



BALTIC
NATURE
TOURISM

Latvia -
Estonia

BALTIC NATURE TOURISM

NEWSLETTER | 12

WINTER
2025



WINTER IN THE BALTICS

Discover what Baltic Nature Tourism has to offer in winter — from snowy forests and frozen lakes to cross-country skiing, husky adventures, and traditional saunas.

A true white winter: capital city old towns blanketed in snow, Christmas lights twinkling, the scent of braised sauerkraut and mulled wine in the air. Drive just 30 minutes out of the city and you'll find yourself in a winter wonderland — crisp air, snow-covered trees, and frozen lakes where children play ice hockey while winter swimmers take icy plunges. Bogs lie under ice and snow, perfect for gliding across on skates or exploring with snowshoes. The Baltics are not the Alps, but we love our cross-country skiing. There are some downhill slopes too — modest in size, yet surrounded by endless snowy fields and rolling hills. Many animals hibernate in winter, making it an excellent time to visit huskies, whether for a walk or a sled ride. For a different view, take the cable car ride over the Gauja River in Sigulda, offering a sweeping panorama of the snowy valley. And if you're wondering when to try a traditional sauna — the answer is simple: winter.



Wetlands and bogs Baltics' unique landscapes

Bogs and wetlands in Estonia and Latvia are among the oldest post-glacial landscapes in Europe, some forming 9 000–10 000 years ago. Their acidic, mineral-poor waters—created by Sphagnum moss—preserve nature's traces astonishingly well, from trees to human remains. Uniquely, these landscapes invite exploration year-round: wooden trails and canoe routes in summer turn into frozen snowshoe paths and silent white expanses in winter, offering rare, timeless solitude in every season.

Wetland tours

Estonia

Hiking trails in Villa Pillapalu

villa@villapillapalu.ee
+372 5063 368

Nature walk and Bogshoeing

matkad@360.ee
+372 55607 230

Bogshoe hike in Rubina Swamp and Bog in Mulgimaa

info@loodusturism.ee
+372 5272 701

Snowshoeing trip

info@hermanevents.ee
+372 53026 650

A discovery trip to the winter forest and bogs, with snowshoes or kicksleds

matkapesa@visitkorvemaa.ee
+372 5105 441

Snowshoe hike in Viru Bog in Lahemaa National Park

info@wanderlust.ee
+372 59047 065

Forest restaurants, outdoor cooking and delicious stuff

Outdoor cooking

Latvia

Restaurant in the Forest

renarsp@gmail.com
+371 29910 711

Gajedis - Going outdoors and eating beautifully

gajedis.piedzivojumi@gmail.com
+371 27013 323

Explore the World of Beef Flavors

info@pernigele.lv
+371 26125 137

Adventurous excursion in Ligatne

info@pavarumaja.lv
+371 27331 222

Estonia

Winter magic in the forest restaurant

indrek.leht@mail.ee
+372 5155 365

Pop-up Forest Restaurant

info@wanderlust.ee
+372 59047 065

Husky Sledding in the Baltics

In Latvia, husky sledding is offered near Riga and in Gauja National Park, with short rides through forests and fields. Visitors can ride as passengers or try guiding a sled, and husky hikes are available when snow is limited. Even groups up to 60 people are possible for a tour.

In Estonia, popular locations include Tallinn, Kõrvemaa and Peipsiveere Nature Reserve. Activities range from sled rides to guided hikes, providing accessible ways to explore winter landscapes.

Husky sledding tours



Latvia

Husky dog ride in Latvia

dodkepu@gmail.com
+371 25951 531

Hiking with a husky

dodkepu@gmail.com
+371 25951 531



Estonia

Sleddog Ride in Magical Small Lapland

info@indietours.ee
+372 56664 704

Husky Wonderland Excursion

info@sleddogtours.ee
+372 5071 856

Sled Dog Tour on Bog Islands

kristinatraks@gmail.com
+372 5188 860



Latvia

Bogshoe Hiking

info@purvubrideji.lv
+371 29775 177

Team Adventure in Bog

info@luzumpunkts.lv
+371 29333 032

After the outdoor activities the hot drinks and outdoor restaurant food is such a blessing! Wild food is abundant with natural flavors and free of chemicals. Baltic traditional cuisine is distinctly seasonal, as each of the four seasons offers specific ingredients coming from the forest, waters, meadows, or our own garden.



Winter Activities

Winter weather does not limit outdoor experiences. Activities such as kayaking, packrafting, hiking, and team-building programs run year-round. Seasonal highlights include cross-country skiing, snowshoeing, ice skating, and ice fishing, while paw print hikes reveal traces of wildlife in the snow. Kicksledding on frozen lakes and wetlands adds another distinctive way to explore winter landscapes.



