



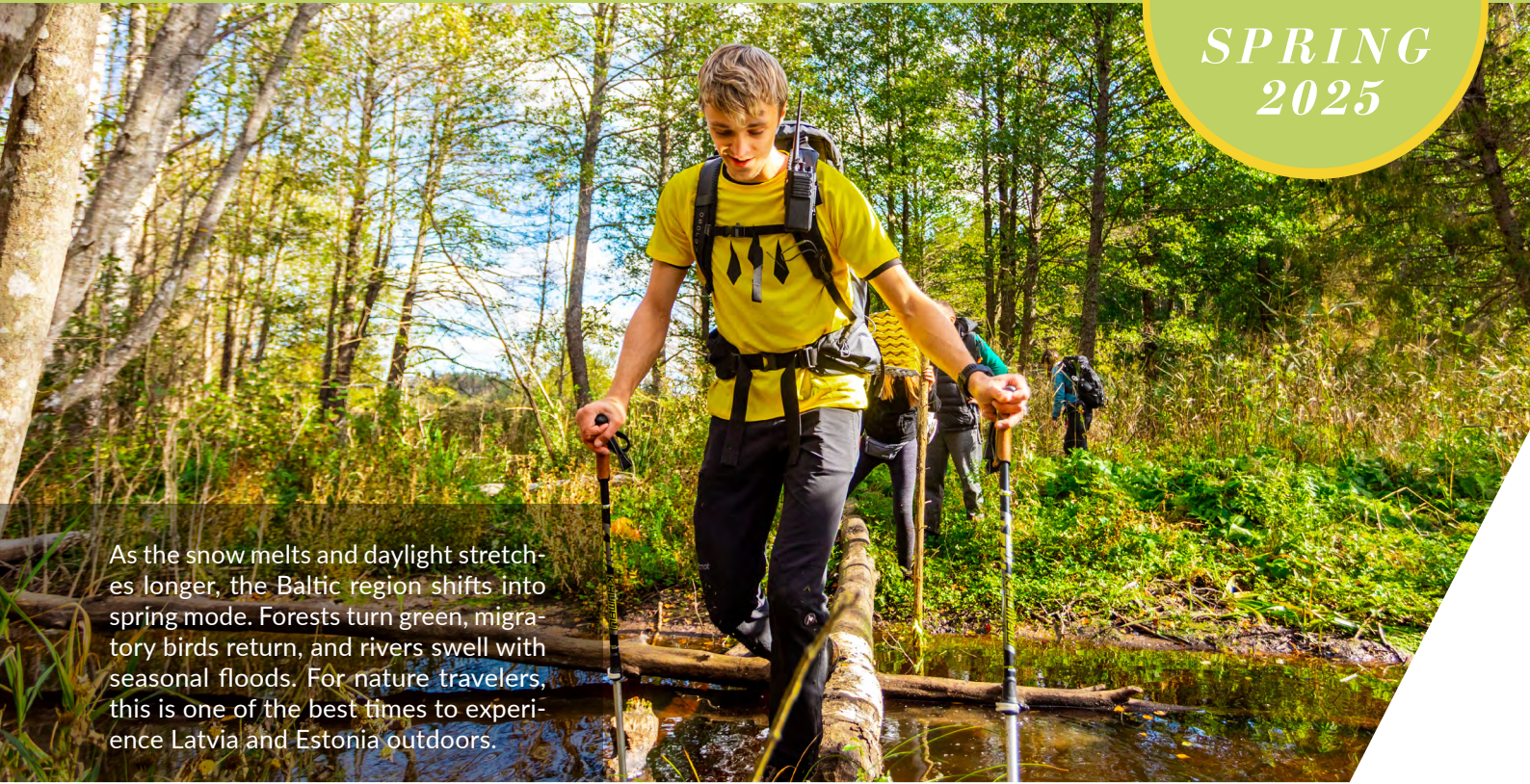
**BALTIC
NATURE
TOURISM**

*Latvia -
Estonia*

BALTIC NATURE TOURISM

NEWSLETTER | 09

*SPRING
2025*



As the snow melts and daylight stretches longer, the Baltic region shifts into spring mode. Forests turn green, migratory birds return, and rivers swell with seasonal floods. For nature travelers, this is one of the best times to experience Latvia and Estonia outdoors.

