

Partners' Meeting Spring 2024

11.03.-12.03.2024, Tallinn, Estonia

Interreg



Co-funded by
the European Union

Central Baltic Programme

NAT-TOUR-EXPO



Updates on balticnaturetourism.com

Package Tours



**BALTIC
NATURE
TOURISM**
Package
Tours

Package tours

Embark on an unforgettable journey through the pristine beauty of the Baltic region with our exclusive Nature Tourism Package Tours. Immerse yourself in the enchanting landscapes, lush forests, and serene coastlines of Estonia, Latvia, and Lithuania. Discover the rich biodiversity, explore national parks, and indulge in sustainable eco-adventures. Unwind in charming accommodations, savor local cuisine, and create lasting memories in the heart of Baltic nature.



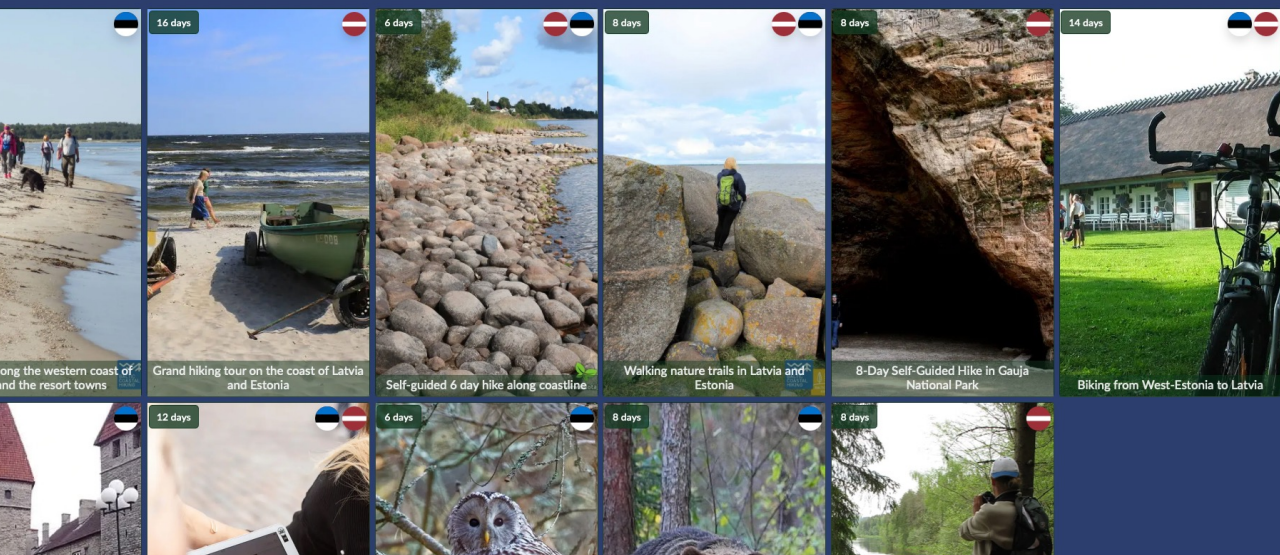
Interreg  Co-funded by
the European Union
Central Baltic Programme
NAT-TOUR-EXPO

Packaged Tour Submission

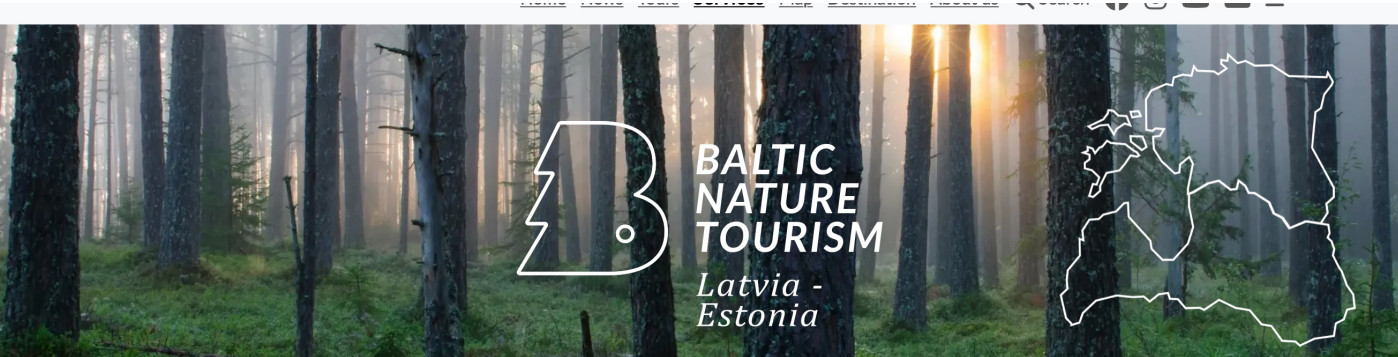
The form must be filled in English. Please try to stick to the format that is given in the examples. Each tour must be submitted separately.

If you have any questions do not hesitate to reach out -
projekti@dabasturisms.lv or Whatsapp chat -
<https://chat.whatsapp.com/CcN90Nman960sSdifbzvef>

Name of the company *



Services



Baltic Nature Tourism - Services

Here you can find a range of services that will help you design your own nature adventure. The services include nature and activity guides, equipment rentals such as kayaks, boats, and SUP boards, bicycles, and more.

Gaujas Vitoli

Rentals of kayaks, canoes, and stand-up paddleboards (SUPs).

Latvian Mycological Society

Nature guides specialised in fungi. The society brings together professional and amateur mycologists who share an...

Rolands Auzins

Nature guide. Guided walks and bike rides with various distances and difficulty levels. Over 20 years of experience in nature protection.



Home
News
Tours
Services

Wildlife Watching
Botanical tours
Mammals watching
Bird watching
Fungi tours
Insect watching

Food and foraging
Foraging
Wild foods
Nature educational
Astronomical tours
Geo tours

*Services form
(coming soon)*

Website design and usability improvements

- Header and footer added
- Map search

The screenshot displays the website's layout with several key features highlighted:

- Header:** A dark green navigation bar on the left contains the logo for "BALTIC NATURE TOURISM" (Latvia - Estonia), social media icons, and a list of menu items: Home, News, Tours, Services, Map, Destination, and About us.
- Hero Section:** A large banner image shows people walking on a beach. The text "NATURE TOURISM Active Tourism" is overlaid on the left. Below the image, the heading "Active tourism" is followed by a paragraph: "Active tourism in Estonia and Latvia is a popular way to experience the natural beauty of the region. The Baltic States are known for their diverse landscapes, including forests, lakes, rivers, bogs and coastlines, which offer a wide range of outdoor activities such as hiking, biking, kayaking, including winter activities." To the right of this text is a "ACTIVITIES SEASONALLY" calendar grid.
- Activity Categories:** A row of six dropdown menus is positioned below the text, labeled: Hiking/walking, Bogshoe hiking, Cycling, Water activities, Winter activities, and Horseback tours.
- Content Grid:** A section titled "HIKING/WALKING" features a sub-heading "Guided or independent tours, ranging from a few hours' walk to multi-day hikes." Below this is a grid of nine activity cards, each with a title, duration, and a small image. The cards are: "Adventure in National Park", "Hiking Tour with a Picnic in Gauja National Park", "Adventure during the Spring Flood Season", "Exploring the Gates of the River Daugava", "Hiking and Dining in a Landscape Park", "Guided hikes in Gauja National Park", "Seaside nature walks", and "Prangli Island Day".
- Footer:** A dark green bar at the bottom contains the text "Follow us" followed by social media icons for Facebook, Instagram, YouTube, and Email.

