



**BALTIC  
NATURE  
TOURISM**

*Latvia -  
Estonia*

# BALTIC NATURE TOURISM

NEWSLETTER  
Nr 8  
**WINTER  
2025**



## Why Winter Travel in the Baltics is a Must!

Winter travel brings a refreshing change of pace with fewer crowds, lower prices, and a unique perspective on familiar destinations. Snow-covered landscapes offer a quiet beauty, while local experiences feel more personal and less hurried. Off-season rates make accommodations more affordable, and winter activities like skiing, hiking, and cozying up by the fire give a balanced mix of adventure and relaxation. Winter in northern regions brings a unique transformation to nature, with familiar landscapes taking on new forms and rhythms. While bears settle in for their long sleep and migratory birds head south, fields, forests, and lakes undergo a seasonal shift, cloaking themselves in layers of snow and ice. Rivers and even parts of the sea freeze over, creating surreal scenes and opening up opportunities for activities that only winter can offer. Cross-country skiing, snowshoe hikes, and ice skating become the outdoor experiences of choice.

For those seeking warmth and relaxation, various saunas provide a perfect retreat, combining wellness traditions with a love for cold-water plunges that invigorate the body and mind. Despite the darker days, cities brighten with festive lights and holiday markets, offering a balance of cosy indoor gatherings and exhilarating outdoor adventures. Winter in the Baltics invites travellers to see the region in a different light, embracing both the calm of the season and its unique, vibrant activities.

See detail information on  
Baltic Nature Tourism website

[balticnaturetourism.com](http://balticnaturetourism.com)

**BALTIC NATURE TOURISM**  
www.balticnaturetourism.com

**Tour Operator / Media Fam Trip** January 28-31, 2025  
LATVIA - ESTONIA

This FAM trip invites UK tour operators and media representatives to explore winter tourism in Latvia and Estonia. The program includes practical experiences in Latvian nature resorts, city strolling, outdoor hikes and many other nature activities. Participants will also visit local restaurants to sample Baltic culture and food. Soomaa National Park in Estonia, known for its bog birds. Through activities and community interactions, the trip provides insight into regional practices and seasonal tourism opportunities.

Winter in Latvia and Estonia offers many activities, even with low temperatures. It is usually mild with temperatures between 0°C and -7°C. For the program a prepared for any weather including a winter jacket.

**Green Arctic**  
Waldemar  
Baltic Nature  
00353 20222222

**Destination**  
Ranga Ziemele  
Baltic Country Holidays  
00353 20222222  
www.balticnature.com

Tour operators and media representatives from the United Kingdom are invited to join the FAM trip from January 28–31, 2025, to explore winter tourism in Latvia and Estonia. The program includes visits to key destinations, such as Latvia's Vidzeme region and Estonia's Soomaa National Park, with activities like husky sledding, bogshoe hiking, and traditional sauna experiences. This trip provides an in-depth look at the region's nature, culture, and winter tourism opportunities.

## Nordic Ski Tour in the largest bog



Photo - Sea Kayaking Estonia



This winter, trade busy cityscapes for the calm of Soomaa National Park. A Nordic Ski Tour here takes you across the Baltics' largest bog system, offering a chance to experience Estonia's winter landscape in a unique way. Along the way, guides share stories about the area's wildlife and history, adding depth to the journey. With its open trails and quiet surroundings, Soomaa invites you to step into a slower pace and discover the region's natural charm. The ski tour is designed for all skiers, beginners and experienced.

### Information

**Mariell Jüssi**

info@seakayakingestonia.com,  
+372 56629515



### NORDIC SKI TOUR

## Kicksledding in Estonia on Otepää Lake Pühajärv or snowy forest roads



Photo - Loodusturism



For a true taste of winter adventure, a Finnish sledge hike is an ideal way to explore Estonia's snowy landscapes. Simple and intuitive, kicksledding requires no prior experience—just stand with one foot on the runner, hold onto the handlebar, and kick off with the other. It's easy to pick up, making it accessible for all ages and fitness levels.

Our Finnish sleds are a sleek, modern take on the classic design, built with lightweight aluminium frames for smoother gliding. As you sled along snowy trails, forest paths, or even across frozen lakes, you'll experience the quiet beauty of winter up close. And if Lake Pühajärv is safely frozen, you might even get to glide between its small islands, adding a unique twist to the journey.

### Information

**Imre Arro**

info@loodusturism.ee,  
+372 5272701



### KICKSLEDDING IN ESTONIA

## Winter Spirit Estonia 6 days



Photo - Aktivest



Our "Winter Spirit" tours offer the top activities you can do in Estonia during wintertime. We will explore the unique and charming Tallinn Old Town, which is listed as a UNESCO World Heritage site and becomes especially magical during wintertime. During the second part of the tour, we will leave the city lights behind and enjoy a real winter wonderland in the countryside. Daytime activities such as snowshoeing and kick-sledding will make the evening sauna and talks around the fireplace supremely enjoyable. Over 5 days full of local food, culture and nature will make this winter tour one to remember.

