



Baltic Nature Tourism

Latvia, Estonia

www.balticnaturetourism.com

Interreg



Co-funded by
the European Union

Central Baltic Programme

NAT-TOUR-EXPO

April 18, 2024

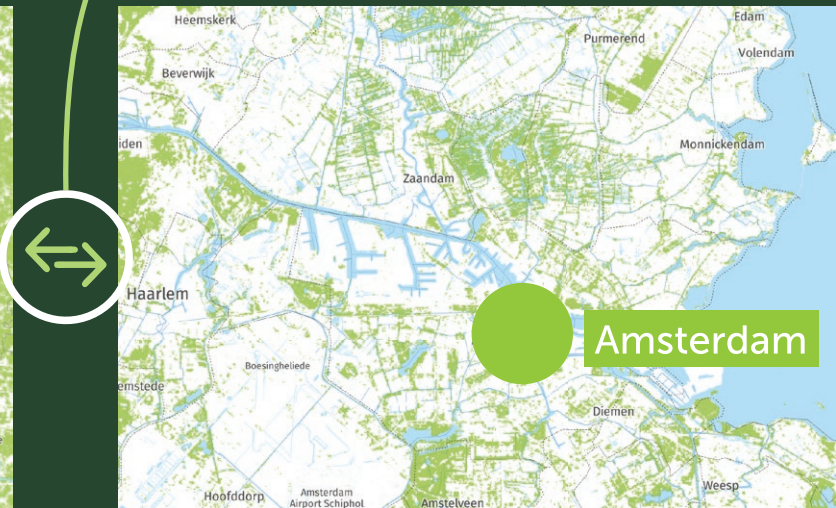
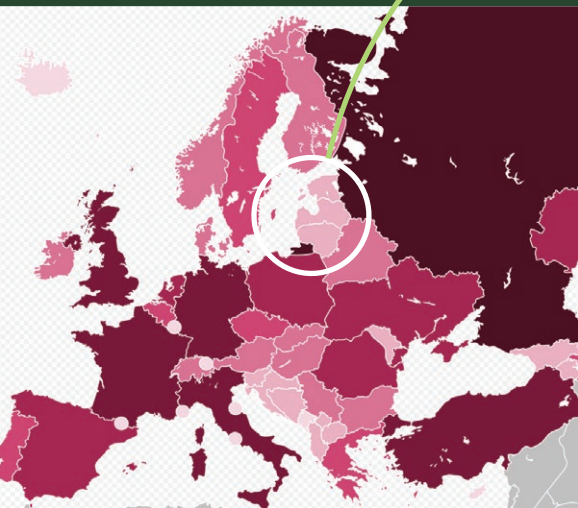
Who we are

- Baltic Nature Tourism is a collaborative consortium comprising over 120 individual nature and outdoor specialists across Latvia and Estonia.
- The platform is part of the NAT-TOUR-EXPO project, designed to promote the collaboration of Baltic nature tourism companies on the UK tourism market.
- Project partners: Baltic Country Holidays, Latvian and Estonian Nature tourism associations, Estonian Rural tourism organization.



