LATVIA / ESTONIA / SOUTH COAST FINLAND

GO RURAL

PRODUCT MANUAL

LATVIA / ESTONIA / SOUTH COAST FINLAND
INTRODUCTION

This manual is aimed to help you discover rural destinations in South of Finland, Estonia and Latvia beyond traditional touristic routes. The tours 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 its nature 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 the countries 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 accommodations and sites, have closely cooperated with national parks and nature experts, researched and developed new routes.

In this manual we present examples of group and individual touring routes, full day packages based on accommodations in the countryside, nature experiences in national parks, visits to farms and craftsmen. 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. The list of tour operators that can help to arrange tours and services group and individual customers is provided in this manual. Some of the tour examples include optional extensions to Lithuania and Sweden.

www.balticsea.countryholidays.info
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DESTINATION AREA – RURAL
FINLAND, ESTONIA, LATVIA

Finland, Estonia and Latvia are neighbouring countries in the North of Europe and Scandinavia, on the shores of the Baltic Sea. It is very convenient to visit the three countries in one trip because of the following reasons: relatively short travelling distances between and within countries due to the size of countries, no border formalities between countries as Finland, Estonia and Latvia are in EU, the same time zone, the same currency and similar climate.

The three countries feature many similarities in mentality of people and way of life. However, each one is proud of its unique identity showing in language, arts and crafts, food ways and traditions. Take their capitals featuring UNESCO World Heritage: the Suomenlinna fortress at the entrance of Helsinki’s harbour, Tallinn’s well-preserved and charming Old Town, and Art Nouveau architecture in Riga. The countryside provides an equally varied ambiance in numerous national parks, contrasting coastlines and historic sites. Rural landscape is characterised by lots of nature and low population density. Traditionally, in rural areas people live in stand-alone farmsteads or small villages. There are also charming small towns, full of history and peaceful ambience. Each country has own national language, however in cities people are speaking English as well. In rural areas foreign language skills are sometimes missing and interpreter services would be helpful.

PRACTICAL THINGS TO NOTE:
- right side driving on the roads
- European C-type socket

<table>
<thead>
<tr>
<th></th>
<th>FINLAND</th>
<th>ESTONIA</th>
<th>LATVIA</th>
</tr>
</thead>
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<tr>
<td>Capital</td>
<td>Helsinki</td>
<td>Tallinn</td>
<td>Riga</td>
</tr>
<tr>
<td>Population</td>
<td>5 487 308</td>
<td>1 315 635</td>
<td>2 023 825</td>
</tr>
<tr>
<td>Population density: inhabitants per km²</td>
<td>17</td>
<td>28,4</td>
<td>31</td>
</tr>
<tr>
<td>Language</td>
<td>Finnish Inhabitants also speak Swedish, English</td>
<td>Estonian Inhabitants also speak Russian, English or German</td>
<td>Latvian Inhabitants also speak Russian, English or German</td>
</tr>
<tr>
<td>Currency</td>
<td>EUR</td>
<td>EUR</td>
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</tr>
<tr>
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<tr>
<td>Local time</td>
<td>GMT + 2 hours</td>
<td>GMT + 2 hours</td>
<td>GMT + 2 hours</td>
</tr>
<tr>
<td>Climate</td>
<td>Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature +17 °C, the coldest months - January with average temperature -4 °C.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Travellers can arrive in the destination area by sea, air and land. Main airports are located in capitals: Helsinki, Tallinn and Riga. Several ferry ports connect the countries with other interesting destinations, for example Sweden. The ferry ports are Helsinki in Finland, Tallinn in Estonia, Riga, Liepaja and Ventspils in Latvia. Local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn and smooth 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

- **Air Baltic**
  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 on the northern Baltic Sea.
  Helsinki – Tallinn
  Helsinki - Stockholm
  www.vikingline.com

- **Eckerö Line**
  Estonian ferry line and a travel agency.
  Tallinn - Helsinki
  www.eckeroline.ee

**COACHES**

- **Lux Express**
  www.luxexpress.eu

- **Ecolines**
  www.ecolines.eu

- **Eurolines**
  www.eurolines.eu

**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 in and around Baltic countries and Scandinavia. Highly professional, qualified, friendly and experienced staff members, 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 a wide worldwide network and standardised level of service. Driving licences issued in Japan are valid for tourists to drive in Finland, Estonia, Latvia. Driving on the right side.
TOURS FOR GROUPS AND INDIVIDUALS
The tours in this chapter are examples showing how our countries can be explored. They combine professional knowledge of rural tourism organisations of South-Finland, Estonia and Latvia who are experts in countryside tourism, with expertise of experienced tour operators specialising to work 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 let to discover 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 consumption 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 countryside experience, best time for visiting is between April – October.

For detailed information requests and arrangements of services please contact the tour operators or contact Rural Tourism organization listed in the chapter “Rural Tourism organizations and inbound tour operators for the Central Baltic area”

PRACTICAL INFORMATION ABOUT TOURS AND SERVICES

TOURING TRANSPORT
• Tourist coach or minibus for groups. To gain better countryside experience, it is advisable to keep smaller group size (~12-15 persons) according to accommodation capacities in countryside guest houses and hotels;
• Rent-a-car is recommended for independent travellers (public transport or private transfers can be used in some parts of the tours). Driving on the right side.

Length of route and total program duration is shown by each day. Please note that it can change depending on the visiting options chosen.

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

ACCOMMODATIONS
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.

The rooms in a small hotel or a guest house may vary in their size, style, amenities and facilities. It is usually done to cater for different tastes and needs of guests, to personalize the service and to create special ambience. For groups it is recommended to request detailed room information in advance.

MEALS
Breakfast is always included with accommodation, lunch and dinners can be booked as well. Menus are based on locally grown and seasonal foods. Traditional 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 programs 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 must be booked in advance also for individuals, as most of the sites are not open for all-day-round 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

5 NIGHTS / 6 DAYS

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 – Kemeri National park – Jelgava - Mazmežotne
DRIVING DISTANCE ~170km.
WALKING DISTANCE 2 or 4km (1-2h).
PROGRAMME DURATION 12h.

The timing allows for a combination of maximum 3 visits. There are the following options en route to choose from:
3) Excursion, demonstrations and opportunity to participate in ceramics workshop, herbal tea tasting in Laima Ceramics studio in Rundale region www.laimagrigone.com/j-p/.
4) Rundale 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 - a nature surrounded place with a restaurant.

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.binupils.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 smoked sauna story, degustation of local products.

Overnight in a hotel in Tartu.

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


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 Pirta 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:

DAY 6:

DRIVING DISTANCE 205km.
Ferry 2h.
PROGRAMME DURATION 12h.

Transfer to the Tallink Silja line ferry terminal. Ferry Tallinn – Helsinki (~2h). Transfer from Helsinki to Western-Uusimaa Region. Possible to do 2 visits:
The tour introduces a variety of attractions and values outside big cities revealing the true character of the countries. The 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.

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.pavakumpu.fi/en is a well-known versatile spa in Southern Finland, in Karjalohja, on the shore of the 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/

Excursion in Martinpiha country estate www.martinpiha.fi and Lohjansaari Island.

www.tyttyrelamyskaivos.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.

DAY 6: Mustion Linna – Lohjansaari – Helsinki

DRIVING DISTANCE: 130 km.

PROGRAMME DURATION depending on the flight time.

Excursion in Martinpiha country estate www.martinpiha.fi and Lohjansaari Island.
CASTLES’ AND MANORS’ ROAD:
RIGA – TALLINN – HELSINKI

6 NIGHTS / 7 DAYS

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 – Sigulda – Turaida – Bīriņi
DRIVING DISTANCE ~ 114 km.
PROGRAMME DURATION 9 h.

The Gauja National Park with medieval castles and great views to the Gauja river valley below. Sigulda medieval castle ruins and baronial estate.
The Vienkoči Park www.vienkoci.lv features one-log boats and other wooden objects carved in log according to ancient methods dating back to the 9th century. Interactive programs offer visitors to try own hand in woodcraft.
The Turaida museum reserve www.turaida-muzejs.lv with the ruins of a medieval Livonian Order castle. An observation tower reveals a beautiful panorama over the ancient Gauja river valley.

Farm Gundegas www.celotajs.lv gundegas. The farm cultivates cranberries that were originated in Latvia. Farm excursion, products for sale.

The Bīriņi manor complex and the park (18th-19th century) www.birinupils.lv/en/


DAY 3: Bīriņi - Iigate – Limbaži – Straupe – Čēsis - Dikļi
DRIVING DISTANCE ~ 150 km.
PROGRAMME DURATION with 3 visits: 9 h.

