



GO RURAL

PRODUCT MANUAL 2018

SOUTH COAST FINLAND / ESTONIA / LATVIA



Legend • Zeichenerklärung • Условные знаки

- | | | |
|--|---|---|
| Motorway • European road number
Autobahn • Europas Straßennummer
Автомостраль • Номер дороги | Other roads
Андре Страссен
Прочие дороги | Airport • Bus terminal
Flughafen • Autobusbahnhof
Аэропорт • Автобусная станция |
| Trunk road
Fernverkehrsstraße
Магистральная дорога | Ferry
Fähre
Паром | National boundary
Staatsgrenze
Граница государства |
| Main road
Hauptstrasse
Главная дорога | Railway • Station
Eisenbahn • Bahnhof
Железная дорога • Станция | National capital
Hauptstadt eines Staates
Столица государства |

0 35 km

Rīga



Photo: Adorning the bride for the wedding ritual, Suiti region, Latvia.

INTRODUCTION

This manual is aimed at helping you discover rural destinations in the South of Finland, Estonia and Latvia beyond traditional touristic routes. The programmes and sites in this manual are based around small-scale accommodation, open farms, local producers, living traditions and sincere people. The people here have a close relationship with their natural surroundings and annual cycle. Each season has its own specific activities like mushrooming, berry picking, collecting herbs, ice-fishing and different agricultural jobs as well as traditional and seasonal celebrations. The countries are a haven for the tourist who loves nature, respects traditions and would like to experience them and their cultures more deeply.

Behind this manual there is a team of professional countryside tourism organisations and tour operators. For many years we have carried regular inspections of our accommodation and sites, have closely cooperated with national parks and nature experts, researched and developed new routes.

In this brochure we present example products based on rural experiences such as visits to country farms, hands-on workshops, tours of UNESCO World Heritage Sites, stays at spa hotels, and opportunities to get closer to nature or to live like locals. Some model itineraries for touring the three countries are presented. All of these can be linked with the traditional touristic routes and city experiences to bring more variety and attraction.

Travelling options between the countries are shown by air, ferries and bus. A list of tour operators that can help to arrange tours and services group and individual customers is provided in this manual.

www.balticsea.countryholidays.info



Photo: A meal in the Tradition House,
Setomaa region, Estonia.

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DESTINATION AREA – SOUTH COAST FINLAND, ESTONIA, LATVIA

Finland, Estonia and Latvia are neighbouring countries in the North of Europe and Scandinavia, on the shores of the Baltic Sea. Visiting all three countries in one trip is very easy for the following reasons: relatively short travelling distances between and within the countries due to their small size, no border formalities between countries since Finland, Estonia and Latvia are all in EU, have the same time zone, the same currency and similar climate.

The peoples of our three countries feature many similarities in personality and way of life. However, each is proud of their unique identity which shows in language, arts and crafts, foods and traditions. Take their capitals, each featuring a UNESCO World Heritage

site: the Suomenlinna fortress at the entrance to Helsinki's harbour, Tallinn's well-preserved and charming Old Town, and Art Nouveau architecture in Riga. The countryside provides an equally varied ambience in numerous national parks, contrasting coastlines and historic sites. The rural landscape is characterised by low population density and varied landscapes, rich in wildlife. There are also charming small towns, full of history and peaceful milieu.

While each country has its own national language, in cities many people speak English as well. In rural areas however foreign language skills are sometimes less common and interpreter services would be helpful.

PRACTICAL THINGS TO NOTE:

- driving is on the right side of the road
- European C-type socket

	FINLAND	ESTONIA	LATVIA
Capital	Helsinki	Tallinn	Riga
Territory km ²	338 424	45 227	64 573
Population	5 487 308	1 315 635	2 023 825
Population density: inhabitants per km ²	17	28.4	31
Language	Finnish Inhabitants also speak Swedish, English	Estonian Inhabitants also speak English, German or Russian	Latvian Inhabitants also speak English, German or Russian
Currency	EUR	EUR	EUR
Country code	+ 358	+ 372	+ 371
Local time	GMT + 2 hours	GMT + 2 hours	GMT + 2 hours
Climate	Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature +17°C, the coldest month is January with average temperature -4°C.		

TRAVELLING WITHIN THE DESTINATION

Travellers can arrive in the destination area by sea, air and land. Main airports are located in capitals: Helsinki, Tallinn and Riga and many flights also operate between them. Several ferry ports connect the countries with other interesting destinations, for example Sweden. The main ferry ports are Helsinki in Finland, Tallinn in Estonia, Riga, Liepaja and Ventspils in Latvia, while local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn and regular ferry services between Tallinn and Helsinki.



AIRLINES

Finnair

Finland's flagship carrier, with its Helsinki hub as a gateway between the Far East and Europe.

www.finnair.com

Japan Airlines

Japan's top airline, one of the world's premier carriers.

www.jal.com

airBaltic

The national Latvian airline that offers cheap flights to over 50 destinations in Europe and beyond from Riga, Vilnius and Tallinn.

www.airbaltic.com

Nordica

The national Estonian airline in cooperation with LOT Polish Airlines.

www.nordica.ee



FERRIES

Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger transport services in the northern Baltic Sea region.

Helsinki – Tallinn

Helsinki – Stockholm

Riga – Stockholm

www.tallinksilja.com

Viking Line

Viking Line is a public limited company and a market-leading brand in passenger traffic in the northern Baltic Sea area.

Helsinki – Tallinn

Helsinki – Stockholm

www.vikingline.com

Eckerö Line

Estonian ferry line and a travel agency.

Tallinn – Helsinki

www.eckeroline.ee

Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:

Kihnu and other small islands www.veeteed.com

Muhu, Hiiumaa and Saaremaa www.praamid.ee



COACHES

Lux Express: www.luxexpress.eu

Ecolines: www.ecolines.eu

Eurolines: www.eurolines.eu

The coach trip from Tallinn to Riga takes ca 4.5 hours.



CHARTER BUS COMPANIES

Friman Travel

Modern bus services, licensed tour operator, charter tours.

Phone: +358 19 2481004

Email: info@frimantravel.fi

Website: www.frimantravel.fi

Go Bus Charters

Exceptional quality coaches and minibuses providing services in Baltic countries and Scandinavia. Highly professional, friendly and experienced bus drivers and staff, large fleet and flexible service.

Phone: +372 631 0011, +372 55 645 753

Email: tellimine@gobus.ee

Website: www.gobus.ee



CAR RENTAL

Avis, Budget, Sixt and Hertz are international car rental companies with large worldwide networks and a standardised level of service. Driving licences issued in Japan are valid for tourists to drive in Finland, Estonia and Latvia. Driving is on the right side of the road.



Photo: Traditional costumes and singing, Setomaa region, Estonia.

RURAL PROGRAMMES

These programmes offer brief rural experiences that can bring some diversity to the existing tour operator itineraries for group and individual travel. There is a choice of short, stopover packages and half or full day programmes. Short programmes can be adapted to the timings and geographical area covered by tour operators' existing tours and fitted in as additional elements without changing the basic tour itinerary. Half and full day programmes, with or without overnight stays in country hotels, can be useful for individual tourists interested in experiences outside cities. Each programme package consists of several services.

The descriptions of the programme packages are provided to give the best idea of the product. They are structured in three parts:

- General Information presents the technical details regarding the programme's duration, distances, etc. to help readers understand whether and how the programme could be fitted into tour operators' itineraries;
- The Introduction describes the highlights and unique experiences the programme offers;
- The Programme Itinerary describes, step by step, all the activities included in the package.



A DAY OFFLINE - FINNISH LAKE VIEW, FOREST AND FISHING

WEBSITE: www.johku.com/therafish/fi_FI/catalog/#!/3

LOCATION: Lohja town surroundings



GENERAL INFORMATION:

Package type: half day outdoor programme

Season: May - September

For whom: groups (min. 2 - max. 10 pers.)
 - Sun Tracker Fishing Barge holds 8–10 people (plus guides)
 - it is possible to arrange several 4–10 person boats and fishing guides for bigger groups

Package includes:
 2-hour fishing experience + lunch + 1–1.5 hours trekking in forest wilderness + 1 hour coffee making experience on a campfire.

Degree of difficulty: easy

Duration of the programme: 6 hours

Type of transport: public transportation / individual transfer / tourist bus

Distance from Helsinki: 60 km

INTRODUCTION:

The day will be spent outdoors, on Lake Lohja and in the surrounding forest. Lake Lohja is the biggest lake in the Uusimaa region of Southern Finland. The area is unique and well known for its fish, birds and forest groves. Finnish people call forests their churches and visit them for peace, quiet and recreation. Making coffee on a bonfire is a hundred-year-old tradition in Finland. Finnish people love their coffee and it is a luxury to make it on the campfire in this busy world. The aim of this day is to relax in nature – therefore on this trip you make a promise to stay offline.

N.B.! Participants are advised to wear comfortable clothing and hiking boots.

PROGRAMME ITINERARY:

- Arrive from Helsinki by public bus, private transfer or by tourist bus. Meet the fishing guides.
- 2 hours fishing experience on the Lake Lohja.
- Lunch in Villa Lake Café serving Finnish specialties.
- Guided 1-1.5 hour trekking in the forest.
- Guides will teach the traditional Finnish way to boil coffee at the campfire.
- End of tour in Lohja.



LOHJA – KARKALI, A DAY IN THE NATURE AND SMOKE SAUNA EXPERIENCE

WEBSITE:

www.nationalparks.fi/karkali

www.en.kettukallio.net

LOCATION: Karkali Strick Natura Reserve

ADDRESS: Karkalintie 1035, 08100 Lohja, Finland

LOCATION: Kettukallion Elämystila

ADDRESS: Joenpellontie 145, 08480 Lohja, Finland



GENERAL INFORMATION:

Package type: full day programme

Season: May - October

For whom: groups (min. 8 - max. 16 pers.)

Package includes:

guided walks + picnic lunch + transportation + dinner by the camp fire + smoke sauna and hot tub + light Finnish supper

Degree of difficulty: medium

Duration of the programme

(including transportation): 11 hours

Type of transport: tourist bus

Distance from Helsinki: 79 km

INTRODUCTION:

Karkali Strict Nature Reserve is located at the end of Cape Karkalinniemi, which projects far out into Lake Lohja. Karkali is famous for its large hazel groves, impressive linden forests and rare plants. Eleven rare orchid species grow in the area, including the Red Helleborine (*Cephalanthera rubra*) and the Bird's-Nest Orchid (*Neottia nidus-avis*). The area is an ideal destination for an enjoyable day trip, especially in the spring, when the anemones and other spring flowers are glorious. In late spring and summer, the leaves of the common hazels (*Corylus avellana*) form a canopy over the trail. Most of the trail runs through the forest, but there are also sections which follow the shoreline, passing over rocks and through a meadow into the forest.

N.B.! Participants are advised to wear comfortable clothing and hiking boots.

PROGRAMME ITINERARY:

- Depart Helsinki for Karkali in the morning. Bus ride will take approx. 1.5 hours.
- Visit Torhola Cave. It is a 500 m walk to the cave from the car park. Torhola Cave is the largest limestone cave in Finland and about 30 m deep.
- Picnic lunch. We will visit a natural spring that is used by locals and the many visitors to Karkali for drinking water. There is a beautiful meadow where the grass is cut once a year to keep the area open and favourable for the many flowering plants, butterflies and other insects found here.
- Return to the bus and continue to the Kettukallion Elämystila homestead, approx. 13 km (approx. 20 min. drive).
- Kettukallion Elämystila. A cooked lunch is served in an idyllic Lapp hut. The meal is cooked on an open fire in front of guests and it includes:
 - - a starter of salad using Finnish vegetables
 - - main course: grilled salmon, baked potatoes, grilled vegetables and sauce
 - - cold drinks, coffee or tea made on the fire
- Duration of dinner approx. 1.5 hours
- Traditional Finnish smoke sauna. Finland's everyday saunas were developed from the smoke sauna. Next to the smoke sauna is a hot tub in which guests can sit and relax while listening to the sounds of nature. Duration of sauna session approx. 2 hours.
- Light evening meal after the sauna: Karelian pies with egg butter. These are served in a warm room next to the smoke sauna.
- Return to Helsinki.



EXPERIENCE A LOHJA HOME VISIT

WEBSITE: www.karkali.johku.com

HOST: **Riitta Laine**,
an official wilderness guide and a gardener by profession

LOCATION: **Family home by the Lake Lohjanjärvi**

ADDRESS: Kohtolankatu 8C, 08100 Lohja, Finland



GENERAL INFORMATION:

Package type: full day tour

Season:

- mushroom and berry picking: July- September

- fishing: May - February

For whom: 1-10 persons

Package includes:

guided berry or mushroom picking or fishing + picnic break + making a traditional Finnish meal together with the host family + transportation

Degree of difficulty: medium

Duration of the programme: 6–10 hours (agreed beforehand), including transportation to/from Helsinki

Distance from Helsinki: 60 km

INTRODUCTION:

The family home is located by Lake Lohjanjärvi, 1 km from Lohja city centre. Guests will experience the Finnish way of harvesting wild foods and using them to make delicious meals at home. Depending on the season, guests will enjoy berry picking, mushrooming or fishing, as well as cooking with the hostess.

The family home offers a hospitable and friendly atmosphere. In the summer the family and guests can enjoy coffee under the apple tree on the terrace by a pond containing carp. The lush flora and the pond attract a lot of butterflies, birds and squirrels. The family grow their own herbs, tomatoes, lettuce and strawberries. Meals are served in the spacious glass-covered terrace with a lovely view of Lake Lohjanjärvi. The terrace has an open fire and heaters to make it comfortable, even in the winter.

N.B.! Participants are advised to wear comfortable clothing and hiking boots.

PROGRAMME ITINERARY:

- Depart from the hotel in Helsinki by minibus to Lohja (approx. 1 hour).
- There are alternatives for this part of the programme that should be agreed in advance:
 - Picking berries or mushrooms in the local forests. Guests and their hostess will pick seasonal berries such as blueberries and lingonberries. Alternatively, they can pick seasonal mushrooms such as chanterelle, funnel chanterelle, boletus, etc. During the trip there will be a picnic stop in the forest to enjoy the sounds of the wild and nature's beauty.
 - Summer fishing. Guests and their hostess will go out onto Lake Lohjanjärvi in rowing boats and fish with traditional rods with baits and spinning rods with lures. It will also be possible for guests to try their luck with the family's fishing net. The most common fish are perch, pike-perch and pike.
 - Winter fishing. The group will go out onto Lake Lohjanjärvi on foot, walking on the ice. Traditional Finnish winter fishing using a small fishing rod poked through a hole in the ice or using a net pre-set under the ice will take place. The most commonly caught fish are perch and occasionally pike-perch. Seating and warm drinks will be provided for guests.
- Cooking and eating a traditional Finnish meal with the hostess made from the fish, mushrooms and berries picked in the forest. Dishes may include mushroom soup, fish dishes and desserts such as berry pies and berry-juice.
- Transfer back to hotel in Helsinki.

NATURE & HISTORY IN SIUNTIO - CANOEING, CYCLING AND A PRIVATE MANOR HOUSE

WEBSITE:

www.seaction.com/en/canoeing

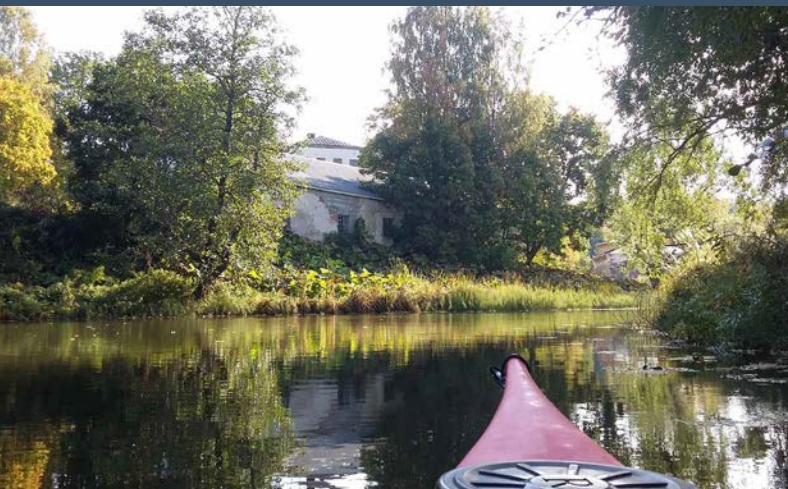
VIDEO ON CANOEING:

www.youtube.com/watch?v=o2RodNnkem4

LOCATION: **hotel Scandic Siuntio**

ADDRESS: Lepopirtintie 80, 02570 Siuntio, Finland

WEBSITE: www.scandichotels.fi



GENERAL INFORMATION:

Package type: half day tour

Season: June - September

For whom: min. 2 – max. 20 persons

Package includes:

guidance, canoeing and cycling equipment, picnic lunch

Degree of difficulty: medium

Duration of the programme: 4 hours

Type of transport: no transportation needed when staying at Scandic Siuntio hotel (see the 'Accommodation' section)/private transfer if arriving from Helsinki

Distance from Helsinki: 50 km

INTRODUCTION:

For guests staying at Scandic Siuntio hotel, an unforgettable day surrounded by the wonders of Finnish nature and a glimpse into the history of Finland can be enjoyed. The experience combines canoeing, cycling and a guided tour of a private medieval manor.

