



**BALTIC
NATURE
TOURISM**

*Latvia -
Estonia*

BALTIC NATURE TOURISM

NEWSLETTER | 10

**SUMMER
2025**



SUMMER IN THE BALTICS: *Where Days Stretch and Nature Leads*

In Latvia and Estonia, summer unfolds with nearly 18 hours of daylight—nights so brief that dusk blends into dawn. Forests are dense with green, bogs shimmer with wildflowers, and coastal trails echo with birdsong and waves.

By late June, Jāņi and Jaanipäev mark Midsummer with oak leaf wreaths, bonfires, and quiet rituals in meadows and farmyards. But nature's rhythm carries on beyond the celebrations. Wetlands invite paddlers and bog-shoe hikers, while national parks host early morning wildlife tours and long-distance treks.

Village markets brim with seasonal produce—fresh berries, honey, and herbs—and countryside inns offer meals from forest and field. Outdoor concerts and night hikes add to the rhythm of the season, especially in August, when dark skies return and the Perseid meteor shower draws stargazers to quiet clearings.

For those seeking immersion in wild beauty, Baltic summer offers space, silence, and slow discovery.

See detail information on
Baltic Nature Tourism website

balticnaturetourism.com

Tour operators and media representatives from the United Kingdom are invited to take part in a FAM trip scheduled for October 6–10, 2025, exploring nature and culture in Latvia and Estonia during the autumn season. The itinerary begins in Tallinn and concludes in Riga, with highlights including mammal watching, guided outdoor activities, and meetings with local hosts. Participants will also experience regional food, craft traditions, and cultural heritage, offering a practical introduction to the area's tourism potential.



Birds, Bogs & Baltic Traditions: ESTONIA & LATVIA FAM TRIP
October 6–10, 2025
LATVIA - ESTONIA
www.balticnaturetourism.com

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 we offer, each deeply rooted in our area and our local culture.

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



Self-guided trips and possibilities

Self-guided trips in the Baltics during summer offer nature lovers the freedom to explore at their own pace without the constraints of a fixed itinerary. The region boasts pristine forests, serene lakes, and diverse wildlife, making it ideal for hiking, animal watching, birding, and cycling. Marked routes, mobile navigation tools, and local services make these journeys accessible and easy to organise. Travellers can tailor their routes to match personal interests and fitness levels, discovering coastal paths, forest trails, and wetland boardwalks. This style of travel blends independence with comfort while supporting small tourism providers and encouraging low-impact exploration.



Self guided Hiking

The Gauja National Park offers one of the best hiking experiences in Europe and is suitable for almost everyone thanks to its wide variety of trails. Tough hikers, families with kids, and senior groups alike will find routes that match their needs—ranging from short walks on wooden boardwalks to marked day-hike routes, bushwalking adventures, or multi-day camping trips.

Tours:

Exploring the Gates of the River Daugava

 **Mana Karte**
toms@manakarte.lv
+371 29710113

Guided Hikes in Gauja National Park

 **Guide - Rolands Auziņš**
rolandsauzins@hotmail.com
+371 2936 5307

Hiking Adventure in Gauja National Park

 **Baltic Nature Travel**
info@balticnaturetravel.com
+371 20302261

Hiking Tour with a Picnic in Gauja National Park

 **Cesis Inside**
cesisinside@gmail.com
+371 29109965

Tours:

Guided tour in Slitere National park exploring nature and history of the place Ūši

 info@coastalfeelings.com
+371 29475692

Team Adventure Hike with Challenges

 **Lūzumpunkts**
info@luzumpunkts.lv
+371 29333032

Walking self-guided tour in Baltics

 **Activest**
triin@activest.ee
+372 5016222

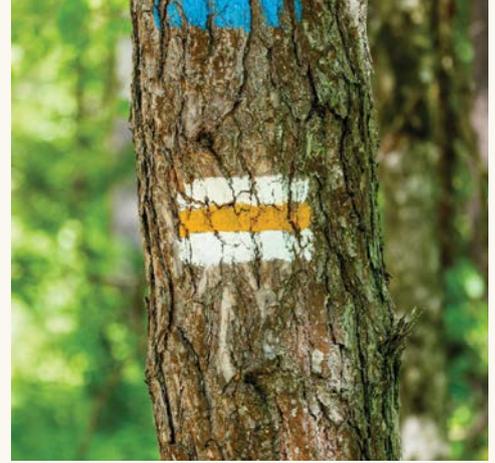
Self-drive and hiking tour in Latvia and Estonia, 12 days

