



AUTUMN IN THE BALTICS: *Discover the Baltic Sauna Culture*



Latvia and Estonia have deep sauna traditions. In Latvia, the “pirts” is a cherished ritual with birch switches and fragrant steam that stretches back centuries. Estonia’s smoke saunas are equally rooted in history — and together with Finland, Estonians once set a Guinness World Record for most sauna photos shared on Facebook in an hour. As autumn cools the air, these warm retreats become even more inviting, offering a timeless way to slow down before winter arrives, just as countless generations have done.

See detail information on
Baltic Nature Tourism website
balticnaturetourism.com



Find you Baltic guided sauna experience:

Sauna session in a traditional smoke sauna at Mooska



eda.veeroja@gmail.com
+372 5032341

Sauna ritual at Smoke sauna



info@toosikannu.ee
+372 4898160

Latgale Sauna Ceremony & SPA rituals



apple.manor.garden@gmail.com
+371 20034407

Authentic Estonian smoke sauna experience



mustjoe@mustjoe.ee
+372 5167255

Latvian Sauna Ritual



info@ziedlejas.lv
+371 29491087

Rural spa and sauna experience



sales@maria.ee
+372 5236066

Authentic Estonian bathing experience



info@jagalajuga.com
+372 53686576

Guided smoke sauna ritual




saunatalu@wiire.ee
+372 56628007

Phyto Sauna Holiday Escape



ozolrasas@inbox.lv
+371 20473140

 [Discover more:
balticnaturetourism.com](https://www.balticnaturetourism.com)



From Seals to Bears: Baltic Wildlife Experiences

Latvia and Estonia offer a range of ways to watch wildlife, from coastal seal tours to quiet hours in forest hides. In Estonia, hides are set up specifically for observing brown bears, deers, or even lynx, allowing visitors to see animals without intruding on their routines. Birdwatching trips take in autumn migrations along the West Estonian coast, where thousands of cranes, ducks, and finches pass through. The seals can be observed in their wild habitat while sea kayaking or from a hide or a boat. Each of these experiences offers a straightforward way to see how wildlife continues to move through these landscapes, season after season, largely undisturbed.

Find you Wildlife experience:

Seal Watching Tour



booking@tallinndaytrip.com
+372 56477172

Estonian Birds and Mammals – Self-Guided Tour



bert@natourest.ee
+372 5137141

Bird Watching in Slitere National Park



kurzemesputni@gmail.com
+371 28256131

Wildlife Watching Safari




info@toosikannu.ee
+372 4898160

Big predator tour- lynx, bear and wolf



bert@natourest.ee
+372 5137141

 [Discover more:
balticnaturetourism.com](https://www.balticnaturetourism.com)



Foraging, Forest Restaurants, and Baltic Flavours

In Latvia and Estonia, wild foods are more than a seasonal treat—they're part of a living tradition. From berry picking and mushroom foraging in sunlit forests to tasting dishes prepared by local guesthouses, nature's bounty finds its way straight to the table. Forest restaurants and outdoor kitchens highlight these ingredients, offering menus built around what's freshly gathered. Joining a foraging walk or dining under a canopy of pines, visitors experience food in its purest form, often guided by those who've inherited knowledge passed down through generations. It's a simple yet profound way to savour the Baltic landscape.

Find your foraging experience:

Adventurous excursion in Ligatne



info@pavarumaja.lv
+371 27331222

Forest fine dining



indrek.leht@mail.ee
+371 5155365

Wild Cranberry Picking Tour



Kristinatraks@gmail.com
+371 5188860

Restaurant in the Forest



renarsp@gmail.com
+371 28724995

Explore the World of Beef Flavors



info@pernigale.lv
+371 26154554

Pop-up forest restaurant



info@wanderlust.ee
+371 59047065

Going outdoors and eating beautifully



gajedis.piedzivojumi@gmail.com
+371 27013323

Foraging Wild Mushrooms and Berries in Southern Estonia



info@meejaam.ee
+371 5087714



Discover more:

balticnaturetourism.com



Find your culture and heritage experience:

Rural Living and Wild Foraging Experience



jolanta.bara@inbox.lv
+371 26465530

Tea ceremony in nature villas



info@maidlaresort.com
+372 56488132

Ethnic-inspired Mindful Retreat Experience



meet@spalvalatvia.com
+371 29288364

Culture, heritage and nature

Baltic culture has deep roots that continue to shape daily life today. Every five years, the Song and Dance Festival brings together around 40,000 singers and dancers, filling city parks and grand stages with voices and movement — a tradition many Latvians and Estonians consider a must to experience at least once.

Culture here reveals itself in many ways. Charming historic towns like Cēsis, Liepāja, and Kuldīga in Latvia—and Tartu, Viljandi, and Pärnu in Estonia—alongside the vibrant capitals Riga and Tallinn, invite visitors with their architecture, small craft shops, and, most memorably, the warmth of the local people. Beyond the cities, kokle concerts offer the gentle tones of this traditional string instrument, while folk dances, hemp farm visits, herbal tea tastings, horse therapy, and crisp local ciders provide glimpses into customs that quietly continue.



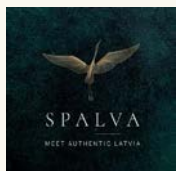
Discover more:

balticnaturetourism.com

Looking for a DMC to create a special experience? Get in touch with some of the most experienced travel companies in Latvia and Estonia.

DMC companies in Baltics

SPALVA Latvia



www.spalvalatvia.com
www.balticnaturetourism.com/SPALVA

Baltic Nature Travel



www.balticnaturetravel.com
www.balticnaturetourism.com/BNT

Baltic Travel Group



www.baltic.travel
www.balticnaturetourism.com/BTG



MEET US IN EVENTS:

- **Estonian Nature FAM Tour, 02 - 04 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
- **WTM London, 4 - 6 November, London**



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.

Interreg



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BALTIC NATURE TOURISM
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