The timing allows for a combination of maximum 3 visits. There are the following options en route to choose from:
2) An outdoor exhibition of medicinal herbs at farm Avotiņi in Limbaži region www.celotajs.lv/lv/e/veselibas_augekspoziciaintroudaces a visitor to a “green pharmacy” - more than 300 different plants.
3) The Ungurmuiza manor www.facebook.com/Ungurmuiza in Pārgauja region is the oldest wooden Baroque manor in Latvia with some survived wall paintings.

4) Sightseeing in Čēsis – the Old Town and Castle Complex with impressive medieval Livonian Order’s castle ruins and the so called new castle (18th century) where a museum is located. Overnight in Dikļi manor hotel www.diklupils.lv. The Dikļi Manor (19th century) is built in the style of Neo-baroque. It hosts a collection of valuable antique furniture, fireplaces and interior articles.

DAY 4: Dikļi-Valmiera – Latvia/Estonia border - Sangaste - Otepää - Tartu
DRIVING DISTANCE ~ 210 km.
PROGRAMME DURATION 12 h.

The Valmiermuiža brewery saloon www.facebook.com/valmiermuiza/ popularises Latvian beers and uses beer in various dishes. Adzelviesi hemp farm in Burtnieki region www.celotajs.lv/en/e/kanepju_seta_adzelviesi is cultivating hemp from which it produces hemp butter, roughly ground seeds, hemp oil. Sangaste castle www.sangasteloss.com is one of the best Historicism examples in the Baltics. Overnight in a hotel in Tartu.

DAY 5: Tartu - Alatskivi – Rakvere - Vihula
DRIVING DISTANCE ~ 190 km.
PROGRAMME DURATION 9 h

Short city tour of Tartu - a university town and a city of youth. Alatskivi castle (18th – 19th century) www.alatskiviloss.ee/eng/ with a beautiful park.


DAY 6: Vihula – Parnawa – Vihula
DRIVING DISTANCE ~ 210 km.
PROGRAMME DURATION 12 h.

The Vihula manor (19th century) is in Lahemaa National Park. It is surrounded by a nice park, the estate has an interesting pond system.

www.celotajs.lv/en/sangasteloss.com is
The route leads along the northern Baltic Sea coast of Estonia through the oldest Baltic national park – Lahemaa. Huge boulders at the seaside and small fishermen’s villages are typical landscape there. Altja traditional fishing village and tavern where visitors can taste Estonian food [www.palmse.ee/en/restaurant/altja-tavern](http://www.palmse.ee/en/restaurant/altja-tavern).

Sagadi manor (18th century) [www.sagadi.ee](http://www.sagadi.ee) hosts a forest and manor museum and the nature school. Palmse manor (18th century) [www.palmse.ee/en](http://www.palmse.ee/en) is one of the most beautiful and grandest Baroque buildings in Estonia.

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 Pirita area. Overnight in a hotel in Tallinn.

**DAY 7: Tallinn – Helsinki**

Ferry from Tallinn to Helsinki (2h).

Helsinki city tour and free time in the city. 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.

**FILED BY VISIT FINLAND [X]**

Departure.


Kaunas city tour. Old Town Kaunas, the Ninth Fort, Laisvesaleja (Liberty Boulevard), the Kaunas castle, Cathedral of St. Peter and St. Paul. The house of Chigune Sugihara www.sugiharahouse.com, the Japanese consul, who resided in Kaunas in 1939 - 1940 and rescued Jewish people from persecutions by granting them visas. Overnight in a hotel in Kaunas.

Klaipeda, a harbour city. Ferry to peninsula (15min) to Curonian Spit National Park, a sand-dune spit that separates the Curonian Lagoon from the Baltic Sea. This is the only place in the Baltic States where there is such a vast territory of open-air sand dunes which still change the local terrain very actively because of the wind. Sites to visit: ethnographic villages, Nida holiday resort, impressive sand dunes. Near Juodkrante, bird lovers can observe the colony of grey herons and large cormorants. The wooden building was erected in the late 19th century and features a museum demonstrating the way people lived more than 100 years ago. Exhibits include household objects, the Rucava folk costume, socks and decorated mittens. Tasting traditional Latvian food.


The timing allows for a combination of maximum 2 farm visits. There are the following options en route to choose from: 1) Farm Pilada www.celotajs.lv/en/e/zs_pladziproduces crops (500ha for grain, 350ha for rapeseed), breeds livestock and grows flowers and vegetables (20ha for potatoes). 2) Apiary Honey Castle in www.celotajs.lv/lv/e/meduspils. The owner has ca 300 hives of bees.

3) The farm Geidas www.celotajs.lv/lv/e/geidasspecialises in dairy farming. Visitors can churn butter and learn about how dairy products are produced. The Kemer National Park. The bog landscape can be enjoyed walking through the bog on wooden trail (2-4km, 1-2h walking).

Overnight in a hotel in Riga.

Riga city tour. The Dome Cathedral with one of the world’s largest pipe organs, St. Peter’s Church with magnificent views.
A panoramic tour of Lithuania, Latvia, Estonia and Finland with highlights of nature experiences in the National parks and nature reserves. A variety of landscapes, nature attraction sites, birds and wild animals, forests and seashore. The tour also offers some culture and history insights.

The Gauja national park features landscapes of the ancient Gauja river valley and historic monuments. Acable car ride over the Gauja river. The crossing is 1060m long, about 40m above the river, and the ride offers an outstanding look at the local landscapes. www.tourism.sigulda.lv/gaisa-trosu-cels-vagonins/.

2) The Ķoņi windmill at Rūjiena. The windmill has a 19th century system produced by the Latvian machinery factory and used to shred and card wool. The owners use the wool to produce blankets and pillows that are stuffed with sheep wool (this is handwork). Possibility to taste Latvian food www.celotajs.lv/en/e/konu_zirmavas. The Soomaa National Park is Estonian land of swamps www.soomaa.com. There are several major swamps in this area, along with rivers, lowland meadows, wetland forests. A walking tour (2-3h) wearing special swamp shoes.

Overnight in Pārnu.


Departure to Helsinki, ferry (2h). 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.

Ferry 0.5h. Walking 2h.

The Castle in Kuressaare town. Lunch and wine tasting at Pâdaste manor www.padaste.ee or Luscher & Matiisen Muhu Winehouse www.veinitalu.ee/farm-winery/on Muhu island. Ferry Muhu island – Virtsu. The timing allows for 1 walking tour. There are the following options en route to choose from: 1) A boardwalk trail in Matsalu National park (5km, 2h), bird watching towers. 2) Haapsalu – a charming seaside town, a castle. Sightseeing walking tour 2h. Overnight in a hotel in Tallinn.

The Nuuksio National Park comprises the westernmost part of the so-called Nuuksio lake highlands. Dozens of endangered or near threatened species of animals, plants and fungi are found in the area, for instance, the Siberian Flying Squirrel, the Woodlark.

Baltic Sea fortress.

Enjoy the peaceful nature surroundings of the spa and take the wild herb tour in Parnus river valley with SE-Action www.outdoor-activities/thaw

Siuntio – Helsinki - departure DRIVING DISTANCE - 100km. Ferry 2h. Walking 7km (2-3h)

For more information please visit www.celotajs.lv and www.karlamuiza.lv/

Departure from Helsinki Airport
RURAL ROAD: COUNTRY LIFE: FINLAND - ESTONIA - LATVIA - LITHUANIA

10 NIGHTS / 11 DAYS

DAY 1: Arrival in Helsinki, Finland

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.

Drive to South Coast Finland Region. Overnight at Spa Hotel Päiväkumpu: www.paivakumpu.fi/en/

DAY 2: South Coast Finland

DRIVING DISTANCE: - 100km. PROGRAMME DURATION: 8-10h.


Kettukallio - the Fox Rock, a traditional forest place in Lohja municipality www.en.kettukallio.net/


DAY 3: Siuntio - Helsinki - Tallinn

TRANSFER from Siuntio to Helsinki - 40min.

Ferry to Tallinn. A 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 Pirita area.

Overnight in a hotel in Tallinn.

DAY 4: Tallinn – Lahemaa national park - Rakvere

DRIVING DISTANCE: - 180km. PROGRAMME DURATION: 8h.


Iisaka Sheep & Handicraft Farm. Workshop “From the ancient times to a contemporary functional family farm” at the farm. Nice and quiet Kuusiku Nature Farm www.kuusikunaturefarm.ee on the edge of the Lahemaa National Park by Lake Vitna Pikkjärv.

Overnight in a hotel in Tallinn.

DAY 5: Rakvere – Mustvee - Setumaa-Madona

DRIVING DISTANCE: - 420km. PROGRAMME DURATION: 12h.

Avinurme Wooden Handicrafts Centre www.puiduait.ee - local woodcraft, woodworking workshops, Estonian traditional foods. Mustvee village by lake Peipsi. It became a haven for Russian Old Believers. Mustvee has held fairs for the past two centuries. Traditional fishing town. Setomaa in South-East Estonia is a unique area for its people (the Seto) and culture. A very specific type of singing – leelo, is in the UNESCO list of Masterpieces of the Oral and Intangible Heritage of Humanity. Visit traditional Obinitsa farmstead www.visitsetomaa.ee


Castle ruins in Rakvere with a theme park www.rakverelinnus.ee/en where visitors can experience everyday life of the 16th century. A possibility to order medieval dinner.

