

Baltic Nature Tourism

Latvia, Estonia

www.balticnaturetourism.com

Interreg



Co-funded by
the European Union

Central Baltic Programme

NAT-TOUR-EXPO

April 18, 2024

Who we are

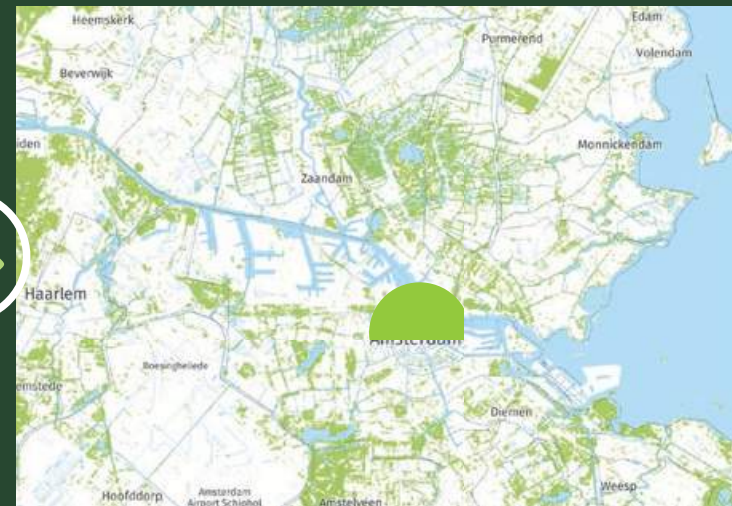
- Baltic Nature Tourism is a collaborative consortium comprising over 120 individual nature and outdoor specialists across Latvia and Estonia.
- The platform is part of the NAT-TOUR-EXPO project, designed to promote the collaboration of Baltic nature tourism companies on the UK tourism market.
- Project partners: Baltic Country Holidays, Latvian and Estonian Nature tourism associations, Estonian Rural tourism organization.