Website design and usability improvements

- New icons



Active tourism

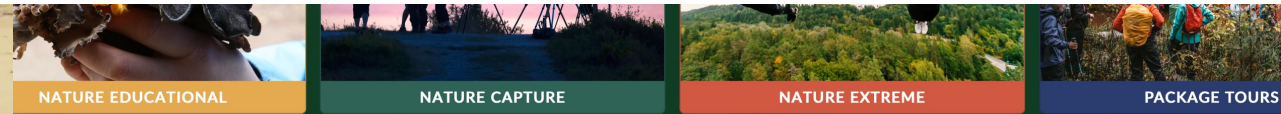
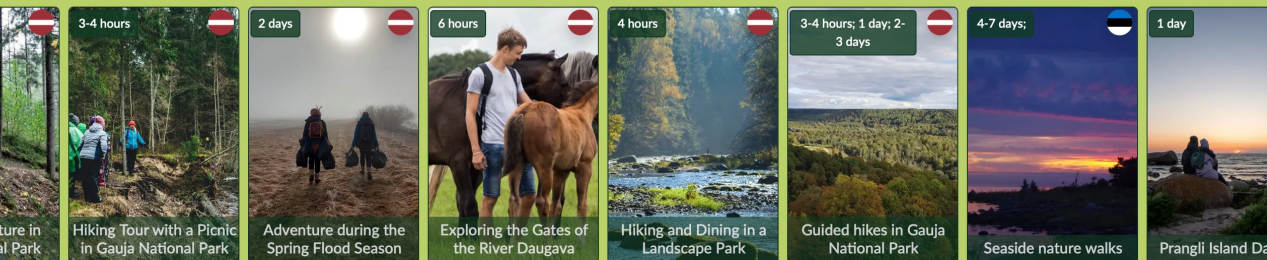
Active tourism in Estonia and Latvia is a popular way to experience the natural beauty of the region. The Baltic States are known for their diverse landscapes, including forests, lakes, rivers, bogs and coastlines, which offer a wide range of outdoor activities such as hiking, biking, kayaking, including winter activities.



- Hiking/walking
- Bogshoe hiking
- Cycling
- Water activities
- Winter activities
- Horseback tours

HIKING/WALKING

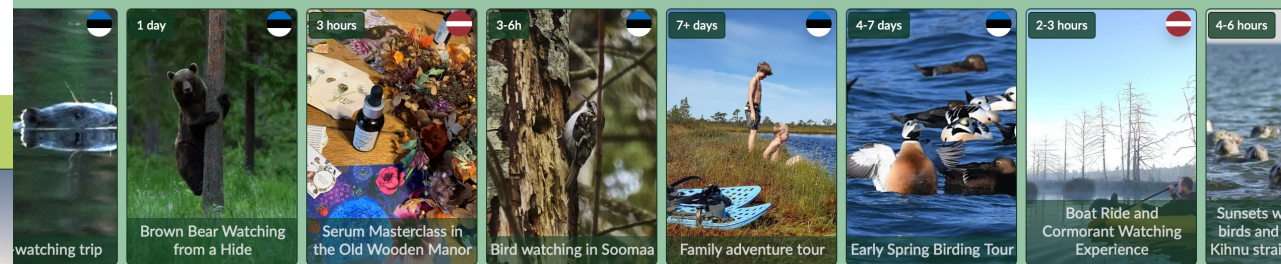
Guided or independent tours, ranging from a few hours' walk to multi-day hikes.



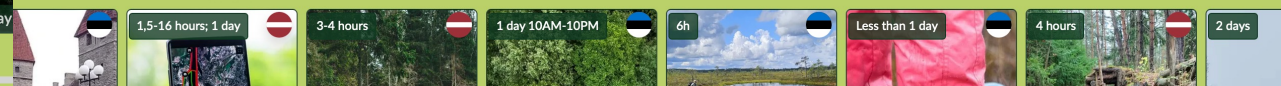
- Wildlife Watching
- Active tourism
- Soul tours
- Food and foraging
- Nature educational
- Nature capture
- Nature extreme
- Package tours



WILDLIFE WATCHING



ACTIVE TOURISM



Video filming Spring

Kurzemes Putni, late April/beginning of May + accommodation in Ūši (Kolka Cape)

Food and foraging, aim to film in April

✓ Flood in Soomaa



Video filming Summer

SeaKayaking in Estonia

BeTriton camper

Accommodation in Karlamuiza hotel

Cooking masterclass at the house of Cooks in Ligatne

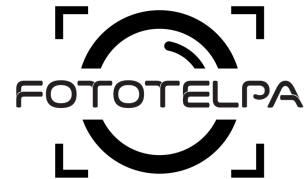




FOREST PIRTS



JĀGALA JUGA
FOUR ELEMENTS



BeTRITON
BOAT-CAMP-TRIKE



SPALVA
MEET AUTHENTIC LATVIA



Island hopping for families

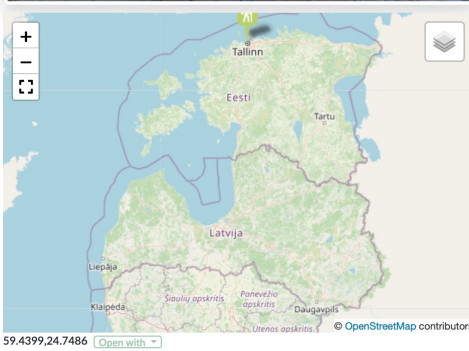
Cycling

ABOUT

This tour is designed for being suitable also for families and riders with disabilities (shorter distances, possible to rent 2 or 3 wheel electric cargo bike, tandem, family rooms for accommodation). This 4, 5 or 6 days tour takes you to Estonia's largest islands – Saaremaa and Hiiumaa. They are a perfect place to spend your cycling holiday – smaller quiet roads, romantic summer resorts, friendly people and of course sea and beaches. Nature is essentially untouched and many visitors find an inner peace on the islands.

www.instagram.com/citybiketallinn

Request a Tour



59.4399,24.7486 [Open with](#)

TOUR PROFILE

Duration 4-6 days
Distance 30-60 KM daily
Season Spring, Summer, Autumn
Location Saaremaa, Hiiumaa
Price €355
4 days / 3 nights (final price depends on the type of accommodation) €395
5 days / 4 nights (final price depends on the type of accommodation) €499
6 days / 5 nights (final price depends on the type of accommodation)
Extras:
Bicycle rent
Single supplement
Ortlieb waterproof pannier bags rent
Ortlieb waterproof handlebar bag rent
Ferry tickets between islands
Difficulty ●●●
Who can participate? Individuals, Groups (max 14 persons) minimum 2 pers.