Overnight in a hotel in Rakvere.

DAY 6: Madona - Gulbene- Riga

DRIVING DISTANCE: - 270km. PROGRAMME DURATION: 12h.

Goat farm Līvi www.celotajs.lv/en/e/kazas_piena_produkcija_livi. Tasting various sorts of cheese and watching how the goats are milked.


Stop by the Cesvaine castle www.cesvaine.lv/en/cesvaine-palace.html

Farms Lietiši www.celotajs.lv/en/e/latiisi specialises in grain farming (577 ha), rapeseed farming (296 ha), and various grasses. It is also a dairy farm with some 100 cows to produce meat and breed calves.

DAY 7: Riga - Riga Airport

DRIVING DISTANCE: - 180km. PROGRAMME DURATION: 8-10h.

Overnight in a hotel in Riga.

DAY 8: Riga - Helsinki

DRIVING DISTANCE: - 120km. PROGRAMME DURATION: 4h.

Overnight in Helsinki.

DAY 9: Arrival in Tallinn

Cesvaine village castle www.cesvaine.lv/en/cesvaine-palace.html

Farms Lietiši www.celotajs.lv/en/e/latiisi specialises in grain farming (577 ha), rapeseed farming (296 ha), and various grasses. It is also a dairy farm with some 100 cows to produce meat and breed calves.
The tour exposes today’s life in rural Finland, Estonia and Latvia. Visits to small farms raising livestock and producing delicious foods, ethnographic villages preserving the traditional lifestyle in contemporary environment. The tour involves also sights of historical and cultural interest.
BALTIC – SCANDINAVIAN ROUTE:
FINLAND - SWEDEN - ESTONIA - LATVIA

8 NIGHTS / 9 DAYS

**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 LohjaTytyri mine – experience the working mine and museum and the spectacular light show with Sibelius Finlandia music 100 meters below the surface.

**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 Kampi Chapel of Silence, the Temppeliaukio church, the Design District Helsinki, the Suomenlinna Sea fortress.

Overnight cruise: Helsinki - Stockholm.

**DAY 4:** Stockholm

Stockholm archipelago
www.stockholmarechipelago.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/Romantikacruise 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)

City tour in Riga. 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/Romantikacruise ferry (17:00 – 11:00)

**DAY 8:** Riga

Stockholm archipelago
www.stockholmarechipelago.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 9:** Riga

Blacksmith’s workshop

Latvian Ethnographic open air museum – a collection of 118 historical buildings from all four of Latvia’s provinces.

Overnight in a hotel in Riga.

**Visit the LohjaTytyri mine – experience the working mine and museum and the spectacular light show with Sibelius Finlan**

**Overnight in Kisakallio:**
www.kisakallio.fi/en/frontpage
Visit the Finnish nature and the sauna experience while in Kisakallio or Spa hotel Cumulus Resort Siuntio: https://resort.cumulus.fi/en/hotels-and-spas/spa-hotel-rantasipi-siuntio
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 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 roundtrip includes two overnights on cruise ships.

programme presenting household skills that a Latvian bride should have mastered until wedding.

Lunch at Plavas www.plavashotel.lv gourmet restaurant.


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).

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

Overnight in a hotel in Tallinn.

Day 9:

Tallinn – Helsinki

CRUISE FERRY 2h.


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 Pirita area.

Tallinn-Helsinki with Tallink Shuttle: Star/Megastar.

Departure.


POLAND

Gulf of Riga

Gulf of Finland

BA

LT

IC SEA

TALLINN

HELSINKI

STOCKHOLM

RĪGA

Limbaži

Salacgrīva

Lohja

Pärnu

VILNIUS

RUSSIA

ESTONIA

LATVIA

LITHUANIA

SWEDEN

FINLAND

DAG 9: Tallinn – Helsinki

CRUISE FERRY 2h.
The sites described in this chapter can be inserted in tour programs as a full day or half day options for small groups or individual travellers. We have selected the sites and attractions, based on references and recommendations from tourists and tour operators.

Full day packages based on rural accommodation can be included in tour programmes or combined with city stays for diversity. The hosts offer programs and activities on site and organise short excursions to the nearest places of interest.

Nature based experiences represent outings to national parks with guided programmes of general nature interest or specialised in bird watching or fungus or berry picking.

Local experiences are visits to rural farms and artisan workshops that are open for visitors and generally offer 1.5-2 hour programmes.

When choosing optional programmes, it is important to remember the seasonality, for example, tours involving nature based activities, like bird watching, are best in April or September to observe bird migration. Mushrooming tours would be possible in August and September. Specific information is provided with the description of particular activities and programmes.

For detailed itinerary planning and arrangement of all necessary services the tour operators listed further in this manual will be glad to help.
The full day packages are based on accommodations like guest houses, manor hotels and country hotels that offer extra services and attractions. The packages allow enjoying a full day in the countryside with meals, activities and overnights. Detailed programme for a day will be pre-arranged according to customer’s wishes. 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 can they 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. Depending on accommodation capacities, these packages can be used for groups or individuals.

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)
Martinpiha is one of the oldest country estates in Lohja Island. Guests can experience a romantic and tranquil atmosphere in the beautiful nature.

Distance from Helsinki: 80km
Website: www.martinpiha.fi
Seppäläntie 130, 08800 Lohja, Finland

ACCOMMODATIONS:
7 guest rooms in converted, cosy old grain store house buildings. Toilets and showers are situated in a separate building, very close to the rooms.

SERVICES AND ATTRACTIONS ON SITE:
Rowing boats, kayaks and kayaking with guide, bicycles, sauna and hot tub.

MEAL SERVICES:
A summer restaurant offering daily lunches, salads, special hamburgers, tapas, soups, sandwiches, homemade cakes and pies, ice-cream, wines, ciders and beers.

PLACES OF INTEREST NEARBY:
The Paavola oak – said to be the most beautiful tree in Finland. The age has been estimated to be around 350-500 years.
SE-ACTION
HOTEL AND COTTAGES

Group programmes and services, paddling trips and rent of canoeing equipment and bicycles. Marvellous views over the Siuntio river valley. The flowing water and surrounding nature create a peaceful, unhurried atmosphere.

Distance from Helsinki: 53km
Website: www.seaction.com (cottages & activities)
www.cumulus.fi (hotel)

ACCOMMODATIONS:
- Cumulus City & Resort Hotel Siuntio. 142 Standard SGL and TWIN rooms, 47 superior rooms.
- 2 cottages for individual travellers. Each has 2 DBL bedrooms, shower and WC.

SERVICES AND ATTRACTIONS ON SITE:
Paddling:
- canoeing along the scenic Siuntio River kayaking in the beautiful archipelago
SUP paddling
Hiking:
- along the seashore with wonderful views over the Finnish archipelago in unspoiled forests surrounded by breathtaking silence and up on hills

with marvellous views
Cycling:
- quality hybrid bikes and mountain bikes

MEAL SERVICES:
Cumulus City & Resort restaurant offers delicious, healthy food at Lunch and Dinner Buffets and A la carte.
SE-Action offers the possibility to pre-order groceries to the cottages. On pre-booking wilderness and other meals can be prepared for groups.
Café Sjundby - a summer café in the old granary of mediaeval Sjundby manor. Known for its wonderfully tasty homemade Sjundby ice cream, delicious homemade sweet and savoury pastries.

PLACES OF INTEREST NEARBY:
Museum Degerby Igor, a museum of Finnish-Soviet military history during WWII.
Sjundby Manor, built in 1560 and still privately-owned.
Petpark Lomamäen Lemmikkipuisto. Guests can meet and pat the lovely animals. It is possible to see reindeers.
Open-air recreation area of Kopparnäs. Hiking, swimming, sunbathing, bird-watching, picking berries and mushrooms and even barbeque. Breathtaking view over the Finnish archipelago with exceptional cliff formations.
Fiskars Village, the Fiskars company’s birthplace, has become an internationally renowned centre of Finnish design and art. Its history goes back to 1649 and today it offers visitors things to see and do all year round. Events and service of Fiskars Village have their focus mainly on the four themes of Fiskars Village; Design handicraft and art, Local food and drinks, performing arts and Outdoor and nature.

Distance from Helsinki: 97km
Website: www.fiskarsvillage.fi

ACCOMMODATIONS:
- Hotel Tegel Hotel.
  7 SGL rooms
  17 DBL/TWIN rooms
- Hotel-restaurant Wärdshus.
  4 DBL rooms

MEAL SERVICES:
There are several nice restaurants in Fiskars Village.