Why Nature Tourism in Baltics



Natural nature
Low population
Open spaces



Products and services



WILDLIFE WATCHING



ACTIVE TOURISM



SOUL TOURS



FOOD AND FORAGING



NATURE EDUCATIONAL



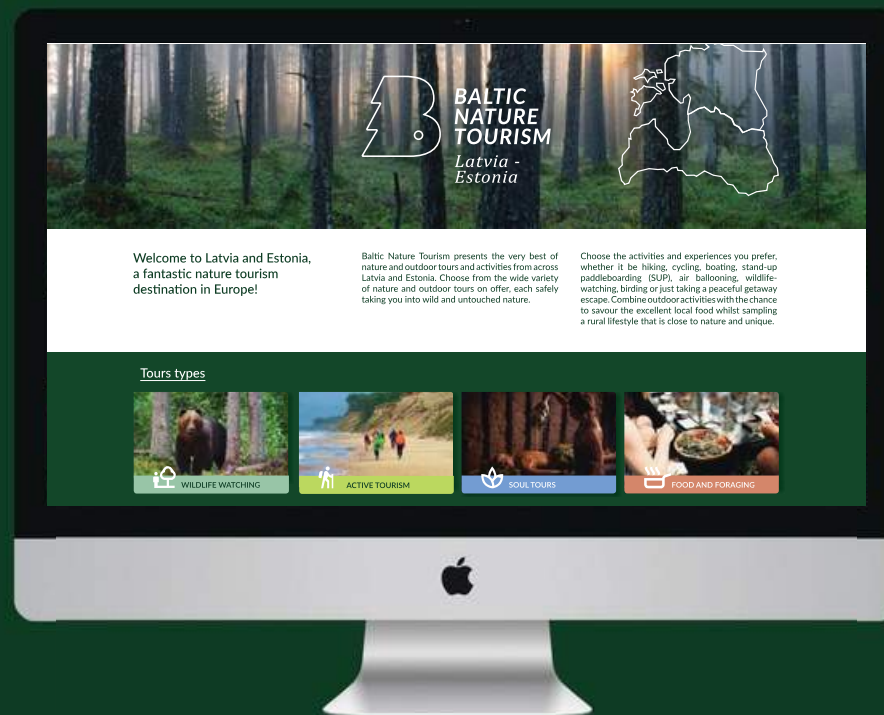
NATURE CAPTURE



NATURE EXTREME



PACKAGE TOURS



www.balticnaturetourism.com

WILDLIFE WATCHING



Botanical tours



Mammals watching



Bird watching



Fungi tours



Insect watching



ACTIVE TOURISM



Hiking/walking



Bogshoe hiking



Cycling



Water activities



Winter activities



Horseback tours



SOUL TOURS



Nature retreats



Nature therapy



Nature escape



FOOD AND FORAGING



Foraging



Wild foods



NATURE EDUCATIONAL



Astronomical tours



Geo tours



NATURE CAPTURE



Nature photo/
video



Nature drawing/
painting



NATURE EXTREME



Extreme sports



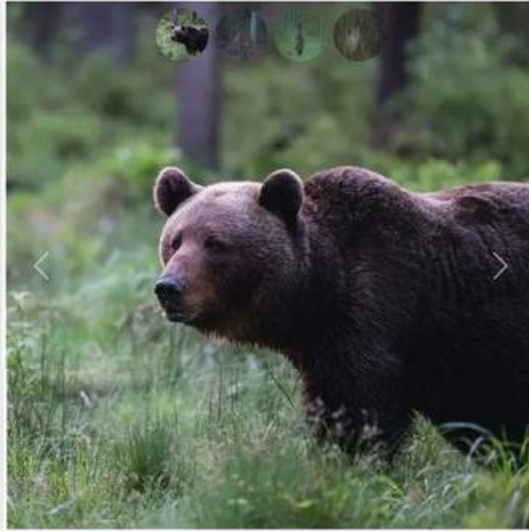
Nature survival



PACKAGE TOURS

- from 3 to 16 days touring the Baltic countries
- guided or self-guided
- hiking, cycling, boating, nature watching
- for groups or FIT's





MAMMALS WATCHING

Big Predator Tour - Lynx, Bear, and Wolf

ABOUT

This autumn tour focuses on three key species: Eurasian Lynx, Brown Bear, and Grey Wolf, in three distinct wilderness areas - West Estonia, Lahemaa National Park, and the Alutaguse area.

We'll spend a night in a Brown Bear hide in the Alutaguse area. In autumn, bears actively forage to prepare for winter hibernation.

We'll search for Eurasian Lynx primarily in the late afternoon, evening, and night using thermal scopes, covering significant ground.

For Grey Wolves, we'll head to the stable western region where wolf packs have resided for years.

During the day, we'll rest or engage in brief birdwatching trips. While our main focus is on the three predators, we'll have good opportunities to see Raccoon Dogs, Elk, Red Foxes, and Pine Martens.

 www.facebook.com/natourest

 [Request a Tour](#)

TOUR PROFILE

Duration

7 days

Distance

up to 5km

Location

Alutaguse National Park

Season

Autumn

Difficulty ●

Who can participate?

Groups, Individuals (max 6 persons)
minimum 4 pers.

Season

Autumn

Price

1980€ + 170€ Single room supplement

Practical Information

Pick-up is possible from Tallinn

Notes The price includes:

The services of 2 local nature guides/drivers during the tour
6 nights in local hotels and guesthouses (twin rooms with toilet and shower)

Night in the Brown Bear hide

Local transport during the tour

4 evenings with a lynx tracking specialist


Breakfasts, 2 lunches (as picnic packages), 7 dinners included

NatourEst

[More about Natourest OÜ](#)

 natourest.ee

 www.facebook.com/natourest

 bert@natourest.ee



Adventurous excursion in Līgatne

ABOUT

Join a guided tour in Līgatne in Latvia and enjoy a world class culinary masterclass afterwards, Līgatne is located just a short 1.30-hour drive from Riga. In a close collaboration with nature tourism organisations we offer you a 1.5-2 hour journey through Līgatne's charming architecture, beautiful natural scenery, and the historical and famous Līgatne Paper Mill. For a fun twist, you can take the tour in vintage "Latvia" minibus. In November 2023 Līgatnes Pavaru Māja were awarded with Michelin Green star, emphasising our sustainability. The tour is a perfect mix of exploration, learning, and delicious, world class food.

www.facebook.com/pavarumaja

Request a Tour

TOUR PROFILE

Duration

5-6 hours

Distance

5-8 km hike

Location

Līgatne

Price

please contact us for the details

Practical Information

Pick-up Possible for extra cost and agreement.