### Highlights of this trip:

- \* Snow shoeing tour
- \* Kick-sledding tour
- \* Husky farm visit
- \* Sauna visit
- \* Experiencing the medieval atmosphere of Tallinn Old Town

### Information

**Triin Asi**

triin@activest.ee,  
+372 5016222



### WINTER SPIRIT ESTONIA

## Photo hide for the Golden Eagles



Photo - Estonian Wildlife Tours



Golden eagles (*Aquila chrysaetos*) are a large bird of prey, powerful and clever, with a wing span of up to 227 cm and a body mass of 3-3.5 kg in case of male birds and 4.5-5.5 kg in case of female birds. During the last couple of decades the situation has improved and the number of golden eagles nesting in Estonia has remained rather stable at 40-50 pairs. Found mainly in Estonia's more remote regions, such as forests and bogs provide a suitable habitat for these majestic birds. There are many very good active Golden Eagle photo hides in North and Middle of Estonia. The best time for photographing Golden Eagles in Estonia is from December to February. But it has to be taken into account that the weather conditions vary and directly influence the behavior of Golden Eagles. Also White-tailed Eagles have occasionally been seen from our Golden Eagle photo hide.

**Information** Eleri Lopp

info@estonianwildlifetours.com,  
+372 58437752



PHOTO HIDE

## Winter Kayaking



Photo - Andra Marta Labre



For those seeking an experience like no other, Movement Spontaneous offers the thrill of winter kayaking—a chance to paddle through Latvia's rivers and lakes transformed by snow and ice. Over two days, journey through serene, snow-draped forests and quiet, frozen landscapes, exploring routes chosen by the season's conditions. Covering around 10 km each day, you'll reach hidden, less-traveled spots where winter reveals its most beautiful, untouched scenes. After a full day on the water, unwind in a traditional sauna and enjoy a comfortable night's rest, ready for another day of adventure. With all gear provided, all you need is warm clothing and a sense of curiosity.

**Information** letshike.co

a.salnikova@gmail.com,



WINTER KAYAKING

## Dog sledding or hike with huskies



Photo - Dodkepu



Husky sledding in Latvia is a chance to explore winter's quiet beauty in the best possible company—a team of eager, hard-working huskies. Imagine gliding through snow-covered fields and winding forest trails, with only the sound of paws on snow and the crisp winter air around you. Perfect for small or private groups, this adventure brings you close to nature, powered by the instinct and energy of the dogs who know these trails best. When snow is scarce, the experience continues with hands-free husky hikes, where you're fitted with a comfortable belt, elastic leash, and a well-trained husky leading the way. Guided by an expert from dodkepu.lv, the hike lets you walk at your own pace, with your hands free to take in the surroundings. Perfect for families, even young children can join safely with a parent-friendly setup.

**Information** www.dodkepu.lv

dodkepu@gmail.com,  
+371 25951531



DOG SLEDDING

## Latgale Sauna Ceremony & SPA rituals



Photo - Apple Manor & Garden Complex



Latvia's Latgale region is known for its rich sauna traditions, and the Latgale sauna ceremony offers a timeless way

to unwind and reconnect with nature. This experience, guided by a knowledgeable sauna master, begins with a tea ritual on the terrace, inviting guests to relax and prepare for the sauna's restorative warmth. The main ceremony includes traditional steaming with aromatic brooms—a technique passed down through generations to release tension and refresh the body. A gentle hand oil mask follows, adding a layer of calm, while the cool-down walk through the garden, ending at the main shower, brings a refreshing contrast to the sauna's heat.

Available all year, the sauna experience takes on a particular charm during autumn and winter, when the cool, crisp air enhances the feeling of warmth and coziness. However, even in the summer, the Latgale sauna ceremony offers a unique way to experience Latvia's wellness heritage.

### Information

### **Apple Manor & Garden**

apple.manor.garden@gmail.com,  
+371 20034407



LATGALE SAUNA CEREMONY

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

- [Christmas workshop in the Latvian Embassy in London, 12th December, 2024](#)
- [Christmas Lunch B2B meeting in London, 21st of November in cooperation with VisitEstonia](#)
- [FAM trip Latvia/Estonia, 28 - 31 January, 2025 - \[www.celotajs.lv\]\(http://www.celotajs.lv\)](#)
- [TourEst B2B meeting in Tallinn, 31st of January, 2025](#)
- [Five countries B2B workshop, 4th of February, 2025 in London in cooperation with VisitEstonia](#)
- [Product presentation workshop in the Latvian Embassy in London, 10th April, 2025](#)



## 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**

**BALTIC NATURE TOURISM**  
[balticnaturetourism@celotajs.lv](mailto:balticnaturetourism@celotajs.lv)

[balticnaturetourism.com](http://balticnaturetourism.com)



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