The canoeing trip travels along the Siuntio River, known for its verdant nature and diverse fauna. The canoeing part of the trip ends at the medieval manor of Sjundby, where we will meet our guide for a tour of the house. After our tour we will enjoy a picnic lunch. We will then head back to the hotel by bicycle along beautiful village roads, enjoying the scenery of the Finnish countryside.

N.B.! The participants are recommended to wear comfortable outdoor clothing and footwear.

PROGRAMME ITINERARY:

- Our paddling guide will meet participants in the lobby of Scandic Siuntio hotel and together we will walk to the shore of Lake Tjusträsk, the starting point of the canoeing trip (approx. 10 min.).
- The paddling guide will explain about paddling techniques and safety issues. Paddling equipment – canoes, paddles, buoyancy aids, water tight bags and fresh water to drink – will be provided for each person (briefing will take approx. 15 min.).
- The canoeing route will take the group across Lake Tjusträsk and along the Siuntio River, led by our paddling guide and will depend on the participants' skills (approx. 1 hour 30 min.).
- Guided tour of Sjundby Manor. The guide will meet us when we land at Sjundby and take us for a tour of the private manor (approx. 1 hour).
- Picnic lunch by Sjundby Manor. Traditional Karelian pastries with egg butter, fresh vegetables and homemade Sjundby ice cream (approx. 30 min.).
- Our cycling instructor will provide participants with high-quality hybrid bikes, cycling helmets and water bottles (approx. 10 min.).
- The cycling route takes village roads across the beautiful countryside of Siuntio, finishing back at Scandic Siuntio (30 min.).



KIHNU ISLAND - UNESCO INTANGIBLE CULTURAL HERITAGE OF HUMANITY

WEBSITE: www.kihnumare.ee



GENERAL INFORMATION:

Package type: full day tour

Season: May – September

For whom: individuals/groups (max. 20)

Package includes:

guided excursion + traditional lunch + home visit + folklore concert (groups only)

Degree of difficulty: medium

Duration of the programme: approx. 6.5 hours

Type of transport:

- private driver/tour bus

- ferry to/from Munalaiu harbour (near Pärnu in Estonia)

Distance from Tallinn: 140 km

INTRODUCTION:

Kihnu is the largest island in the Gulf of Riga, with an area of 16.4 km². It is only 7 km long and 3.3 km wide. Kihnu's cultural space and traditions are included on the UNESCO List of the Intangible Cultural Heritage of Humanity. There are four villages on the island and the islanders still wear national dress as everyday apparel. The unique atmosphere of the island can be experienced during a guided day programme. Kihnu Mare, the local guide, has developed her own traditional culture network with the people who have the know-how and skills to demonstrate for visitors the different aspects of Kihnu culture: the language, the traditional clothes, farming and fieldwork, handicrafts, the preparation of traditional foods, folklore, church life, singing, and dancing at weddings and village parties, as well as their traditions surrounding the sea, fishing, seal hunting and living with nature.

PROGRAMME ITINERARY:

09:30 Local guide Kihnu Mare meets visitors arriving by ferry from Munalaiu at the harbour.

10:00 Kihnu Museum. Visitors will learn about the history of the island, see national costumes and household items, fishing equipment and local paintings. There is a range of local souvenirs on sale and a coffee corner.

11:00 St Nicholas Church, built in 1784, is one of the few orthodox churches converted from a Lutheran sacral building. There is a simple but beautiful iconostasis in the church.

11:30 Kihnu lighthouse is a striking iron structure, built in 1864 and offering spectacular views over the island. It is 29 metres high, with a winding internal staircase. At the top there is a narrow round-the-tower balcony.

12:00 Metsamaa Heritage Farm visit. Visitors will see traditional architecture, handicrafts, farm life, and the motorcycles with side-cars that are used by the local women as a regular means of transport and have become closely associated with the island.

13:00 Traditional lunch: fish or meat, home-made rye bread.

14:00 Home visit – an opportunity to see how a traditional Kihnu family lives. Guests will see sheep, storehouses with chests full of handicrafts, a sauna and the living rooms of the main house.

15:00 Folklore concert. Local singers and handicraft masters perform the island's traditional wedding and village songs and dances, and demonstrate handicrafts.

16:15 Ferry departs.



SETOMAA - UNESCO INTANGIBLE CULTURAL HERITAGE OF HUMANITY

WEBSITE:
www.visitsetomaa.ee



GENERAL INFORMATION:

Package type: full day tour

Season: all year

For whom: individuals / groups (max 30 pers.)

Package includes:

guided excursion + entrances + local lunch

Duration of the programme: 8 hours

Type of transport: private driver / tourist bus

Distance from Tallinn: ~285 km

Distance from Riga: 240 km

INTRODUCTION:

Setomaa has been inhabited for about 8,400 years, which makes it one of the oldest human settlements in Estonia. It is located on the border of Eastern and Western civilisations, bordering Russia, Latvia and Estonia. Setomaa is famous for its well-preserved traditions and culture. For centuries the local handicraft skills have been passed down within families. Seto polyphonic singing (Seto leelo) is inscribed on the UNESCO List of the Intangible Cultural Heritage of Humanity. Setos have distinctive national costumes, rich in detail and unique to each family. Perhaps most impressive is the distinctive array of Seto jewellery. These visually striking pieces not only reflect the social standing of the wearer but are also worn as a safeguard from misfortune. To this day, the Seto lifestyle remains closely tied to nature. It is common practice for the Seto not only to enjoy the natural beauty of the forest but to also use its gifts. Berries and mushrooms are picked freely in their seasons.

It is best to start the tour from Võru and finish in Tartu.

PROGRAMME ITINERARY:

- Väraska Farm Museum. A living farm museum with livestock to give you an idea of the traditional way of life of the Seto people some 100 years ago. Option to hold a workshop on baking traditional rye buns in a

Russian stove. Option to have hot drinks and/or lunch in the museum restaurant. Handicrafts for sale and a gift shop. Durations: museum tour approx. 1 hour, bun baking approx. 30 min., meal in the restaurant approx. 45 min.

- Saatse Boot: drive through Russia. There is a section of Russian territory en route from Väraska to Saatse. Visitors are permitted to drive through without a Russian visa, but they are not allowed to stop.
- Old George's Soap Shop and God's Hill. A visit to a courageous and smart entrepreneur who combines ingredients from the local environment – bog peat, the holy water of Pechory Monastery, fine sand, birch leaves, blueberries, etc. – into lovely-smelling products. Listen to his stories, smell the soaps, and buy some lovely and useful souvenirs (payment in cash only). God's Hill is a small hilltop with local historical links. Duration approx. 1 hour.
- Obinitsa Museum: get dressed up as a Seto! The Seto women have a special look and wear a lot of silver jewellery. Get an idea of how to dress as a Seto, as one of the group members is dressed up in Seto clothes and jewellery. This is equally enjoyable for the other members of the group, as the person dressed up will look completely different. Gift shop and souvenirs. Duration approx. 1 hour.
- Seto Art Gallery: the story of Seto silver. The local silversmith will share his knowledge of Seto silver jewellery and show the group some nice examples. Duration approx. 1 hour.
- Taarka's House. A heartwarming and bountiful dinner introducing the best traditional recipes from Seto cuisine. The hosts welcome visitors and tell them all about the food. Duration approx. 1 hour.
- The dinner can be accompanied or followed by a performance by a local choir presenting Seto leelo (groups only), the traditional Seto multi-tonal singing, which has been included in the UNESCO List of Intangible Cultural Heritage since 2009. Duration approx. 1 hour. Optional: a session with a musician to learn some traditional dances. Duration approx. 30 min.

EXPERIENCE LOCAL LIFE IN LAHEMAA NATIONAL PARK

WEBSITE:

www.visitestonia.com/en/toomarahva-tourist-farm

LOCATION: Toomarahva lifestyle farm in Altja village,
Lahemaa national park

ADDRESS: Altja küla, Haljala vald, Lääne-Viru maakond



GENERAL INFORMATION:

Package type: 2-day programme

Season: January - December

For whom: 2-4 pers.

Package includes:

transfers + walk + meals + accommodation + activities with family depending on the season

Duration of the programme: 2 days/1 night

Type of transport: private transfer from Tallinn

Distance from Tallinn: 90 km

- Arrival, settling in at Toomarahva smallholding and a small tour of the farm – ‘Our Story’.
- Lunch at the local tavern where traditional Estonian food is served.
- Leisure time to walk through the village and enjoy the coast, getting a feel for life in a traditional fishing village.
- Sauna (traditional Estonian massage, sauna or leech therapy available).
- Cooking an evening meal with the hostess and enjoying local food.
- Overnight at Toomarahva.

INTRODUCTION:

Lahemaa – the oldest and biggest national park in Estonia – is waiting to be explored. Experiences include a guided nature walk in the bog, a peaceful afternoon in a traditional fishing village, cooking with the local family, a traditional sauna, some farm work and taking part in the local social life.

PROGRAMME ITINERARY:

Day 1:

- Depart from Tallinn. 1 hour drive to Viru bog.
- 1.5-hour walk in Viru bog with a local nature guide. A walking trail passes through the forest and bog landscapes characteristic of Lahemaa National Park. The trail is 3.5 km and the loop is 6 km long.
- 30 min. drive to the scenic traditional Estonian fishing village of Altja.

Day 2:

- Traditional Estonian breakfast at Toomarahva, from a seasonal menu that uses local organic produce.
- Seasonal farm work at Toomarahva with the family, which may include wood chopping/stacking, haymaking, gathering wild herbs, pickling seasonal produce in the Estonian way, or other jobs, depending on the season and weather. A photo session is included.
- Lunch at Sagadi Manor’s à la carte restaurant. A tour of the estate and the surrounding area. Opportunity to buy local souvenirs.
- Dinner at Palmse tavern.
- Local village party at the community centre.
- Transfer to Tallinn.

ESTONIAN SMOKE SAUNA AT MOOSKA FARM- UNESCO INTANGIBLE CULTURAL HERITAGE OF HUMANITY

WEBSITE:

www.mooska.euLOCATION: **Mooska farm**ADDRESS: Mooska farm, Haanja parish,
Võru county, Estonia 65601

GENERAL INFORMATION:

Package type: half-day programme**Season:** all year**For whom:**

- sauna session 4-6 persons
- excursion max. 20 persons

Package includes:

1.5h excursion + 3h sauna session.

Type of transport: individual transfer / tourist bus**Distance from Tallinn:** 270 km

INTRODUCTION:

The smoke sauna is an important part of everyday life in the Võru community in Estonia. It is the centre of a rich set of traditions including the actual bathing customs, the skills of making bathing whisks, building and repairing saunas, and smoking meat in the sauna. The sauna is a building or room heated by a stove covered with stones and with an elevated platform for sitting or lying. It has no chimney, and the smoke from the burning wood circulates in the room. People usually go into the sauna together and remain until they are sweating. Water is thrown on the heated stones to produce hot steam-laden air and bathers beat their bodies with whisks to remove dead skin and stimulate blood circulation. After sweating, whisking, relaxing and possible healing procedures, people cool themselves outside and rinse their bodies with water. The procedure is then repeated. The smoke sauna tradition is primarily a family custom, usually practised on Saturdays, but also before major festivals or family events. Its main function is to relax

the body and mind. Families take turns hosting each other. Usually an older family member is responsible for preparing the sauna, accompanied by the children who gradually acquire the necessary skills. The smoke sauna tradition is part of the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. Mooska Farm is a typical smallholding in Southern Estonia. The Veeroja family are proud to share their life with guests and introduce them to the smoke sauna.

PROGRAMME:

- Arrival, meeting the hosts.
- Excursion. The hosts introduce the smoke saunas of Mooska farm. Two of them are for bathing, while the third is for smoking meat. Visitors get an overview of the construction, heating, sauna rituals and family traditions of the smoke sauna. The excursion ends with a tasting of smoked pork. Duration approx. 1.5 hours.
- Sauna session with the host family. The hosts lead the visitors through the sauna process. The sauna is located near a pond for a cooling swim when the water is ice free or an invigorating dip in winter. During the experience your hosts will tell you all about and explain Estonian smoke sauna traditions and beliefs.



AVOTIŅI HERB GARDEN AND COUNTRY-STYLE LUNCH IN SIDRABIŅI PUB



LOCATIONS:

EXCURSION: Avotiņi herb garden – an outdoor collection of health-related plants

Address: Avotiņi, Lāde, Limbažu pag., Limbažu nov.

Distance from Riga: 76km

Host: Mr Jānis Ulmis has a unique knowledge of plants, herbs and their medicinal properties. The host speaks Latvian and Russian, interpretation is available.

Website: www.celotajs.lv/en/e/veselibas_augu_ekspozicija

LUNCH: Sidrabiņi country pub

Address: Sidrabiņi, Jelgavkrasti, Liepupes pag., Salacgrīvas nov.

Distance from the herb garden: 15 km/20 min. drive

Website: www.celotajs.lv/en/e/krogssidrabini

GENERAL INFORMATION:

Package type: stopover between Riga and Tallinn

Season: May - September

For whom: individuals / groups (min. 8 - max. 20)

Package includes:

excursion and tasting in herb garden Avotiņi + lunch

Duration of the programme: 3hours

(2h excursion + 1h lunch)

Type of transport: tourist bus / individual transfer

INTRODUCTION:

The distance from Riga to Tallinn is more than 300 km and it takes approx. 5 hours by bus. Therefore we suggest stopping on the way for a brief excursion to a herb farm and lunch in a country pub. This stopover is approx. 1.5 hours' drive from Riga, just at that point when one needs

to stretch one's legs and enjoy a change of scene. The visit will give an insight in rural life and it may surprise visitors to learn how well Latvians understand nature, knowing and using herbs for food, health and beauty. After the excursion, the group will have lunch in a country pub serving meals made from locally grown ingredients.

PROGRAMME ITINERARY:

- Excursion to the herb garden. The Avotiņi herb garden grows more than 300 herb species. They are all used in medicine, health and beauty care, and in well-being treatments – the garden is known as 'the green pharmacy'. Here healthy lifestyle enthusiasts can discover the secrets of phytotherapy and learn how to use plants in many different ways – making aromatic pillows, healthy teas, bath scrubs, etc. In the summertime, the colours and smells of the outdoor display of plants are beautiful. The host will take visitors through the garden to show and tell them about the plants and their uses. The excursion will end with a tasting of healthy green smoothies made from the plants in the garden.
- Depart Avotiņi herb garden for travel to Sidrabiņi country pub. The pub is located approx. 15 km from Avotiņi and the journey takes approx. 20 min.
- Lunch at Sidrabiņi. This family-run pub is located near to the Riga–Tallinn road. It is a renovated historical wooden building. The owners have a meat processing facility next to the pub, so there are always fresh and tasty meals on the menu made from smoked meat products. Smoking is a traditional Latvian method for preserving and preparing food. The meat (usually pork, but others too) is treated with spices (salt, pepper, garlic and others) and smoked on wood. The pub serves traditional Latvian foods.



BAREFOOT WALKING AT THE VALGUMA PASAULE RECREATION CENTRE

WEBSITE:

www.celotajs.lv/en/e/valgumapasaule

LOCATION: Recreation centre Valguma pasaule

ADDRESS: Valgums, Engures nov., Smārdes pag.



GENERAL INFORMATION:

Package type: half day tour

Season: May - August

For whom: individuals / groups (max 20 pers.)

Package includes: barefoot walking + lunch or dinner

Duration of the programme:

3–4 hours (excl. transportation)

Duration of the walk: approx. 1–1.5 hours

Type of transport: tourist bus/individual transfer

Degree of difficulty: easy to moderate hike

Distance from Riga: 60 km

INTRODUCTION:

The Barefoot Path begins at the Valguma Pasaule Recreation Centre by Lake Valgums, which is surrounded by forest. The recreation centre includes a hotel and restaurant, and offers nature-based services such as the Barefoot Path and other walking trails.

The Barefoot Path is a 2.6 km long trail through the natural environment, along which visitors walk barefoot and experience a variety of surfaces including pine cones, glass balls, small stones and shingles of various shapes, moss, fine sand, clay, river water, turf, gravel, reeds, chipped wood, pinewood logs, wooden poles and millstones. Walking barefoot has a number of positive health effects:

- it strengthens the immune system;
- it improves blood circulation and stabilises blood pressure;
- it strengthens the leg and foot muscles, joints and ligaments; and
- it enhances relaxation, and aids mental and physiological stability.

The walk is led by an English-speaking guide. Before the walk, visitors receive a briefing. It is recommended that visitors wear comfortable outdoor clothing, appropriate for the weather. After walking the barefoot path, visitors usually feel energised, strong and happy. The walk finishes with a relaxing herbal foot bath.

PROGRAMME ITINERARY:

- Bus ride from Riga, approx. 1 hour.
- Arrive at Valguma Pasaule Recreation Centre. Meet the guide, briefing (approx. 10 min.).
- Guided barefoot walk in the natural environment, during which visitors experience a variety of surfaces (approx. 1–1.5 hours).
- Return to the starting point and enjoy a relaxing foot bath (approx. 30 min.).
- Lunch or dinner on site. The meal begins with a small starter picnic in the yard, followed by a two-course meal served in the restaurant's glass veranda. Duration approx. 1 hour.



