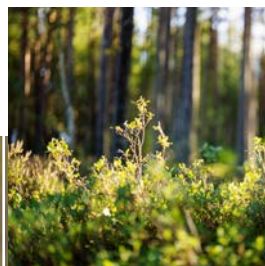
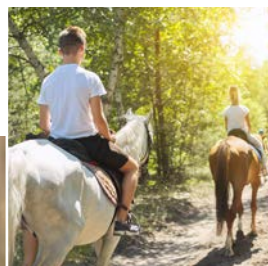




LIVING WITH AND WITHIN NATURE

UNFORGETTABLE EXPERIENCE FOR NATURE LOVERS



Welcome to Baltic Sea region which provides a truly unforgettable experience for nature lovers.

Our diverse range of activities, from bogshoe hiking and stargazing to picking wild mushrooms, will take you on a journey through diverse landscapes. Whether you're a seasoned adventurer or simply looking for a relaxing getaway, we have something for everyone.

For bird watchers, our wetlands and nature reserves are home to a wide variety of species, from rare and endangered to common and familiar.

For those seeking relaxation, our nature offers the perfect opportunity to unwind, while nature capture holidays offer to enjoy nature photography or drawing.

Come and experience the best of what the region has to offer!



A PERFECT PLACE
FOR NATURE LOVERS



Estonia



Estonians have been attached to nature for centuries, so it does not feel surprising that most Estonians come equipped with useful folk wisdom. Nature plays a significant and natural role in the daily life of Estonians. Taking part in the seasonal traditions by walking around in Estonian nature, foraging for plants, berries and mushrooms, and knowing how to speak when in a forest, all form part of the mythical knowledge pack.

Estonia is a perfect place for nature lovers. More than 18% of the country's land and 30% of the sea territory is made up of protected areas and there are five national parks where cultural heritage is protected as much as nature. Bogs, meadows, forests, and little lakes give you a great opportunity to enjoy the silence and peaceful nature. Some people joke and call Estonia the kingdom of bogs because approximately one quarter of the country is covered in marshes.

Estonia has 4 seasons – snowy winter, excellent spring, mild summer and colorful autumn. In some years, there is a fifth season as well - high water level season. There are appropriate activities for every season.

Estonia is a wild treat for busy city dwellers looking to stretch their limbs and breathe in the world's cleanest air. As the country is small, you are never more than an hour away from an epic adventure or from a deep forest exploration.

All this makes Estonia a truly inspirational place for hiking and exploring wildlife.


THE WILD SIDE OF ESTONIA














You like animals? We have 65 species of mammals, including wolves, lynx, brown bears, moose, roe deer, wild boars, beavers, raccoon dogs, red squirrels. Let's have a try to find them or stay in brown bear hide.

You like birds? Estonia is a very important migratory area for birds. In spring-summer-autumn about 300 species and in winter 150 species can be found. Let's do some birding together.

BONUS TIP! You get fresh air, silence, some exercise, contact with nature, safe adventure and good company by local people.

FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK 




Programme „Brown Bear Watching and Photography“	
Season: May-October	
Tour „Big Predator Tour – Lynx, Bear and Wolf“	
Season: October	
Birdwatching Tours	
Tour „Looking for Lynx and Flying Squirrel in Early Spring“	
Season: March-April	
Tour „Estonian Birds and Mammals in Autumn“	
Season: March-April	
NaTourEst	
 Estonia	
 info@natourest.ee , https://natourest.ee	
Programme „Wild Estonia – Nature Tour through Estonia 8 days“	
Season: May-September	
Programme „Bears, Elk and Adventure – Estonia for Family“	
Season: May-September	
ActivEst	
 Estonia	
 info@activest.ee , https://activest.ee	

Hike to Toonoja swamp islands

Sea Kayaking Estonia


 Karuskose, Sandra küla, Põhja-Sakala vald, Viljandimaa, Estonia


 info@seakayakingestonia.com
www.seakayakingestonia.com/en

Bogshoeing in Soomaa National Park

Canoe trips in Soomaa National Park


SOOMAA.COM

 Riisa küla, Tori vald, Pärnumaa, Estonia

 info@soomaa.com, www.soomaa.com

Programme „Wildlife watching safari by bicycles at Toosikannu Wildlife Park“

TOOSIKANNU PUHKEKESKUS (Toosikannu Holiday Center)