 **Baltic Nature Travel**
info@balticnaturetravel.com
+371 20302261

Self-guided hing from Liepaja to Ventspils, Latvia, 6 days

 **Baltic Nature Travel**
info@balticnaturetravel.com
+371 20302261

 All hiking tours:
balticnaturetourism.com



A wide range of guided and self-guided hiking tours are available not only in Gauja National Park but also along the long-distance E9 () and E11 () hiking trails, in Kemerī, Slitere, and other national parks, as well as in scenic rural areas across Latvia and Estonia. From independent treks with pre-planned routes to tours led by local guides, it's easy to find an option that fits your interests and pace.



Self-guided mammals and birds watching tours

Latvia and Estonia offer a collection of self-guided hiking routes shaped by the rhythms of nature. Winding through forests, raised bogs, and coastal landscapes, these trails provide opportunities to encounter native wildlife in their natural environments. Elk, beavers, owls, woodpeckers, and migratory birds are among the species commonly observed along the way. The routes are complemented by numerous bird watching and viewing towers, offering elevated perspectives across wetlands and forests. Each trail can be adjusted to suit different levels of familiarity with wildlife watching, combining ease of access with a close view of the region's varied ecosystems.



Tours:

Self-guided Estonian mammals and birds, 8 days

 **Natourest**
bert@natourest.ee
+372 5137141

Red deer safari by your own car

 **Toosikannu**
tonu@toosikannu.ee
+372 56866929



Self-guided bicycle tours

Self-guided cycling is especially suitable in Estonia and Latvia due to their quiet, well-maintained roads and extensive network of scenic cycling routes. The flat to gently rolling terrain makes the ride accessible for cyclists of all levels. Both countries offer a mix of coastal paths, forest trails, and charming countryside, allowing riders to experience authentic nature and culture.

City Bike Tallinn offers a wide range of bikes, from city and trekking models to e-bikes, tandems, and fat bikes, all well suited to Estonia's trails and roads. Routes can include everything from quiet forest paths to multi-day coastal rides with pre-arranged accommodation and ferry crossings.



Ed Pratt and Sylvain Oalulu uni-cycling across the Baltics and the world (2024).
Photo: @Mredpratt



E-bike Tours/Rental

-  **Sigulda Adventures**
info@siguldaadventures.com
+371 28383333
-  **360 degrees**
taavi@360.ee;
+372 56668172

Tours:

Biking from West-Estonia to Latvia

-  **City Bike**
mail@citybike.ee; +372 56608090

Island hopping for families Cycling to Lahemaa National park and Northern coast

-  **City Bike**
mail@citybike.ee; +372 56608090

Lahemaa national park or from West-Estonia to Latvia

-  **City Bike**
mail@citybike.ee; +372 56608090

E-Bike Līgatne-Sigulda-Līgatne

-  **Easy Ride**
cimins.janis@gmail.com
+371 22084232

Awesome 3-day E-FATBIKE adventure on the picturesque northern coast

-  **City Bike**
mail@citybike.ee; +372 56608090

Mountain bike rental and Cycling routes

-  **"Melnšils" - Camping / Guest
house / Pub**
info@melnšils.lv
+371 28605606

All cycling tours: balticnaturetourism.com



Self-guided hides

In addition to hiking trails, Estonia and Latvia provide access to a network of wildlife hides and viewing shelters, many of which are located in areas known for mammal activity. In Estonia, several hides are specifically designed for observing species such as red deer, wild boar, beavers, and occasionally lynx or especially brown bears. These shelters offer the chance to watch wildlife at close range without disturbance, often during early morning or evening hours. Access is typically coordinated through local service providers who manage bookings and can advise on seasonal conditions and wildlife presence.



