

A taste of Baltic nature



Interreg



Co-funded by
the European Union

Central Baltic Programme



Baltic Country Holidays

Latvia ::
travel



Latvian Nature
Tourism Association



NORDIC TOURISM COLLECTIVE

NAT-TOUR-EXPO



Welcome

Q1

What is the term used in Estonia and Latvia to describe the seasonal floods that cover meadows and forests in Spring*?

- Ice Melt Surge
- Baltic Flooding
- Fifth Season
- Green Spring

*usually the floods are occurring in spring. This year it started in November and continued throughout the mild winter



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5th season guided tours in Baltic Nature tourism

Estonia



soomaa.com

SEAKAYAKING
ESTONIA

ESTONIAN
NATIONAL PARKS



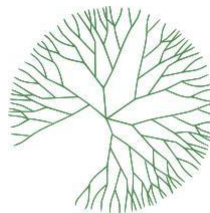
SOOMAA



Latvia



SĒLIJAS
LAIVAS



Daba Laba



SOFIJAS
LAIVAS



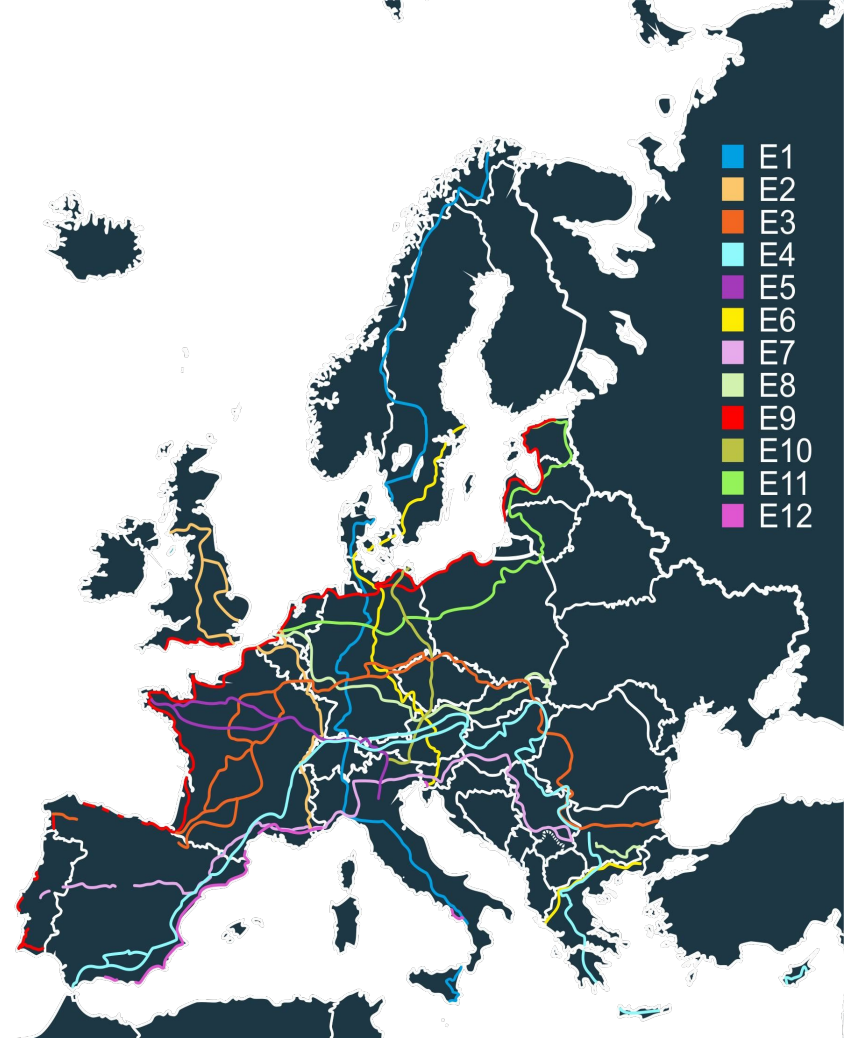
DVIETES PALIENE



Q2

Which two long-distance hiking trails, part of the European E-path network, cross all three Baltic countries?