Why Nature Tourism in Baltics

Natural nature
Low population
Open spaces



Products and services



WILDLIFE WATCHING



ACTIVE TOURISM



SOUL TOURS



FOOD AND FORAGING



NATURE EDUCATIONAL



NATURE CAPTURE



NATURE EXTREME



PACKAGE TOURS



www.balticnaturetourism.com

WILDLIFE WATCHING



Botanical tours



Mammals watching



Bird watching



Fungi tours



Insect watching



ACTIVE TOURISM



Hiking/walking



Bogshoe hiking



Cycling



Water activities



Winter activities



Horseback tours



SOUL TOURS



Nature retreats



Nature therapy



Nature escape



FOOD AND FORAGING



Foraging



Wild foods



NATURE EDUCATIONAL



Astronomical tours



Geo tours



NATURE CAPTURE



Nature photo/
video



Nature drawing/
painting



NATURE EXTREME



Extreme sports



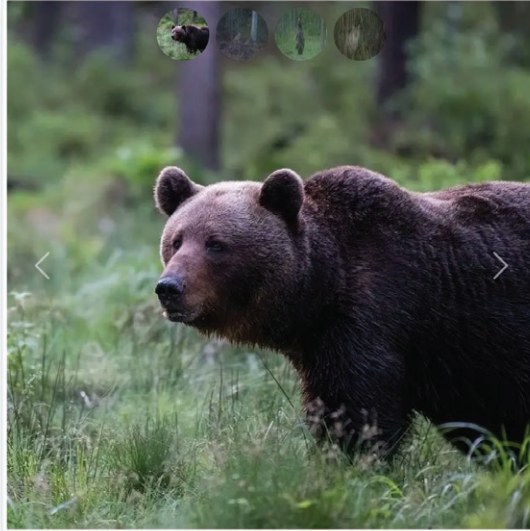
Nature survival



PACKAGE TOURS

- from 3 to 16 days touring the Baltic countries
- guided or self-guided
- hiking, cycling, boating, nature watching
- for groups or FIT's





MAMMALS WATCHING

Big Predator Tour - Lynx, Bear, and Wolf

ABOUT

This autumn tour focuses on three key species: Eurasian Lynx, Brown Bear, and Grey Wolf, in three distinct wilderness areas - West Estonia, Lahemaa National Park, and the Alutaguse area.

We'll spend a night in a Brown Bear hide in the Alutaguse area. In autumn, bears actively forage to prepare for winter hibernation.

We'll search for Eurasian Lynx primarily in the late afternoon, evening, and night using thermal scopes, covering significant ground.


For Grey Wolves, we'll head to the stable western region where wolf packs have resided for years.

During the day, we'll rest or engage in brief birdwatching trips. While our main focus is on the three predators, we'll have good opportunities to see Raccoon Dogs, Elk, Red Foxes, and Pine Martens.

 www.facebook.com/natourest

 [Request a Tour](#)

TOUR PROFILE

Duration	7 days	Difficulty 
Distance	up to 5km	Who can participate?
Location	Alutaguse National Park	Groups, Individuals (max 6 persons) minimum 4 pers.
Price	1980€ + 170€ Single room supplement	Season
Practical Information	Pick-up is possible from Tallinn	Autumn
Notes	The price includes:	
	The services of 2 local nature guides/drivers during the tour	
	6 nights in local hotels and guesthouses (twin rooms with toilet and shower)	
	Night in the Brown Bear hide	
	Local transport during the tour	
	4 evenings with a lynx tracking specialist	
	Breakfasts, 2 lunches (as picnic packages), 7 dinners included	

NatourEst

[More about Natourest OÜ](#)

 natourest.ee

 www.facebook.com/natourest

 bert@natourest.ee



Adventurous excursion in Līgatne

ABOUT

Join a guided tour in Līgatne in Latvia and enjoy a world class culinary masterclass afterwards, Līgatne is located just a short 1.30-hour drive from Riga. In a close collaboration with nature tourism organisations we offer you a 1.5-2 hour journey through Līgatne's charming architecture, beautiful natural scenery, and the historical and famous Līgatne Paper Mill. For a fun twist, you can take the tour in vintage "Latvia" minibus. In November 2023 Līgatnes Pavaru Māja were awarded with Michelin Green star, emphasising our sustainability. The tour is a perfect mix of exploration, learning, and delicious, world class food.

www.facebook.com/pavarumaja

[Request a Tour](#)

TOUR PROFILE

Duration

5-6 hours

Distance

5-8 km hike

Location

Līgatne

Price

please contact us for the details

Practical Information

Pick-up Possible for extra cost and agreement.

Difficulty ●

Who can participate?

Individuals, Groups (max 8 persons)
minimum 1 pers.

Season

Spring, Summer, Autumn, Winter



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More about Līgatnes Pavaru Māja