Spring brings a variety of activities. Bird-watchers can witness mass migrations at the seaside, small islands, islets and in many national parks and nature places such as - Kemeru National Park, Slitere National park in Latvia and Haapsalu, Matsalu National Park, Lahemaa National Park and many other places in Estonia. Boating and kayaking enthusiasts can paddle through the flooded meadows of Dviete or Soomaa's "fifth season". Hikers and cyclists will find national parks coming to life with fresh colors and wildlife activity.

Seasonal traditions also take center stage. Easter celebrations across the Baltics combine Christian and pre-Christian customs, while birch and maple sap collection offers a unique taste of spring. Rural farms invite visitors to sample fresh sap straight from the maple and birch trees, a tradition that marks the transition into the warmer months.

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

balticnaturetourism.com

*A Taste of Latvian nature and adventure in London
courtesy of Latvia Travel and Baltic Nature Tourism*

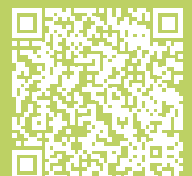


Enjoy a real taste of nature with Baltic Nature Tourism and guest chef Ēriks Dreibants, who creates only from seasonally available products from local farmers and wild game at his Michelin Green star restaurant Pavaru maja.

Enjoy some Latvian treats and meet Latvian suppliers and nature-based SMEs with their range of exciting nature and adventures products and services. Click 'Show More' for list of suppliers

CONTACT

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nordictravelsolutions.com



Wildlife and Birdwatching

From dense forests to coastal wetlands, the Baltic region is a rewarding destination for nature enthusiasts. Scanning the treetops for rare birds or watching large mammals in their natural habitat offers a glimpse into the region's rich biodiversity.

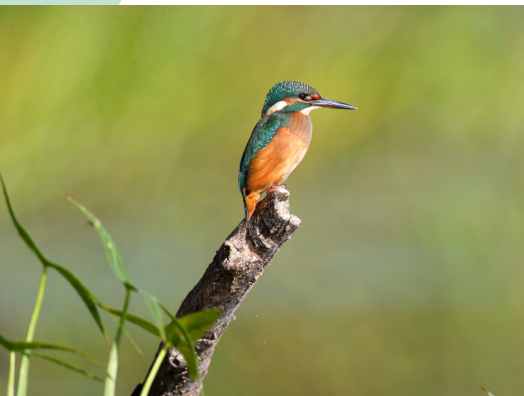
For birdwatchers, Kõmeri National Park is a standout location, home to all five woodpecker species and

three types of wrynecks. Cape Kolka and West Estonia are key migration hotspots, where thousands of birds pass through in spring and autumn. Guided tours provide expert insights, while public observation towers offer independent exploration.

In Estonia, wildlife watching tours focus on the country's thriving brown bear population, with an estimated

950 individuals in the forests—one of the highest densities in Europe. Purpose-built hides allow for safe observation, while guided excursions also reveal other species such as elk, lynx, and beavers. Along the coast, grey seals are a common sight, especially in the waters around Estonia's islands.

Bird watching tours in spring:




Early Spring Birding Tour

 **Birding Haapsalu**
birdinghaapsalu@gmail.com
+372 53 932 684

Birdwatching in Estonia

 **Wildlife Dreams**
info@wildlife-dreams.com
+372 54615757
+44 7710617011

Bird Watching in Slitere National Park

 **Kurzemes Putni, Ritvars Rekmanis**
kurzemesputni@gmail.com
+371 28256131

Bear watching tours:

Brown Bear Watching from a Hide

 **NaTourEst**
bert@natourest.ee
+372 5137141

Bear Watching

 **Estonian Wildlife Tours**
info@estonianwildlifetours.com
+372 58437752



Wildlife watching tours:



Big Predator Tour - Lynx, Bear, and Wolf

 **NaTourEst**
bert@natourest.ee
+372 5137141

Seal Watching Tour

 **Prangli Travel**
booking@tallinnadaytrip.com
+372 5647 7172

Sunsets with the seals, birds and seascapes in Kihnu straits archipelago

 **Wild Nature Estonia**
info@wildnatureestonia.com
+372 5236 926






The Baltic Forest Hiking trail & The Baltic Coastal Hiking trail - Long distance hiking trails



The Baltic region is home to two long-distance hiking routes that showcase its diverse natural landscapes. The Forest Hiking Trail (Mežtaka in Latvian and Metsa Matkarada in Estonian) and the Baltic Coastal Hiking Trail (Jūrtaka in Latvian Ranniku Matkarada in Estonian), both are part of the European E-long distance trails that connect national and regional walking trails and provide intercultural experiences across the borders. More information about the E-paths -


www.era-ewv-ferp.org/e-paths/

The Coastal Hiking Trail

(1,419 km, ) follows the Baltic Sea coastline, passing sandy beaches, fishing villages, and nature reserves. In Latvia, it runs through Jūrmala, known for its 32 km-long sandy beach and historic wooden villas. The trail continues

west, winding through coastal dunes and protected landscapes, making it ideal for those who enjoy hiking along the shoreline.

