



BALTIC
NATURE
TOURISM

Latvia -
Estonia

BALTIC NATURE TOURISM



NEWSLETTER
Nr 5
SUMMER



Photo - Lauku delotājs



Photo - Mareks Meleciš

Midsummer Magic in the Baltics

In the Baltic, Midsummer blends ancient customs with joyous gatherings, marking the year's longest day and the shortest night. The Summer Solstice on the June 21st, precedes Latvia's Jāņi and Estonia's Jaanipäev celebrations around June 23rd and 24th. These festivities, rooted in pre-Christian traditions, feature bonfires, symbolising purification and the sun's power, and the wearing of flower and oak leaf wreaths, denoting life and strength.

Latvians and Estonians embrace the night with singing, dancing, and communal meals, highlighting their deep bond with nature and culture. The mythical fern flower represents luck and happiness, adding mystery to the shortest night. These celebrations reaffirm connections to land, history, and community, showcasing the enduring spirit of Baltic Midsummer.

Jāņi cheese is a traditional Latvian delicacy made from sour milk, essential to the festive Midsummer Jāņi celebration. Crafted from raw quark and fresh milk, this cheese often includes additional ingredients like eggs and butter for enhanced flavour. Traditionally seasoned with caraway seeds, contemporary cheesemakers are expanding the palate with new, creative variations while honouring the original recipe. The cheese's round shape symbolises the sun, aligning with the solstice theme, making it a customary and beloved part of the Jāņi festivities.



Photo - Mareks Meleciš



Photo - Valdis Ošiņš



Photo - Mareks Meleciš

Summer is the best season for outdoor activities, thanks to warm weather and long days. This is the time when camping, swimming in lakes, or enjoying the Baltic Sea are highly popular. In the Baltics, locals appreciate nature, often taking walks by the seaside, enjoying the pleasant evenings under starry skies, and catching the beautiful early morning sunrise.



We invite you to discover Latvia and Estonia through our selection of popular multi-day package tours.



Soft-adventure tour in Gauja National Park, Latvia



Riga – Strenči – Valmiera – Cēsis – Līgatne – Sigulda – Riga
 Duration: 8 days
 Type: self-guided
 Total distance: 90 km cycling, ~28 km hiking, ~17 km boating

Gauja National Park is the largest and one of the most visited natural parks in Latvia. It's known for its wildlife, scenic river views, and historical sites. The park is a great place for people who enjoy nature and outdoor activities.

This tour will take you through some of the best nature spots in the park, including the River Gauja, Līgatne Nature Trails, and the Sietiņiezis sandstone cliffs. You'll get to see a variety of landscapes and wildlife.

Besides nature, the tour also offers visits to nearby towns like Cēsis and Līgatne. While the main focus is on nature, these places provide a look into local history and culture. The activities include cycling, hiking, and canoeing, which are great for exploring the area.

Information

Baltic Nature Travel

info@balticnaturetravel.com,
 +371 20302261



Photo - Andra Marta Babre



Photo - balticnaturetravel.com



SOFT ADVENTURE TOUR IN
 GAUJA NATIONAL PARK

WWW.BALTICNATURETOURISM.COM



Nature tour from Tallinn (Estonia) to Riga (Latvia)



Tallinn – Lahemaa – Tartu – Setomaa – Varska – Mooska – Cesis – Sigulda – Riga
 Duration: 10 days
 Type: guided



Photo - Ken Mürk

This tour takes you through Estonia and Latvia, starting with three days in historic Tallinn, a visit to Rocca al Mare Museum, and a medieval dinner. Discover Lahemaa National Park, Palmse Manor, and experience a night hike at Jaagri Villa. In Tartu, explore the famous university and cultural sites before heading to Setomaa for local traditions and the Obinitsa museum. In Latvia, visit Cēsis, Gauja National Park, and the historic towns of Sigulda and Turaida, ending in Riga with a city tour and an optional canal or kayak trip. Enjoy a mix of history, culture, and nature throughout.