Difficulty ●

Who can participate?

Individuals, Groups (max 8 persons)
minimum 1 pers.

Season

Spring, Summer, Autumn, Winter



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[More about Līgatnes Pavaru Māja](#)

www.pavarumaja.lv/musu-stasts

www.facebook.com/photo

info@pavarumaja.lv

[Explore similar activities](#)

Service providers and Nature tourism packages in www.balticnaturetourism.com

30 Service providers from ESTONIA

46 Service providers from LATVIA

180 NATURE TOURISM PACKAGES published online 87 LV, 83 EST



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BALTIC NATURE TOURISM
Latvia - Estonia

Welcome to Latvia and Estonia, a fantastic nature tourism destination in Europe!

Baltic Nature Tourism presents the very best of nature and outdoor tours and activities from across Latvia and Estonia. Choose from the wide variety of nature and outdoor tours on offer, each safely taking you into wild and untouched nature.

Choose the activities and experiences you prefer, whether it be hiking, cycling, boating, stand-up paddleboarding (SUP), air ballooning, wildlife-watching, birding or just taking a peaceful getaway escape. Combine outdoor activities with the chance to savour the excellent local food whilst sampling a rural lifestyle that is close to nature and unique.

Tours types

- WILDLIFE WATCHING
- ACTIVE TOURISM
- SOUL TOURS
- FOOD AND FORAGING
- NATURE EDUCATIONAL
- NATURE CAPTURE
- NATURE EXTREME
- PACKAGE TOURS

Actual, seasonal tours

- Hiking
- Springtime Boating .. 3 Hours
- High Water Kayaking .. 1 Day
- 5th Season Canoeing .. 1-2 Days
- Horse Riding Adven. 2 Hours
- E-bike Tour 1-7 Hours

Interreg Central Baltic Programme NAT-TOUR-EXPO

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Wildlife Watching: Birdwatching, Stand-up Paddleboarding, SUP, Air Ballooning, Wildlife-watching, Birding, Hunting, Nature photography, Nature drawing, Nature writing, Nature photography, Nature drawing, Nature writing, Nature photography, Nature drawing, Nature writing.

Soul tours: Nature retreats, Nature therapy, Nature recovery, Food and foraging, Hiking, Wildlife watching, Nature educational, Adventure tours, Canoeing, Nature capture, Nature photography, Nature drawing, Nature writing.

Nature extreme: Nature sports, Nature survival, Package tours.

BALTIC NATURE TOURISM
Latvia - Estonia

Follow us

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SPALVA

(Feather)

SPALVA is a trusted Destination Management Company (DMC). They provide insights into the country's culture, nature and traditions, offering authentic experiences.

Programs based on one of three angles or a mix:

- **Storytelling Sessions** - Covering historical facts, traditions, notable Latvians, or a chosen topic.
- **Ethnic-inspired Retreats** - Multisensory experiences rooted in ancestral practices and the pristine Northern nature, aimed at rejuvenating your emotions and energy.
- **Engaging Activities** - Craft workshops, culinary tastings, and guided foraging.

Sindija Vilde
+ 371 29288364



www.spalvalatvia.com



meet@spalvalatvia.com

BALTIC TRAVEL GROUP

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

Offers full ground handling services all over the Baltic States, including:

- Individual and group travel
- Hotels and transfers
- Excursions and tour series
- Special interest tours

Santa Feodorova
+371 29442716



www.baltic.travel/inbound-tours



[BalticTravelGroup](https://www.facebook.com/BalticTravelGroup)



santa.feodorova@btgroup.lv



BALTIC NATURE TRAVEL

Baltic Nature Travel specializes in adventure tours across the Baltic States, catering to those who crave authentic and unique experiences. As experts in the hidden gems of Northern Europe, it offers a variety of activities including hiking, kayaking, cultural tours, and workshops with local craftsmen.

Offer:

- Private, independent and personalised tours
- Fixed departure hiking tours
- Corporate events
- Winter tours
- Day trips and workshops

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balticnaturetravel.com



[balticnaturetravel](https://www.facebook.com/balticnaturetravel)



info@balticnaturetravel.com



RIGA KAYAKING

Offers self-guided and guided inspiring routes through green, urban, historic and wilder parts of Riga city, as well as guided group and pre-planned custom route tours.