The Baltic Forest Trail

(2,141 km, ) takes hikers through forests and national parks. In Sigulda, one of Latvia's most popular outdoor destinations, the trail runs alongside medieval castles and the well-known Gutmana Cave, the largest cave in the Baltics. The town is also a center for extreme sports—bungee jumping from a cable car, hot air ballooning over the Gauja River Valley, and skydiving in the Aerodium wind tunnel are just a few of the activities available. Further west, the trail reaches Kuldīga, where hikers can stop to see Ventas Rumba, Europe's widest waterfall, and explore the town's UNESCO-listed Old Town.



In Estonia, the Baltic Forest Trail passes through many scenic areas, and one remarkable section runs from Oandu to Käsmu. This route winds through dense pine forests and ancient inland dunes, where traces of historic resin extraction can still be seen. In spring, migratory birds return to the nearby coastal meadows, and the fresh scent of pine fills the air. The trail passes through the seaside resort of Võsu before reaching Käsmu, a historic maritime village.

The both trails are marked and easy to navigate, all the practical information about the routes can be found on page www.baltictrails.eu




More information on guided and self-guided package tours can be found here:


Grand hiking tour on the coast of Latvia and Estonia

 **Baltic Nature Travel**
info@balticnaturetravel.com
+371 203 022 61


Latvian Food Tasting and Hiking Adventure in Sigulda

 **Piedzīvo!**
solveigakalva@gmail.com

Nature tour from Tallinn to Riga

 **Baltic Travel Group**
info@btgroup.lv
+371 67228428

Hiking and Dining in a Landscape Park

 **Kārlamuīza**
janis@karlamuiza.lv
+371 29297858



Forest Therapy Hiking Experience


 **Power Journey**
powerjourney8@gmail.com
+371 28356065



Extreme tourism




Cable Car Ride Over the Gauja Valley

 Sigulda Adventures
info@siguldaadventures.com
+371 2838 3333


Flight in the Wind Tunnel AERODIUM

 Sigulda Adventures
info@siguldaadventures.com
+371 2838 3333

Hot Air Ballooning and Hiking Experience

 Movement Spontaneous
a.salnikova@gmail.com
+371 2 0227957

Zipline Zērglis Flight

 Sigulda Adventures
info@siguldaadventures.com
+371 2838 3333

Spring Adventures in the Baltic Wetlands



With the arrival of spring, Latvia and Estonia's wetlands become an ideal setting for outdoor experiences. Bogshoe hiking, available in spring and autumn (some locations are closed to nature tourism during the summer due to legal regulations and environmental protection measures), offers a way to move across the soft, moss-covered terrain, reaching areas that would otherwise be inaccessible.

Unlike traditional trails, bog shoeing allows for freer exploration without damaging the marsh, making each trip unique.


The water activity season also begins in spring, extending well beyond Estonia's fifth season, when seasonal floods temporarily transform forests into waterways. Even after the floodwaters recede, canoeing and stand up paddleboarding remain a popular way to experience the bogs, with calm waters reflecting the changing sky. Early morning tours, especially at sunrise, reveal the wetlands at their most atmospheric, with mist rolling over the lakes and migratory birds returning to nest.

Later in the year, berry picking becomes another way to experience these landscapes—cloudberries ripen in July, while cranberries are gathered in autumn. As the first foraging opportunities emerge, so does the wild cooking season. In spring, guided outdoor dining experiences and pop-up forest restaurants begin welcoming guests, offering meals prepared over an open fire using seasonal, locally sourced ingredients. These experiences continue through summer and autumn, blending nature, food, and tradition in a setting unlike any other.