PRACTICAL INFORMATION

Pick-up yes



Sleddog Ride in Magical Small Lapland

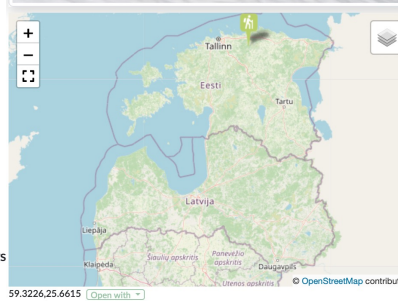
Winter activities **Nature therapy**

ABOUT

Come and enjoy a unique experience dashing through a magical snowy forest route pulled by a team of trained alaskan malamutes. Our extremely human friendly sleddogs are cuddly and sweet with all human visitors. In Small Lapland it is possible to cuddle and play with our dogs inside their kennels. After some doggy kisses, we prepare the sled and go for an amazing sleddog ride in a Natura 2000 protected pristine forest. We have a cozy dog barn photo studio, lush nature and a warm house to make you feel right at home. The ride is possible also without snow, with super comfy 4 wheel carts from September until May.

www.instagram.com/smalllapland

Request a Tour



59.3226,25.6615 [Open with](#)

TOUR PROFILE

Additional activities **Nature escape**
Duration 30 min/ 1 participant
Distance 2 km
Season Spring, Autumn, Winter
Location Pillapalu Village, Estonia
Price 95 EUR/ person
145 EUR/ double ride with 2-12 year old
Included in Price: entrance to Small Lapland, ride, equipment, cookies, guide
Not Included in Price: transport
Difficulty ●
Who can participate? Groups, Individuals (max 11 persons) minimum 1 pers.

PRACTICAL INFORMATION

Pick-up Pick up possible from Tallinn for extra charge.



More about Indietours OÜ

www.indietours.ee

www.facebook.com/indietoursestonia

info@indietours.ee



Luxury nature villa stay

Nature escape

ABOUT

Our one-of-a-kind villa in a clean and bright pine forest has no analogues in the world. Thanks to its unique design, you can have a mesmerizing view of the river through the panoramic window high above the ground. We have thought through every element of the interior to make your stay as comfortable and enjoyable as possible.

www.facebook.com/profile.php

Request a Tour



More about Jagala Juga OÜ

jagalajuga.com

www.facebook.com/profile.php

info@jagalajuga.com

TOUR PROFILE

Duration 1 day- multiple days
Season Spring, Summer, Autumn, Winter
Location Jägala
Price 350€
Who can participate? Individuals (max 2 persons) minimum 1 pers.

PRACTICAL INFORMATION



Ethnic-inspired Mindful Retreat Experience

Nature retreats **Nature therapy**

ABOUT

Our offerings encompass folkloric rituals, workshops, and treatments, from which we curate bespoke itineraries rooted in mindfulness and slow living. After consulting your preferences and availability, choose from a variety of experiences:

Herbal Crafting, delving into the healing properties of local flora;
Sauna Sensation, immersing in the Latvian sauna ritual guided by professionals;
Ancient Power Songs, discovering centuries-old folk verses guiding Latvian traditions;
Latvian Symbol Exploration, decoding ancient symbols found in traditional items.

We manage transfers, accommodation, and meals, suggesting exploration beyond Riga for a deeper Latvian encounter. Whether by public transport, bikes, or eco-friendly Teslas, transfers are personalized according to your budget. Extend your stay for rural guesthouse piece or camping adventures. Meals highlight local flavors, enriching your exploration of Latvia's landscapes and culinary treasures.

Request a Tour

TOUR PROFILE

Duration 1-4 days
Distance Varies
Season Spring, Summer, Autumn
Location Varies
Price Customized pricing tailored to chosen activities, duration and additional considerations.
Difficulty ●
Who can participate? Individuals, Groups (max 0 persons) minimum 1 pers.

PRACTICAL INFORMATION

Pick-up is possible
Notes While we don't aim for our experiences to be physically demanding, we can always adapt the level of intensity. For anyone keen to try the pirts, know that the experience is enjoyed naked. Having worked with many bodies over the years, our pirts masters will help clients feel at ease. Please also keep in mind that the pirts ritual embraces water and temperature contrasts.

[More about SPALVA](#)





Family Adventure Retreat

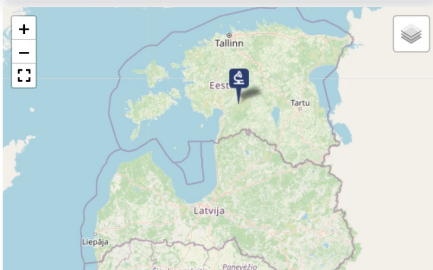
Geo tours

ABOUT

This is a two day family adventure camp with plenty of time to explore the outdoors, play and learn new skills. It's the best way to experience wild Soomaa National Park and enjoy quality time together with your children. We explore the big bog system, learn how to make fire and build a shelter and go on a canoe journey. There is time to enjoy the hot tub next to the river and go to the smokesauna. Kids have their movie night and parents can relax in the saunas. The activities are suitable for 5-12 year old kids and their parents.

www.seekayakingestonia.com/product-page/family-adventu...

Request a Tour



TOUR PROFILE

Additional activities **Nature therapy**

Duration 2 days
Distance 2 days, 5 km canoe trip, 5 km bog walk

Season Spring, Summer, Autumn
Location Soomaa National Park

Price The base fare includes two days of activities, specific equipment, food and accommodation in wilderness huts for one adult and a child. Another child per adult in the family is 50€.

Difficulty ●
Who can participate? Groups, Individuals (max 16 persons) minimum 6 pers.

PRACTICAL INFORMATION

Pick-up not available

SEAKAYAKING ESTONIA **More about Sea Kayaking Estonia OÜ**
 www.seekayakingestonia.com
 www.facebook.com/seekayakingestonia
 info@seekayakingestonia.com



Pop-up Forest Restaurant

Wild foods

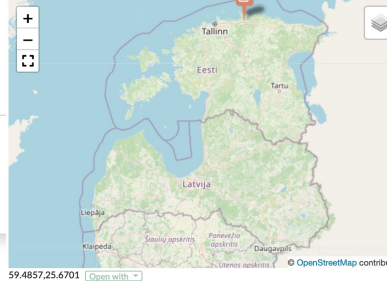
ABOUT

Surprise your group with gourmet food in the middle of nature! The pop-up Forest Restaurant is a special experience where a plentiful meal is prepared in a natural setting – this adventure is aimed at your senses! Dishes are prepared by renowned chefs. We use as much local raw produce as possible. The food is served on reusable dishes and tables covered with white tablecloth.

facebook.com/wanderlustmatkad

instagram.com/wanderlustee

Request a Tour



TOUR PROFILE

Duration 1.5 hours
Distance duration 1,5 hours
Season Spring, Summer, Autumn
Location Lahemaa National Park
Price starting from 89€/person
Minimum group size: 10
Included in price:
- a three-course meal in nature by a professional chef lasting about 1,5 hours
- necessary equipment and transport for preparing the meal
- reusable dishes
- services of the chef and a waiter
- clean-up after the meal
- pop-up tent, tables and benches (for max 15 participants)

Not included in price: Transport of the group
For bigger groups, please contact us for the price

Difficulty ●
Who can participate? Groups (max 40 persons) minimum 10 pers.

