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Publicity photos

NATURE HOLIDAYS IN THE BALTICS

Give yourself a break from your busy life



Known as some of the greenest countries in Europe, Latvia and Estonia are ideal destinations for uplifting nature-based holidays. This region truly stands out with its diverse natural environment that has been scarcely touched by human hands, so make sure to explore the opportunities these countries provide in terms of nature tourism. In addition, the region offers a wide range of activities, from award-winning hiking trails and excellent birdwatching spots to active boat trips, gourmet tours based on local traditions, and relaxing sauna rituals.

If you don't know where to begin your journey, take a look at the *Baltic Nature Tourism* platform, which has compiled a list of around 100 nature tourism service providers offering more than 160 different nature tourism experiences in Latvia and Estonia. The tours are listed according to category for easier navigation: wildlife watching, active tourism, nature education, tours for the soul, food and foraging, nature capture, and nature extreme.

For example, wildlife watching is a popular activity in the Baltic states. The region is home to a wide variety of wildlife, and

the best way to see it is in a small group led by a guide. The guided educational trips and excursions offered on the *Baltic Nature Tourism* platform are a great way to discover our planet and some of its most beautiful secret corners. For those who prefer to capture nature with their camera, there are also guided nature and wildlife photography and videography tours.

If you want to further nourish your spirit, soul, and body, then indulge in the various yoga, meditation, sauna ritual, and nature escape experiences in rural and natural settings. The platform also brings together masterclasses focusing on cooking with wild ingredients and other gourmet experiences in which forest foods, including wild berries, mushrooms, and herbs, play a key role.

If you'd like to get even more active, explore the extreme sports and nature survival tours on offer, which are a unique and exciting way to experience the natural beauty of Estonia and Latvia. These include hot air ballooning, bungee jumping, and zipline rides as well as nature survival skills adventures.

balticnaturetourism.com
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