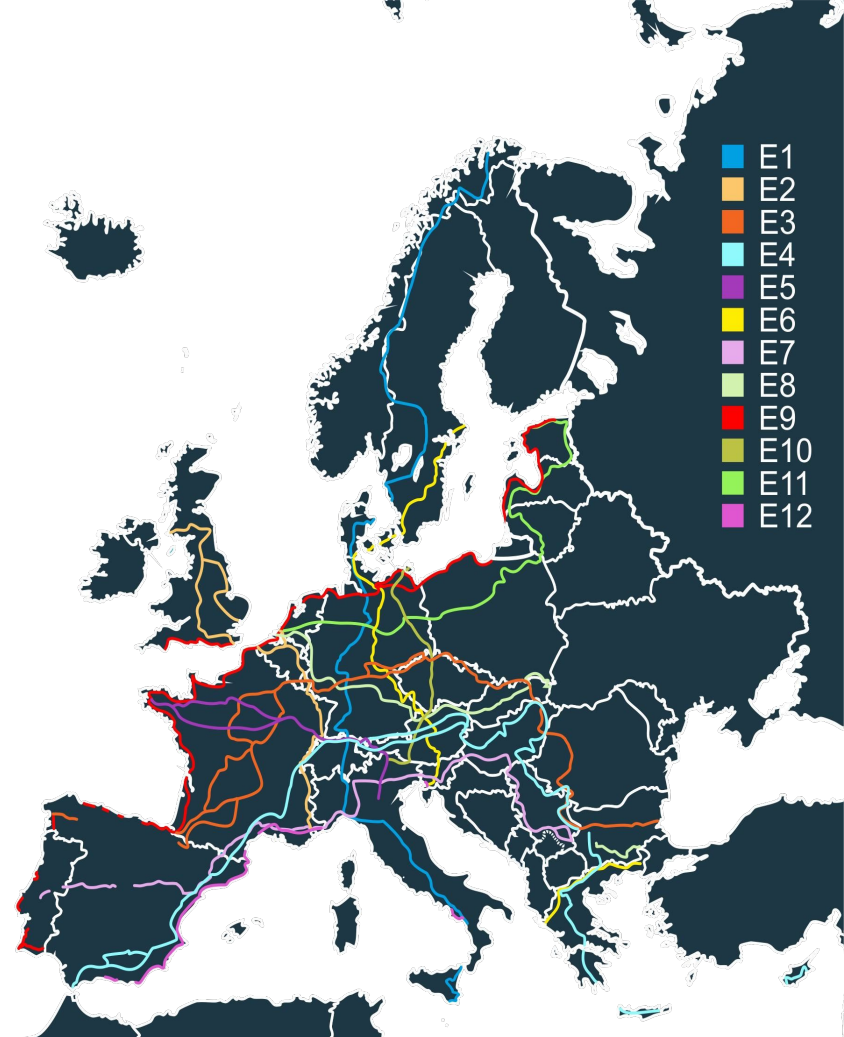
- Baltic Forest Trail & Amber Coast Trail
- The Baltic Forest Trail & The Baltic Coastal Hiking Route
- Livonian Heritage Trail & Daugava Way
- Northern Greenway & Gauja Valley Trail



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baltictrails.eu

The Baltic Coastal Hiking Route

(Jūrtaka (LV), Ranniku matkarada (EST), 1419 km, E9) follows the Baltic Sea coastline, while **The Baltic Forest Trail** (Mežtaka (LV), Metsa matkarada (EST), 2141 km, E11) runs through forests from Poland to Estonia.

Both trails cross Latvia, Estonia, and Lithuania, offering diverse landscapes and nature experiences.



Q3

How many brown bears live in Estonia and Latvia as of recent estimates?

- 950 in EST and 150 in LV
- 50 in EST and 150 in LV
- 500 in EST and 0 in LV
- 800 in EST and 400 in LV

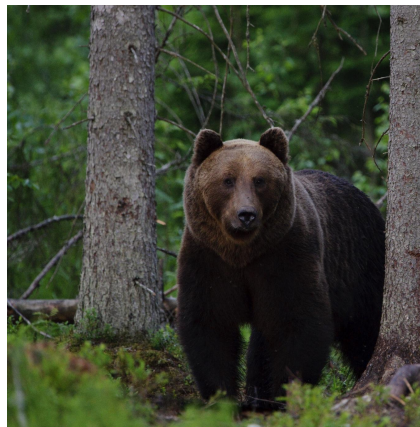


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SMEs in Estonia that provide bear, lynx, seal and other mammal watching tours

SEAKAYAKING
ESTONIA

ActivEST



REIMANN
RETKED



ESTONIAN **WILDLIFE**
TOURS

Q4

Which active tourism activities can be experienced in Riga?

- SUP in Riga canal
- Kayaking and canoeing
- Hiking
- All from above



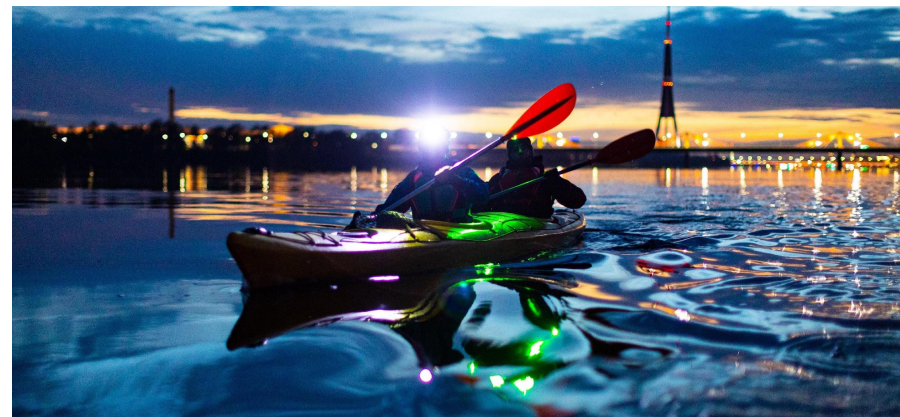
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Urban SUP and Kayaking tours in Riga