PRACTICAL INFORMATION

Pick-up Pick up from Tallinn for an extra fee.
Notes We offer the forest restaurant only in combination with other Wanderlust services.
Instructions about the starting point, clothing and shoes will be



Guided Nature Tours //Lakeside Nature Tour: Guided Eco-Exploration

Hiking/walking

ABOUT

Immerse yourself in Latvian wilderness at the century-old log house nestled between forest lakes. Biologists Anita and Gundars, your knowledgeable hosts, offer insights into the local fauna, imitating animal calls and sharing their expertise. Surrounding habitats include swamps, lakes, old forests, and biologically rich meadows, home to diverse wildlife like deer, wolves, and lynx, along with abundant birdlife and botanical treasures. Guided tours, tailored to your interests, blend with cozy overnight stays in a rustic sauna house or tents by the lake. Experience nature authentically with no modern amenities, campfire cooking, and exclusive access for a truly immersive adventure.

www.facebook.com/atputnica

www.instagram.com/atputnica

Request a Tour

TOUR PROFILE

Additional activities **Foraging** **Mammals watching**

Insect watching **Bird watching**

Duration 2 - 12 hours
Distance 2km - 20km hike

Season Spring, Summer, Autumn, Winter
Location Kalni, Lazdona parish

Price 15-40 EUR/per person, depending on the number of people
Minimum time: 2 hours
Minimum charge: 50 EUR
Personalized tours depending on time, distance and guest wishes - fee by agreement

Included in price: Guide, tour
Not included in price: Transportation, equipment (boat, life jackets, fishing equipment, snowshoes, etc.), sauna, overnight stay
Difficulty ●●
Who can participate? Individuals, Groups (max 30 persons) minimum 1 pers.

PRACTICAL INFORMATION

Pick-up is not possible
Notes Please wear weather-appropriate clothing and shoes (raincoats and rubber boots or clothing with gore-tex membrane). Binoculars are highly recommended.
Insect repellents are recommended in spring/summer.



2 days nomadic wilderness resort experience

Nature retreats

ABOUT

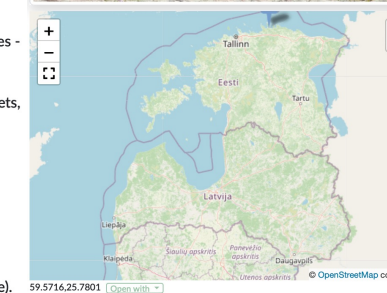
Immerse yourself deep in the wilderness of Northern Kõrvemaa. Begin the day with an invigorating hike in the bog, then cycle through forest to our luxurious nomadic wilderness camp, where you will have the full comforts available to you in a rustic, wild setting. Relax in a tent sauna as a gourmet meal is prepared on-site in our mobile kitchen. Share stories around a campfire before bedding down in your safari tent under a starry sky. Next day, you have a canoe adventure in the morning and a variety of activities to choose from in the afternoon, including kayaking trips, farm visits and island safaris. Or you can always just choose to relax in the comfort of our camp, taking short walks to nearby serene nature.

www.instagram.com/estonianwildnestresorts

www.linkedin.com/company/92788581/admin/feed/posts

www.facebook.com/profile.php

Request a Tour



TOUR PROFILE

Duration 2 days
Distance Adjusted according to the client preferences.
Season Spring, Summer, Autumn
Location Lahemaa National Park
Price Starts 999€
Difficulty ●
Who can participate? Individuals (max 10 persons) minimum 2 pers.

