

# BALTIC NATURE TOURISM

balticnaturetourism.com



**BALTIC  
NATURE  
TOURISM**

*Latvia -  
Estonia*

## NATURE EXPERIENCE AND WILDLIFE TOURS IN LATVIA AND ESTONIA

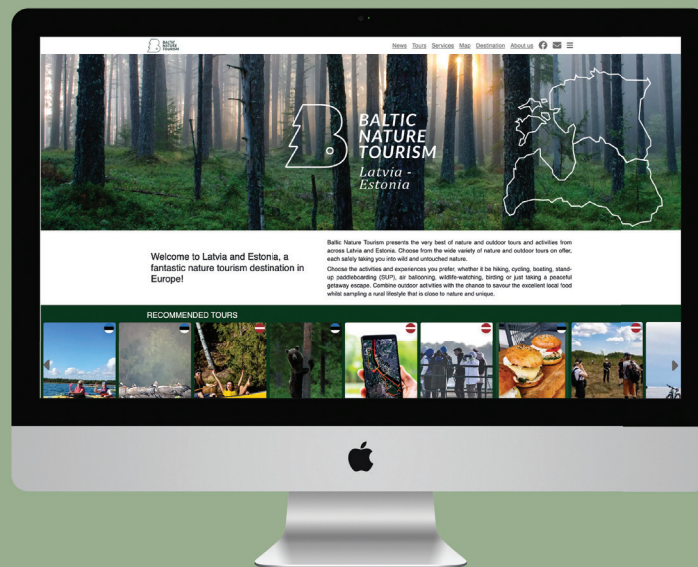
*Welcome to our regular updates from Baltic Nature Tourism bringing you fascinating insights that showcase the finest nature and outdoor tours and activities in Latvia and Estonia for the UK market.*

*Baltic Nature Tourism is a consortium of individual nature and outdoor specialists across Latvia and Estonia. Our tours range from a few hours of guided or independent nature experiences to multi-day packages that include all services with a diverse range from "a bit of nature and a comfortable stay" to thrilling extreme outdoor adventures. All nature experiences can be easily combined with visits to the Latvian capital, Riga, or the Estonian capital, Tallinn.*

### NATURE EXPERIENCE AND WILDLIFE TOURS

*in the Baltic states of Estonia and Latvia are available under themed sections and can be found in*

**balticnaturetourism.com**



**WILDLIFE WATCHING** - bird migration, Europe's largest mammals including brown bear, fungi, and botanical tours.

**ACTIVE TOURISM** – hiking, water-based, cycling, bog shoeing, horseback, and winter activities.

**SOUL TOURS** – nature retreats with yoga and meditation, nature wellness with forest bathing and nature SPA and nature getaway escape holidays.

**FOOD AND FORAGING** – mushroom hunting, berry picking, herb gathering, and wild foods onto the restaurant menu.

**NATURE EDUCATIONAL** – astronomy, geo nature and other processes in nature.

**NATURE CAPTURE** – wildlife photography, videography, painting and drawing.

**NATURE EXTREME** – hot air ballooning, bungee jumping, zipline rides, paragliding, skydiving, windsurfing, and nature survival skills improvement.

# AUTUMN – THE BEST TIME TO VISIT FOR:

## Bird Autumn Migration

Bird and waterbird migration begins in August and continues until mid-October. You can see flocks on the fields, preparing to fly away. On the seashore, there are various warbler-like birds - terns, warblers and seagulls of various species.

Our birdwatching sites include some of the finest birdwatching spots in Europe. With enthusiastic and professional birdwatching guides, it will be a perfect birdwatching holiday.

### Tour example - Autumn Bird Migration in West Estonia

This tour takes you to some of the best places in Europe for sea duck and passerine migration. During the peak days up to half a million Chaffinches, tens of thousands of Siskins and a continuous chain of Long-tailed Ducks pass through the observation points in West-Estonia.