THE GREAT BOG BOARDWALK IN KEMERI NATIONAL PARK

WEBSITE:

www.celotajs.lv/en/e/valgumapasaule

LOCATIONS:

WALKING: **The Great Bog Boardwalk**

LUNCH: **Recreation centre Valguma pasaule**

ADDRESS: Valgums, Engures nov., Smārdes pag.



GENERAL INFORMATION:

Package type: half-day tour

Season: April - October

For whom: individuals /groups (min. 8 - max. 20)

Package includes: walking (1.4km) + lunch

Duration of the programme: 3 hours

(1.5h walking + 1.5h lunch)

Type of transport: tourist bus/individual transfer

Degree of difficulty: easy

Distance from Riga: 40 km

Distance from Bog Boardwalk trail: 25km /20 min. drive

INTRODUCTION:

The Great Kēmeri Bog Boardwalk is located in Kēmeri National Park. The national park covers an area of 38,165 hectares. The Great Kēmeri Bog Boardwalk immerses visitors in the world of moss, small pine trees, deep pools, tiny dark lakes and the smell of wild rosemary. An astute visitor will notice the carnivorous sundew plant and a variety of birds – wood sandpipers, white wagtails and tree pipits – and will also be able to hear cranes further away. Those who prefer shorter strolls can take the small boardwalk loop (approx. 1.4 km), while those who choose the great loop (approx. 3.4 km) will be rewarded with the opportunity to climb to a viewing platform that offers a magnificent view of the bog from above. The

Great Kēmeri Bog Boardwalk has become a popular place for landscape and wildlife photographers. The whole trail is laid to wooden boardwalk and therefore is fully accessible and can be walked without a professional guide.

N.B.! Participants are advised to wear comfortable clothing.

PROGRAMME ITINERARY:

- The ride from Riga to Kēmeri National park takes approx. 35 min.
- Arrive at the Great Kēmeri Bog Boardwalk. Meet the bog guide, briefing (approx. 10 min.).
- Guided walk on the Great Kēmeri Bog Boardwalk. During the walk the guide will stop at the most attractive views; draw visitors' attention to the plants, insects, trees and landscapes; and explain what can be seen.
- Return to the starting point. Bus ride to the Valguma Pasaule Recreation Centre for lunch (approx. 25 km/20 min.).
- Lunch. The meal will begin with a small starter picnic in the yard, followed by a two-course meal served in the restaurant's glass veranda. Duration approx. 1 hour.



BREAD BAKING WORKSHOP AT CAUNĪTES COUNTRY HOUSE

WEBSITE:

www.caunites.lv

LOCATION: **Country house Caunītes**

ADDRESS: "Caunītes", Cenu pag., Ozolnieku nov.

HOST: Mrs. Santa Rubene



GENERAL INFORMATION:

Package type: half-day tour

Season: January - December

For whom: individuals (min. 2 pers.)

or groups (min. 8 - max. 15)

Programme includes: bread baking workshop + lunch

Duration of the programme: 2.5 h

Type of transport: public transport (train) + individual transfer/individual transfer/ tour bus

Distance from Riga: 40 km

INTRODUCTION:

Since ancient times bread has been our staple food, and formed part of breakfast, lunch and our evening meal. We bake bread from rye, wheat, buckwheat and barley. Both fine-ground and wholemeal flour is used. Bread baking is one of the most honoured traditional skills in Latvia. Caunītes country house keeps Latvian traditions alive and demonstrates them to visitors. The house is designed and decorated in the traditional Latvian style and exudes an authentic ambience while having modern facilities.

Under the guidance of the hostess, visitors will bake their own loaf of sweet-and-sour bread in a wood-fired bread oven. In Latvian families it was traditionally one of the main duties of the lady of the house to bake a week's supply of bread for the whole family every Saturday morning. Every woman was proud of her own unique recipe and passed it down to her daughters and granddaughters through the generations. There are many traditional beliefs, sayings

and riddles linked with bread in Latvian folklore. Today, there is great interest in the old recipes, bread-baking methods and the use of organic ingredients as many families are opting for a healthy lifestyle.

PROGRAMME ITINERARY:

- Getting there by public transport or bus transfer takes approx. 1 hour.
- Introduction to Caunītes country house (approx. 30 min.).
- The hostess will show the guests around the country house and briefly introduce its history. Afterwards there will be a tea or coffee break with some traditional snacks.
- Bread baking workshop (approx. 30 min.). The host will give instructions on how to make a loaf from a previously prepared dough. She will share her knowledge of bread-baking traditions and skills. For the bread baking, guests will be equipped with a special hat and an apron provided by the hostess. When the loaves are ready, the hostess will put them in the oven.
- Lunch/dinner (approx. 50 min.). While the bread is baking the hostess will serve a traditional lunch of soup and bread.
- Taking the bread out of the oven (approx. 30 min.). After taking it out of the oven, the bread should cool down for 15 min. before it is ready for tasting and packing to take away. Guests will get their own loaves to take with them.

MUSHROOMING IN GAUJA NATIONAL PARK

WEBSITE:

www.karlamuiza.lv

ADDRESS: Kārļi, Drabešu pag., Amatas nov., Kārļi

HOST: Mrs. Baiba Stepiņa

LOCATIONS:

MUSHROOMING: **pecially selected sites in Gauja national park**

MUSHROOMING WORKSHOP AND DINNER:

country hotel “Kārļamuiža” (see the Accommodation section of this manual)



GENERAL INFORMATION:

Package type: full day tour

Season: August to end September

For whom: groups (min 8. - max. 20)

Package includes: mushrooming + dinner

Duration of the programme: 6 hours

Type of transport: tour bus

Degree of difficulty: moderate
(natural forest with no walking trail)

Distance from Riga: 75 km

INTRODUCTION:

Mushrooming is a national passion in Latvia, Estonia and Finland. Trying out a mushrooming experience is part of getting to know the local way of life and doing things the way locals do them. The forest terrain in the selected mushrooming spots is easy to walk, covered with moss, fallen leaves and small plants. Occasionally there are bushes, some fallen trees or wet spots. Gauja National Park, established in 1973, was Latvia's first national park, and it has great traditions in environmental tourism.

The most popular edible mushrooms are the various Boletus and Chanterelles. The selected species for foraging are chanterelles, russulas and various boletus: Chestnut Bolete (*Gyroporus castaneus*), Lurid Bolete (*Boletus luridus*), Sheep Polypore edible tree-fungus (popular in Scandinavian cooking) (*Albatrellus ovinus*), Golden Coral (*Ramaria aurea*), Coral Tooth (*Hericium*

coralloides), Parasol Mushroom (*Macrolepiota procera*), Ceramic Parchment (*Xylobolus frustulatus*) and Wood-Rotting Fungus (*Phellinus nigrolimitatus*).

N.B.! For comfort and safety the participants are recommended to wear outdoor clothing and footwear.

PROGRAMME ITINERARY:

- The ride from Riga to Kārļamuiža country hotel in Gauja National Park takes approx. 1 hour 30 min.
- Arrive at Kārļamuiža Country Hotel. Meet the fungi guide (English speaking, professional nature guide, owner of two dogs that are trained for fungi hunting), briefing and preparation for mushroom picking. Lunch boxes and mushrooming equipment - baskets, knives and raincoats will be provided for each person.
- Drive to the mushroom picking site (approx. 15 min.).
- Picnic lunch in an open-air picnic spot in the forest by the River Gauja (approx. 30 min.).
- Guided mushroom picking (approx. 1 hour) in the forest.
- Return to the hotel (approx. 30 min.).
- Sorting the mushrooms together with the fungi guide to identify the species found.
- Cooking dinner with the chef at Kārļamuiža Country Hotel (approx. 2 hours). Cooking is done in front of the group as a demonstration with an explanation of the recipe. Other dishes are available apart from the mushrooms.



BĪRIŅI CASTLE AND GUNDEGAS CRANBERRY PLANTATION

WEBSITE:

www.birinupils.lv

www.celotajs.lv/en/e/gundegas

LOCATIONS:

EXCURSION AND LUNCH: **Bīriņi castle**

ADDRESS: Bīriņi, Vidrižu pag., Limbažu nov.

EXCURSION: **Gundegas Cranberry Plantation**

ADDRESS: "Gundegas", Bīriņi, Vidrižu pag., Limbažu nov.



GENERAL INFORMATION:

Package type: half-day tour

Season: 15 April – 31 October.

Cranberry picking: September.

For whom: individuals / groups up to 30 pers.

Package includes: excursion in the Bīriņi castle park + lunch + excursion in cranberry plantation

Duration of the programme: 3.5 hours (1 hour manor excursion + 1 hour lunch + 1 hour excursion to the cranberry plantation + 30 min. visiting cranberry product production facility and tasting).

Type of transport: Individuals – public transport (bus) and private transfer to cranberry plantation. Groups – tour bus will be guided from Bīriņi Castle to the cranberry plantation and back.

Distance from Riga: 55 km

Distance from Bīriņi castle: (5 km / 10 min.)

INTRODUCTION:

This outing combines fine dining at one of the most beautiful estates in Latvia with an outdoor experience at a cranberry plantation tasting cranberry-based products. The Bīriņi Castle complex is part of Latvia's national architectural heritage. The Neo-Gothic main castle building is surrounded by a picturesque park and buildings including the stables and the water tower, which showcase the country's industrial heritage. The castle hotel is a very popular venue for wedding celebrations. The cranberry plantation in Laugas swamp at Gundegas

Farm was started in 1989 as a research farm. Cranberries are well known for their refreshing taste and medicinal qualities. They are used both for culinary purposes and in traditional medicine. Today six types of cranberries are grown in Latvia. The cranberry plantation offers the opportunity for guests to 'pick-your-own' during the harvest in September.

N.B.! Comfortable hiking boots or rubber boots are required for the walk in the cranberry plantation.

PROGRAMME ITINERARY:

- Arrive at Bīriņi Castle and meet the guide. Tour of the yard and park. Highlights: climbing the estate's water tower to the viewing platform; seeing the stables containing Latvian pedigree horses; stopping by the Lover's Oak where, by tradition, wedding couples hang small bells; and swinging in the large Easter swings (1 hour).
- Lunch at the manor's restaurant. Traditional cuisine is on offer including: tasting platters, lamb soup with green buckwheat and layered dark bread cake. Tasting of herbal teas using locally gathered ingredients. Lunch duration approx. 1 hour.
- Transfer to the cranberry plantation (approx. 5 km/10 min.)
- Guided tour of the cranberry plantation and Laugas bog lake. Tasting of cranberry products from the plantation's own production facility. The products are also for sale on site. Duration of visit 1.5 hours.
- Return to Bīriņi Castle or depart depending on itinerary.



seebipuut

Photo: A traditional building facade, Estonia.



COUNTRYSIDE EXPERIENCES - FARM VISITS, COUNTRY ESTATES, PLACES OF INTEREST

Photo: Old George's Soap Chamber in Setomaa region, Estonia.

Discover the true spirit of the country by visiting traditional farms and artisans and witness the unique heritage that has been brought along to the present day through generations and finds a place in modern life. The sites demonstrate the living traditions in households, farming, animal breeding, making foods, practicing crafts like carpentry, pottery, weaving, celebrating traditional festivities. This section also presents historic country estates, villages and other places of interest that offer unique experiences for visitors to the countryside.

These visits usually take 1-1.5 hours and can be included in tour itineraries to diversify touristic experiences. Translation services are required because many farmers and craftsmen in the countryside do not speak foreign languages.

The visits are available for groups and individuals. Detailed programmes can be developed on request.

FINLAND



WELLBEING FROM WILD HERBS IN PURNUS RIVER VALLEY

ADDRESS: Purnuksentie 49 c-e, 02570 Siuntio

DISTANCE FROM HELSINKI: 50km

WEBSITE: www.seaction.com/en/program-services/outdoor-activities/thaw

SE-Action is in an old farming area in Purnus river valley in Siuntio. The picturesque surroundings offer a perfect experience in the Finnish rural scenery with a local friendly atmosphere. Herbal therapy is the oldest system of medicine in the world, while being close to nature effects our health in a positive way.

The programme duration is 1.5 - 5 hours depending on arrangement and it includes:

- A herb hike guided by a phytotherapist to learn about the most common medicinal herbs growing wild in the Finnish countryside and about their health impact.
- Some easy exercises during the walk, aiming to create contact with nature and to sensitise ourselves into listening to our own body.

The herb hike can be combined with a relaxing herbal sauna or an inspiring herbal workshop.



FINLAND



LOHJANSAARI ISLAND – APPLES, FRUIT AND THE MYSTICAL OLD OAK TREE

TRANSPORTATION: car or bus

DISTANCE FROM HELSINKI: 50km

WEBSITE: www.visitsouthcoastfinland.fi/en/activities/lohja-archipelago/

Lohjansaari Island is in the middle of the largest freshwater lake in southern Finland, Lake Lohja. Due to its fertile soil and warm microclimate, the island hosts several arboreta. The island's traditional landscape is recognised as being of national, regional and local importance. Its most recognisable feature is its extensive orchards where thousands of apple trees create a magnificent environment:

- At Alitalo apple orchards visitors can see thousands of apple trees and enjoy handmade local products such as ciders, wine and juices.
- Near to the apple orchards there is another fruit orchard, Fruticetum. Almost 300 varieties of apples, 45 varieties of pear, 60 varieties of plum, around 40 different varieties of sweet and sour cherries, and more than 20 varieties of crab apples have been planted in these gardens. Fruticetum also grows a good selection of currants and gooseberries, as well as bush blueberries, Japanese quince, sea buckthorn, sweet mountain ash, Saskatoon fruit, honeysuckle and grapes.
- Just a few steps from the Alitalo apple orchards and Fruticetum you will find a mystical ancient oak tree in the middle of deep forest (circumference 668 cm, height 12 m). This oak is said to be the most beautiful tree in Finland. The oak is protected by a nature preservation act as a natural monument.



FINLAND



ARBORETUM MAGNOLIA

ADDRESS: Kokkolahdentie 60 08100 Lohja

DISTANCE FROM HELSINKI: 80km

WEBSITE: www.arboretummagnolia.fi

Arboretum Magnolia is located on the shore of Lake Lohjanjärvi, 80 km from Helsinki. The arboretum includes, among others, trees from China, Korea, Japan and North America. There are also several rare species on display. Themed areas include the Japanese garden, the Perennial Garden, the Terrace Garden, the Valley Path, the Stream Path, the Magnolia Path, the Hydrangea Path, the Spring Path, the Rhododendron Path, and the Ornamental Grasses section, as well as the new additions of the Butterfly and Stumpery Gardens. The arboretum has a map and trees are labelled with QR codes to provide visitors with information.

Arboretum Magnolia offers both guided tours for groups as well as private visits for individual tourists. The Arboretum is open from 16 May until 13 October.



FINLAND



MARTINPIHA COUNTRY ESTATE

ADDRESS: Seppäläntie 130 (Lohjansaari), 08800 Lohja DISTANCE FROM HELSINKI: 80km
WEBSITE: www.martinpiha.fi

The history of Martinpiha, one of the oldest country estates on Lohja Island, can be traced back as far as the year 1571. The owners farmed here until 1973. Today they have developed a tourism attraction. Martinpiha is a place where guests can enjoy a romantic and tranquil atmosphere in beautiful natural surroundings. Visitors can spend their time participating in relaxing activities such as rowing on the lake, kayaking with a guide, cycling, taking saunas or enjoying the hot tub. In the summer there are shops selling handicrafts and souvenirs. A summer restaurant serves homemade food and delicacies.



FINLAND

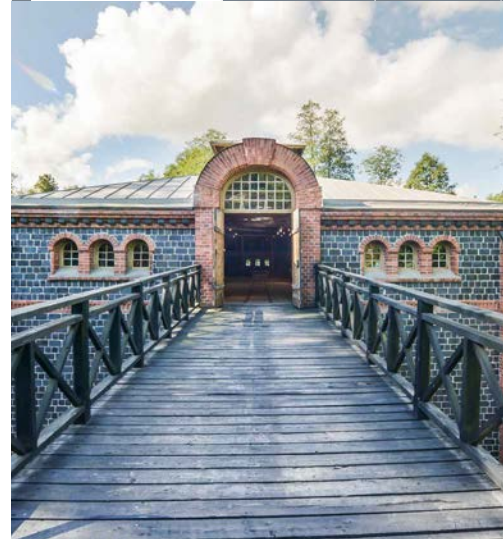


FISKARS VILLAGE

WEBSITE: www.fiskarsvillage.fi

DISTANCE FROM HELSINKI: 90km

Fiskars Village, the birthplace of the Fiskars company, has become an internationally renowned centre for Finnish design and art. Its history dates back to 1649 and today it offers visitors things to see and do all year round. The events and services at Fiskars Village focus on four main themes: design, handicraft and art, local food and drinks, the performing arts, and outdoors and nature. The village nestles among steep, woody slopes with lofty broadleaved trees and green groves. There is a 2 km Tree Species trail. The village is brimming with craft boutiques, exhibitions, interesting events and beautiful nature to enjoy. In addition, the village has two hotels, several venues available to hire for both corporate events and private occasions such as weddings, and a handful of restaurants and cafés that offer seasonal delicacies and local beverages.