Routes in Riga:

- Forgotten Riga, Green Riga, Sunrise Route, Urban Jungle, Midnight kayaking, Seaside expedition, Isles of Riga, Nature Trails
- Provides single, double and triple seated kayaks and all other necessary safety equipment.



Dāniels Liepiņš / Andra Marta Babre
+371 20220580



- 🏠 rigakayaking.com
- 📷 [riga_kayaking](https://www.instagram.com/riga_kayaking)
- 📘 [Riga Kayaking](https://www.facebook.com/RigaKayaking)
- ✉ info@rigakayaking.com



MOVEMENT SPONTANEOUS

The organisation's mission is to inspire active lifestyle and enable the next generation of explorers and nature enthusiasts in Latvia and abroad through sustainable travel, long distance adventures and outdoor expeditions.

Offers individual and group tours, incorporating a variety of activities. From hiking and walking to flying with a hot air balloons and sailing, local saunas visits, kayaking and packrafting.

Tour examples:

- Sauna Hike
- Neapolitan Pizza Coastal Hike
- Hot Air balloon and Walking Adventure
- Spring Packrafting etc.

Anna Saļņikova
+371 20227957



 letshike.co

 letshike.co

 info@letshike.co

GATAVO DABĀ

(Cooking in Nature)

Renars Purmalis - a world class concept chef with a lifelong passion for nature. He turns the regular outdoor dining experience to gourmet experiences.

“Cook in Nature!” offers outdoor cooking masterclasses and forest restaurant experience using local and seasonal ingredients cooked on open fire.

Offer:

- Restaurant in forest
- Cooking masterclasses in nature
- Walking/hiking and cooking in the nature
- Wedding catering
- Other cooking experiences

Renars Purmalis
+371 29910711



gatavodaba.lv



[gatavodaba / renarspurmalis](https://www.instagram.com/gatavodaba/)



[gatavodaba](https://www.facebook.com/gatavodaba/)



renarsp@gmail.com

airBaltic

Flights from Latvia and Estonia to United Kingdom

Direct flights:

Riga (RIX) - London Gatwick (LGW),
2x daily

Riga (RIX) - Aberdeen (ABZ),
2x weekly Tuesdays and Saturdays

Tallinn (TLL) - London Gatwick (LGW),
3x weekly Tuesdays, Thursdays, Saturdays

Air Baltic Corporation AS
Jana Indrāne
+371 67788139



airBaltic



www.airbaltic.com



Jana.Indrane@airbaltic.com

TOUR OPERATOR / MEDIA FAM TRIP

June 10 to 13, 2024



Baltic Nature Tourism presents the very best of nature and outdoor sports and activities from across Latvia and Estonia. Choose from the wide variety of nature and outdoor tours on offer, each safely taking you into wild and untouched nature.

TOUR OPERATOR / MEDIA FAM TRIP

June 10-13, 2024, LATVIA

Are you a tour operator or media representative from the United Kingdom? Join our FAM trip and explore the magical appeal of Latvia. This journey brings you to the western part of Latvia, famous for endless lagoons and deep forests, tiny fishermen villages, and a wonderful coastline rich with white sand and rocky beaches. Local people living among this harsh yet beautiful nature tend to be reserved at first sight, but when you get to know them better, they are warm and hospitable, and ready to offer you the best they have. The trip focuses on discovering nature, sometimes even in the most unexpected places, and immersing in the Baltic cuisine full of exciting combinations of flavours.



DAY 1: June 10

14:00 Transfer from airport to hotel
14:00-15:00 Lunch in Riga
Evening - Explore Riga from Water - canoeing (Riga boats, turning on/off on Riga Canal)
15:00-18:30 This evening tour includes a unique and enjoyable view of the Riga from water. During the tour you can see the UNESCO Riga Old Town, Riga Canal, Christopher's Pier, from which several you can see across Latvia National Parks and other popular sites.
19:00 Overnight and dinner in Riga