**BIRDING HAAPSALU**, Tarvo Valker, +372 53932684  
Reservation email: tarvo.valker@gmail.com  
Autumn Bird Migration in West Estonia (balticnaturetourism.com)

## Mammal Watching

September to October: Ideal for mammal watching. Many species are active, increasing their food intake to build winter fat. These include Spot roe deer and other deer in open areas as well as the predators in the forests. The deer rut begins in September.

Our mammal watching tours are based on the guides' knowledge about life and habits of wild animals.

### Tour example - Brown Bear Watching from a Hide

Spend a night at our Brown Bear and wildlife-watching hide. The hides have windows on both sides offering a view of the taiga forest and a stream with a flooded meadow. You can also listen to the soundscape of the surrounding wildlife through the sensitive microphone outside the hide.



**NATOUREST**, Bert Rähni, +372 5137141  
Reservation email: bert@natourest.ee  
Brown Bear Watching from a Hide (balticnaturetourism.com)

## Fungi tours and Mushroom Foraging

Fungi tours and mushroom hunting tours are available from mid-August to early September. There are at least 4000 fungal varieties in our forests, with the most popular edible mushrooms being various Boletus and Chanterelles.

Over 100 fungi varieties can be spotted on a guided tour with knowledgeable mycologists. Both fungi tours and foraging tours will conclude with a delicious mushroom meal.

### Tour Example - Mushroom Foraging Tour

On a guided mushroom foraging tour in the forests and bog islands of Peipsiveere Nature Reserve, you'll experience a scenic landscape free from artificial noises and likely devoid of other people. At the end of the hike, we'll build a campfire and serve dishes made from local food, including mushrooms.



**NATURE TOURS ESTONIA**, Kristina Traks, +372 5188860  
Reservation email: info@naturetoursestonia.com  
Mushroom Foraging Tour (balticnaturetourism.com)



**STARSPACE**, Anna Gintere, +371 29130472  
Reservation email: anna.gintere@starspace.lv  
Observatory Tour: Exploring the Celestial Wonders (balticnaturetourism.com)

## Hiking/Walking Tours

Enjoy the yellow, golden and red leaves of all shades during September and October. As the summer heat gives way to gentle breezes, hiking becomes a truly pleasurable experience in the mild and inviting weather.

Hiking and walking routes lead you through nature trails and into the wild countryside. Choose from independent hikes or guided tours led by nature experts, suitable for beginners and skilled hiking enthusiasts.

### Tour Example - Hiking and Dining in a Landscape Park

A guided 3km walk through Kārļamuiža Landscape Park by the River Amata in central Latvia offers inspiring views of some of the largest Devonian rock formations and cliffs in the ancient Gauja River valley. After the walk, savour a delicious meal of locally caught trout from the river Amata. Kārļamuiža guest house is a hiker's-friendly tourist accommodation.

## Astronomical Tours

Meteor showers occur in August and September, with dark nights revealing stunning stellar skies in October. The Baltic countries are excellent destinations for stargazing, thanks to their low light pollution and expansive open spaces.

Specialized guides lead night-time tours with stationary and portable telescopes, providing insights about celestial bodies.

### Tour Example - Exploring the Celestial Wonders

Explore the captivating world of astronomy with a guided tour of an observatory situated in the countryside of central Latvia. Weather permitting, there is an opportunity to participate in a night sky observation session using a powerful 16-inch telescope.



**KĀRĻAMUIŽA COUNTRY HOTEL**, Jānis Stepīņš, +371 26165298  
Reservation email: janis@karlamuiza.lv  
Hiking and Dining in a Landscape Park (balticnaturetourism.com)

## Nature Escapes and Retreats

From late summer in August to the Indian summer in September, it is a great time for outdoor yoga or spending some off-grid time in a lakeside lodge.

On a nature retreat, nature itself heals and enhances your spiritual being, to connect with your inner self and recharge your batteries. Serenity, privacy, and comfort can be enjoyed in rural guest houses, specializing in meditation and yoga retreats.