 Jõeküla, Türi vald, Järvamaa, Estonia

 info@toosikannu.ee, <https://toosikannu.ee>

Programme „One Day Private Nature&Hiking Tour “Follow the Wildlife“


TEADLIKUD ELAMUSED (Social Enterprise „Experiest“)


 Tuksi küla / Bergsby, Lääne-Nigula vald, Läänemaa, Estonia

 tarmopilving@gmail.com
<https://experiest.wordpress.com/>

Horseback tours on Native Estonian Horses

MUSTAMÕISA HOBUMATKAD (Mustamõisa Horseback Tours)

 Mustamõisa, Mustakurmu, Põlva vald, Põlvamaa, Estonia

 info@hobumatkad.ee, www.hobumatkad.ee/en

HIKING

FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK 



If you're into hiking and would like to try something different, take a mysterious and romantic adventure in the darkness of night. How does hiking after sunset, in the dark, by torchlight sound? It's totally doable, in the countryside or in the city, in the forest or on the water. The long darkness of autumn and winter evenings does not prevent you from enjoying nature! Light sources are either torches or lanterns. Let's go hiking!

P.S. Some of these hikes take place regularly, while others have to be arranged.



Package „Lighted boat trip on Lake Valgjärv in Koorküla”

LOODUSTURISM.EE

 Jetti küla, Tõrva vald, Valgamaa, Estonia

 imre.arro@loodusturism.ee, www.loodusturism.ee

Package „Trip with a lighted raft”

MATKAJUHT.EE

 Rummu alevik, Lääne-Harju vald, Harjumaa, Estonia

 info@matkajuht.ee, www.matkajuht.ee

Torch hike on Nature Energy Trail

ELVA TURISM (Elva Tourism)

 Pargi tänav, Elva linn, Elva vald, Tartumaa, Estonia

 turism@elva.ee, <https://visitelva.com/>



LET'S GO
HIKING!



Would you like to experience nature together with cultural heritage? Our local guides can take you on a hike that reveals stories of old times and nowadays life in the country.

Study programme „Water wizard's expedition at the source of clean water”

PUHTA VEE TEEMAPARK (Clean Water Theme Park)

 Metsamõisa talu, Järvi küla, Lääne-Virumaa, Estonia

 info@metsamoisa.ee, www.metsamoisa.ee

Sunrise hike and a swim in a bog lake in Northern Kõrvemaa

Canoe trip on River Soodla in Kõrvemaa

UUEJÄRVE MATKAPESA

(Uuejärve Matkapesa home accommodation)

 Uuejärve, Pillalpalu, Harjumaa, Estonia

 matkapesa@visitkorvemaa.ee, <https://visitkorvemaa.ee/uujarve-matkapesa-accommodation>

GATHERING AND PICKING TRIPS




Estonians are a forest nation - there are many teachings on how to behave in the forest and what to forage for and when. Locals will invite you to the forest, the meadow, the watercourse, to introduce you to nature's bounty, to harvest it together and, in some cases, to teach you how to prepare immediate food from the harvest. There's nothing more satisfying or delicious than picking your own produce.

FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK 

Programme „Gathering trips in Lahemaa National Park”

Guide - Mrs. Maarja-Liis Lohse

 Lahemaa National Park, Estonia

 m.ounaste@gmail.com

Nature Tours in Estonia – berry and mushroom picking trips in the Peipsiveere Nature Reserve

NATURE TOURS ESTONIA

 Peipsiveere Nature Reserve

 info@naturetoursestonia.com
 <https://naturetoursestonia.com>



HERBS FOR OUR WELFARE

All work with herbs is like a small ceremony: from the growing and gathering of plants, to presenting them and making the products. Come and discover this magical world of plants!

Programme “A walk with the hostess in the herb garden of Tamme Farm”


TAMME TALU ÜRDIAED (Tamme Farm Herb Garden)

 Malda küla, Pärnumaa, Estonia

 tamme.aiandustalu@gmail.com
 <https://tammetalu.eu>

Ice Fishing Experience

PRANGLI TRAVEL

 The activity takes place at Viitna Lake, North-Estonia

 booking@tallinndaytrip.com
 <https://tallinndaytrip.com>

Programme „Mushrooming in Soomaa National Park”

Programme „Cranberry hike in Soomaa national park”

SOOMAA.COM

 Riisa küla, Tori vald, Pärnumaa, Estonia

 info@soomaa.com, www.soomaa.com

Programme „One Day Nature Tour – Wild Berries”

TEADLIKUD ELAMUSED (Social Enterprise „Experiest”)

 Tuksi küla / Bergsby, Lääne-Nigula vald, Läänemaa, Estonia

 tarmopilving@gmail.com
 <https://experiest.wordpress.com/>



Programme „Medicinal herb tour guided by a herb specialist at the Energy Farm”

ENERGIA TALU (Energia Farm)

 Vihiküla, Põhja-Sakala vald, Viljandimaa, Estonia

 info@energiatalu.ee, www.energiatalu.ee

HEALING FORCES AND ACHIEVEMENT OF HARMONY

People who know the power and wisdom of nature invite you to discover the magic of nature and share with You their knowledge on shorter and longer trips.



FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK



Package „Horse trips to the land of fairies – on a sleigh, a carriage or on horseback”

TIHUSE HOBUTURISMITALU

(Tihuse horse-riding & farmstead stay)

📍 Hellamaa küla, Muhu vald, Saare maakond, Estonia

@ tihusetalu@gmail.com, www.tihuse.ee

This is a place to be, think, look into oneself, and be one with nature

HUNDIALLIKA RETRIIDI- JA KOOLITUSKESKUS (Hundiallika Retreat and Training Centre)

📍 Suuremetsa küla, Võru vald, Võrumaa, Estonia

@ kaiakaire.hunt@gmail.com, <https://hundiallika.ee>

Package “Mooska Adventure trip to Vällamägi – especially sacred site”

MOOSKA TALU (Mooska Farm)

📍 Haanja küla, Haanja vald, Võrumaa, Estonia

@ eda@mooska.eu, www.mooska.eu

Fasting and health camps in spring and autumn

TUISULIIVA PUHKEMAJA (Tuisuliiva Holiday Home)

📍 Kabliküla, Häädemeestevald, Pärnumaa, Estonia

@ margit@tuisuliiva.ee, www.tuisuliiva.ee

LIVE STREAM NATURE CAMERAS

If you would like to see species that roam the Estonian forests and shores but can't be physically present during a certain season, you can check out the live stream nature cameras that are usually active from February to September. The cameras provide you with a closer look without disturbing the animals.

The cameras can be found on the Nature Calendar page <https://www.looduskalender.ee/n/en> or on RMK's YouTube channel <https://www.youtube.com/channel/UCN8196-VuPxsUBzCLgwVUfA>



Latvia



Living with and within nature



VISIT AND EXPERIENCE!





FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK



Experience the farmstay in a true latvian farm with animals, sauna and home-made delicacies

INDĀNI LAUKU SĒTA (Indāni Traditional Farmstead)

📍 "Indāni", Kandavas pag., Tukuma nov., LV-3120, Latvia

@ indani91@inbox.lv, FB: Lauku sēta "Indāni"

Sailing down the river with the "Sēlija boats"organisation

BIEDRIBA SĒLIJAS LAIVAS (Sēlija Boats)

📍 "Skārdupītes", Aknīstes pag., Jēkabpils nov., LV-5208, Latvia

@ seljaslaivas@gmail.com, <https://seljaslaivas.lv>

Bog Shoeing in Latvian bogs

PURVU BRIDĒJI (Bog Shoeing)

📍 Ķemeri, Cena and others

@ info@purvubrideji.lv, <https://purvubrideji.lv>

Enjoy the barefoot trail in Valgums

VALGUMA PASAULE

(Leisure Complex "Valguma Pasaule")

📍 "Valguma pasaule", Smārde pag., Tukuma nov., LV-3129, Latvia

@ info@valgumapasaule.lv, www.valgumapasaule.lv

Unique tea ceremony and nature enjoying at Līgatne caves cellars with a view of hill hillside and Līgatne paper factory in the distance

TĒJNĪCA PILS PAGRABI (Teahouse "Pils Pagrabi")

📍 Līgatne, Cēsu novads, Latvia

@ pils.pagrabi@gmail.com, FB: PilsPagrabi

Tours deep in primal nature

CESIS INSIDE – highly experienced tour guides, carefully crafted hiking tours

📍 Gauja National Park, Latvia

@ cesisinside@gmail.com, www.cesisinside.lv/us

GAUJA NATIONAL PARK

Nature Trails in Gauja National Park

Gauja National Park that is established 50 years ago has a wide nature trail network (in summary more than 100 kilometers long) where each visitor can forest bath, get to know the unique and protected nature, see Devonian cliffs, rocks and sandstone outcrops. From the website you can find various trail routes prepared for comfortable use.