SERVICES AND ATTRACTIONS ON SITE:
The Fiskars Museum, mountain bike trails, local food and food events, guided tours.

PLACES OF INTEREST NEARBY:
Raasepori, Hanko, the Billnäs ironworks.
Located in 1 hour drive from Helsinki, in village Karjalohja by the Lake Lohjanjärvi. The nature is near, only one step from your hotel room. The Finnish nature is also brought inside the spa. You can actually hear Finnish birds singing and smell the Finnish summer while enjoying your holiday in the luxurious spa facilities.

Distance from Helsinki: 86km
Website: www.paivakumpu.fi

Ylhäntie 1,
09120 Karjalohja, Finland

ACCOMMODATIONS:
40 rooms in the main building, located on two floors.

SERVICES AND ATTRACTIONS ON SITE:
Spa Hotel Päiväkumpu offers spa and wellness services and is specialized in promoting the Finnish sauna culture.

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 the Lake Lohjanjärvi.

PLACES OF INTEREST NEARBY:
- Fiskars Village 17 km
- Tytyri Underground Mine Museum 31 km
- Raseborg Castle Ruins 45 km
FINLAND
HOTEL
SEA FRONT

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.

ACCOMMODATIONS:
20 DBL rooms located on two floors. 10 of the rooms have a balcony and a 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.

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.

PLACES OF INTEREST NEARBY:
- The old town of Tammisaari.
- Ramsholmen forest park and Raseborg Castle ruins.

Distance from Helsinki: 93km
Website: www.hotelseafront.fi

Valkovuokonkatu 2,
10600 Tammisaari, Finland
An elegant 16th century manor hotel offers a perfect change from the city life with a luxurious stay. Primarily the manor fascinates with its atmosphere and picturesque location in Lahemaa National Park.

Distance from Tallinn: 90km
Website: www.vihulamanor.com

Vihula Manor
45402, Lääne-Virumaa, Estonia

ACCOMMODATIONS:
- The Main Manor
  1 Superior SGL room
  7 DBL/TWIN deluxe rooms
  1 Presidential Suite
- Back Manor
  3 Standard DBL/TWIN rooms
  4 Superior DBL/TWIN rooms
  3 suites
- The Carriage House
  2 Superior DBL/TWIN rooms
  6 Superior family rooms
- The Barn House
  2 Superior DBL/TWIN rooms
  6 family rooms
- The Cattle Barn
  7 Superior family rooms
  1 suite
- The Vodka Distillery
  22 DBL/TWIN rooms (various standards)

5 suites
- The Laundry House
  5 DBL/TWIN rooms

SERVICES AND ATTRACTIONS ON SITE:
- Eco-SPA
- Activities: ATV and buggy tours, Excursions, Fun with Berliet, Golf, Golf Buggies, Helicopter Experience Flights, Horse Carriage Tour, Horse riding opportunity, Picnics.
  - Vihula Manor House Tour.

MEAL SERVICES:
Vihula Manor menus are focused on local Estonian cuisine, combining hearty traditional countryside dishes and elegant manor cuisine. Some recipes even come from the manor's historical cookbooks. The manor cuisine follows the green concept with many of the ingredients coming from the estate’s own organic Manor Garden, Eco-Farm, neighbouring gardens and farms. Guests can enjoy best quality meals in:
- Vihula Manor Restaurant
- Kaval-Ants Tavern
- Water Mill Café
- Vihula Manor Wine Cellar

PLACES OF INTEREST NEARBY:
- Lahemaa National Park
- Rakvere town and castle
ESTONIA
KAU MANOR

The restoration of Kau Manor, which was originally constructed before 1241, was inspired by the colourful history of the manor, and the employed imagination makes it stand out from the other manors. Kau Manor has won the 2016 World Boutique Hotel Award in the category of the World’s Most Inspired Design Hotel.

Distance from Tallinn: 50km
Website: www.kau.ee

TRIGI 75019, Harjumaa, Estonia

ACCOMMODATIONS:
- The Manor House
  4 Suites
  3 Deluxe DBL rooms
  4 Superior Rooms
- The Coach House
  9 Superior DBL rooms

SERVICES AND ATTRACTIONS ON SITE:
- library
- airport transportation,
- rental cars booking
- private cinema

MEAL SERVICES:
Restaurant Kaheksa Jalga (Eight Legs), a wine cellar, a cigar room

PLACES OF INTEREST NEARBY:
- Paunküla village and forests popular for mushrooming
- Medieval St. Nicolas church in Kose village
- Kakerdaja Fen Hiking Track
- Seidla Windmill
- Ostrich Farm in Imavere
- Tühala Witch’s Well
- Blue Springs of Saula
- Kuimetsa Karst Area
The castle was built after the prototype of the Windsor Castle in UK. The Castle of Sangaste is one of the most peculiar buildings among the Estonian manor buildings, but at least as interesting as a person is the establisher and host of the manor building Duke Friedrich von Berg. There is a rare Dendron park behind the Castle.

Distance from Tallinn: 250km
Website: www.sangasteloss.com

Lossiküla
67005, Valgamaa, Estonia

**ACCOMMODATIONS:**
- 6 TWIN rooms
- 5 DBL rooms
- 5 suites

**MEAL SERVICES:**
Sangaste castle restaurant Vidrik is open on pre-order.

**SERVICES AND ATTRACTIONS ON SITE:**
- guided walk through the Sangaste arboretum
- guided tour in the castle
- local history tour "Roads of the Rye Count" in a minibus

**PLACES OF INTEREST NEARBY:**
- Otepää Nature Park
- Harimägi and Harimäe viewing tower
- Sangaste Fort
- Hike on the paths and in the footsteps of Sangaste's Rye Count
- Theme park Pokumaa
The renovated historic distillery at Mooste Manor (1909) is home to the Estonian Photo Tourism Centre. The guesthouse on the second floor of Mooste Distillery offers cosy rooms with all modern conveniences.

**MOOSTE DISTILLERY**

**GUESTHOUSE**

**ACCOMMODATIONS:**
- 6 TWIN/DBL rooms
- 1 suite

**SERVICES AND ATTRACTIONS ON SITE:**
- sauna and Jacuzzi facilities
- photography courses
- nature tours with a photographer
- bird hide for bird-watching and photography

**MEAL SERVICES:**
Lunches and dinners in café-restaurant of Mooste Distillery

**PLACES OF INTEREST NEARBY:**
- Mooste Manor
- Mooste Manor Steward’s House where Artists are working
- Mooste Manor Folk House where concerts are held
- Lake Mooste

**Distance from Tallinn:** 240km

**Website:** www.viinavabrik.ee

**Mooste, 64601, Põlvamaa, Estonia**
Nurka Farm is located in Luitemaa Nature Protection Area in Pärnu County. The farm complex that is over 100 years old has been renovated into a contemporary holiday farm with all modern conveniences.

Distance from Tallinn: 160km
Website: www.nurka.ee

**ACCOMMODATIONS:**
- The Main building
  - 6 TWIN/DBL rooms
- The Crafts building
  - 5 TWIN/DBL rooms

**MEAL SERVICES:**
On pre-order

**SERVICES AND ATTRACTIONS ON SITE:**
- nature hikes in Tolkuse bog
- wood-heated sauna
- handicraft workshops

**PLACES OF INTEREST NEARBY:**
- Lotte Village theme park
- Tahkuranna Golf
- Jõulumäe Sports Centre
- Luitemaa Nature Protection Area
ESTONIA
PÄDASTE MANOR

The manor is located on Muhu island. Origins of the manor go back to the 15th century, some of these ancient walls are still visible at the very heart of the house. Five 19th century iron stone buildings join the stately Manor in a horse shoe shape, opening up to the Baltic Sea. The Manor ensemble is set amidst a 7 hectare landscaped park surrounded by 22 hectares of meadows & forests.

Distance from Tallinn: 155km
Website: www.padaste.ee

Pädaste
94716 Muhu island, Estonia

ACCOMMODATIONS:
- The Manor House
  14 TWIN/DBL rooms and suites
- The Carriage House
  9 TWIN/DBL rooms and suites
- Private Farm House
  comfortable accommodation for 2 to 6 guests.

SERVICES AND ATTRACTIONS ON SITE:
- Spa services. The spa experience is based on harmony and revitalization of all six senses using centuries old Estonian herbal traditions.
- Sauna services. Guests can enjoy wood-fired sauna in Estonian traditions.

PLACES OF INTEREST NEARBY:
- Saaremaa island
- Koguva village in Muhu island

MEAL SERVICES:
The Alexander Restaurant offers an arresting culinary combination of urban sophistication and wholesome countryside traditions.
ESTONIA

HOTEL SAAREMAA
THALASSO SPA

The Mändjala-Järve coastline has been famous for its sandy beaches and meadows for years – it is the main destination for beach holidays on the island of Saaremaa. Mändjala is a home to Saaremaa Hotel, which is set against a backdrop of pine forests, the sounds of the sea, and a pristine coastline.