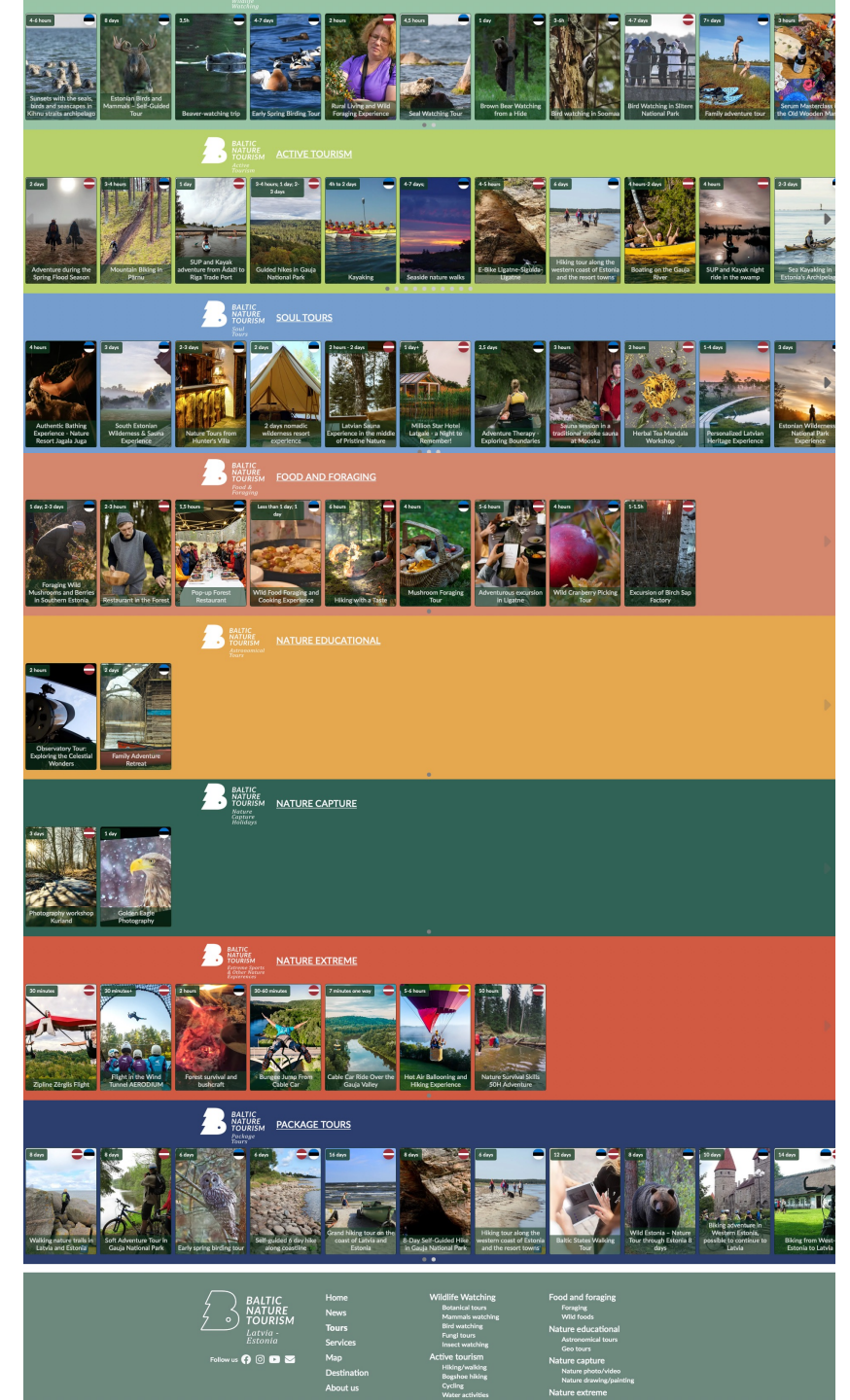
PRACTICAL INFORMATION

Pick-up Possible

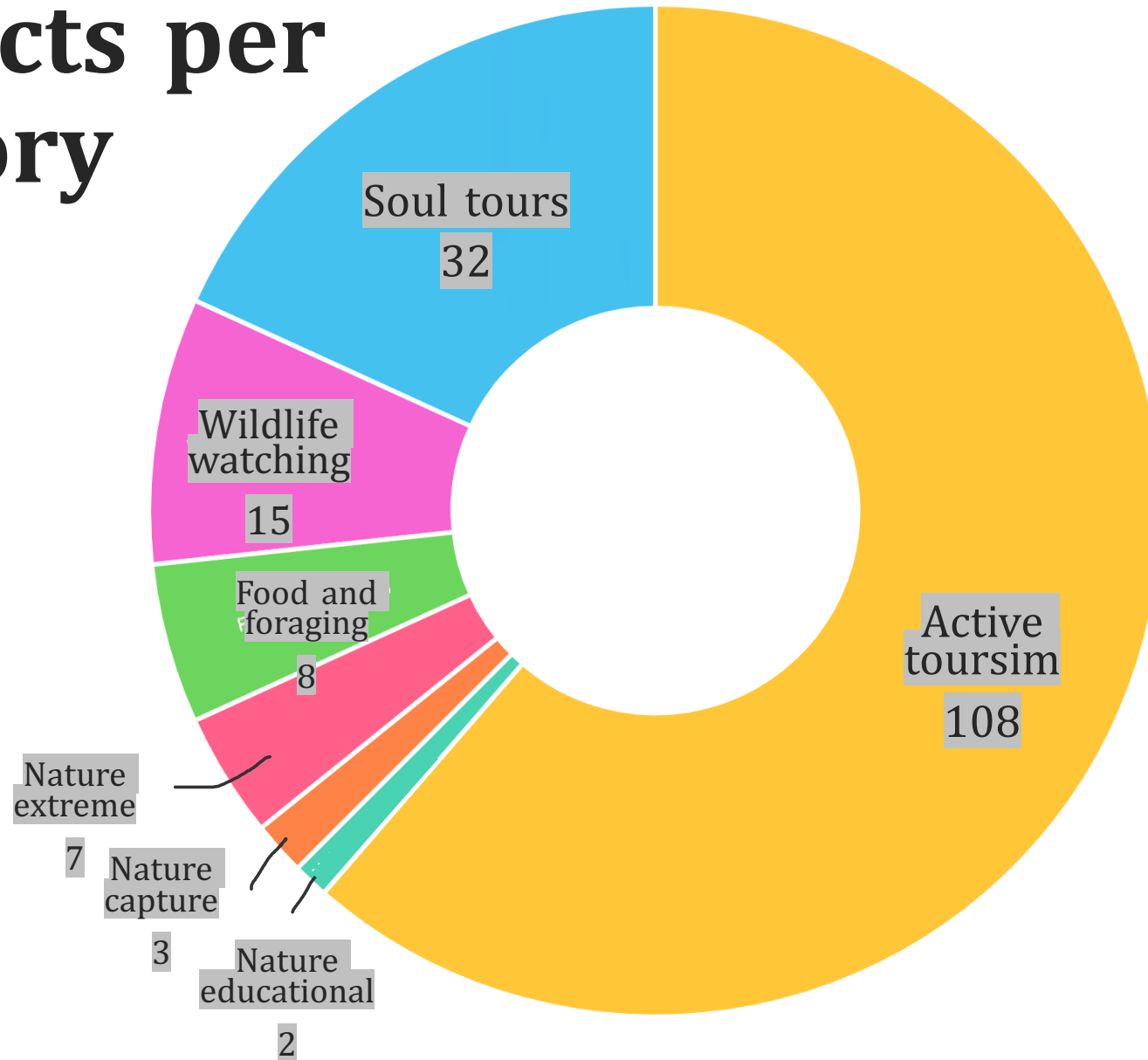
ESTONIAN WILDNEST RESORTS **More about Estonian Wildnest Resorts**
 www.wildnest.ee
 www.facebook.com/people/Estonian-Wildnest-Resorts/100091986301911/ <https://www.instagram.com/estonianwildnestresorts>
 info@wildnest.ee

Statistics

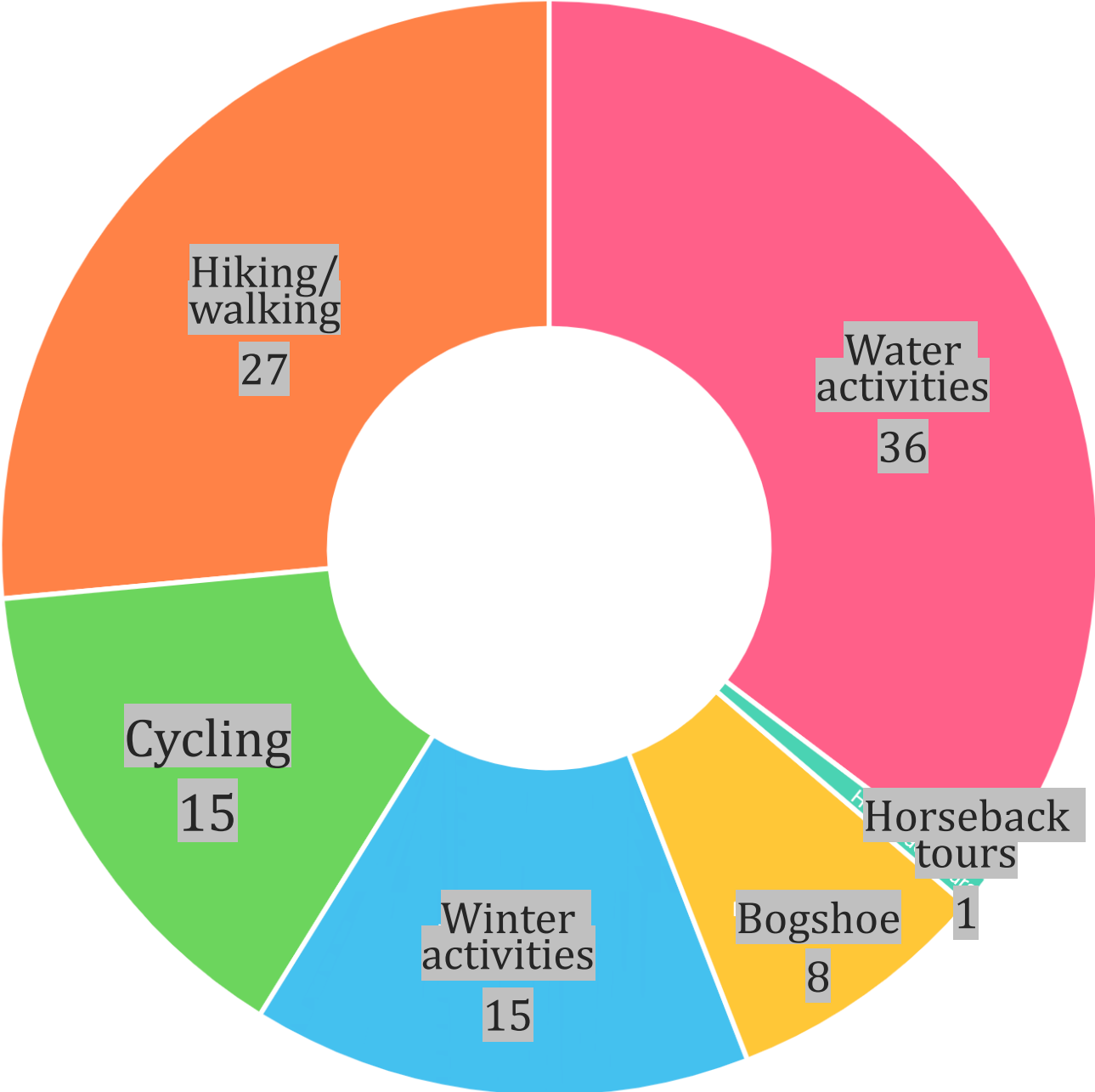
- 46 SMEs from Latvia
- 29 SMEs from Estonia
- 164 products in total online (84 in Estonia, 84 in Latvian)