Boating in Gauja National Park

Rivers in Gauja National Park – Gauja, Brasla, Amata, Salaca – are suitable and widely used for boating, kayaking, canoeing, rafting. In the boating people come into close contact with nature, experiencing the most authentic untouched nature. There are several boat rental companies in the park, have a look in Enter Gauja.

Wildlife animal watching tour in Gauja National Park

Let small group of people get to know wildlife – mammals, birds, flora.

An exciting walk through the Līgatne cellar caves and cliffs hand-carved by the ancient inhabitants

Līgatne cellar caves and cliffs offer a unique opportunity to put yourself in the shoes of an explorer to find out how more than 300 artificial caves, which surprise with their shape and labyrinths, were created.



RURAL TOURISM ORGANISATIONS



Baltic Country Holidays

www.countryholidays.lv

ADDRESS

Kalnciema str. 40, Riga, Latvia
+371 67617600
lauku@celotajs.lv
www.countryholidays.lv

BALTIC COUNTRY HOLIDAYS

(Lauku ceļotājs) is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside. Since then, the organisation has grown in size, and has varied and developed its products to include all three Baltic States. Through many years of operation, great relationships have been established with suppliers, and visitors benefit from this extensive local knowledge and personal service.



ADDRESS

Lielā iela 30, Ieriķi, Latvia
+371 28658900
info@entergauja.com
www.entergauja.com

ENTER GAUJA

Gauja National Park Tourism Cluster with the brand name "Enter Gauja" was created in 2012 to strengthen tourism destination and enhance its competitiveness in international markets. Today the Cluster combines a wide range of tourism entrepreneurs. Many small businesses have grown and developed and are now well known locally, regionally and internationally. Overnight stays have increased by 30% and Gauja National Park is now the second most visited tourist destination in Latvia after Riga, with more than 1,000,000 visitors a year.



ADDRESS

Laurinkatu 50, 08100 Lohja, Finland
+358 44 369 1309
tourist@lohja.fi
www.visitlohja.fi

VISIT SOUTH COAST FINLAND

Visitlohja is a regional tourism office in southern Finland. Visitlohja is run by the city of Lohja and co-operating with local tourism entrepreneurs and associations. Their common target is to develop the best possible tourism experience for visitors. Products and services offered include good accommodation in a rural atmosphere. A unique part is to make your own food in the forest to high end cuisine in awarded restaurants and activities – from small hikes in pristine nature to glass blowing in the world-re-nowned Fiskars Village. The region is situated right next to Helsinki and can therefore provide an unrivalled combination of the Finnish lifestyle, culture and nature.



E · E · S · T · I
MAATURISM
ESTONIAN
RURAL TOURISM

ADDRESS

Vilmsi 53 G, 10115 Tallinn, Estonia
+372 600 9999
eesti@maaturism.ee
www.maaturism.ee

ESTONIAN RURAL TOURISM ASSOCIATION

Established in January 2000, the non-profit organisation Estonian Rural Tourism (ERTO) represents the common interests of rural tourism providers in order to support the development of countryside tourism in Estonia. ERTO with its members forms a rural tourism cluster comprising rural tourism accommodation providers, active tourism providers, rural SMEs in agricultural and production sectors, travel associations, schools teaching tourism and others. The organisation works closely with a range of tourism umbrella organisations and stakeholders.



ADDRESS

Jomalagårds vägen 16, 22150 Jomala,
Finland
+358 407444877
info@skargarden.ax
www.skargarden.ax

RURAL TOURISM ORGANISATIONS

FÖRETAGSAM SKÄRGÅRD

Företagsam Skärgård (Enterprising Archipelago) is a non-profit organisation established in 2007 to support the development of the region of the Åland Islands archipelago and its 6 archipelago municipalities in the around 40 inhabited islands in its area. Several development projects are being undertaken and Företagsam Skärgård maintains a good communication network to important actors in the archipelago, as well as to related archipelago areas in Europe.

Söderhamn°

ADDRESS

Södra hamngatan 50,
826 50 Söderhamn, Sweden
+46 270 753 53
info@visitsoderhamn.se
www.visitsoderhamn.se

VISIT SÖDERHAMN

Visit Söderhamn's mission is to make Söderhamn an attractive destination to visit and experience all year round. Their work takes place in close collaboration with the business community and associations, to develop, profile and market Söderhamn as a destination. Visit Söderhamn provides brochures, maps and digital information and helps with the booking of activities and accommodation in Söderhamn and Hälsingland. A tourist information office is located in central Söderhamn and is open during the summer. Visit Söderhamn also has 5 InfoPoints strategically located around Söderhamn, tourist service places where the visitor can get tourist information.