Bogshoe tours:


Bogshoe Hiking

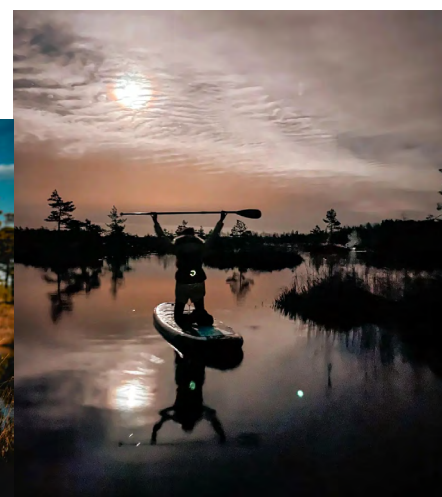
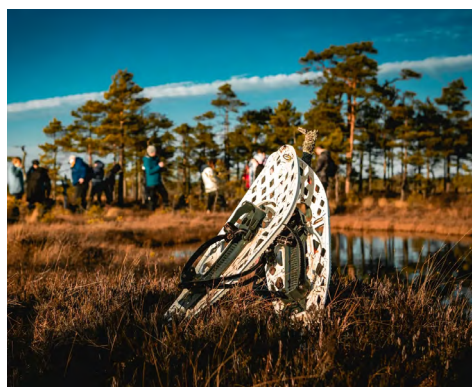
 Purvu Bridēji
info@purvubrideji.lv
+371 20120101

Bogshoe Hiking in Peipsiveere Nature Reserve

 Nature Tours Estonia
info@naturetoursestonia.com

Bog shoe hikes


 Reimann Retked LLC
mart@retked.ee
+372 5114099





SUP and kayaking tours in wetlands:


Kayaking Tour in Ķemeri National Park

 **Ozolaivas**
info@ozolaivas.lv
+371 23202900


SUP and Kayak night ride in the swamp

 **Boards You**
info@boardsyou.lv
+371 26222212

Canoe Trip and Bogshoe Hike

 **360 DEGREES Adventure company**
taavi@360.ee
+372 56632979


SUP adventures on Soomaa rivers

 **Soomaa Holiday Village**
soomaapuhkekyla@gmail.com
+372 5522490




Berry picking tours:

Wild Cranberry Picking Tour

 **Nature Tours Estonia**
Kristinatraks@gmail.com

Rural Living and Wild Foraging Experience

 **Piegozes**
jolanta.bara@inbox.lv
+371 26465530

Foraging Wild Mushrooms and Berries in Southern Estonia


 **Taevaskoja Meejaam**
info@meejaam.ee
+372 5087714



Wild cooking and pop up restaurants:




Wild Food Foraging and Cooking Experience

 **Põnka Holiday House**
info@ponkaland.com
+372 5131363

Restaurant in the Forest

 **Gatavo Dabā**
renarsp@gmail.com
+371 28724995

Pop-up Forest Restaurant

 **Wanderlust**
info@wanderlust.ee
+372 5904 7065

Līgatne,

just an hour from Riga in Gauja National Park, offers nature, history, and gastronomy. Visitors can explore sandstone caves, the historic paper mill village, or the Soviet Secret Bunker, a preserved Cold War site. The Līgatne Nature Trails provide a chance to see Latvia's native wildlife, while the ferry crossing on the Gauja River adds to the experience.

Līgatnes Pavāru Māja *(Līgatne Chef's House)*



Līgatnes Pavāru Māja (Līgatne Chef's House) showcases Latvian flavors through sustainable, seasonal cuisine. The restaurant collaborates with local farmers, uses foraged ingredients, and follows a nose-to-tail philosophy. Committed to the Slow Food movement, it focuses on biodiversity, responsible sourcing, and waste reduction. Recognized with a Michelin Green Star 2025 and the Baltic Wine & Drinks Awards 2024, it is a leader in sustainable gastronomy.



Nature-Based Activities in the Heart of Riga and Tallinn

If you're visiting Latvia or Estonia, chances are Riga or Tallinn is part of your itinerary. While both capitals are known for their historic charm, they also offer ways to experience nature without leaving the city.

In Riga, stand-up paddleboarding (SUP) and kayaking open up a different perspective of the city. Paddling along the Riga Canal takes you past green parks and under historic bridges, while the Daugava River offers wide views of the Old Town skyline. Evening tours are particularly popular, with the city lights reflecting on the water as you glide past some of its most well-known landmarks.

For those looking to explore on foot, Riga has several urban hiking routes. Walks along the riverbank lead to



Kīpsala Island, known for its wooden architecture and scenic views, while Mežaparks offers forested trails just a short ride from the center.