www.pavarumaja.lv/musu-stasts

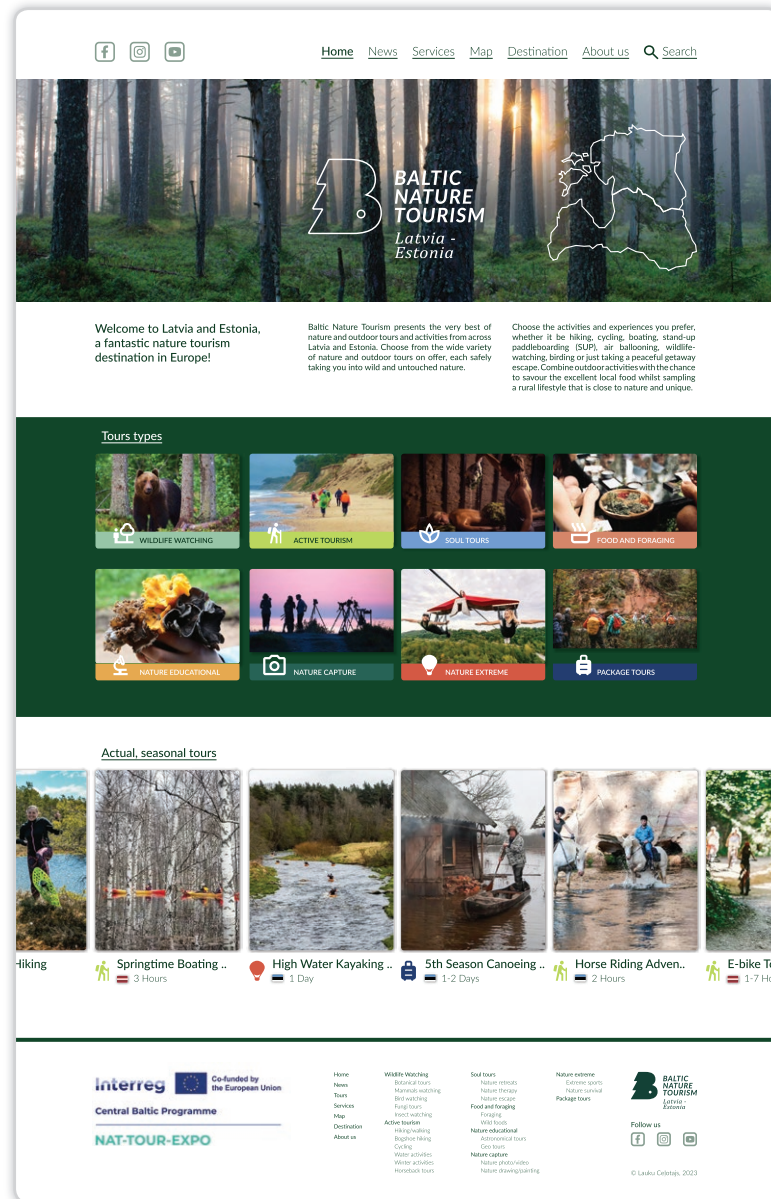
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[Explore similar activities](#)

Service providers and Nature tourism packages in www.balticnaturetourism.com

30 Service providers from ESTONIA
46 Service providers from LATVIA
180 NATURE TOURISM PACKAGES published online 87 LV, 83 EST



SPALVA

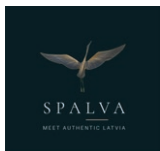
(Feather)

SPALVA is a trusted Destination Management Company (DMC). They provide insights into the country's culture, nature and traditions, offering authentic experiences.

Programs based on one of three angles or a mix:

- **Storytelling Sessions** - Covering historical facts, traditions, notable Latvians, or a chosen topic.
- **Ethnic-inspired Retreats** - Multisensory experiences rooted in ancestral practices and the pristine Northern nature, aimed at rejuvenating your emotions and energy.
- **Engaging Activities** - Craft workshops, culinary tastings, and guided foraging.

Sindija Vilde
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 www.spalvalatvia.com
 meet@spalvalatvia.com

BALTIC TRAVEL GROUP




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

Offers full ground handling services all over the Baltic States, including:

- Individual and group travel
- Hotels and transfers
- Excursions and tour series
- Special interest tours

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 www.baltic.travel/inbound-tours
 [BalticTravelGroup](https://www.facebook.com/BalticTravelGroup)
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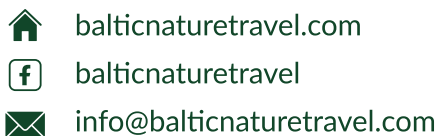
BALTIC NATURE TRAVEL

Baltic Nature Travel specializes in adventure tours across the Baltic States, catering to those who crave authentic and unique experiences. As experts in the hidden gems of Northern Europe, it offers a variety of activities including hiking, kayaking, cultural tours, and workshops with local craftsmen.

Offer:

- Private, independent and personalised tours
- Fixed departure hiking tours
- Corporate events
- Winter tours
- Day trips and workshops

Valdis Čeics
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RIGA KAYAKING

Offers self-guided and guided inspiring routes through green, urban, historic and wilder parts of Riga city, as well as guided group and pre-planned custom route tours.