FINLAND

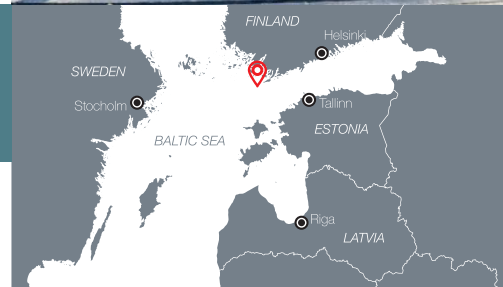


BENGTSKÄR LIGHTHOUSE ON THE BALTIC SEA

WEBSITE: www.tourism.hanko.fi/en/cruises/ DISTANCE: Helsinki-Hanko approx. 126 km

Spend an unforgettable day at the seaside. Pay a visit to a lighthouse, see the seals of the Baltic Sea on a cruise to the outer archipelago, or take a look at the historical rock carvings at Pikes's Gut.

The tallest lighthouse in the Nordic countries, Bengtskär rises a majestic 52 metres above sea level. If you want to experience the magnificent view, you'll have to climb up 252 steps, but it is well worth the trouble! The lighthouse was built in 1906 and is situated about 25 kilometres south-west of the village of Hanko. On Bengtskär there is a lighthouse museum, a house turned into a museum of home life, an exhibition about the Battle of Bengtskär, a post office, a café and holiday accommodation.



FINLAND



TAMMISAARI / EKENÄS OLD TOWN

WEBSITE: www.visitraseborg.com

DISTANCE FROM HELSINKI: 93km

Tammisaari (Finnish name) or Ekenäs (Swedish name) Old Town with its wooden houses spreads out to the seashore. The street names tell the story of the life of the townspeople and how they got along hundreds of years ago. Here, the streets have stayed the same since the 16th century. Street

names such as the Hatter's Street (Hattmakaregatan), Linen Weaver's Street (Linvävaregatan),

Cloth

Weaver's Street (Handsmakaregatan), Smith's Street (Smedsgatan) and Tanner's Street (Garvaregatan) reveal that Barcken's peninsula in Ekenäs once was populated by skilled craftsmen.



FINLAND



TYTYRI MINE MUSEUM

WEBSITE: www.tytyri.lamyskaivos.fi/en/

DISTANCE FROM HELSINKI: 63km

The Tytyri Mine Museum takes you 100m underground into a real working mine. Explore the cool and humid mine shafts as you find out more about the history of mining through displays, drawings and photographs. A visit to the 100 metre wide and 100 metre deep underground cave gives a good picture of the huge size of Tytyri limestone mine.



ESTONIA



UUE - SAALUSE WINERY

ADDRESS: Rõuge vald, Võrumaa 65147

WEBSITE: www.koduveinid.ee

DISTANCE FROM TALLINN: 267km

DISTANCE FROM VÕRU: 15km

SEASON: May – September

FOR WHOM: groups up to 25 persons

DURATION: 1.5 – 2 hours

HOSTESS: Mrs Maris Kivistik

This winery is situated in a beautiful location on the shores of Lake Alajärv, in Haanja Nature Park (a NATURA 2000 protected site). The farm makes berry and fruit wines from local produce. Visitors can learn about the wine-making process, see the plantation (sea buckthorn and grapes), taste and buy wines, and enjoy the peace and quiet of the beautiful Lake Alajärv. The visit includes a tour of the vineyard and the winery, followed by tastings of three different berry and fruit wines (with canapes). Wines are available to purchase.



ESTONIA



VEINIVILLA WINERY

ADDRESS: Valgejõe Veinivilla, Valgejõe, Harjumaa
WEBSITE: www.veinivilla.ee

DISTANCE FROM TALLINN: 60km

SEASON: May – October

FOR WHOM: groups of up to 50 pers.

HOSTESS: Tiina Kuuler

The winery is located 60 km from Tallinn and offers visitors the chance to get to know the secrets of Estonian winemaking. The excursion includes a visit to the vineyard on the banks of the Valgejõe River, a tour of the winemaking building and the chance to enjoy eight varieties of local wine. With prior arrangement guests can take part in seasonal winemaking activities, which may include establishing new ground for planting vines (digging etc.) or helping with bottling and labelling the wines.



ESTONIA



TURGI HANDWEAVING HOLIDAYS

ADDRESS: Turgi Cottage, Torila, Peipsiääre, Tartumaa
WEBSITE: www.facebook.ee/turgitalu

DISTANCE FROM TARTU: 50km
LAKE PEIPUS: 1,5km

SEASON: June – August

FOR WHOM: individuals/groups (max. 8 pers.)

DURATION: 1 – 4 days, arranged at time of booking

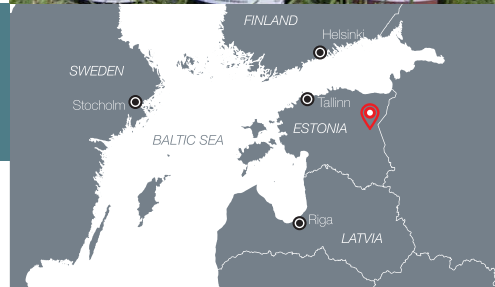
HOSTESS: Veinika Västriik

Turgi Cottage offers weaving courses with traditional handlooms. The hostess is a weaving teacher with considerable experience, having authored several weaving handbooks. Beginners will learn how to make small textile souvenirs (Estonian belts, bands, scarves, etc.). Advanced weavers can learn various special weaving techniques.

The course package includes:

- Individual handloom weaving tuition
- Textiles (warp and weft for weaving samples)
- Presentation on Estonian home textiles from the nineteenth and twentieth centuries
- Accommodation in a traditional log cottage
- Homemade local food
- Use of sauna

While staying at Turgi Cottage the course participants can spend their leisure time by Lake Peipus with its sandy beach and forests full of wild strawberries.



ESTONIA



IISAKA FARM

ADDRESS: Iisaka Farm, Uuri, Harju
WEBSITE: www.iisakatalu.ee

DISTANCE FROM TALLINN: 50km

SEASON: 15 May – 15 September

FOR WHOM: groups 10 – 40 pers.

DURATION: - farm tour 1.5 hours; - handicraft workshop 1.5–3 hours

HOSTESS: Liis Burk

Iisaka sheep farm presents its story, from its beginnings in the distant past to its operation today as a functioning family farm. It is situated in the middle of Lahemaa National Park and is surrounded by Kahala Lake and juniper fields. The place is ideal for raising sheep and making handicrafts, and the farm has passed from father to son for five generations. The family honours traditions and has adopted environmentally friendly production practices. They use various old handicrafting techniques in everyday life – to make yarn out of fleece, to make tallow candles and to make hats using traditional methods.

During the farm tour the hosts discuss the lives and beliefs of the farmers of centuries past. They also talk about the farm's history and today's work in sheep breeding and the creation of wool products.

The handicraft techniques workshop includes skills like spinning, needle binding, candle-making and wool work.



ESTONIA



MARIA FARM

ADDRESS: Kõpu küla, Tõstamaa osavald, Pärnu
WEBSITE: www.maria.ee

DISTANCE FROM TALLINN: 50km

SEASON: all year

HOSTESS: Riina and Enn Rand

FOR WHOM: individuals/groups of up to 40 people
(depending on the activity or workshop).

Maria Farm is a West Estonian-type farm, built at the beginning of the last century. It represents five generations of tradition and hospitality. The farm is a popular holiday site for local and international guests. It also offers a number of visitor programme options:

- Estonian homemade bread baking workshop – participants are guided through the process of making a perfect bread dough and baking their own bread.
- Handicraft workshop – needle felting; wet soap warping; candle, finger puppet, paper basket and jewellery making; sea painting.
- National evening with a folk programme – national music; dancing, including audience participation; traditional farm dinner.
- Horse-riding lessons for beginners and trekking for skilled riders.
- Rural spa packages based on healing sauna procedures and traditional beauty treatments using natural substances such as salt and honey.



ESTONIA



AVINURME WOODEN HANDICRAFTS CENTRE

ADDRESS: Võidu 3, Avinurme 42101, Jõgevamaa
WEBSITE: www.puiduait.ee

DISTANCE FROM TALLINN: 155km

SEASON: all year

FOR WHOM: individuals/groups

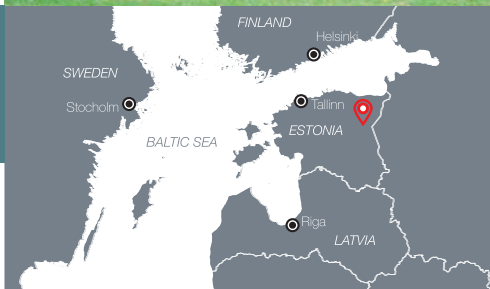
DURATION: 1.5-2.5 hours (depends on the workshop theme)

Avinurme wooden handicrafts centre in Ida-Viru county is a tourist centre that offers a chance to get acquainted with local woodcraft, spend quality time in woodworking workshops and taste or even prepare yourself a selection of Estonian traditional foods. Avinurme area has strong woodcraft and business traditions, based on knowledge passed on from generation to generation. Meals can be pre-ordered.

Duration of the programme: 1.5-2.5 hours (depends on the workshop theme).

The programme includes:

- presentation of the Avinurme wooden handicrafts centre;
- workshop options: basket weaving, chipwood decorations, sauna hat felting, sauna soap; felting, bread baking, candle making, wood painting, galosh painting;
- coffee break and/or degustation of local products.



ESTONIA



ESTONIAN AGRICULTURAL MUSEUM WORKSHOPS

ADDRESS: Pargi 4, Ülenurme, Tartu County
WEBSITE: epm.kovtp.ee

DISTANCE FROM TALLINN: 191km

DISTANCE FROM TARTU: 8,5km

SEASON: all year

FOR WHOM: groups

The museum offers agricultural exhibitions and themed workshops demonstrating and teaching traditional skills. Programme duration is 1.5–2 hours. The following packages are available:

- Magical honey

The workshop introduces a beehive, beekeeping equipment, apiculture products (propolis, pollen, etc.) and the health benefits of honey. Visitors learn about the different types of bees, their jobs and their lives. Wax candles are made during the workshop, and honey and pollen are tasted.

- From Grain to Bread

A workshop that teaches participants about tillage, harvesting and bread baking. Participants will use traditional tools to make bread right from the beginning, literally from the grain. The benefits of bread to health and bread-related traditions are introduced. Of course, tasting the local bread is also included.

- Blacksmithing

Blacksmithing is the oldest way to work with metals. Participants will watch the local blacksmith at work, and listen to his stories and explanations of the tools and tricks of the blacksmithing trade. A piece will be forged by the blacksmith during the workshop.

- Discovering potatoes

A workshop in which participants learn about the origin and spread of the potato, the parts of the potato plant, the different sorts of potato, and the tools and machines needed for growing and harvesting. The hands-on part of the workshop includes starch research, experiments with iodine and making potato prints on paper or textiles.

- Cooking traditional Estonian food

Cooking traditional Estonian food with the hostess.



LATVIA

MAZBURKAS GRAPE AND SHEEP FARM

ADDRESS: Smārdes pag., Engures nov.
WEBSITE: www.celotajs.lv/en/e/mazburkas

DISTANCE FROM RIGA: 67km

SEASON: all year
FOR WHOM: individuals and groups
HOST: Gunta Niedra

The farm specialises in sheep breeding, grape growing and the production of wine. It has 44.5 ha of land, 5 ha of vineyard and a flock of 145 sheep. There are vineyards on the southern slopes of the hills, and some 60 different varieties of grape are grown there. Visitors can pick their own grapes or buy some that have already been picked. The lady of the farm produces outstanding wines that have received prestigious awards, including international ones. Visitors can see the flock and purchase mutton if they have contacted the farm in advance for that purpose.



LATVIA

BIRŽĪ – BIRCH SAP PRODUCTION FACILITY

ADDRESS: Kainaiži, Brantu pag., Smiltenes nov.
WEBSITE: www.celotajs.lv/en/e/birzi_sulas
www.birzi.lv

DISTANCE FROM RIGA: 126km

SEASON: May – October
FOR WHOM: groups
HOST: Labanovski family

From May till October visitors are invited to visit the Labanovski family's birch sap production facility and cellar where sparkling birch sap is made and stored. Sap is especially tasty when it is fresh in April and the beginning of May, but in order to maintain its refreshing and valuable qualities, the Labanovski family has, over many years, developed new recipes. Their birch sap products are organically certified. They are available for purchase on site.

The programme includes:

- an introduction from the hosts about birch sap including a video and photos showing birch sap harvesting in springtime;
- tasting different kinds of birch sap from fresh to sparkling with various flavours, and the unique birch sap syrup, as well as wines from birch sap and dandelion.



LATVIA

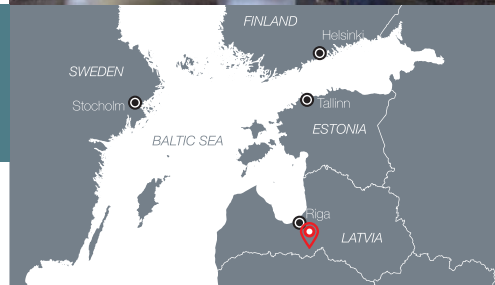
VAIDELOTES GRAIN FARM

ADDRESS: Jauncode, Codes pag., Bauskas nov.
WEBSITE: www.celotajs.lv/en/e/zs_vaidelotes

DISTANCE FROM RIGA: 70km

SEASON: all year
FOR WHOM: groups
HOST: Daira Jātniece

An organic farm with 365 ha of land, including 270 ha of grain (wheat, barley) fields and 44 ha of fields of rapeseed and legumes (beans, peas). There are five cows on the farm. This farm epitomises the traditional Latvian lifestyle, organising seasonal celebratory events for Easter and Midsummer. The hostess offers traditional country foods such as porridge, dumplings, bacon rolls, and pastries made using grain and wholemeal flour produced on the farm. Herbal teas, herbs and other rustic goodies are available for sale. The farm holds Latvian Heritage and Latvian Cuisine awards for maintaining and promoting Latvian traditions.



LATVIA



VALMIERMUIŽA BREWERY

ADDRESS: 2 Dzirnau str., Valmiermuiža, Burtnieku nov. DISTANCE FROM RIGA: 109km
WEBSITE: www.valmiermuiza.lv

SEASON: all year
FOR WHOM: groups

The brewery welcomes visitors to experience how their excellent beer is brewed from a combination of Valmiermuiža well water, delicious malts, heritage hops and natural yeast. An integral part of any visit is discovering and sampling the wide range of brews and listening to stories about the traditional Latvian holiday drink. Valmiermuiža Brewery has also revived its historical and cultural centre and organises traditional celebrations and farmers markets. The brewery's pub serves traditional seasonal Latvian foods such as fish from nearby Lake Burtnieks, and green pea mash with loganberries. The house speciality is sliced pork marinated in unfiltered winter beer. Tour and beer sampling duration: 1.5–2 hours. The brewery holds a Latvian Heritage award for its efforts to keep the brewing tradition alive and a Latvian Cuisine award.



LATVIA



STRAUPE FARMERS' MARKET

ADDRESS: Pārgaujas nov., Straupes pag. DISTANCE FROM RIGA: 73km
Straupes zirgu pasts
WEBSITE: www.celotajs.lv/en/e/straupes_lauku_labumu_tirdzins

SEASON: all year
FOR WHOM: individuals and groups

Straupe's farmers' market is a member of the Slow Food International Earth Markets alliance. The produce that is sold on the market conforms with the Slow Food philosophy – it is locally grown, seasonal and of good quality. It has been grown and produced in a responsible way. The farmers at the market stalls are selling their own produce and can answer all the buyers' questions about the products and production processes. The market sells a variety of foods, animals and poultry, plants and seedlings, and handicrafts. The market takes place twice a month – on the first and third Sundays. It is hosted in a renovated former pub building that has national architectural heritage status. The market holds a Latvian Heritage award for its efforts to revive and maintain Latvian market traditions.



LATVIA



LIEPĀJA CRAFTS CENTRE

ADDRESS: Dārza iela 4/8, Liepāja DISTANCE FROM RIGA: 217km
WEBSITE: www.celotajs.lv/en/e/liepajas_amatnieku_nams

SEASON: all year
FOR WHOM: individuals and groups

This is a unique opportunity to watch the work of various craftspeople (amber workers, jewellers, weavers, seamstresses, etc.) and purchase their masterful work. Visitors can see the world's longest amber necklace – 123 m and 19 kg – which was made using pieces of amber contributed by local residents. The crafts centre holds a Latvian Heritage award for its efforts in maintaining traditional Latvian handicraft skills.



LATVIA



KURMĪŠI HERB FARM

ADDRESS: Rakuti, Ūdrīšu pag., Krāslavas nov.