Urban canoeing Jelgava

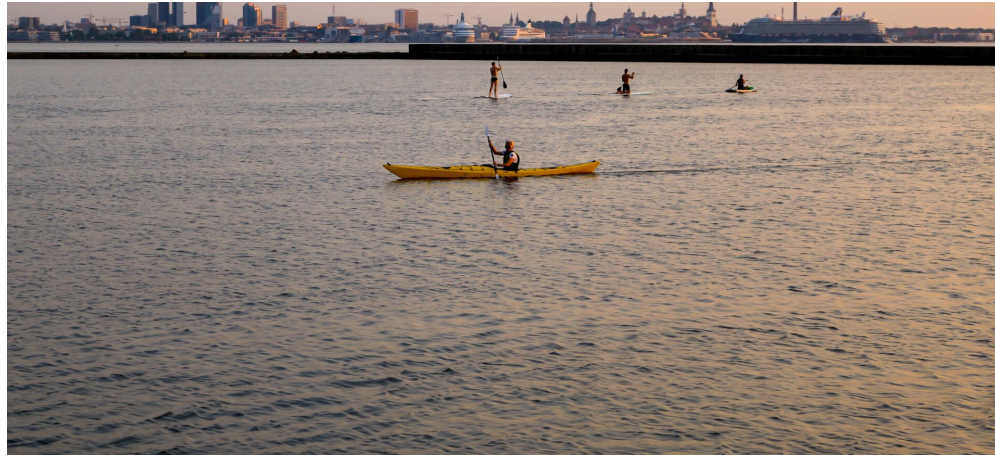


Urban SUP and Kayaking tours in Tallinn



SEAKAYAKING
ESTONIA

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Q5

The longest continuous sandy beach, stretching 32 km, runs through which city?

- Pāvilosta
- Liepāja
- Jūrmala
- Rīga



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Latvia's Longest Sandy Beach –
Jūrmala Coastline (32 km).

A network of forest trails runs through
the coastal dunes, ideal for walking
and Nordic walking.

The Coastal Hiking Trail
(Jūrtaka) passes through Ragakāpa
Nature Park, connecting Lielupe
Beach and Jūrmala Open-Air Museum.



Q6

What natural materials are commonly used in a Latvian pirts (sauna) ritual?

- Birch, oak, and juniper branches
- Eucalyptus and palm leaves
- Sea salt and volcanic stones
- Lavender and olive oil

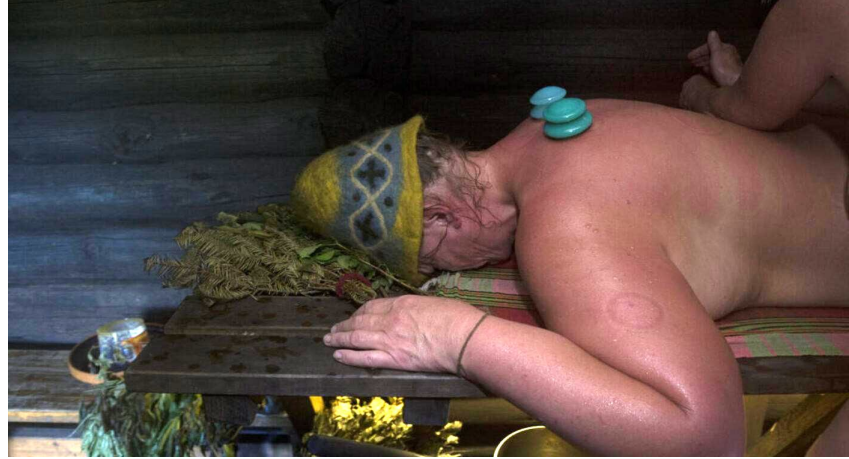


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SMEs that offer *soul* tours