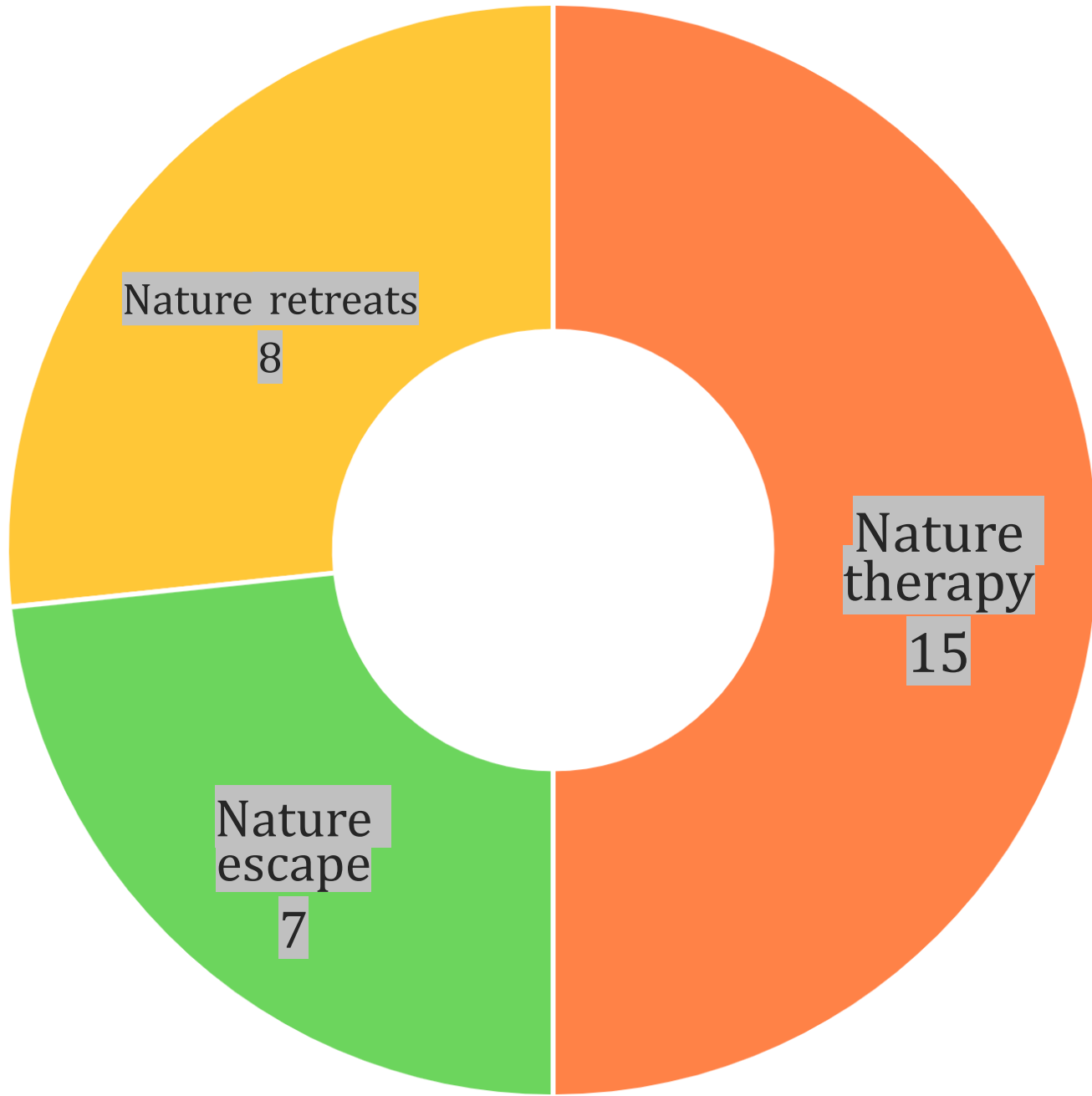
Products per category



Active tourism



Soul tours



Statistics & Feedback

Popular SMEs products in 2023

- Kayaking during the 5th season in Dvietes paliene and Soomaa
- Solo canoe adventure therapy
- Kayaking in Irbe river
- Kayaking in Riga canal ++
- Pizza hike
- Sunrise SUP or kayaking in Kemeru bog ++
- Hiking in Gauja National park ++
- Bogshoe Hiking in Kemeru bog
- Kayak rental in different rivers and/or lakes
- Canoeing tour at Emajõe-Suursoo
- Self-guided bicycle tour in West-Estonia
- Early spring birding tour



Photo: [unreadable]



Photo: Purva brideji



Photo: Lesis Inside

Photo: [unreadable]