DISTANCE FROM RIGA: 280km

WEBSITE: www.celotajs.lv/en/e/zalu_tejas_kurmisi
www.kurmisi.lv

SEASON: April – October

FOR WHOM: groups

HOST: Ivars Geiba

The farm grows medicinal plants that are very common in Latvia – oregano, St John's wort, wormwood, lemon balm, cat's-foot and others – altogether 25 species. It is located in a nature reserve and therefore in a clean ecological environment. Tours present how the medicinal plants are cultivated, and how herbal teas and other products are made on the farm. Herbal tea is served after the tour. The farm holds a Latvian Heritage award for its efforts in keeping alive the traditional knowledge of herbal tea production and its medicinal properties.



LATVIA



GEIDAS DAIRY FARM

ADDRESS: Džūkstes pag., Tukuma nov.

DISTANCE FROM RIGA: 65km

WEBSITE: www.celotajs.lv/en/e/geidas

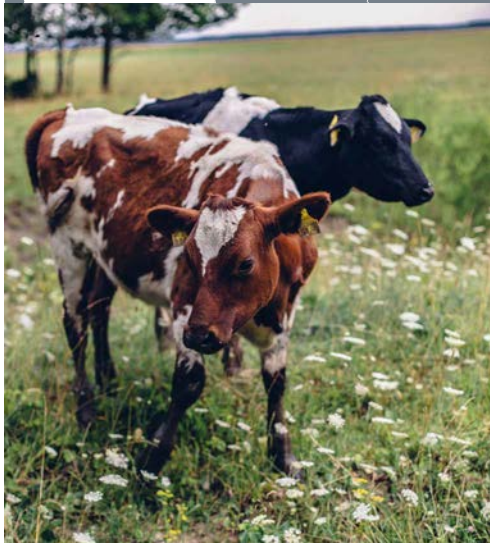
SEASON: May – September

FOR WHOM: groups

DURATION OF THE VISIT: 1.5–2 hours

HOST: Gundega Jēkabsone

The farm specialises in organic dairy farming. During the farm tour, visitors will learn how dairy products are produced and get the chance to try churning butter and making cream using a mechanical milk separator. There is a room containing a display of old milk processing tools and equipment. A traditional Latvian snack will be offered – a glass of milk with bread and berry jam. The hosts will talk about the importance of milk as part of a healthy diet, and will share Latvian riddles and beliefs related to milk. The farm holds a Latvian Heritage award for its efforts to keep dairy farming traditions alive.



LATVIA



SKRĪVERU HOMEMADE ICE-CREAM

ADDRESS: 96, Daugavas str., Skrīveri, Skrīveru nov.

DISTANCE FROM RIGA: 81km

WEBSITE: www.celotajs.lv/en/e/skriveru_majas_saldejums
www.majassaldejums.lv

SEASON: all year

FOR WHOM: groups

HOST: Lelde Sotniece and family

This family enterprise makes homemade ice-cream. Their range includes various types of dessert, including plombières, cream, frozen yoghurt, sorbets and today's latest innovations – blue cheese, horseradish or potato ice-creams, with tomato sauce. So far the family have trialled 80 different ice-cream recipes. The house speciality is horseradish ice cream with herring! The enterprise holds a Latvian Heritage award for producing craft food.

Tour programme:

- introduction to the family enterprise, an insight into the history and types of ice-cream;
- ice-cream making demonstration;
- ice-cream tasting: small portions of unusual ice-creams, for example, beer, potato, coal, sorbet, zephyr ice-creams;
- a chance to enjoy traditional freshly made ice-cream.



LATVIA



KLIMPAS SHEEP FARM

ADDRESS: Rūjienas nov., Jeru pag.
WEBSITE: www.celotajs.lv/en/e/zs_klimpas

DISTANCE FROM RIGA: 150km

SEASON: all year
FOR WHOM: groups
HOST: Ilze and Valdis Leskas

This certified organic farm breeds more than 150 pedigree sheep on 200 ha of land. The owners organise animal auctions and Sheep Days. Visitors can tour the farm and learn about sheep – their breeds, habits, foods and feeding, and sheep farming. The farm also produces natural sheep's wool products including blankets and socks. The farm holds a Latvian Heritage award for keeping traditional sheep-breeding and wool crafting skills alive.



LATVIA



SKRĪVERU MILK SWEETS FACTORY

ADDRESS: 2 Daugavas str., Skrīveri, Skrīveru nov.
WEBSITE: www.celotajs.lv/en/e/skriverupk
www.skriverugotina.lv

DISTANCE FROM RIGA: 80km

SEASON: all year
FOR WHOM: groups
HOST: Baiba Lūse

The milk sweets factory is a family enterprise where handmade milk sweets are produced following authentic recipes and using high-quality ingredients. The enterprise holds a Latvian Heritage award for preserving the Latvian 'Gotiņa' milk sweets brand.

Tour programme:

- introduction to the enterprise and its history;
- chance to see the production machinery and the collection of milk sweets wrapping papers;
- tasting session;
- chance to master the skill of sweet wrapping. Guests can take their wrapped sweets away as a souvenir.





Photo: Making hay in joint-work, Latvia.

LIVE LIKE A LOCAL – SMALLHOLDINGS

Smallholdings welcome individual tourists and families looking to spend a relaxing holiday in an authentic environment. Guests become a part of family life and join in the everyday routines. There are no set excursion programmes, and the time is spent in friendly communication between the guests and the host family. Guests can see and try for themselves simple activities such as gardening, picking fruit and vegetables, milking

goats, cooking food and feeding farm animals. If the hosts are crafters, the guests are welcome to watch and learn new skills. The hosts may also offer some outings in the local surroundings. With experienced hosts and their excellent hospitality, the language barrier is never a problem. Rooms, toilets and washing facilities are simple and functional.



ESTONIA

WORKCAMP 'E-MOTION' IN KIIDI

WEBSITE: www.kiidi.ee/jp/
(Japanese language)

DISTANCE FROM TALLINN: 257km
DISTANCE FROM RIGA: 216km



DURATION: 7 days

FOR WHOM: groups of 5–16 persons

SEASON: summer/autumn and winter/spring

HOSTS: Aigar Pihho and Kiidi Tourism Farm staff

ADDRESS: Kiidi Tourism Farm,
Kiidi küla, Rõuge vald,
Võrumaa, Estonia

Kiidi tourism farm is situated in Rõuge Primeval Valley, Haanja Nature Park, South Estonia. The hosts have over 10 years' experience of welcoming visitors from Japan. We work, go sightseeing, visit local schools and local people, and go hiking. The camp activities include:

- Skills workshops: carpentry and handloom weaving, berry/apple jam making, black bread baking. Dancing and playing musical instruments. In winter, participants can learn to ski or snowboard.
- Work: 2–4 hours per day with local families or villagers. Summer/autumn: picking berries and mushrooms, taking care of hiking trails, piling up chopped firewood, planting trees, making birch whisks for the sauna.
- Winter/spring: take care of hiking trails, piling up chopped firewood, planting trees, carpentry; we may also help to organise local events, e.g. the Haanja Marathon.
- Every day there is the chance to use the sauna.
- Hiking: Haanja Nature Park, Luhasoo Nature Trail.
- Sightseeing: Suur Munamägi hill in Haanja and the viewing tower, Vastseliina Castle, Setomaa, Seto Studio-Gallery and the Estonian National Museum in Tartu. Excursion day to Latvia.



LATVIA

INDĀNI TRADITIONAL FARMSTEAD

WEBSITE: www.celotajs.lv/en/e/indani
www.indani.lv

DISTANCE FROM RIGA 95km



SEASON: May – September

ADDRESS: Kandavas pag.,
Kandavas nov.,
LV - 3120, Latvia

HOSTS: Signe Ezeriņa

There are different options for staying guests and for visiting guests.

- For staying guests:

Visitors can become part of a family living a traditional farmstead life. There is room for guests in the hosts' home. Adults and children will be able to learn about farm animals including goats and geese, view a collection of ancient tools, enjoy a country sauna with birch and juniper switches, drink herbal tea with honey and try carrot buns.

- For visiting guests:

A 2-hour farm tour programme includes:

- a tour of the farm, introducing the way of life in the countryside;
- a refreshment break drinking herbal tea with honey and trying carrot buns and other traditional pastries.

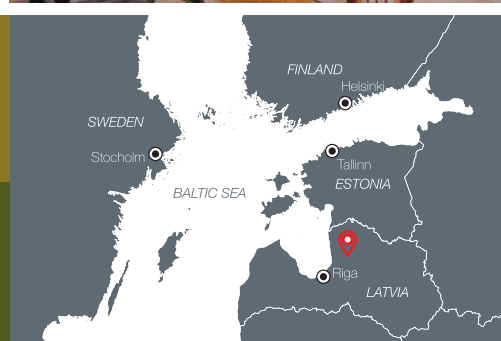


LATVIA

DZIRNUPES TRADITIONAL FARMSTEAD

WEBSITE: www.celotajs.lv/en/e/dzirnupes
www.dzirnupes.lv

DISTANCE FROM RIGA 90km



SEASON: March – November

ADDRESS: Limbažu nov.,
Viļķenes pag.,
LV - 4052, Latvia

HOSTS: Sandra and Juris Paleļiņis

Dzirnupes is a traditional farmstead where visitors can feel the true romance of Latvia's countryside. This is an excellent leisure venue for couples or families with children. Guests are accommodated in a granary that was built in 1924 and is now a romantic building with a sauna. The host is a master of several crafts: he makes drums from tree stumps, and can teach visitors how to forge a nail in the farm's smithy as well as show them how to use a bow and arrow. He holds a Latvian Heritage award for continuing and promoting these skills. The lady of the house will take visitors along on her daily chores and allow them an insight into country life – gathering hay, making sauerkraut, weeding, milking the goat, watching the geese, and catching and smoking fish to the farm's own recipe. Visitors can also help to bake bread. The family will gladly take guests on excursions in the local surroundings, tell them about country life and answer questions. Guests will enjoy a peaceful and relaxed family atmosphere.







LATVIA

KLAJUMI RANCH

WEBSITE: www.celotajs.lv/en/e/zirgusetaklajumi DISTANCE FROM RIGA 275km
www.klajumi.lv

SEASON: all year

HOSTS: Ilze Stabulniece

ADDRESS: Kaplavas pag.,
Krāslavas nov.,
LV - 5668, Latvia

Klajumi ranch dates back almost 100 years. Nowadays the older and younger generations farm together here, safeguarding the local heritage and taking care of the natural environment. The ranch is located in the Daugava River Valley Nature Park, close to the Latvian-Belarussian border. Klajumi offers peaceful horse-riding tours in beautiful scenery on well-kept and well-trained horses of Latvian, Lithuanian and Belarussian breeds. Guests with no previous riding experience are welcome.

Accommodation is in traditional-style log cottages. The ranch is a holder of the national eco certificate for rural tourism accommodation, a member of the European Network of Regional Culinary Heritage, and holds a Latvian Heritage award for maintaining horse-breeding traditions.



LATVIA

LŪĶI FARMSTEAD

WEBSITE: www.celotajs.lv/en/e/luki

DISTANCE FROM RIGA 200km

SEASON: May – September

HOSTS: Envija Indāne

ADDRESS: Ventspils nov.,
Jūrkalne,
LV 3600, Latvia

At the Lūķi farmstead guests will find peace and tranquillity in an idyllic rural setting. Guests live in harmony with the rhythm of the homestead. The house is surrounded by a pretty flower and herb garden and large trees. It contains an exhibition about the site's history and a small craft workshop where the hosts will gladly teach guests the art of making traditional house decorations and other handicrafts. The farmstead holds a Latvian Heritage award for preserving the traditional rural environment.





COUNTRY HOTELS AND SPAS

Photo: Sagadi manor hotel in Estonia.

This chapter presents selected countryside hotels that are conveniently situated in touristic areas and easily accessible from capital cities by public transportation or private transfer.

Room standards offer SGL, TWIN, DBL or APARTMENT accommodation with WC and shower or bath if not indicated otherwise. Rooms in a country hotel or a guest house may differ in style, size, facilities and amenities, and they can be located in different buildings of the same accommodation property. If so, they are denoted as Standard, Suite or Superior. When booking, it is strongly advised to check on room specifications.

Detailed information:

www.balticsea.countryholidays.info

or from countryside tourism associations (in English):

www.countryholidays.lv (Latvia, Estonia, Lithuania)

www.maaturism.ee (Estonia)

www.visitsouthcoastfinland.fi (South-Finland)

FINLAND

SPA HOTEL PÄIVÄKUMPU

DISTANCE FROM HELSINKI: 86km
WEBSITE: www.paivakumpi.fi

ADDRESS: Ylhäentie 1,
09120 Karjalohja, Finland



Located only a 1 hour drive from Helsinki, in the village Karjalohja by the Lake Lohjanjärvi. Finnish nature is near, only one step from your hotel room and is also brought inside the spa. You can actually hear Finnish birds singing and smell the Finnish summer while enjoying your holiday in luxurious spa facilities.

ACCOMMODATION:

40 rooms in the main building, located on two floors. Suites and Superior rooms with a lake view available.

MEAL SERVICES:

Buffet lunch and dinner are available in the hotel restaurant. A la carte restaurant Panorama offers Finnish and international cuisine daily with a remarkable view over Lake Lohjanjärvi.

SERVICES AND ATTRACTIONS ON SITE:

Spa Hotel Päiväkumpu offers spa and wellness services and is specialised in promoting the Finnish sauna culture. Free use of the spa is included in all room prices.



FINLAND

SCANDIC RESORT SIUNTIO

DISTANCE FROM HELSINKI: 60km
WEBSITE: www.scandichotels.fi

ADDRESS: Lepopirtentie 80,
02570 Siuntio, Finland



Enjoy the fabulous nature reserve and the diverse exercise and wellness services at Scandic Siuntio. The hotel is less than an hour's drive from Helsinki and has a wonderfully relaxing atmosphere. Hotel guests can breathe in the fresh air of the green parkland, relax while gazing into a bonfire or canoe on the beautiful lake. The viewing points offer gorgeous vistas of Lake Siuntio and the surrounding fields.

As a guest of Scandic, you will get to enjoy:

- a generous breakfast,
- Scandic Friends benefits,
- unlimited Wi-Fi,
- FACE Stockholm bath and cosmetic products,
- for children, a welcome gift and a dedicated menu in the restaurant.

ACCOMMODATION:

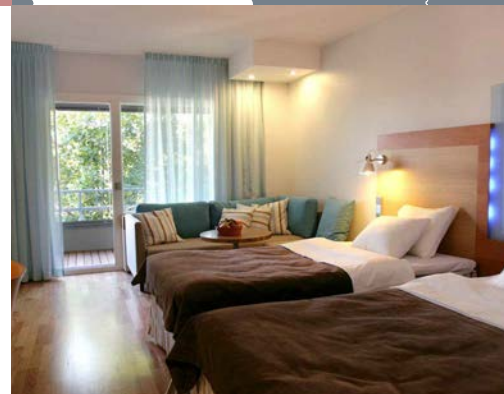
The hotel has 191 rooms

MEAL SERVICES:

Breakfast and an à la carte menu served daily
Buffet lunch and dinner option
Summer terrace

SERVICES AND ATTRACTIONS ON SITE:

Two swimming pools and a heated outdoor pool; two saunas: a relaxing steam sauna and a hot, traditional Finnish sauna. Guests can rent bicycles from the hotel, play mini or frisbee golf, enjoy roller skating or hiking, or use the hotel's well-equipped gym.



FINLAND



MUSTION LINNA MANOR HOUSE HOTEL

DISTANCE FROM HELSINKI: 80km
WEBSITE: www.mustionlinna.fi

ADDRESS: Hällsnäsintie 89,
10360 Mustio, Finland

Mustion Linna is one of the most beloved manor houses in Finland with a history dating back more than two hundred years. The manor is situated about 80 km west of Helsinki along the Finnish coast. Accommodation at Mustion Linna is in charming nineteenth-century country cottages, formerly the homes of the workmen at the ironworks, which have been turned into comfortable modern hotel rooms. Slottskrogen, the former coach house, is a Neo-Gothic building dating from the middle of the 1800s. The huge fireplace and the rustic iron chandeliers create a unique and homely atmosphere. Whether staying for business or pleasure, our guests are guaranteed a unique opportunity to relax in style and comfort – enjoying the tranquillity of this wonderful ancient place combined with all the modern conveniences of the hotel.

ACCOMMODATION:

8 SGL rooms
33 DBL rooms
1 suite

MEAL SERVICES:

Restaurant Svartå Slottskrog offers our own version of slow food which is based on the authentic Nordic food culture. Our food philosophy is based on our dedication to our country, ethics, innovation, enjoyment, well-being and purity.

SERVICES AND ATTRACTIONS ON SITE:

Wedding celebrations: wedding ceremonies can take place in Svartå Church right next to the magnificent park, or in the romantic surroundings of the park itself. We have a network of partners who can supply everything you need for your wedding from beauty salons, photographers and bands to hair stylists and thrilling transportation, for example a horse and carriage, vintage car or helicopter. The newly married couple is welcome to stay in our bridal suite in Merlin's Tower. Guests will be accommodated in the three hotel buildings.