Tours:

Birdwatching hide

-  **Wildlife Dreams**
info@wildlife-dreams.com
+372 54615757

Brown Bear Watching from a Hide

-  **Natourest**
bert@natourest.ee
+372 5137141

Birds and mammals photography hide

-  **Naturum**
mati.kose@gmail.com
+372 5236926

Bear watching

-  **Estonian Nature**
info@estonianwildlifetours.com
+372 58 437 752

[View and bird watching
towers in Latvia
celotajs.lv](http://celotajs.lv)

[Bird watching
towers in Estonia
eoy.ee](http://eoy.ee)



 [Baltic Nature Tourism - Services](#)

Where to Stay: Nature-Friendly and Accessible Accommodations Across the Baltics

From seaside campsites and glamping tents in meadows to guest houses in historic manor estates, we offer a wide range of nature-friendly places to stay. Many accommodations are hiking-friendly, located directly along major trails or offering services like luggage transfers, packed lunches, and route information. Visitors can also find options that support accessibility—guest houses and nature lodges with features for wheelchair users, families with small children, or travellers with visual impairments. On islands, in forest

cabins, or even on floating houses by the water, each stay offers a unique connection to the landscape and local hospitality.

More accommodations:

 balticnaturetourism.com

Rentals

A variety of local services make it easy to plan a personalised nature getaway. Equipment rentals—from kayaks and canoes to bicycles, bog shoes, and high quality camping gear—are available across the region. Travellers can set out for a quiet paddle on a forest lake or explore winding cycling routes through national parks. With quality gear and local advice close at hand, it's simple to explore the outdoors independently. These flexible options allow visitors to enjoy the natural landscape comfortably, creating memorable self-guided experiences. Under the Services you will find not only the equipment rental possibilities, but also knowledgeable guide services.

Accommodations:

Nature Escape at Muuski Glamping

 **Muuski Glamping**
rasa.villerusa@gmail.com
+371 29121201

ÖÖD hotels stay in forest luxury

 **Ööd Hotels**
info@oodhotels.com
+372 5333 4772

Luxury Nature Villa Stay

 **Jagala Juga**
info@jagalajuga.com
+372 58377776

Luxurious boutique villas

 **info@maidlaresort.com**
+372 5648 8132

Pazust priedēs Sea Side Complex

 **Pazust Priedēs**
info@pazustpriedes.lv
+371 28605177

BeTriton Amphibious Camper-Trike

 **Betriton**
hi@betriton.com
+371 26548855



MEET US IN EVENTS:

- Global Birdfair, 11-13 July, Rutland
- Captains Cruise, 27 - 29 August, Helsinki-Stockholm
- Estonian Nature FAM Tour, 02 - 05 September, Estonia
A Showcase of North Estonia's Best Nature Experiences
- Baltic Nature UK Roadshow, 03 - 05 September, Manchester and Edinburgh
- Estonia/Latvia FAM Tour, 06 - 10 October
Birds, Bogs & Baltic Traditions



ABOUT BALTIC NATURE TOURISM

Baltic Nature Tourism is a consortium of individual nature and outdoor specialists across Latvia and Estonia. Our range of tours covers a variety of experiences, from brief nature excursions to extended adventure packages. These tours can be combined with visits to the capitals of Latvia and Estonia, Riga and Tallinn, offering a balanced itinerary that includes both natural and urban environments.

BALTIC NATURE TOURISM
balticnaturetourism@celotajs.lv

balticnaturetourism.com

Interreg



Co-funded by
the European Union



Central Baltic Programme

NAT-TOUR-EXPO

This activity was supported as part of an Interreg Central Baltic Programme 2021-2027 project co-funded by the European Union.

This publication has been produced with the financial assistance of the European Union. The contents of this publication are the sole responsibility of Baltic Country Holidays and can under no circumstances be regarded as reflecting the position of the European Union.