Statistics & Feedback

The popular reservation places in 2023

1. Instagram
2. via Touroperators
3. Facebook
4. Phone/sms

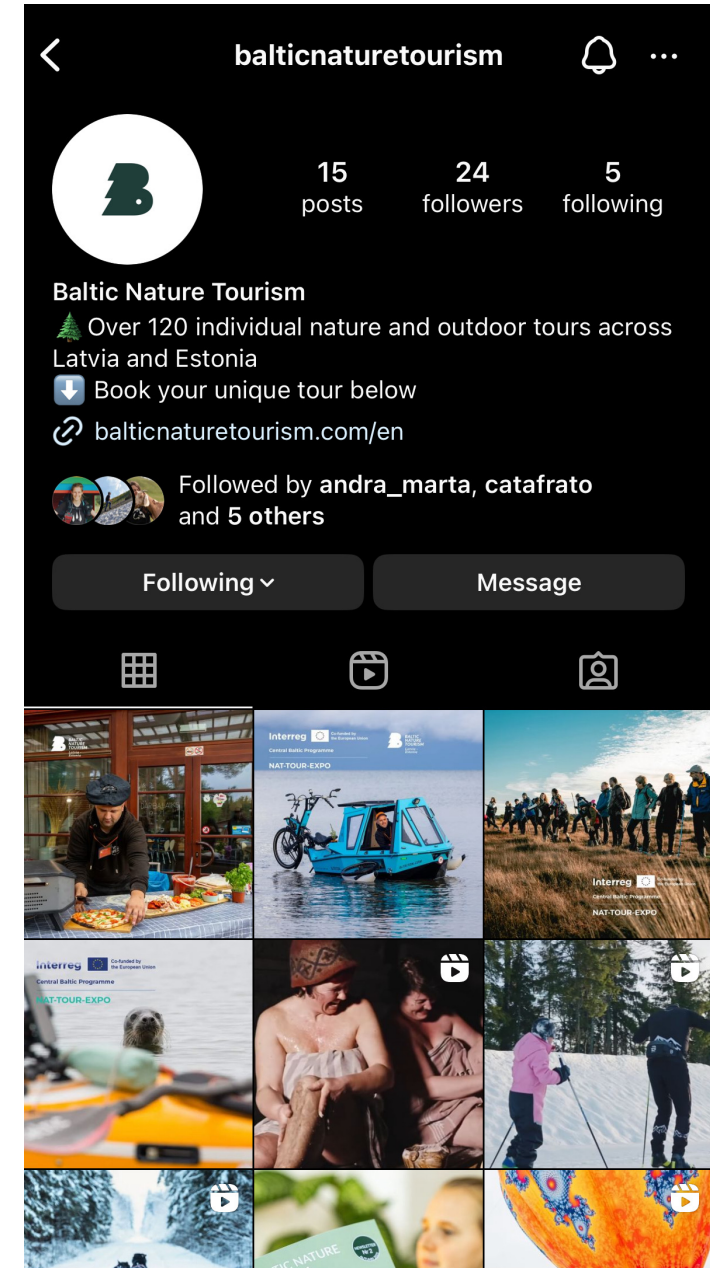
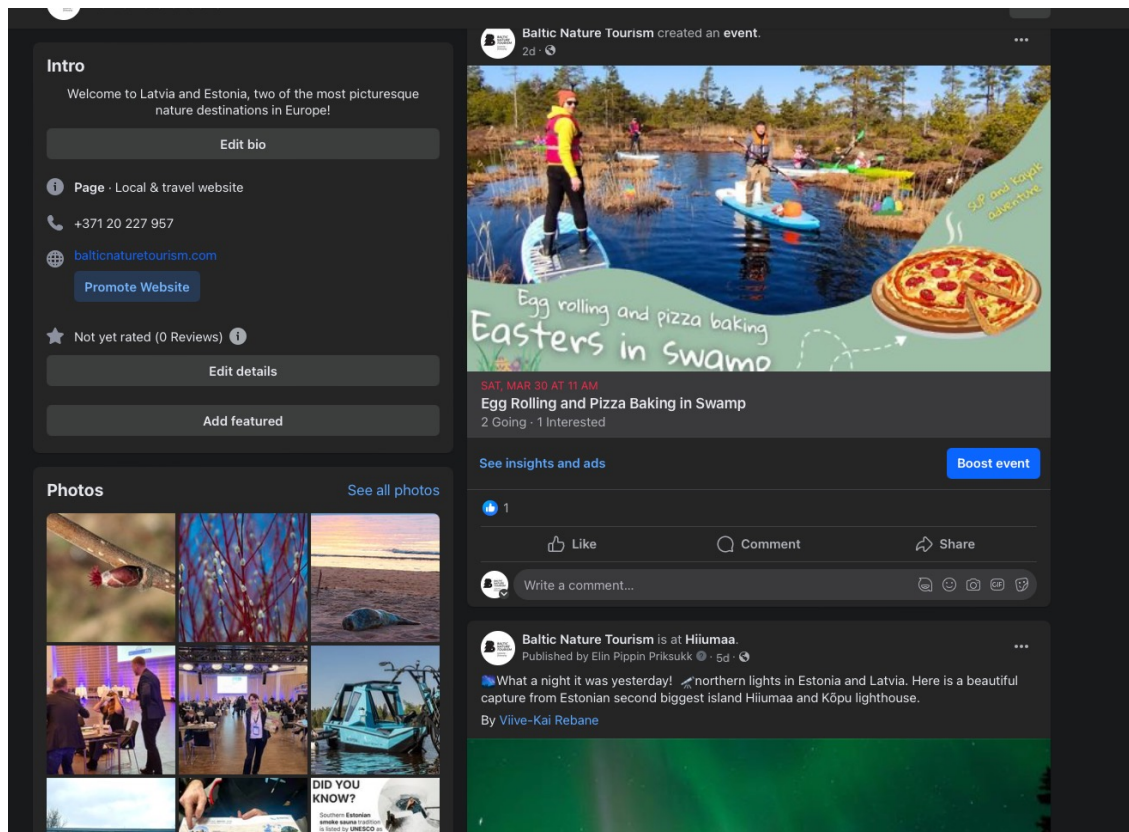
Statistics & Feedback

Suggestions

- To participate in ITB Berlin, WTM London
- To have more information on how to attract the UK tourists
- To promote more in radio interviews, TV, journals etc.
- Lectures and information of how to use Google ADS and SEO
- More online/hybrid events