FINLAND



HOTEL SEA FRONT

DISTANCE FROM HELSINKI: 93km
WEBSITE: www.hotelseafront.fi

ADDRESS: Valkovuokonkatu 2,
10600 Tammisaari, Finland

The hotel is situated near the sea in a peaceful environment, only a short walk away from the centre of Ekenäs in Raseborg. One can find restaurants, shops, the railway station and the beaches close by.

ACCOMMODATION:

20 DBL rooms located on two floors.
10 of the rooms have a balcony and a view to the sea.

MEAL SERVICES:

Lunch and dinner are served in the hotel restaurant Strandis offering Finnish and international cuisine with a modern twist. Dinner or a drink can be enjoyed on the terrace with a beautiful view to the sea.

SERVICES AND ATTRACTIONS ON SITE:

- A boat trip from the hotel to Tammisaari archipelago national park.
- Fishing trips and trips to old fisherman house.
- Historic weekend at Raseborg Castle ruins with medieval dinner.



ESTONIA



SCHLOSS FALL BOUTIQUE HOTEL IN KEILA-JOA CASTLE

DISTANCE FROM TALLINN: 35km
WEBSITE: www.schlossfall.com

ADDRESS: Pargi allee 5, Keila-Joa,
Harjumaa, Estonia

Schloss Fall Boutique Hotel is part of the historic Keila-Joa Castle, which was built in 1833 and completely renovated in 2014. It is located on the banks of the beautiful River Keila and surrounded by a historic parkland. Keila Waterfall offers a picturesque sight, regardless of the season.

ACCOMMODATION:

4 spacious luxury suites for 8 persons on the second floor.

MEAL SERVICES:

Restaurant Cher Ami offers a classical à la carte service for individual guests and groups, as well as large-scale catering services for all events taking place in Keila-Joa Castle.

SERVICES AND ATTRACTIONS ON SITE:

A museum and an exhibition hall.
The castle hosts concerts and salon music evenings.
Guided tours of the castle.
The castle premises can be hired for celebrations.



ESTONIA



MÄETAGUSE MANOR HOTEL & SPA

DISTANCE FROM TALLINN: 190km
WEBSITE: www.moisahotell.ee

Mäetaguse Manor was established in 1796, during the rule of Eugenius Octave von Rosen. The Classicist mansion is impressive and is distinguished by its richly decorated interior. Fourteen buildings from the manor complex have survived. The stables and carriage house have been converted into a hotel, bathing house, mini spa and restaurant. A Hunting Museum has been installed in the distillery, with an exhibition about the life of bears. Today you can visit the renovated manor and pre-book a tour. Mäetaguse Manor Hotel & Spa offers various options for a relaxing holiday as well as productive business meetings.

ACCOMMODATION:

The Mansion - for 4 + 4 persons
2 suites
The hotel: sleeps 50 persons,
1 suite
4 DBL plus rooms
4 DBL/TWN rooms
11 TWN rooms
2 hypoallergenic rooms
2 family rooms

MEAL SERVICES:

The 'Rosen' à la carte restaurant for 50 guests in the converted carriage house offers delicious dishes made from local products.

SERVICES AND ATTRACTIONS ON SITE:

Two-lane swimming pool (25 m), children's pool.
Saunas:
• 2 Finnish saunas (separate for ladies and gentlemen),
• sauna for private use,
• 4 other saunas: salt, steam, aroma and sanarium,
• massages and facial treatments.

ACTIVITIES:

lit tracks for walking, rollerblading, cycling and skiing near the hotel. Frisbee golf, hiking through the bog; bicycles and Nordic walking poles available for hire.



ESTONIA

GMP CLUBHOTEL

DISTANCE FROM TALLINN: 230km
WEBSITE: www.clubhotel.ee

ADDRESS: Tennisevälja tn 1,
Otepää, Valgamaa, Estonia



The GMP Clubhotel is an exclusive apartment hotel in Otepää, on the shore of Lake Pühajärve. The Clubhotel is intended primarily for guests who appreciate high-quality interiors, modern technical solutions, security and comfort.

ACCOMMODATION:

The Clubhotel offers 1- and 2-room apartments with every convenience and beautiful views; these can comfortably accommodate four persons. In addition, there is a 3-room apartment with a private sauna to accommodate a larger family.

- 5 apartments (1-room)
- 12 apartments (2-rooms)
- 7 Saku Kuld suites (1-room)
- 1 suite (2-rooms) with a sauna
- 1 suite (3-rooms) with a sauna
- 1 GMP Royal Suite (presidential suite)

MEAL SERVICES:

The hotel is home to one of the top Estonian restaurants – GMP Pühajärve. The restaurant has been listed among the best 50 restaurants in Estonia for five consecutive years (2013–2018). GMP Pühajärve offers modern Estonian cuisine.

SERVICES AND ATTRACTIONS ON SITE:

Sauna complex and gym.
There are many popular tourist attractions nearby.



ESTONIA

SAGADI MANOR HOTEL

DISTANCE FROM TALLINN: 90km
WEBSITE: www.sagadi.ee

ADDRESS: Sagadi,
Lääne-Virumaa, Estonia



The Sagadi Manor Hotel complex is located on the edge of Lahemaa National Park, offering its guests many possibilities for relaxing. Guests will appreciate the beautiful surroundings, and enjoy the comfortable accommodation, splendid culinary experiences and cosy atmosphere. The hotel's location offers the chance for guests to become acquainted with the cultural and natural merits of the local area.

ACCOMMODATION:

- 12 TWIN/DBL Superior rooms
- 14 TWIN/DBL Standard rooms
- Garden house suite for 2 persons

MEAL SERVICES:

Sagadi Manor's restaurant's à la carte menu offers traditional dishes as well as game specials.

SERVICES AND ATTRACTIONS ON SITE:

- Finnish sauna in the ice cellar
- wood-fired sauna in the hostel
- barrel-sauna under the sky
- leisure programmes for groups



LATVIA

KĀRĻAMUIŽA COUNTRY HOTEL

DISTANCE FROM RIGA: 75km
WEBSITE: www.karlamuiza.lv

ADDRESS: "Kārļamuiža", Kārļi,
Cāsis, LV-4139, Latvia



The Kārļa Muiža Country Hotel is located in the countryside of the Amata river valley with beautiful landscapes and in Gauja National park. It represents a renovated 18th century estate building with charming ambience and is surrounded by an old apple orchard.

ACCOMMODATION:

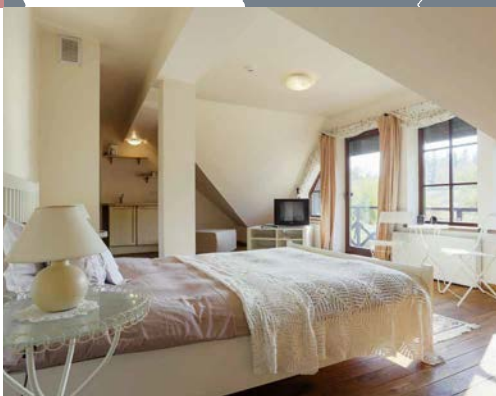
- The main building.
 - 2 Standard DBL rooms
 - 1 Standard TWIN rooms
 - 1 Suite DBL room
 - 1 Superior DBL room
- 1 APARTMENT
- Cottage "Annmarie" - a private cottage with a bedroom (DBL bed), a living room, WC and bath, a kitchen.

SERVICES AND ATTRACTIONS ON SITE:

- Walking routes in the surroundings:
- walks in the Romantic Landscape Park surrounding the hotel (1–2 hours),
 - a walk to the Ainavu precipice (approx. 2.5 km/1–2 hours)
 - Amata hiking trail (15 km/approx. 5–6 hours)
 - Cycling routes in the Gauja National Park, bike rental and trekking poles' rental.

MEAL SERVICES:

The hotel restaurant mostly uses local ingredients.



LATVIA

MIĶELIS HOTEL

DISTANCE FROM RIGA: 83km
WEBSITE: www.mikelis.lv

ADDRESS: "Miķelis", Uzvara, Gailīšu pag.,
Bauskas nov., Latvia



The hotel was built in 2017, in a rural setting amidst green and golden fields of grain. Here history and folklore intermingle with the contemporary and creativity.

ACCOMMODATION:

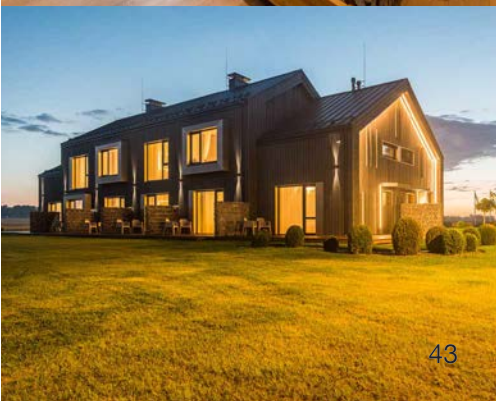
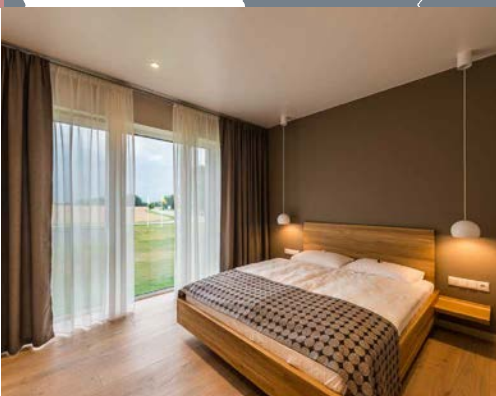
- 18 bright, comfortable rooms with picturesque views in all seasons. Room types:
- DBL rooms
 - DBL room with a terrace
 - Family room

SERVICES AND ATTRACTIONS ON SITE:

- the largest and most exclusive collection of vehicles in the Baltic countries with more than 50 different machinery items;
- a farmstead museum that is authentically set up for the turn of the twentieth century. The furniture, the dishes, the clothing and the tools placed in the museum buildings reflect the working and household conditions of farmers and country craftsmen in the first half of the twentieth century.

MEAL SERVICES:

There is a coffee-house with a summer terrace, a small room with a fireplace for gatherings of up to 20 people, and a hall for functions for up to 60 people.



MAZMEŽOTNES MUIŽA MANOR HOTEL

DISTANCE FROM RIGA: 80km
WEBSITE: www.mazmezotne.lv

ADDRESS: Mazmežotne,
Rundāles pag., LV-3921, Latvia



The manor hotel is located on the slopes of the Lielupe river valley, surrounded by countryside in which to relax and enjoy active nature-based holidays.

ACCOMMODATION:

The Lords' house.
5 Superior DBL rooms
1 Superior SGL room

The Servants' house.
9 Standard TWIN
1 Standard TWIN with facilities for disabled.

MEAL SERVICES:

The Mazmežotne Manor restaurant offers a variety of appetisers, soups, main courses and desserts.

SERVICES AND ATTRACTIONS ON SITE:

- Sauna
- Active leisure:
boat and bicycle rental, the nature trail.



BĪRIŅU PILS CASTLE HOTEL

DISTANCE FROM RIGA: 53km
WEBSITE: www.birinupils.lv
www.celotajs.lv/en/e/birinupils

ADDRESS: Bīriņi, Vidrižu pag.,
LV-4013, Latvia



The Bīriņi estate buildings and the park were built in the 18th-19th century. The castle itself exemplifies a successful mixture of styles - the architecture is dominated by the Neo-gothic and Semicircle style, while the interior features Neo-renaissance. Today the castle is a prestigious and romantic venue for banquets and weddings.

ACCOMMODATION:

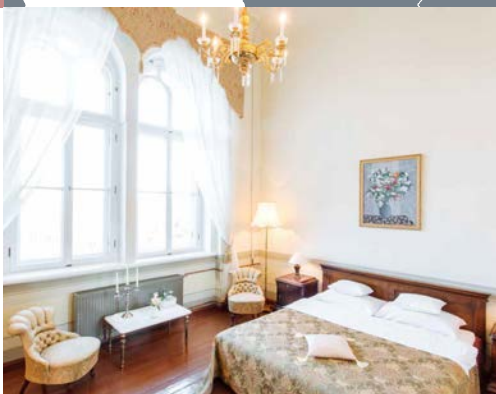
- The Castle Building.
5 Standard DBL/TWIN rooms (2 with a shower, 3 with a bath)
3 Suite DBL rooms (with private Jacuzzi bath)
4 Family apartments (2 bedrooms, private WC and shower)
- The Gardeners House.
3 Standard DBL rooms (1 with a shower, 2 with a bath)
2 Standard DBL/TWIN rooms
1 Suite DBL
1 Suite TWIN
3 Family apartments (2 bedrooms, private WC and shower)

SERVICES AND ATTRACTIONS ON SITE:

- Several parks surrounding the Bīriņi estate.
- Bathhouses:
Castle's Bathhouse with a pool, steam bath and massage shower.
- Watermill's Bath during the summer season - a traditional Latvian sauna with birch or linden whisks, herbal tea, and swimming in Watermill Lake.
- Active leisure:
horse riding, cart or sleigh riding, boat rental, bicycle rental.

MEAL SERVICES:

- The Bīriņi Castle restaurant is located in the Vaulted Hall, in the cosy basement of the Castle.
- The Summer Café. In the summer season, an ethnic museum – café is open between Wednesday and Sunday in the Bīriņi Castle Watermill, guests can also enjoy refreshments on the Terrace at the Watermill lake.



LATVIA

LANTUS COUNTRY HOUSE

DISTANCE FROM RIGA: 115km
WEBSITE: www.laukumaja.lv

ADDRESS: "Lantus", Bērzaines pag.,
LV-4208, Latvia

A country house in a landscaped setting by a pond and near forest. The house is comfortably appointed with several fireplace rooms, a sauna, a pool.

ACCOMMODATION:

- The main house.
2 Superior DBL rooms
1 apartment (2 bedrooms, a dining room; WC and shower outside the apartment)
- Extra rooms available in the Sauna house.

SERVICES AND ATTRACTIONS ON SITE:

- Latvian Sauna: sauna procedures, bath-house attendant service.
- Massages: classical or relaxing massage, facial massage, body peeling, hot honey massage etc.

MEAL SERVICES:

The hostess offers home-made meals. The farm buys from local food suppliers - farmers and food manufacturers.



LATVIA

SMUKU MUIŽA MANOR HOTEL

DISTANCE FROM RIGA: 100km
WEBSITE: www.celotajs.lv/en/e/smukumuiža

ADDRESS: "Pārslas", Remtes pag.,
Brocēnu nov., LV-3871, Latvia

A renovated estate complex dating from the 16th century. A popular place for wedding ceremonies. The main building is used for celebrations, and guest rooms are located in several buildings around the estate. A pleasant location for a leisurely holiday.

ACCOMMODATION:

DBL rooms are located in three buildings around the estate.

SERVICES AND ATTRACTIONS ON SITE:

Mini golf, a rough-terrain trail, a swimming spot, boating.
Excursion programmes for groups.

MEAL SERVICES:

Delicious meals are served in the hotel restaurant.



MĀRCIENAS MUIŽA MANOR HOTEL

DISTANCE FROM RIGA: 160km
WEBSITE: www.marciena.eu

ADDRESS: Lejas Patmalnieki,
Mārciena, LV-4852, Latvia



A spa resort in a renovated manor house in the countryside. High standards of service in all fields, personal attitude, outstanding cuisine and luxurious interiors. The manor has a spa complex and offers spa procedures.

ACCOMMODATION:

The Manor house.

- 4 Standard TWIN/DBL rooms
- 2 Suite TWIN/DBL rooms

The SPA house.

- 6 Standard TWIN/DBL rooms
- 1 Suite TWIN/DBL room

Hostel.

- Shared WC and shower - 3 for women + 3 for men.
- 15 TWIN rooms

Blacksmith's house -

a private cottage with 1 bedroom (DBL bed), a living room, WC and shower, a small kitchen.

SERVICES AND ATTRACTIONS ON SITE:

- SPA complex: stone bath, pine bath, hay bath, sauna, mill contrast shower, cold pool, warm pool with counter-stream, Jacuzzi.
- Biomechanical stimulation procedures.
- Latvian country bath.
- Active leisure: croquet, bicycles, fishing, walking trails, children's playground, swimming, walking sticks, swing, catamaran, slide in the lake.

MEAL SERVICES:

The Mārcienas muiža hotel restaurant offers the "old world," Latvian and Baltic German dishes in a modern way. Fruit, vegetables, meat and fish come from the estate's gardens and from local farmers.





Photo: Adorning the bride for the wedding ritual.



Photo: Villagers on Kihnu Island, Estonia.

TOURING ROUTES

The tours in this chapter are examples showing how our countries can be explored. They combine the professional knowledge of rural tourism organisations of South-Finland, Estonia and Latvia who are experts in countryside tourism, with the expertise of experienced tour operators specialising in working for Japanese customers.

We focus on experiences outside cities therefore the tour descriptions presented here include capitals and cities only as start and end points. The tours enable discovery of the traditional and modern life outside cities, cultural and historical heritage, nature values and local cuisine. Each tour description includes its name, the route map, itinerary, distances, time to complete the tour and suggested sites to visit.

