



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

Interreg

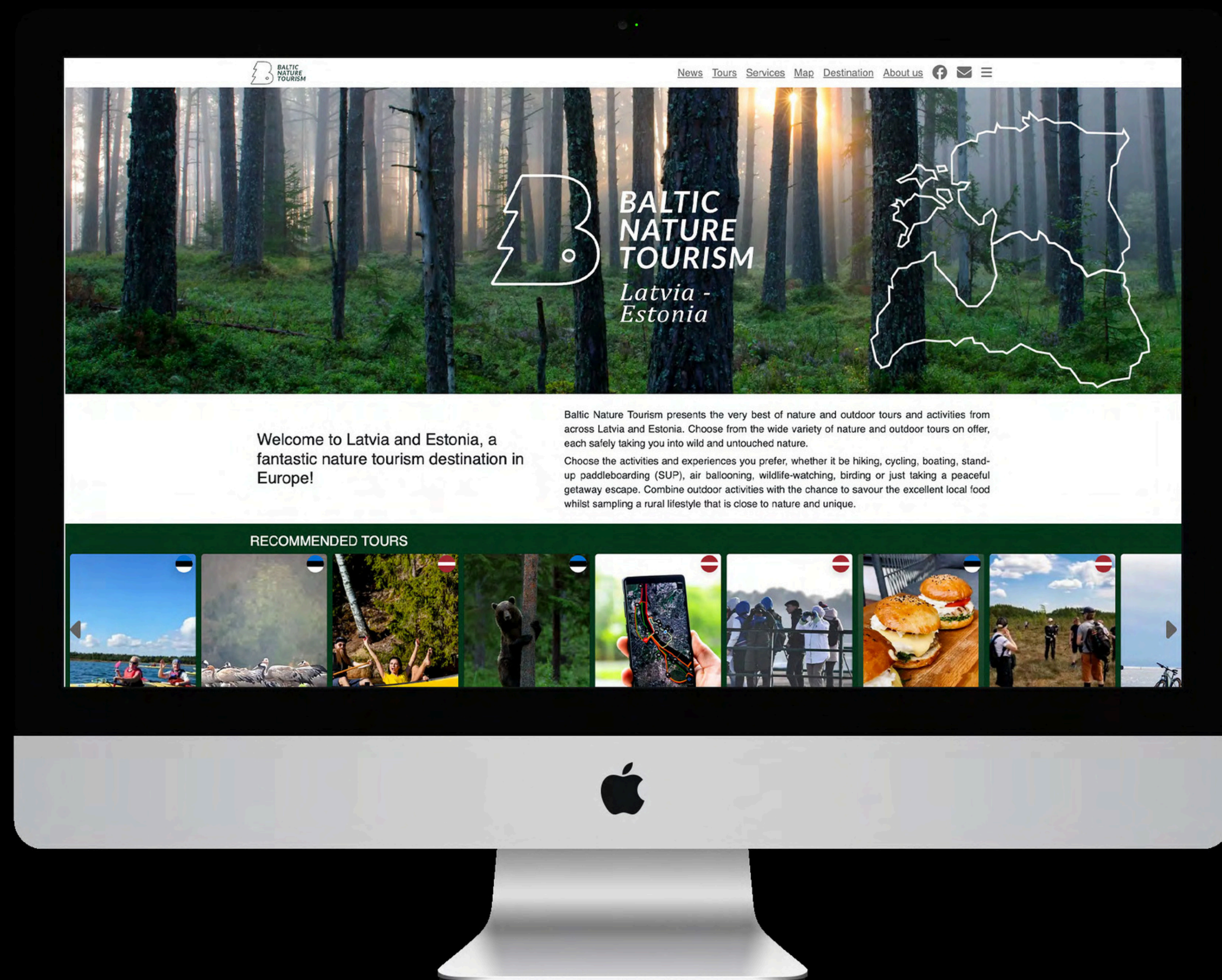


Co-funded by
the European Union

Central Baltic Programme

NAT-TOUR-EXPO

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www.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:

Name: Naura Kikuste

Email: Info@siguldaadventures.com

naura@siguldaadventures.com

Phone: +371 28383333

Website: siguldaadventures.com



Spalva



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.

Contact info:

Name: Sindija Vilde

Email: sindija@spalvalatvia.com

Phone: +371 29288364

Website: spalvalatvia.com



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

Līgatnes Pavāru Māja



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.