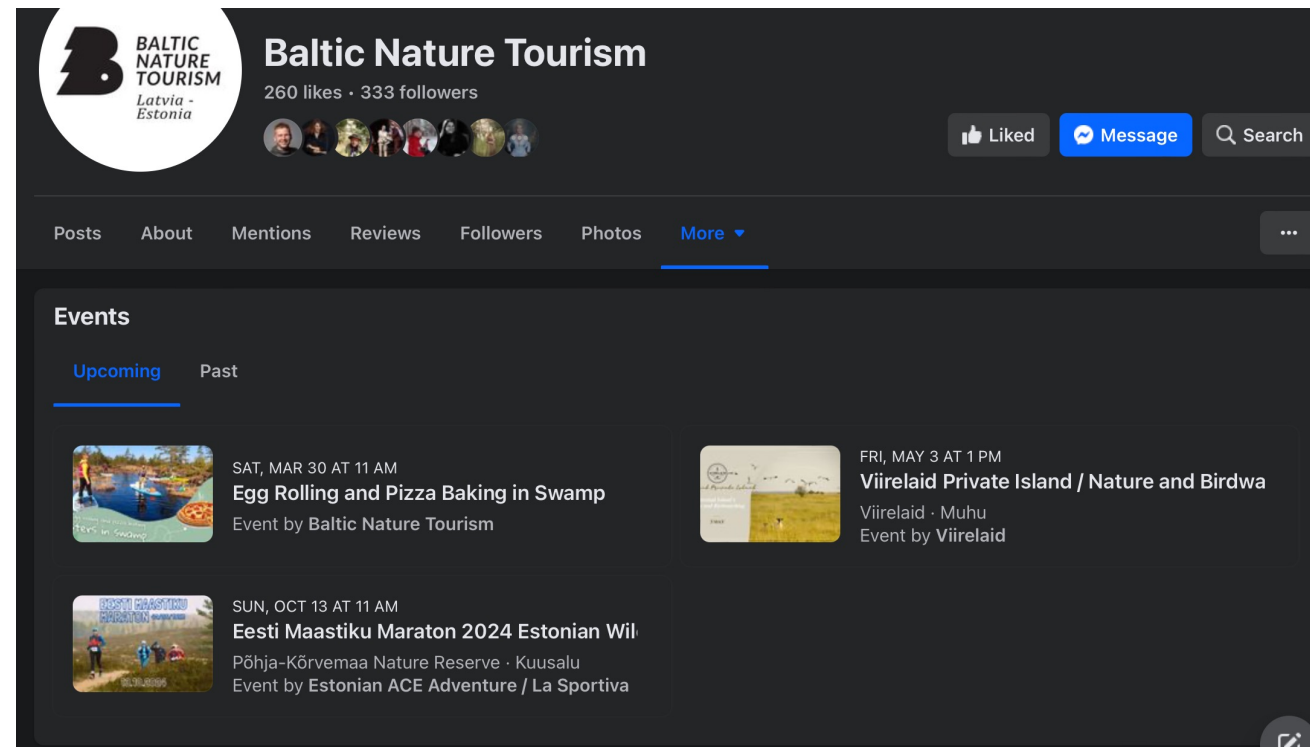
Social media

- SMEs event co-host
- News from the events we participate in
- Nature and activities related posts



Facebook event co-host

- Provide a text in English (the most important info)
- Mention balticnaturetourism.com in the description
- Add Baltic Nature Tourism as a co-host



BALTIC NATURE TOURISM
Latvia - Estonia




Baltic Nature Tourism
260 likes · 333 followers

Liked Message Search

Posts About Mentions Reviews Followers Photos **More**

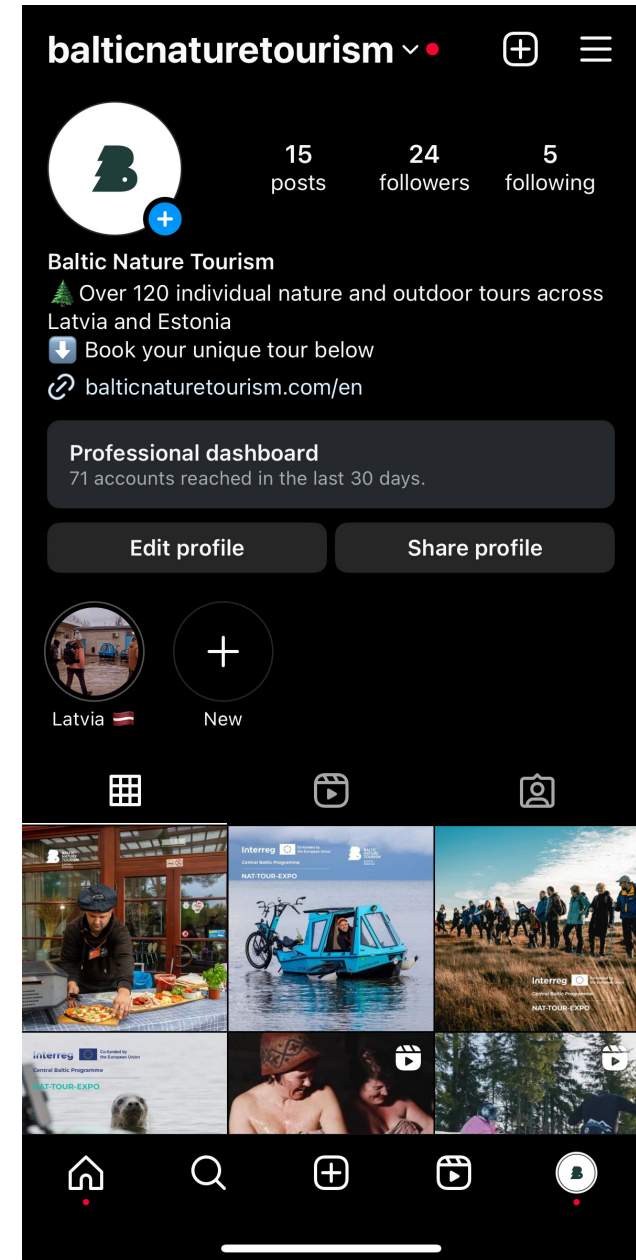
Events

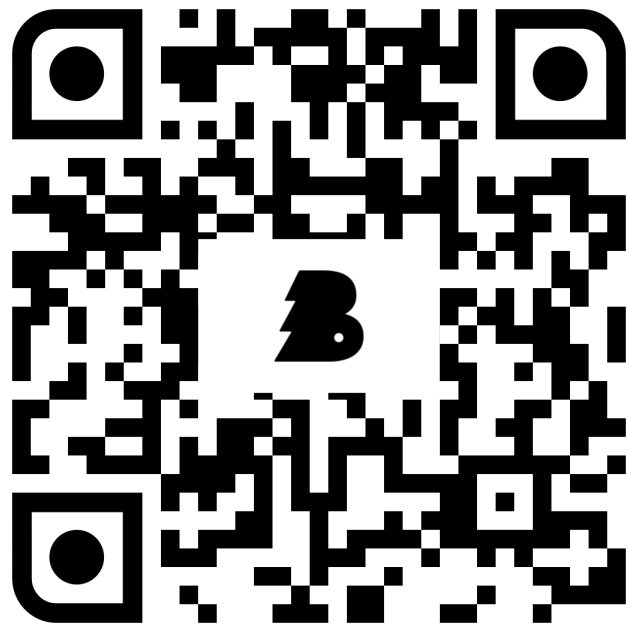
Upcoming Past

-  SAT, MAR 30 AT 11 AM
Egg Rolling and Pizza Baking in Swamp
Event by Baltic Nature Tourism
-  FRI, MAY 3 AT 1 PM
Viirelaid Private Island / Nature and Birdwa
Viirelaid · Muhu
Event by Viirelaid
-  SUN, OCT 13 AT 11 AM
Eesti Maastiku Maraton 2024 Estonian Wil
Põhja-Kõrvemaa Nature Reserve · Kuusalu
Event by Estonian ACE Adventure / La Sportiva

Instagram story repost

- Mention @balticnaturetourism in your story or post





Anna Saļņikova

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