All tours can be adapted to the needs and interests of customers. Approximate driving distances between

the start and end points of each day's itinerary are shown while the itinerary planning is flexible, the visits can be selected according to preferences of interests and timing. The itineraries can be modified changing the length of a whole tour, selecting optional visits and programmes, and adapting for groups or independent travellers.

It is possible to visit several countries in one tour or choose one or two countries of interest. To make the most of your countryside experience, the best time for visiting is between April and October. For detailed information requests and arrangement of services please contact the tour operators or rural tourism organisations listed in the chapter "Rural tourism organisations and inbound tour operators for the Central Baltic area".

PRACTICAL INFORMATION ABOUT TOURS AND SERVICES

PRACTICAL INFORMATION ABOUT TOURS AND SERVICES

- A private driver service is recommended for independent travellers. The rates are affordable in the Baltic countries. While car hire services are available, visitors may find this inconvenient because drivers in these countries drive on the right. It is possible to follow certain tour routes using the public bus and train networks.
- Touring in groups is also possible. To gain a better countryside experience, it is advisable to keep to a smaller group size (~12-15 persons) according to accommodation capacities in countryside guest houses and hotels.

TOUR LEADER AND GUIDE SERVICES

Groups are accompanied by a tour leader who knows the route and local conditions well, and a Japanese speaking guide/interpreter who tells about the areas and sites visited, and interprets during excursions and visits. Guide/interpreter services can also be booked for individual travellers.

ACCOMMODATION

Tours usually start with a day and overnight in capital cities. Outside cities accommodation is planned in country hotels and guest houses in rural areas and small towns, in single and twin rooms. In cities and towns accommodation names are not given as there is a greater variety to choose from at the time of booking. Usually rooms are equipped with WC and shower. Bath tubs are not always available. Rooms in small hotels or guest houses may vary in their size, style, amenities and facilities. It is usually done to cater for

different tastes and needs of guests, to personalise the service and to create special ambience. For groups, it is recommended to request detailed room information in advance.

MEALS

Breakfast is almost always included with accommodation, lunch and dinners can be booked as well. Menus are based on locally grown and seasonal foods. Traditionally meals in Finland, Estonia and Latvia include beef and pork meat, fish, eggs, cooked and fresh vegetables, fresh salad, cheese, white and black bread. Various dietary requirements can be met upon prior arrangement.

VISITS AND EXCURSIONS

The most attractive features of traditional heritage and modern life in rural areas are revealed through visits to people who run farms, craft shops, private museums and other attractions that are open to tourists. The programmes are usually 1-2 hours long. Guests are shown around the place by the owner or a guide. Often guests can try their hand in some activities (bread baking, weaving, etc.), taste the farm produce (cheese, honey, etc.). Visits to farmsteads by groups and individuals must be booked in advance, as most of the sites are not open all-day-round for visits.

SOUVENIRS

Tours involve visits to local arts and crafts masters who produce traditional and modern designs. Pottery, natural textiles, knitwear, woodworking products, wax candles, herb teas, natural honey and other handmade and home-made things are favoured by tourists.

CULTURE ROAD: EXPLORE THE COUNTRYSIDE OF THE BALTIC SEA: LATVIA - ESTONIA - FINLAND

The tour introduces a variety of attractions and values outside big cities revealing the true character of the countries. Visitors will experience the beauty of nature in national parks, charming ambience of rural manors, visit traditional rural farms and skilful traditional artisans and craftsmen.



6 DAYS / 5 NIGHTS

Riga – Ķemeri – Jelgava – Bīriņi – Tartu – Vihula
– Tallinn – Helsinki – Karjalohja – Mustion Linna
– Helsinki

DAY 1: Arrival in Riga, Latvia

Riga city tour. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site. Overnight in a hotel in Riga.

DAY 2: Riga – Ķemeri National park – Jelgava – Mazmežotne
DRIVING DISTANCE ~170km.
WALKING DISTANCE 2 or 4km (1-2h).
PROGRAMME DURATION with 3 visits:12h.

The timing allows for a combination of a maximum of 3 visits. There are the following options en route to choose from:

1) Ķemeri National Park – the Great Ķemeri Bog Boardwalk www.latvia.travel/en/sight/great-kereri-bog-boardwalk and a watchtower (walking distances 2 or 4km).



2) Bread baking workshop in a traditional Latvian farmstead Caunītes. www.celotajs.lv/en/e/caunites.



3) Excursion, demonstrations and opportunity to participate in ceramics workshop, herbal tea tasting in Laima Ceramics studio in Rundāle region www.laimagrigrone.com/j-p/.

4) Rundāle palace <http://rundale.net>. This 18th century palace, built by an Italian architect F. B. Rastrelli is the most magnificent masterpiece of Baroque architecture in the Baltic States. The renovated palace interiors are decorated with authentic 18th century furniture, paintings and china. The palace boasts a beautiful French-style garden surrounded by a canal.



Overnight in Mazmežotne manor www.mazmezotne.lv, set in beautiful surroundings.

DAY 3: Mazmežotne – Bīriņi – Latvia/ Estonia border – Võrumaa region –Tartu
DRIVING DISTANCE - 420km.
Walking 1.5h.
PROGRAMME DURATION 12h.

Tour of the Bīriņi manor complex and the park (18th – 19th century) www.birinupils.lv/en/, a restaurant. Haanja nature park (1.5h walking). In the centre of the park there is the highest hill in the Baltic States – Suur Munamägi, which stands 318m above sea level. A viewing tower is on the hilltop offering a stunning view. Mooska Farm www.mooska.eu in Võrumaa region. UNESCO smoke sauna story, degustation of local products.



Overnight in a hotel in Tartu.

DAY 4: Tartu – Lahemaa national park
DRIVING DISTANCE - 270km.
PROGRAMME DURATION 9h.

Short city tour of Tartu - a university town and a city of youth. Excursion at Avinurme Wooden Handicrafts Centre www.puiduait.ee/en/.

Vihula manor - a charming 16th century estate set alongside the Mustoja River in the Lahemaa National Park. Overnight in Vihula manor hotel www.vihulamanor.com.



DAY 5: Vihula – Tallinn – Helsinki – Western-Uusimaa Region – Raasepori region – Karjalohja – Mustion Linna
DRIVING DISTANCE - 205km, ferry 2h.
PROGRAMME DURATION 12h.

Tallinn city tour. The tour combines walking and bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St.



Brigitte's monastery and Pirtta area. Transfer to the Tallink Silja line ferry terminal. Ferry Tallinn – Helsinki (~2h).



Transfer from Helsinki to Western-Uusimaa Region. Possible to do 2 visits:
 1) Tammisaari (old fishing village) www.visitraseborg.com/en/sights/culture-history/ekenas.
 2) Fiskars Village - excursion and lunch www.fiskarsvillage.fi/en/.



3) Svartå Manor at Mustion Linna www.mustionlinna.fi/en/ is one of the most precious manor houses in Finland with a history of more than two hundred years.



4) Spa Hotel Päiväkumpu www.paivakumpu.fi/en is a well-known versatile spa in Southern Finland, in Karjalohja, on the shore of Lake Lohja. Overnight in Mustion Linna / Spa Hotel Päiväkumpu or in Tammisaari Hotel Sea Front or Motel Marine. www.hotelseafront.fi www.motelmarine.fi/fi/

DAY 6: Mustion Linna – Lohjansaari – Helsinki
 DRIVING DISTANCE - 130 km.
 PROGRAMME DURATION depending on the flight time.



Photo by Outdoors Finland (cc)

Excursion in Martinpiha country estate www.martinpiha.fi and Lohjansaari Island. Tytyri mining museum www.tytyriexamyskaivos.fi



Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.



Transfer from city centre to Helsinki-Vantaa Airport.

Departure.



BALTIC – SCANDINAVIAN ROUTE: FINLAND - SWEDEN - ESTONIA - LATVIA

This tour offers visiting UNESCO World Heritage sites – Helsinki, Stockholm, Riga, Tallinn, travelling by ferries and cruise ships and adding value to the trip by exploring the Baltic countries beyond the capitals. The sites outside cities present traditional folk cultures of Finland, Sweden, Estonia and Latvia and a variety of farms showing today's life in the countryside. The round trip includes two overnights on cruise ships.



9 DAYS / 8 NIGHTS

Helsinki – Lohja – Helsinki - Stockholm -
Stockholm archipelago – Riga –
Limbaži – Salacgrīva – Pärnu - Tallinn - Helsinki

DAY 1: Arrival in Helsinki, Finland

Overnight in a hotel in Helsinki.

DAY 2: Helsinki – Lohja – Siuntio DRIVING DISTANCE - 80km. PROGRAMME DURATION: 8h.

Helsinki city tour. Visit the iconic Marimekko production and design facility in Herttoniemi. Continue to Helsinki centre and check out the must-see places of Helsinki.

Visit local Punus farm in Siuntio, taste the local food and produce. Hostess Susanne will welcome you to her farm and show you around. A short walk in the forest.



Visit the Lohja Tytyri mine – experience the working mine and museum and the spectacular light show with Sibelius Finlandia music 100 metres below the surface.



Overnight in Kisakallio:
www.kisakallio.fi/en/frontpage
Visit the Finnish countryside and a sauna experience while in Kisakallio or Spa hotel Cumulus Resort Siuntio: <https://resort.cumulus.fi/en/hotels-and-spas/spa-hotel-rantasipi-siuntio>

DAY 3: Siuntio – Helsinki – Stockholm DRIVING DISTANCE - 45km. CRUISE FERRY 16.5h.

Helsinki city tour. The Helsinki Cathedral and the Senat Square, the Parliament, the Old Market Hall and Market Square, the Esplanade park, the Kamppi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress. Overnight cruise: Helsinki – Stockholm by ferry Silja Serenade/Silja Symphony (17:00 – 09:30).



DAY 4: Stockholm

Stockholm archipelago www.stockholmarchipelago.se with more than 30,000 islands, ancient fishing villages and centuries-old towns, inviting coves, cliffs and soft sand beaches. Overnight in a hotel in Stockholm.



DAY 5: Stockholm – Riga CRUISE FERRY 17h.

City tour/free time in Stockholm. Gamla Stan – the Old Town, the Royal Palace, the Stockholm Cathedral, the Vasa museum, the SkyView – the top of the world's largest spherical building, Djurgården – the green island. Stockholm – Riga overnight cruise with Isabelle/Romantika cruise ferry (17:00 – 11:00)

DAY 6: Riga DRIVING DISTANCE - 30km. PROGRAMME DURATION: 6h

City tour in Riga. The Dome Cathedral with one of the world's largest pipe organs, St. Peter's Church with magnificent views of the city from its steeple, the old Guild Houses, the Swedish Gate, the architectural ensemble Three Brothers, St. Jacob's Church, the Parliament House, Old Riga Castle, Art Nouveau area. The Historic Centre of Riga is a UNESCO Heritage Site. Latvian Ethnographic open air museum – a collection of 118 historical buildings from all four of Latvia's provinces. Overnight in a hotel in Riga.

DAY 7: Riga – Limbaži – Salacgrīva – Pärnu DRIVING DISTANCE - 222km. PROGRAMME DURATION: 12h WALKING 2.2km (ca 1.5h)

Blacksmith's workshop www.celotajs.lv/en/e/kalejs_kaspars_auza. Hand-made lanterns, candelabras, hinges, fireplace tools, stair railings and gates. Several exhibits from the 18th century.



Dzirņupes farm, a traditional Latvian farmstead www.celotajs.lv/en/e/dzirnupes?lang=en
The owner makes drums from tree stumps and is prepared to teach how



to use a bow and arrow. The lady of the house offers a programme presenting household skills that a Latvian bride should have mastered before her wedding.



Lunch at Plavas www.plavashotel.lv gourmet restaurant. Tolkuse nature trail www.visitestonia.com/en/rmk-rannametsa-tolkuse-nature-and-study-trail is a circular trail, partly running on a boardwalk. It passes through the pine forest on the dunes and Tolkuse bog and leads to the largest bog-pool of the bog. 2.2km, ca 1.5h.



Nurka Tourism Farm www.visitestonia.com/en/nurka-farm. Guided nature hikes in Tolkuse bog, wood-heated sauna, handicraft workshops. Accommodation is possible for a small group. Overnight in a hotel in Pärnu.



DAY 8: Pärnu – Tallinn
DRIVING DISTANCE - 140km.
PROGRAMME DURATION: 8h

The timing allows for a combination of maximum 3 visits. There are the following options en route to choose from:

- 1) Herbal biological farm www.visitestonia.com/en/herb-garden-on-tamme-farm
- 2) Kännu ALPACA Farm www.visitestonia.com/en/alpaca-farm-the-largest-in-estonia?site_preference=normal. Guests can pet an alpaca and feed it with treats, see pygmy goats, miniature sheep, Angora rabbits, and chickens.



- 3) Jaanihanso Cider House and orchard makes cider from natural Estonian apples. Visitors can try five different ciders and take a tour www.jaanihanso.ee/about-us/



- 4) Luhtre Farm www.luhtre.ee/en. Luhtre farm serves organic food, using

old recipes (possibility to have dinner). Overnight in a hotel in Tallinn.



DAY 9: Tallinn – Helsinki
CRUISE FERRY 2h.

Tallinn city tour. The tour combines walking and a bus. The walking tour includes the Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century Town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church. The bus tour includes Tallinn's suburbs and Song Festival Grounds, St. Brigitte's monastery and Pirita area. Tallinn – Helsinki with Tallink Shuttle: Star/Megastar.



Departure.



AROUND LATVIA AND ESTONIA

Travellers might be interested in seeing the capital cities and most attractive towns of Estonia and Latvia through the freedom of independent travel and using public train and bus services. Getting around in cities and towns is easy, either by walking, or by using local public transport or taxis. Private driver services are also available.

Below is a model itinerary. It can easily be adapted to suit the needs and interests of travellers. Services can be booked with local travel agents: accommodation, meals, guides, car transfers, etc.



8 DAYS / 7 NIGHTS

Riga – Sigulda – Cēsis – Valmiera – Tartu – Tallinn

DAY 1: Riga

Explore Riga:

- The capital of Latvia. The Old Town of Riga (UNESCO World Heritage Site) – an excellent medieval city. The pearl of Art Nouveau in Europe.
- Central Market, one of the largest markets in Europe, sells local products.



Tourist information:
www.liveriga.com/en/
 Getting around:
 on foot, public transport.
 Hotel overnight in Riga.

DAY 2: Riga

Explore Riga:

- Ethnographic open-air museum located in a beautiful spot by a lake in a pine forest.



- Mežaparks – one of the greenest neighbourhoods in Riga, a popular recreation area. Riga Zoo can be found in Mežaparks.

Getting around:
 on foot, public transport.
 Accommodation in Riga.

DAY 3: Riga - Sigulda

Depart Riga for Sigulda
 Transport:
 train (10x/day, duration 1 hour 15 min.)



Explore Sigulda:

- The surroundings of Sigulda present some of Latvia's most beautiful landscapes. The town is located in Gauja National Park. There are three medieval castles – Sigulda, Krimulda Castle ruins, and Turaida Castle Museum complex with its observation tower, functioning estate houses and sculpture park. There are numerous well-marked and scenic walking trails along the Gauja River valley.



Tourist information: www.entergauja.com/en/
 Getting around:
 on foot, public transport, local taxi
 Hotel accommodation in Sigulda.

DAY 4: Sigulda - Cēsis

Depart Sigulda for Cēsis
 Transport:
 train (4x/day, duration 40 min.)
 Explore Cēsis:

- Cēsis was founded in 1206 and is the third oldest town in Latvia. Since the

end of the nineteenth century Cēsis has been known as a centre of the arts, culture and recreation. Highlights: Cēsis medieval castle; the old town of Cēsis with its original street network, masonry, ancient manor houses and wooden villas built on the banks of the River Gauja.



Tourist information:
<http://turisms.cesis.lv/en/>
 Getting around: on foot.
 Hotel accommodation in Cēsis.

DAY 5: Cēsis - Valmiera - Tartu

Depart Cēsis for Valmiera
 Transport: train (4x/day, duration 1 hour 55 min.)

Explore Valmiera:

- Valmiera is the economic, educational and sporting centre of the Vidzeme region. Highlights: the ruins of Valmiera Castle, St Simon's Lutheran Church, Valmiera Museum, Valmiermuižas alus Brewery.



Tourist information:
www.visit.valmiera.lv/en/
 Getting around: on foot, by taxi (for the brewery).
 In the evening depart for Tartu (EE) by bus (2x/day in the evening, duration approx. 2 hours)
 Hotel accommodation in Tartu.

DAY 6: Tartu

Explore Tartu:

- The second largest city in Estonia. Tartu Old Town sits on the left-hand bank of the River Emajõgi. Highlights: Town Hall Square, 'Kiss of the Students' fountain (the symbol of the city), Toomemägi Hill, Tartu University, the Old Town.

Tourist information:

www.visittartu.com/en/

Getting around: on foot, public transport.

Hotel accommodation in Tartu.

DAY 7: Tartu - Tallinn

Depart from Tartu for Tallinn

Transport: bus (1-2x/hour, duration approx. 2 hours 30 min.); alternative: train (9x/day, express – duration 4 hours)



Explore Tallinn:

- The capital city of Estonia. Highlights: the Old Town of Tallinn – an excellent medieval (14th-15th century) city and a UNESCO World Heritage Site, the Seaplane Harbour (Estonian Maritime Museum), Pirita beach.

