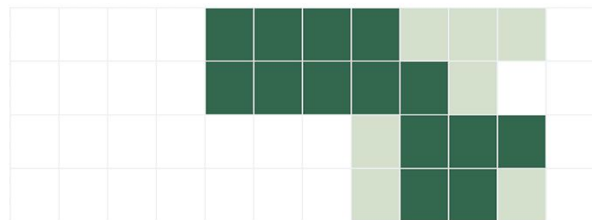
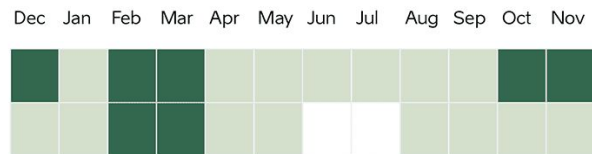
Elk & Deer rutting

Wolf & G Jackal howling

Seal spotting

Grey and Ringed Seal cubs

Grey Seals on sea roosts



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**.

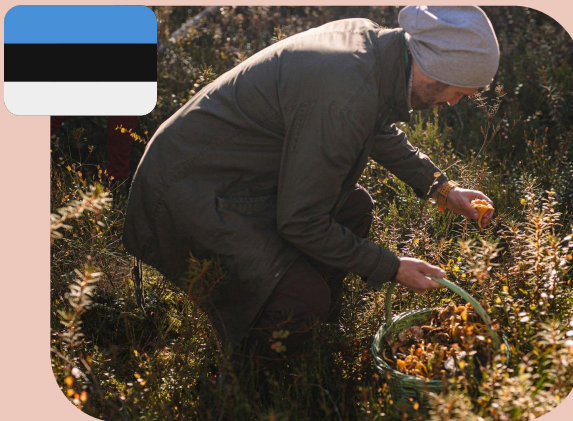


Berry and Mushroom Picking Tours



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

What can you smell?

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



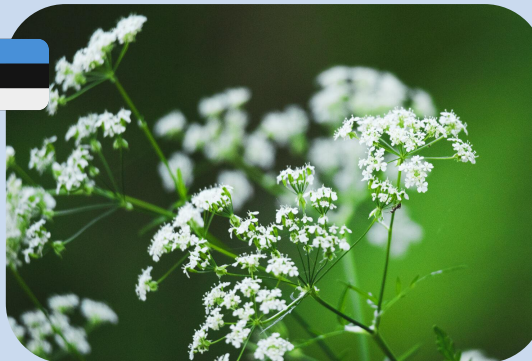
The Botanist Studio

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?

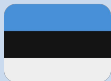
Birch, oak, and juniper are commonly used for **sauna whisks**, a traditional sauna accessory made from fresh or dried branches. They are used during sauna rituals.



Saunas Rituals & Soul Tour Providers



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
Ziedlejas



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

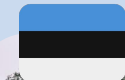
What sounds did you hear in the video, and what kind of place might it be?



Dzirnapes



Countryside Stays - From Cozy Cabins to 5-Star Comfort



Muuski Glamping



Ööd Hotels



Maidla Resort



Jagala Juga



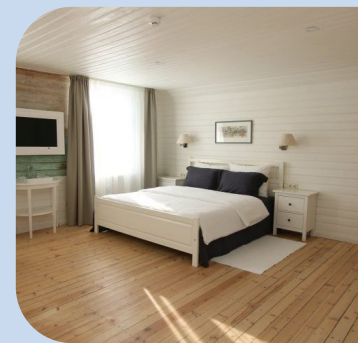
BeTriton



Pernigēle



Kārļamuiža



MEKE Hotel

1
0

Which drink, 260 years old, originates from Riga?

a. Rīga Black Balsam

a. Rīga Apple Cider

a. Rīga Craft Beer

a. Rīga Vodka



Riga Black Balsam, created by pharmacist Kunze **in 1752**, is made **from 24 natural ingredients**, including **17 botanicals** like valerian, wormwood, black pepper, ginger, gentian, and Peruvian balsamic oil. Earlier balsam recipes in Riga date back to the 16th century.