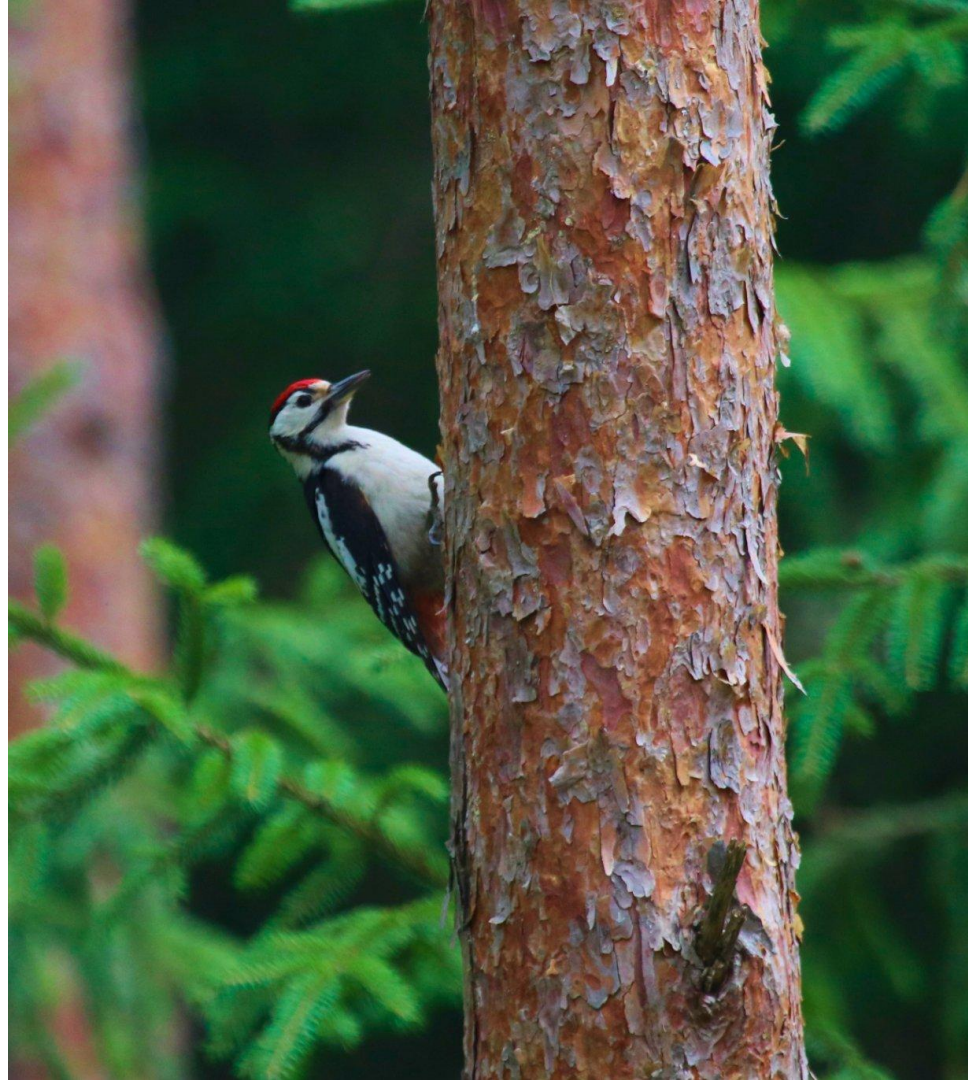
FOREST PIRTS



Q7

Where in Latvia can birdwatchers find all five woodpecker and three wryneck species in one area?

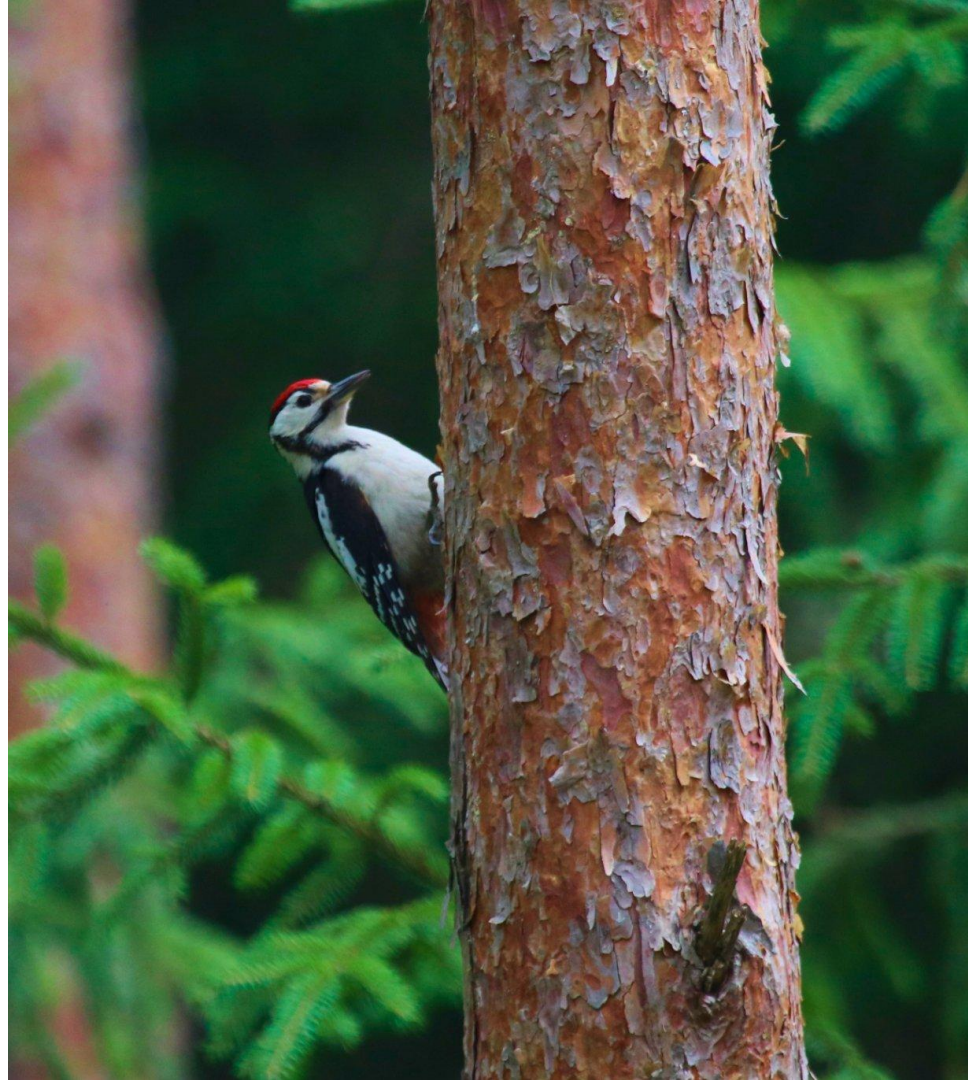
- Gauja National Park
- Slītere National Park
- Ķemeri National Park
- Teiči Nature Reserve



