



Birds, Bogs & Baltic Traditions: ESTONIA & LATVIA FAM TRIP

October 6-10, 2025
LATVIA / ESTONIA

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.

This FAM trip invites UK tour operators and media representatives to discover autumn tourism in Estonia and Latvia. The October program begins in Tallinn and winds south to Riga, offering a curated experience of bird migration, nature tourism activities, and regional culture.



DAY 1 October 6, Monday

9:10 - 16:15 **AirBaltic flight** from **London to Tallinn** via Riga
Flight BT652: London Gatwick (LGW) – Riga (RIX)
Flight BT315: Riga (RIX) – Tallinn (TLL)

Alternative flight
15:40 - 20:35 **Wizz Air** nonstop flight from **London to Tallinn**
Flight W95445: London Luton (LTN) – Tallinn (TLL)

17:00 **Check in at hotel** Accommodation at The von Stackelberg Hotel Tallinn

www.vonstackelberghotel.com

18:00 **Dinner at the hotel**

21:30 **Late evening welcoming snacks** at the hotel room (for travellers from London Luton Airport).

DAY 2 October 7, Tuesday

8.00 - 9.00 **Breakfast** at the hotel

9:00-9:30 Transfer to **Leppneeme**

9.30 - 12.30 Seal watching tour

www.balticnaturetourism.com

Seal watching tour includes a boat ride past small islands, with chances to observe grey seals in their natural surroundings. Classical music is used to attract the seals, while the guide shares insights about their daily life and the coastal nature.

12:30 - 13:00 **Transfer** from Leppneeme to **Viimsi**

13:00-14:00 **Lunch** at NOA Restauran

www.noaresto.ee

NOA Restaurant is a seaside venue near Tallinn offering panoramic views of the bay and a warm, design-forward atmosphere. Recognised by the MICHELIN Guide, it serves seasonal international cuisine in a setting that blends Nordic coastal charm with relaxed elegance.

14:00-16:00 **Transfer** to Matsalu

At 16.15-18.00 **Guided wildlife watching** at Matsalu in boat

www.matsalupaadireisid.ee

This tour combines a guided walk through the Saastna Peninsula's juniper groves and coastal meadows with a scenic boat ride across Matsalu Bay. It offers a close look at Estonia's rich wetland biodiversity and is especially rewarding during spring and autumn bird migrations.

18:00-18:50 **Transfer** to Altmõisa Guesthouse

19.00 - 21:00 Altmõisa Guesthouse

www.altmoisa.ee

Altmõisa Guesthouse is located near Matsalu National Park in western Estonia. The guesthouse features individually furnished rooms, a dining hall, and spaces for group events, with a focus on local food and nature-based experiences.

Dinner with local favourites – fish cakes, roasted vegetables, fresh salad, berry mousse, coffee/tea/water.

Mocktail Workshop during Dinner – with “Meie aia Teie lauale” – Matsalu

www.marjatar.ee

An inspiring, evidence-based workshop that turns Matsalu's wild herbs into simple, delicious and health-forward drinks—blending nature, taste and practical know-how in one evening.

DAY 3 October 8, Wednesday

6.00 **Wildlife watching tour** with Tarvo Valker from Birding Haapsalu

www.balticnaturetourism.com

Birding Haapsalu is one of Estonia's most experienced nature tour providers, offering professionally guided birdwatching and wildlife experiences in Matsalu and beyond. With over 30 years of field expertise, their tours are thoughtfully timed with migration seasons and tailored to spot rare species like Steller's Eider, Ural Owl, and even lynx or wolves.

8:30 **Departure**

9.30 - 10.00 **Breakfast** at guesthouse

10:00-12:00 **Transfer** to Kabli bird center

www.wildnaturestonia.com

12.00 - 13.15 **Kabli linnujaam | Keskkonnaportaal tour** with bird watching guide Tarvo Valker from Birding Haapsalu

www.keskkonnaportaal.ee

Located on Estonia's southwest coast, Kabli Bird Station is one of the best places in the Baltic region to witness bird migration up close. Every spring and autumn, thousands of songbirds, waterfowl, and raptors pass through the coastal bottleneck near Kabli, making it a hotspot for both birdwatchers and researchers.

The station is known for its long-running ringing and monitoring programme, where visitors can learn about bird migration, scientific research, and conservation. It also features an observation tower, interactive exhibitions, and a nature trail through coastal forest and wetland landscapes.

13.30-14.00 **Picnic** at Tolkuse bog

14.00 - 15.30 **Bogwalk guided tour** at Tolkuse bog with a guide Marika Kose

Tolkuse Bog is a raised peat bog in southwestern Estonia, located within the Luitemaa Nature Reserve. It features a 2.2 km boardwalk trail and an observation tower, providing access to typical bog landscapes and opportunities to observe wetland vegetation and bird species.

15.30-17:00 **Transfer** to guesthouse Tēva Mājas garoza in Latvia

17:00 Arriving at **Tēva Mājas garoza guesthouse**

Tēva Mājas Garoza is a family-run guesthouse in the coastal village of Tūja, just 200 metres from the sea. It offers a quiet retreat with ten individually designed rooms, a traditional sauna and hot tub in the forest edge, and meals prepared on site using local ingredients.

18:00 **Latvian Taste dinner**

20:00 - 22:00 **Sauna masterclass**

Sauna (pirts) masterclass and herbal tea degustation. A hands-on introduction to Baltic sauna (named pirts in Latvian) traditions guided by an experienced host. The session includes traditional techniques, birch whisks, and stories about local bathing customs, followed by a herbal tea degustation featuring wild and seasonal ingredients.

Stay at Tēva majas garoza

DAY 4 October 9, Thursday

Vidzeme coastal area

8:00 **Breakfast** at Tēva Mājas Garoza

10:00 **Ride Electric Bikes** through Nature with Cocktail Breaks

A guided e-bike tour through natural surroundings, with scheduled stops to enjoy a selection of non-alcoholic cocktails prepared on site. Lead by Botanist Studio, the experience combines outdoor activity with seasonal flavours in a calm, open-air setting.

13:00 **Lunch** at Liepupe minor

Liepupe Minor is a restored 18th-century manor complex located near the Vidzeme coast in Latvia. Surrounded by meadows and forest, the manor offers a quiet setting for cultural events, retreats, and nature-based experiences. The estate includes a historic main building, landscaped grounds, and nearby access to the sea and countryside trails.

14:30 **Stump Drum Craft** at Liepupe Minor

At "Dzirņupes," guests meet Juris, a craftsman who carves traditional stump drums from local tree species such as spruce, linden, willow, and oak. The visit includes an introduction to the drum-making process, material selection, and the chance to try drum carving and playing.

19:00 **Dinner** in Riga

21:00 **Hotel** in Riga

DAY 5 October 10, Friday

7:25 - 8:15 AirBaltic **flights from Riga (RIX) to London Gatwick (LGW)**

or Flight BT653: RIX - LGW **15:40 - 16:30**

15:40 - 16:30 Flight BT651: RIX - LGW **07:25 - 08:15**

8:30 **Breakfast** at hotel

9:30 - 11:00 **Art nouveau district tour** (for participants who leave in the afternoon)

Riga is internationally recognised for its extensive Art Nouveau architecture, with over one-third of the buildings in the city centre reflecting this early 20th-century style. Characterised by ornate façades, flowing lines, and decorative details, Riga's Art Nouveau emerged during a period of rapid urban growth and remains a defining feature of the city's architectural heritage.

11:00 - 13:30 **Fish tasting and wild food workshop**

13:30 **Departure** to Airport

Interreg



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