



BALTIC  
NATURE  
TOURISM

Latvia -  
Estonia

# BALTIC NATURE TOURISM

NEWSLETTER  
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## *As autumn arrives,*

the Baltic landscapes undergo a transformation, with trees displaying vibrant colours and wildlife preparing for the colder months. The forests in Latvia and Estonia are ideal for observing these seasonal changes. The air becomes crisper, and the sounds of migratory birds signal the shift towards winter.

**Foraging for mushrooms** is a popular activity during this time, with the forests offering a variety of edible species. Mushroom foraging is a tradition that extends beyond simply gathering food. It serves as an opportunity to spend time outdoors, share knowledge across generations, and engage with nature. This understanding of which mushrooms are edible, passed down within families, reflects a broader cultural connection to the natural environment. When a Latvian or Estonian goes into the forest, it is often about more than just collecting mushrooms; it is a practice that blends knowledge, leisure, and an appreciation for the landscape.

Autumn is also an excellent time to begin **winter swimming**. The transition from warmer to cooler water is gradual, making it an ideal period to start ice bathing. This activity, increasingly popular in the Baltic region, can be paired with a visit to a traditional sauna, where the warmth provides a relaxing contrast to the cold water. Estonia's and Latvia's **sauna culture** offers a range of experiences, from traditional smoke saunas to more modern facilities, allowing visitors to engage with this cultural practice in a variety of settings. Baltic nature tourism offers a wide range of Soul tours.

See detail information on Baltic Nature Tourism web site [balticnaturetourism.com](https://balticnaturetourism.com)



## Featured Baltic Nature Tourism Products

### *Plein-Air Painting at Silajani Manor*

This painting tour takes place in the apple garden of Silajani Manor, offering a setting for participants to capture the natural beauty of the Baltic landscape on canvas. The tour is open to artists of all levels and includes guidance from experienced painters, making it a relaxing and creative way to engage with nature.

**Information**    **Apple Garden Silajani Manor**  
info@silajani.lv,  
+371 26591512

 [APPLE GARDEN SILAJANI MANOR](#)  
[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)




### *Mushroom Foraging in Gauja National Park*



This tour is led by a mycologist from Latvian Mycological Society and focuses on the identification and collection of mushrooms in Gauja National Park. Participants learn about different species and their culinary uses, making this tour suitable for those interested in both nature and local gastronomy.

The tour includes a scenic ride from Riga to Sigulda, where you'll meet the guide and learn about edible and poisonous species. Spend 2-3 hours picking mushrooms, then sort your finds with the guide. The tour concludes with a short drive and a mushroom tasting, featuring dishes prepared by a local guest house owner.

**Information**    **Latvian Mycological Society**  
latvia.mycology@gmail.com,  
+371 29392788

 [LATVIAN MYCOLOGICAL SOCIETY](#)  
[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)

### *E-bike Tour in Gauja National Park*

Participants in this tour use e-bikes to explore the natural and historical sites of Gauja National Park. The route covers a variety of landscapes, including forests and riverbanks, with the assistance of electric bikes making the journey accessible to a wider range of participants. The tour also includes visits to local towns, providing a comprehensive experience of the area.

**Information**    **Easy Ride**  
info@easyride.lv,  
+371 26555911

 [EASY RIDE](#)  
[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)







## Autumn Bird Migration in West Estonia



Photo - Priidu Saart

Autumn migration in Estonia provides not only a spectacle of large bird numbers but also opportunities to see rare species and a diverse range of migratory behaviours in a variety of habitats. During the peak days, up to half a million Chaffinches, tens of thousands of Siskins, or continuous chains of Long-tailed Ducks pass through the observation points in West-Estonia. You will also have a very good chance to find some forest specialties, such as Pygmy and Ural Owls, Hazel Hen, White-backed, Black, and Grey-headed Woodpeckers, and Nutcrackers. It is possible to observe the birds by yourself on coasts and public bird-watching towers but a guided trip will guarantee you bestEST experience!

### Information

**Birding Haapsalu**

tarvo.valker@gmail.com,

+372 53932684



**BIRDING  
HAAPSALU**

[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)



## Authentic Estonian Smoke Sauna Experience

This tour offers insight into the traditional Estonian smoke sauna, located in Mustjõe village. Visitors learn about the historical and cultural significance of the sauna, including the methods used to heat it and the associated rituals. The experience is designed to provide a deeper understanding of this aspect of Estonian heritage.

### Information

**Mustjõe Kortsitalu**

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+372 5292780



**MUSTJÕE KORTSITALU**

[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)



Photo - Mustjõe Kortsitalu



## 3-Day E-Fatbike Journey Along Estonia's Northern Coast



Photo - adventures.ee

A 3-day e-fatbike adventure along Estonia's northern coast starts near the Viru Bog and continues eastward, taking in a range of coastal landscapes. The route includes stretches through pine forests and trails with views of the sea, offering a pleasant ride through varied terrain.

The journey uses Tunturi electric fatbikes, which provide pedal assistance to help riders focus on the ride and the scenery. Each day covers a distance of around 50 kilometers.

### Information

[www.adventures.ee](http://www.adventures.ee)

enduro@adventures.ee,

+372 56919100



**ADVENTURES.EE**

[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)

## *Nature Survival Excursion in Latvia*



Photo - Daba laba

Archery is a great activity for people of all ages and fitness levels to relax and unwind in a natural setting. At the DabaLaba archery track, visitors can enjoy time outdoors, practice shooting with a classic bow, and learn about Latvian wildlife. "Archer's Soup," prepared over an open fire, is also served, making for a memorable experience with family, friends, or colleagues.

Two tracks are available: a longer track, 3.5 km with 20 targets, and a shorter track, around 1 km with 10 targets.

**Information** **Daba Laba**  
info@dabalaba.lv,  
+371 26110515



[DABA LABA](#)

[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)

## *Ziplining in Sigulda*

This tour offers an adrenaline-focused experience with a zipline over the Gauja River valley in Sigulda. Participants experience the landscape from a unique perspective, combining adventure with natural beauty. The tour is structured to provide a safe yet exciting activity for those interested in more extreme sports.

**Information** **Sigulda Adventures**  
info@siguldaadventures.lv,  
+371 67975561



[SIGULDA ADVENTURES](#)

[WWW.BALTICNATURETOURISM.COM](http://WWW.BALTICNATURETOURISM.COM)



Photo - Sigulda Adventure

## MEET THE BALTIC NATURE TOURISM TEAM AT TOURISM INDUSTRY EVENTS!

- [Travel Bulletin Activity and Adventure Showcase, Manchester, 17th September 2024](#)
- [Adventure Europe, Online, 25th September 2024](#)
- [WTM London, 7 - 9th November 2024 \(stand N7-420\)](#)
- [Arrival Activate, Edinburgh, 23 - 25th November 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 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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