



ESTONIA - LATVIA

# FLAVOURS OF LIVONIA










*Food Workshops  
Gourmet Touring Routes  
Farms and cafés*







**Legend • Zeichenerklärung • Условные знаки**

- |  |  |   |
|--|--|---|
|  Motorway • European road number<br>Autobahn • Europas Straßennummer<br>Автомостраль • Номер дороги |  Other roads<br>Андре Страссен<br>Прочие дороги                         |  Airport • Bus terminal<br>Flughafen • Autobusbahnhof<br>Аэропорт • Автобусная станция |
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|  Main road<br>Hauptstrasse<br>Главная дорога  |  Railway • Station<br>Eisenbahn • Bahnhof<br>Железная дорога • Станция |  National capital<br>Hauptstadt eines Staates<br>Столица государства                   |

**Rīga**





# ABOUT THE FLAVOURS OF LIVONIA

## LIVONIA

Flavours of Livonia offer culinary experiences based on traditional Latvian and Estonian cuisine, food history and influences from the times of Livonia.

Livonia was an alliance of countries run by the Roman Catholic Church after the crusades during the 13th century. The territory of Livonia covered most of today's Estonia and large parts of present day Latvia. Although the borders of Livonia were erased from the global map long ago, the traditional cuisine of Latvians and Estonians is still basically made up of the same foods that our ancestors ate. We still bake bread in a bread oven, and we brew beer. Just as has been the case since ancient times, we prepare mushrooms, fish and wild game. It turns out that it was specifically during the Livonian era that people in this part of the world first encountered pepper, ginger, cloves and cinnamon. The amount of Eastern spices in a dish depended on the wealth of noblemen in Hanseatic cities, including Riga, Reval (Tallinn), Dorpat (Tartu).

## WHAT CAN YOU FIND IN THE BROCHURE?

This brochure presents themed visits, programmes and touring routes in Latvia and Estonia. They are designed for independent and/or group travel, and can be easily adapted to the needs of travellers. Culinary experiences include getting to know unique local food products straight from producers, watching and taking part in cooking, feasting on home-made traditional meals, enjoying local wines and beers.

This travel brochure is supported by two useful titles:

- "Flavours of Livonia Dishes" food brochure introducing Latvian and Estonian foods with a Livonian background, still present on local menus and adapted to modern cuisine by creative restaurant chefs. The brochure explains the foods and their ingredients, and their use in everyday meals and on festive occasions. Available in the languages: Latvian, English, Russian, Finnish, Estonian, German.

[www.flavoursoflivonia.com/en/flavours-of-livonia-and-dishes](http://www.flavoursoflivonia.com/en/flavours-of-livonia-and-dishes)

Livonian Culinary Route map with 250 rural restaurants, guest houses and producing farms, allowing you to find out the impact of Livonian times on the contemporary cuisine of today. Available in the languages: Latvian, English, German, Finnish, Russian, Estonian.

Download:

[www.flavoursoflivonia.com/en/livonian-culinary-route-publications](http://www.flavoursoflivonia.com/en/livonian-culinary-route-publications)

More information on Livonian culinary experiences on the website

[www.flavoursoflivonia.com](http://www.flavoursoflivonia.com)



**Interreg  
Estonia-Latvia**  
European Regional Development Fund



EUROPEAN UNION

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This publication reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.



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# TRAVELLING TO AND WITHIN LATVIA AND ESTONIA

Travellers can arrive in the destination area by sea, air and land. Main airports are located in capitals Riga and Tallinn, and many flights also operate between them. The main ferry ports are Riga, Liepaja and Ventspils in Latvia, and Tallinn in Estonia. Local ferries connect the Estonian islands with the mainland. There are good bus services between Riga and Tallinn.



## AIRLINES

### airBaltic

The national Latvian airline that offers flights to over 50 destinations in Europe and beyond from Riga, Vilnius and Tallinn.  
[www.airbaltic.com](http://www.airbaltic.com)

### Nordica

The national Estonian airline in cooperation with LOT Polish Airlines.  
[www.nordica.ee](http://www.nordica.ee)



## COACHES

### Lux Express:

[www.luxexpress.eu](http://www.luxexpress.eu)

### Ecolines:

[www.ecolines.eu](http://www.ecolines.eu)

### Eurolines:

[www.eurolines.eu](http://www.eurolines.eu)

The coach trip from Tallinn to Riga takes ca 4.5 hours.



## CHARTER BUS COMPANIES

### Go Bus Charters

Exceptional quality coaches and minibuses providing services in Baltic countries and Scandinavia. Highly professional, friendly and experienced bus drivers and staff, large fleet and flexible service.