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- **Kemeri National Park**
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Woodpecker and wryneck species in Latvia

Eurasian three-toed woodpecker (*Picoides tridactylus*)

Middle spotted woodpecker (*Leiopicus medius*)

Lesser spotted woodpecker (*Dryobates minor*)

White-backed woodpecker (*Dendrocopos leucotos*)

Great spotted woodpecker (*Dendrocopos major*)

Grey-headed woodpecker (*Picus canus*)

European green woodpecker (*Picus viridis*)

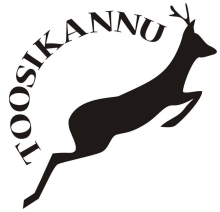
Black woodpecker (*Dryocopus martius*)

All eight species can be observed in Ķemeri National Park, with a chance to see them also in Slītere National Park and Gauja National Park.





Bird watching tours



BIRDING HAAPSALU



ActivEST

ESTONIAN **WILDLIFE**
TOURS



KURZEMES PUTNI

Q8

What is the widest waterfall in Europe, located in Latvia?

- Jägala Waterfall
- Keila Waterfall
- Ventas Rumba
- Imatra Rapids



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Located in Kuldīga, Ventas Rumba spans 249 meters, making it Europe's widest waterfall.

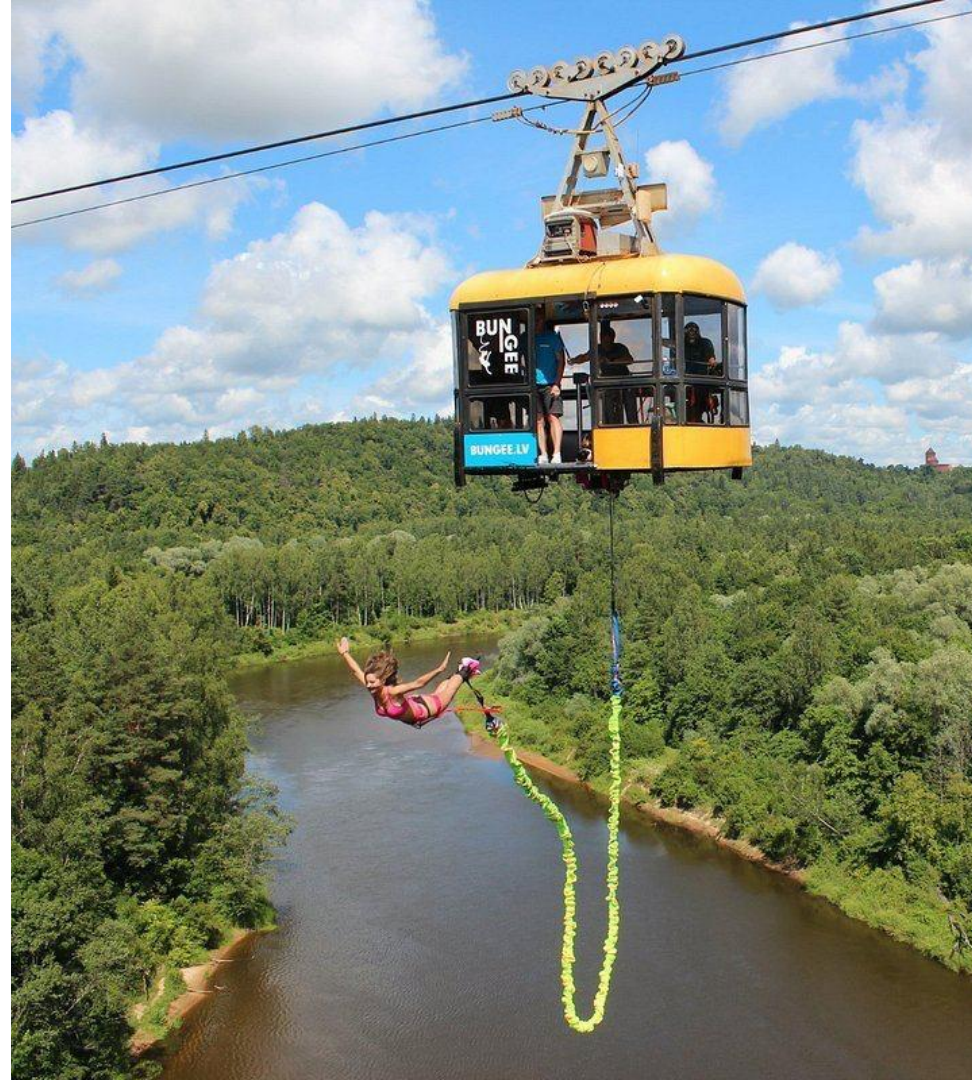
The town of Kuldīga's Old Town is recognized as a UNESCO World Heritage Site, and the Forest Trail (Mežtaka), a long-distance hiking route, passes through this historic area, making it a key destination for nature and culture tourism.