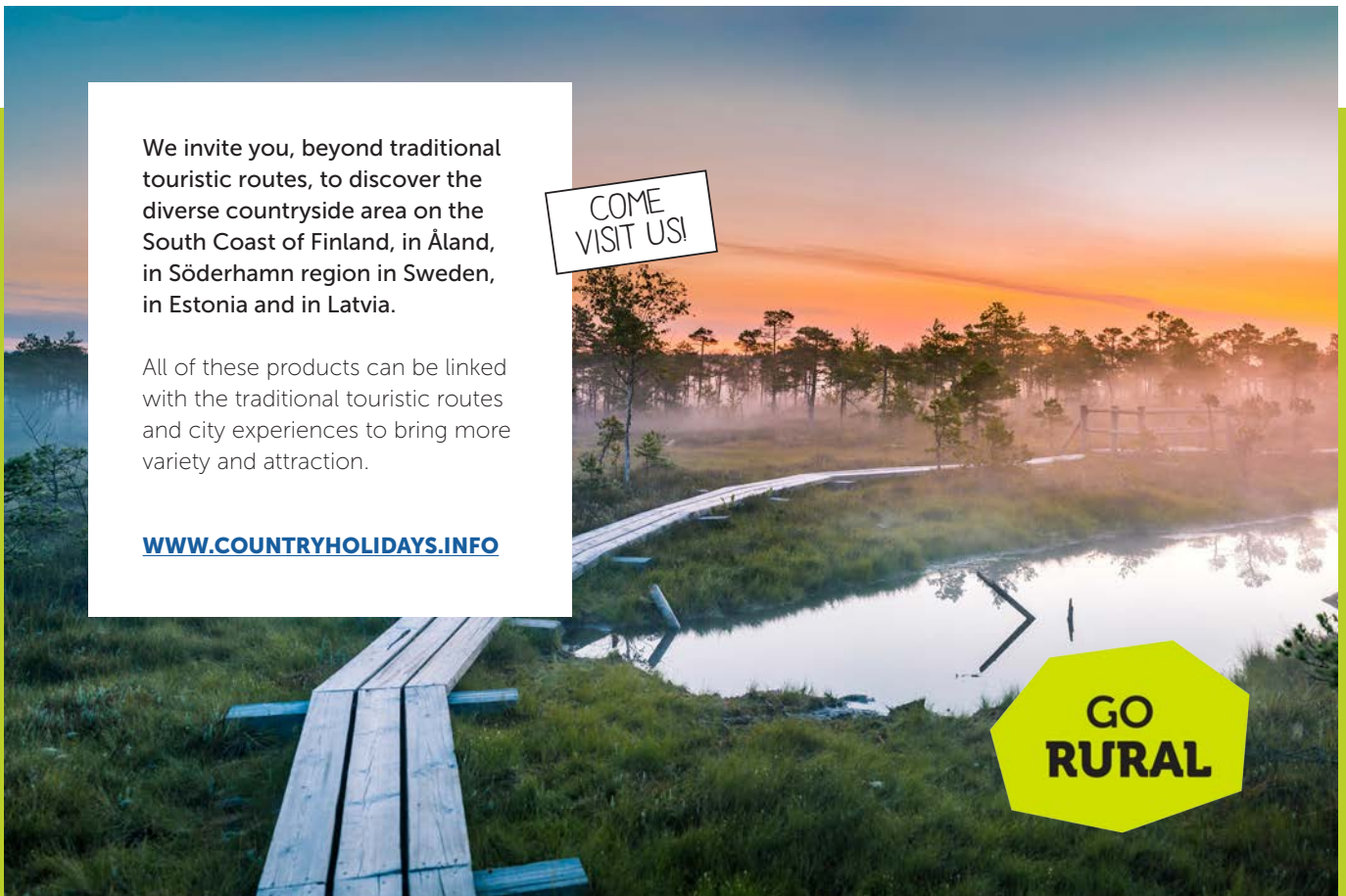
We invite you, beyond traditional touristic routes, to discover the diverse countryside area on the South Coast of Finland, in Åland, in Söderhamn region in Sweden, in Estonia and in Latvia.

All of these products can be linked with the traditional touristic routes and city experiences to bring more variety and attraction.

WWW.COUNTRYHOLIDAYS.INFO

COME
VISIT US!

GO
RURAL





EUROPEAN UNION
European Regional Development Fund



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