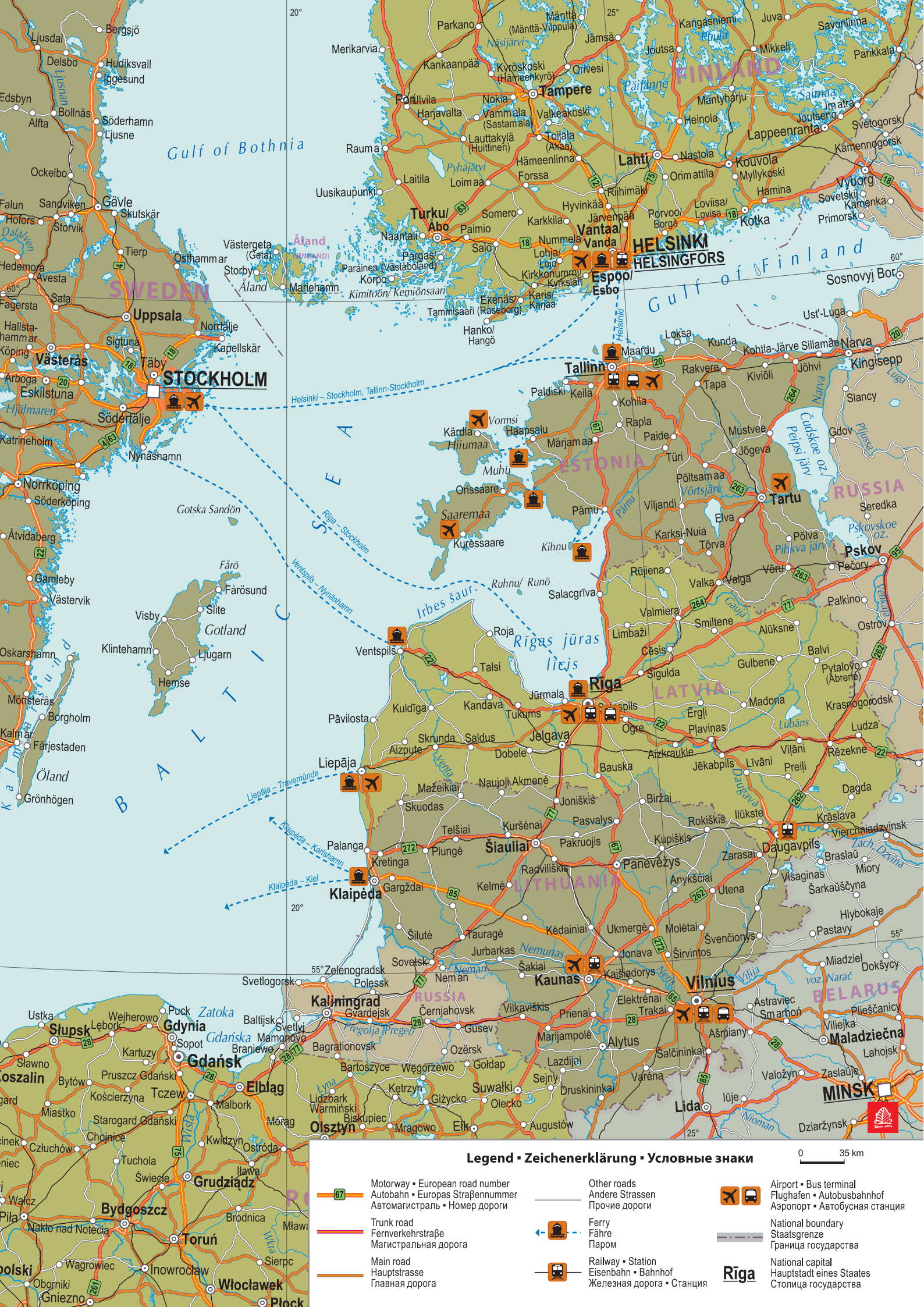


GO RURAL

PRODUCT MANUAL 2020



LATVIA
ESTONIA
SOUTH COAST
FINLAND





INTRODUCTION

**GO
RURAL**

This manual is aimed at helping you discover rural destinations in the South of Finland, Estonia and Latvia beyond traditional touristic routes. The programmes and sites in this manual are based around small-scale accommodation, open farms, local producers, living traditions and sincere people. The people here have a close relationship with their natural surroundings and annual cycle. Each season has its own specific activities like mushrooming, berry picking, collecting herbs, ice-fishing and different agricultural jobs as well as traditional and seasonal celebrations. The countries are a haven for the tourist who loves nature, respects traditions and would like to experience them and their cultures more deeply.

Behind this manual there is a team of professional countryside tourism organisations and tour operators. For many years we have carried regular inspections of our accommodation and sites, have closely cooperated with national parks and nature experts, researched and developed new routes.

In this manual we present example products based on rural experiences such as visits to country farms, hands-on workshops, tours of UNESCO World Heritage Sites, stays at spa hotels, and opportunities to get closer to nature or to live like locals.

The products are grouped by countries – Finland, Estonia, Latvia, and are arranged in similar sections for each country: Rural Programmes, Live Like a Local – Smallholdings, Countryside Experiences, Nature Activities, Cultural Heritage, Food Workshops, Sauna, Accommodation. The chapters for each country are colour marked.

Some model itineraries for touring the three countries are presented. All of these can be linked with the traditional touristic routes and city experiences to bring more variety and attraction. Travelling options between the countries are shown by air, ferries and bus. A list of tour operators that can help to arrange tours and services group and individual customers is provided in this manual.

www.balticsea.countryholidays.info

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RURAL PROGRAMMES



These programmes offer brief rural experiences that can bring some diversity to the existing tour operator itineraries for group and individual travel. There is a choice of short, stopover packages and half or full day programmes. Short programmes can be adapted to the timings and geographical area covered by tour operators' existing tours and fitted in as additional elements without changing the basic tour itinerary. Half and full day programmes, with or without overnight stays in country hotels, can be useful for individual tourists interested in experiences outside cities. Each programme package consists of several services. The descriptions of the programme packages are provided to give the best idea of the product.

They are structured in three parts:

- General Information presents the technical details regarding the programme's duration, distances, etc. to help readers understand whether and how the programme could be fitted into tour operators' itineraries;
- The Introduction describes the highlights and unique experiences the programme offers;
- The Programme Itinerary describes, step by step, all the activities included in the package.

LIVE LIKE A LOCAL - SMALLHOLDINGS



Smallholdings welcome individual tourists and families looking to spend a relaxing holiday in an authentic environment. Guests become a part of family life and join in the everyday routines. There are no set excursion programmes, and the time is spent in friendly communication between the guests and the host family. Guests can see and try for themselves simple activities such as gardening, picking fruit and vegetables, milking goats, cooking food and feeding farm animals. If the hosts are crafters, the guests are welcome to watch and learn new skills. The hosts may also offer some outings in the local surroundings. With experienced hosts and their excellent hospitality, the language barrier is never a problem. Rooms, toilets and washing facilities are simple and functional.

NATURE ACTIVITIES



South of Finland, Estonia and Latvia have four distinctive seasons with their respective weather, plants, wildlife and human activity. Nature wakes up in the spring with the first flowers, birch tree sap, migrating birds and flooded rivers providing opportunities for bird watching. In the summer, when the meadows are full of wild flowers and gardens with ripening berries, it's time for botanic and butterfly tours. Autumn turns the forests golden and it is a harvest time - ideal for picking cranberries and mushrooming, also for watching the displays of cranes and mammals. April to end of September are spring, summer and early autumn months, and the best time to enjoy the beautiful nature.

CULTURAL HERITAGE



Finland, Estonia and Latvia for centuries have shared common cultural landscape, exchanged and mutually enriched one another's culture. The way of life in this region characterized by shared cultural context, values and natural resources has developed traditions specific to each nation yet keeping common Nordic-Baltic spirit in every cultural expression. For this reason it is worthwhile taking a closer look into the region finding out what heritage values it has to offer, and which of them are internationally recognized by UNESCO (United Nations Educational, Scientific and Cultural Organisation) an organisation which works to promote and safeguard the heritage of humanity.

These programmes enable discovery of the traditional cultural heritage. All programmes can be adapted to the needs and interests of customers. The itineraries can be modified changing the length of a whole tour, selecting optional visits and programmes. Groups are accompanied by a tour leader who knows the route and local conditions well. Overnight accommodations are in hotels or guest houses. Breakfast and other meals are included in services.

FOOD WORKSHOPS



Finnish, Estonian and Latvian cuisine is based on natural products from clean environment. Spring and summer seasons are characterised by lighter dishes like greens, dairy products and seasonal fish, grilled meat, forest berries and mushrooms. Meat dishes with vegetable and grain side dishes, fermented and pickled vegetables dominate cold seasons meals.

Food workshop programmes introduce the Finnish, Estonian and Latvian traditional cuisine values that are present in modern menus – fresh, home-grown, wild foods, seasonal, good quality, home-made. The programmes are designed for individuals and small groups. The hosts teach how to cook meals from locally grown ingredients. Cooking is followed by enjoying the dishes made together.

COUNTRYSIDE EXPERIENCES



Discover the true spirit of the country by visiting traditional farms and artisans and witness the unique heritage that has been brought along to the present day through generations and finds a place in modern life. The sites demonstrate the living traditions in households, farming, animal breeding, making foods, practicing crafts like carpentry, pottery, weaving, celebrating traditional festivities. This section also presents historic country estates, villages and other places of interest that offer unique experiences for visitors to the countryside.

These visits usually take 1-1.5 hours and can be included in tour itineraries to diversify touristic experiences. Translation services are required because many farmers and craftsmen in the countryside do not speak foreign languages. The visits are available for groups and individuals. Detailed programmes can be developed on request.

SAUNA



Sauna is a strong part of traditional culture in Finland, Estonia and Latvia. Sauna is an intrinsic part of living in the countryside and of national culture. Sauna restores the body in physical and spiritual terms. A sauna ritual is an adventure on various levels – healing and purifying the body, concentrating the emotions, learning about yourself, and even experiencing a positive change in your consciousness. Sauna rituals are offered by certified and experienced experts, and the rituals make use of gifts from the environment – branch and plant switches, scrubs and body masks from natural and local raw materials. Herbal teas are also offered. Sauna rituals can be experienced under guidance of a professional sauna expert as many hosts have inherited sauna traditions passed down the generations or attended special sauna schools.

The programmes may include a guided tour of the site, explanation of sauna types and practices, workshops (e.g., making whisks from plants used in Latvian sauna), and optional sauna experience. Before taking sauna, guests are instructed by the hosts about the process and effects. Guests are guided through the process by a skilful and experienced sauna master.

ACCOMMODATION



This chapter presents selected countryside hotels that are conveniently situated in touristic areas and easily accessible from capital cities by public transportation or private transfer. Room standards offer SGL, TWIN, DBL or APARTMENT accommodation with WC and shower or bath if not indicated otherwise. Rooms in a country hotel or a guest house may differ in style, size, facilities and amenities, and they can be located in different buildings of the same accommodation property. If so, they are denoted as Standard, Suite or Superior. When booking, it is strongly advised to check on room specifications.

DETAILED INFORMATION:

www.balticsea.countryholidays.info

or from countryside tourism associations
(in English):

www.countryholidays.lv

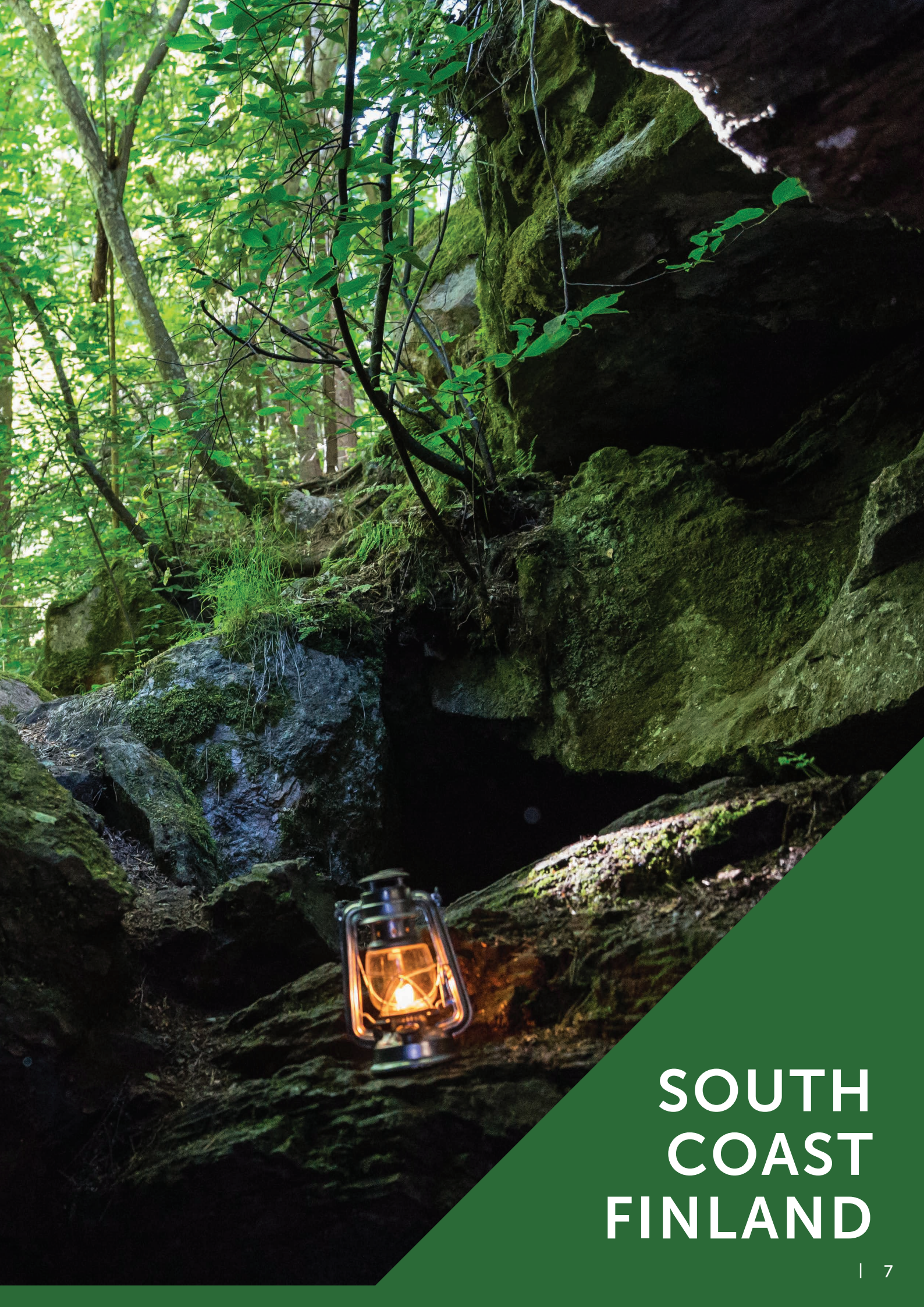
(Latvia, Estonia, Lithuania)

www.maaturism.ee

(Estonia)

www.visitsouthcoastfinland.fi

(South-Finland)



SOUTH COAST FINLAND



Tytyri mine experience

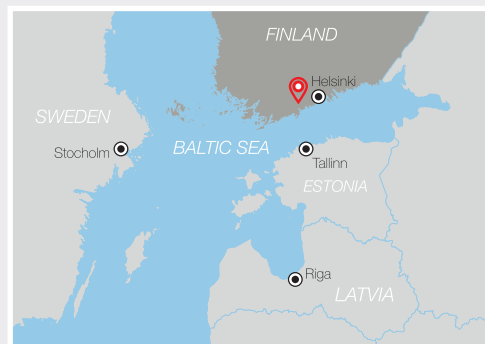
WEBSITE: www.tytyrielamyskaivos.fi

GENERAL INFORMATION

PACKAGE TYPE:	half-day programme
SEASON:	January - December
FOR WHOM:	individuals / groups (min. 1- max. 100)
SERVICES INCLUDED:	guided tour in -110 meter underground
DURATION OF THE PROGRAMME:	1.5 hour guided tour + 2 hours transportation from Helsinki
TYPE OF TRANSPORT:	tour bus / individual transfer / public bus
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). Walk from Lohja bus station (~30 min / 2,3 km).
HOSTS:	Tytyri Mine Experience guides

PROGRAMME

- Arrival with chosen transportation from Helsinki to Lohja and Tytyri Mine Experience. Journey takes about 1 hour by charter bus and 1, 5 hours by public bus. If you choose public transportation, you have 2.5 km walking distance from the Lohja Main Bus station to Tytyri Mine or you may take a taxi from the front of the bus station and it takes about 7 minutes to the destination. You can ask pick-up service from your hotel or airport. Also guide-service available into the bus for a little extra cost.
- After arrival to Tytyri, you will meet your Guide and have safety gears as helmet. We have also warm jacket for rent if needed.
- 1.5 hour guided tour underground, possibility to take photos and use free wifi during the tour.
- After the guided tour possibility to buy some souvenirs.
- Transfer back to Helsinki.



LOCATION

ADDRESS: Kuilukatu 42, FIN-08100 Lohja, FINLAND

DISTANCE: Helsinki 60 km / 1 hour

INTRODUCTION

Tytyri Mine Experience is a unique and multi-faceted travel destination 110 metres below ground level, combining the Nordkalk mining industry, Kone's world-class technological development, and the adventure and thrills of a travel destination. The public has a wonderful opportunity to see this fascinating underground world. Although the dark and humid museum area is filled with underground sounds, it is a very safe distance from the excavation work, which is much deeper down. Unique music and lightshow deep in a dark cave is really breathtaking. Now Finland's fastest elevator is in use in the Tytyri mine and Welcomes you to the deeper regions of the Earth!



Wellbeing from wild herbs in Purnus river valley

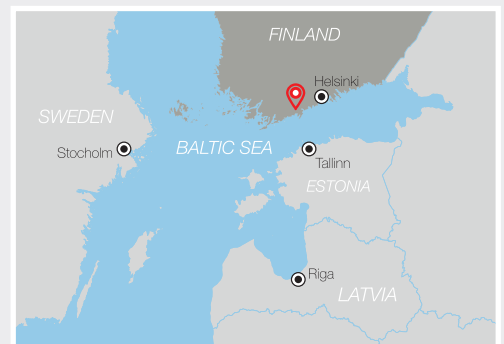
WEBSITE: www.seaction.com/en/program-services/outdoor-activities/thaw

GENERAL INFORMATION

PACKAGE TYPE:	half-day programme
SEASON:	May - September
FOR WHOM:	small groups (min. 10- max 20)
SERVICES INCLUDED:	a herb hike guided by a phytotherapist and some easy exercises during the walk
DURATION OF THE PROGRAMME:	1.5 hours guided tour + transportation from Helsinki takes 1 hour one way
TYPE OF TRANSPORT:	individual transfer / tour bus
PUBLIC TRANSPORTATION:	train from Helsinki railway station to Siuntio station (50 min, trains U or Y) The rest of the trip by taxi (~10 min / 8 km).
HOSTS:	SE-Action Ms. Susanne Ekström

PROGRAMME

- Arrival to the Purnus river valley in Siuntio, meeting your guide.
- A herb hike, guided by a phytotherapist, to learn about the most common medicinal herbs growing wild in the Finnish countryside and about their health impact.
- Some easy exercises during the walk, aiming to create contact with nature and to sensitise ourselves into listening to our own body.
- The herb hike can be combined with a relaxing herbal sauna or an inspiring herbal workshop. With relaxing sauna and herbal workshop, you need to reserve more time for your day (5 hours total).



LOCATION

ADDRESS: Purnuksentie 49, 02570 Siuntio, FINLAND

DISTANCE: Helsinki 50 km

INTRODUCTION

SE-Action is in an old farming area in Purnus river valley in Siuntio. The picturesque surroundings offer a perfect experience in the Finnish rural scenery with a local friendly atmosphere. Herbal therapy is the oldest system of medicine in the world, while being close to nature affects our health in a positive way.



A day in Finnish nature and smoke sauna

WEBSITE: www.kettukallio.net

GENERAL INFORMATION

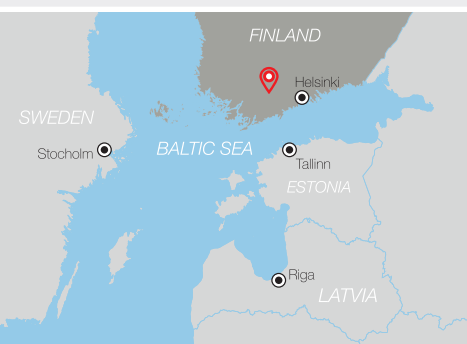
PACKAGE TYPE:	full day tour
SEASON:	May – October
FOR WHOM:	groups min 8 – max 16 persons
SERVICES INCLUDED:	transportation from Helsinki to Lohja and back, guiding, hiking, smoke sauna and hot tub, picnic lunch, dinner by the campfire
DURATION OF THE PROGRAMME:	a day tour with transportations from Helsinki 11 hours
TYPE OF TRANSPORT:	tour bus and individual transfer
HOSTS:	Ms. Terhi and Mr. Tuomas Korpiljaakko, Ms. Hanna Savelainen and Ms. Riitta Laine

PROGRAMME

- **Departure** from Helsinki to Karkali in the morning. The bus ride will take ca 1,5h.
- **Karkali Strict Nature Reserve.** The 2 km long nature trail in Karkali Strict Nature Reserve will take you to a natural spring that is used by local people and many Karkali visitors to drink water. The guide will tell you about the history of the area and favourable climate and the rock foundation which is providing special environment for flora and fauna living in the area.
- **Picnic lunch at Karkali.** Hot mushroom soup, local apple juice and homemade bread.
- **Torhola Cave.** It is 500m walk to the

cave from the parking lot.

- **Walk back to the bus and continue** to Kettukallio Experience farm home-
stead 13km (~20 min drive).
- **Dinner** is cooked on open fire just for you and served in an idyllic Lapp hut. The dinner includes starter salad based on Finnish vegetables and main course: blazed salmon, baked potatoes, grilled vegetables and sauce. After dinner we offer you coffee or tea cooked by fire.
- **Smoke sauna and a hot tub.** We have a traditional Finnish smoke sauna, where you can take your time enjoying the refreshing atmosphere. Right beside the smoke sauna there is a hot tub



LOCATION

Kettukallio Experience farm

ADDRESS: Karkalintie 1035, FIN-08100 Lohja

DISTANCE: Helsinki 79 km, Lohja 15 km

INTRODUCTION

This full day tour will give you a great, healing nature experience and also a relaxing smoke sauna and hot tub to beat your stress. The Karkali strict nature reserve is located 79km from Helsinki and the ride takes 1.5 hours. You will find out more about the diverse natural features of the lush forests. There is a beautiful meadow where grass is cut once a year to keep the area open and favourable for many flowering plants, butterflies and other insects. The Torhola Cave is the largest limestone cave in Finland and about 30 metres high. The area is surrounded by a forest rich in many rare plant and fungus species. Kettukallio Experience farm is built amongst Finnish nature. You can see beautiful woods reflected from the forest pond and enjoy the silence of the nature. There's plenty of rustic tools and other items all around so there's a lot of things to wonder and watch. Kettukallio Experience farm is family owned private place. Services in this destination are smoke sauna, swimming, hot tub, meals, nature tours, accommodation and meetings.

where you can sit and relax listening to the nature. The hot tub has room for 8 persons.

- Participants are advised to wear comfortable and warm clothing and hiking boots.
- **Optional extras in Kettukallio:** beer tasting from local brewery, UG Brewery.



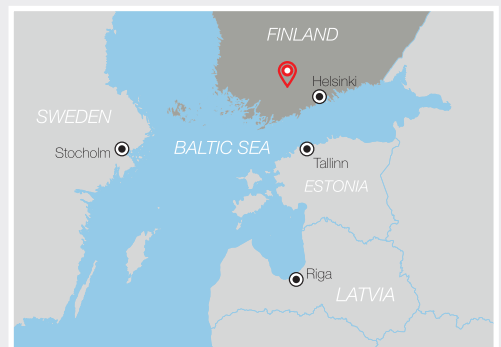
LIVE LIKE
A LOCAL

Lohja home visit at Laine family

WEBSITE: www.viherpiipertajat.fi

GENERAL INFORMATION

PACKAGE TYPE:	half-day programme
SEASON:	spring - summer - autumn
FOR WHOM:	small groups (min. 8 – max 15)
SERVICES INCLUDED:	guided transportations, home visit at Laine family, walking by the Lake Lohja, picnic lunch in the forest or by the lake, Laine family garden, preparing mushroom soup and blueberry pie, possibility to have a sauna and swim in the Lake Lohja, writing a postcard, having a meal with Laine family.
DURATION OF THE PROGRAMME:	7 hours
TYPE OF TRANSPORT:	tour bus / individual transfer / public bus
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). The rest of the trip by taxi (~5 min / 1,6 km).
HOSTS:	Laine family, Ms. Riitta Laine



LOCATION

ADDRESS: Kohtolankatu 8C, FIN-08100 Lohja
DISTANCE: Helsinki 60 km / 1 hour by bus

You have a unique possibility to see one real home, how the Finns are living. Our home is located by the Lake Lohja, 1 km from the Lohja city centre. One of the most famous Finnish female artists, Ellen Favorin, used to live in our place about 100 years ago. She has done many paintings from the beautiful scenes of Lake Lohja and Lohja slopes, which were formed during the Ice age. We have a beautiful garden and in short walking distance there is Lake Lohja and nature path Liessaari – island.

During your visit at Laine family you will have a walk by the Lake Lohja and hear some stories about the beautiful Finnish nature. In family Laine garden you will find many useful plants such as hazel nut bushes, apple trees, berry bushes, salads, tomatoes, strawberries etc. During harvest season we can pick fruits, berries and salad straight from our garden. During the visit we will prepare some food together from the seasons ingredients and have a nice meal with the family. You may write a postcard to your loved ones and the cards will be taken to the local post office. During the day there's an option to have a sauna in Laine family home and swim in the Lake Lohja.

LIVE LIKE
A LOCAL

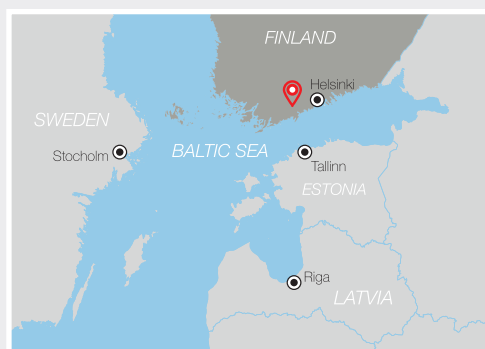


Lohja Apple Carneval

WEBSITE: www.kettukallio.net
www.visitsouthcoastfinland.fi/en/events/lohja-apple-carnival-september/

GENERAL INFORMATION

PACKAGE TYPE:	2 day programme
SEASON:	September (Apple Carneval is only one day event in the end of every September)
FOR WHOM:	small groups (min. 8 – max 16)
SERVICES INCLUDED:	guided transportations, guided visit to Tytyri mine experience, light lunch at Tytyri, coffee break and handicrafts at Kettukallio Experience farm, dinner by the camp fire at Kettukallio Experience farm, smoke sauna & hot tub at Kettukallio Experience farm, accommodation and breakfast in Gasthaus Lohja, guided visit at Lohja Apple Carneval, lunch, home visit at Laine family, departure transportation
DURATION OF THE PROGRAMME:	7 hours
TYPE OF TRANSPORT:	tour bus
PUBLIC TRANSPORTATION :	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). The rest of the trip by taxi (~5 min / 1,6 km).
HOSTS:	Kettukallio Experience farm, Ms Terhi Korpjaakko



LOCATION

ADDRESS: City of Lohja surroundings

DISTANCE: Helsinki 60 km / 1 hour

INTRODUCTION

Apple Carneval event is held once in a year during the best apple season in South Finland. Usually this time is from the middle – until the end of September. Apple Carneval event offers variety of season's fruits and vegetables, handicrafts, local food, music, dance and different kind of other cultural programme. The Apple Carneval tour takes place close to the Lohja City centre in the garden and field of Lohja Museum area.