Routes in Riga:

- Forgotten Riga, Green Riga, Sunrise Route, Urban Jungle, Midnight kayaking, Seaside expedition, Isles of Riga, Nature Trails
- Provides single, double and triple seated kayaks and all other necessary safety equipment.



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- 🏠 rigakayaking.com
- 📷 [riga_kayaking](https://www.instagram.com/riga_kayaking)
- 📘 [Riga Kayaking](https://www.facebook.com/RigaKayaking)
- ✉ info@rigakayaking.com



MOVEMENT SPONTANEOUS

The organisation's mission is to inspire active lifestyle and enable the next generation of explorers and nature enthusiasts in Latvia and abroad through sustainable travel, long distance adventures and outdoor expeditions.

Offers individual and group tours, incorporating a variety of activities. From hiking and walking to flying with a hot air balloons and sailing, local saunas visits, kayaking and packrafting.

Tour examples:

- Sauna Hike
- Neapolitan Pizza Coastal Hike
- Hot Air balloon and Walking Adventure
- Spring Packrafting etc.

Anna Saļņikova
+371 20227957



 letshike.co

 letshike.co

 info@letshike.co

GATAVO DABĀ

(Cooking in Nature)

Renars Purmalis - a world class concept chef with a lifelong passion for nature. He turns the regular outdoor dining experience to gourmet experiences.

“Cook in Nature!” offers outdoor cooking masterclasses and forest restaurant experience using local and seasonal ingredients cooked on open fire.

Offer:

- Restaurant in forest
- Cooking masterclasses in nature
- Walking/hiking and cooking in the nature
- Wedding catering
- Other cooking experiences

Renars Purmalis
+371 29910711



-  gatavodaba.lv
-  [gatavodaba / renarspurmalis](https://www.instagram.com/gatavodaba_renarspurmalis)
-  [gatavodaba](https://www.facebook.com/gatavodaba)
-  renarsp@gmail.com

airBaltic

Flights from Latvia and Estonia to United Kingdom

Direct flights:

Riga (RIX) - London Gatwick (LGW),
2x daily

Riga (RIX) - Aberdeen (ABZ),
2x weekly Tuesdays and Saturdays

Tallinn (TLL) - London Gatwick (LGW),
3x weekly Tuesdays, Thursdays, Saturdays

Air Baltic Corporation AS
Jana Indrāne
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airBaltic



www.airbaltic.com



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TOUR OPERATOR / MEDIA FAM TRIP

June 10 to 13, 2024



Baltic Nature Tourism presents the very best of nature and outdoor tours and activities from across Latvia and Estonia. Choose from the wide variety of nature and outdoor tours on offer, each safely taking you into wild and untouched nature.

TOUR OPERATOR / MEDIA FAM TRIP

June 10-13, 2024, LATVIA

Are you a tour operator or media representative from the United Kingdom? Join our FAM trip and explore the magical appeal of Latvia. This journey brings you to the western part of Latvia, famous for its endless bogs and deep forests, tiny fishermen's villages, and a wonderful coastline rich with white sand and rocky beaches. Local people living among this harsh yet beautiful nature tend to be reserved at first sight, but when you get to know them better, they are warm and hospitable, and ready to offer you the best they have. The trip focuses on discovering nature, sometimes even in the most unexpected places, and immersing in the Baltic culture full of exciting combinations of flavors.



DAY 1: JUNE 10
 14:00 Transfer from airport to hotel
 14:00 - 15:00 Lunch in Riga
 15:00 - 19:30 Evening - Explore Riga from Water - canoeing (Riga boats, turning point on Riga canal)
 19:00 Overnight and dinner in Riga

DAY 2: JUNE 11
 07:00 Breakfast at the hotel
 08:00 Departure from hotel to Kemeri National Park
 09:00 - 11:00 Bogshooting in Kemeri bog
 12:00 - 13:00 Sable cider degustation
 13:00 - 14:00 Lunch at restaurant "Nemē"
 14:30 - 15:30 Hike (3-5km) on Forest Trail - European long-distance hiking route with a view of Vainas's Shambra and Kuldīga town UNESCO
 15:30 - 16:30 Settling in at the hotel in Kuldīga
 17:30 - 18:30 Visit to the organic and goat farm "Normiņki" with a guide
 18:30 - 19:30 Dinner at restaurant "Normiņki" - local food from the farm and surroundings
 Around 20:00 Return to Kuldīga, hotel