DAY 2: June 11

07:00 Breakfast at the hotel
08:00 Departure from hotel to Ģirānu National Park
Ģirānu National Park is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
09:00-11:00 Boat fishing in Ģirānu National Park
Boat fishing in Ģirānu National Park is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
12:00-13:00 Baltic culture degustation
The Baltic culture degustation is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
13:00-14:00 Lunch at restaurant "Baltic"
Lunch at restaurant "Baltic" is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
14:30-15:30 Hike in Ģirānu National Park - European Long distance Hiking route with a view of the Baltic Sea and Riga Bay
Hike in Ģirānu National Park is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
15:30-17:00 Hiking in the forest in Kuldīga
Hiking in the forest in Kuldīga is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
17:30-18:30 Visit to the beach and spa town "Kuldīga" with a guide
Visit to the beach and spa town "Kuldīga" with a guide is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
18:30-19:30 Dinner at restaurant "Baltic" - local food from the farm and garden
Dinner at restaurant "Baltic" is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
Around 20:00 Return to Riga, hotel

DAY 3: June 12

08:00 Breakfast at the hotel
08:30 Departure from hotel to Ģirānu National Park
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10:30-11:30 Boat fishing of Lake Ģirānu National Park
Boat fishing of Lake Ģirānu National Park is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
11:30-12:00 Visit to the lake house in Līvānu NBS
Visit to the lake house in Līvānu NBS is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
13:00-14:00 Lunch at the hotel in Riga
Lunch at the hotel in Riga is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
14:30-15:30 One-day hiking tour on the coast of Latvia and Estonia from Ģirānu National Park
One-day hiking tour on the coast of Latvia and Estonia from Ģirānu National Park is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
16:30-17:30 Evening walking of the coast of Latvia and Estonia from Ģirānu National Park
Evening walking of the coast of Latvia and Estonia from Ģirānu National Park is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.
Around 19:00 Dinner at restaurant in Jurmala "The Inn"
Dinner at restaurant in Jurmala "The Inn" is a part of the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park. The park covers 1000 ha and is located in the Ģirānu National Park.

DAY 4: June 13

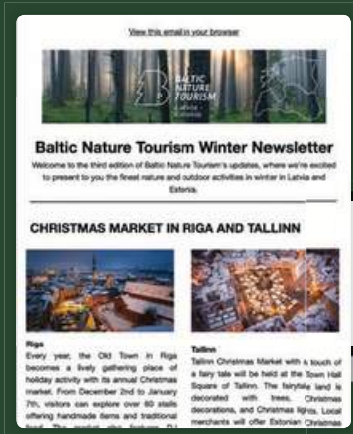
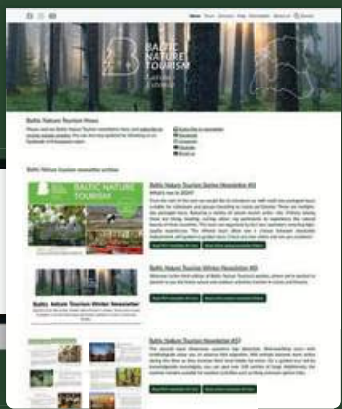
07:25 Check flight to London
Signing up and more information on tour: paul@nordictourismcollective.com; andy@nordictourismcollective.com
See full info here: [QR code]
Latvia Travel
Nordic Collective
[QR code]
[QR code]

See full info here



Signing up and more information on tour:
paul@nordictourismcollective.com;
andy@nordictourismcollective.com.

Baltic Nature Tourism Seasonal News



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BALTIC NATURE TOURISM

balticnaturetourism.com

NEWSLETTER N° 2 AUTUMN

BALTIC NATURE TOURISM
NATURE EXPERIENCE AND WILDERNESS TOURS
IN LATVIA AND ESTONIA

Baltic Nature Tourism is a collection of outdoor activities and outdoor guides from major cities, the best of nature and outdoor experiences for the Baltic region. We offer a variety of outdoor activities and outdoor guides for the Baltic region. We offer a variety of outdoor activities and outdoor guides for the Baltic region.

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FOOD AND DRINKING
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BALTIC NATURE TOURISM

balticnaturetourism.com

NEWSLETTER N° 3

BALTIC NATURE TOURISM
WELCOME TO THE THIRD EDITION OF BALTIC NATURE TOURISM'S UPDATES, WHERE WE'RE EXCITED TO YOU THE FINEST NATURE AND OUTDOOR WRITERS IN LATVIA AND ESTONIA.

BALTIC NATURE TOURISM
Latvia
Estonia

NEWSLETTER N° 3 SPRING

BALTIC NATURE TOURISM

What's new in 2024?