Distance from Tallinn: 231km
Website: www.saarehotell.ee
Mändjala, 93871, Saaremaa, Estonia

ACCOMMODATIONS:
33 Standard and Superior DBL rooms
5 family rooms
2 suites
1 apartment

MEAL SERVICES:
The hotel restaurant seasonal menu changes according to the local ingredients available. Much attention is given to the freshness and healthiness of food and also to the Estonian cuisine.

SERVICES AND ATTRACTIONS ON SITE:
- tennis court with clay sand cover
- bike rental
- Nordic walking poles rental for a healthy walk in the beautiful pine forest, on a marked path or by the seaside
- sandy beach 100m from the hotel

PLACES OF INTEREST NEARBY:
- Abruka island
- Kuressaare town
The Milk Estate Berghof (Piena Muiža) is a restored historical estate now comprising a guest house, the Rose Saloon restaurant, the Milk Spa salon, a sauna, countryside sauna, a weekend cottage celebration halls, a well-appointed area of trailers, and a set of tennis courts.

**PIENA MUIŽA BERGHOF GUEST HOUSE**

**ACCOMMODATIONS:**
23 SGL, DBL and TWIN rooms in the guest house.

**SERVICES AND ATTRACTIONS ON SITE:**
- Milk Spa: milk baths treatments, massages, spa rituals.
- Sauna: traditional and black sauna with professional sauna practitioners.
- Milk Museum: a unique exhibition with all possible information about milk – where we get it, as well as how butter, cottage cheese, cheese and other products are made.

- Active leisure: 2 tennis courts and a complex field for tennis, mini-football, volleyball, basketball, handball, badminton and floorball.

**MEAL SERVICES:**
The Rose Saloon restaurant.

**PLACES OF INTEREST NEARBY:**
- The Garīkas guesthouse
  This is the first farm in Latvia which began to grow shiitake mushrooms. Informative tours are available and guests are treated with the “emperor mushroom” sauce or soup. Visitors can also order other foods which involve shiitake mushrooms or purchase them in dry or powdered form. The owner also produces an ancient herbal beverage called “Ponso,” and it is only available at Garīkas.

- The Vilki ceramics workshop
  The craftswoman will talk about and demonstrate the way in which she produces various ceramics products, encouraging guests to do some of the work on their own. Guests can buy ready-made objects.
MĀRCIENAS MUIŽA MANOR HOTEL

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.

Distance from Riga: 160km
Website: www.marciena.eu

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

PLACES OF INTEREST NEARBY:
Jānis Seiksts, a ceramist - Guests can visit the workshop, watch the craftsmen at work, try their own hand at the process, and purchase clay objects, including garden ceramics. There is also a lovely garden to view.
- “Līvi” goat milk products - This is one of the largest goat farms in Latvia, with approximately 160 pedigree sheep (Alp, Anglo, German White Noble and other breeds), as well as pigs for breeding purposes. Guests can taste various kinds of cheese and watch how the goats are milked. Guests can also taste and purchase canned meat. No preservatives are ever added to the farm’s products.
- The Gaiziņkalns Hill - is the highest hill in Latvia. There is a well-appointed hiking trail around the Gaiziņkalns Hill. In winter the hill and its surroundings are popular for downhill and cross-country skiing.
The Kārļa Muža Country Hotel is located amidst nature in the Amata river valley with beautiful landscapes and in the Gauja National park. It represents a renovated 18th century estate building with charming ambiance and is surrounded by an old apple orchard.

**ACCOMMODATIONS:**
- 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:**
- Sauna
- Active leisure: walks in the Romantic Landscape Park, Amata River Hiking Trail, cycling routes in the Gauja National Park, bike rental and trekking poles’ rental.

**PLACES OF INTEREST NEARBY:**
- Historic town of Cēsis 8km.
- Sigulda town 18km.
- The Lake Castle of Āraiši 7km. It is an authentic reconstruction of a Lettigalian tribe settlement (9th -10th century) – wood cabins on a platform in a lake. Guided excursions.
- The Ligatne nature trails 11km.

**MEAL SERVICES:**
The hotel restaurant mostly uses local ingredients.

Distance from Riga: 75km
Website: www.karlamuiza.lv
The manor hotel is located on the hill of the Lielupe river valley. It is an excellent, nature surrounded place to relax and to enjoy active holidays in the nature.

**MAZMEŽOTNES MUIŽA MANOR HOTEL**

Distance from Riga: 80km
Website: www.mazmezotne.lv

**ACCOMMODATIONS:**
- 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 appetizers, soups, main courses and desserts.

**SERVICES AND ATTRACTIONS ON SITE:**
- Sauna
- Active leisure: Boat and bicycle rental, the nature trail.

**PLACES OF INTEREST NEARBY:**
- The Rundāle Palace
  Rundāle palace http://rundale.net (18th century), 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.

- Laima Ceramics
  Laima Grigone is an artist in ceramics. She is creating hand-thrown tableware from porcelain and reduction wood-fired earthenware. Her unique tableware collection is rooted in fusion of art, craftsmanship and design.
LATVIA
COUNTRY HOUSE
LANTUS

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.

Distance from Riga: 115km
Website: www.www.laukumaja.lv

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

ACCOMMODATIONS:
- 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.

PLACES OF INTEREST NEARBY:
- The Valmiermuiza beer brewery
  Tourists can learn about the history of the Valmiermuiza estate and the brewing of beer, beginning with raw materials and ending with finished products. The visit is enriched by tastings of live beer and stories about Latvia’s traditional holiday beverage. The brewery shop sells live beer, homemade goodies and selected souvenirs.
- Carpenter’s workshop
  The craftsman manufactures barrels, hot tubs, furniture, stairs, doors and other useful objects. Guests can take a tour, learn about the relevant skills and experience, and help in manufacturing something that will be of use in the household. Guests can watch how barrels are made from start to finish, and also try their own hand at the craftsmanship.
LATVIA

BĪRIŅU PILS
CASTLE HOTEL

The Birini estate buildings and the park was 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 seminars.

Distance from Helsinki: 53km
Website: www.birinupils.lv
www.celotajs.lv/en/e/birinupils

Birini, Vidrižu pag., LV-4013, Latvia

ACCOMMODATIONS:
- 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 Birini estate.
- Bathhouses: Castle's Bathhouse with the pool, the steam bath, massage shower.
- Watermill's Bath during the summer season - a traditional Latvian sauna with birch or linden whisks, herbal tea, a swim in Watermill Lake.
- Active leisure: horse rides, a ride in the cart or sleigh, boat rental, bicycle rental.

MEAL SERVICES:
- The Birini 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 - cafe is open Wednesday - Sunday in the Birini Castle Watermill, where it is possible to enjoy some refreshments on the Terrace at the Watermill pond.

PLACES OF INTEREST NEARBY:
- The Dzirnupes farm
  This is an organic farm, and visitors are invited to join in the fieldwork - gather hay, make sauerkraut, pull weeds, milk a goat, watch the geese, catch some fish and then smoke them following the farmer’s own recipe. Visitors can also help to bake bread. There’s a sauna where guests can inhale the aroma of healthy grasses and drink some medicinal teas.
- The smithy, museum and workshop of Kaspars Auza
  The workshop offers a look at lanterns, candelabras, hinges, fireplace tools, stair railings and gates that have been manufactured there, as well as several exhibits from the 18th century. Guests can produce their own nail.
South of Finland, Estonia and Latvia have four distinctive seasons with their respective weather, plants, wildlife and human activity. Nature wakes up in the spring with the first flowers, birch tree sap, migrating birds and flooded rivers providing opportunities for bird watching. In the summer, when the meadows are full of wild flowers and gardens with ripening berries, it’s time for botanic and butterfly tours. Autumn turns the forests golden and it is a harvest time – ideal for picking cranberries and mushrooming, also for watching the displays of cranes and mammals. Snowy winter is particularly enjoyable if outdoor activities are followed with traditional sauna ritual. That involve switching with birch twigs, rubbing in honey, cooling in icy water and relaxing with herbal teas.

April to end of September are spring, summer and early autumn months, and the best time to enjoy the beautiful nature. Nature values are safeguarded and presented to visitors in our national parks. They offer guided tours and specialised programs to bring visitors to beautiful and unique nature sites, show birds, animals and plants, explain nature processes in attractive way. Visits to national parks can be included in group and individual touring itineraries as full day or half day experience.
ENKÄS ARCHIPELAGO NATIONAL PARK

Visitor centre: Tammisaari nature visitor centre, Rantapuistikko, 10600 Tammisaari (Raasepori)

Distance from Helsinki: 93km
Website: www.nationalparks.fi/ekenasarchipelago

Enjoy an unforgettable summer outing to this lovely part of Finland’s coastal archipelago with its larger wooded islands, small rocky islets and open seascapes. Watch majestic white-tailed eagles soaring overhead. Take a boat excursion from Ekenäs to one of the main islands, or head off to explore smaller islands and bays in your own sailboat or kayak.