Q9

Which Latvian city is known for extreme tourism activities like bungee jumping, Aerodium wind tunnel, and hot air balloon flights?

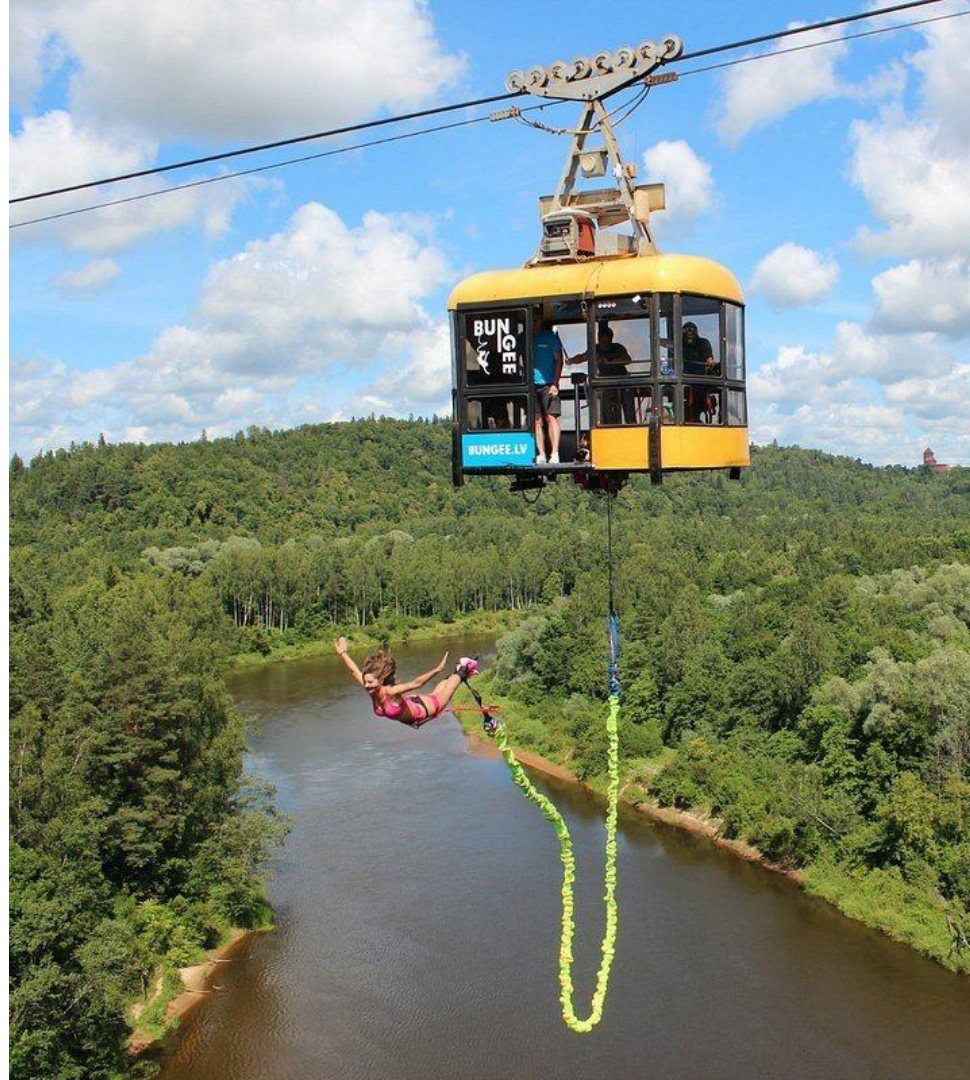
- Cēsis
- Ventspils
- Sigulda
- Daugavpils



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Sigulda, a city in Gauja National Park, is known for the Gauja River Valley, Gutman's Cave, and an bobsleigh track. The Forest Trail passes through, making it one of the key hiking spots. In winter, it offers several ski hills.