From the start of the year we would like to thank you for your support and interest in our website and newsletter. We are excited to announce that we have updated our website and newsletter with new content and features. We have added new articles, photos, and videos to our website and newsletter. We have also updated our newsletter with new content and features. We are excited to announce that we have updated our website and newsletter with new content and features. We have added new articles, photos, and videos to our website and newsletter. We have also updated our newsletter with new content and features.

Eastern celebration in Baltics

BALTIC NATURE TOURISM

AUTUMN - THE BEST TIME TO VISIT FOR:

Bird Autumn Migration

Bird and wildlife enthusiasts from all over the world flock to the Baltic region for bird watching during autumn migration. The Baltic region is a great place to watch birds as they migrate from their breeding grounds to their wintering grounds. The Baltic region is a great place to watch birds as they migrate from their breeding grounds to their wintering grounds.

Example: Autumn Bird Migration in Ventspils

Bird and wildlife enthusiasts from all over the world flock to the Baltic region for bird watching during autumn migration. The Baltic region is a great place to watch birds as they migrate from their breeding grounds to their wintering grounds. The Baltic region is a great place to watch birds as they migrate from their breeding grounds to their wintering grounds.



Astronomical Tours

Baltic Nature Tourism offers astronomical tours in the Baltic region. The Baltic region is a great place to watch the stars and planets in the night sky. The Baltic region is a great place to watch the stars and planets in the night sky.

Example: Exploring the Cosmos in Ventspils

Baltic Nature Tourism offers astronomical tours in the Baltic region. The Baltic region is a great place to watch the stars and planets in the night sky. The Baltic region is a great place to watch the stars and planets in the night sky.



Fungi tours and Mushroom Foraging

Baltic Nature Tourism offers fungi tours and mushroom foraging in the Baltic region. The Baltic region is a great place to find mushrooms and fungi. The Baltic region is a great place to find mushrooms and fungi.

Example: Mushroom Foraging in Ventspils

Baltic Nature Tourism offers fungi tours and mushroom foraging in the Baltic region. The Baltic region is a great place to find mushrooms and fungi. The Baltic region is a great place to find mushrooms and fungi.



CHRISTMAS MARKET IN RIGA AND TALLINN

Every year, the Old Town in Riga becomes a fairytale city of lights and colors. The Christmas market in Riga is a great place to buy gifts and enjoy the festive atmosphere. The Christmas market in Riga is a great place to buy gifts and enjoy the festive atmosphere.

Example: Christmas Market in Riga

Every year, the Old Town in Riga becomes a fairytale city of lights and colors. The Christmas market in Riga is a great place to buy gifts and enjoy the festive atmosphere. The Christmas market in Riga is a great place to buy gifts and enjoy the festive atmosphere.



ACTIVE TOURISM

The world's largest tramp park outdoor playground is located in the Baltic region. The tramp park is a great place to enjoy outdoor activities and have fun. The tramp park is a great place to enjoy outdoor activities and have fun.

Example: Tramp Park in Ventspils

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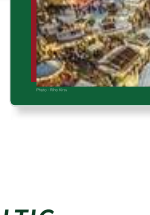


Wildlife Watching in Kalva Cape

Baltic Nature Tourism offers wildlife watching in the Baltic region. The Baltic region is a great place to watch wildlife. The Baltic region is a great place to watch wildlife.

Example: Wildlife Watching in Kalva Cape

Baltic Nature Tourism offers wildlife watching in the Baltic region. The Baltic region is a great place to watch wildlife. The Baltic region is a great place to watch wildlife.



BIRDING HAAPSAALU: Early Spring Birding Tour

Baltic Nature Tourism offers birding in the Baltic region. The Baltic region is a great place to watch birds. The Baltic region is a great place to watch birds.

Example: Birding in Haapsalu

Baltic Nature Tourism offers birding in the Baltic region. The Baltic region is a great place to watch birds. The Baltic region is a great place to watch birds.



Hiking with a taste

Baltic Nature Tourism offers hiking in the Baltic region. The Baltic region is a great place to hike. The Baltic region is a great place to hike.

Example: Hiking in Ventspils

Baltic Nature Tourism offers hiking in the Baltic region. The Baltic region is a great place to hike. The Baltic region is a great place to hike.



BALTIC NATURE TOURISM
Latvia - Estonia

Sign up now!