Contact info:

Name: Ēriks Dreibants,

Juris Dukaļskis,
Artūrs Kļaviņš

Email: pm@pavarumaja.lv

Phone: +371 29222335

Website: pavarumaja.lv



PLOifeWstEyRleJOanUdRwNeElynesstourism agency

Lifestyle and wellness tourism agency
POWER JOURNEY

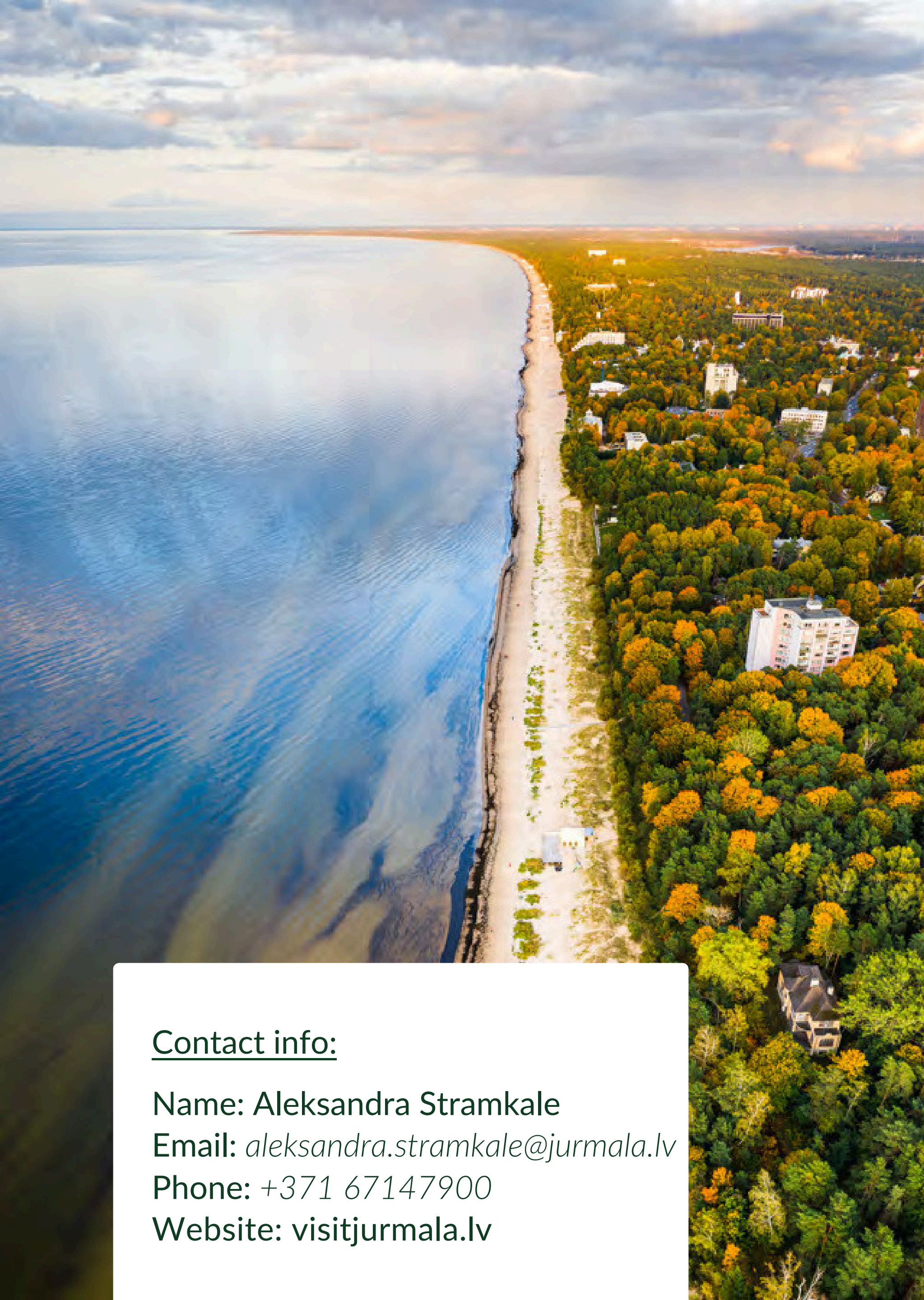
Your Gateway to Adventure & Wellness in Latvia
www.power-journey.com
Do you seek rejuvenation, adventure, and authentic cultural experiences?

If so, we have something special.
Your Gateway to Adventure & Wellness in Latvia

- Tailor-made nature retreats for families, individuals & teams.
- "Adventure + relaxation: hiking, cycling, water activities, forest therapy."
- "Cultural & historical immersion: artisan workshops, local traditions."
- "Adventure + relaxation: hiking, cycling, water activities, forest therapy."
- "Cultural & historical immersion: artisan workshops, local traditions"

Contact info:
Name: Rudite Ruce
Email: rudite@power-journey.com
Phone: +371 28356065
Website: power-journey.com





Contact info:

Name: Aleksandra Stramkale

Email: aleksandra.stramkale@jurmala.lv

Phone: +371 67147900

Website: visitjurmala.lv

JURMALA



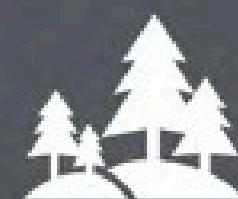
24 km long white sand beach



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!