Phone: +372 631 0011,

+372 55 645 753

Email: [tellimine@gobus.ee](mailto:tellimine@gobus.ee)

[www.gobus.ee](http://www.gobus.ee)



## FERRIES

### Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger Transportation services in the northern Baltic Sea region.

Helsinki – Tallinn

Helsinki – Stockholm

Riga – Stockholm

[www.tallinksilja.com](http://www.tallinksilja.com)

### Viking Line

Viking Line is a public limited company and a market-leading brand in passenger traffic in the northern Baltic Sea area.

Helsinki – Tallinn

Helsinki – Stockholm

[www.vikingline.com](http://www.vikingline.com)

### Eckerö Line

Estonian ferry line and a travel agency.

Tallinn – Helsinki

[www.eckeroline.ee](http://www.eckeroline.ee)

### Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:

Kihnu and other small islands

[www.veeteed.com](http://www.veeteed.com)

Muhu, Hiiumaa and Saaremaa

[www.praamid.ee](http://www.praamid.ee)



## CAR RENTAL

Avis, Budget, Sixt and Hertz are international car rental companies with large worldwide networks and a standardised level of service.





# FOOD WORKSHOPS



Food workshop programmes are created to bring the joy that comes from cooking together. In a friendly and relaxed atmosphere, the hosts present their interpretation of traditional cuisine on modern menus and share their know-how with the guests. The food ingredients are fresh, home-grown, wild foods, seasonal, good quality, home-made. Guests may be involved in collecting the meal ingredients from the hosts' garden. As a rule, the joint cooking effort is rewarded with enjoying the meal together.





## FOOD WORKSHOPS

# Cooking Traditional Latvian Dishes at Vīnkalni Country House

### GENERAL INTRODUCTION

SEASON:	May-October
CAPACITY:	8-20 Persons
DURATION OF THE PROGRAMMEE:	1.5 - 3 h (depending on group size)
LANGUAGES:	Latvian, English, Russian, German, Italian
HOSTS:	Mrs Zanda Žentiņa and Mr Uldis Žentiņš

[www.vinkalniesi.lv](http://www.vinkalniesi.lv)

### INTRODUCTION

Vīnkalni country house is located in North Vidzeme, near Valmiera, on the bank of the River Miegupīte. Apart from food workshops, the host family is engaged in traditional Latvian 12th-century love rituals and showings for newlyweds, cooking on an open fire, as well as the preservation and restoration of antiques. The landlord Uldis has restored at least 20 dowry chests, several cabinets, chests of drawers, tables, suitcases, drums and spinning buggies. The farm also grows vine plants. There is a restored horse stable from the 19th century with a place for celebrations. Hosts take care of the surrounding nature and invite others to do the same, they have been awarded a Green Certificate, the national environmental certificate for businesses in rural tourism.

The hostess offers 3 different Latvian dishes for a food workshop (you can choose only one or two):

**1. „Biguzis”** - a traditional country dessert, usually made from bread, left over sweet cream, and wild berries picked in the nearby forest. The ingredients are rye bread, cranberries or lingonberries, honey, cinnamon and whipped cream. Mature rye bread is crushed or grated. Cranberries are squeezed in juice, diluted with water, sweetened with honey and poured onto the bread. When the bread has soaked up the liquid, it is topped with whipped cream.

**2. Fresh cheese from cow's milk with various additives** (caraway, hemp, herbs, greens). Only local products are used. First, the hostess talks about making the cheese and about the herbs and spices that are available. Then she makes cheese while guests follow and participate in the process by adding herbs and spices of their choice.

### LOCATION

 **LATVIA**

Address: "Vīnkalni", Kauguru pag.,  
Beverīnas nov.,  
LV- 4224, LATVIA

Distance from the capital city: Riga, 112 km

Distance from the nearest town: Valmiera, 12 km



**3. Pastries.** Buns and cakes in Latvian folk traditions were baked to honour the celestial lights. They are usually baked on festive occasions. Bacon buns are curved like a crescent, but cakes are round like the sun. The Latvian bun 'pirāgs' is made from yeast dough, it should be 5-13 cm in size and the classic filling is diced bacon with onion; it is glazed with egg so that it is golden and shiny after cooking. Buns can also be made sweet and filled with cottage cheese or apples.

### PROGRAMME

- Welcome and introduction
- A tour of the house, a visit to the antiques and a vineyard walk
- Food workshop
- During the workshop, talks about Latvian cuisine and traditions
- Enjoying the finished meal.