PROGRAMME ITINERARY

DAY ONE

- **Transportation** from Helsinki to Lohja in the morning, 9.30 am. The bus ride will take ca 1 hour.
- **Tytyri Mine Experience**, we take you over 100 meters below ground level where the history of miners is strongly present. Guided tour 1.5 hours. The highlight of the tour will be light and music artwork Jean Sibelius Finlandia in a massive surface of the excavated area.
- **Light lunch** at Tytyri -hall -110 meters deep restaurant
- **Transportation** from Tytyri to Kettukallio Experience farm. We have a traditional Finnish smoke sauna, where you can take your time enjoying the refreshing atmosphere. Smoke sauna is the origin of our everyday sauna. Right beside the smoke sauna there is a hot tub where you can sit and relax listening to the nature. The hot tub has room for 8 persons.
- **Dinner** is cooked on open fire just for you and served in an idyllic Lapp hut. The dinner includes starter salad based on Finnish vegetables and main course: blazed salmon, baked potatoes, grilled vegetables and sauce. After dinner we offer you coffee or tea cooked by fire.
- **Accommodation** in Gasthaus Lohja, a cosy family owned small hotel close to the city centre of Lohja. Local and tasty breakfast will wake you up in the morning.

DAY TWO

- **Guided visit at Lohja Apple Carnival.** The carnival area hosts more than a hundred harvest-inspired stalls where you can find baked goods, handicrafts and of course, all kinds of apples.
- **Lunch** in Apple Carnival.
- In addition to the stalls there is also a huge and varied programme to enjoy at the festival, including theatre, music and performances by "The happy blacksmith". Displayed in the field are scarecrows participating in the Finnish scarecrow championships. The museum offers free admission during the carnival day and there are Icelandic horses for the children to ride on. In the street by the museum, you can admire alpacas, classic cars and motorbikes.
- **The programme culminates** with the vote for this year's "Miss Apple".
- **Home visit** at Laine family. Laine family home is located by the lake Lohja. It's time to relax and enjoy the view and the atmosphere.
- **Walk by the lake and a picnic lunch.** During the visit you will have a walk by the lake Lohja and hear some stories about the beautiful Finnish nature. There is a lot of hazelnut trees and wild flowers by the path. We will enjoy picnic lunch including salad and a roll with coffee or tea in the forest or by the lake.
- **In Laine family garden** you will find many useful plants such as hazel nut bushes, apple trees, berry bushes, salads, tomatoes, strawberries etc. Even plants that attract butterflies.
- **Preparing food together.** We will prepare mushroom soup and blueberry pie together in our kitchen. Picking mushrooms and berries has been an important way of spending time in forest for generations.
- **Writing postcards.** Then you can enjoy and sit by the fire-place and write postcards back home to your loved ones. We will take them to local post office to be sent.
- During the day there's an option to have a sauna in our home and swim in the Lake Lohja.
- **Meal at Laine family.** At the evening it's time to enjoy a traditional Finnish meal and taste the food we prepared together earlier. Dinner includes salad, different sorts of fish, potatoes, sauce. For dessert blueberry pie with whipped cream and coffee or tea.
- **Transportation back** to Helsinki leaves at 19pm.

LIVE LIKE
A LOCAL





Day offline and Finnish lake view, forest and fishing

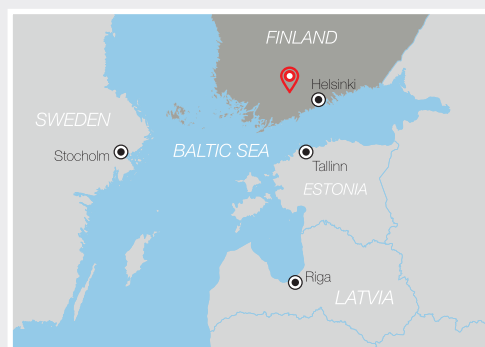
WEBSITE: www.therafish.fi
www.johku.com/therafish/fi_FI/catalog/#!/3

GENERAL INFORMATION

PACKAGE TYPE:	half day outdoor programme
SEASON:	May - September
FOR WHOM:	groups (min. 2 - max. 10 pers.) <ul style="list-style-type: none"> • Sun Tracker Fishing Barge holds 8–10 people (plus guides). • It is possible to arrange several 4–10 person boats and fishing guides for bigger groups.
PACKAGE INCLUDES:	2-hour fishing experience + lunch + 1–1.5 hours trekking in forest wilderness + 1 hour coffee making experience on a campfire.
DEGREE OF DIFFICULTY:	easy
DURATION OF THE PROGRAMME:	6 hours
TYPE OF TRANSPORT:	public bus / tour bus / private transport
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). Walk from Lohja bus station to the starting point (~850 m / 10 minutes).

PROGRAMME

- Arrive from Helsinki by public bus, private transfer or by tourist bus. Meet the fishing guides.
- 2 hours fishing experience on the Lake Lohja.
- Lunch in Villa Lake Café serving Finnish specialties.
- Guided 1–1.5 hour trekking in the forest.
- Guides will teach the traditional Finnish way to boil coffee at the campfire.
- End of tour in Lohja.



LOCATION

Lake Lohja and surroundings

NAME: Therafish
 ADDRESS: Starting point, Liessaarenkatu, FIN-08100 Lohja
 DISTANCE: Helsinki 60 km / 1 hour

INTRODUCTION

The day will be spent outdoors, on Lake Lohja and in the surrounding forest. Lake Lohja is the biggest lake in the Uusimaa region of Southern Finland. The area is unique and well known for its fish, birds and forest groves. Finnish people call forests their churches and visit them for peace, quiet and recreation. Making coffee on a bonfire is a hundred-year-old tradition in Finland. Finnish people love their coffee and it is a luxury to make it on the campfire in this busy world. The aim of this day is to relax in nature – therefore on this trip you make a promise to stay offline.

N.B.! Participants are advised to wear comfortable clothing and hiking boots.



Guided walk to Paavola Old Oak

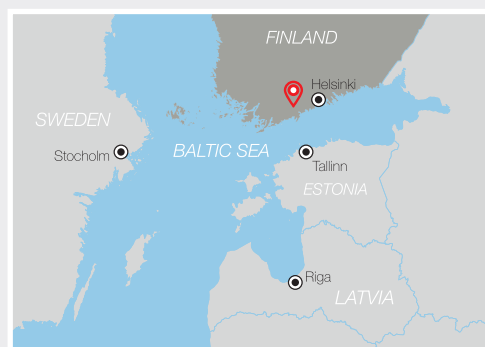
WEBSITE: www.bit.ly/2QJtxxT

GENERAL INFORMATION

PACKAGE TYPE:	2 hours tour (4 hours from Helsinki with transport)
SEASON:	January - December
FOR WHOM:	individuals (1-3 pers.)
SERVICES INCLUDED:	transport from Lohja city centre to the destination and back, guiding, coffee and bread roll
WALKING DISTANCE:	1.7 km
DURATION OF THE PROGRAMME:	2 h
DURATION OF THE WALK:	1 h
DEGREE OF DIFFICULTY:	easy
TYPE OF TRANSPORT:	public bus / tour bus / private transport
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). Then private transport with guide.
HOSTS:	Virve Haahti, the guide

PROGRAMME

- Arrival to Lohja. You will arrive direct to the old medieval Lohja Church parking place or walk short distance 400 m from the main bus station to the Church.
- The guide will meet you at the Church and you start your journey to Paavola Oak tree.
- You drive through beautiful landscape to Lohja Island, you will see Lake Lohja, Finnish forests and apple gardens.
- When you arrive to Lohja Island, we will leave our car and start our walk to the forest.
- The guide will tell you about the history and surroundings of Lohja and Lohja Island.
- You arrive to the mystic old oak tree and you have your own peaceful time to take pictures and relax in the forest.
- You will enjoy our picnic coffee/tea and bread roll nearby the oak tree.
- Journey back to Lohja city centre.
- Please wear comfortable shoes and clothing according to the weather conditions.



LOCATION

ADDRESS: Starting point Lohja City centre, Lohja Church parking place

DISTANCE: Helsinki 60 km

INTRODUCTION

Let's go to meet Paavolan Tammi. This old oak tree became grand celebrity in social media after Mr. Antti Huttunen wrote a Retkipaikka blog. This old mystic tree is in the middle of deep forest. This tree is also among TOP10 most instagammable places to visit in Finland by VisitFinland.

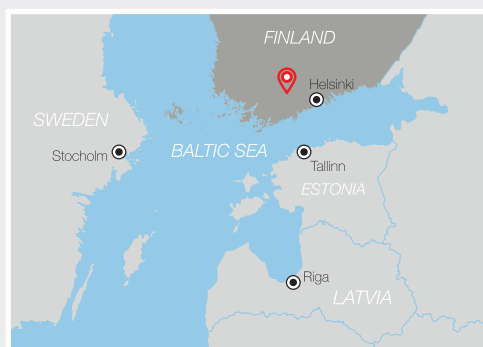


Wild food foraging tour and home visit

WEBSITE: www.viherpiipertajat.fi

GENERAL INFORMATION

PACKAGE TYPE:	1 day
SEASON:	spring- summer- autumn
FOR WHOM:	small groups (min 8 – max 16 persons)
DURATION OF THE PROGRAMME:	1 day, 8 hours
TYPE OF TRANSPORT:	tour bus, private transportation
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). Walk from Lohja bus station (~30 min / 2,3 km).
HOSTS:	Laine family, Ms. Riitta Laine



LOCATION

ADDRESS: Kohtolankatu 8C, FIN-08100 Lohja

DISTANCE: Helsinki 60 km / 1 hour by bus

INTRODUCTION

Laine family home is located by the Lake Lohja. During the day you pick up some Finnish mushrooms, or go fishing in nearby nature. Meal in Laine family includes f. ex. mushroom soup, blueberry pie and local berries. We go berry picking, mushrooming or fishing in nearby nature depending on season and weather. You will hear some stories about Finnish nature. We will enjoy picnic lunch including salad and a roll with coffee or tea in the forest or by the lake. In our garden you will find many useful plants such as hazel nutbushes, apple trees, berry bushes, salads, tomatoes, strawberries, even plants that attract butterflies. During harvest season we can pick fruits, berries and salad straight from our garden. We will prepare mushroom soup and blueberry pie together in our kitchen.



Local UG Brewery, beer tasting

WEBSITE: www.ugbrewery.fi/english/

GENERAL INFORMATION

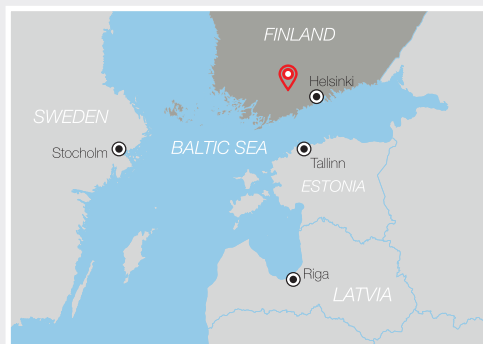
SEASON:	January - December
FOR WHOM:	groups (min 10 – max 20) if tasting held in brewery. Possible also for bigger groups is held f.ex. in Tytyri Mine Tytyri hall or some other restaurant.
DURATION OF THE PROGRAMME:	1.5 hours tasting
TYPE OF TRANSPORT:	tour bus
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Lohja bus station (1 h). The rest of the trip by taxi (~5 min / 2,6 km).
HOSTS:	Mr. Ilkka Miettinen or Mr. Olavi Mensola

INTRODUCTION

United Gypsies Brewery is founded in 2016 and we are in Lohja, Finland. We got 500 liter capacity and we produce beer to restaurants, bars, firms and gypsies' breweries. The idea of UG Brewery is that everyone can have their own kind of beer. Brewing equipment is expensive, and it is very hard to find a place where to put them. That's why UG Brewery got them all, so you don't need to get worried. UG Brewery team is made-up of long-term beer enthusiasts. Small brewery culture is growing all the time and we want to be part of that growth. It has been great to see, that more often people are thinking about the beer and its story. UG Brewery goal is to provide high quality beer and create new experiences.

UG Brewery services:

- Beer enthusiasts and gypsies' breweries that have their own recipes or brand, can produce their own beer in our brewery.
- Restaurants and bars can order their own brand beer.
- Firms can order their own brand beer for employees or customers.
- Beer tasting, where people can learn and explore the world of beer.
- Beer tasting can be organized in our brewery or in any other location in area. We co operate f.ex. with Tytyri Mine Experience, if you want you have your beer tasting in 110m deep underground cave.



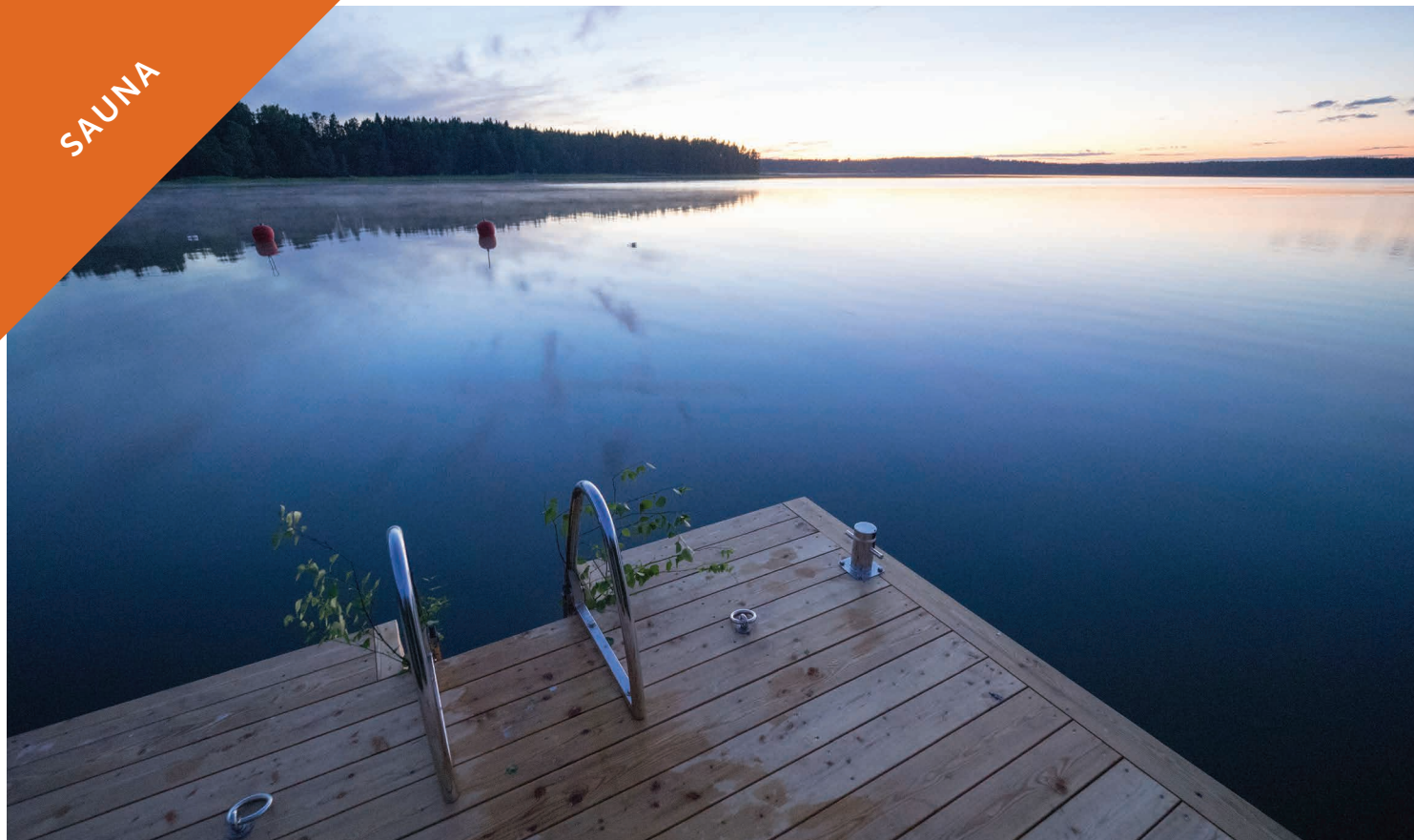
LOCATION

ADDRESS: Hemmolankatu 26 B 1,
FIN- 08150 Lohja

DISTANCE: Helsinki 60 km / 1 hour by bus

PROGRAMME

- First, we will tell you about brewing, different kind of beers and brewery culture.
- Then we taste 3-4 different beers from the Breweries selection.
- If you choose to have beer tasting in some restaurant, we are able to choose right beers according to your menu.
- After tasting you will have chance to do shopping, if the tasting is held in the brewery shop.



Exclusive hideaway retreat including smoke sauna in Långstrand

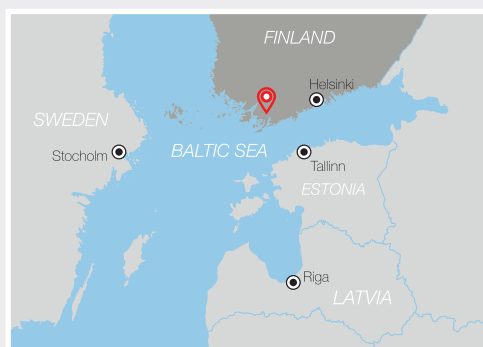
WEBSITE: www.bit.ly/2XoWgut
www.villalangstrand.fi

GENERAL INFORMATION

PACKAGE TYPE:	Overnight stay (optional second night)
SEASON:	January - December
FOR WHOM:	families or private groups (min 2 - max 10 persons)
SERVICES INCLUDED:	wood-heated sauna, smoke sauna, jacuzzi, accommodation in a premium log house, transportation, food, drinks
DURATION OF THE PROGRAMME:	One night (arrival in the afternoon, departure in the morning). Second night extension available.
TYPE OF TRANSPORT:	Taxi from Tammisaari train station or Airport/Hotel in Helsinki
PUBLIC TRANSPORTATION:	train from Helsinki railway station to Tammisaari station (1 h 15 min). The rest of the trip by taxi (~20 min / 19 km).
HOSTS:	Mr. Antti Hannula

PROGRAMME

- Transportation to/from your hotel/ airport
- Welcome drinks
- Large wood-heated sauna/ Traditional smoke sauna/Jacuzzi
- Swimming in the Baltic Sea (all-year round)
- Sauna terrace with a fireplace for cooking sauna sausage, sauna refreshments
- Accommodation in a log premium cabin (113 m² or 164 m², both fully equipped)
- Breakfast
- Use of the rowing boat and tennis court
- Optional second night



LOCATION

ADDRESS: Långstrand, Tammisaari
 DISTANCE: Helsinki 100 km

INTRODUCTION

You'll get introduced to the Finnish sauna culture with a completely private access to the sauna complex designed by a famous Finnish architect. This building, made of local logs, is located in a beautiful place by the sea. There is a large wood-heated sauna as well as a traditional smoke sauna. Cool down in the sea water or heat up in the Jacuzzi. Enjoy the heat of the fireplace at the terrace. You'll stay overnight in a premium log house and you will wake up refreshed like a new person. Villa Långstrand is a perfect place for a relaxing vacation with privacy. You can enjoy your vacation in the middle of beautiful nature but still stay in a fully equipped house. Two large log houses, large Beach Sauna and a separate Smoke Sauna with Jacuzzi make your vacation a complete experience. Villa Långstrand is located in the idyllic Tammisaari, just 90 minutes from Helsinki or Helsinki Airport. Enjoy the Finnish nature.



Kisakallio Sport Institute and Camp School

WEBSITE: www.kisakallio.fi

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	Camp school groups
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station – Lohja bus station (1 h). The rest of the trip by taxi (~10 min / 12 km).
HOSTS:	Mr. Harri Hollo

Kisakallio Sports Institute is an innovative education, coaching and recreational centre by the Lake Lohja in a middle of the beautiful nature. We provide the joy of doing and being together to children, teens, adults and families. Sports clubs, federations and associations will enjoy our excellent training environment and coaching know-how in their goal-directed practices while educational groups and businesses can enjoy various sports activities as a break from their routines.

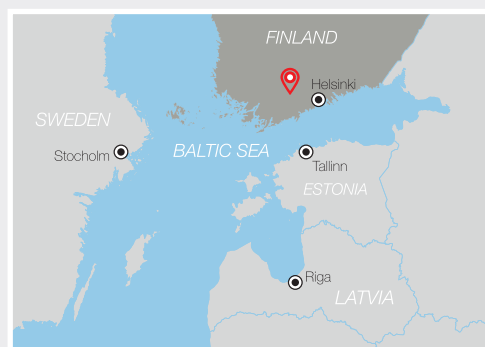
Kisakallio is an ideal venue for sport orientated camps and field trips.

At Kisakallio, you can do both indoor and outdoor sports as well as be introduced

to new and exciting forms of sport. From different ball games to nature trips and adventure treks and from swimming to curling, Kisakallio has a huge variety of activities to offer.

SOME QA FOR CAMP:

- There will be lots of sports, so you need to rest well at night.
- There will be lot of food, so you don't need to be hungry.
- Every activities will be instructed by professional Kisakallio instructors.
- Kisakallio staff is educated for emergencies.
- You need open mind and positive attitude and behave well.



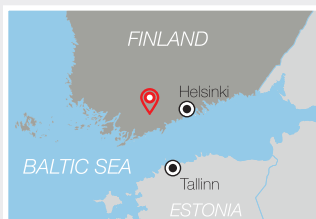
LOCATION

ADDRESS: Kisakalliontie 284, FIN-08360, Lohja

DISTANCE: Helsinki 60 km / 1 hour by bus / 45 minutes from the Airport

KISAKALLIO IS WORKING WITH:

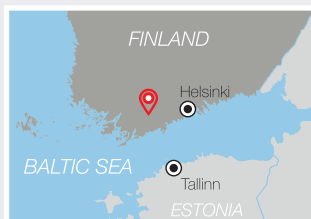
Finnish Olympic Committee, Finnish Gymnastic Association, Finnish Basketball Association, Finnish Football Association, Finnish Volleyball Association, Finnish Handball Association, Finnish Ice hockey Federation, Finnish Curling Association, Finnish Paralympic committee, University of Jyväskylä, City of Lohja, Muijala Primary School, Mäntynummi Junior High School and many more.



LOCATION

ADDRESS: Seppäläntie 130,
FIN-08800 Lohja

DISTANCE: Helsinki 80 km /
1.5 hour by bus



LOCATION

ADDRESS: Pietiläntie 138,
FIN-08800, Lohja

DISTANCE: Helsinki 80 km /
1 hour 15 minutes by bus

Martinpiha country estate

WEBSITE: www.martinpiha.fi

GENERAL INFORMATION

SEASON:	June- August
FOR WHOM:	individuals
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Virkkala station (1 h 20 min). The rest of the trip by taxi (~17 min / 15 km).
HOSTS:	Ms. Karola Ahlfors

Martinpiha is one of the oldest country estates in Lohja Island. It is a place where guests can enjoy a romantic and tranquil atmosphere in beautiful natural surroundings. Visitors can spend their time participating in relaxing activities such as rowing on the lake, kayaking with a guide, cycling, taking saunas or enjoying the hot tub. In the summer there are shops selling handicrafts and souvenirs. A summer restaurant serves homemade food and delicacies. Accommodation in seven guest rooms in converted, cosy old grain store house buildings. In Martinpiha estate you may live like a local and feel relaxing atmosphere in Finnish countryside. This is a unique and traditional place to experience Finnish Midsummer evening and traditional Midsummer Eve celebration.

Alitalo apple orchard and farm

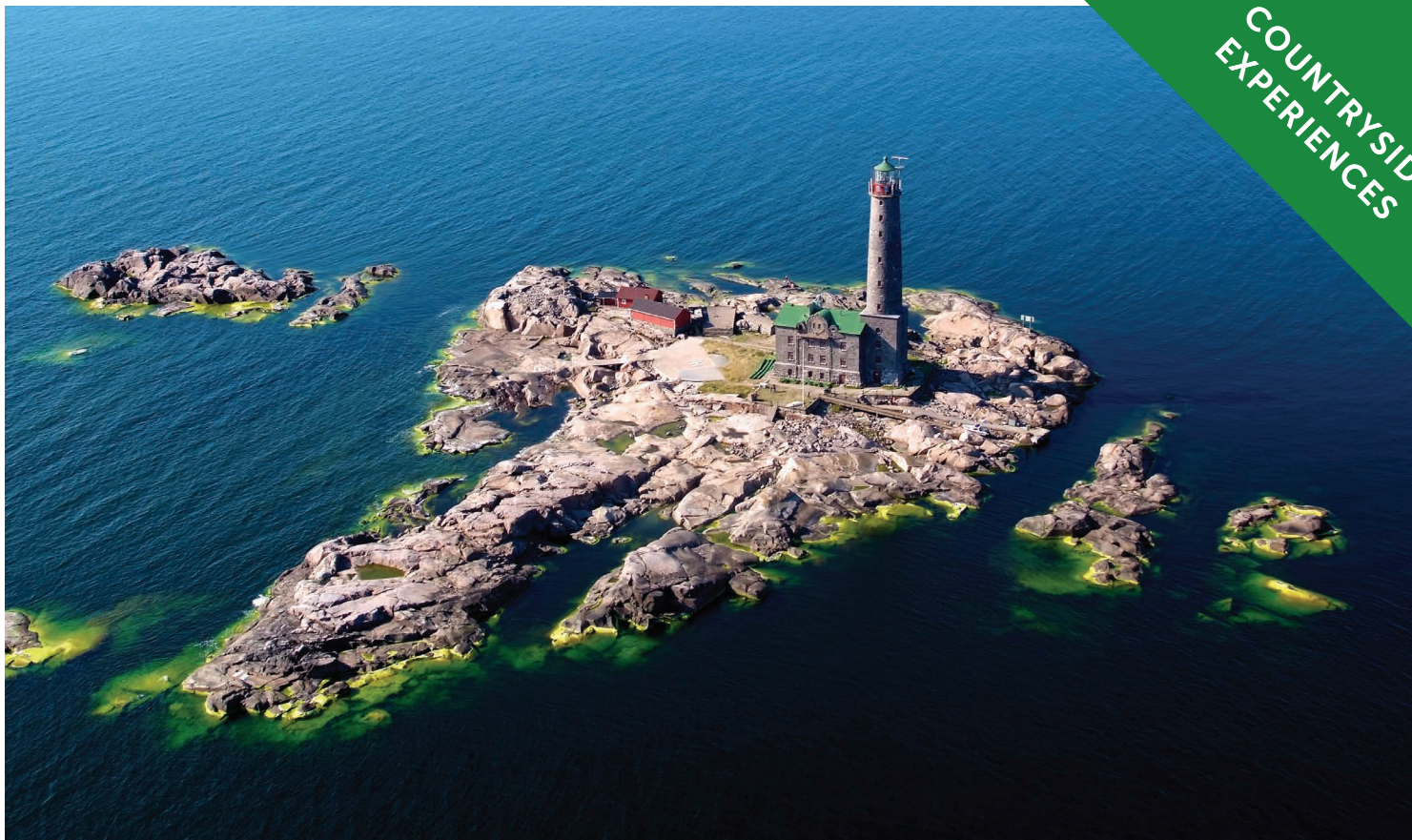
WEBSITE: www.ciderberg.fi/en/

GENERAL INFORMATION

SEASON:	May- September
FOR WHOM:	groups and individuals
PUBLIC TRANSPORTATION:	bus from Helsinki Kamppi bus station to Virkkala bus station (1 h 20 min). The rest of the trip by taxi (~17 min / 15 km). Taxi from Virkkala station to Martinpiha 15 km/ 17 min.
HOSTS:	Ms. Sanna Maula or Ms. Kaisa Söderberg

Lohjansaari Island is in the middle of the largest freshwater lake in southern Finland, Lake Lohja. Due to its fertile soil and warm microclimate, the island hosts several arboreta. The island's traditional landscape is recognised as being of national, regional and local importance. Its most recognisable feature is its extensive orchards where thousands of apple trees create a magnificent environment:

- At Alitalo apple orchards visitors can see thousands of apple trees and enjoy handmade local products such as ciders, wine and juices.
- Near to the apple orchards there is another fruit orchard, Fruticetum. Almost 300 varieties of apples, 45 varieties of pear, 60 varieties of plum, around 40 different varieties of sweet and sour cherries, and more than 20 varieties of crab apples have been planted in these gardens. Fruticetum also grows a good selection of currants and gooseberries, as well as bush blueberries, Japanese quince, sea buckthorn, sweet mountain ash, Saskatoon fruit, honeysuckle and grapes.
- Just a few steps from the Alitalo apple orchards and Fruticetum you will find a mystical ancient oak tree in the middle of deep forest (circumference 668 cm, height 12 m). This oak is said to be the most beautiful tree in Finland. The oak is protected by a nature preservation act as a natural monument.