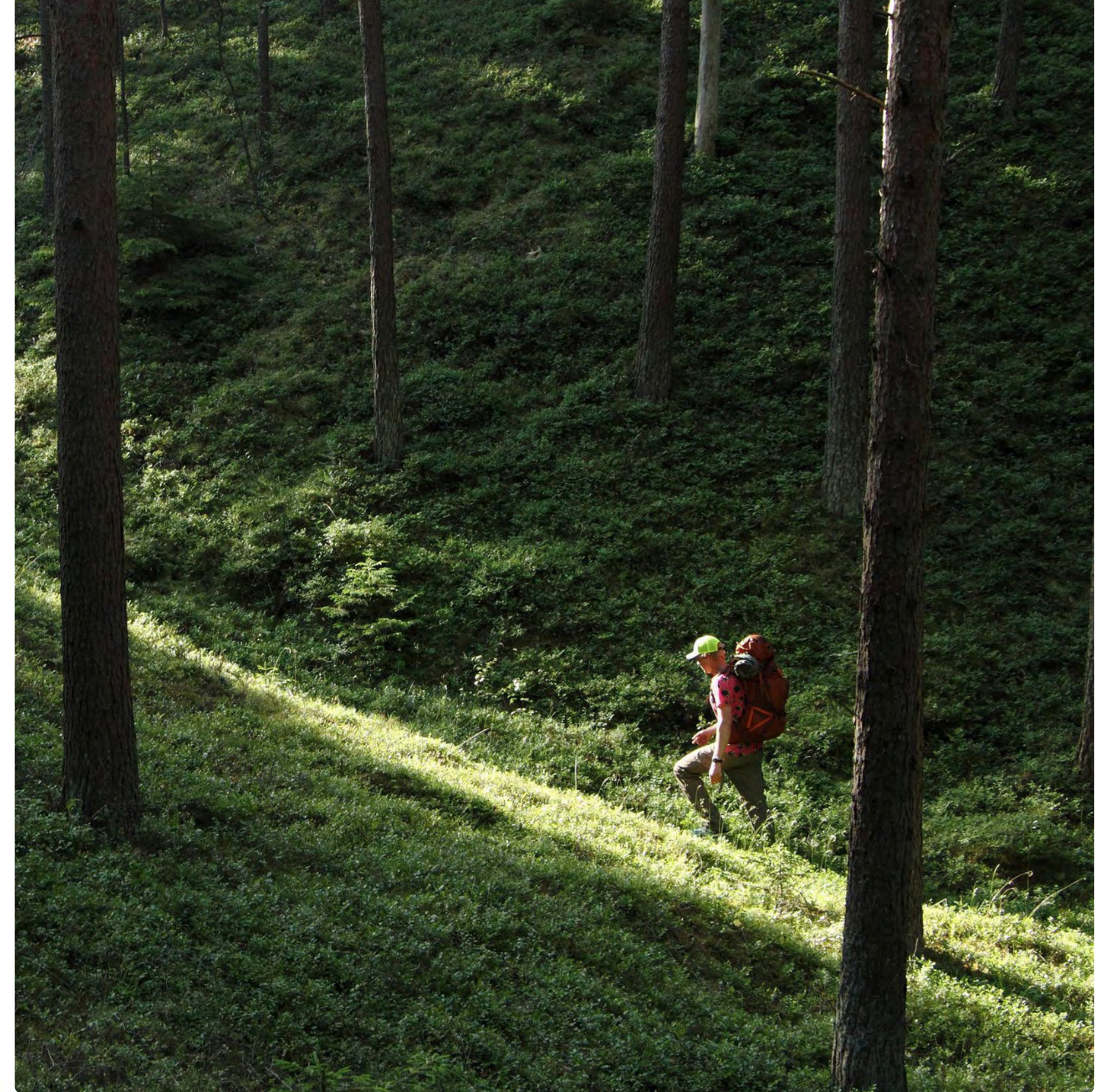
www.balticnaturetravel.com

Contact info:

Name: Valdis Čeics

Phone: +371 20302261

Email: info@balticnaturetravel.com Website: 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.