ACTIVITIES:
Boating, nature trails, canoeing.
Karkali Strict Nature Reserve is one of the finest herb-rich forest areas in Finland. Its landscape has its very own character, as well in the spring as in the summer and in the autumn. The glory of anemones in the spring, and the riot of colour on the autumn leaves are beyond compare.

The area of the nature reserve is protected primarily to completely conserve the natural features, and for scientific research but, unlike strict nature reserves in general, it is also open for visitors. However, when visiting the nature reserve and its sights, you are allowed to walk only on the marked trails, because of the vulnerable natural features of the area which would otherwise be damaged.

**ACTIVITIES:**

Nature trails, getting to know Finnish nature.
Within easy reach of the Finnish capital Helsinki, visitors can escape into wild natural settings and enjoy typically Finnish scenery, with lovely lakes, green forests and rugged crags. The nearby Finnish Nature Centre Haltia spotlights the best of Finland’s natural treasures from across the country.

**ACTIVITIES:**

- **Nature trails:**
The park has two nature trails where you can learn about habitat restoration techniques and the area’s woodland and wetland ecosystems. Nahkiaispolku Nature Trail (2 km) runs in challenging terrain, while Kaarniaispolku Nature Trail (2.7 km) is suitable for beginners and even children.

- **Nature Information Hut:**
Haukkalampi Nature Information Hut has a fascinating exhibition on flying squirrels.

- **Visit the Nature Centre Haltia**
Finnish Nature Centre Haltia showcases some of the jewels of Finnish nature and hosts exhibitions about the flora and fauna of Nuuksio and the capital region. Its exhibitions bring visitors within touching distance of the natural world, and the glorious scenery of Nuuksio National Park and Lake Pitkäjärvi are just around the corner.

Finnish Nature Centre Haltia is the first public building in Finland built entirely of wood; it is a combination of stunning architectural design and ultramodern ecological solutions. The building’s heating and cooling systems are powered by solar panels and geothermal pumps.
LAHEMAA NATIONAL PARK

Visitor centre: RMK Lahemaa National Park Centre, information point, Palmse Lääne-Viru County

Distance from Tallinn: 52km
Website: www.loodusegakoos.ee/where-to-go/national-parks/lahemaa-national-park

The word Lahemaa means Land of Bays in Estonian. Perfect for a day trip out of Tallinn for a hiking trip and nature watching. Attractions: North-Estonian coast with peninsulas and bays, diverse forest types, Baltic Klint, alvars, rich cultural heritage, and a broad diversity of flora and fauna.

The Lahemaa National Park is the first national park in the Baltic States.

ACTIVITIES:

- Hike in Viru bog.
  A guided tour leads through the bog over a boardwalk. The trail is about 3.5km long. During the tour, the visitors will see the landscape from a watchtower, visit a peat milling field, take a look at and touch various plants, and talk about the related lore and the significance of bogs to the biota.

- Nature hikes in Lahemaa.
  Trips with experienced nature guides will introduce the nature and cultural heritage of Lahemaa. Visitors will look at boulders and waterfalls, visit bogs and coastal villages, see some manors, ancient holy groves and burial sites, the military heritage, interesting museums, and farms.
Nature in Karula National Park (total area 123 sq. km) is very versatile. In the northern part of the national park semi-natural landscapes prevail which have emerged as a result of millennia of human activity. Here sparsely situated farms alternate with strips of fields, pastures, forests and lakes. The southern part of the national park is covered with huge expanses of forest with smaller bogs and mires in-between. Main attractions: Scenic Lake Ähijärv (176ha), Rebasemõisa Tornimägi hill (137.8 m above sea level), undulating landscape.

**ACTIVITIES:**
- Hiking and cycling
- Adventure tourism
- Fishing
- Nature photographys.
Soomaa National Park has been established for the protection of large bogs, flooded meadows, forests and heritage culture in the south-western part of Central Estonia. The National Park extends on a 390 sq km area.

Life in Soomaa depends on the weather more than anywhere else in Estonia. The rivers of Soomaa cannot take in all the waters flowing down from the Sakala Uplands in spring. Thus the water flows to meadows and forests and floods even the roads, cutting the connection with the rest of the world. The floods are called the “fifth season” by the people of Soomaa, because floods occur nearly every year. The fifth season is the best time to explore the landscape of Soomaa.

Attractions: Bogs, floods, intact nature.

ACTIVITIES:
- Canoeing in Soomaa
- Trips with skiffs made of a single tree trunk (called haabjas)
- Walking tours in nature park
- Nature observation and nature photography
- Picking berries and mushrooms
- Fishing
The Ķemeri National Park was established in 1997 and mostly involves wetlands – the shallow shores of the Bay of Rīga, an overgrown seaside lake, vast swamps, damp forests and fens, and flood-land meadows. The park is enormously important for protecting plants (25% of those recorded in Latvia’s Red Book are found in the park) and animals, particularly nesting and migrating birds.

The once-famous Ķemeri Spa was based on the availability of these resources. Most of the cultural and historical objects in the Ķemeri National Park relate to the seashore as a place for leisure and recuperation.

**ACTIVITIES:**
- Guided tours in nature trails: walking trail of Lake Sloka with a bird-watching tower (the main circle ~3km, there are alternatives to extend a walk up to 12 km), the Dumbrāji trail (550m), the restored Slampe River and watching the livestock adapted to life in the wild at Dunduri meadows.
- Guided bird watching. In a short period of time it is possible to see about seven species of birds. Ķemeri National Park is one of the best places for woodpecker watching. In the autumn and spring, thousands of migrating geese and cranes use the park to rest and spend the night.
The Gauja National Park, established in 1973, was Latvia’s first national park, and it has a wealth of tradition in environmental protection and tourism. The main “artery” of the park is the 95km long ancient Gauja River valley, which was left behind when Ice Age glaciers receded. The territory has a great diversity of species – some 900 plant species in all. The Gauja is Latvia’s most popular river for water tourism. The Gauja National Park is one of the best-appointed protected territories in Latvia in terms of nature trails and tourism routes. Nature trails at Ligatne pass along paddocks of wild animals – the largest and most complete object of its kind in the Baltic States. The park also features cultural monuments of pan-Baltic importance – the Turaida Museum Reserve, the medieval old town of Cēsis with its famous castle ruins and St John’s Church, the lake castle at Āraiši.

**ACTIVITIES:**

- Guided walks in Ligatne nature trails. The total distance is more than 5 km long trails. Visitors can see wild animals and birds characteristic for the fauna of Latvia: roe deer, wild boar, bears, foxes, elks, lynx, owls, eagle-owls and aurochs.
- Guided fungi tours with a professional mycologist in a forest collecting or taking photos of edible and non-edible mushrooms: chanterelles, russulas, Chestnut Bolete (Gyroporus castaneus), Lurid Bolete (Boletus luridus), edible tree-fungus – Sheep polyipore (popular in Scandinavian cooking) (Albatrellus ovinus), Golden corall (Ramaria aurea), (Hapalopilus croceus), European bolete (Boletus edulis), golden Coral Tooth (Hericium coralloides). Fungi tours are available in mid-August to end of September when mushrooms are growing in the forests.
- Canoeing Gauja river from Cēsis to Ligatne (~17 km, 4-5 h) which is one of the picturesque parts of the river Gauja where sand stone banks are visible.
The Slītere National Park (established in 2000) is known, with good reason, as an open-air museum which shows the historical development of the Baltic Sea. Nowadays evidence of geological events is seen in the Blue Hills of Slītere, which stand 20 to 30 metres high above what was the shore of the Baltic lake of ice 10,000 years ago. The gentle climate is the reason why so many rare plants are found in the park – some 860 in all including Common Yew (Taxus baccata) and Baltic Ivy (Hedera helix var. baltica). Of certain value in the preservation of these treasures was the Soviet military machine, which has left behind army bases and other military objects in the area. The presence of the military meant that the area of what is now the Slītere National Park remained largely undisturbed for 50 years. The park includes one of the most popular tourist destinations in Latvia – the Cape of Kolka. During the spring migration of birds, more than 60,000 birds cross the cape each hour. Along the shore of the Baltic Sea is the so-called Livonian coast, which stretches from Kolka to Sīkrags and Ovīši. Fishing villages and other cultural objects established by the world’s smallest ethnic minority, the Livonians, can be found here along the beautiful, unpopulated golden sandy beach.