Bengtskär Lighthouse in the Baltic Sea

WEBSITE: www.tourism.hanko.fi/en/cruises/
www.bengtskar.fi/en

GENERAL INFORMATION

SEASON: June–August

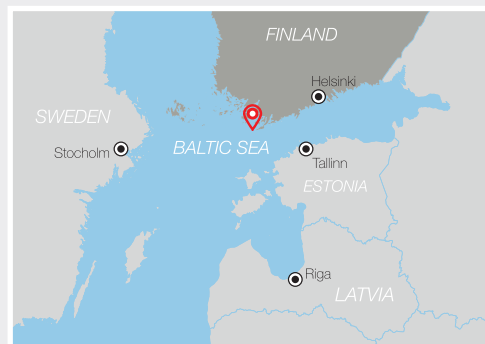
FOR WHOM: groups and individuals

PUBLIC TRANSPORTATION: train from Helsinki railway station to Hanko station (1 h 30 min). Walk from the Hanko train station to the ferry starting point in harbour (address Satamakatu 4) (~12 min / 1,1 km).

HOSTS: Ms. Paula Wilson and Mr. Per Wilson

Spend an unforgettable day at the seaside. Pay a visit to a lighthouse, see the seals of the Baltic Sea on a cruise to the outer archipelago, or take a look at the historical rock carvings at Pikes's Gut.

The tallest lighthouse in the Nordic countries, Bengtskär rises a majestic 52 metres above sea level. If you want to experience the magnificent view, you'll have to climb up 252 steps, but it is well worth the trouble! The lighthouse was built in 1906 and is situated about 25 kilometres south-west of the village of Hanko. On Bengtskär there is a lighthouse museum, a house turned into a museum of home life, an exhibition about the Battle of Bengtskär, a post office, a café and holiday accommodation.



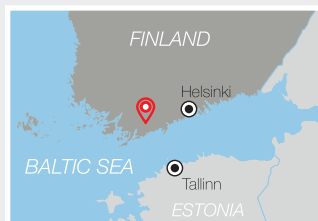
LOCATION

ADDRESS: Eastern Harbour, Hanko.

BOOKINGS: Hanko Tourist Office Web Shop

DISTANCE: Helsinki 127 km / 1.5 hour by train or bus. Bengtskär Lighthouse additional 1.5 hours by ferry from Hanko.



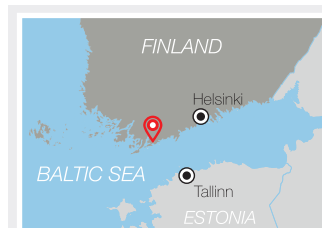


LOCATION

ADDRESS: Peltorivi 1, 10470

Fiskari, Raasepori

DISTANCE: Helsinki 97 km



LOCATION

ADDRESS: Kustaa Vaasan katu 11,
FIN- 10600 Tammisaari

DISTANCE: Helsinki 93 km

Fiskars Village

WEBSITE: www.fiskarsvillage.fi

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups and individuals
PUBLIC TRANSPORTATION:	1) bus from Helsinki Kamppi bus station (2 h 5 min – 2 h 50 min, one change in Karjaa bus station) or 2) train from Helsinki railway station to Karjaa railway station (50 min), the rest of the trip by taxi (~16 min / 13 km).
HOSTS:	Fiskars Village team or reserved guide

Fiskars Village, the birthplace of the Fiskars company, has become an internationally renowned centre for Finnish design and art. Its history dates back to 1649 and today it offers visitors things to see and do all year round. The events and services at Fiskars Village focus on four main themes: design, handicraft and art, local food and drinks, the performing arts, and outdoors and nature. The village nestles among steep, woody slopes with lofty broadleaved trees and green groves. There is a 2 km Tree Species trail. The village is brimming with craft boutiques, exhibitions, interesting events and beautiful nature to enjoy. In addition, the village has two hotels, several venues available to hire for both corporate events and private occasions such as weddings, and a handful of restaurants and cafés that offer seasonal delicacies and local beverages.

Fiskars Village is a part of the international Fiskars Corporation whose operations are consumer-centered and grow through strong special-interest brands. Fiskars' consumer products for the home, garden, and outdoors are renowned for their functionality and cutting-edge design. The Group's core brands are Fiskars, Iittala and Gerber.

Tammisaari/ Ekenäs Old Town

WEBSITE: www.visitraseborg.com

GENERAL INFORMATION

SEASON:	All year round, peaceful September-May, busy June- August
FOR WHOM:	groups and individuals
PUBLIC TRANSPORTATION:	train from Helsinki railway station to Tammisaari station (1 h 15 min)
HOSTS:	Raasepori Tourist Office or reserved guide

Tammisaari (Finnish name) or Ekenäs (Swedish name) Old Town with its wooden houses spreads out to the seashore. The street names tell the story of the life of the townspeople and how they got along hundreds of years ago. Here, the streets have stayed the same since the 16th century. Street names such as the Hatter's Street (Hattmakaregatan), Linen Weaver's Street (Linväwaregatan), Cloth Weaver's Street (Handskmakaregatan), Smith's Street (Smedsgatan) and Tanner's Street (Garvaregatan) reveal that Barcken's peninsula in Ekenäs once was populated by skilled craftsmen.



Hanko

WEBSITE: www.visithanko.fi

GENERAL INFORMATION

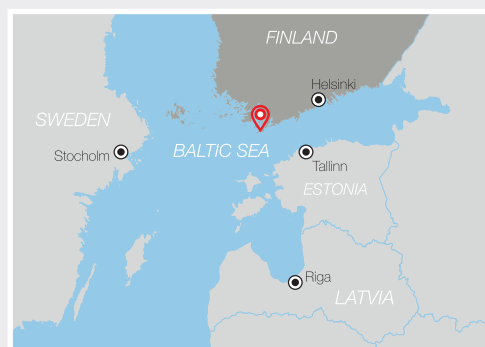
SEASON:	All year round. Really peaceful during September-May, busy June- August
FOR WHOM:	groups and individuals
PUBLIC TRANSPORTATION:	train from Helsinki railway station to Hanko station
HOSTS:	Hanko Tourist Office

Hanko is a wellness paradise bathing in light and surrounded by sea, a charming small town with a vibrant local culture and a diverse choice of restaurants, accommodation and services. Make a day cruise to a nearby lighthouse, choose from a variety of sea and outdoor activities or find a secret place of your own to enjoy the outer archipelago seaside nature – be it bathing in infinite calm waters or standing next to rough seas smashing to the cliffs.

Hanko Spa Park forms a unique villa area that grew up right after the establishment of the city in 1874. Most of the villas are still preserved with their grand towers, verandas and balconies in a scenic postcard environment, a sight to be admired and experienced. Few small towns in Finland can offer such a broad selection of restaurants as Hanko and each individual restaurant has its own story. Choose to dine with open sea views, in a courtyard brasserie or in the atmospheric old storehouses of the Eastern Harbour. Tempting seafood and locally sourced ingredients play an important role in Hanko's kitchens; fried flounder, perch and lamb. Or maybe you'd prefer to enjoy the crayfish or the bountiful archipelago buffet?

Hanko provides many seaside walking trails and numerous outdoor activities to provide a complete refreshment for both body and soul, including sea kayaking, SUP boarding, winter swimming, sea yoga, surfing, horseback riding, tennis and Frisbee golf. Pamper yourself with a horizon view sauna experience or with an all-inclusive spa package.

In Hanko, having an unforgettable day at sea is easy. Visit a lighthouse, watch Baltic Sea seals or admire medieval seafarers' historic rock carvings of the 'Pike's Gut', a straight formed between two islands outside Hanko. During the summer you can take a day cruise to the tallest lighthouse in all the Nordic countries, Bengtskär. Alternatively you could visit island fortresses outside Hanko. Taking a seal safari allows a real close-up view of the seals living in the Baltic Sea.



LOCATION

ADDRESS: Raatihuoneentori 5,
FIN-10900 Hanko

DISTANCE: Helsinki 127 km /
1 hour by train /
1.5 hours by bus





Taste a piece of the authentic archipelago food culture with Origo's archipelago buffet

WEBSITE: www.restaurant-origo.com

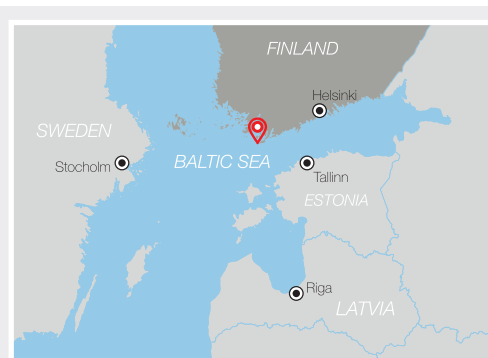
GENERAL INFORMATION

SEASON: April-September
FOR WHOM: groups and individuals
PUBLIC TRANSPORTATION: train from Helsinki railway station to Hanko station (1 h). Walk from Hanko train station to Origo restaurant (~13 min / 1,2 km).
HOSTS: Ms. Joanna Westerling and Mr. Jan Westerling

Restaurant Origo has always had a unique atmosphere. Numerous candles on the walls and tables of the á la Carte restaurant built in the stone base of the old warehouse building as well as live roses satisfy the romantic standards of even the most discerning customer.

Entering the Origo's a la carte guests can not miss the archipelago buffet in the middle of the dining room. The buffet offers the tastiest products of the local fishermen among many of our own kitchens specialties. On our menu there is always, of course, the traditional creamy salmon soup and Origo's famous pepper steak. In addition, on the list can be found the season tastiest local offers, such as asparagus, wild mushrooms, berries, fish, sheep, birds and venison, from Hanko, Bovik or for example Fiskars. The menu is constantly varying according to the supply, so there is always something new to taste. Origos archipelago buffet is based on a variety of local ingredients and traditional Finnish buffet alternatives.

Well known buffet is full of delicacies from the archipelago. It includes approximately 30 different dishes of cold fish, vegetable and meat. We serve a wide range of Baltic herrings from local fishermen, house-made slightly salted salmon with lemon and sherry flavors, house made warm smoked salmon, different salads, patés, lamb and local prosciutto ham to name the few items on the buffet. With the buffet is served cooked potatoes with dill and our own dark archipelago bread.

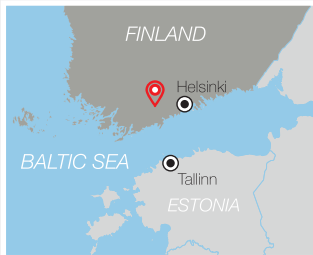


LOCATION

ADDRESS: Satamakatu 7, 10900 HANKO
DISTANCE: Helsinki 127 km /
1 hour by train /
1.5 hours by bus



ACCOMMODATION



LOCATION

ADDRESS: Lepopirtintie 80,
FIN-02570 Siuntio
DISTANCE: Helsinki 60km
PUBLIC TRANSPORTATION:
train from Helsinki railway station to
Siuntio station (50 min, trains U or Y).
The rest of the trip by taxi
(~6 min / 4,8 km).



LOCATION

ADDRESS: Ylhäentie 1, FIN-09120
Karjalohja
DISTANCE: Helsinki 86km
PUBLIC TRANSPORTATION:
bus from Helsinki Kamppi bus
station to Lohja Spa & Resort
(1 h 46 min). Bus stop is in the
front of Lohja Spa Resort.

Scandic Siuntio

WEBSITE: www.scandichotels.fi

Enjoy the fabulous nature park and diverse exercise and wellness services at Scandic Siuntio. Our relaxing hotel is located in a cultural environment, less than an hour's drive from Helsinki. Breathe the fresh air of the green parks, relax by gazing at a bonfire or canoe on the beautiful lake or the Siuntio river all the way to the sea.

ACCOMMODATION:

191 rooms

SERVICES AND ATTRACTIONS ON SITE:

- Generous breakfast
- Scandic Friends benefits
- Unlimited Wi-Fi
- FACE Stockholm bath and cosmetic products
- For children, a welcome gift and a dedicated menu in the restaurant
- Two swimming pools and a warm outdoor pool, plus two saunas: a relaxing steam sauna and a hot, traditional Finnish sauna.
- Guests can rent a bike from the hotel, play mini golf or disc golf, roller skate, go hiking or train at our popular and well-equipped gym.

MEAL SERVICES:

- Breakfast served daily
- Buffetlunch and à la Carte served Monday-Saturday
- Summer terrace

Lohja Spa & Resort

WEBSITE: www.lohjaspa.fi

Located only a 1 hour drive from Helsinki, in the village Karjalohja by the Lake Lohjanjärvi. Finnish nature is near, only one step from your hotel room and is also brought inside the spa. You can actually hear Finnish birds singing and smell the Finnish summer while enjoying your holiday in luxurious spa facilities.

ACCOMMODATION:

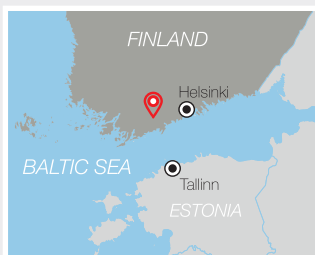
40 rooms in the main building, located on two floors. Suites and Superior rooms with a lake view available. 102 rooms altogether, 40 in the main building and the rest in 8 different buildings nearby.

SERVICES AND ATTRACTIONS ON SITE:

Lohja Spa & Resort offers spa and wellness services and is specialised in promoting the Finnish sauna culture. Free use of spa is included in all room prices.

MEAL SERVICES:

Buffet lunch and dinner are available in the hotel restaurant. A la carte restaurant Panorama offers Finnish and international cuisine daily with a remarkable view over Lake Lohja.



LOCATION

ADDRESS: Hällsnäsintie 89,
FIN-10360 Mustio

DISTANCE: Helsinki 80km

PUBLIC TRANSPORTATION:
train from Helsinki railway station to
Karjaa station (54 min). The rest of
the trip by taxi (~17 min / 18 km).

Mustion Linna manor hotel

WEBSITE: www.mustionlinna.fi

Mustion Linna / 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. Mustion Linna has charming 19th century country houses, were formerly houses for workmen at the ironworks and are now renovated to modern hotel rooms. Slottskrogen, a former coach house, is a neo-gothic building from the middle of the 1800's. The huge fireplace and the rough iron chandeliers create a unique and homely atmosphere.

ACCOMMODATION:

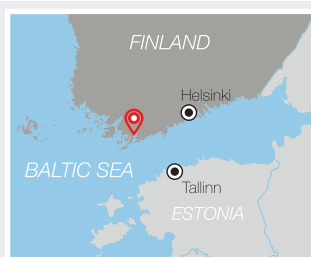
8 SGL rooms
30 DBL rooms
1 suite

SERVICES AND ATTRACTIONS ON SITE:

Wedding celebrations. The wedding ceremony can take place in the Svartå church right beside the magnificent park, or in the romantic surroundings of the park itself. We have a network of partners who can supply everything you need for the wedding; from beauty salons, photographers and bands to hair stylists and thrilling transportation, for example a horse carriage, veteran car or helicopter. The newly married couple is welcome to our bridal suite Merlin's Tower. The other guests will find accommodation in our three hotel buildings.

MEAL SERVICES:

Restaurant Svartå Slottskrog offers our own version of the food circle which is based on the genuine Nordic food culture. Our food philosophy is based on the dedication to our country, ethics, surprise, enjoyment, well-being and purity.



LOCATION

ADDRESS: Valkovuokonkatu 2,
FIN-10600 Tammisaari

DISTANCE: Helsinki 93km

PUBLIC TRANSPORTATION:
train from Helsinki railway station
to Tammisaari railway station
(1 h 15 min). The rest of the trip
by taxi (~3 min / 900 m).

Hotel Sea Front

WEBSITE: www.hotelseafront.fi

The hotel is situated near the sea in a peaceful environment, only a short walk away from the centre of Ekenäs in Raseborg. One can find restaurants, shops, the railway station and the beaches close by.

ACCOMMODATION:

20 DBL rooms located on two floors. 10 of the rooms have a balcony and a view to the sea.

SERVICES AND ATTRACTIONS ON SITE:

- A boat trip from the hotel to Tammisaari archipelago national park.
- Fishing trips and trips to old fisherman house.
- Historic weekend at Raseborg Castle ruins with medieval dinner.

MEAL SERVICES:

The hotel restaurant offers food and drink on the terrace with a beautiful view to the sea.



ESTONIA



Experience local life in Lahemaa National Park

WEBSITE: www.visitestonia.com/en/toomarahva-tourist-farm

GENERAL INFORMATION

PACKAGE TYPE:	2-day programme
SEASON:	May - September
FOR WHOM:	2 - 4 pers.
SERVICES INCLUDED:	transfers + walk + meals + accommodation + activities with family depending on the season
DURATION OF THE PROGRAMME:	2 days / 1 night
TYPE OF TRANSPORT:	private transfer from Tallinn

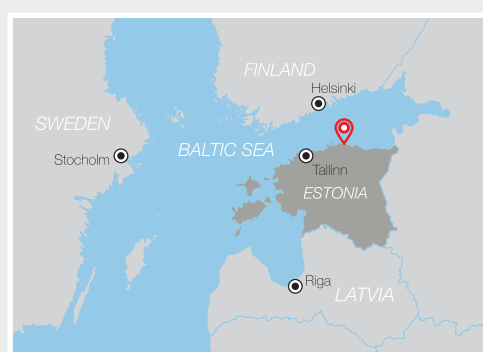
PROGRAMME

DAY 1:

- **Depart from Tallinn.** 1 hour drive to Viru bog.
- **1.5-hour walk in Viru bog** with a local nature guide. A walking trail passes through the forest and bog landscapes characteristic of Lahemaa National Park. The trail is 3.5 km and the loop is 6 km long.
- 30 min. **drive to** the scenic traditional Estonian **fishing village of Altja.**
- **Arrival,** settling in at Toomarahva smallholding and a **small tour of**

the farm – 'Our Story'.

- **Lunch** at the local tavern where traditional Estonian food is served.
- **Leisure time** to walk through the village and enjoy the coast, getting a feel for life in a traditional fishing village.
- **Sauna** (traditional Estonian massage, sauna or leech therapy available).
- **Cooking** an evening meal with the hostess and enjoying local food.
- **Overnight** at Toomarahva.



LOCATION

Toomarahva smallholding in Altja village, Lahemaa National Park

ADDRESS: Altja küla, 45408 Haljala vald, Lääne-Virumaa, Estonia

DISTANCE: Tallinn 90 km, Riga (Latvia) 368 km

INTRODUCTION

Lahemaa – the oldest and biggest national park in Estonia – is waiting to be explored. Experiences include a guided nature walk in the bog, a peaceful afternoon in a traditional fishing village, cooking with the local family, a traditional sauna, some farm work and taking part in the local social life.

DAY 2:

- **Traditional Estonian breakfast at Toomarahva,** from a seasonal menu that uses local organic produce.
- **Seasonal farm work** at Toomarahva with the family, which may include wood chopping/stacking, haymaking, gathering wild herbs, pickling seasonal produce in the Estonian way, or other jobs, depending on the season and weather. A photo session is included.
- **Lunch at Sagadi Manor's à la carte restaurant.** A tour of the estate and the surrounding area. Opportunity to buy local souvenirs.
- **Dinner at Palmse tavern.**
- **Transfer** to Tallinn.



Nature and small-farming - the sustainable way of living

WEBSITE: www.kagureis.ee

GENERAL INFORMATION

PACKAGE TYPE:	1.5-day programme
SEASON:	May - October
FOR WHOM:	individuals / groups (10-30 pers.)
SERVICES INCLUDED:	guided tour + accommodation for two nights + meals + entrances
DURATION OF THE PROGRAMME:	1.5 days
TYPE OF TRANSPORT:	private transfer / tour bus
PUBLIC TRANSPORTATION:	bus 'Tallinn – Tartu – Põlva – Võru' to Põlva bus station. Walk to Pesa hotel (500 m / 6 min).

PROGRAMME

- **Arrival to Pesa hotel** in the afternoon / evening. Check-in. Pesa hotel services can be used before or after dinner.
- **Dinner in Pesa restaurant.** Before dinner: a tasting e.g. local ciders/juices. During dinner or after: a cultural programme e.g. Seto leelo choir. Duration: 2 hours.
- **Overnight** stay in Pesa hotel (TWIN rooms). Breakfast in hotel restaurant.
- **Short hiking** or guided walking in picturesque Taevaskoja area. Duration: 2 hours.
- **Visit to a local dairy – Andre Farm.** Cheeses of the farm have won several prizes in Estonia and internationally. Vis-

itors can have a look at the production, visit the farm shop, taste the cheeses and even feed the cows. Duration 1.5 hours.

- **Lunch in Pesa hotel restaurant** or another place on the route. Duration 45 minutes.
- **Visit to a garden at Mikko farm** or Palusalu farm. Both gardens are an English style gardens with varied landscapes and scenic views. Duration: 1.5 hours.
- Smaller groups may **visit Wiera candle factory** and the shop. This factory stands in the middle of nature and it produces candles with wooden candlewicks. Duration 2.5 hours.
- Bigger groups may visit **Süvahavva**

nature farm. There is a possibility to choose between nature garden or wool factory and museum. In nature garden visitors get to know about herbs and organic farming, in wool factory visitors will see how wool is produced and can buy therapeutical woollen products. Duration: 1.5 hours.

- **Dinner** in Pesa restaurant with musical programme.
- **Overnight** stay in Pesa hotel. Breakfast in hotel restaurant.
- The tour may be continued with a **tour to Setomaa or Võromaa regions.** Both regions are nearby – at distance of 30-40 km.

LOCATION

ADDRESS: Uus 5, 63308 Põlva, Põlvamaa, Estonia

DISTANCE: Tallinn 225 km, Tartu 50 km, Riga (Latvia) 255 km

INTRODUCTION

Põlva region in South-Estonia values a green way of living. Pesa hotel has a Green Key label. Small-farms included in the programme present, how small entrepreneurs manage their lives providing best quality services and products.

LIVE LIKE
A LOCAL



Workcamp 'E-motion' in Kiidi

WEBSITE: www.kiidi.ee/jp/ (Japanese language)

GENERAL INFORMATION

SEASON: summer/autumn and winter/spring
FOR WHOM: groups of 5–16 persons
SERVICES INCLUDED: 7 days
HOSTS: Mr. Aigar Piho and Kiidi Tourism Farm staff

THE CAMP ACTIVITIES INCLUDE:

- Skills workshops: carpentry and handloom weaving, berry/apple jam making, black bread baking. Dancing and playing musical instruments. In winter, participants can learn to ski or snowboard.
- Work: 2–4 hours per day with local families or villagers. Summer/autumn: picking berries and mushrooms, taking care of hiking trails, piling up chopped firewood, planting trees, making birch whisks for the sauna.
- Winter/spring: take care of hiking trails, piling up chopped firewood, planting trees, carpentry; we may also help to organise local events, e.g. the Haanja Marathon.
- Every day there is the chance to use the sauna.
- Hiking: Haanja Nature Park, Luhasoo Nature Trail.
- Sightseeing: Suur Munamägi hill in Haanja and the viewing tower, Vastseliina Castle, Setomaa, Seto Studio-Gallery and the Estonian National Museum in Tartu. Excursion day to Latvia.



LOCATION

ADDRESS: Kiidi küla, 66234 Rõuge vald, Võrumaa, Estonia

DISTANCE: Tallinn 257 km,
Riga (Latvia) 216 km

INTRODUCTION

Kiidi tourism farm is situated in Rõuge Primeval Valley, Haanja Nature Park, South Estonia. The hosts have over 10 years' experience of welcoming visitors from Japan. We work, go sightseeing, visit local people, and go hiking.





Toretalu Farm

WEBSITE: www.toretalu.eu (Estonian only)
www.visitpõltsamaa.com/en/
www.visitestonia.com/en/sarapiku-farm-corn-labyrinth

GENERAL INFORMATION

SEASON:	June - September (visiting the corn labyrinth is available in August - September)
FOR WHOM:	individuals / groups
DURATION OF THE PROGRAMME:	starting from 1 day
TYPE OF TRANSPORT:	individual / group transfer
HOSTS:	Mrs. Kristi Sakk

Come and enjoy Central-Estonian countryside! Labyrinths, fun games, farm animals, garden life, peaceful forest and amazing sauna experience wait for you! Possible to spend your time away from the city, enjoy nature and fresh air.

The programme may include the following type of activities:

- Solving labyrinths and playing different games, both educational and fun;
- Getting to know the farm animals: pony, goat, buck-goat, ram, dog, cats, rabbit, quails, ducks;
- Walking in the garden and in magical forest;
- Picking fresh fruits and herbs from the garden or choosing them to take-away from farm's minimarket;
- Visiting a special toy store in the farm. All toys in this shop are made by the farm owners;
- Having a picnic, making tea or coffee;
- Having a real Estonian sauna experience by the riverside (pre-booking required);
- In August-September, the main attraction of the farm is open: a corn labyrinth with a new pattern each year! The corn is almost 2 meters high and really creates the feeling of being in the maze. Your job is to follow the map and find different checkpoints.



LOCATION

ADDRESS: Uuevälja küla, 48220
Põltsamaa vald,
Jõgevamaa, Estonia

DISTANCE: Tallinn 129 km, Tartu 71 km,
Põltsamaa 13 km,
Riga (Latvia) 288 km





Hike in Tolkuse bog

WEBSITE: www.nurka.ee

GENERAL INFORMATION

SEASON:	April - October
FOR WHOM:	individuals
SERVICES INCLUDED:	guided hike
WALKING DISTANCE:	2.2 km
DURATION OF THE PROGRAMME:	1.5-2 h (excl. transportation)
DEGREE OF DIFFICULTY:	easy
TYPE OF TRANSPORT:	private transfer / public bus from Pärnu
PUBLIC TRANSPORTATION:	bus 'Pärnu - Ikla' to the bus stop 'Kassiku' (~30 min). Pick-up and transfer to the farm. Possibility to get there by taxi from Pärnu (~30 min).
HOSTESS:	Mrs. Katrin Virkus-Sule



LOCATION

ADDRESS: Rannaku tee, Piirumi küla, 86507 Häädemeeeste vald, Pärnumaa, Estonia

DISTANCE: Tallinn 157 km, Pärnu 29 km, Riga (Latvia) 160 km

INTRODUCTION

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 Häädemeeeste coastal meadow and the Pärnu bay from one side and the Tolkuse bog from the other side.



A glance at Estonian nature

WEBSITE: www.wanderest.eu

GENERAL INFORMATION

SEASON:	June - August
FOR WHOM:	individuals / groups (max 6 pers.)
SERVICES INCLUDED:	personalized tour plan, door-to-door transportation, local snacks and self-harvested herbal tea, local guide
DURATION OF THE PROGRAMME:	8 h
TYPE OF TRANSPORT:	private transfer
PUBLIC TRANSPORTATION:	train from Tallinn to Tartu (~2 h) or bus from Tallinn to Tartu (~2,5 h). Pick-up in Tartu from the preferred location (train station / bus station / accommodation).
HOSTS:	Wanderest Ltd. staff

INTRODUCTION

The hiking tours start from Tartu. The Wanderest company offers personalised guided treks to mystical untouched bogs, forests and other beautiful natural habitats of Estonia. We map out a custom journey together with the client into Estonian wilderness and regions of cultural importance. We value clean and untouched nature and find that a person is only able to care about and respect that which they really know or which they have a deeper connection with. Life in Estonia is, in one way or another, intertwined with nature. That is why we will take people to places that do not leave neither local nor guest indifferent, and introduce customs and lifestyles specific to locals (such as picking edible wild berries, swimming in a bog-lake etc.). Our one-day journeys on wheels are a flexible and comfortable way to see and experience the very different facets of Estonian nature and culture. During the trips, we will be exploring such places as Setomaa, Onion road, Ida-Virumaa county, Lahemaa National Park, Karula National Park, Meenikunno and Endla bogs, Taevaskoja sandstone outcrops etc. The highest hills in Estonia and winding roads, woodlands, exciting bogs, beautiful manor houses and beautiful lakes offer discoveries for the whole day.