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

London (LHR) - 4x weekly

Manchester (MAN) – 4x weekly

Edinburgh (EDI) – 2x weekly

*Operated by airBaltic, British
Airways, Ryanair, Jet2, Wizz Air,
Norwegian*

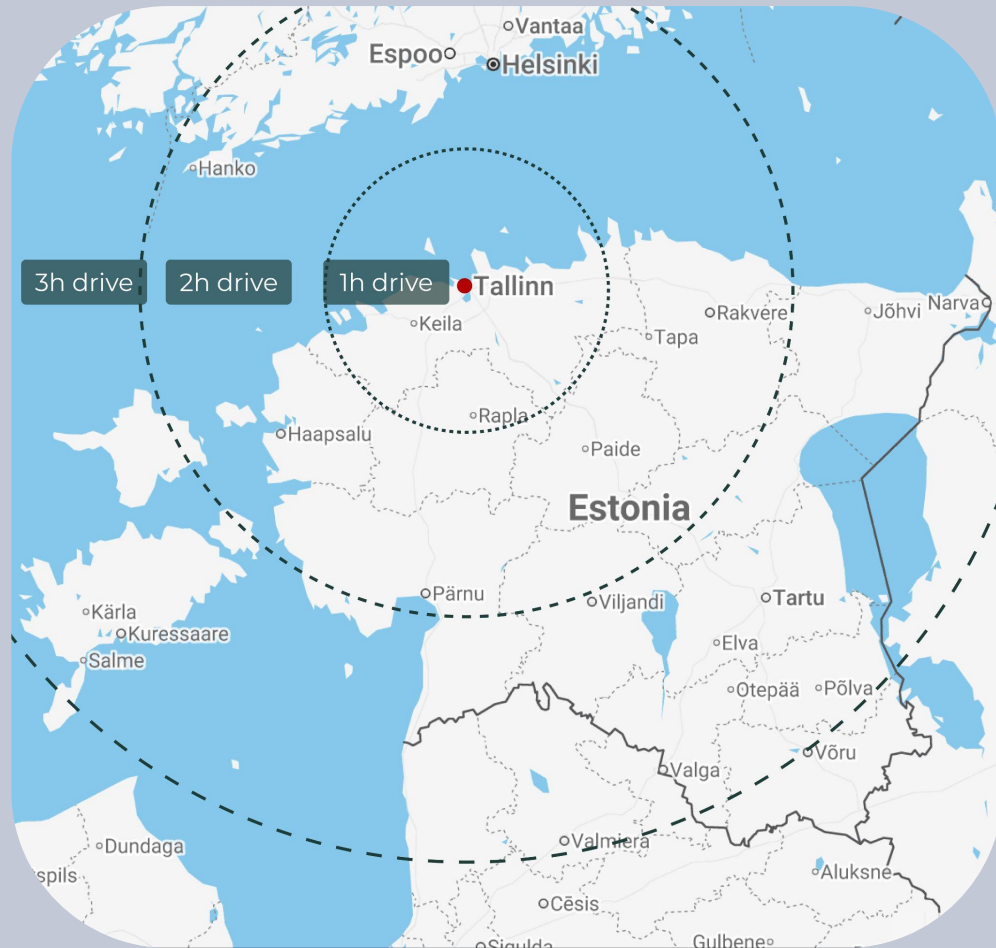


Closest nature activities
within **30 min drive**
from the capital!

**Direct Flights to Estonia,
Tallinn (TLL)** (~3h flight)

London (LGW) – 3x weekly
Manchester (MAN) – 1x
weekly from November 2025
Edinburgh (EDI) – 2x weekly
from November 2025

*Operated by airBaltic and
Jet2*



11

How many tours are listed on the Baltic Nature Tourism portal for Latvia and Estonia?

a. 65

b. 510

c. 260

d. 180

C. 260

Thank you!

balticnaturetourism.com

balticnaturetourism@celotajs.lv



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