**ACTIVITIES:**

- Guided walks in nature trails: 0.3-3.5km long nature trails presenting the protected nature values and landscapes.
- Hiking routes: 3-7km long hiking routes introducing the local heritage of nature, history and culture.
- Wildlife. The geographic location and diversity of biotopes of the Slītere National Park ensure a wealth of mammals. You have every opportunity to hear hooting owls, rooting bucks and howling wolves. You may smell a raccoon dog, run into a doe with her fawns, watch a beaver building a home, or spot a group of stags swimming in a lake during the foggy morning. Most of the more than 40 species of mammals in the Slītere National Park are shy and hard to spot. Animal-watching at the Slītere National Park is only possible in the presence of a guide, and only for small groups of one to five people. www.celotajs.lv/cont/tour/tours/files/Sliteres_NP/EN/Zveri_EN_jpg.pdf
Visiting traditional farms and artisans allows to discover the true spirit of the country 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 household, farming, animal breeding, making foods, practicing crafts like carpentry, pottery, weaving, celebrating traditional festivities.

These visits usually take 1-1.5 hours and can be inserted in tour itineraries to diversify touristic experiences. Translation services are required because many farmers and craftsmen in the countryside do not speak foreign languages.
Ekenäs 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 (Handskmakaregatan), Smith’s Street (Smedsgatan) and Tanner’s Street (Garvaregatan) reveal that Barcken’s peninsula in Ekenäs once was populated by skilful craftsmen.

WEBSITE: www.visitraseborg.com

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. Visit to 100 metre-wide and 100 metre-deep underground cave gives a good picture of the huge size of Tytyri limestone mine.

WEBSITE: www.tytyrielamyskaivos.fi
Fiskars Village is an old ironworks village in the middle of Raasepori municipality. Today it is a vibrant arts and handicraft village. A local guide will lead you into the history of Fiskars Village with interesting stories. Dinner packages upon request. The programme duration is 2-3 hours and it includes visits to three local small breweries and tasting of their products:
- Ägräs Distillery,
- Fiskars Brewery,
- Kuura cider.

WEBSITE: www.fiskarsvillage.fi/en/see_and_do/activities/three-producers-tasting-tour

Kettukallio - the Fox Rock in Finnish is a traditional forest place in Lohja municipality. The old wooden buildings, smoke sauna and the small pond makes the surroundings truly authentic.
The traditional games originated in old times and are funny leisure activities suitable for all.
The programme duration is 1.5 - 2 hours and includes games like:
- running water wobbling tower
- separate the wheat from the chaff.
Optional activities include smoke sauna, eating by the camp fire, trekking in the Finnish forest, etc.

WEBSITE: www.en.kettukallio.net
SE-Action is in old farming area in Purnus river valley in Siuntio. The picturesque surroundings offer a perfect experience in the Finnish rural scenery with the local friendly atmosphere. Herbal therapy is the oldest system of medicine in the world. Already being close to nature affects 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 Finnish nature and about their health impact.
- Some easy exercises during the walk, aiming to create contact to nature and to sensitize ourselves into listening to our own body.
The herb hike can be combined with a relaxing herbal sauna or an inspiring herbal workshop.


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Lohjansaari island is in the middle of the largest fresh water lake in southern Finland. Due to its fertile soil and warm micro climate, the area hosts several arboreums. You can visit apple vineyard or spend the night at Martinpiha destination and enjoy a truly rural experience with the friendly local people.

ESTONIA

HOME VISIT ON KIHNU ISLAND

Kihnu is the largest island in the Gulf of Riga with the area of 16.4 km². It is 7 km long and up to 3.3 km wide. There are four villages on the island. The unique atmosphere of the island can be experienced visiting a local family at Kuraga Farm. Three generations are living in one farm and are happy to welcome guests.

Duration of the programme: 1.5 hours.

The programme includes:
- Presentation of Kuraga family about everyday life and the past on the island.
- Homemade local lunch from ecological self-grown and home-made food such as white/black bread, herbal tea, jam and other goods from family’s garden.
- Local music performed by the Kuraga family members.

WEBSITE: www.kuraga.eu

ESTONIA

FROM THE CITY TO BEER CAPITAL - SAKU TOUR

Country life experiences and tastes during a day trip outside Tallinn. You are welcome to enjoy the history and modern tastes of the Baltic largest beer brewery and great Saku manor, the Metsanurme old barn and the bread history. Esko’s farm dairy products and the environment.

Duration of the programme: 6-7 hours.

The programme includes:
- Presentation of the manor house, workshops and handicraft.
- Visit to Esko’s farm dairy, presentation of production, degustation (cheese, curd, yogurt, feta-cheese).
- Visit and coffee-break in Metsanurme village house (former grain dryer).
- Visit to Saku Brewery – guided tour in the factory and beer-museum, production degustation, dinner in brewery pub.

WEBSITE:
SAKU BREWERY - www.pruulikoda.ee
SAKU MANOR HOUSE - www.sakumois.ee
METSANURME VILLAGE CENTRE- www.metsanurme.eu
ESKO FARM DAIRY- www.eskotalu.ee
AVINURME WOODEN HANDICRAFTS CENTRE

Avinurme Wooden Handicrafts Centre in East-Viru County is a tourist centre that offers a chance to get acquainted with the 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.

WEBSITE: www.puiduait.ee

ESTONIA

VÕROMAA SMOKE SAUNA AT MOOSKA FARM

The Adventure Trip and Smoke Sauna package presents the smoke sauna traditions of Old Viromaahaving found a dignified place in the list of UNESCO Representative List of the Intangible Cultural Heritage of Humanity.

The smoke sauna session in Mooska smoke sauna is customarily at least 3 hours of bathing enjoyment. Body and soul will be cleansed while relaxing in a mysterious and comforting steam room, together with the host family, whisking, bathing, and pampering yourself with sauna honey. The sauna is located near a pond for a cooling swim when water is ice free or an invigorating dip in winter. During the experience your hosts will tell you all about and explain the Estonian smoke sauna traditions and beliefs. Smoke sauna is a holy (sacred) place for the family.

The Adventure Trip and Smoke Sauna package has been awarded the EHE (Genuine and Interesting Estonia) quality label.

Duration of the programme: 5-6 hours.

The programme includes:
- A nature trip to Vällamägi Hill, where participants will gain a deep insight into the local cultural heritage.
- A guided smoke sauna session after the walk.
- Lunch or dinner made of local products.

WEBSITE: www.mooska.eu; www.metossauna.com
ESTONIA
TORI JÕESUU CIDER AND WINE FARM

Fruit and berry wine has been made at the Tori Jõesuu Cider and Wine Farm since its beginnings. The people currently living there are inspired by the experiences of their ancestors and value the fruits and berries that grow from the local Soomaa soil, which has a peculiar composition. The old feral apple tree, which grows in the yard, is particularly special because we use its golden apples with an unusual taste to make the unique Tori Jõesuu Cider Farm cider. We will also visit a genuine Nordic vineyard. Cider tour in Tori Jõesuu Cider and Wine Farm at the edge of Soomaa has been awarded the EHE (Genuine and Interesting Estonia) quality label.

Duration of the cider tour: 2 hours.
The cider tour includes:
- Visit of genuine Nordic vineyard.
- Introduction of the organic cultivation of fruit trees, the process of turning raw materials into cider and wine.
- Products’ tasting.

WEBSITE: www.siidritalu.ee

ESTONIA
KUUSIKU NATUREFARM

You will find the nice and quiet Kuusiku Nature Farm on the edge of the beautiful Lahemaa National Park by Lake Viitna Pikkjärv. The Kuusiku Farm offers traditional farm bread.

Duration of the programme: 5-6 hours.
The programme includes:
- Introduction of Kuusiku Naturefarm.
- Activity options:
  - Guided nature tour in the nearby nature reserves or wetland areas.
  - A cooking class for traditional foods, for example, mushroom dishes, bread baking, etc.
- Lunch or dinner made of local products.

WEBSITE: www.kuusikunaturefarm.ee
Carpenter’s Workshop
“Namdaru Darbnica”

The carpenter’s workshop offers special excursions and theme programmes. Under the guidance of a craftsman it is possible to try out working with traditional woodworking tools and get to know ancient games. A tea break in a romantic cottage. Visitors can buy souvenirs made of a juniper wood.

The programme includes:
- Finding out about the tree species in Latvia and the traditional use of wood for various household purposes.
- Seeing in action and trying out, under guidance of skilful craftsmen, the traditional woodworking tools like sawing with a two-man saw, making an accurate roof shingle with a drawknife, and trying one’s hand at carving a trough.
- Trying the old-time outdoor game equipment made of wood, like walking on wooden stilts, driving the puck, and other.

Website: www.namdaradarbnica.com

Latvia

Adzelvieši Hemp Farm

In the fields of Adzelvieši hemp is cultivated, from the seeds of which hemp butter and rough grinding is produced. Exposition of traditional hemp processing tools. Hemp is an ancient Latvian cultivated plant, which has been cultivated more than 1000 years.