LOCATION

ADDRESS: Tartu, Tartumaa, Estonia

DISTANCE: Tallinn 185 km,
Riga (Latvia) 260 km





Setomaa

WEBSITE: www.visitsetomaa.ee

GENERAL INFORMATION

PACKAGE TYPE:	full day tour
SEASON:	January - December
FOR WHOM:	individuals / groups (max. 30 pers.)
SERVICES INCLUDED:	guided tour + entrances + local lunch
DURATION OF THE PROGRAMME:	8 hours
TYPE OF TRANSPORT:	private transfer / tour bus
PUBLIC TRANSPORTATION:	Tallinn 285 km, Riga (Latvia) 240 km

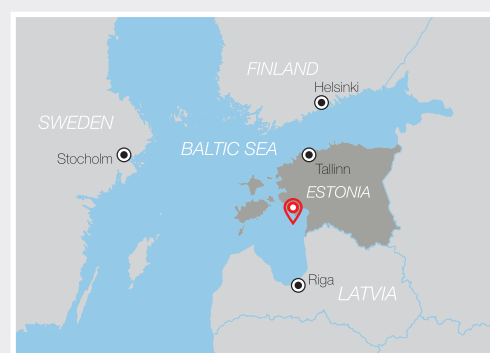
INTRODUCTION

Setomaa has been inhabited for about 8,400 years, which makes it one of the oldest human settlements in Estonia. It is located on the border of Eastern and Western civilisations, adjoining Russia, Latvia and Estonia. Setomaa is famous for its well-preserved traditions and culture. For centuries the local handicraft skills have been passed down through families. Seto polyphonic singing (Seto Leelo) is inscribed on the UNESCO List of the Intangible Cultural Heritage of Humanity. Setos have distinctive national costumes, rich in detail and unique to each family. Perhaps most impressive is the distinctive array of Seto jewellery. These visually striking pieces not only reflect the social standing of the wearer but are also worn as a safeguard from misfortune. To this day, the Seto lifestyle remains closely tied to nature. It is common practice for the Seto not only to enjoy the natural beauty of the forest, but to also use its gifts. Berries and mushrooms are picked freely and conserved for the winter.

It is best to start the tour in Tartu and finish in Tartu. The tour can also start and/or end in Võru.

PROGRAMME

- The group is greeted by local guide Helen Külvik.
- **Värskä Farm Museum.** A living farm museum with livestock to give you an idea of the traditional way of life of the Seto people some 100 years ago. Optional workshop on baking traditional rye buns in a Russian stove. Option to have hot drinks and/or lunch in the museum restaurant. Handicrafts for sale and a gift shop. Duration: museum tour approx. 1 hour, bun baking approx. 30 min., restaurant meal approx. 45 min.
- **Saatse Boot:** drive through Russia. There is a section of Russian territory in the route from Värskä to Saatse. Visitors are permitted to drive through without a Russian visa, but they are not allowed to stop.
- **Old George's Soap Shop and God's Hill.** A visit to a courageous and smart entrepreneur who combines ingredients from the local environment – such as bog peat, the holy water of Pechory Monastery, fine sand, birch leaves, blueberries – into lovely-smelling products. Listen to his stories, smell the soap, and buy some lovely and useful souvenirs (payment in cash only). God's Hill is a small hilltop of local historical significance. Duration approx. 1 hour.
- **Obinitsa Museum:** get dressed up as a Seto! The Seto women have a special look and wear a lot of silver jewellery. Get an idea of how to dress as a Seto – one of the group members is dressed up in Seto clothing and jewellery. This is equally enjoyable for the other members of the group: the person who gets dressed up will look completely different. Gift shop and souvenirs. Duration approx. 1 hour.
- **Seto Art Gallery:** the story of Seto silver. The local silversmith will share his knowledge of Seto silver jewellery and show the group some nice examples. Duration approx. 1 hour.
- **Taarka's House.** A heart-warming and bountiful dinner featuring the best traditional recipes from Seto cuisine. The hosts welcome visitors and tell them all about the food. Duration approx. 1 hour.
- **The dinner** can be accompanied or followed by a performance by a local choir presenting Seto Leelo (groups only), the traditional Seto polyphonic singing, which has been included in the UNESCO Representative List of the Intangible Cultural Heritage since 2009. Duration approx. 1 hour. Optional: a session with a musician to learn some traditional dances. Duration approx. 30 min.



Kihnu Island

WEBSITE: www.visitkihnu.ee,
www.kultuuriruum.ee,
www.kihnumare.ee

GENERAL INFORMATION

PACKAGE TYPE:	full day tour
SEASON:	January - December
WINTER TIME:	during winter it is better to come with the bus or to prearrange it from the island (max 20 seat)
FOR WHOM:	individuals / groups (max. 20)
SERVICES INCLUDED:	guided tour + traditional lunch + home visit + folklore concert (groups only)
DURATION OF THE PROGRAMME:	approx. 6.5 h
TYPE OF TRANSPORT:	private transfer / tour bus ferry to / from Munalaiu harbour (near Pärnu, in Estonia)
DISTANCE:	Tallinn 140 km, Riga (Latvia) 240 km

INTRODUCTION

Kihnu is the largest island in the Gulf of Riga, with an area of 16.4 km². It is only 7 km long and 3.3 km wide. Kihnu's cultural space and traditions are included in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. There are four villages on the island, and the islanders still wear national dress as everyday apparel. The unique atmosphere of the island can be experienced during a guided daytime programme. Kihnu Mare, the local guide, has developed her own traditional culture network with the people who have the know-how and skills to demonstrate different aspects of Kihnu culture to visitors – the language, traditional clothing, farming and fieldwork, handicrafts, the cooking of traditional foods, folklore, church life, singing, and dancing at weddings and village parties, as well as their traditions surrounding the sea, fishing, seal hunting and living in harmony with nature.

PROGRAMME

Boat from Munalaiu to Kihnu

09:30 Local guide Kihnu Mare meets visitors arriving by ferry from Munalaiu at the harbour.

10:00 Kihnu Museum. Visitors will learn about the history of the island, see national costumes and household items, fishing equipment and local paintings. There is a range of local souvenirs on sale and a coffee corner.

11:00 St Nicholas Church, built in 1784, is one of the few orthodox churches converted from a Lutheran sacral building. There is a simple but beautiful iconostasis in the church.

11:30 Kihnu lighthouse is a striking iron structure, built in 1864 and offering spectacular views over the island. It stands 29 metres tall, with a winding internal staircase. There is a narrow round-the-tower balcony at the top.

12:00 Metsamaa Heritage Farm visit. Visitors will see traditional architecture, handicrafts, farm life, and the motor-cycles with side-cars that are used by the local women as a regular means of transport and have become closely associated with the island.

13:00 Traditional lunch: fish or meat, home-made rye bread.

14:00 Home visit: an opportunity to see how a traditional Kihnu family lives. Guests will see sheep, storehouses with chests full of handicrafts, a sauna and the living rooms of the main house.

15:00 Folklore concert. Local singers and handicraft masters perform the island's traditional wedding and village songs and dances, and demonstrate handicrafts.

16:15 Ferry departs.



Experience Estonian culture in Põltsamaa

WEBSITE: www.visitpõltsamaa.com

GENERAL INFORMATION

PACKAGE TYPE:	full day tour
SEASON:	January - December
FOR WHOM:	individuals / groups
SERVICES INCLUDED:	guided tour + workshop + dining
DURATION OF THE PROGRAMME:	1 day
TYPE OF TRANSPORT:	private transfer / tour bus
PUBLIC TRANSPORTATION:	bus 'Tallinn – Tartu' to the bus station 'Puhuri'. Walk to the castle (~2 km / 30 min).
DISTANCES:	Tallinn 127 km, Tartu 60 km, Riga (Latvia) 272 km

PROGRAMME

- **Guided tour in Põltsamaa castle, which includes:**
 - Põltsamaa museum** – an overview of Põltsamaa castle and countryside life in Põltsamaa area;
 - Lutheran church** – a beautiful church with magnificent stained-glass windows;
 - A walk in the castle yard** – learning about the castle walls and buildings inside the walls.
- **Food museum** – a small museum room exhibiting the food industry in Põltsamaa. First tube food for cosmonauts was made here.
- **Handicraft shops and Central-Estonian art gallery** – local handicrafts and pieces of art.
- **Handicraft workshops** – make something with your own hands – a rose, a card, a glass ornament, a clay souvenir, etc.
- **Dining in the castle restaurant** – delicious local food.
- **Wine degustation in Põltsamaa wine cellar.** Learning about local wine culture. Wine degustation also includes the selection of local cheese.



INTRODUCTION

Discover Estonian culture in a green and romantic town in the center of Estonia – Põltsamaa. This small destination features a castle with rich history, dating back to 1272. Come and discover local handicrafts, art pieces, wine and history.



Estonian Smoke Sauna at Mooska farm

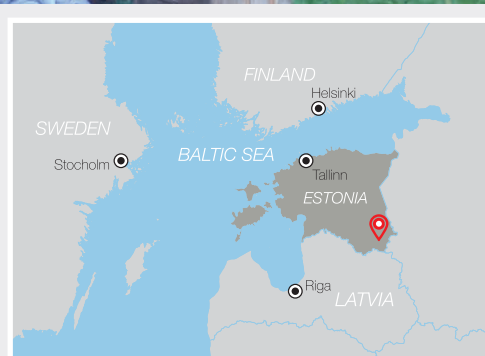
WEBSITE: www.mooska.eu

GENERAL INFORMATION

PACKAGE TYPE:	half-day programme
SEASON:	January - December
FOR WHOM:	sauna session: 4–6 persons tour: max. 20 persons
SERVICES INCLUDED:	1.5 hour tour + 1.5 - 2 hours masterclass or sauna session + 1.5 hours dinner
TYPE OF TRANSPORT:	individual transfer / tour bus
PUBLIC TRANSPORTATION:	bus 'Tallinn – Võru' to Võru bus station (~3,5 h). Pick-up and transfer to Mooska farm (12 km).
HOSTS:	Mrs. Eda Veeroja

PROGRAMME

- **Arrival**, meeting the hosts.
- **Short lecture** about smoke sauna's intangible cultural heritage, UNESCO's Representative List of the Intangible Cultural Heritage of Humanity – in Estonian and in English.
- **The hosts present the smoke saunas of Mooska farm.** Two of them are for bathing, while the third is for smoking meat. Visitors get an overview of the construction, heating, sauna rituals and family traditions of the smoke sauna. The tour ends with tasting of smoked pork. Duration approx. 1.5 hours.
- **Practical master class** for how to heat a smoke sauna and make whisks. 1 hour.
- **Optional:** Sauna session with the host family. The hosts lead the visitors through the sauna process. The sauna is located near a pond for a refreshing swim when the water is ice free or an invigorating dip during winter. During the experience, hosts will talk about Estonian smoke sauna traditions and beliefs. 2.-2.5 hours.
- **Optional:** traditional Estonian meal. 1.5 hours.



LOCATION

ADDRESS: Haanja küla, 65601 Haanja vald, Võrumaa, Estonia

DISTANCE: Tallinn 270 km,
Riga (Latvia) 230 km

INTRODUCTION

The smoke sauna is an important part of everyday life in the Võru community in Estonia. It is the hub for a rich set of traditions including bathing customs, the skills of making sauna whisks, building and repairing saunas, and smoking meat in the sauna. The sauna is a building or room heated by a stove that is covered with stones, with an elevated platform for sitting or lying. It has no chimney, and the smoke from the burning wood circulates in the room. People usually go into the sauna together and remain until they are sweating. Water is thrown onto the heated stones to produce hot steam-laden air and bathers beat their bodies with whisks to exfoliate and stimulate blood circulation. After sweating, whisking, relaxing and possible healing procedures, people cool down outside and rinse their bodies with water. The procedure is then repeated. The smoke sauna tradition is primarily a family custom, usually practised on Saturdays, but also before major festivals or family events. Its main function is to relax the body and mind. Families take turns hosting each other. Usually an older family member is responsible for preparing the sauna, accompanied by children, who gradually acquire the necessary skills. The smoke sauna tradition is part of the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. Mooska Farm is a typical smallholding in Southern Estonia. The Veeroja family are proud to share their life with guests and introduce them to the smoke sauna.

SAUNA



Traditional Estonian Sauna Experience at Nurka farm

WEBSITE: www.nurka.ee

GENERAL INFORMATION

SEASON:	April - October
FOR WHOM:	individuals / groups (max 6 pers.)
SERVICES INCLUDED:	1.5-2 hours (excl. transportation) bus 'Pärnu - Ikla' to the bus stop 'Kaasiku' (~30 min). Pick-up and transfer to Nurka farm (~2 km). Possibility to get there by taxi from Pärnu (~30 min).
PUBLIC TRANSPORTATION:	
HOSTS:	Mrs. Katrin Virkus-Sule

Experience a traditional wood-heated Estonian sauna from 1922. The experience comes with everything you might need for a refreshing and revitalizing sauna experience. The package includes sauna, foot baths with herbs (option of picking them in the wild yourself during the summer and autumn seasons), opportunity of swimming in a fresh water pond to cool yourself down, sauna towels, everything for washing up (soaps, shampoos, conditioners) and flip-flops.



LOCATION

ADDRESS: Rannaku tee, Piirumi küla, 86507 Häädemeeste vald, Pärnumaa, Estonia

DISTANCE: Tallinn 157 km, Pärnu 29 km, Riga (Latvia) 160 km





SAUNA



A healing sauna ritual with sauna master at the Energy Farm

WEBSITE: www.energiatalu.ee

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	individuals / groups (5-10 pers.)
DURATION OF THE PROGRAMME:	individuals 1.5 h and groups 3 h (excl. transportation)
TYPE OF TRANSPORT:	individual transfer / bus or train from Tallinn
PUBLIC TRANSPORTATION:	1) train 'Tallinn - Olutvere' to Olutvere train station (~2 h), pick-up and transfer to Energy farm (~10 min) or 2) bus 'Pärnu - Vihiküla' to the bus stop 'Vihi' (~1,5 h), walk to Energy Farm (~800 m / 15 min).
HOSTS:	Mrs. Tiiu Siim, Mr. Aivar Siim

The sauna experience includes the following:

- Herbal tea.
- Foot bath with warm water, salt and medicinal herbs. First body warming, aromas, relaxation.
- Body cleansing with salt and medicinal herbs. Aromatherapy with medicinal herbs and mild steam.
- Body bathing with plenty of steam. Compress for joints with medicinal herbs. Whisking in suitable steam.
- Hot massage-bath. Herbal tea.
- The service is provided under the guidance of a sauna master.



LOCATION

ADDRESS: Vihi küla, 71402 Põhja-Sakala vald, Viljandimaa, Estonia

DISTANCE: Tallinn 141 km,
Viljandi 33 km,
Tartu 107 km,
Riga (Latvia) 241 km





Avinurme wooden handicrafts centre

WEBSITE: www.puiduait.ee

GENERAL INFORMATION

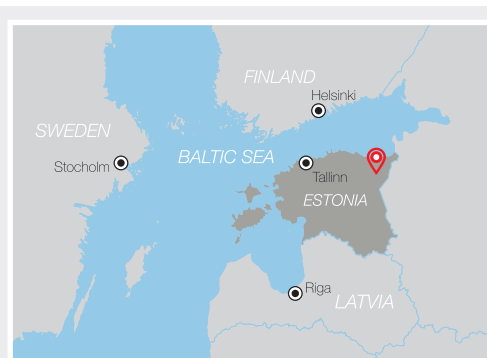
SEASON:	May - August
FOR WHOM:	individuals / groups; workshops up to 15 pers., forest bathing up to 50 pers.
DURATION OF THE PROGRAMME:	workshops 1-2 h; forest bathing 3 h (excl. transportation)
PUBLIC TRANSPORTATION:	bus 'Tallinn - Avinurme' (~2,5 h). Avinurme wooden handicrafts centre is located opposite to the bus station.

Avinurme wooden handicrafts centre in Jõgeva county is a tourist centre that offers a chance to get acquainted with local woodcraft and spend quality time in woodworking workshops.

They also offer a relaxation programme (Forest bathing / Shinrin-Yoku) in the nearby forest where visitors are taken by a narrow-gauge train. The train ride is 1km.

FOREST BATHING

Go to a forest. Walk slowly, breathe. Open all your senses. This is the healing way of Shinrin-Yoku - Forest Therapy, the medicine of simply being in the forest. Forest bathing idea is simple: if a person simply visits a natural area and walks in a relaxed way there are calming, rejuvenating and restorative benefits to be achieved. Visitors pick herbs in the forest and use them to make tea at the Handicraft centre.



LOCATION

ADDRESS: Võidu 3, Avinurme, 42101
Mustvee vald, Jõgevamaa,
Estonia

DISTANCE: Tallinn 160 km, Tartu 80 km,
Rakvere 56 km,
Riga (Latvia) 341 km





LOCATION

ADDRESS: Orava tee, Jõesuu küla,
86802 Tori vald, Pärnumaa, Estonia

DISTANCE: Tallinn 140 km,
Pärnu 30 km,
Riga (Latvia) 203 km



LOCATION

ADDRESS: Õuna, Kaelase küla,
87215 Halinga vald, Pärnumaa,
Estonia

DISTANCE: Tallinn 100 km,
Pärnu 37 km, Riga (Latvia) 219 km

A Cidermaster's 'DÉGORGEMENT WORKSHOP' at Tori Cider Farm

WEBSITE: www.siidritalu.ee/en/

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups (min. 10 pers.)
DURATION OF THE PROGRAMME:	1.5 h (excl. transportation)
HOSTS:	Mrs. Veranika Haas, Mr. Karmo Haas

The cidemill locates in an old farm from soviet times, and you can feel and touch this realistic aura from these times. During renovations we tried to keep it original as much as it was possible. And the result is nice and comfortable cider saloon with 40 seats and through the glass you are able to see the working area of cider production. During the tour we talk about the secrets of making good cider and wine. The tour is followed by a workshop – 'Dégorgement'. It is an important part of producing cider in the traditional champagne method. The tour ends with cider tasting experience. It is possible to buy farm products to go.

Jaanihanso farm - cider and orchard tour

WEBSITE: www.jaanihanso.ee/en/

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	individuals / groups
DURATION OF THE PROGRAMME:	1.5-2 h (excl. transportation) bus 'Pärnu - Rogenese - Pööravere - Uduvere - Pärnu' to the bus stop 'Altküla tee' (~50 min). Jaanihanso farm is located in front of the bus station. Possibility to get there by taxi from Pärnu (~30 min).
PUBLIC TRANSPORTATION:	
HOSTS:	Mr. Alvar Roosimaa, Mrs. Veronika Roosimaa, Mrs. Jana Jaaksalu

Jaanihanso is a family owned cidery and orchard located on a historic farm dating back to 18th century. We make cider and sparkling wine from locally grown, in-house pressed apples, blackcurrants and pears using traditional bottle fermentation method also used for making champagne and cava. Visitors can take a tour in the production facility and orchard followed by a tasting of five different ciders and wines.



LOCATION

ADDRESS: Vihi küla, 71402 Põhja-Sakala vald, Viljandimaa, Estonia

DISTANCE: Tallinn 141 km, Viljandi 33 km, Tartu 107 km, Riga (Latvia) 242 km



LOCATION

ADDRESS: Piesta Kuusikaru talu, Kullimaa küla, 87611 Pärnumaa, Estonia

DISTANCE: Tallinn 115 km, Viljandi 60 km, Pärnu 45 km, Riga (Latvia) 217 km

Medicinal herb tour guided by a herb specialist at the Energy Farm

WEBSITE: www.energiatalu.ee

GENERAL INFORMATION

SEASON:	May - September
FOR WHOM:	individuals / groups
DURATION OF THE PROGRAMME:	1.5 h (excl. transportation)
TYPE OF TRANSPORT:	individual transfer / tour bus / bus or train from Tallinn 1) train 'Tallinn - Olutvere' to Olutvere train station (~2 h), pick-up and transfer to Energy Farm (~10 min) or 2) bus 'Pärnu - Vihiküla' to the bus stop 'Vihi' (~1.5 h) and walk to Energy Farm (~800 m / 15 min).
PUBLIC TRANSPORTATION:	
HOSTS:	Mrs. Tiit Siim, Mr. Aivar Siim

The farm on the banks of the River Navesti is Estonia's largest company engaged in the cultivation and processing of organic medicinal herbs. The farm has an education and health path of medicinal herbs, open from May to September. During the tour, you will get acquainted with the farm and its activities, the flower garden and the cultivation of medicinal herbs. You will learn to know the traditional medicinal herbs used in Estonia and around the world. It is possible to look, touch, taste, smell and admire the herbs and their beauty. The tour ends with enjoying organic tea and eating an organic sweet in the teahouse. It is possible to buy medicinal teas. The medicinal herb tour is guided by a herb specialist.

Visit to Piesta Kuusikaru apple farm

WEBSITE: www.kuusikaru.eu

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	individuals / groups (max 20 pers.)
DURATION OF THE PROGRAMME:	1-2 h
TYPE OF TRANSPORT:	individual transfer / tour bus 1) bus from Tallinn to Vändra (~2 h 15 min) or 2) bus from Pärnu to Vändra (~1 h 16 min). Pick-up and transfer to Piesta Kuusikaru apple farm (~10 km).
PUBLIC TRANSPORTATION:	
HOSTS:	Mr. Hardi Nigulas, Mrs. Külli Eller

Piesta Kuusikaru farm in Pärnu county invites you for a visit which combines the past with the present. Take a walk in our young organic orchard, tour the artisan food production facility, and hear some exciting stories about the early generations at our family farm, established by the current owner's great-great-grandfather in 1868. During your visit you will be told about the production process - how the apples are pressed into juice. It is possible to taste some products and to learn about the history of this farm as a fascinating example of the formation of the Estonian nation. There is also a farm shop where guests can buy locally made apple products as well as some unique gift items.



LOCATION

ADDRESS: Kondi tee 27, Intsu küla, 69611 Viljandi vald, Viljandimaa, Estonia
DISTANCE: Tallinn 176 km, Viljandi 10 km, Riga (Latvia) 229 km



LOCATION

ADDRESS: Valgjärve küla, 63419 Kanepi vald, Põlvamaa, Estonia
DISTANCE: Tallinn 221 km, Tartu 44 km, Riga (Latvia) 226 km

Männiku Forest Farm - heritage tourism workshops

WEBSITE: www.metsatalu.ee

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups
DURATION OF THE PROGRAMME:	2-3 h (excl. transportation)
TYPE OF TRANSPORT:	private transfer / tour bus bus 'Tallinn - Viljandi' (~2 h 15 min) or train 'Tallinn - Viljandi' (2 h 30 min). The rest of the trip by taxi (~11 km). Possibility to go to there by local bus from Viljandi – need to stop at the bus station 'Kondi' (~15 min) and walk to Männiku Forest Farm (1,7 km / ~20 min).
PUBLIC TRANSPORTATION:	
HOSTS:	Mrs. Ene Sillamaa

Männiku Forest Farm offers different workshops with professional instructors.

Workshop topics:

- **Estonian national textile workshop**, where we study wood block printing (xylography), braiding various ribbons, etc.
- **Estonian folk music workshop**, where folk music is introduced and various musical instruments can be tried.
- **Estonian traditional dance workshop**, where different dances, accompanied by folk instruments, are learned.

Picturesque cider tour and tasting at Siidrikoda

WEBSITE: www.siidrikoda.ee

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups max 60 pers.
DURATION OF THE PROGRAMME:	1.5 - 2 h (excl. transportation)
TYPE OF TRANSPORT:	private transfer / tour bus 1) bus 'Tallinn - Tartu - Võru' to the bus stop 'Saverna' (~3,5 h), pick-up and transfer to Siidrikoda (~5 km) or 2) bus 'Riga - Tartu' (~4 h), change for bus 'Tartu - Võru' to the bus stop 'Saverna' (~34 min), pick-up and transfer to Siidrikoda (~5 km).
PUBLIC TRANSPORTATION:	
HOSTS:	Dr. Sulev Nõmmann

Come and discover how we make world-class beverages from local raw ingredients with science and technology in the beautiful landscape of Otepää in South Estonia.

The visit will explain the cider-making process and includes a tour in the apple orchard, in the brewery, and tastings of the products. Cider is a popular and traditional drink but here, we give it some Estonian taste. In addition to cider, we make many other exciting products such as the Rosie and Rosanna sparkling fruit wines and Äpu, a carbonated apple juice, which is a popular drink among families.

The Siidrikoda farm grows its own apples. Apple orchards with more than 8000 trees provide unforgettable emotions while blooming in second half of May and providing ripe apples from August till first half of October. All products are available to purchase.



Treasure hunt on a Viking ship with a demonstration of ancient weapons and armour

WEBSITE: www.viikingitekyla.ee/en

GENERAL INFORMATION

SEASON:	May – September
FOR WHOM:	small groups (min. 4 pers.)
DURATION OF THE PROGRAMME:	1 h 45 min
PUBLIC TRANSPORTATION:	bus nr 138 or 139 from Tallinn (route nr 229) to the bus stop 'Saula'. Viking Village is located in front of the bus stop. Possibility to get by taxi from Tallinn.

The Viking Village was built with the aim of teaching and showing visitors what ancient Viking life was like. A scenic location and authentically styled buildings offer visitors a place to relax, learn about themselves and the environment, take a break from fast-paced modern life and discover the Viking within themselves.

The Viking Village is open all year round and offers both physical activities as well as leisure facilities for the young, the old, friends and colleagues, smaller and larger groups for shorter and longer periods.

Upon arrival in the Viking Village, you will be greeted by the Viking chieftain, who will give you an overview of various ancient weapons, items and clothing. You will also get to listen to stories about ancient times, when our forefathers were brave seafarers and ruled the Baltic Sea. To head out on your adventure, you will be given clothes and helmets to protect you on the journey.



LOCATION

ADDRESS: Saula küla, 75117 Kose vald, Harjumaa, Estonia

DISTANCE: Tallinn 29 km,
Riga (Latvia) 306 km

Then you will board an authentic Viking ship with your friends and family as Viking conquerors, grab the oars and head off on a treasure hunt.

The ancient Vikings are famous for their skill as seafarers and conquerors. The Viking Village resurrects this ancient tradition and, from the month of May (depending on the weather), offers you a chance to sail down the Pirita River like a real Viking and take part in a voyage lasting over an hour. As a Viking, you will be the one holding the oars of the ship and deciding on how far you wish to venture. Following a treasure map given to you for the journey, and with a strong crew and experienced thralls, you should be able to reach a treasure chest filled to bursting with gleaming riches. The treasure must be divided among the crew amicably, and according to ancient law, the map reader, i.e. the navigator, is entitled to twice the bounty of other adventurers.

The expedition will be led by the Viking captain, who is generally the helmsman and whose hands are long calloused from life on the sea and swinging his war axe in battle. Under the leadership of the captain, the crew may feel confident: he will be your guide and will help you find the treasure, because sailing a Viking ship is not an easy thing to do.



LOCATION

ADDRESS: Hirveaia tänav 4, Alatskivi alevik, 60201 Peipsiääre vald, Tartumaa, Estonia

DISTANCE: Tallinn 220 km, Tartu 40 km, Riga (Latvia) 299 km



COUNTRYSIDE EXPERIENCES



LOCATION

ADDRESS: Angla küla, 94244 Saaremaa (the largest Estonian island), Estonia

DISTANCE: Tallinn 130 km

Tasting Alatskivi craft wines

WEBSITE: www.alatskivimaitsed.ee/

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	individuals / groups
DURATION OF THE PROGRAMME:	1 hour
TYPE OF TRANSPORT:	private transfer / public transport
HOSTS:	Mrs. Külli Must

There is an old ice house in Alatskivi, behind the stone garden surrounding the castle, which has been given a new life. In this historical building, you can learn about the local culture and try craft wines made of fruits and berries. During the tasting workshop, you can try five different wines and play a game in which you try to guess the ingredient it was made of. The host will also give you an overview of the wine-making process, the beautiful Alatskivi Castle, and local flavours.



Angla Windmill Hill and Heritage Culture Centre workshops

WEBSITE: www.anglatuulik.ee

GENERAL INFORMATION

SEASON:	all year round
FOR WHOM:	individuals / groups
DURATION OF THE PROGRAMME:	1,5-3 h (depends on the chosen activities)
PUBLIC TRANSPORTATION:	By car from Tallinn to ferry harbor Virtsu 130 km, then 30 minutes with ferry to Saaremaa island and from the harbour Kuivastu to Angla 54 km. Kuressaare (Saaremaa island main city) 35 km.
HOSTS:	Mrs. Anu Noor

In Angla, the only windmill hill on Saaremaa, that has maintained its original look, is waiting for you. Four of the five Angla windmills are typical trestle windmills characteristic of the island, built at the beginning of the 20th century. A Dutch-style windmill, slightly taller than the others, stands in the middle of the group. All of the windmills are open to the public.