### Tour Example - True Wilderness Experience

Recharge and reconnect with nature in a secluded eco-guesthouse situated by a pristine beach in western Latvia. Start your mornings with yoga and meditation, experience activities in the wild forest as well as on the river and immaculate beach. Learn about the surrounding nature and your inner self, enjoy nice food, and finish the day sitting around the bonfire and relaxing, getting the health benefits of the traditional wood-fired sauna or hot tub, while enjoying the starry sky.



**PIZĀ**, Toby Fraser, +371 28396323  
Reservation email: info@piza.lv  
True Wilderness Experience (balticnaturetourism.com)

## Nature Extreme

From late August to early October, there is still time to say good-bye to summer. If your adrenaline levels are critically low, we certainly have a solution - whether it involves heights, depths, speed, water-related activities, or nature survival experiences. Guided by professional instructors, you will discover the beauty of nature from an unusual and adventurous perspective.

### Tour Example - a Zipline Ride over the Gauja River Valley

This is the world's first and currently only attraction of its kind, where the zipline ride takes place on a cable car track 55 meters above the river Gauja, reaching speeds of up to 60 km/h. The "Bungee Sigulda" team, which developed the attraction, has over 26 years of experience in extreme sports and excels in high safety standards and professionalism.



**SIGULDA ADVENTURES**, +371 28383333  
reservation email: [info@siguldaadventures.com](mailto:info@siguldaadventures.com)  
Zipline Zērglis Flight ([balticnaturetourism.com](http://balticnaturetourism.com))

## Meet the Baltic Nature Tourism team at tourism industry events!

There are some not-to-be-missed tourism industry events taking place both in the UK and Latvia, where we can meet in person and have a closer look at all things related to nature tourism during autumn 2023.

- **September 21, 2023. Breakfast get-together at Mortimer House in London.**

*Come and meet Latvian suppliers and hoteliers from both town and country and hear about the latest tourism developments in Latvia. There will also be an opportunity to meet Latvian suppliers individually and exchange ideas.*

- **October 4th, 2023. Baltic Sea Region Tourism Business Forum and Workshop.**

*The Investment and Development Agency of Latvia, in cooperation with the Nordic Tourism Collective, invites you to join us in Riga, Latvia, on 4th October 2023, for The Baltic Sea Region Tourism Business Forum and Workshop. This is a dedicated event to encourage tourism to and from all countries surrounding the Baltic Sea. Suppliers will attend from Latvia, Estonia, Lithuania, Poland, Germany, Finland and Sweden and buyers will come from the very same countries as well as from other major European markets. Enjoy both conference sessions and an afternoon workshop to network with suppliers from across the Baltic Sea region.*

[www.nordictourismcollective.com/balticseaturismforum](http://www.nordictourismcollective.com/balticseaturismforum)

- **October 5-6, 2023. Fam tour, Latvia.**

*The post-forum fam tour for the UK tour operators and trade will offer an opportunity to experience a selection of the nature tours featured in this newsletter. This post tour is Option A and can be found on the following link:*

[www.nordictourismcollective.com/posttours](http://www.nordictourismcollective.com/posttours)

*For further information please contact [paul@nordictourismcollective.com](mailto:paul@nordictourismcollective.com)*

- **October 19, 2023. Nature Tourism Webinar.**

*The Baltic and Nordic regions are leading destinations for Nature Tourism in Europe. We will showcase the extraordinary examples of sustainable tourism as a fantastic panel of experts from both the Balticnaturetourism family and from the Nordics will discuss the growing importance of nature tourism and nature holidays for all generations. The message will become evident how important it is to continue to create and promote sustainable nature tourism in the region.*

**BALTIC NATURE TOURISM**  
[balticnaturetourism@celotajs.lv](mailto:balticnaturetourism@celotajs.lv)

**Interreg**



Co-funded by  
the European Union

**Central Baltic Programme**

**NAT-TOUR-EXPO**