#5 SIGULDA - LĪGATNE



FORESTS

This part of the Forest Trail and the Gauja National Park is characterised by a gradual transition from diverse, deciduous forests (ash, grey alder, oak, birch, linden) to coniferous stands. A restored park-like forest landscape has been developed at Klaukas bight, where Vējupīte enters Gauja. Nowadays, when meadows and pastures are no longer used for grazing and hay gathering, many bights of the Gauja River overgrow, even though there used to be lush meadows here in early 20th century. The area also featured many large, solitary trees that used to be home to more than 300 species of mosses, lichens, invertebrates, birds and mammals.

LATVIA
GAUJA NATIONAL PARK

SIGULDA - LĪGATNE, 24 km

In the heart of Gauja National Park



After passing through Sigulda, the Forest Trail follows the River Vējupīte to Mound Paradizes, where a steep staircase leads down into the ancient valley of Gauja River and the ravine of River Vējupīte. It continues to wind down smaller paths through meadows, crossing small rivers whose banks reveal sandstone outcrops. The last six kilometres of this section follow a smaller path down Līgatne Nature Trails. As it draws closer to Līgatne, the Forest Trail moves up the hills of Gauja valley, before descending back down into the deep ravine of Līgatne River, where the village of the former Līgatne Paper Mill is located.

Q10

Which berries can commonly be foraged in Latvian and Estonian wetlands?

- Strawberries and raspberries
- Cloudberries and cranberries
- Blackberries and elderberries
- Blueberries and gooseberries



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- Kayaking & Canoeing
- Bog Shoeing & Snow shoeing
- Hiking
- Birdwatching
- None of these
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Guided bobshoe hikes in Estonia & Latvia



PURVU
BRIDĒJI



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RETKED



LOODUS
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IndieTours
Unleash Your Spirit



Villa Pillaraluu



Q12

What is the target export market for Baltic Nature tourism ?

- Baltics
- USA
- Germany
- United Kingdom



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NAT-TOUR-EXPO

The project will develop a joint Latvian-Estonian nature tourism product tailored for the UK market and launch it through a dedicated marketing campaign to achieve sales. The nature tourism product will be based on individual SME nature tourism products, professionally packaged and accessible from an innovative specialized nature tourism web platform linking directly product providers with the market – free independent travellers, specialized interest groups, and tour operator companies specialized in Baltic countries. The nature tourism product will include wildlife and birding holidays, nature photography, soft adventure: hiking, walking, cycling, boating, and also touring programs to include elements and values of nature, e.g., botanical, wildlife spotting, wellness/Spa, food and foraging.

Q13

The SMEs of which countries cooperate in the Baltic Nature Tourism project?

- Finland
- Latvia and Lithuania
- Lithuania and Estonia
- Estonia and Latvia



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Baltic Nature Tourism is a collaborative consortium comprising over 100 individual nature and outdoor specialists across Latvia and Estonia. This platform is part of the NAT-TOUR-EXPO project, designed to promote and support the collaboration of Baltic nature tourism companies on the UK tourism market.

54 SMEs from Latvia 🇱🇻

44 SMEs from Estonia 🇪🇪

106 nature tourism products in Latvia

119 nature tourism products in Estonia





BALTIC
NATURE
TOURISM

balticnaturetourism.com

Sigulda Adventures

Experience the Best Adventures in Sigulda, Latvia

Discover the thrill – perfect for families, solo travelers, and groups

Cable Car Ride – Enjoy the most scenic views in Latvia from 43m high

Zipline – Fly over the Gauja River at 100 km/h for an adrenaline rush

Wind Tunnel – Learn to fly in Aerodium's original wind tunnel – the first of its kind in the world

Bungee Jump – Take the ultimate leap from 43m above the Gauja River

Why Sigulda?

Unforgettable landscapes, heart-pounding adventures, and warm Latvian hospitality – all within easy reach.

Come and experience it for yourself!

Contact info:

info@siguldaadventures.com

naura@siguldaadventures.com





SPALVA

MEET AUTHENTIC LATVIA

<SPALVA = Feather in eng>



We go beyond the ordinary, crafting authentic, one-of-a-kind experiences deep in Latvia's heart.

- Authentic – Local culture, real connections.
- Exclusive – No crowds, just intimate adventures.
- Personalised – Tailored to awaken your senses.
- Unforgettable – Moments you won't find in guidebooks.

With SPALVA, you don't just visit Latvia—you truly feel it.

Līgatnes Pavāru Māja is a restaurant in Gauja National Park, celebrating Latvian flavors with seasonal, foraged, and home-grown ingredients. A Michelin Green Star 2025 winner, it follows *Slow Food* values—local sourcing, low waste, and nose-to-tail cooking.



REJUVENATE. EXPLORE. THRIVE.