One of the key elements of the Angla Windmill Hill complex is the Angla Heritage Culture Centre. One of the materials used in its construction was local stone thought to be 425 million years old, containing coral, stromatoporoids and brachiopods.

At the centre you can take part in a number of workshops - trying your hand at pottery, felting, bread-making and more, take part in heritage culture events and try Angla rye bread. All workshops have to be booked in advance.



LOCATION

ADDRESS: Lossipargi tee 8, Laitse küla, 76302 Saue vald, Harjumaa, Estonia
DISTANCE: Tallinn 36 km, Riga (Latvia) 280 km



LOCATION

ADDRESS: Nõmmeotsa küla, 78242 Märjamaa vald, Raplambia, Estonia
DISTANCE: Tallinn 70 km, Riga (Latvia) 240 km
PUBLIC TRANSPORTATION: bus 'Tallin - Pärnu' to the bus stop 'Märjamaa' (~1 h). Pick-up and transfer to Luhtre Tourism Farm.

Laitse Granite Villa

WEBSITE: www.graniitvilla.ee

Romantic Laitse Graniitvilla (Laitse Granite Villa) is a special place. The ground floor of this historical granite building features two large halls for social events. For those who would like to spend the night, there are suites upstairs displaying the works of a number of artists. Graniitvilla is surrounded by a large sculpture garden with numerous monumental sculptures by the landlord himself, Tauno Kangro.

ACCOMMODATION:

Graniitvilla has 9 unique suites. All of the suites extend through two floors. The downstairs living areas have extendable armchairs or sofa beds, a WC and a bathroom. The bedrooms are upstairs. The suites are built using as many natural and Estonian materials as possible, e.g. clay, wood, granite and glass. For the interior, bathtubs with bronze feet, granite basins and antique chandeliers are used. Antique wooden furniture, collected over the years and now restored, adds to the uniqueness and value of each room. All of this expresses owner's way of life.

SERVICES AND ATTRACTIONS ON SITE:

In addition to accommodation and catering services, for several years Graniitvilla has been running unique sculpting and drawing masterclasses for people who haven't made a single plasticine figure or drawing on pencil and paper since they were kids. These classes are taught by the landlord himself, Tauno Kangro (famous Estonian sculptor). These classes last for 1.5-3 hours and participants can take their artworks home.

MEAL SERVICES:

Graniitvilla does not have a restaurant that operates daily. All meals have to be pre-ordered.

Luhtre Tourism Farm

WEBSITE: www.luhtre.ee

Luhtre tourism farm was built in 1874. In the renovated farmhouse you can share the life dreams of the family. Luhtre tourism farm's accommodation capabilities are diverse and high quality. There is a large selection of original rooms for all needs and tastes.

ACCOMMODATION:

In the main building 6 rooms and suite and in the unique barn house 8 rooms. All rooms have conveniences in them: shower, WC, hair drier, towels, shampoo, hair conditioner etc. In addition the saunahouse 4 rooms and private cottage house.

SERVICES AND ATTRACTIONS ON SITE:

The farm offers accommodation and meals. There are also sauna houses, outdoor pool and sports facilities (a quality tennis court, a basketball court and a volleyball court). In the Farm museum all items are from this farm and the title of the exhibition is called "A woman through her life". There is also a shop that sells local handicraft.

On pre-booking:

- **Different workshops:** forging workshop, sauna workshop, crafting (felt, candles, homemade cosmetics etc) workshop.
- **Massages** from an experienced masseur with professional training in the fields of Chinese medicine and massage.

MEAL SERVICES:

The hostess uses vegetables grown by herself and products from local farms. She also bakes rye bread. The hostess also offers food by recipes taken from the Recipe Book by Luhtre's last lady of the house, Anni, which she composed for home economics school in 1924. The man of the house Kaido brews home-made beer for the guests. Luhtre's beer is natural, made from malt, without using maltose or sugar.



ACCOMMODATION

Altmõisa Guesthouse

WEBSITE: www.altmoisa.ee

At Altmõisa Guesthouse, you can enjoy the beautiful sea, the serene landscape of the Matsalu National Park and observe thousands of migratory birds whose route crosses over the house.

Many of Altmõisa Guesthouse's guests are bird watchers and nature tourists. Facilities are suitable for a family holiday, for a romantic couple and for groups seeking to enjoy a little quiet.

ACCOMMODATION:

Altmõisa Guesthouse rooms are cosy because of beautiful sea and forest views and unique wall paintings. The guesthouse has 12 rooms, one of which is a suite. All rooms have a private bathroom with a shower. There are blinds and insect screens in front of the windows. One extra bed can be added to every room. Bathrobes are available on request. Each room has its own name to describe its design and choice of colours.

SERVICES AND ATTRACTIONS ON SITE:

Altmõisa Guesthouse offers accommodation and meal services. Birdwatching services and nature tours with a professional guide can be arranged.

MEAL SERVICES:

The kitchen of Altmõisa Guesthouse using local produce. The hosts offer a buffet breakfast, dinner, lunch and snacks with a large variety to choose for every need. Ready to offer vegan, vegetarian, gluten and lactose free or any other kinds of meals upon request.

The hosts strive for keeping the guesthouse kitchen local and homemade: delicious cakes, local fresh fish and meat, traditional Estonian black bread, jams, juice and much more. Fresh produce from the garden and free range eggs from the garden's happy chickens are provided.



LOCATION

ADDRESS: Tuuru küla, 90426 Haapsalu, Läänemaa, Estonia

DISTANCE: Tallinn 100 km, Pärnu 100 km, Haapsalu 18 km, Riga (Latvia) 294 km

PUBLIC TRANSPORTATION:
bus 'Tallinn - Haapsalu' (~1 h 40 min), change for microbus 'Haapsalu - Kiideva - Puise' to the bus stop 'Tuuru' (~23 min). Need to ask for a stop at Altmõisa Guesthouse or walk to the guesthouse (~900 m / 10 min).





Kassari Holiday Resort

WEBSITE: www.hiiumaale.ee

This cosy and enjoyable centre, located on a beautiful seashore in the midst of untouched nature can satisfy the needs of the most demanding customer, as well as those of families with children. The centre includes a hotel, terraces, a conference centre, and a cosy and child-friendly grill restaurant 'Lest & Lammas'. Our friendly team will do everything to ensure that your stay in our hotel is enjoyable and memorable.

ACCOMMODATION:

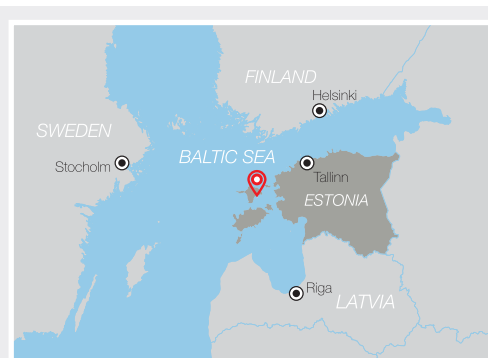
15 rooms: 9 TWIN rooms, 1 family room, and 5 apartment-style rooms.

SERVICES AND ATTRACTIONS ON SITE:

- Sauna;
- Beerhouse 'Hiiu Olle Koda'. The brewery combines all the past beer tricks and tips and traditions. Besides tasting, you can get an overview on the history of Hiiumaa's beer, its traditions, and brewing in the beer house;
- Ready-to-use food products on spot. High-quality local food, created in collaboration between the restaurant Resto Lest & Lammas, Hiiumaa Lihetööstus, and the farmers of Hiiumaa;
- Bicycle, rowboat and motorboat rent;
- Fun cruise with iron ship. The cruise ship 'Katrin' accommodates 12 passengers;
- The Sääretirp ridge, one of Hiiumaa's most popular sights, is within walking distance.

MEAL SERVICES:

Holiday Resort restaurant 'Lest ja Lammas' (Flounder and Sheep) aim is to offer quality dishes specific to the local cuisine, made from fresh raw material. Freshly caught fish, lamb, and other meat are the main focus of the food selection. If the weather is nice, it is splendid to lounge outside, where log furniture and a small grill cabin are set up for that purpose.



LOCATION

ADDRESS: Kassari küla, 92111 Hiiumaa (the second largest island in Estonia), Estonia

DISTANCE: Tallinn 151 km, Riga (Latvia) 340 km

PUBLIC TRANSPORTATION:

1) bus 'Tallinn-Kärdla' to Kärdla bus station, pick-up and transfer to Kassari Holiday Resort or 2) bus 'Tallinn-Kärdla' to Kärdla bus station, change for bus 'Kärdla - Emmaste' to the bus stop 'Käina' (~30 min) and change for bus 'Käina - Kassari - Käina' to the bus stop 'Kassari' (~15 min).

The most convenient way how to arrive to Hiiumaa island: flight from Tallinn Airport to Kärdla Airport (30 min) and pick-up and transfer to Kassari Holiday Resort. Possibility to rent a car in the airport.





ACCOMMODATION



LOCATION

ADDRESS: Laugu küla, 94233
Saaremaa (biggest Estonian island),
Estonia

DISTANCE: Tallinn 205 km, Riga
(Latvia) 326 km

PUBLIC TRANSPORTATION:

1) bus 'Tallinn - Kuressaare' to the
bus stop 'Ratla' (~3,5 h), pick-up and
transfer to Laugu Tourism Farm or

2) bus 'Tallinn - Kuressaare' to the bus stop 'Kuressaare bussijaam'
(~4 h), change for bus 'Kuressaare-Leisi' (~1 h), pick-up and transfer
to Laugu Tourism Farm.



LOCATION

ADDRESS: Manija küla (island of
Manilaid), 88112 Pärnumaa, Estonia

DISTANCE: Tallinn 161 km,
Pärnu 40 km,
Riga (Latvia) 221 km

Laugu Tourism Farm

WEBSITE: www.et.pikse.ee

Laugu Tourism Farm is situated in the northern part of Saaremaa island and built in 1926 on the site of the former farmhouse. It has been open to visitors in its fully renovated glory since 2010. The farm is a perfect place to relax in the midst of history and admire the handiwork of generations gone by. The farmhouse has all of the mod cons, as well as a traditional island sauna and a smoke sauna. Laugu offers rest and recreation in the romantic countryside just 450 metres from the sea.

ACCOMMODATION:

The renovated farmhouse has six beds on the first floor and four beds on the second floor. Accommodation is offered also in small three-bed log house in the farmyard and three-bed apartments in barn. In addition, there are rooms with two beds in the big log house and apartment in Ala-Laugu for six (300 meters from the main house).

SERVICES AND ATTRACTIONS ON SITE:

- **Saunas:** smoke sauna, original Saaremaa sauna in the farmyard, genuine Saaremaa sauna in farmhouse;
- **Museum;**
- **On pre-booking:** fishing trips, berry-picking and mushroom-picking excursions, exciting outdoor games and activities.

MEAL SERVICES:

Many rooms have a possibility to cook on your own, but hosts encourage you to forget cooking during your vacation and taste well known and rich home-made traditional Estonian breakfast and dinner (on pre-order).

Riida Tourism Farm

WEBSITE: www.manilaid.ee

Riida tourism farm, located on the beautiful island of Manilaid, welcomes you to visit at every season to spend your holiday, watch the birds or do science or art related work.

How to come? When driving towards the direction of Audru-Tõs-tamaa, you will reach the Village of Pootsi, from there turn left (signpost „Munalaiu sadam 3,5 km“). In the harbour you can take the regular boat "Mann", which does trips at least twice a day. The sea trip takes 10 minutes. On the island you can either walk to the Farm (2,5 km) or we can come and fetch you with a car.

At Riida you can definitely enjoy the nature, refresh yourself in the sauna and eat delicious meals. Besides the host family there are plenty of other inhabitants: Scottish Highland cows, sheep, dogs and a cat.

ACCOMMODATION:

Accommodation is provided in lovely little rooms - altogether 6 rooms all year round.

Extra accommodation facilities during summertime.

SERVICES AND ATTRACTIONS ON SITE:

Sauna, barbecue site, domestic animals. Beach volleyball court for sporting, rowing boat. Possibility to visit the Island of Kihnu as a day-trip.

MEAL SERVICES:

The hostess recommends to taste the high-quality grass fed local mutton. Fish, vegetarian and vegan dishes are also an option. Farm uses as much local produce as possible - depending on the season.



LOCATION

ADDRESS: Randivälja küla, 86814
Tori vald, Pärnumaa, Estonia

DISTANCE: Tallinn 133 km, Riga
(Latvia) 194 km



LOCATION

ADDRESS: Intsu küla, 69611 Viljandi
vald, Viljandimaa, Estonia

DISTANCE: Tallinn 176 km, Viljandi 10
km, Riga (Latvia) 229 km

PUBLIC TRANSPORTATION:
bus 'Tallinn - Viljandi' (~2 h 15 min)
or train 'Tallinn - Viljandi' (2 h 30
min). The rest of the trip by taxi (~11
km). Possibility to go to there by

local bus from Viljandi – need to stop at the bus station 'Kondi' (~15
min) and walk to Männiku Forest Farm (1,7 km / ~20 min).

Klaara-Manni Holiday- and Seminar Center

WEBSITE: www.klaaramanni.ee

The complex consists of three houses and a lot of family rooms. It is possible to rent a sauna and a fireplace hall. There is enough space both inside as well as outside; the house is surrounded by a large and beautiful garden.

ACCOMMODATION:

DBL rooms are located in three buildings around the estate.

SERVICES AND ATTRACTIONS ONSITE:

- 2 saunas;
- Bicycle rent;
- On pre-booking: hikes, horseback riding, horticultural work-shops, local musicians;
- The historical Tori small town and Soomaa National Park are located in the vicinity. It is convenient to go riding a horse, walking on the boardwalk of the bog or canoeing on rivers.

MEAL SERVICES:

The hostess offers home-made meals and uses mostly local ingredients from own garden and surrounding farms.

Männiku Forest Farm

WEBSITE: www.metsatalu.ee

Männiku Forest Farm – a home in the middle of nature.

During summertime Forest Farm offers you a chance to get out of the city and rest from your everyday obligations by enjoying the sounds of the forest, the singing birds and the fresh air.

During wintertime guests can light a cosy fire in the cooking stove, put a kettle on with hot tea or coffee and enjoy the wonderful views of snowy nature from the window.

ACCOMMODATION:

Altogether 16 rooms, 32 beds. All rooms have bathrooms.

SERVICES AND ATTRACTIONS ON SITE:

Accommodation with breakfast, possibility to use kitchen facilities, rest room, 2 saunas (traditional sauna and smoke sauna close by the water), outdoor grill, campfire site, children's playground, volleyball, basketball, swings, boat, nature trails. Hiking in the nature on foot and on a bicycle. Knitting fabric, entwining ribbons etc at the handicraft house. Picking herbs, wild strawberries, raspberries, nuts and mushrooms during their season. Skiing, sledging and ice-skating during wintertime.

MEAL SERVICES:

Hostess wishes to provide their guests with the best food possible. That goes for the taste as well as for the quality. Prepared food is mostly from local ingredients and as much from organic components as possible. Hostess bakes different types of bread and offers a varied menu of vegetarian food as well.



LOCATION

ADDRESS: Ännküla, 49225 Palamuse, Jõgevamaa, Estonia

DISTANCE: Tallinn 168 km, Riga (Latvia) 303 km



ACCOMMODATION



LOCATION

ADDRESS: Männiku 43A, 65603 Võru, Võrumaa, Estonia

DISTANCE: Tallinn 256 km, Võru 4,5 km, Riga (Latvia) 223 km

PUBLIC TRANSPORTATION: bus 'Tallinn - Võru' to Võru bus station. The rest of the trip by taxi (~6 km).

Mokko Country Hotel

WEBSITE: www.mokko.ee

Mokko Country Hotel is suitable for those who love nature, peace and quiet.

Hotel accommodates individual tourists, families with children and groups of up to 30 people.

ACCOMMODATION:

Rooms are located in two buildings around the estate. On the main building 2 DBL rooms and 2 apartments with balcony. On the second building 6 DBL rooms with all conveniences.

SERVICES AND ATTRACTIONS ON SITE:

Accommodation, meal services, outbuilding with kitchen corner and balcony (up to 4 people) and sauna house with kitchen, bedroom and large terrace with garden furniture by the pond (up to 4 people).

Shared lounge/TV area and library on the main building. Guests can rent bicycles. It is convenient to go hiking, to play tennis on the tennis court, go fishing and skiing (during winter).

MEAL SERVICES:

The hostess offers home-made meals and uses mostly local ingredients from own garden and surrounding farms.

Kubija Hotel-Nature Spa

WEBSITE: www.kubija.ee

The Hotel-Nature Spa located in between the Võru-Kubja pine forests and lakes is a cosy and convenient place to stay. While taking a rest or strengthening your health here you will find harmony with the nature and with yourself. Allow to yourself cherishing body treatments and sauna delights. Soothing views over the forest or the lake unfold from the well-equipped rooms of the hotel. The hotel has its own swimming place.

We value peace. Our caring and professional service coupled with quiet and naturally beautiful surroundings help you attain inner harmony.

ACCOMMODATION:

Hotel offers accommodation in 62 comfortably furnished rooms: the cosy standard rooms and the Clay Suite with its interior created from natural materials. Room rate includes buffet breakfast, unlimited use of spa and sauna center during opening hours and free parking.

SERVICES AND ATTRACTIONS ON SITE:

Accommodation, meal services and saunas. Kids' playroom and playground, sports facilities, minigolf, bike rental, organised nature trips.

MEAL SERVICES:

The restaurant serves traditional Estonian food, with all of the ingredients being sourced, as a rule, within a 50-km radius from local producers. In summer you can dine on the restaurant's terrace – and simply enjoy the good life.



LATVIA



LOCATION

EXCURSION: AVOTIŅI HERB GARDEN – an outdoor collection of health-related plants

ADDRESS: Avotiņi, Lāde, Limbažu pag., Limbažu nov., LV-4001, Latvia

DISTANCE: Riga 76 km

HOST: Mr Jānis Ulmis has a unique knowledge of plants, herbs and their medicinal properties. The host speaks Latvian and Russian. Japanese interpreter services are required.

LUNCH: SIDRABIŅI COUNTRY PUB

ADDRESS: Sidrabiņi, Jelgavkrasti, Liepupes pag., Salacgrīvas nov., LV-4023, Latvia

DISTANCE FROM THE HERB GARDEN: 15 km/20 min. drive

INTRODUCTION

The distance from Riga to Tallinn is more than 300 km and it takes approx. 5 hours by bus. Therefore we suggest stopping on the way for a brief excursion to a herb farm and lunch in a country pub. This stopover is approx. 1.5 hours' drive from Riga, just at that point when one needs to stretch one's legs and enjoy a change of scene. The visit will give an insight in rural life and it may surprise visitors to learn how well Latvians understand nature, knowing and using herbs for food, health and beauty. After the excursion, the group will have lunch in a country pub serving meals made from locally grown ingredients.

Avotiņi Herb Garden and Country-Style Lunch in Sidrabiņi Pub

WEBSITE: Avotiņi herb farm:

www.celotajs.lv/en/e/veselibas_augu_ekspozicija

Sidrabiņi country pub: www.celotajs.lv/en/e/krogssidrabiņi

GENERAL INFORMATION

PACKAGE TYPE:	stopover between Riga and Tallinn
SEASON:	May – September
FOR WHOM:	individuals / groups (min. 8 – max. 20)
SERVICES INCLUDED:	excursion and tasting in Avotiņi herb garden + lunch
DURATION OF THE PROGRAMME:	3 hours (2 hour excursion + 1 hour lunch)
TYPE OF TRANSPORT:	tour bus/individual transfer
PUBLIC TRANSPORTATION:	bus 'Riga – Limbaži' to Limbaži bus station (~1h 50 min), change for bus 'Limbaži - Saulkrasti' to the bus stop 'Lādes skola' (~18 min). Walk to Avotiņi Herb Garden (~550 m / 6 min).

PROGRAMME

- **Excursion to the herb garden.** The Avotiņi herb garden grows more than 300 herb species. They are all used in medicine, health and beauty care, and in well-being treatments – the garden is known as 'the green pharmacy'. Here healthy lifestyle enthusiasts can discover the secrets of phytotherapy and learn how to use plants in many different ways – making aromatic pillows, healthy teas, bath scrubs, etc. In the summertime, the colours and smells of the outdoor display of plants are beautiful. The host will take visitors through the garden to show and tell them about the plants and their uses. The excursion will end with a tasting of healthy green smoothies made from the plants in the garden.
- Depart Avotiņi herb garden for **travel to Sidrabiņi country pub.** The pub is located approx. 15 km from Avotiņi and the journey takes approx. 20 min.
- **Lunch at Sidrabiņi.** This family-run pub is located near to the Riga–Tallinn road. It is a renovated historical wooden building. The owners have a meat processing facility next to the pub, so there are always fresh and tasty meals on the menu made from smoked meat products. Smoking is a traditional Latvian method for preserving and preparing food. The meat (usually pork, but others too) is treated with spices (salt, pepper, garlic and others) and smoked on wood. The pub serves traditional Latvian foods.



LOCATION

ADDRESS: 'Caunītes', Cenu pag.,
Ozolnieku nov., LV-3018, Latvia

DISTANCE: Riga 40 km

INTRODUCTION

Since ancient times bread has been our staple food, and formed part of breakfast, lunch and our evening meal. We bake bread from rye, wheat, buckwheat and barley. Both fine-ground and wholemeal flour is used. Bread baking is one of the most honoured traditional skills in Latvia. Caunītes country house keeps Latvian traditions alive and demonstrates them to visitors. The house is designed and decorated in the traditional Latvian style and exudes an authentic ambience while having modern facilities.

Under the guidance of the hostess, visitors will bake their own loaf of sweet-and-sour bread in a wood-fired bread oven. In Latvian families it was traditionally one of the main duties of the lady of the house to bake a week's supply of bread for the whole family every Saturday morning. Every woman was proud of her own unique recipe and passed it down to her daughters and granddaughters through the generations. There are many traditional beliefs, sayings and riddles linked with bread in Latvian folklore. Today, there is great interest in the old recipes, bread-baking methods and the use of organic ingredients as many families are opting for a healthy lifestyle.

- Lunch/dinner (approx. 50 min.). While the bread is baking the hostess will serve a traditional lunch of soup and bread.
- Taking the bread out of the oven (approx. 30 min.). After taking it out of the oven, the bread should cool down for 15 min. before it is ready for tasting and packing to take away. Guests will get their own loaves to take with them.

Bread Baking Workshop at Caunītes Country House

WEBSITE: www.caunites.lv

GENERAL INFORMATION

PACKAGE TYPE:	half-day programme
SEASON:	January - December
FOR WHOM:	individuals (min. 2 pers.) or groups (min. 8 – max. 15)
SERVICES INCLUDED:	bread baking workshop + lunch
DURATION OF THE PROGRAMME:	2.5 hours
TYPE OF TRANSPORT:	public transport (train) + individual transfer/individual transfer/ tour bus
PUBLIC TRANSPORTATION:	train 'Riga – Jelgava' to the train station 'Dalbe' (30 min). Pick-up and transfer to Caunītes country house (~15 min).
HOSTS:	Mrs Santa Rubene

PROGRAMME

- Getting there by public transport or bus transfer takes approx. 1 hour.
- Introduction to Caunītes country house (approx. 30 min.).
- The hostess will show the guests around the country house and briefly introduce its history. Afterwards there will be a tea or coffee break with some traditional snacks.
- Bread baking workshop (approx. 30 min.). The host will give instructions on how to make a loaf from a previously prepared dough. She will share her knowledge of bread-baking traditions and skills. For the bread baking, guests will be equipped with a special hat and an apron provided by the hostess. When the loaves are ready, the hostess will put them in the oven.



LOCATION

MUSHROOMING: specially selected sites in Gauja National Park

MUSHROOMING WORKSHOP AND DINNER: Kārļamuiža Country Hotel (see the 'Accommodation' section)

ADDRESS: Kārļa muiža, Kārļi, Drabešu pag., Amatas nov., Kārļi, LV – 4138, Latvia

DISTANCE: Riga 75 km

INTRODUCTION

Mushrooming is a national passion in Latvia, Estonia and Finland. Trying out a mushrooming experience is part of getting to know the local way of life and doing things the way locals do them. The forest terrain in the selected mushrooming spots is easy to walk, covered with moss, fallen leaves and small plants. Occasionally there are bushes, some fallen trees or wet spots. Gauja National Park, established in 1973, was Latvia's first national park, and it has great traditions in environmental tourism.

The most popular edible mushrooms are the various Boletus and Chanterelles. The selected species for foraging are chanterelles, russulas and various boletus: Chestnut Bolete (*Gyroporus castaneus*), Lurid Bolete (*Boletus luridus*), Sheep Polypore edible tree-fungus (popular in Scandinavian cooking) (*Albatrellus ovinus*), Golden Coral (*Ramaria aurea*), Coral Tooth (*Hericium coralloides*), Parasol Mushroom (*Macrolepiota procera*), Ceramic Parchment (*Xylobolus frustulatus*) and Wood-Rotting Fungus (*Phellinus nigrolimitatus*).

N.B. For comfort and safety it is recommended that participants wear outdoor clothing and footwear.

Mushrooming and cooking workshop in Gauja National Park

WEBSITE: karlamuiza.lv/lv-lv

GENERAL INFORMATION

PACKAGE TYPE:	full day tour
SEASON:	August to end of September
FOR WHOM:	groups (min. 8 – max. 20)
SERVICES INCLUDED:	guided mushrooming + dinner cooking workshop
DEGREE OF DIFFICULTY:	moderate (natural forest with no walking trail)
DURATION OF THE PROGRAMME:	6 hours
TYPE OF TRANSPORT:	tour bus
PUBLIC TRANSPORTATION:	bus 'Rīga – Cēsis' to Cēsis bus station (~1 h 50 min), change for bus 'Cēsu AO – Cēsu AO' to the bus stop 'Kārļi' (~20 min). Walk to Kārļamuiža Country Hotel (~450 m / 5 min).
HOSTS:	Mrs Baiba Stepiņa

PROGRAMME

- The ride from Riga to Kārļamuiža country hotel in Gauja National Park takes approx. 1 hour 30 min.
- Arrive at Kārļamuiža Country Hotel. Meet the fungi guide (English speaking, professional nature guide, owner of two dogs that are trained for fungi hunting), briefing and preparation for mushroom picking. Lunch boxes and mushrooming equipment – baskets, knives and raincoats will be provided for each person.
- Drive to the mushroom picking site (approx. 15 min.).
- Picnic lunch in an open-air picnic spot in the forest by the River Gauja (approx. 30 min.).
- Guided mushroom picking (approx. 1 hour) in the forest.
- Return to the hotel (approx. 30 min.).
- Sorting the mushrooms together with the fungi guide to identify the species found.
- Cooking dinner with the chef at Kārļamuiža Country Hotel (approx. 2 hours). Cooking is done in front of the group as a demonstration with an explanation of the recipe. Other dishes are available apart from the mushrooms.

LIVE LIKE
A LOCAL



LOCATION

ADDRESS: "Indāni", Kandavas pag.,
Kandavas nov., LV - 3120, Latvia

DISTANCE: Riga 95 km



LOCATION

ADDRESS: "Dzirnupes", Limbažu nov.,
Viļķenes pag., LV - 4052, Latvia

DISTANCE: Riga 90 km

Indāni Traditional Farmstead

WEBSITE: www.celotajs.lv/en/e/indani

GENERAL INFORMATION

SEASON:	May - September
PUBLIC TRANSPORTATION:	bus 'Rīga - Kuldīga' to the bus stop 'Kandava' (~1 h 30 min). Pick-up and transfer to Indāni Traditional Farmstead (~15 min).
HOSTS:	Mrs. Signe Ezeriņa

There are different options for staying guests and for visiting guests.

FOR STAYING GUESTS:

Visitors can become part of a family living a traditional farmstead life. There is room for guests in the hosts' home. Adults and children will be able to learn about farm animals including goats and geese, view a collection of ancient tools, enjoy a country sauna with birch and juniper switches, drink herbal tea with honey and try carrot buns.