DAY 3: JUNE 12
 08:00 Breakfast at the hotel
 08:30 Departure from hotel to Silene National Park
 10:30 - 11:30 Bird watching at Cape Kolkas (Kurmele Island)
 11:30 - 12:00 Visit to the new home in camping site!
 13:00 - 14:00 Lunch at the hotel in Riga
 14:30 - 15:30 Grand hiking tour on the coast of Latvia and Estonia (section from Gulf of Riga)
 16:30 - 17:30 Smoked fish tasting at Lapsmežu restāns in collaboration with the fishermen's household "Sludzi"
 Around 19:00 Dinner in restaurant in Jurmala "36 line"
 Overnight stay in Jurmala hotel

DAY 4: JUNE 13
 07:25 Direct flight to London

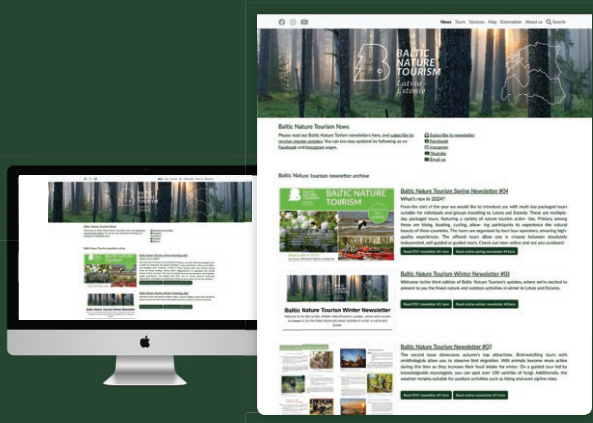
See full info here




Signing up and more information on tour:
paul@nordictourismcollective.com;
andy@nordictourismcollective.com.



Baltic Nature Tourism Seasonal News



View this email in your browser



Baltic Nature Tourism Winter Newsletter

Welcome to the third edition of Baltic Nature Tourism's updates, where we're excited to present to you the finest nature and outdoor activities in winter in Latvia and Estonia.

CHRISTMAS MARKET IN RIGA AND TALLINN

Riga
Every year, the Old Town in Riga becomes a lively gathering place of holiday activity with its annual Christmas market. From December 2nd to January 7th, visitors can explore over 60 stalls offering handmade items and traditional food.

Tallinn
Tallinn Christmas Market with a touch of a fairy tale will be held at the Town Hall Square of Tallinn. The fairytale land is decorated with trees, Christmas decorations, and Christmas lights. Local merchants will offer Estonian Christmas



BALTIC NATURE TOURISM
Latvia - Estonia

BALTIC NATURE TOURISM

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BALTIC NATURE TOURISM
NATURE EXPERIENCE AND WILDLIFE IN LATVIA AND ESTONIA

BALTIC NATURE TOURISM
NATURE EXPERIENCE AND WILDLIFE TOURS

WILDLIFE WATCHING and nature photography in Latvia and Estonia

ACTIVE TOURISM - Hiking, snowshoeing, cycling, kayaking, canoeing, horse riding, and more.

FOOD AND DRINKING - Local cuisine, beer, wine, and more.

BALTIC NATURE TOURISM

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BALTIC NATURE TOURISM

BALTIC NATURE TOURISM
NEWSLETTER No. 3 WINTER

BALTIC NATURE TOURISM
NEWSLETTER No. 4 SPRING

What's new in 2024?

Eastern celebration in Baltics

Active Tourism

Wildlife Watching

Christmas Market

AUTUMN - THE BEST TIME TO VISIT FOR:

Bird Autumn Migration

Active Tourism

Wildlife Watching

CHRISTMAS MARKET IN RIGA AND TALLINN

Active Tourism

Wildlife Watching

ACTIVE TOURISM

Wildlife Watching

Christmas Market

CHRISTMAS MARKET IN RIGA AND TALLINN

Active Tourism

Wildlife Watching

Christmas Market

ACTIVE TOURISM

Wildlife Watching

Christmas Market

ACTIVE TOURISM

Wildlife Watching

Christmas Market

Bird Watching in Kalka Cape

Active Tourism

Wildlife Watching

Christmas Market

Divote floodplains - Latvia

Active Tourism

Wildlife Watching

Christmas Market

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Sign up now!