Tourist information:

www.visittallinn.ee/eng

Getting around: on foot, public transport.

Hotel accommodation in Tallinn.

DAY 8: Tallinn

Departure day.

- Optional visit – Estonian Open Air Museum.

Tourist information

<http://evm.ee/eng/home>

Getting around: on foot, public transport.



AUTHENTIC EXPERIENCES OF LIVING CULTURE AT UNESCO WORLD HERITAGE SITES

The tour presents UNESCO World Heritage Sites and the Intangible Cultural Heritage of Latvia and Estonia. Experience the famous traditions of song, national crafts, architecture and food of the unique Suiiti and Seto ethnic groups.



6 DAYS / 5 NIGHTS

Riga – Alsunga – Riga – Tartu – Haanja – Obinitsa – Tartu – Pärnu – Kihnu – Pärnu – Tallinn

DAY 1: Riga – Alsunga
DRIVING DISTANCE - 180km.
PROGRAMME DURATION: 10h.

Depart Riga. Visit the centre of Suiiti arts and crafts in Alsunga town – exhibition and shop www.celotajs.lv/en/e/suitu_rija.



Alsunga Medieval Castle Museum www.celotajs.lv/en/e/alsungasordenapils.



The Dižgabalkalns hillfort – a place for traditional festivities and beautiful landscapes www.celotajs.lv/en/e/dizgabalkalns. The Alsunga Catholic Church www.celotajs.lv/en/e/alsungassvmikelakatulobaznica. Suiiti traditional textiles – a weaving craft shop and demonstration www.celotajs.lv/en/e/puralade. Alsunga Museum of Regional Studies www.celotajs.lv/en/e/alsungasvesturesmuzejs.



Overnight in a hotel in Riga.

DAY 2: Riga – Tartu
DRIVING DISTANCE - 250km.
PROGRAMME DURATION: 9h.

Visit Tartu Old Town and the medieval St John's Church with its almost 1,000 terracotta sculptures. Tartu University is an outstanding example of Classicist architecture in Estonia, and a European Heritage site www.visittartu.com/. Estonian National Museum – see examples of Estonian national dress and food, and experience



the Song and Dance Festival that is inscribed on the UNESCO List of Intangible Cultural Heritage www.erm.ee/en. Tartu University Observatory (the Struve meridian arch – UNESCO World Heritage Site) www.tahetorn.ut.ee/en.



Overnight in a hotel in Tartu.

DAY 3: Tartu – Haanja
DRIVING DISTANCE - 90km.
PROGRAMME DURATION: 10h.

Visit to Mooska Farm – to experience the UNESCO Intangible Cultural Heritage of the traditions of the smoke sauna – located in Haanja Nature Park. Sauna session with the hosts. More information in the 'Rural Programmes' section. www.mooska.eu/index.php/in-english

Overnight in a hotel in Tartu.

DAY 4: Haanja/Rõuge – Obinitsa – Tartu
DRIVING DISTANCE - 100km.
PROGRAMME DURATION: 10h.

Optional: Vastseliina Episcopal Castle and Pilgrim House – dating back to the 14th century www.vastseliinalinnus.eu/. Serga tsässon Orthodox village and chapel www.visitestonia.com/en/serga-tsasson. Obinitsa Museum of Seto culture; dress up in Seto costume www.visitestonia.com/en/obinitsa-seto-museum. Taarka tarõ (Seto Community



Centre) – authentic Seto cuisine and Seto leelo singing (UNESCO Intangible Cultural Heritage) www.visitestonia.com/en/seto-community-centre. Saatse Museum – Seto history www.visitestonia.com/en/saatse-seto-museum.



Overnight in a hotel in Tartu.



DAY 5: Tartu – Pärnu – Kihnu – Pärnu
DRIVING DISTANCE - 200km.
PROGRAMME DURATION: 12h.

Pärnu is a popular summer resort town. From Pärnu ferries take visitors to Kihnu Island. The Kihnu Cultural space is inscribed on the UNESCO List of Intangible Cultural Heritage. See details in the 'Rural Programmes' section and more information at www.kihnumare.ee.
 Overnight in a hotel in Pärnu.



DAY 6: Pärnu – Tallinn
DRIVING DISTANCE - 135km.
PROGRAMME DURATION: 6h.

A day in Tallinn, the capital city of Estonia. Highlights: the Old Town of Tallinn – an excellent medieval (14th-15th century) city and a UNESCO World Heritage Site. www.visittallinn.ee/eng

Overnight in a hotel in Tallinn.



RURAL TOURISM ORGANISATIONS AND INBOUND TOUR OPERATORS FOR THE CENTRAL BALTIC AREA

RURAL TOURISM ORGANISATIONS



Baltic Country Holidays

www.countryholidays.lv

BALTIC COUNTRY HOLIDAYS

(Lauku celotajs) is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside and organised tours. Since then the organisation has grown in size, and has varied and developed its products covering also the three Baltic States. Through many years of operation we have established great relationships with our suppliers and our visitors benefit from our extensive local knowledge and personal service.

Address:

Kalnčiema 40, Riga, Latvia

Phone: +371 67617600

E-mail: lauku@celotajs.lv

Website: www.countryholidays.lv



E·E·S·T·I
MAATURISM

ESTONIAN
RURAL TOURISM

ESTONIAN RURAL TOURISM ASSOCIATION

Established in January 2000, the non-profit organisation Estonian Rural Tourism objective is to represent the common interests of rural tourism providers in order to support the development of countryside tourism in Estonia. Accommodation providers who have joined the organisation account for 45% of the total number of Estonian countryside accommodation providers.

Address:

Vilmsi 53 G, 10147 Tallinn, Estonia

Phone: +372 600 9999

E-mail: eesti@maaturism.ee

Website: www.maaturism.ee



VISIT SOUTH COAST FINLAND

Visitlohja is a regional tourism office in southern Finland. Visitlohja is run by City of Lohja and co-operating with local tourism entrepreneurs and associations. Their common target is to develop the best possible tourism experience for visitors. Products and services offered include good accommodation in rural atmosphere. A unique part is to make your own food in the forest to high end cuisine in awarded restaurants and activities - from small hikes in pristine nature to glass blowing in the world-renowned Fiskars Village. The region is situated right next to Helsinki and can therefore provide an unrivalled combination of the Finnish lifestyle, culture and nature.

Address:

Laurinkatu 50, 08100 Lohja, Finland

Phone: +358 44 369 1309

E-mail: tourist@lohja.fi

Website: www.visitlohja.fi

WWW.BALTICSEA.COUNTRYHOLIDAYS.INFO

TOUR OPERATORS IN LATVIA, ESTONIA AND FINLAND

are the Baltic rural tourism experts and experienced professionals to help you set up tour programs and make local arrangements.

BALTIC TOURS LTD.

Contact person:

Mrs. Asmik Tsaturjan

Phone: +372 630 0460

E-mail: incoming@baltictours.ee

Website: www.baltictours.eu



BalticTours

Baltic Tours is an experienced travel agency and incoming tour operator since 1989. We offer professional incoming travel services for leisure and business groups in Northern Europe with a focus on Baltic countries – Estonia, Latvia and Lithuania, as well as in neighbouring countries in the Baltic Sea region. Additionally to the single travel services for tour operators and travel agencies, our portfolio includes tailor-made special interest tours and creative incentive programs.

ESTONIAN HOLIDAYS

Contact person:

Ms. Anne Hermlin

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E-mail: incoming@holidays.ee

Website: www.estonianholidays.com



Estonian Holidays is one of the most experienced DMCs in Estonia operating under this name since 1991. Our reputation is built on reliability, flexibility, excellent product knowledge, creativity and personal attention to the customer. We are passionate about our destination and what we do. We are established in Estonia, but we operate accross the whole Baltic Sea region and Russia. We arrange travel services for both leisure and business travellers and also welcome technical visits and special interest groups.

BALTIC TRAVEL GROUP

Baltic Travel Group

Contact person:

Mrs. Santa Feodorova

Phone: +371 67228428

E-mail: info@btgroup.lv

Website: www.baltic.travel

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

In 17 years of operation our team of experienced and professional experts has provided services in Latvia, Lithuania, Estonia, as well as Scandinavia, Poland and Russia to more than 625 000 visitors from 90 different countries.

The company also has a long experience in serving Japanese clients in the Baltic Region.

ESTRAVEL LTD.

Estravel Latvia - Baltcoming

Contact person: Ms. Anta Jokste

Phone: +371 6 7288 494,

Fax +371 6 7287 977

E-mail: info@baltcoming.lv

Estravel Estonia - Baltcoming

Contact person: Mrs Riina Rauts

Phone: +372 626 6233

E-mail: info@baltcoming.ee

Website: www.baltcoming.com



estravel

Estravel-Baltcoming – your partner in the Baltic States, Scandinavia and Russia

Baltcoming is a registered trade name of Estravel Ltd., the leading travel agency, destination management company and professional conference organiser in the Baltic States.

Baltcoming operates full-service offices in Riga, Tallinn and Vilnius, offering travel services in Latvia, Estonia, Lithuania, Russia, Finland and Sweden. Due to its market leader position and large purchase volumes, Estravel offers competitive rates and high quality services.

- Accommodation contracting and booking in cities and rural area
- Tailor made free independent travellers and group tours
- Fixed date departure tours in Estonia, Latvia, Lithuania and Russia
- Excursions & special interest tours
- Conference and event management
- Incentive programs
- Airline and ferry tickets
- Transportation (coach, car, minibus, rail)
- Catering services
- Site-inspections and educational trips

DMC REISIEKSPERT

Contact person:

Mr. Ants Norak

Phone: +372 610 8631

E-mail: incoming@reisiekspert.ee

Website: www.travel-expert.eu



DMC Reisiekspert (Travel Expert) is your local tour architect in Estonia, Latvia, Lithuania and beyond. Whenever you need accommodation, transfers, guides, sightseeing tours, catering or incentives - we are at your service. DMC & travel agency experience since 1995.

Travel Expert provides a full range of travel services in Estonia, Latvia, Lithuania, Russian Federation and Scandinavia.

**E-TURIST LTD. /
BALTIC INCOMING
TOUR OPERATOR**



Contact person:
Triinu Tammiste
Phone: +372 744 1687
E-mail: triinu@e-turist.ee
Website: www.e-turist.ee

E-TURIST offers the best services in Estonia, Latvia and Lithuania with extensions to Helsinki, St. Petersburg and Poland. Traditional culture tours to the capitals with escapes to “hidden places” in the countryside including: organic food tours, fruit wine and beer tours, farm visits, minor cultures in Estonia, plus business trips and conferences. Our experienced staff make your life easy and your clients satisfied.

FRIMAN TRAVEL



Phone: +358 19 2481004
E-mail: info@frimantravel.fi
Website: www.frimantravel.fi

Friman Travel was founded in 1967 and since 1995 has been a registered tour operator. We produce ready-made package tours and tailor-made tours according to the customer's wishes. Our brand, Friman Travel, stands for quality and reliability, as demonstrated by our many loyal customers. We have a modern bus fleet which consists of eight buses ranging in size from the smallest with 19 seats and the largest with 50.

GO TRAVEL



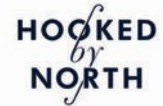
Contact person:
Mrs. Hele Lahtvee
Phone: +372 631 0124
E-mail: hele.lahtvee@go.ee
Website: incoming.gotravel.ee

Go Travel is a tour operator & DMC in Baltic States. Our speciality is tailor-made programmes following the “full service range from one place” principle, and our goal is to inspire and inform our customers so that their trips to Baltics and Scandinavia can be fun, affordable, and culturally broadening. Go Travel was founded in 1992 and today we are listed as one of the top tour operators in Estonia. We belong to Go Group – one of the largest transportation and travel enterprises in Estonia.

So, looking for an amazing experience?
We can make it happen.

HOOKEDBYNORTH

Phone: +358 401522952
E-mail: helga@hookedbynorth.com
Website: www.hookedbynorth.com



HookedByNorth is a Nordic hospitality B2B company based in Finland. Founders Ms. Vivian Maar and Ms. Helga Himberg had a vision to promote true Nordic hospitality and give travellers exciting experiences. We work carefully and extensively with the best service and product suppliers to assure the HookedByNorth standard for travellers' care and thus ensure that travellers are always met with Nordic professionalism. Our Nordic travel services include everything that is needed for tailored FIT, group and MICE groups' ground handling. HookedByNorth Business Class experiences are suitable for VIP level FITs, and groups, where the focus is on exclusive 5* service and properties.

LATVIA TOURS LTD

(Trade name
Con-ex Latvia Tours group)
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Mr. Janis Vilcins
Phone: +371 67085057
E-mail: info@con-ex.com
Web: www.con-ex.com



Con-ex Latvia Tours Group is a wholesale inbound tour operator and DMC in the Baltics (Latvia, Estonia, Lithuania). Well-established network offices in the region permits us to offer a wide range of high quality services combined with the best rates and conditions not only in the Baltics but also in Finland, Sweden, Norway and Russia. Con-ex Incentives & Events is very well known as one of the largest providers of high quality incentive and special event programs. Con-ex Conferences & Congresses is a professional congress organiser in all 3 Baltic States and long-standing member of ICCA.

PORKKALA TRAVEL

Phone: +358 92564040
E-mail: info@seaction.com
Website:



www.seaction.com/en/about-us/porkkala-travel

Porkkala Travel is a travel agency founded in 2005 as part of SE-Action to provide a sales channel linked with marketing activities undertaken by the Porkkala Parenthesis Association.

Porkkala Travel's services cover the West Uusimaa region, with Porkkala and its history as the primary focus. Porkkala's culture, history and idyllic countryside offer exceptional resources for organising successful conferences, celebrations and other leisure-time activities. Customised tours, events and experiences, high-standard conference and meeting facilities and a wide range of indoor and outdoor catering services are all available.

TALLINK SILJA LINE



E-mail: international.sales@tallinksilja.com
Website: www.tallinksilja.com

With the most modern fleet operating in the Baltic Sea today, we offer a variety of short cruises on all our routes which include Stockholm-Helsinki, Stockholm-Turku, Helsinki-Tallinn, Stockholm-Tallinn and Stockholm-Riga. We also sell short day cruises to Åland island from both Stockholm and Turku.

TUMLARE
CORPORATION
A/S TALLINN



Tallinn office
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Website: www.tumlare.com

Tumlare Corporation was established in Copenhagen in 1972. Our global network, incorporating over 30 offices in four Continents, is combined together with an extensive local knowledge and personal touch. We have always believed that mutual success comes from putting our client's interest first. Our track record of repeat clients is testimony that it is a philosophy that is successful. Today the Tumlare network reaches around the globe and strong partnerships enable us to connect our clients to a local sales representative in their own region throughout the world.

Being a leading DMC we have acquired some of the best professionals in the industry who are involved in our main business areas which include: tourist groups, individual travellers, meetings, incentives and sport events, special interest tourist groups, technical visits, cultural and thematic travel and cruise destination management.

VIA HANSA



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www.viahansa.com,
www.viahansadmc.com

Via Hansa is the leading tour operator in the Baltic Sea region, with offices in Tallinn, Riga, Vilnius, Warsaw, Copenhagen, St. Petersburg, Moscow and Kiev. Our product line includes innovative travel products for groups and FIT all over the Baltic Sea region and beyond. We have 25 years of experience in servicing Asian customers and offering high-quality travel services both for leisure and MICE travellers.

VISIT SOUTHPOINT
FINLAND



Phone: +358 442772882
E-mail: henrica@visitsouthpointfinland.fi
Website: www.visitsouthpointfinland.fi

Visit Southpoint Finland offers unforgettable tours to the beautiful south coast of Finland. The Western Uusimaa region is only an hour's drive from Helsinki. Catering for leisure and business travellers we organise tour programmes for both individual tourists and groups. A registered tour operator (reg.no 1202/16/Mj), Visit Southpoint Finland administers the association for travel trade companies in Western Uusimaa, HelsinkiWest, and operates in close co-operation with the official regional tourism organisation - Visit South Coast Finland - founded in 2013.

USEFUL LINKS

Please find information about rural South Finland-Estonia-Latvia travel destination in the Japanese language at WWW.BALTICSEA.COUNTRYHOLIDAYS.INFO

The following links offer more information about **Finland, Estonia, Latvia**:

WWW.VISITFINLAND.COM - official tourism website of Finland
WWW.VISITESTONIA.COM - official tourism website of Estonia
WWW.LATVIA.TRAVEL/JA - official tourism website of Latvia



ABOUT THE PROJECT

CAITO - META CLUSTER FOR ATTRACTING THE JAPANESE TOURISM MARKET

Project overall objective: to promote and support rural tourism companies to enter Japanese tourism market by strengthening their capacity and cooperation in the three Baltic Sea countries: Latvia, Estonia, and South Coast Finland.

www.balticsea.countryholidays.info



EUROPEAN UNION
European Regional Development Fund



Interreg
Central Baltic



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This publication reflects the views of the author(s). The Commission cannot be held responsible for any use which may be made of the information contained therein.