



*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.*

## 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 bogs and deep forests, tiny fishermen's 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.

**Group guide:**  
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**Flights:**  
From **London Gatwick to Riga** BT 652  
on **10JUN** at **09:05** arriving in Riga at **13:45**


### DAY 1; June, 10

- 14:00 — Transfer from airport to Riga, lunch on the way in “Ostas skati” [www.restoransosta.lv](http://www.restoransosta.lv)
- ~ 16:00 — Arriving and checking in the hotel.
- 17:00 - 18:30 — Evening - Explore Riga from Water - canoeing [www.balticnaturetourism.com](http://www.balticnaturetourism.com)  
(Riga boats, Turning point on Riga canal)  
This city canoeing tour provides a unique and enjoyable way to explore Riga from water. During the trip you can see the UNESCO Riga Old Town, Riga canal, Daugava river. If you look around you can spot Latvian National Library, the 368m high Riga television tower and other popular places.
- 20:00 — Dinner in restaurant “Melnais Ķipolks” [www.kipoksmelnais.lv](http://www.kipoksmelnais.lv)
- Overnight in hotel Metropole [www.metropole.semarahotels.com](http://www.metropole.semarahotels.com)

## DAY 2; JUNE, 11

- 07:00** Breakfast at the hotel
- 08:00** Departure from hotel to **Ķemeri National Park**  
Ķemeri National Park is special for its great biological diversity, the unique Ķemeri Bog, mineral waters and therapeutic mud found here. The park stands out with its diverse world of wetlands. It is home to moss or raised bogs, fens, and transitional bogs. The Great Ķemeri Bog is one of the largest of its kind in Latvia.
- 09:00 – 11:00** **Bogshoe hiking in Ķemeri bog** [www.balticnaturetourism.com](http://www.balticnaturetourism.com)  
Bogshoe hike will be led by highly experienced bog and nature enthusiasts and experts from "Purvu bridēji". Walking in swamps and bogs in bogshoes is exotic, environmentally friendly and practical. Guided bogshoe hikes help you learn many new and fascinating facts about the nature, origin, flora and fauna of swamps.
- 12:00 – 13:00** **Sabile cider degustation** [www.gardeners.lv](http://www.gardeners.lv)  
The Sabile Cidery is located directly opposite the famous Sabile Wine Hill. It is a small family business and the cider that they produce combines the best qualities of northern aromatic fruits, ancient traditions and modern technologies.
- 13:00 – 14:00** **Lunch at restaurant "Terase"** [www.restoterase.lv](http://www.restoterase.lv)  
RestoTerase is a family restaurant located in the center of Sabile, in the heart of the Abava valley. It serves as a meeting place where customers can enjoy meals, pizzas, and taste products from the Abava winery. Sabile is chosen for its beautiful scenery, rich history, and welcoming locals. It's known not only for its scenic views but also for its wine hill and wineries. The restaurant offers a special pizza named "Zabeln" in honor of Sabile, which has gained popularity. Additionally, Sabile is noted for its numerous springs and a unique feature: beer flowing from water taps.
- 14:30 – 15:30** **Hike (~3km) on Forest Trail – European long-distance hiking route with a view of Venta's Rumba and Kuldīga town (UNESCO).** [www.baltictrails.eu](http://www.baltictrails.eu)  
The hiking route is part of the long distance hiking trail, in this tour you will be very welcome to explore one of the most beautiful routes in Kurzeme district. The Ventas rumba in Kuldīga is the widest waterfall in Europe at 249 m. The width of the waterfall is affected by the water level in the river, on average it is between 200 and 250 meters wide, but reaches up to 270 meters in pals! The height of the waterfall is between 1.6 and 2.2 meters. Waterfall Ventas rumba is a natural monument and is part of the Venta Valley nature reserve.
- 15:30 – 17:00** **Settling in at the hotel "Ķekaba sēta" in Kuldīga** [www.jekabaseta.lv](http://www.jekabaseta.lv)  
Time for exploring the town on your own. Or visit other hotels in Kuldīga.
- 17:30 – 18:30** **Visit to the ostrich and goat farm "Nornieki" with a guide** [www.straussunkaza.lv](http://www.straussunkaza.lv)  
"Strauss un Kaza" is a place where you can interact with animals in safe settings. It emerged from ostrich and Boer goat farming traditions. Guests are welcomed to meet these fascinating animals and discover their stories. The venue includes a restaurant serving diverse dishes and delicacies. The owners will lead you on an excursion.
- 18:30 - 19:30** **Dinner at restaurant "Nornieki" - local food from the farm and surroundings**
- Around 20:00** Return to Kuldīga, hotel "Ķekaba sēta"

## DAY 3; JUNE, 12

- 08:00** Breakfast at the hotel
- 08:30** Departure from hotel to **Slītere National Park** [www.daba.gov](http://www.daba.gov)  
Slītere National Park is located in the Northern Kurzeme peninsula washed by the Baltic Sea. The park is known for its incredibly beautiful vista – courtesy of the sea, broadleaf forests, bogs, wetlands, boreal forests and swamps.
- 10:30 – 11:30** **Bird watching at Cape Kolka (Kurzeme birds)** [www.balticnaturetourism.com](http://www.balticnaturetourism.com)  
Experience one of the finest bird watching spots in Europe – the Cape Kolka on a guided bird watching tour in western Latvia. The 370 km bird watching route follows the scenic Baltic Sea coast, where you can spot a variety of birds, such as seven species of woodpeckers, six species of owls, two species of crossbills, and at least 14 species of raptors, including the Lesser-spotted eagle, as well as various waterfowls.
- 11:30 – 12:00** **Visit to the new home in camping Ūši** [www.balticnaturetourism.com](http://www.balticnaturetourism.com)  
Piedāgi Ūši is a modern holiday home surrounded by coastal pines, featuring a sea-view room and a forest-view room. It's equipped for hikers and nature tourists with facilities for drying gear, a sauna, and a communal kitchen-dining area. There's also outdoor bicycle storage. The home has earned the Walkers friendly certificate.
- 13:00 – 14:00** **Lunch restaurant "Otra puse" by hotel Roja** [www.rojahotel.lv](http://www.rojahotel.lv)
- 14:30 – 15:30** **Grand hiking tour on the coast of Latvia and Estonia (section from Gulf of Riga)** [www.balticnaturetourism.com](http://www.balticnaturetourism.com)  
The Grand Hiking Tour along the coast features trail sections that run beside the Gulf of Riga. During this trip, you'll get the opportunity to explore and experience a segment of this route (~2-3km).
- 16:30 – 17:30** **Smoked fish tasting at Lapmežciems sedum in collaboration with the fisherman's homestead "Skadiņi"** [Ragaciema Skadiņi](http://Ragaciema Skadiņi)  [Ragaciema sedums](http://Ragaciema sedums)  
Ragaciema Skadiņi is an old fisherman's homestead, the name of which is already mentioned in the census documents of 1826. At present, the old fisherman's farm is ready to welcome guests for overnight stays or local fish degustation.
- Around 20:00** **Dinner in restaurant in Jurmala "36 line"** [www.36line.com](http://www.36line.com)  
Overnight stay in Jurmala hotel "Kurši" [www.kurshihotel.com](http://www.kurshihotel.com)

## DAY 4; JUNE, 13

Breakfast in the hotel. Free time in Jurmala resort time

**13:00** Departure to the airport. Direct flight to London (BT653 LGW 15:40. Arrival in London 16:30)

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**Latvia  
travel**

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