Photo - Andra Marta Babre

Information

Baltic Travel Group

santa.feodorova@btgroup.lv,
 +371 29442716



NATURE TOUR FROM
 TALLINN TO RIGA

WWW.BALTICNATURETOURISM.COM



Wild Estonia – Nature Tour through Estonia



Photo - Aktivest



Tallinn – Haapsalu – Hiiumaa – Soomaa – Alutaguse – Tallinn
Duration: 8 days
Type: self guided / guided
Total distance: ~750 km

On this tour, you'll explore Northern Europe's natural wonders and wildlife. You'll walk through vast bogs, paddle in Soomaa National Park's rivers, and

hike in Matsalu. The itinerary includes watching brown bears, elks, and birds during their migration. You'll also experience bog-shoeing, a unique activity offering a different view of the landscape. Apart from nature, you'll visit Tallinn's Old Town, adding a historical element to the trip. The tour combines outdoor activities with wildlife watching and cultural exploration.



Photo - Aktivest

Information Aktivest
triin@aktivest.ee,
+372 5016222



WILD ESTONIA – NATURE TOUR THROUGH ESTONIA

WWW.BALTICNATURETOURISM.COM



Biking from West-Estonia to Latvia



Tallinn – Haapsalu – Hiiumaa – Saaremaa – Muhu island – Pärnu – Ainazi – Limbazi – Sigulda – Riga
Duration: 14 days
Type: self-guided
Total distance: ~650km

A wonderful way to slow travel from Estonia to Latvia. Our itinerary days are 50-70km cycling, visiting each day the best of sights starting from old city to beautiful coastal roads, cliffs, islands, beautiful small fisherman villages, manors and castles. From Sigulda we recommend to take the train to Riga.



Photo - citybike.ee

Information CityBike
mail@citybike.ee,
+372 5111819



BIKING FROM WEST-ESTONIA TO LATVIA

WWW.BALTICNATURETOURISM.COM



Grand hiking tour on the coast of Latvia and Estonia



Photo - balticnaturetravel.com



Riga – Kolka – Pärnu – Kihnu – Haapsalu – Tallinn
Duration: 16 days
Type: self guided / guided
Total distance: ~180 km

Explore a long-distance coastal hike tailored for nature enthusiasts. This extensive journey unfolds along the coastlines of Latvia and Estonia, allowing you to connect with diverse landscapes, wildlife, and local cultures. Walk along sandy and pebbly shores, through coastal forests, and visit quaint fishing villages. Discover tranquil floodplains, lagoons, and shallow bays. In Estonia, immerse yourself in the serene beauty of Nordic nature. Enjoy moments of solitude along less-traveled shores and explore cities like Riga and Tallinn. Savor the warm hospitality of resort towns and connect with the unique cultures of Latvia's Livs and Estonia's Kihnu residents.

Information
Baltic Nature Travel
info@balticnaturetravel.com,
+371 20302261



GRAND HIKING TOUR

WWW.BALTICNATURETOURISM.COM

The Baltic Sea is famous for its amber,

especially after summer storms. These storms bring the amber, known as 'gold of the North,' to the beaches. After the stormy weather, you can often see people from the area and visitors looking for amber on the beaches. Finding amber is a way for people to feel connected to the sea and the area's history. Plus, it gives them a special souvenir from the Baltic to keep.



In the summer, the Baltic capitals of Tallinn and Riga come alive,

turning into lively hubs of culture and social life. The sunny days highlight the charm of outdoor cafes and markets in these cities, making them popular spots for both locals and tourists. These places are ideal for enjoying local dishes, having friendly chats, and taking part in the vibrant street festivals that fill the cities during the longer days of summer. And we can't forget Riga's Central market, where you can buy everything from biologically grown local strawberries to local wine, cider, fruits, vegetables, meat and fish, cheese and much more.



MEET THE BALTIC NATURE TOURISM TEAM AT TOURISM INDUSTRY EVENTS!

- [WTM London](#) on 7 - 9th November 2024 (Latvian stand)
- "Bird fair" [Lyndon Top](#), Rutland 12 -14th July 2024
- [Travel Bulletin Activity and Adventure Showcase](#) in Manchester on 17th September 2024



ABOUT BALTIC NATURE TOURISM

Baltic Nature Tourism is a consortium of individual nature and outdoor specialists across Latvia and Estonia. Our range of tours is varied, covering everything from brief, peaceful nature excursions to extensive, fully-equipped adventure packages that last several days. Whether you're in search of a peaceful nature experience with comfortable lodgings or an adrenaline-packed outdoor adventure, we cater to many preferences. In addition, these experiences can be paired with visits to capitals of Latvia and Estonia, Riga and Tallinn, giving your trip a good balance between nature and city break.

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.