

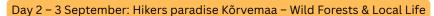
## FAM Trip to Estonia Active Nature, Culture & Community

Discover Estonia's wild charm in just a few days. Hike mystical bogs at sunrise, kayak to remote islands, and swim in the sea, rivers, or bog lakes depending on the season. Late summer forests welcome you with berries and mushrooms. This journey blends active movement, culture, and authentic community spirit, offering more than a nature trip—it's a compact immersion into Estonia's landscapes and way of life.

## Day 1 - 2 September: City, Coast & Culture

- 08:00-09:45 Breakfast and briefing at Kreutzwald Hotel Tallinn <u>Unique Hotels Group</u> Endla 23, Tallinn 10122, Estonia
- 10:00–12:00 Tallinn Bike & Market Tour with local food tastings, ending with a picnic (alternative: walking tour) → <u>Tallinn Market Visit, Bike Tour, Food Tasting | City Bike</u>
- 12:00-13:00 Picnic lunch by <u>Tore Toit</u>
- 13:00-17:00 Kayak tour from Rohuneeme to Aegna Island → <u>Aegna Island an adventure in Tallinn | Retked.ee</u>
- Evening & Accommodation Dinner, Sauna evening and sea swimming at <u>Aegna Island</u> guesthouse or glamping site







- 08:00 Breakfast at Aegna
- 09:00 Depart Aegna Island (30 min by kayak)
- 09:30–13:30 Wild Swimming & Nature Tour (Jägala Waterfall, Lahemaa coast, bog walk, Kõrvemaa) → Wild Swimming Tour
- 13:30-15:00 Lunch at Uuejärve Farm: forest-to-table meal by <u>Forest Restaurant</u> & sled dog workshop → <u>Small Lapland IndieTours</u>
- 15:30-17:30 Traditional smoke sauna → Mustiõe Tavern
- 18:00 Dinner at <u>Laagri Elamusfarm</u>
- 20:00 Overnight at Villa Pillapalu

## Day 3 - 4 September: Lahemaa National Park Discovery

- 07:00 Sunrise bogshoe hike with photography & bird guide Marko Poolamets → <u>Capture Estonia Nature and Photography Tours</u>
- 11:00–12:00 Lunch at Vergi Harbour Restaurant → Wirkes Restaurant & Hotel
- 12:30–15:00 Coastal tour: Käsmu village, Nõmmeveski Canyon, Valgejõgi River Trail → Tallinn Day Trip
- 16:00 Return to Tallinn, overnight at <u>Hyatt Place Tallinn</u>
- 19:00 Estonian cuisine dinner and social cooking evening → <u>Toiduakadeemia Summer</u> <u>Lounge – Estonian Open Air Museum</u>