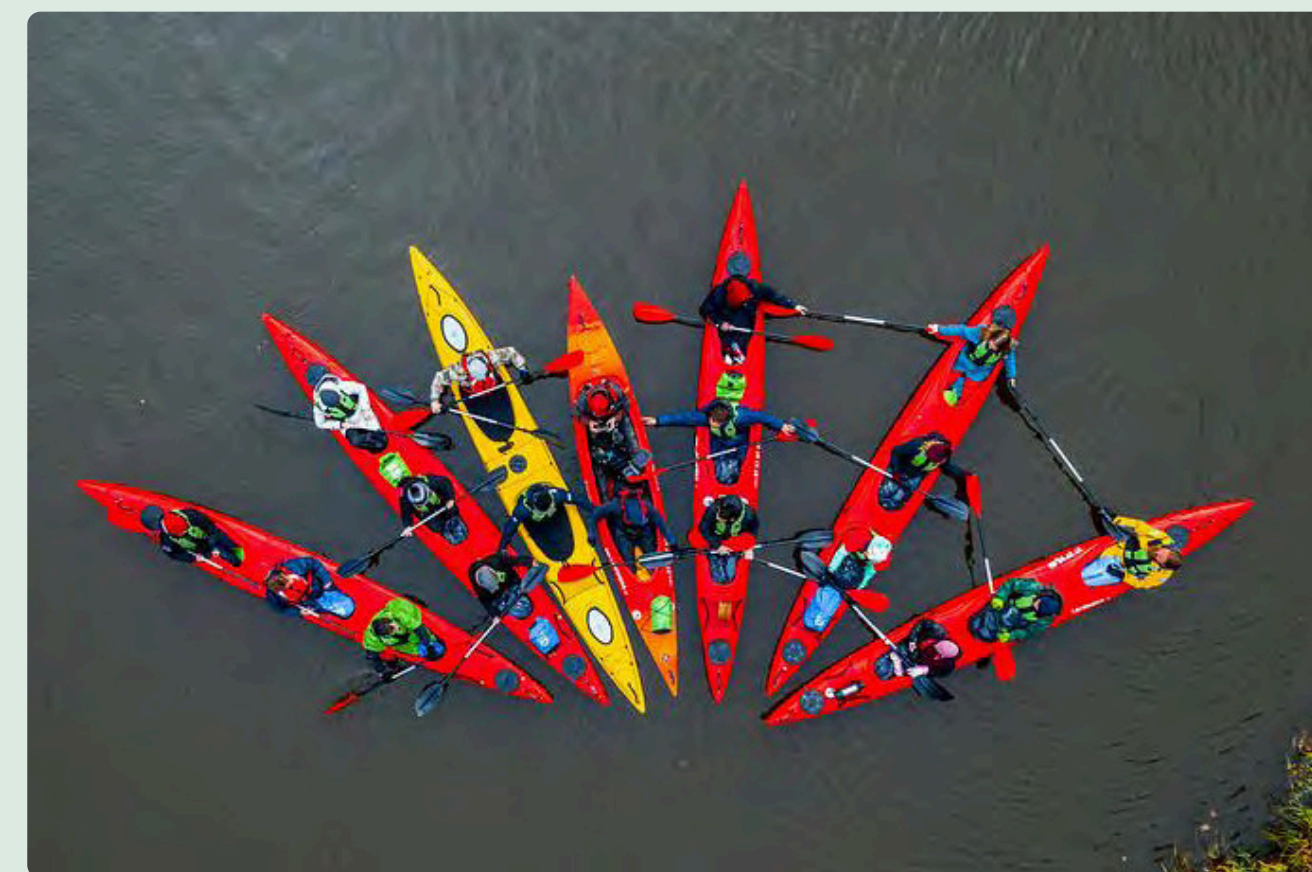
Contact info:

Name: Dāniels Liepiņš

Email: info@rigakayaking.lv

Phone: +371 20220580

Website: 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.

Contact info:

Name: Anna Saļņikova

Email: info@letshike.co

Phone: +371 20227957

Website: letshike.co



Mogotel Hotel Group

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

21
Hotels

3227
Rooms

10
Restaurants



72
Conference rooms

5
SPA

Contact info:

Name: Laura Kārklīņa – Cimdīņa

Email: laura.cimdina@mogotel.com

Phone: +371 67259918

Website: mogotel.com





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 month 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

Contact info:

Name: Jana Indrāne
Email: Jana.Indrane@airbaltic.com
Website: airbaltic.com





BRITISH AIRWAYS

- 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.

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**

Contact info:

Name: Kiren Pinder

Email:

Website: britishairways.com



Investment and Development Agency of Latvia

- Fam tours for travel trade
- Media trips
- Marketing materials
- Industry news



Contact info:

Name: Šarlote Līduma

Email: sarlote.liduma@liaa.gov.lv

Website: latvia.travel

SIGN UP for
the newsletter





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.

SIGN UP for
the newsletter



Contact info:

Name: Asnāte Ziemele

Email: balticnaturetourism@celotajs.lv

Phone: +371 29285756

Website: balticnaturetourism.com