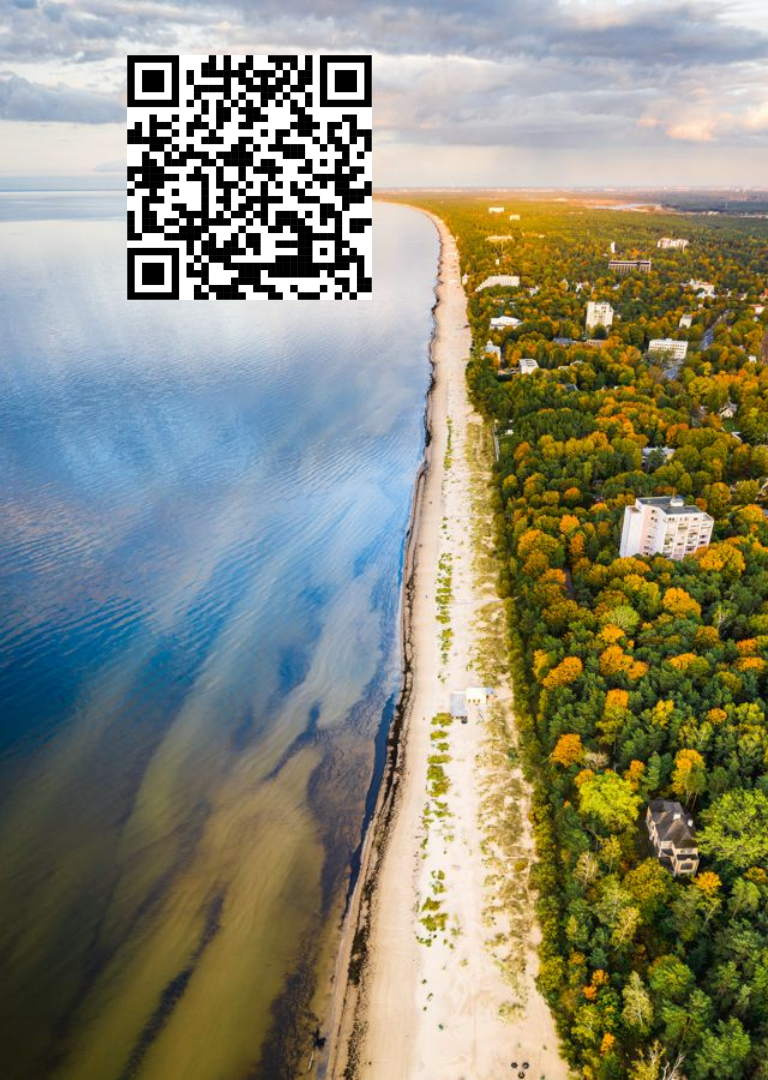
ADVENTURE & NATURE 🌿
WELLNESS & BALANCE 🧘
TEAM & GROWTH 🤝



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JURMALA



24 km long white
sand beach



15 km from an
airport



25 km from the
Capital – Riga
center



33% of territory is
forest



Largest resort
city in the Baltics

JURMALA
15km

RIGA
13km

BALTIC NATURE TRAVEL

If you seek a local DMC in the Baltics and adventures for your travelers like hiking, biking, and kayaking then Baltic Nature Travel is for you!

We organize multi-day tours in the Baltic countries. Join our tours or come with your own adventure idea, and we will make it happen!



www.balticnaturetravel.com
info@balticnaturetravel.com
+371 20302261



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.



info@rigakayaking.com

Dāniels Liepiņš

+371 20 220 580



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.

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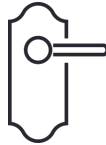


Mogotel Hotel Group is an international hotel operator headquartered in Riga, Latvia, with expertise in delivering high-quality hospitality services.



21

Hotels



3227

Rooms



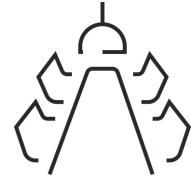
5

SPA



10

Restaurants



72

Conference
rooms



Double daily flight between London Gatwick and Riga

3x weekly flights between London Gatwick and Tallinn

Groups are accepted starting from 6 passengers, with deposit time 2 months before departure, and full payment 1 month before departure.

Big News! airBaltic Makes History as the First European Airline to Launch SpaceX's Starlink In-Flight Connectivity. Fast internet free of charge to every passenger.

airBaltic Receives ch-aviation Europe's Third Youngest Aircraft Fleet Award 2025



British Airways



Flights from London Heathrow to Riga!

Monday: Departs LHR at 09:40, arrives RIX at 12:25.

Thursday: Departs LHR at 09:30, arrives RIX at 12:15.

Friday: Departs LHR at 13:20, arrives RIX at 16:10.

Sunday: Departs LHR at 14:35, arrives RIX at 17:20.

- As a global airline, we connect Britain to the world, and the world to Britain – bringing people, places, and diverse cultures closer together for more than 100 years.
- We've got a travel class to suit every taste and budget, from our best value economy services to the exceptional luxury and impeccable service of Club and First
- We offer a generous baggage allowance on board.

Contacts:

Kiren Pinder

email?



Who we are

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- The platform is part of the NAT-TOUR-EXPO project, designed to promote the collaboration of Baltic nature tourism companies on the UK tourism market.
- Project partners: Baltic Country Holidays, Latvian and Estonian Nature tourism associations, Estonian Rural tourism organization.

Sign up for the newsletter



Baltic Nature tourism