Activities

Latvia

[Oven Baked Pizza Hike](#) [Winter Packrafting](#)

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+371 20227 957

a.salnikova@gmail.com
+371 20227 957

[Forest cross country skiing adventure](#)

info@luzumpunkts.lv
+371 29333 032

[Team Adventure Hike with Challenges](#)

info@luzumpunkts.lv
+371 29333 032

[Adventure during the Spring Flood Season](#)

selijaslaivas@gmail.com
+371 28616 357

[Guided hikes in Gauja National Park](#)

rolandsauzins@hotmail.com
+371 29365 307

Estonia

[Kicksledding in Estonia on Otepää Lake Pühajärv or snowy forest roads](#)

info@loodusturism.ee
+372 5272 701

[Ski trip in Kõrvemaa](#)

info@hermanevents.ee
+372 53026 650

[Nordic Ski Touring in the highest peaks of Baltics](#)

info@seakayakingestonia.com
+372 56629 515

[Kicks sled's trips @Soomaa National Park](#)

aivar@soomaa.com
+372 5061 896

[Nature and Heritage Hike in Lahemaa National Park](#)

info@wanderlust.ee
+372 59047 065

[Learn to Ski in Tallinn](#)

booking@tallinndaytrip.com
+372 53413 109

[Nature Hikes on Finnish sleds on the winter trails of Pühajärve](#)

info@loodusturism.ee
+372 5272 701

Wildlife opportunities in Estonia in Winter

Winter nature activities include animal paw print tracking and lynx mating in forests, birdwatching in hides or watching towers White-tailed Eagles and Wintering Arctic seaducks. Photography of frosty landscapes and ice.

[The paw print hike](#)

info@preeriakoda.ee
+372 5216 105

[Wildlife watching safari by your car](#)

tonu@toosikannu.ee
+372 56866 929

[Birding tour around Tallinn](#)

info@capture-estonia.ee
+372 56843 743

[Wildlife photographic hide](#)

info@wildlife-dreams.com
+372 54615 757

[Golden and White-Tailed Eagle photography in winter](#)

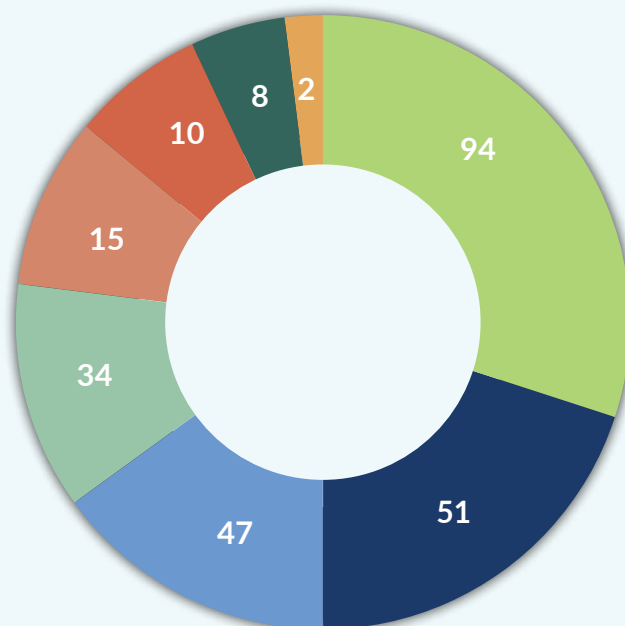
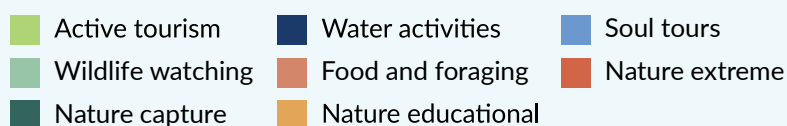
bert@natourest.ee
+372 5137 141



The data about the past 3 years

During the past 3 years until this moment, the platform has collected 111 active SMEs, with 49 in Estonia and 62 in Latvia, overall we have promoted 145 individual products from Estonia and 111 from Latvia.

The largest share belongs to active tourism (94 products), followed by water activities (51) and soul tours (47). Other key categories include wildlife watching (34) and food and foraging (15). Smaller but growing segments such as nature extreme (10), nature capture (8), and nature educational (2) highlight the variety of outdoor experiences available year-round.



Interest in Baltic Nature Tourism has grown significantly, with the number of inquiries increasing three times since the first year of data collection and the tendency is fast growing. The most active interest comes from the United Kingdom, followed by Germany and the United States, showing strong awareness and engagement from these markets.

Most travellers book for small groups, typically one to four people, and prefer short visits or one-day activities, such as guided hikes, wildlife watching, or sauna rituals. This pattern reflects a focus on authentic, nature-based experiences that fit easily into broader travel itineraries across the Baltic region.

MEET US IN EVENTS:

- [WTM London](#), 4 - 6 November, London
- [Baltic nature tourism and the UK market](#), 12 November, Latvia
- [Baltic nature tourism Estonian nature & guided sauna ritual](#), 25 November, Isle of Wight
- [Baltic nature tourism presentation event](#), 26 November, London, UK



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
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Interreg



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