The programme includes:
- A story of hemp cultivation history.
- Tasting traditional hemp products: rough and fine hemp spread, hemp sandwiches, pressed and toasted hemp crumbs, hemp oil.

Website: www.adzelviesi.lv
BIRCH SAP BRAND PRODUCTS BIRŽĪ FROM THE LABANOVSKI FAMILY

From May till October visitors are invited to visit the birch sap production facilities with cellar where sparkling birch sap is produced.

Sap is especially tasty when it’s fresh in April and beginning of May, but in order to maintain its refreshing and valuable qualities, during many years the Labanovski family has developed new recipes. The products are organically certified. All products can be purchased on site.

The programme includes:
- The hosts telling about birch saps with video projections and photos from birch sap harvests 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 or dandelion.

WEBSITE: www.birzi.lv

BIO BIRCH SAP PRODUCTS FROM THE LIBERTS FAMILY

A tour of the cellar in which the owner produces fresh birch sap, fermented birch sap lemonade with hint of peppermint, sweet and tasty birch sap syrup, birch sap still wine, sparkling wine made with traditional champenoise method with second fermentation in bottle, birch sap spirit, frozen birch sap (for cosmetic and beverage industries). Products can be purchased on site.

The programme includes:
- The hosts telling about birch saps, harvesting and production of drinks.
- Tasting different kinds of birch sap products.

WEBSITE: www.sula.lv
THE VIENKOČU LANDSCAPE PARK

The Vienkoču park landscape park by the Ligatne river. Theme trails, models of historic manors, wooden sculptures, ethnographic buildings, log-boats, tar kiln are all to be found in the park. Visiting an ecologically built sand-house in Latvia, finding out about its building philosophy and the process.

The park also houses a Woodcraft Museum, arranged as a historic carpenter’s workshop. It is possible to find out in the museum how the craftsmen of old times mastered wooden things. A special attention is being paid to the research of process of making the log-boats.

The programme includes:
- Guided excursion in the park.
- Guided excursion in the Woodcraft museum.
- Optional workshops for visitors to participate.

WEBSITE: www.vienkoci.lv

AVOTIŅI HERB FARM

Open-air functional exhibition of medicinal plants introduces visitors to a “green pharmacy”. There are more than 300 different plants. Every healthy lifestyle enthusiast can find the secrets of fitotherapy and learn to use the plants in many different ways – making sauna besoms, aromatic pillows, healthy teas, bath scrubs.

The programme includes:
- A tour of the medicinal plant garden and collection.
- Tasting green cocktails.

WEBSITE: www.celotajs.lv/en/e/veselības_augu_ekspozicija
Visitors will see an example of natural farming of today. There are farm animals, a collection of ancient tools, a country sauna.

The programme includes:
- A tour of the farm introducing the way of life in the countryside.
- A tea break drinking herbal tea with honey, tasting carrot buns and other traditional pastries.

WEBSITE: www.indani.lv

This is one of the few places in Latvia to offer a look at industrial equipment from the 19th century that is still in good working order – a wool plucking and combing apparatus, a unique spinning wheel and a windmill used to grind grain.

Visitors can track the processing of wool on equipment that is 100 years old, watching how blankets and pillows stuffed with sheep wool are produced by hand. There are souvenirs for sale. The owners organise celebrations of Summer Solstice, the Latvian traditional pagan festivity.

The programme includes:
- A tour of the mill.
- Optional: a programme with traditional singing and dancing performance.

WEBSITE: www.konudzirnavas.lv
RURAL TOURISM ORGANIZATIONS
AND INBOUND TOUR OPERATORS
FOR THE CENTRAL BALTIC AREA

RURAL TOURISM ORGANIZATIONS
IN LATVIA, ESTONIA, FINLAND UN LITHUANIA:

**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 organized tours. Since then the organization 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: 
Kalnciema 40, Riga, Latvia
Phone: +371 67617600
E-mail: lauku@celotajs.lv
Website: www.countryholidays.lv

**ESTONIAN RURAL TOURISM ASSOCIATION**
Non-profit organisation Estonian Rural Tourism was set up on the 19th of January 2000. It’s objective is to represent the common interests of rural tourism service providers in order to support the development of countryside tourism in Estonia. Accommodation providers who have joined the organisation count 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**
is a regional tourism association in southern Finland. It is owned and run by the local tourism entrepreneurs, looking for the best possible tourism experience for the visitors. The offer includes accommodation from small cabins to large spas and sports institutes, restaurants from making 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 world known 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: 
Nummentie 12-14, 08100 Lohja, Finland
Phone: +358 44 7131753
E-mail: info@visitsouthcoastfinland.fi
Website: www.visitsouthcoastfinland.fi

**LITHUANIAN COUNTRYSIDE TOURISM ASSOCIATION**
(LCTA) is national association with nearly 400 members – rural guest houses and country farms. The association caters for their interests, develops new rural tourism products and is responsible for marketing and promotion. The association is the best expert in Lithuanian rural tourism offer and closely cooperates with peer organisations in Latvia and Estonia.

Address: 
K. Donelaičio st. 2-201, LT-44213 Kaunas, Lithuania
Phone: +370 37 400 354,
E-mail: administracija@atostogoskaime.lt
Website: www.countryside.lt; www.atostogoskaime.lt

WWW.BALTICSEA.COUNTRYHOLIDAYS.INFO
TOUR OPERATORS
IN LATVIA, ESTONIA AND FINLAND

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

BALTIC TOURS LTD.
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Website: www.baltictours.eu

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 the Northern Europe with focus to 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.

BALTIC TRAVEL GROUP
Contact person:
Mrs. Santa Feodorova
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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 has also long experience in serving Japanese clients in the Baltic Region.

DMC REISIEKSPERT
Contact person:
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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, sightseeings, catering or incentives - we are at your service. DMC & travel agency experience since 1995. Travel Expert provides full range of travel services in Estonia, Latvia, Lithuania, Russian Federation and Scandinavia.

ESTONIAN HOLIDAYS
Contact person:
Ms. Anne Hermlin
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Website: www.estonianholidays.com

Estonian Holidays is one of the most experienced DMCs in Estonia operating under current 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 in whole Baltic Sea region and Russia. We arrange travel services for both leisure and business travellers. We welcome also technical visits and special interest groups.

ESTRAVEL LTD.
Estravel Latvia - Baltcoming
C radRNA: 6 7288 494 , S 6 7287 977
E-mail: info@baltcoming.lv
Website: www.baltcoming.com

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 organizer 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
E-TURIST LTD. / BALTIC INCOMING TOUR OPERATOR

Contact person: Triinu Tammiste
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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. Organic food tours, fruit wine and beer tours, farm visits, minor cultures in Estonia. Business trips and conferences. Our experienced staff makes your life easy and your clients satisfied.

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

Nordic hospitality B2B company based in Finland. Founders Ms. Vivian Maar and Ms. Helga Himberg had the vision to promote the true Nordic hospitality and give travellers exciting experiences. We work carefully and extensively with best suppliers to ensure the HookedByNorth standard for travellers’ care. Being so, we make sure 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.

FRIMAN TRAVEL

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

Friman travel was founded in 1967. Since 1995 Friman Travel 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. The smallest bus has 19 seats and the biggest 50.

LATVIA TOURS LTD
(Trade name Con-ex Latvia Tours group)

Contact person: Mr. Janis Vilcins
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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 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.

GO TRAVEL

Contact person: Mrs. Hele Lahtvee
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Website: incoming.gotravel.ee

Go Travel is a tour operator providing wide range of travel services in the Baltic countries. We belong to Go Group – one of the largest transportation and travel enterprises in Estonia. Our partners are Go Bus Charter Services and Go Hotel Shnelli. Our speciality is tailor-made programs with competitive rates and services following the “full service range from one place” principle.

Go Travel was founded in 1992 and has currently 6 full service travel offices all over Estonia.

POKKALA 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 Parenthood 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 Aland island from both Stockholm and Turku.

TUMLARE CORPORATION
A/S TALLINN

Tallinn office
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E-mail: tll@tumlare.com
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 the 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. Tourist Groups, Individual Travellers, Meetings, Incentives and Sport Events, Special Interest Tourist Groups, Technical Visits, Cultural and Thematic Travel and Cruise Destination Management.

USEFUL LINKS

Please find information about rural South Finland-Estonia-Latvia travel destination in Japanese language in 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

VIA HANSA

Contact person:
Mrs. Kylli Karing
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E-mail: tallinn@viahansa.com
Website:
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 Finland. The Western Uusimaa region is only an hour’s drive from Helsinki. We make tour programmes for both individual tourists and groups, for both leisure and business travellers.

Visit Southpoint Finland is a registered tour operator (reg.no 1202/16/Mj).

We administer the association for travel trade companies in Western Uusimaa, HelsinkiWest, and we do close co-operation with the official regional tourism organisation, founded in 2013, Visit South Coast Finland.
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

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