FOR VISITING GUESTS:

A 2-hour farm tour programme includes:

- a tour of the farm, introducing the way of life in the countryside;
- a refreshment break drinking herbal tea with honey and trying carrot buns and other traditional pastries.

Dzirnupes Traditional Farmstead

WEBSITE: www.celotajs.lv/en/e/dzirnupes
www.dzirnupes.lv

GENERAL INFORMATION

SEASON:	May - October
PUBLIC TRANSPORTATION:	bus 'Rīga - Limbaži' to Limbaži bus station (~1h 50 min), change for bus 'Limbaži - Pāle / Limbaži - Limbaži' to the bus stop 'Šķirstiņi' (~25 min). Pick-up and transfer to Dzirnupes Traditional Farmstead (~3 min). Pick-up service can also be arranged from Limbaži bus station.
HOSTS:	Sandra and Juris Paleliņi

Dzirnupes is a traditional farmstead where visitors can feel the true romance of Latvia's countryside. This is an excellent leisure venue for couples or families with children. Guests are accommodated in a granary that was built in 1924 and is now a romantic building with a sauna. The host is a master of several crafts: he makes drums from tree stumps, and can teach visitors how to forge a nail in the farm's smithy as well as show them how to use a bow and arrow. He holds a Latvian Heritage award for continuing and promoting these skills. The lady of the house will take visitors along on her daily chores and allow them an insight into country life - gathering hay, making sauerkraut, weeding, milking the goat, watching the geese, and catching and smoking fish to the farm's own recipe. Visitors can also help to bake bread. The family will gladly take guests on excursions in the local surroundings, tell them about country life and answer questions. Guests will enjoy a peaceful and relaxed family atmosphere.



LOCATION

ADDRESS: "Klajumi", Kaplavas pag., Krāslavas nov. LV - 5668, Latvia

DISTANCE: Riga 275 km



LOCATION

ADDRESS: "Lūķi", Ventspils nov., Jūrkalne, LV - 3600, Latvia

DISTANCE: Riga 200 km

Klajumi Ranch

WEBSITE: www.klajumi.lv

GENERAL INFORMATION

SEASON:	January - December
PUBLIC TRANSPORTATION:	bus 'Riga - Daugavpils' to Daugavpils bus station (3 h 30 min – 4 h), change for bus 'Daugavpils - Kaplava' to the bus stop 'Kaplava' (~ 1 h). Pick-up and transfer to Klajumi (~ 4 min).
HOSTS:	Mrs. Ilze Stabulniece

Klajumi ranch dates back almost 100 years. Nowadays the older and younger generations farm together here, safeguarding the local heritage and taking care of the natural environment. The ranch is located in the Daugava River Valley Nature Park, close to the Latvian-Belarusian border. Klajumi offers peaceful horse-riding tours in beautiful scenery on well-kept and well-trained horses of Latvian, Lithuanian and Belarussian breeds. Guests with no previous riding experience are welcome.

Accommodation is in traditional-style log cottages. The ranch is a holder of the national eco certificate for rural tourism accommodation, a member of the European Network of Regional Culinary Heritage, and holds a Latvian Heritage award for maintaining horse-breeding traditions.

Lūķi Farmstead

WEBSITE: www.celotajs.lv/en/e/luki

GENERAL INFORMATION

SEASON:	May – September
PUBLIC TRANSPORTATION:	bus 'Rīga - Ventspils' (~3 h), change for bus 'Ventspils AO – Liepājas AO' to the bus station 'Labrags' (~50 min). Walk to Lūķi Farmstead (~1,4 km / 18 min).
HOSTS:	Mrs. Envija Indāne

At the Lūķi farmstead guests will find peace and tranquillity in an idyllic rural setting. Guests live in harmony with the rhythm of the homestead. The house is surrounded by a pretty flower and herb garden and large trees. It contains an exhibition about the site's history and a small craft workshop where the hosts will gladly teach guests the art of making traditional house decorations and other handicrafts. The farmstead holds a Latvian Heritage award for preserving the traditional rural environment.



Dome house park 'Ārpus Laika'

WEBSITE: www.arpuslaika.lv

GENERAL INFORMATION

PACKAGE TYPE:	half-day tour
SEASON:	January - December
FOR WHOM:	groups (min. 10 – max. 50)
SERVICES INCLUDED:	excursion + wine tasting + dessert
DURATION OF THE PROGRAMME:	2 hours
TYPE OF TRANSPORT:	tour bus
PUBLIC TRANSPORTATION:	bus 'Rīga – Ogre' to the bus stop 'Priedītes' (~40 min). Pick-up and transfer to the dome house park 'Ārpus Laika' (~3 min).
HOSTS:	Mrs. Ilze Bērziņa

PROGRAMME

- Introduction to the 'Beyond Time' concept and idea, showing around (approx. 15 min.). In good weather the introduction part takes place outdoors.
- Introduction to wine making from local products (berries, herbs etc.) The first glass of wine served.
- Dome house stories – the hostess will tell about the concept of dome houses, their different architectural styles and ideas (approx. 15 min.).
- Short introduction to the second wine sort for tasting. A glass of wine served.
- Insight in how the dome house 'Beyond Time' was built. Demonstration of the house insulation with straw (approx. 20 min.).
- Short break for guests to explore the park (approx. 10 min.).
- Short introduction to the third wine for tasting. A glass of wine served.
- Workshop and demonstration of cooking a traditional Latvian dessert 'rupjmaizes kārtotums' or 'debesmanna'. The hostess will make one of the desserts together with the visitors. After demonstration the visitors will enjoy the dessert (approx. 30 min.).



LOCATION

ADDRESS: 'Kairoša', Salaspils pag.,
Salaspils nov., LV-5015, Latvia

DISTANCE: Riga 31 km / 40 minutes by car

INTRODUCTION

The name of the house means 'Beyond Time'. The family demonstrates to visitors a modern country living and their lifestyle. They have created a landscape park, built a dome house and a dome terrace, run their own timber construction and tourism businesses, and make wines as a hobby.

The family has created a landscape park and they practice green living in a dome house designed by themselves. The family also manufactures garden furniture and hammocks. The buildings are surrounded by a beautiful park and a pond full of frogs and fishes. The surrounding landscape of the park with a pergola, a bridge, a forest and fields creates a very tranquil countryside atmosphere that can be experienced just a short drive away from the capital city. The hostess makes wines and offers tasting of different sorts. She also demonstrates cooking of traditional Latvian desserts.



Barefoot Walking at the Valguma Pasaule Recreation Centre

WEBSITE: www.valgumapasaule.lv

GENERAL INFORMATION

PACKAGE TYPE:	half-day tour	DURATION OF THE PROGRAMME:	3–4 hours (excl. transportation)
SEASON:	May – August	DURATION OF THE WALK:	approx. 1–1.5 hours
FOR WHOM:	individuals/groups (max. 20)	DEGREE OF DIFFICULTY:	easy to moderate hike
SERVICES INCLUDED:	barefoot walking + lunch or dinner	TYPE OF TRANSPORT:	tour bus/individual transfer
WALKING DISTANCE:	2.6 km		

INTRODUCTION

The Barefoot Path begins at the Valguma Pasaule Recreation Centre by Lake Valgums, which is surrounded by forest. The recreation centre includes a hotel and restaurant, and offers nature-based services such as the Barefoot Path and other walking trails.

The Barefoot Path is a 2.6 km long trail through the natural environment, along which visitors walk barefoot and experience a variety of surfaces including pine cones, glass balls, small stones and shingles of various shapes, moss, fine sand, clay, river water, turf, gravel, reeds, chipped wood, pinewood logs, wooden poles and millstones. Walking barefoot has

a number of positive health effects:

- it strengthens the immune system;
- it improves blood circulation and stabilises blood pressure;
- it strengthens the leg and foot muscles, joints and ligaments;
- it enhances relaxation, and aids mental and physiological stability.

The walk is led by an English-speaking guide. Before the walk, visitors receive a briefing. It is recommended that visitors wear comfortable outdoor clothing, appropriate for the weather. After walking the barefoot path, visitors usually feel energised, strong and happy. The walk finishes with a relaxing herbal foot bath.



LOCATION

ADDRESS: Valgums, Engures nov., Smārdes pag., LV-3129, Latvia

DISTANCE: Riga 60 km

PROGRAMME

- Bus ride from Riga, approx. 1 hour.
- Arrive at Valguma Pasaule Recreation Centre. Meet the guide, briefing (approx. 10 min.).
- Guided barefoot walk in the natural environment, during which visitors experience a variety of surfaces (approx. 1–1.5 hours).
- Return to the starting point and enjoy a relaxing foot bath (approx. 30 min.).
- Lunch or dinner on site. The meal begins with a small starter picnic in the yard, followed by a two-course meal served in the restaurant's glass veranda. Duration approx. 1 hour.



The Great Bog Boardwalk in Ķemeri National Park

WEBSITE: www.valgumapasaule.lv

GENERAL INFORMATION

PACKAGE TYPE:	half-day tour
SEASON:	April - October
FOR WHOM:	individuals/groups (min. 8 – max. 20)
SERVICES INCLUDED:	walking + lunch
WALKING DISTANCE:	1.4km
DURATION OF THE PROGRAMME:	3 hours (1.5 hours walking + 1.5 hours lunch)
DEGREE OF DIFFICULTY:	easy
TYPE OF TRANSPORT:	tour bus/individual transfer

INTRODUCTION

The Great Ķemeri Bog Boardwalk is located in Ķemeri National Park. The national park covers an area of 38,165 hectares. The Great Ķemeri Bog Boardwalk immerses visitors in the world of moss, small pine trees, deep pools, tiny dark lakes and the smell of wild rosemary. An astute visitor will notice the carnivorous sundew plant and a variety of birds – wood sandpipers, white wagtails and tree pipits – and will also be able to hear cranes further away. Those who prefer shorter strolls can take the small boardwalk loop (approx. 1.4 km), while those who choose the great loop (approx. 3.4 km) will be rewarded with the opportunity to climb to a viewing platform that offers a magnificent view of the bog from above. The Great Ķemeri Bog Boardwalk has become a popular place for landscape and wildlife photographers. The whole trail is laid to wooden boardwalk and therefore is fully accessible and can be walked without a professional guide.

N.B. Participants are advised to wear comfortable clothing.

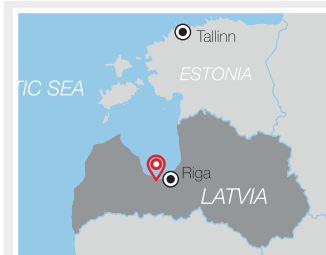


LOCATION

WALKING: **The Great Bog Boardwalk**
 ADDRESS: **Ķemeri National Park**
 DISTANCE: **Riga 40 km**
 LUNCH: **Valguma Pasaule Recreation Centre**
 ADDRESS: **Valgums, Engures nov., Smārdes pag., LV-3129, Latvia**
 DISTANCE FROM BOG BOARDWALK TRAIL: **25 km/20 min. drive**

PROGRAMME

- The ride from Riga to Ķemeri National park takes approx. 35 min.
- Arrive at the Great Ķemeri Bog Boardwalk. Meet the bog guide, briefing (approx. 10 min.).
- Guided walk on the Great Ķemeri Bog Boardwalk. During the walk the guide will stop at the most attractive views; draw visitors' attention to the plants, insects, trees and landscapes; and explain what can be seen.
- Return to the starting point. Bus ride to the Valguma Pasaule Recreation Centre for lunch (approx. 25 km/20 min.).
- Lunch. The meal will begin with a small starter picnic in the yard, followed by a two-course meal served in the restaurant's glass veranda. Duration approx. 1 hour.

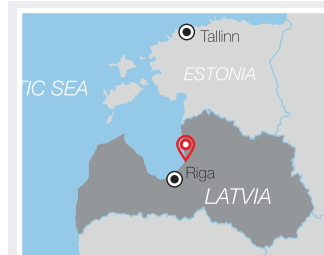


LOCATION

STARTING POINT: Majori train station
(0.5 km to the sea shore)

FINISHING POINT: Lielupe train
station (1 km to the sea shore)

DISTANCE FROM RIGA: starting point
21 km, finishing point: 19 km



LOCATION

STARTING POINT: Railway station
Pabaži. From here to Saulkrasti
White Dune - 1.5 km.

FINISHING POINT: Marine Park.
From here to the railway station
"Saulkrasti" - 1 km.

DISTANCE FROM RIGA: starting point
42 km, finishing point 46 km

Coastal hiking: Majori – Lielupe

GENERAL INFORMATION

PACKAGE TYPE:	half day tour
SEASON:	May - September
FOR WHOM:	groups / individuals
HIKING DISTANCE:	6 km
TERRAIN:	sandy beaches. In town - asphalt pavement, in the dunes - forest trails.
DEGREE OF DIFFICULTY:	easy
TYPE OF TRANSPORT:	train/private transfer
TIME REQUIRED:	2 – 4 h.
PUBLIC TRANSPORTATION TO MAJORI:	train 'Rīga – Tukums / Rīga – Sloka / Rīga – Dubulti' from Riga Central Train station to Majori train station (~32 min).
PUBLIC TRANSPORTATION FROM LIELUPE TO RIGA:	train 'Tukums – Rīga / Sloka – Rīga / Dubulti – Rīga' from Lielupe train station to Riga Central train station (~25 min).

Hikers will walk along the Baltic Sea coastline from Majori to Lielupe districts within Jūrmala resort town. Part of the route can also be taken along the central street of Jūrmala city (Jomas Street) or along the dunes where there are trails and walkways.

Jūrmala is one of the oldest resorts in Latvia only half an hour's drive from Riga. There are also most beautiful and wide beaches of the Gulf of Riga and sand dunes covered with pine forests. They are permeated by a rich network of trails. Majori, the central part of Jūrmala is a blue flag beach with an illuminated walking path along the dunes. It is worth to walk down the main pedestrian street of the town and sit in one of Jomas Street or beach taverns. There are shops and a wide range of cafes and restaurants in Jūrmala. There are trains in ca 1 hour intervals.

Sites of interest: former sanatorium 'Marienbade', the Maritime Pavilion and the Sculpture 'Turtle', the Dzintari Concert Hall, Jomas Street, Jūrmala resort wooden buildings - architectural monuments.

Coastal hiking: The White Dune – the Sunset Trail – Saulkrasti

GENERAL INFORMATION

PACKAGE TYPE:	half day tour
SEASON:	May - September
FOR WHOM:	groups / individuals
HIKING DISTANCE:	6 km
TERRAIN:	optional - along the sea shore (sandy beach) or along the dune paths (forest trails)
DEGREE OF DIFFICULTY:	easy
TYPE OF TRANSPORT:	train/private transfer
TIME REQUIRED:	2 – 4 h.
PUBLIC TRANSPORTATION TO THE WHITE DUNE:	train 'Rīga – Saulkrasti / Rīga – Skulte' from Riga Central Train station to Pabaži train station (~55 min).
PUBLIC TRANSPORTATION FROM SAULKRASTI TO RIGA:	train 'Saulkrasti – Rīga / Skulte – Rīga' from Saulkrasti train station to Riga Central train station (~1 h).

The White Dune with the Sunset Trail is one of the most beautiful Latvian coastal areas. It is well-equipped for viewing with a variety of environmental design elements for sightseeing. The historic resort of Saulkrasti has acquired modern features, so it is worth to take a walk along the sandy beach and also visit the town itself. Saulkrasti is only one hour drive from Riga. Shops, cafes, restaurants are in the centre of Saulkrasti. There are trains in ca 1 hour intervals.

Sites of interest: The Saulkrasti Bicycle Museum keeps unique bicycle models. The Jūras Park (The Sea Park) is a well equipped territory on the beach with walking paths, sun loungers, outdoor exercise equipment, beach shower, bicycle racks, wooden boardwalks, volleyball courts, two-level terraces for watching the sea and sunset, grounds for concerts and beach parties.



Through the Land of Suii

WEBSITE: alsunga.lv
www.suitunovads.lv/en/

GENERAL INFORMATION

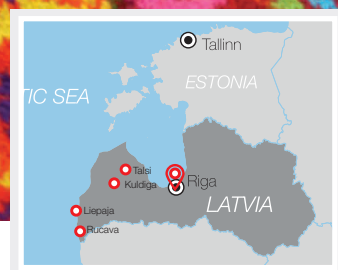
SEASON:	January - December
FOR WHOM:	individuals/groups
SERVICES INCLUDED:	guided tour + entrances + local lunch
DURATION OF THE PROGRAMME:	ca 5 h
TYPE OF TRANSPORT:	private driver/tour bus
PUBLIC TRANSPORTATION:	180km

INTRODUCTION

The Suii are a community with some of the most colourful and unique cultural traditions in Kurzeme region and Latvia. This was acknowledged on October 1, 2009, when the cultural space of the Suii was included in the UNESCO List of Intangible Cultural Heritage in Need of Urgent Safeguarding, indicating that these traditions are very fragile and must be safeguarded. The Suii cultural space as an exceptional value of folk traditions, is also a part of the Latvian Cultural Canon. Manifestations of this intangible cultural heritage include traditional festivals, customs, oral traditions, traditional singing and music playing skills, folk costumes and culinary traditions. Since 2009, the Suii community has been undergoing a renaissance, with people actively working to restore traditions and to ensure their sustainability and promotion at the local, national and international level. The survival of the cultural space is in the hands of the Suii themselves, and this is closely linked to the practices and the creativity of community members. The Suii believe the development of tourism in their cultural space to be of great importance in this. This means emphasising a niche in cultural tourism that is based on the broader promotion of the unique cultural heritage of the Suii. Visiting the Suii ethnographic region, the visitors will meet the folk group 'Suii Sievas' to learn about local traditions, to sing and play games, dress in traditional costumes, participate in Bourdon Singing Master class.

PROGRAMME

- **The "Rija" Suii craftsmanship** and art space is in the threshing barn of an old estate in Alsunga. There is a souvenir shop where you can purchase practical items such as shawls, gloves, stockings, dishes, herbal teas, etc. Creative children's workshops are available, and if you contact the venue in advance, you can meet Suii women to learn about traditions, sing, and play games.
- **The Livonian Order castle in Alsunga** was built gradually between the 14th and 18th centuries and has been rebuilt several times. It is known that there was a fortified house in *Alšvanga* in 1341, and in 1372, work began on a square castle made of rocks. Defensive towers and other elements of the church were built between the 15th and 18th centuries. The Alsunga castle is unique in that it is one of the few Medieval buildings in Europe that has preserved its historical appearance.
- **Dizgabalkalns Hill** is an ancient Curonian castle mound in the very centre of Alsunga. It got its name in 1659 when General Berg from Kurzeme put cannons on it to attack Swedish forces that had established fortifications in the Alsunga castle. The hill is 8 to 10 metres high and 24 x 54 metres wide, offering a lovely view of the St Michael Roman Catholic Church, as well as the Alsunga windmill lake that is alongside it. On the other side of the street, to the West of the castle hill, there is a cemetery with cremation graves of Curonians that date back to the 11th–13th century. The Suii celebrate Easter and other festive events on the hill.
- **Spēlmaņu pub** is located at the heart of Alsunga, where tourists can have the opportunity to enjoy hearty meal. Upon request, guests can sample traditional regional cuisine from Suii, as well as take part in their preparation under the guidance of Suii women. In addition to cooking, you can explore the richness of Suii cultural heritage in the performances of the bands "Suii women", "Suii men", and "Suii bagpipe players".
- **The St Michael's Roman Catholic Church of Alsunga** was built around 1625. For several centuries it was the main worship place for the Suii community, supporting the community's spirituality and identity. In 1882, the church was expanded into the form of a cross as seen today. Inside the church, you can see work done by the Dutch wood carver Johann Mertens around 1715. The organ was built by F. Weisenborn in Jēkabpils in 1893, and the altar painting dates back to 1910. Below the church is the bricked graveyard of the Schwerin dynasty.
- **The Alsunga Tourist Information and Historical Heritage Centre** has a permanent exhibition that features a Suii living room and a kitchen, as well as liturgical apparel collection worn by Catholic priests. In the exhibition hall there are rotating exhibitions related to the history and present life of the Suii women's ethnographic ensemble. A special offer involves performances by ensembles "Suii women", "Suii men" and "Suii bagpipe players".
- **The "Austuve" and "Suii kitchen"** are creative workshop places located in the building of the Alsunga Administrative District Museum. You can see how Suii folk costumes and elements are produced, learn more about weaving traditions and learn about the colourful apparel of the Suii people, and dress up in Suii traditional clothes. You can also try your hand at weaving under the guidance of experienced masters. In the "Suii kitchen" you can learn about the culinary heritage of the Suii people, as well participate in the master classes and learn how to make Suii traditional sour bread (*skābmaize*), carrot pie (*sklandrausis*) and other traditional dishes.



Master classes in handicrafts and foods

GENERAL INFORMATION

SEASON:	April - October
FOR WHOM:	groups (10 – 12 pers.)
SERVICES INCLUDED:	as per programme
DURATION OF THE PROGRAMME:	3 days
TYPE OF TRANSPORT:	tour bus /mini bus

INTRODUCTION

A three-day programme for groups visiting craft centres for master classes and workshops in knitting the Latvian traditional mittens and gloves, making amber jewellery and making the traditional foods.

This programme allows participants to learn about Latvian ethnography and traditions through meeting local craftsmen and having master classes with them in knitting traditional mittens and gloves, making amber jewellery and cooking traditional foods. There is chance to have a unique experience because of the authenticity of some places and traditions, for example the ethnographic house of living history Zvanitāji still retains its original appearance - massive ceilings, large family room with bread oven and natural, unpainted wooden floor. The carew chimney is still in the kitchen. The house is filled with characteristic looms, a family table, beds, wardrobe, cradle, various items and tools used on the farm.

PROGRAMME

DAY 1

- Optional introductory meeting at Senā Klēts crafts centre, Rātslaukums 1, Riga.
- Departure to Talsi.
- Lunch.
- Workshop Knitted Gloves with masters from Applied Arts Studio Dzīpars at Talsi craft house.
- Departure from Talsi to Liepāja.
- Welcome evening.

DAY 2

- A tour around Liepāja.
- Zvanitāji ethnographic house of living history at Rucava village.
- Culture program 'The Rucava Honorary Meal' and preparation of the traditional Rucava dishes.
- Lunch.
- Workshop: Colorwork Mittens (4 to 5 colors) and Honeycomb Brioche Mittens.
- Departure back to Liepāja.
- Dinner.

DAY 3

- Visiting the crafts centre Liepājas Amatnieku nams, meeting the craftsmen. The world's longest amber necklace.
- Workshop: Making amber jewellery.
- Stop in medieval town Kuldīga, tentatively listed by UNESCO World Heritage Centre.
- A walking tour around Kuldīga.
- Lunch.
- Departure.



Food workshop at Mazsālijas country house

WEBSITE: www.mazsalijas.com

GENERAL INFORMATION

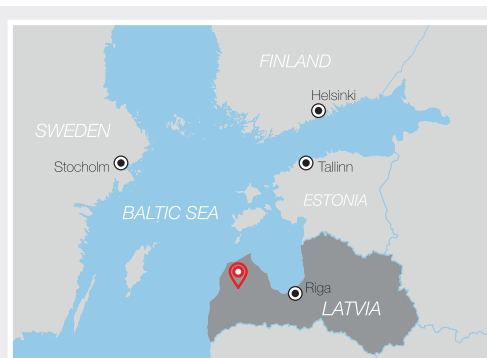
SEASON:	January - December
FOR WHOM:	groups (min. 6 – max. 12 pers.)
DURATION OF THE PROGRAMME:	4 hours
TYPE OF TRANSPORT:	tour bus / minibus
PUBLIC TRANSPORTATION:	bus 'Rīga - Kuldīga' to Kuldīga (2 h 40 min - 3 h 30 min), change for bus 'Kuldīga - Skrunda' to the bus stop 'Mazsālijas' (~11 min). Walk to Mazsālijas country house (~4 min / 300 m). The hosts also provide pick-up service from the 'Mazsālijas' bus stop.
HOSTS:	Mrs. Gunita Štorha and Mr. Gunārs Štorhs

INTRODUCTION

Visitors will learn how to cook a meal on a firewood stove from the home produce – vegetables, trout, and fallow deer meat. The food workshop includes cooking of a three-course meal: a starter (fallow deer tartar, salted trout), the main course: trout fried on butter with steamed vegetables, fallow deer meat with rosemary and potato gratin, a dessert: cream cheese with strawberry sorbet.

The beginnings of the 'Mazsālijas' country house date back to 1847 when Baron von Hahn decided to build a water-mill. 'Mazsālijas' is proud of the barn building, fully preserved with authentic roof covering, main walls and old fir-tree beams. Now the old water-mill building is a guest house and an organic farm. The farm breeds fallow deer and trout, grows vegetables and fruit, makes wine. Visitors can see the deer and wild boar, taste berries and fruits directly from the garden, participate in creative workshops and cooking master classes.

The hostess combines the regional culinary heritage traditions of Kurzeme and contemporary cuisine. The food will be prepared on live fire, using the deer, trout



LOCATION

ADDRESS: "Mazsālijas", Snēpeles pag., Kuldīga nov., LV-3328, Latvia

DISTANCE: Rīga 166 km

PROGRAMME

- Meet the hosts, introduction of the house and the farm.
- Cooking with the hosts and listening to the story of the Kurzeme region culinary heritage.
- Enjoying the meal.
- Short tour of the property – the deer garden and the wine cellar. Tasting the apple brandy home-made by the host.

and vegetables from the farm. For the starter you will prepare deer tartar, salted trout à la Kurzeme. For the main course, there will be butter-fried trout with steamed seasonal vegetables and fallow deer with rosemary and potato gratin. Dessert: cream cheese with strawberry sorbet. These dishes characterize the activities in 'Mazsālijas' - hunting and fishing that are still important in Kurzeme region.



Cooking traditional Latvian dishes at Vīnkalni country house

WEBSITE: www.celotajs.lv/en/e/picudarbnica

GENERAL INFORMATION

SEASON:	May - October
FOR WHOM:	groups 8 – 20 people
DURATION OF THE PROGRAMME:	1.5 - 3 hours depending on group size
TYPE OF TRANSPORT:	tour bus / minibus
PUBLIC TRANSPORTATION:	bus 'Rīga – Valmiera' to Valmiera (~2 h 10 min), change for bus 'Valmiera – Mūrmuiža – Valmiera' to the bus stop 'Romas' (~10 min). Walk to Vīnkalni country house (~20 min / 1.5 km).
HOSTS:	Mrs. Zanda Žentiņa, Mr. Uldis Žentiņš

INTRODUCTION

The hostess offers master classes in cooking traditional Latvian dishes: Biguzis – a dessert made from rye bread, whipped cream and fresh berries; Fresh cheese – made from cow milk, with herb supplements; Pastries – buns filled with bacon, curds, or apples.

The country house is located in North Vidzeme region, surrounded by rural landscape. The family honours the values of traditional culture and lifestyle. The man of the house is a carpenter and has restored at least 20 dowry chests, several cabinets, chests of drawers, tables, suitcases, drums and spinning buggies. The lady of the house teaches ancient wedding rituals to newlyweds. Celebrations are hosted in a renovated horse stable from the 19th century. The farm also grows vines and takes visitors. The family business is awarded with the Green Certificate, the national environmental certificate for businesses in rural tourism.

The food workshop in cooking Latvian traditional dishes offers the following options of dishes:

1. 'Biguzis' – a traditional country dessert with rye bread, whipped cream and fresh berries. Its ingredients are rye bread, cranberries or lingonberries, honey,



LOCATION

ADDRESS: Vīnkalni, Kauguru pag, Beverīnas nov, LV-4224, Latvia

DISTANCE: Riga 112km

PROGRAMME

- Welcome and introduction of the host family and the house.
- House excursion, the wine garden, the collection of the carpentry renovations.
- Food workshop. The lady of the house leads the workshop and tells about Latvian cuisine and food traditions.
- Enjoying the meal.

cinnamon and whipped cream. Mature rye bread is crushed or grated. Cranberries are squeezed in juice, diluted with water, sweetened with honey and poured into bread. When the bread has sucked into the liquid, it is topped with whipped cream.

2. Fresh cheese – made from cow's milk adding various herbs and spice (cumin, hemp, greens).

3. Buns and cakes. It is said that in Latvian folk tradition round cakes and buns in the form of a crescent were baked to honour the Sun and the Moon. Today they are often baked for celebrations and festivities. The traditional Latvian buns 'pirāgi' are made from yeast dough, are 5-13cm long in a curved form like a crescent. They are filled with bacon and onions or with cottage cheese or apples.