## FOOD WORKSHOPS

# Carrot Pie "Sklandrausis" Masterclass

### GENERAL INTRODUCTION

SEASON:	January-December. During the warm season - from May to October - the masterclass takes place outdoors
CAPACITY:	1 - 10 Persons
DURATION OF THE PROGRAMMEE:	2 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Mrs Dženeta Marinska

[www.kolka.info](http://www.kolka.info)

### INTRODUCTION

Ūši farm is located in Kolka, in the historic Liv-inhabited territory of north-west Latvia, which today is called the Liv Coast. Livs are currently one of the smallest ethnic groups of Europe. Here, at Cape Kolka, the Baltic Sea meets the Gulf of Riga. Ūši farm has been owned by a single family since 1902, and is home to family traditions. In the past, the main activity of this place was fishing and fish processing, but for the needs of the family, livestock, grains and root vegetables were also kept. Nowadays, the family is engaged in rural tourism, they offer accommodation and specialise in Liv traditional food. "Sklandrausis" is a traditional delicacy in the Kurzeme region, believed to have been brought by the Livs in Latvian culture. Its cooking and eating traditions go back to the ancient past. "Sklandrausis" are made from unleavened rye flour dough, in round-shaped forms with the edges folded up. It is filled with mashed potato and carrots, which can be supplemented with other ingredients - butter, cream, sugar, eggs, etc.

**LOCATION**

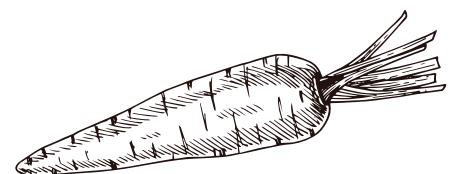
 **LATVIA**

Address: „Ūši”, Kolka, Kolkas pag.,  
Dundagas nov., LV-3275,  
LATVIA

Distance from the capital city: Riga, 160 km  
Distance from the nearest town: Roja, 28 km

### PROGRAMME

- Carrot pie cooking with the hostess
- The story of the hostess about the traditions of cooking and eating carrot pie and other Liv foods
- Demonstration of the Liv language sound.





## FOOD WORKSHOPS

# Bread Baking Workshop at Bērziņi Country House

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	10-15 Persons
DURATION OF THE PROGRAMMEE:	2 - 2.5 h
LANGUAGES:	Latvian, Russian
HOSTS:	Mrs Inga Lastovska and Mr Juris Lastovskis

[www.celotajs.lv/en/e/lauku\\_maizes\\_cepsana](http://www.celotajs.lv/en/e/lauku_maizes_cepsana)

### INTRODUCTION

Bērziņi is an old farmhouse near Jūrkalne Village, on the coast of Kurzeme, where the owners Juris and Inga Lastovski continue to cultivate their family traditions. The family has been baking bread for several generations. The hostess Inga learnt the skills from her mother-in-law. Nowadays, the farm is also open for tourists to show and talk about how Latvian bread and sour cream is made by hand. The farm is run by the family and all the work, including breeding livestock and taking care for the garden, is done by family members. The children also get involved. The landlord Juris can talk about the history of the neighbourhood since the 18th century, when the Jūrkalne grain mill was built.

For the bread baking workshop, the sweet-sour pastry is already prepared the day before, and the oven is heated two hours before the guests' arrival. During the workshop, guests bake their own bread loaf. Its special taste and aroma is provided by the oven, which is more than 70 years old, as well as bakery tools preserved from the past, that are almost 200 years old. The bread oven is swept with a juniper broom. The farm has received the Latvian Cultural Heritage award for keeping bread baking traditions.

**LOCATION**

 **LATVIA**

Address: „Bērziņi”, Jūrkalnes pag.,  
Ventspils nov., LV-3626,  
LATVIA

Distance from the capital city: Riga, 196 km  
Distance from the nearest town: Ventspils, 49 km

### PROGRAMME

- Meet and greet
- Workshop: forming bread loaves; putting bread in the oven for 1.5 hours
- While the bread is baking, guests listen to the story about the Bērziņš family and their bakery traditions
- Tasting of the freshly baked bread
- Optional lunch - pre-ordered salmon soup and traditional dessert made from local country produce.







## FOOD WORKSHOPS

# Cooking Masterclass "Taste the Life!" at Mazsālijas Guest House

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	6 - 12 Persons
DURATION OF THE PROGRAMMEE:	4 h
LANGUAGES:	Latvian, English, Russian
HOSTS:	Mrs Gunita Štorha and Mr Gunārs Štorhs

[www.celotajs.lv/lv/e/viesu\\_nams\\_mazsalijas](http://www.celotajs.lv/lv/e/viesu_nams_mazsalijas)