Tallinn offers quick access to nature. Try SUP or kayaking along the city's coastline, navigate floodplains during high water, or take a sea kayak expe-


dition with overnight camping.

For hiking, Lahemaa National Park and Kõrvemaa Nature Reserve feature forest trails, coastal cliffs, and bog landscapes—some with sunrise swims. Prangli Island adds a remote escape with quiet beaches and fishing villages.



SUP and kayaking in Riga:

Kayaking Tour in Riga

 Riga Kayaking
info@rigakayaking.com
+371 20220580

SUP Sunset Ride in the City Canal

 SUPFIT.LV
info@supfit.lv
+371 29618236


Active Wednesdays in Sea Kayaks

 Rīgas Laivas
laivas@luzumpunkts.lv
+371 29 333 032



SUP and kayaking in Tallinn:


Canoe Trip and Bogshoe Hike

 360 DEGREES Adventure company
taavi@360.ee
+372 56632979

High Water Kayaking Adventure in Tallinn

 IndieTours
info@indietours.ee
+372 56664704

Sea Kayak & Wild Camp Expedition

 Sea Kayaking Estonia
info@seakayakingestonia.com
+37256629515






Hiking and adventure tours near Riga:



Exploring the Gates of the River Daugava

 SIA Mana Karte
toms@manakarte.lv

Oven Baked Pizza Hike


 Movement Spontaneous
a.salnikova@gmail.com
+371 20227957



Nature tours near Tallinn:



Hiking Lovers Tour in Lahemaa National Park: Three Waterfalls

 Prangli Travel
booking@tallinnadaytrip.com
+372 5647 7172

Nature and Heritage Hike in Lahemaa National Park

 Wanderlust
info@wanderlust.ee
+372 5904 7065

Sunrise hike and a swim at a bog lake at Kõrvemaa

 Uuejärve Matkapesa
matkapesa@visitkorvemaa.ee
+372 5105 441



How to Get to Riga or Tallinn?

airBaltic operates direct flights from London Gatwick to both Riga and Tallinn, providing convenient connections to the Baltic region. The airline offers two daily flights between London and Riga, as well as three weekly flights to Tallinn. The flight duration to Riga is approximately 2 hours 40 minutes, while the journey to Tallinn takes around 2 hours 45 minutes. Group bookings are available for six or more passengers, with flexible payment options. Passengers on airBaltic flights can also access free high-speed internet, as the airline is the first in Europe to introduce SpaceX's Starlink connectivity.

www.airbaltic.com

Where to Stay in Riga or Tallinn?

For those looking for a reliable stay in the Baltics, Mogotel Hotel Group offers a diverse range of accommodations in Riga and Tallinn. As the largest hotel operator in the region, Mogotel combines comfortable stays with spa, conference, and catering services, making it a preferred choice for both business and leisure travelers. With over two decades of growth and an expanding presence across Europe, Mogotel continues to redefine hospitality.

www.mogotel.com





What to do near Riga?

We recommend visiting the city of Jūrmala. Jūrmala is the biggest resort city on the shores of the Baltic Sea in a comfortable geographical location – just twenty kilometres from the capital of Latvia, Riga. The presence of the sea, the 24 kilometres long beach and the romantic wooden architecture ensure the unique ambience of the city. Wild lovers can go for a walk on one of the nature trails in Jūrmala through ancient forests, over the dunes and yet more ancient swamps in Kemerī National Park or Ragakāpa Nature Park. Sunrise and sunset trips on SUP-boards, kayaks or with bog-shoes in Kemerī swamp create unforgettable memories. Jūrmala is a balneological and climatic resort -

here you can find both healing mud, as well as a mild maritime climate combined with the pine forest air rich with phytoncides. Here the subsoil hides sulfurated mineral water. Today the treatment institutions of the Jūrmala resorts offer a wide range of healing, rehabilitation and SPA services. More info on www.visitjurmala.lv



MEET THE BALTIC NATURE TOURISM TEAM AT TOURISM INDUSTRY EVENTS!

- [Product presentation workshop in the Latvian Embassy in London, 10th April, London](#)
- [International Birdfair, Lyndon Top, Oakham, Rutland, 11 - 13 August, 2025](#)
- [The Captains Cruise 2025, 27 - 29 August, Helsinki-Helsinki](#)



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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NAT-TOUR-EXPO

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