Sauna museum

WEBSITE: www.celotajs.lv/en/e/pirts_muzejs_birzes

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups max. 10 persons / individuals
SERVICES INCLUDED:	3 - 4 h
TYPE OF TRANSPORT:	tour bus/individual transfer bus 'Rīga – Ainaži / Rīga – Limbaži / Rīga – Saulkrasti' to Saulkrasti (~1 h 7 min), change for bus 'Saulkrasti – Sigulda' to bus stop 'Sējas skola' (32 - 48 min). Walk to Sauna museum (~110 m / 2 min).
PUBLIC TRANSPORTATION:	
HOSTS:	Evita and Teodors Karlsoni

INTRODUCTION

Sauna Museum is a private open-air museum. The museum's exposition consists of six historic saunas and one newly built sauna. The historic saunas have been brought here from regions of Latvia - Latgale, Vidzeme and Kurzeme. All of them are in use, but the hosts especially recommend their guests to enjoy the special atmosphere of the 'black sauna' - the oldest type of sauna in Latvia. It is a wooden log building without a chimney. It has small windows, doors and cracks in the walls. One can notice that the sauna is being heated as the clouds of smoke come out through all openings and spread that special smell of sauna. The fire heats not only the stones piled up inside the sauna house but also the walls. During the heating, the smoke circulates around the sauna room, while the soot accumulates on the stove stones, where it burns completely, as well as on the ceiling and walls, thus ensuring a sterile environment in the sauna. The museum has been in continuous development since its foundation in 2008, and in future it is planned to expand the museum to twenty different saunas from all localities of Latvia. The museum has been awarded the label "Latvian Heritage", which is awarded to rural tourism entrepreneurs who preserve the traditional values of Latvia and integrate them in modern life. The Sauna Museum is a recreation place for families and everyone who wants to get to know sauna traditions listening to a knowledgeable guide, or enjoying unique values of a sauna under the supervision of a skilled sauna master. Bath towels and hats are provided. In addition, the museum hosts are engaged in bee-keeping, thus it is possible to



LOCATION

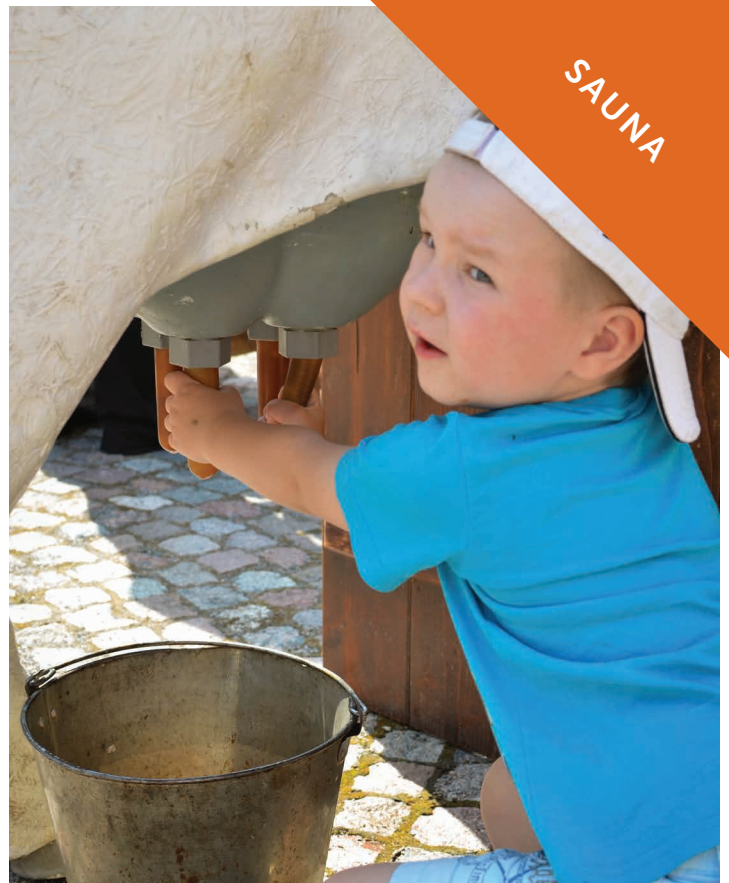
ADDRESS: Birzes, Sēja, Sējas nov.,
LV-2142, Latvia

DISTANCE: Riga 40 km

PROGRAMME

- A tour of the Sauna Museum, **presenting the history of the traditional sauna** and regional features in both the sauna construction and bathing habits (duration ca 1h).
- **Optional 'Black sauna' experience** under supervision of a sauna master (duration ca 2-3 hours). Guests can use scrubs and get a special bathing ritual – gentle beating with special sauna whisks made of plants.
- After the hot sauna the guests can **refresh themselves in the nearby pond**.
- **Relaxing and enjoying herbal teas** with honey, up to 10 different sorts honey are available.

taste and buy honey. It is possible to pre-order a fish dish - salmon or trout smoked in black sauna, which is prepared there during heating the sauna. Bath towels and hats are available.



SAUNA

Berghof Milk Estate Black Sauna

WEBSITE: www.pienamuiza.lv

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	individuals groups / (max. 8 - 10 persons)
SERVICES INCLUDED:	a workshop introducing and picking aromatic wild grasses for sauna + black sauna experience
DURATION OF THE PROGRAMME:	3 - 4 h
TYPE OF TRANSPORT:	tour bus / individual transfer bus "Rīga - Liepāja" to Skrunda (~2 h 35 min), change for bus "Skrunda - Aizpute / Skrunda - Liepāja / Skrunda - Kuldīga" to bus stop "Siekstāte" (~11 min). Walk to the Berghof Milk Estate (~7 min / 550 m).
PUBLIC TRANSPORTATION:	
HOSTS:	Sesks family

INTRODUCTION

The Milk Estate Berghof (*Piena Muiža*) is a restored historical estate. The sauna house has been built on the foundations of the former barn. Its stonewall remains pleasantly cool both on very warm summer days and on very cold winter days. That's why the hosts of the estate came up with the idea of setting up a black country sauna. The hosts explored the wisdom and construction assembly of the sauna furnace as well as studied the knowledge of Latvian, Ukrainian and Russian folks. The furnace of the black sauna is built using a huge amount of stones from the seaside. They have to be heated to a very high temperature. Such stones must be hardened, therefore those stones that live in the water are most suitable for that. The black sauna is heated for two days before the stones are hot enough.

Before sauna, guests will be taken to meadows on a master class for collecting sauna plants. Latvians are one of the few peoples in Europe who still use natural medicines to improve their health: flowers, seeds, fruits, roots, bark, leaves, their juices or extracts. These are often used also in sauna.



LOCATION

ADDRESS: Piena muiža, Siekstāte, Rudbāržu pag., Skrundas nov., LV - 3325, Latvia

DISTANCE: Riga 156 km

PROGRAMME

- **Meeting the hosts**, getting acquainted with the estate and surroundings.
- **Master class for collecting sauna plants.** Guests will get acquainted with the range of seasonal wild plants, their preparation for use in sauna, and their effects on physical, emotional and mental health.
- **Sauna ritual with a sauna master.** The process will include an introductory procedure for calming down the feelings and emotions, application of a natural scrub, made from seasonal nature gifts, treatment with sauna whisks made from wild plants. The ritual will be ended with an application of a herbal compress.
- **Enjoying a refreshing herbal tea** or a glass of warm milk with honey.



LOCATION

ADDRESS: Vaidelotes, Jauncode,
Codes pag., Bauskas nov.,
LV-3901, Latvia
DISTANCE: Riga 70 km



LOCATION

ADDRESS: Kainaiži, Brantu pag.,
Smiltenes nov., LV-4708, Latvia
DISTANCE: Riga 126 km

Vaidelotes Grain Farm

WEBSITE: www.celotajs.lv/en/e/zs_vaidelotes

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups
PUBLIC TRANSPORTATION:	bus 'Rīga – Bauska' to Bauska (~1 h 20 min), change for bus 'Bauska – Skaistkalne / Bauska – Vecumnieki' to the bus stop 'Vecumnieku pagrieziens' (~7 min). Walk to the Vaidelotes Grain farm (~7 min / 550 m).
HOSTS:	Mrs. Daira Jātniece

This farm epitomises the traditional Latvian lifestyle, organising seasonal celebratory events for Easter and Midsummer. The hostess offers traditional country foods such as porridge, dumplings, bacon rolls, and pastries made using grain and wholemeal flour produced on the farm. Herbal teas, herbs and other rustic goodies are available for sale. The farm holds Latvian Heritage and Latvian Cuisine awards for maintaining and promoting Latvian traditions.

Birzī – birch sap production facility

WEBSITE: www.birzi.lv

GENERAL INFORMATION

SEASON:	May – October
FOR WHOM:	groups
PUBLIC TRANSPORTATION:	bus 'Rīga – Gaujiena' to the bus stop 'Branti' (~2 h 34 min). Pick-up at Branti and transfer to Birzī – birch sap production facility (~11 min).
HOSTS:	Labanovski family

From May till October visitors are invited to visit the Labanovski family's birch sap production facility and cellar where sparkling birch sap is made and stored. Sap is especially tasty when it is fresh in April and the beginning of May, but in order to maintain its refreshing and valuable qualities, the Labanovski family has, over many years, developed new recipes. Their birch sap products are organically certified. They are available for purchase on site.

The programme includes:

- **an introduction** from the hosts about birch sap including a video and photos showing birch sap harvesting in springtime;
- **tasting** different kinds of birch sap from fresh to sparkling with various flavours, and the unique birch sap syrup, as well as wines from birch sap and dandelion.



LOCATION

ADDRESS: Valmiermuižas alus darītava, Dzirnavu iela 2, Valmiermuiža, Burtnieku nov., LV-2419, Latvia

DISTANCE: Riga 109 km



LOCATION

ADDRESS: Vecpasts, Straupes pag., Pārgaujas nov., LV-4152, Latvia

DISTANCE: Riga 73 km

Valmiermuiža Brewery

WEBSITE: www.valmiermuiza.lv

GENERAL INFORMATION

SEASON: January - December
FOR WHOM: groups
PUBLIC TRANSPORTATION: bus 'Rīga – Valmiera / Rīga – Valka / Rīga – Rūjiena' to Valmiera (~2 h 10 min). Change for local bus 'Valmiera-Pidriķis-Burtnieki' to the bus stop 'Valmiermuiža'. Walk to Valmiermuiža (~4min/ 400m).

The brewery welcomes visitors to experience how their excellent beer is brewed from a combination of Valmiermuiža well water, delicious malts, heritage hops and natural yeast. An integral part of any visit is discovering and sampling the wide range of brews and listening to stories about the traditional Latvian holiday drink. Valmiermuiža Brewery has also revived its historical and cultural centre and organises traditional celebrations and farmers markets. The brewery's pub serves traditional seasonal Latvian foods such as fish from nearby Lake Burtnieks, and green pea mash with loganberries. The house speciality is sliced pork marinated in unfiltered winter beer. Tour and beer sampling duration: 1.5–2 hours. The brewery holds a Latvian Heritage award for its efforts to keep the brewing tradition alive and a Latvian Cuisine award.

Straupe Farmers' Market

WEBSITE: www.straupestirdzins.lv

GENERAL INFORMATION

SEASON: January - December
FOR WHOM: individuals and groups

Straupe's farmers' market is a member of the Slow Food International Earth Markets alliance. The produce that is sold on the market conforms with the Slow Food philosophy – it is locally grown, seasonal and of good quality. It has been grown and produced in a responsible way. The farmers at the market stalls are selling their own produce and can answer all the buyers' questions about the products and production processes. The market sells a variety of foods, animals and poultry, plants and seedlings, and handicrafts.

The market takes place twice a month – on the first and third Sundays. It is hosted in a renovated former pub building that has national architectural heritage status. The market holds a Latvian Heritage award for its efforts to revive and maintain Latvian market traditions.



LOCATION

ADDRESS: Rakuti, Ūdrīšu pag.,
Krāslavas nov., LV-5601, Latvia
DISTANCE: Rīga 280 km



LOCATION

ADDRESS: Daugavas iela 96,
Skrīveri, Skrīveru nov., LV-5125,
Latvia
DISTANCE: Rīga 81 km

Kurmiši Herb Farm

WEBSITE: www.celotajs.lv/en/e/zalu_tejas_kurmisi

GENERAL INFORMATION

SEASON:	April – October
FOR WHOM:	groups
PUBLIC TRANSPORTATION:	bus 'Rīga – Daugavpils' to Daugavpils (~3 h 30 min – 4 h), change for bus 'Daugavpils – Krāslava' to the bus stop 'Rakuti' (~55 min). Pick up and transfer to Kurmiši Herb Farm (~5 min).
HOSTS:	Mr. Ivars Geiba

The farm grows medicinal plants that are very common in Latvia – oregano, St John's wort, wormwood, lemon balm, cat's-foot and others – altogether 25 species. It is located in a nature reserve and therefore in a clean ecological environment. Tours present how the medicinal plants are cultivated, and how herbal teas and other products are made on the farm. Herbal tea is served after the tour. The farm holds a Latvian Heritage award for its efforts in keeping alive the traditional knowledge of herbal tea production and its medicinal properties.

Skrīveru Homemade Ice-cream

WEBSITE: www.celotajs.lv/en/e/skriveru_majas_saldejums

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups
PUBLIC TRANSPORTATION:	train 'Rīga – Zilupe / Rīga – Aizkraukle / Rīga – Daugavpils' to Skrīveri (1 h 6 min – 1 h 24 min). Walk to Skrīveru Homemade Ice-cream (~8 min / 700 m).
HOSTS:	Lelde Sotniece and family

INTRODUCTION

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.

PROGRAMME

- introduction to the family enterprise, an insight into the history and types of ice-cream;
- ice-cream making demonstration;
- ice-cream tasting: small portions of unusual ice-creams, for example, beer, potato, coal, sorbet, zephyr ice-creams;
- a chance to enjoy traditional freshly made ice-cream.



LOCATION

ADDRESS: Daugavas iela 2, Skrīveri, Skrīveru nov., LV-5125, Latvia

DISTANCE: Riga 80 km



COUNTRYSIDE
EXPERIENCES



LOCATION

ADDRESS: "Blūdži", Sesavas pag., Jelgavas nov., LV-3034, Latvia

DISTANCE: Riga 50 km

Skrīveru Milk Sweets Factory

WEBSITE: www.skriverugotina.lv

GENERAL INFORMATION

SEASON:	January - December
FOR WHOM:	groups
PUBLIC TRANSPORTATION:	bus 'Rīga – Lubāna / Rīga – Madona / Rīga – Daugavpils' to the bus station 'Klidziņa' (~1 h 20 min). Walk to Skrīveru Milk Sweets Factory (~5 min / 400 m).
HOSTS:	Mrs. Baiba Lūse

INTRODUCTION

The milk sweets factory is a family enterprise where handmade milk sweets are produced following authentic recipes and using high-quality ingredients. The enterprise holds a Latvian Heritage award for preserving the Latvian 'Gotiņa' milk sweets brand. There is a wide range of freshly made products available from the factory outlet that can be visited after the tour.

PROGRAMME

- introduction to the enterprise and its history;
- chance to see the production machinery and the collection of milk sweets wrapping papers;
- tasting session;
- chance to master the skill of sweet wrapping. Guests can take their wrapped sweets away as a souvenir.

Blūdži farm

WEBSITE: www.celotajs.lv/en/e/siernica

GENERAL INFORMATION

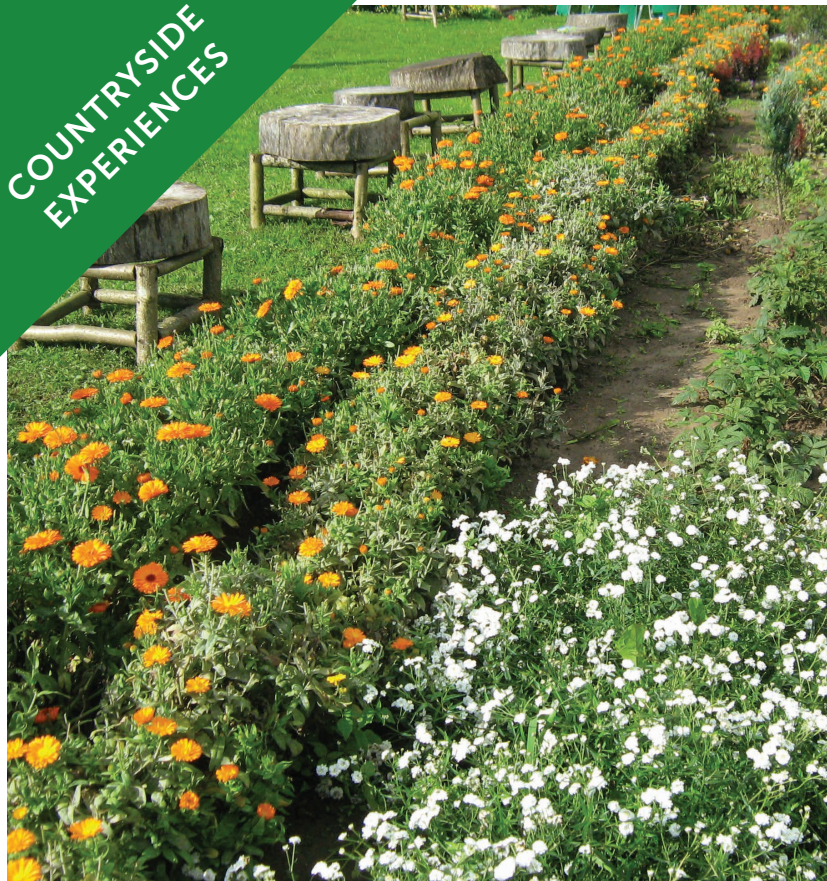
FOR WHOM:	groups (max. 50 pers.)
DURATION OF TOUR:	1h
PUBLIC TRANSPORTATION:	bus 'Rīga – Jelgava' to Jelgava (~55 min), change for bus 'Jelgava- Bauska / Jelgava - Lielsesava' to bus stop 'Bērvircava' (37 min – 1 h). Pick up and transfer to Blūdži farm (~3 min).
HOSTS:	Mrs. Ināra Mālkalne

INTRODUCTION

The Eleja creamery offers tastings of cheeses from the farm that is run by the Mālkalns family. There are seven kinds of cheeses, including smoked and matured cheeses. There is French cheese that has been prepared in partnership with a French cheese-making specialist. The farm bakes bread, processes vegetables (tomato juice) and prepares other country goodies.

PROGRAMME

- The hostess meets and greets the guests.
- Farm introduction, a video about the cheese production on the farm.
- Cheese tasting. Salad and home-baked bread offered as snacks.
- Tasting: home-made black pudding and home wine.



Turaidas farm

WEBSITE: www.celotajs.lv/en/e/turaidas

GENERAL INFORMATION

SEASON: January - December
FOR WHOM: groups – max 25 persons

DURATION OF THE PROGRAMME: 2 hours

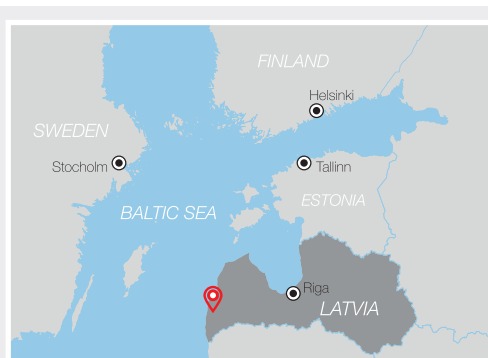
PUBLIC TRANSPORTATION: bus 'Rīga – Liepāja' to Grobiņa (~3 h 30 min), change for bus 'Liepāja – Aizpute / Liepāja – Kazdanga / Liepāja - Dunalka' to 'Dunalka' (~25 min). Walk to Turaidas Farm (~5 min / 450 m).

INTRODUCTION

Turaidas is one of the smallest organic farms in Latvia, with 2.4 ha of land. The farm produces herbal teas using lemon balm, raspberry, tansy, alchemilla, Plantago major, linden and other. The farm also has beehives to produce honey. The farm products are sold on site. The lady of the house also makes woven fences and she can offer a master class as an optional program. It is possible to pre-order a fish dish – salmon or trout smoked in black sauna, which is prepared there during heating the sauna. Bath towels and hats are available.

PROGRAMME

- Meet the hosts, general introduction to Turaidas farm.
- Presentation – the hostess explains about the herbs that are collected in a large basket while guests are seated around the room and tasting the herbal teas.
- Tea production facility, explanation of the processes.
- Tasting fresh water from the well in the yard.
- A tour of the apiary with a demonstration of the beekeeper's work.
- Tasting of different sorts of honey.



LOCATION

ADDRESS: "Turaidas", Dunalka, Dunalkas pag., Durbes nov., LV – 3452, Latvia

DISTANCE: Riga 199 km





Kārļamuiža country hotel

WEBSITE: www.karlamuiza.lv

The Kārļa Muiža Country Hotel is located in the countryside of the Amata river valley with beautiful landscapes and in Gauja National park. It represents a renovated 18th century estate building with charming ambience and is surrounded by an old apple orchard.

ACCOMMODATION:

- **The main building.**
 - 2 Standard DBL rooms
 - 1 Standard TWIN rooms
 - 1 Suite DBL room
 - 1 Superior DBL room
 - 1 Apartment
- **Cottage "Annmarie"** - a private cottage with a bedroom (DBL bed), a living room, WC and bath, a kitchen.

SERVICES AND ATTRACTIONS ON SITE:

- **Walking routes in the surroundings:**
 - walks in the Romantic Landscape Park surrounding the hotel (1–2 hours),
 - a walk to the Ainavu precipice (approx. 2.5 km/1–2 hours)
 - Amata hiking trail (15 km/approx. 5–6 hours)
- **Cycling** routes in the Gauja National Park, bike rental and trekking poles' rental.

MEAL SERVICES:

The hotel restaurant mostly uses local ingredients.



LOCATION

ADDRESS: "Kārļamuiža", Kārļi, Drabešu pag., Cēsu nov., LV-3034, Latvia

DISTANCE: Rīga 75 km

PUBLIC TRANSPORTATION:

bus 'Rīga - Cēsis' to the bus station 'Mūrnieki' (~1 h 39 min). Pick up and transfer to Kārļamuiža country hotel (~3 km / 4 min).





Bīriņu Pils Castle Hotel

WEBSITE: www.birinupils.lv

The Bīriņi estate buildings and the park were built in the 18th-19th century. The castle itself exemplifies a successful mixture of styles - the architecture is dominated by the Neo-gothic and Semicircle style, while the interior features Neo-renaissance. Today the castle is a prestigious and romantic venue for banquets and weddings.

ACCOMMODATION:

The Castle Building. 5 Standard DBL/TWIN rooms (2 with a shower, 3 with a bath), 3 Suite DBL rooms (with private Jacuzzi bath), 4 Family apartments (2 bedrooms, private WC and shower)

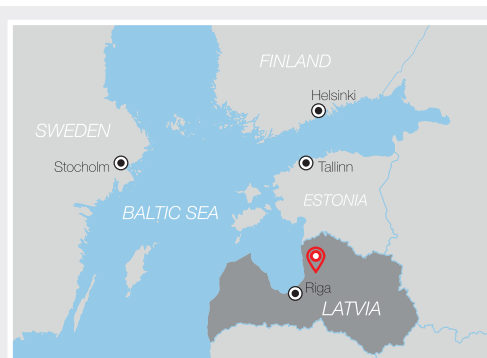
The Gardeners House. 3 Standard DBL rooms (1 with a shower, 2 with a bath), 2 Standard DBL/TWIN rooms, 1 Suite DBL, 1 Suite TWIN, 3 Family apartments (2 bedrooms, private WC and shower)

SERVICES AND ATTRACTIONS ON SITE:

- Several parks surrounding the Bīriņi estate.
- Bathhouses: Castle's Bathhouse with a pool, steam bath and massage shower.
- Watermill's Bath during the summer season - a traditional Latvian sauna with birch or linden whisks, herbal tea, and swimming in Watermill Lake.
- Active leisure: horse riding, cart or sleigh riding, boat rental, bicycle rental.

MEAL SERVICES:

- The Bīriņi Castle restaurant is located in the Vaulted Hall, in the cosy basement of the Castle.
- The Summer Café. In the summer season, an ethnic museum – café is open between Wednesday and Sunday in the Bīriņi Castle Watermill, guests can also enjoy refreshments on the Terrace at the Watermill lake.



LOCATION

ADDRESS: Bīriņu Pils, Bīriņi, Vidrižu pag., Limbažu nov., LV-4013, Latvia

DISTANCE: Riga 53 km

PUBLIC TRANSPORTATION:
bus 'Rīga – Limbaži / Rīga – Vidriži – Ainaži' to the bus stop 'Bīriņu pils' (~1 h 14 min).
Walk to Bīriņu Pils Castle Hotel (~3 min / 200 m).





ACCOMMODATION



LOCATION

ADDRESS: Lejas Patmalnieki, Mārciena, Mārcienas pag., Madonas nov., LV-4852, Latvia

DISTANCE: Riga 160km

PUBLIC TRANSPORTATION: bus 'Rīga - Madona' to Madona (~2 h 45 min – 3 h 30 min) to the bus stop 'Sauleskalns' (2 h 55 min – 3 h 16 min). Walk to Mārcienas muiža manor hotel (~18 min / 1,5 km). Pick-up service can be arranged.



LOCATION

ADDRESS: Skrundas muiža, Pils iela 2, Skrunda, Skrundas nov., LV-3326, Latvia

DISTANCE: Riga 148 km

PUBLIC TRANSPORTATION: bus 'Rīga - Liepāja' to Skrunda (~2 h – 2 h 30 min). Walk to Skrundas muiža manor hotel (~12 min / 1 km).

Mārcienas muiža manor hotel

WEBSITE: www.marciena.eu

A spa resort in a renovated manor house in the countryside. High standards of service in all fields, personal attitude, outstanding cuisine and luxurious interiors. The manor has a spa complex and offers spa procedures.

ACCOMMODATION:

The Manor house:

4 Standard TWIN/DBL rooms, 2 Suite TWIN/DBL rooms

The SPA house:

6 Standard TWIN/DBL rooms, 1 Suite TWIN/DBL room

Hostel:

Shared WC and shower - 3 for women + 3 for men.
15 TWIN rooms

Blacksmith's house - a private cottage with 1 bedroom (DBL bed), a living room, WC and shower, a small kitchen.

SERVICES AND ATTRACTIONS ON SITE:

- SPA complex: stone bath, pine bath, hay bath, sauna, mill contrast shower, cold pool, warm pool with counter-stream, Jacuzzi.
- Biomechanical stimulation procedures.
- Latvian country bath.
- Active leisure: croquet, bicycles, fishing, walking trails, children's playground, swimming, walking sticks, swing, catamaran, slide in the lake.

MEAL SERVICES:

The Mārcienas muiža hotel restaurant offers the "old world," Latvian and Baltic German dishes in a modern way. Fruit, vegetables, meat and fish come from the estate's gardens and from local farmers.

Skrundas muiža manor hotel

WEBSITE: www.skrundasmuiza.lv

The Skrundas muiža manor hotel is located on the main road and by the River Venta, fully renovated. Good restaurant, SPA services. Skrunda Manor is an attractive final destination in Kurzeme region. It is a characteristic model of architectural classicism – symmetric, proportional, harmonic and simple.

ACCOMMODATION:

5 Standard DBL or Twin rooms

5 Superior DBL or Twin rooms

2 Family rooms

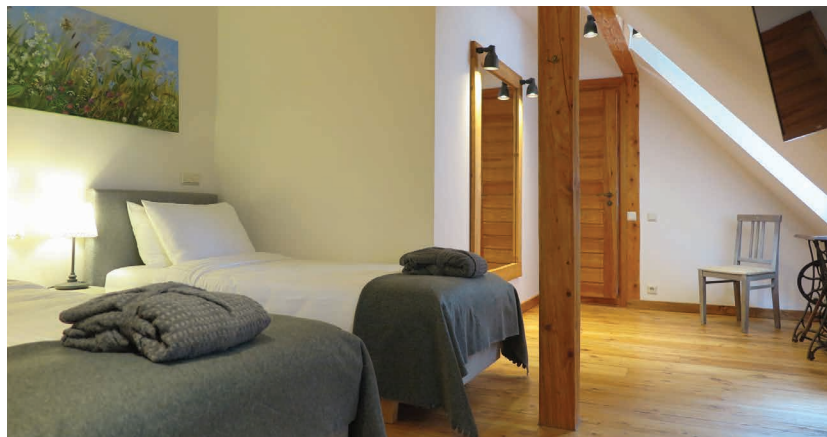
5 Suite rooms

SERVICES AND ATTRACTIONS ON SITE:

- Spa complex - a pool, Jacuzzi, sauna, spa treatments, a relaxation room.
- Activities - mini golf, bike rental, a boat and a paddle boat in the pond. There is a football and volleyball grounds in the manor park. By prior arrangement, boating trips down the River Venta will be organised.

MEAL SERVICES:

The manor restaurant works with experienced and popular chefs to keep the menus always updated according to season and is offering dishes from local products.



Boutique & SPA Hotel Berkenes Manor

WEBSITE: www.celotajs.lv/en/e/berkenes_muiza

Berkene Manor is located close to the border of Latvia-Lithuania within a picturesque winding of the river Svete between Tervete and Eleja only one hour's journey from Riga. Connoisseurs of life are invited to relax from urban bustle and throng in the cosy atmosphere of the renovated Master House where even the most minute details remind of the huge work performed with calling and love as well as of the ubiquity of centuries.

ACCOMMODATION:

The Manor offers its guests five diverse suites:

1. Master house:

- 1 Lux DBL
- 1 Superior DBL room
- 1 Superior TWIN room (also could be DBL)

2. Barn house

- 1 DBL room
- 1TWIN room

SERVICES AND ATTRACTIONS ON SITE:

- Individual SPA center (sauna and turkish bath, jacuzzi, swimming pool (3 x 6m) with underwater massages, lounge)
- Hot water tub outside
- Park and nature trail

MEAL SERVICES:

Rich breakfast
3 courses dinner (starter, main course, desert) Reservation in advance



LOCATION

ADDRESS: Berķenes muiža, Ziedkalne, Vilces pag., Jelgavas nov., LV-3026, Latvia

DISTANCE: Riga 85 km

PUBLIC TRANSPORTATION:
bus 'Rīga – Jelgava' (~55 min), change for bus 'Jelgava – Jelgava / Jelgava – Ziedkalne' to the bus stop 'Ziedkalne' (~53 min). Pick-up and transfer to Boutique & SPA Hotel Berkenes Manor (~3 min).



TOURS

CULTURE ROAD



Explore the countryside of the Baltic Sea: LATVIA – ESTONIA – FINLAND

The tour introduces a variety of attractions and values outside big cities revealing the true character of the countries. Visitors will experience the beauty of nature in national parks, charming ambience of rural manors, visit traditional rural farms and skilful traditional artisans and craftsmen.

DAY 1

ARRIVAL IN RIGA, LATVIA

Riga city tour. ①

The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the Old Guild houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site.

OVERNIGHT in a hotel in Riga.



5 NIGHTS / 6 DAYS

**RĪGA – ĶEMERI – JELGAVA – BĪRIŅI –
TARTU – VIHULA – TALLINN –
HELSINKI – KARJALOHJA – MUSTION
LINNA – HELSINKI**

DAY 2

RIGA – ĶEMERI NATIONAL PARK – JELGAVA – MAZMEŽOTNE

DRIVING DISTANCE: ~170km
WALKING DISTANCE: 2 or 4km (1-2h)
PROGRAMME DURATION: 3 visits, 12 hours

The timing allows for a combination of a maximum of 3 visits.

There are the following options en route to choose from:

- 1) **Ķemeru National Park** – the Great Ķemeru Bog Boardwalk www.latvia.travel/en/sight/great-kereru-bog-boardwalk and a viewing tower (walking distances 2 or 4 km). ②
- 2) **Bread baking workshop** in traditional Latvian farmstead Caunītes www.celotajs.lv/en/e/caunites. ③
- 3) **Excursion**, demonstration, ceramics workshop and herbal tea tasting in Laima Ceramics studio in Rundāle region www.laimagrignore.com/j-p/

OVERNIGHT in Mazmežotne manor
www.mazmezotne.lv, set in beautiful surroundings.

DAY 3

MAZMEŽOTNE – BĪRIŅI – LATVIA/ESTONIA BORDER - VÕRUMAA REGION -TARTU

DRIVING DISTANCE: 420 km
WALKING DISTANCE: 1.5 hours
PROGRAMME DURATION: 12 hours

Tour of Biriņi Castle and its park (18th–19th century)
www.birinupils.lv/en/.

PROGRAMME OPTIONS:

1) Obinitsa Museum, dressing up Seto-style www.visitestonia.com/en/seto-culture-workshop-dressing-up-seto-style. Explanation of the details of dress and jewellery. (4)
Visit to the small village chapel (tsässon). (5)
Lunch and cultural programme at Taarka Tarõ (Seto community house) www.visitestonia.com/en/seto-community-centre. **Seto Art Gallery** – silversmith Evar Riitsaar.
Hand-made soap factory www.visitestonia.com/en/old-georges-soap-chamber-1 and **Peko God's Hill** – ancient sacred place for the Seto www.visitestonia.com/en/peko-jumalamagi. www.visitestonia.com/en/peko-jumalamagi
Drive through Saatse Boot – territory that is part of the Russian Federation. Travellers are permitted to drive through by car or bicycle without a visa, but may not stop or walk.

2) Mooska Farm smoke sauna – a chance to experience UNESCO Intangible Cultural Heritage, tasting of local products. (6)

OVERNIGHT in a hotel in Tartu.

DAY 4

TARTU – LAHEMAA NATIONAL PARK

DRIVING DISTANCE: 270km
PROGRAMME DURATION: 9h

Short city tour of Tartu – a university town and a city of youth.

Excursion at **Avinurme Wooden Handicrafts Centre**
www.puiduait.ee/en/.

Vihula manor – a charming 16th century estate set alongside the **Mustoja River** in the Lahemaa National Park.

OVERNIGHT in Vihula manor hotel www.vihulamanor.com.

DAY 5

VIHULA – TALLINN – HELSINKI – WESTERN-UUSIMAA REGION - RAASEPORI REGION – KARJALOHJA – MUSTIONLINNA

DRIVING DISTANCE: 205km, ferry 2h
PROGRAMME DURATION: 12h

Tallinn city tour. (7) The tour combines walking and bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Piritä area.

Transfer to the Tallink Silja line ferry terminal. Ferry Tallinn – Helsinki (~2h).

Transfer from Helsinki to Western-Uusimaa region.

Possible to choose 2 visits from:

1) Tammisaari (old fishing village) www.visitraseborg.com/en/sights/culture-history/ekenas.

2) Fiskars Village – excursion and lunch www.fiskarsvillage.fi/en. (8)

3) Svartå Manor at Mustion Linna www.mustionlinna.fi/en

is one of the most precious manor houses in Finland with a history of more than two hundred years.

4) Spa Hotel Päiväkumpu www.paivakumpu.fi/en is a well known versatile spa in Southern Finland, in Karjalohja, on the shore of Lake Lohja.

OVERNIGHT in Mustion Linna / Spa Hotel Päiväkumpu or in Tammisaari Hotel Sea Front or Hotel Marine.

www.hotelseafront.fi

www.motelmarine.fi/en/



DAY 6

MUSTION LINNA – LOHJANSAARI – HELSINKI

DRIVING DISTANCE: 130 km
PROGRAMME DURATION: depending on the flight time

Excursion in Martinpiha country estate www.martinpiha.fi and

Lohjansaari Island. Tytyri mining museum www.tytyrielamyskaivos.fi,

Helsinki city tour. (9) The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Tempeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.

Transfer from city centre to Helsinki-Vantaa Airport.

Departure.

BALTIC - SCANDINAVIAN ROUTE

FINLAND - SWEDEN -
ESTONIA - LATVIA

3

This tour offers visiting UNESCO World Heritage sites – Helsinki, Stockholm, Riga, Tallinn, travelling by ferries and cruise ships and adding value to the trip by exploring the Baltic countries beyond the capitals. The sites outside cities present traditional folk cultures of Finland, Sweden, Estonia and Latvia and a variety of farms showing today's life in the countryside. The round trip includes two overnights on cruise ships.

DAY 1

ARRIVAL IN HELSINKI, FINLAND

OVERNIGHT in a hotel in Helsinki.

DAY 2

HELSINKI – SIUNTIO – LOHJA

DRIVING DISTANCE: **80km**
PROGRAMME DURATION: **8h**

Helsinki city tour. ① Visit the iconic Marimekko production and design facility in Herttoniemi. Continue to Helsinki centre and check out the must-see places of Helsinki.

Visit local Punus farm in Siuntio, taste the local food and produce. Hostess Susanne will welcome you to her farm and show you around. A short walk in the forest.

Visit the Lohja Tytyri mine – experience the working mine and museum and the spectacular light show with Sibelius Finlandia music 100 metres below the surface. ②

OVERNIGHT in Kisakallio:
www.kisakallio.fi/en/frontpage

Visit the Finnish countryside and enjoy a sauna experience while in Kisakallio or Scandic Siuntio: www.scandichotels.fi



8 NIGHTS / 9 DAYS

**HELSINKI – LOHJA – HELSINKI –
STOCKHOLM – STOCKHOLM
ARCHIPELAGO – RIGA – LIMBAŽI –
SALACGRĪVA – PÄRNU – TALLINN –
HELSINKI**

DAY 3

SIUNTIO – HELSINKI – STOCKHOLM

DRIVING DISTANCE: **45km**
PROGRAMME DURATION: **16.5h**

Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.

OVERNIGHT CRUISE: HELSINKI – STOCKHOLM
by ferry Silja Serenade/Silja Symphony (17:00 – 09:30).

DAY 4

STOCKHOLM

Stockholm archipelago www.stockholmarchipelago.se with more than 30,000 islands, ancient fishing villages and centuries-old towns, inviting coves, cliffs and soft sand beaches.

OVERNIGHT in a hotel in Stockholm.

DAY 5

STOCKHOLM – RIGA

CRUISE FERRY: 17h

City tour/free time in Stockholm. Gamla Stan – the Old Town, the Royal Palace, the Stockholm Cathedral, the Vasa museum, the SkyView – the top of the world's largest spherical building, Djurgården – the green island. (3) (4)

OVERNIGHT CRUISE STOCKHOLM – RIGA with Isabelle/Romantika cruise ferry (17:00 - 11:00).

DAY 6

RIGA

DRIVING DISTANCE: 30km

PROGRAMME DURATION: 6h

City tour in Riga. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site.

Latvian Ethnographic open air museum – a collection of 118 historical buildings from all four of Latvia's provinces. (5)

OVERNIGHT in a hotel in Riga.

DAY 7

RIGA – LIMBAŽI – SALACGRĪVA – PĀRNU

DRIVING DISTANCE: 222km

WALKING: 2.2km (~1.5h)

PROGRAMME DURATION: 12h

Blacksmith's workshop www.celotajs.lv/en/e/kalejs_kaspars_ausa. Hand-made lanterns, candelabras, hinges, fireplace tools, stair railings and gates. Several exhibits from the 18th century.

Dzirnupes farm, a traditional Latvian farmstead www.celotajs.lv/en/e/dzirnupes?lang=en. The owner makes drums from tree stumps and is prepared to teach how to use a bow and arrow. The lady of the house offers a programme presenting household skills that a Latvian bride should have mastered before her wedding. (6)

Lunch at Plavas www.plavashotel.lv gourmet restaurant.

Tolkuse nature trail www.visitestonia.com/en/rmk-rannametsa-tolkuse-nature-andstudy-trail is a circular trail, partly running on a boardwalk. It passes through the pine forest on the dunes and Tolkuse bog and leads to the largest bog-pool of the bog (2.2km, ca 1.5h.).

Nurka Tourism Farm www.visitestonia.com/en/nurka-farm. Guided nature hikes in Tolkuse bog, wood-heated sauna, handicraft workshops. Accommodation is possible for a small group.

OVERNIGHT in a hotel in Pärnu.

DAY 8

PÄRNU – TALLINN

DRIVING DISTANCE: 140km

PROGRAMME DURATION: 8h

The timing allows for a combination of maximum 3 visits.

There are the following options en route to choose from:

1) Herbal biological farm

www.visitestonia.com/en/herb-garden-ontamme-farm

2) ALPAKAFARM www.visitestonia.com/en/alpaca-farm-the-largest-in-estonia?site_preference=normal. Guests can pet an alpaca and

feed it with treats, see pygmy goats, miniature sheep, Angora rabbits, and chickens.

3) Jaanihanso Cider House and orchard makes cider from natural Estonian apples. Visitors can try five different ciders and take a tour www.jaanihanso.ee/about-us/ (7)

4) Luhtre Farm www.luhtre.ee/en. Luhtre farm serves organic food, using old recipes (possibility to have dinner). (8)

OVERNIGHT in a hotel in Tallinn.



DAY 9

TALLINN – HELSINKI

CRUISE FERRY: 2h

Tallinn city tour. (9) The tour combines walking and a bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Piritä area.

Tallinn – Helsinki with Tallink Shuttle: Star/Megastar.

Departure.



DESTINATION AREA –

SOUTH COAST OF FINLAND, ESTONIA, LATVIA

Finland, Estonia and Latvia are neighbouring countries in the North of Europe and Scandinavia, on the shores of the Baltic Sea. Visiting all three countries in one trip is very easy for the following reasons: relatively short travelling distances between and within the countries due to their small size, no border formalities between countries since Finland, Estonia and Latvia are all in EU, have the same time zone, the same currency and similar climate.

The peoples of our three countries feature many similarities in personality and way of life. However, each is proud of their unique identity which shows in language, arts and crafts, foods and traditions. Take their capitals, each featuring a UNESCO World Herit-

age site: the Suomenlinna fortress at the entrance to Helsinki's harbour, Tallinn's well-preserved and charming Old Town, and Art Nouveau architecture in Riga. The countryside provides an equally varied ambience in numerous national parks, contrasting coastlines and historic sites. The rural landscape is characterised by low population density and varied landscapes, rich in wildlife. There are also charming small towns, full of history and peaceful milieu.

While each country has its own national language, in cities many people speak English as well. In rural areas however foreign language skills are sometimes less common and interpreter services would be helpful.

PRACTICAL THINGS TO NOTE:

- driving is on the right side of the road
- European C-type socket

	FINLAND	ESTONIA	LATVIA
Capital	Helsinki	Tallinn	Riga
Territory km ²	338 424	45 227	64 573
Population	5 487 308	1 315 635	2 023 825
Population density: inhabitants per km ²	17	28.4	31
Language	Finnish Inhabitants also speak Swedish, English	Estonian Inhabitants also speak English, German or Russian	Latvian Inhabitants also speak English, German or Russian
Currency	EUR	EUR	EUR
Country code	+ 358	+ 372	+ 371
Local time	GMT + 2 hours	GMT + 2 hours	GMT + 2 hours
Climate	Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature +17°C, the coldest month is January with average temperature -4°C.		

TRAVELLING WITHIN THE DESTINATION

Travellers can arrive in the destination area by sea, air and land. Main airports are located in capitals: Helsinki, Tallinn and Riga and many flights also operate between them. Several ferry ports connect the countries with other interesting destinations, for example Sweden. The main ferry ports are Helsinki in Finland, Tallinn in Estonia, Riga, Liepaja and Ventspils in Latvia, while local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn and regular ferry services between Tallinn and Helsinki.



AIRLINES

Finnair

Finland's flagship carrier, with its Helsinki hub as a gateway between the Far East and Europe.

www.finnair.com

Japan Airlines

Japan's top airline, one of the world's premier carriers.

www.jal.com

airBaltic

The national Latvian airline that offers cheap flights to over 50 destinations in Europe and beyond from Riga, Vilnius and Tallinn.

www.airbaltic.com

Nordica

The national Estonian airline in cooperation with LOT Polish Airlines.

www.nordica.ee



COACHES

Lux Express:

www.luxexpress.eu

Ecolines: www.ecolines.eu

Eurolines: www.eurolines.eu

The coach trip from Tallinn to Riga takes ca 4.5 hours.



FERRIES

Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger transport services in the northern Baltic Sea region.

Helsinki – Tallinn

Helsinki – Stockholm

Riga – Stockholm

www.tallinksilja.com

Viking Line

Viking Line is a public limited company and a market-leading brand in passenger traffic in the northern Baltic Sea area.

Helsinki – Tallinn

Helsinki – Stockholm

www.vikingline.com

Eckerö Line

Estonian ferry line and a travel agency.

Tallinn – Helsinki

www.eckeroline.ee

Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:

Kihnu and other small islands

www.veeteed.com

Muhu, Hiiumaa and Saaremaa

www.praamid.ee



CHARTER BUS COMPANIES

Friman Travel

Modern bus services, licensed tour operator, charter tours.

Phone: +358 19 2481004

Email: info@frimantravel.fi

Website: www.frimantravel.fi

Go Bus Charters

Exceptional quality coaches and minibuses providing services in Baltic countries and Scandinavia. Highly professional, friendly and experienced bus drivers and staff, large fleet and flexible service.

Phone: +372 631 0011,

+372 55 645 753

Email: tellimine@gobus.ee

Website: www.gobus.ee



CAR RENTAL

Avis, Budget, Sixt and Hertz are international car rental companies with large worldwide networks and a standardised level of service. Driving licences issued in Japan are valid for tourists to drive in Finland, Estonia and Latvia. Driving is on the right side of the road.

RURAL TOURISM ORGANISATIONS



Baltic Country Holidays
www.countryholidays.lv



BALTIC COUNTRY HOLIDAYS

(Lauku celotajs) is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside and organised tours. Since then the organisation has grown in size, and has varied and developed its products covering also the three Baltic States. Through many years of operation we have established great relationships with our suppliers and our visitors benefit from our extensive local knowledge and personal service.

Address:
Kalnciema 40, Riga, Latvia
Phone: +371 67617600
E-mail: lauku@celotajs.lv
Website: www.countryholidays.lv

VISIT SOUTH COAST FINLAND

Visitlohja is a regional tourism office in southern Finland. Visitlohja is run by City of Lohja and co-operating with local tourism entrepreneurs and associations. Their common target is to develop the best possible tourism experience for visitors. Products and services offered include good accommodation in rural atmosphere. A unique part is to make your own food in the forest to high end cuisine in awarded restaurants and activities - from small hikes in pristine nature to glass blowing in the world-renowned Fiskars Village. The region is situated right next to Helsinki and can therefore provide an unrivalled combination of the Finnish lifestyle, culture and nature.

Address:
Laurinkatu 50, 08100 Lohja, Finland
Phone: +358 44 369 1309
E-mail: tourist@lohja.fi
Website: www.visitlohja.fi



ESTONIAN RURAL TOURISM ASSOCIATION

Established in January 2000, the non-profit organisation Estonian Rural Tourism objective is to represent the common interests of rural tourism providers in order to support the development of countryside tourism in Estonia. Accommodation providers who have joined the organisation account for 45% of the total number of Estonian countryside accommodation providers.

Address:
Vilmsi 53 G, 10147 Tallinn, Estonia
Phone: +372 600 9999
E-mail: eesti@maaturism.ee
Website: www.maaturism.ee

www.balticsea.countryholidays.info

TOUR OPERATORS

BALTIC TRAVEL GROUP



Contact person: Mrs. Santa Feodorova
Phone: +371 67228428
E-mail: info@btgroup.lv
Website: www.baltic.travel

Baltic Travel Group is the leading Destination Management Company (DMC) in the Baltic States offering a full range of inbound travel services to individual, group and corporate clients.

In 17 years of operation our team of experienced and professional experts has provided services in Latvia, Lithuania, Estonia, as well as Scandinavia, Poland and Russia to more than 625 000 visitors from 90 different countries.

The company also has a long experience in serving Japanese clients in the Baltic Region.

ESTRAVEL LTD.



Estravel Latvia - Baltcoming
Contact person: Ms. Anta Jokste
Phone: +371 6 7288 494,
Fax +371 6 7287 977
E-mail: info@baltcoming.lv

Estravel Estonia - Baltcoming
Contact person: Mrs Riina Rauts
Phone: +372 626 6233
E-mail: info@baltcoming.ee

Website: www.baltcoming.com



Estravel-Baltcoming – your partner in the Baltic States, Scandinavia and Russia. Baltcoming is a registered trade name of Estravel Ltd., the leading travel agency, destination management company and professional conference organiser in the Baltic States.

Baltcoming operates full-service offices in Riga, Tallinn and Vilnius, offering travel services in Latvia, Estonia, Lithuania, Russia, Finland and Sweden. Due to its market leader position and large purchase volumes, Estravel offers competitive rates and high quality services.

- Accommodation contracting and booking in cities and rural area
- Tailor made free independent travellers and group tours
- Fixed date departure tours in Estonia, Latvia, Lithuania and Russia
- Excursions & special interest tours
- Conference and event management
- Incentive programs
- Airline and ferry tickets
- Transportation (coach, car, minibus, rail)
- Catering services
- Site-inspections and educational trips

BALTIC TOURS LTD.



Contact person:
Mrs. Asmik Tsaturjan
Phone: +372 630 0460
E-mail: incoming@baltictours.ee
Website: www.baltictours.eu

Baltic Tours is an experienced travel agency and incoming tour operator since 1989. We offer professional incoming travel services for leisure and business groups in Northern Europe with a focus on Baltic countries – Estonia, Latvia and Lithuania, as well as in neighbouring countries in the Baltic Sea region. Additionally to the single travel services for tour operators and travel agencies, our portfolio includes tailor-made special interest tours and creative incentive programs.

DMC REISIEKSPERT



Contact person: Mr. Ants Norak
Phone: +372 610 8631
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Website: www.travel-expert.eu

DMC Reisiexpert (Travel Expert) is your local tour architect in Estonia, Latvia, Lithuania and beyond. Whenever you need accommodation, transfers, guides, sightseeing tours, catering or incentives - we are at your service. DMC & travel agency experience since 1995. Travel Expert provides a full range of travel services in Estonia, Latvia, Lithuania, Russian Federation and Scandinavia.

ESTONIAN HOLIDAYS



Contact person: Ms. Anne Hermlin
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Website: www.estonianholidays.com

Estonian Holidays is one of the most experienced DMCs in Estonia operating under this name since 1991. Our reputation is built on reliability, flexibility, excellent product knowledge, creativity and personal attention to the customer. We are passionate about our destination and what we do. We are established in Estonia, but we operate accross the whole Baltic Sea region and Russia. We arrange travel services for both leisure and business travellers and also welcome technical visits and special interest groups.

E-TURIST LTD. / BALTIC INCOMING TOUR OPERATOR



Contact person: Triinu Tammiste
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Website: www.e-turist.ee

E-TURIST offers the best services in Estonia, Latvia and Lithuania with extensions to Helsinki, St. Petersburg and Poland. Traditional culture tours to the capitals with escapes to "hidden places" in the countryside including: organic food tours, fruit wine and beer tours, farm visits, minor cultures in Estonia, plus business trips and conferences. Our experienced staff make your life easy and your clients satisfied.

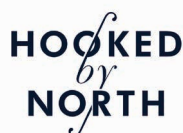
GO TRAVEL



Contact person: Mrs. Hele Lahtvee
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Go Travel is a tour operator & DMC in Baltic States. Our speciality is tailor-made programmes following the "full service range from one place" principle, and our goal is to inspire and inform our customers so that their trips to Baltics and Scandinavia can be fun, affordable, and culturally broadening. Go Travel was founded in 1992 and today we are listed as one of the top tour operators in Estonia. We belong to Go Group – one of the largest transportation and travel enterprises in Estonia. So, looking for an amazing experience? We can make it happen.

HOOKEDBYNORTH



Phone: +358 401522952
E-mail: helga@hookedbynorth.com
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HookedByNorth is a Nordic hospitality B2B company based in Finland. Founders Ms. Vivian Maar and Ms. Helga Himberg had a vision to promote true Nordic hospitality and give travellers exciting experiences. We work carefully and extensively with the best service and product suppliers to assure the HookedByNorth standard for travellers' care and thus ensure that travellers are always met with Nordic professionalism. Our Nordic travel services include everything that is needed for tailored FIT, group and MICE groups' ground handling. HookedByNorth Business Class experiences are suitable for VIP level FITs, and groups, where the focus is on exclusive 5* service and properties.

TALLINK SILJA LINE



E-mail: international.sales@tallinksilja.com
Website: www.tallinksilja.com

With the most modern fleet operating in the Baltic Sea today, we offer a variety of short cruises on all our routes which include Stockholm-Helsinki, Stockholm-Turku, Helsinki-Tallinn, Stockholm-Tallinn and Stockholm-Riga. We also sell short day cruises to Åland island from both Stockholm and Turku.

FRIMAN TRAVEL



Phone: +358 19 2481004
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Website: www.frimantravel.fi

Friman Travel was founded in 1967 and since 1995 has been a registered tour operator. We produce ready-made package tours and tailor-made tours according to the customer's wishes. Our brand, Friman Travel, stands for quality and reliability, as demonstrated by our many loyal customers. We have a modern bus fleet which consists of eight buses ranging in size from the smallest with 19 seats and the largest with 50.

TUMLARE CORPORATION A/S TALLINN



Tallinn office
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Phone: +372 6886 400
E-mail: tll@tumlare.com
Website: www.tumlare.com

Tumlare Corporation was established in Copenhagen in 1972. Our global network, incorporating over 30 offices in four Continents, is combined together with an extensive local knowledge and personal touch. We have always believed that mutual success comes from putting our client's interest first. Our track record of repeat clients is testimony that it is a philosophy that is successful. Today the Tumlare network reaches around the globe and strong partnerships enable us to connect our clients to a local sales representative in their own region throughout the world.

Being a leading DMC we have acquired some of the best professionals in the industry who are involved in our main business areas which include: tourist groups, individual travellers, meetings, incentives and sport events, special interest tourist groups, technical visits, cultural and thematic travel and cruise destination management.

VIA HANSA

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Website: www.viahansa.com,
www.viahansadmc.com



Via Hansa is the leading tour operator in the Baltic Sea region, with offices in Tallinn, Riga, Vilnius, Warsaw, Copenhagen, St. Petersburg, Moscow and Kiev. Our product line includes innovative travel products for groups and FIT all over the Baltic Sea region and beyond. We have 25 years of experience in servicing Asian customers and offering high-quality travel services both for leisure and MICE travellers.

PORKKALA TRAVEL

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E-mail: info@seaction.com
Website:
www.seaction.com/en/about-us/porkkala-travel



Porkkala Travel is a travel agency founded in 2005 as part of SE-Action to provide a sales channel linked with marketing activities undertaken by the Porkkala Parenthesis Association.

Porkkala Travel's services cover the West Uusimaa region, with Porkkala and its history as the primary focus. Porkkala's culture, history and idyllic countryside offer exceptional resources for organising successful conferences, celebrations and other leisure-time activities. Customised tours, events and experiences, high-standard conference and meeting facilities and a wide range of indoor and outdoor catering services are all available.

VISIT SOUTHPOINT FINLAND



Phone: +358 442772882
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Website: www.visitsouthpointfinland.fi

Visit Southpoint Finland offers unforgettable tours to the beautiful south coast of Finland. The Western Uusimaa region is only an hour's drive from Helsinki.

Catering for leisure and business travellers we organise tour programmes for both individual tourists and groups. A registered tour operator (reg.no 1202/16/Mj), Visit Southpoint Finland administers the association for travel trade companies in Western Uusimaa, HelsinkiWest, and operates in close co-operation with the official regional tourism organisation - Visit South Coast Finland - founded in 2013.

USEFUL LINKS

Please find information about rural South Finland-Estonia-Latvia travel destination at

www.balticsea.countryholidays.info

The following links offer more information about **FINLAND, ESTONIA, LATVIA:**

www.visitfinland.com - official tourism website of Finland

www.visitestonia.com - official tourism website of Estonia

www.latvia.travel/ja - official tourism website of Latvia

www.balticsea.countryholidays.info

ABOUT THE PROJECT

CAITO - META CLUSTER FOR ATTRACTING THE JAPANESE TOURISM MARKET

Project overall objective: to promote and support rural tourism companies to enter Japanese tourism market by strengthening their capacity and cooperation in the three Baltic Sea countries: Latvia, Estonia, and South Coast Finland.



EUROPEAN UNION
European Regional Development Fund



Interreg
Central Baltic



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