### INTRODUCTION

The beginnings of the Mazsālijas house date back to 1847, when German baron von Hahn decided to build a stone-wall water mill. The ancient feeling of this place is still evidenced by the Baron's initials in the wall of the old mill locks. The pride of the Mazsālijas estate is the barn building, which has been fully preserved with authentic roof covering, main walls and old fir-tree beams. Nowadays, the old water mill serves as a place for resting, a guest house and an organic farm. The farm breeds deer and trout, produces vegetables, fruit and wine. Visitors can see the deer garden, wild boar, taste berries and fruits directly from the garden, and participate in creative workshops and cooking master classes. Souvenirs are available: booklets and puzzles about deer, home-made caramels and apple chips. At the workshop the food is prepared on an open fire, using deer, trout and vegetables from the Mazsālijas farm. For the starter you will prepare deer tartar and salted trout à la Kurzeme. For the main course, you will cook butter-fried trout with steamed seasonal vegetables, and pieces of beef with rosemary potatoes. For dessert - cottage cheese cream with strawberry sorbet. These dishes represent hunting and fishing in Mazsālijas, and these are important activities in the rural Kurzeme region. The hostess also offers a pancake workshop as an alternative option.

**LOCATION**

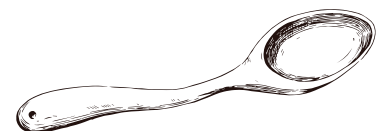
 **LATVIA**

Address: „Mazsālijas”, Snēpeles pag.,  
Kuldīgas nov., LV-3328,  
LATVIA

Distance from the capital city: **Riga, 166 km**  
Distance from the nearest town: **Kuldīga, 12 km**

### PROGRAMME

- Meet the hosts, introduction to the house and the farm
- Cooking with the hosts and listening to the story of the Kurzeme region's culinary heritage
- Enjoying the meal
- Short tour of the property – the deer garden and the wine cellar. Tasting the apple brandy home-made by the host.







## FOOD WORKSHOPS

# Mushroom Cooking Class at Kārļamuiža Country Hotel

### GENERAL INTRODUCTION

SEASON:	August-October
CAPACITY:	8 - 15 Persons
DURATION DES PROGRAMMES:	3 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Mrs Baiba Stepiņa



[www.karlamuiza.lv](http://www.karlamuiza.lv)

### INTRODUCTION

Kārļamuiža hotel and restaurant is located in Gauja National Park, in the ancient valley of the River Amata, near Cēsis and Sigulda. The manor (originally named "Gut Karlsruh") was built in the 18th century and was set up as a baroque manor ensemble with a landscaped park. The manor suffered a lot during the war. Nowadays, the former manor has a hotel and restaurant, offering modern amenities in spacious apartments and rooms. The old building retains the original elegance and style. The old apple orchard and the landscape park have also been preserved, as well as the landscape on the banks of the River Amata.

The restaurant serves meals from local produce. Vegetables, spices, greens and herbs are grown in the hotel garden. There are seven mushroom dishes on the restaurant menu including a dessert - mushroom 'panna cotta' with chanterelles. Mushrooms are important in Latvian cuisine, especially in late summer and autumn. The hotel is located in Gauja National Park, therefore wild mushrooms are safely gathered from local forests.

Together with the Kārļamuiža restaurant chef you will prepare dishes from wild mushrooms.



### LOCATION



Address: Kārļi, Drabešu pag.,  
Amatas nov., LV-4138,  
LATVIA

Distance from the capital city: Riga, 70 km

Distance from the nearest town: Cēsis, 11 km

### PROGRAMME

- Arrive at Kārļamuiža Country Hotel
- Excursion of house and surroundings
- Meet the restaurant chef, an insight into the diversity of mushrooms and their cooking methods in Latvia
- Cooking dinner with the chef (approx. 2 hours). Cooking is done in front of the group with an explanation of the recipe
- Enjoying the meal
- After the meal, guests can enjoy a walk in the historical apple orchard, through the landscape park and in the valley of the River Amata.





## FOOD WORKSHOPS

# Cook Yourself a Local Traditional Meal at Rannametsa Household

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	1 - 4 Persons
DURATION OF THE PROGRAMMEE:	2-3 h
LANGUAGES:	Estonian, English, German
HOSTS:	Mrs Käthlin Palu

[www.puhkakihnus.ee](http://www.puhkakihnus.ee)

### INTRODUCTION

Kihnu is the seventh biggest island in Estonia, located between 56 tiny islets in the Gulf of Riga. From a birds-eye view, it is about 40 km from Pärnu and about 12 km from Munalaiu. It is small on the map but large enough to walk by foot – 7.5 km long and 3.5 km wide. On its 16.4 km<sup>2</sup>, Kihnu fits lots of beautiful nature, tiny and exiting forest roads, plenty of sightseeing and many events to promise a joyful holiday. The main activities for the local people are handicrafts, fishing and tourism, as well as all possible kinds of business activities.

Rannametsa household was built in 1956 when Georg Palu, a fourth generation fisherman, built his family a new home. Today his son and grandson share the same roof and the youngest offer guests to cook a traditional local everyday meal with them. Everything that is offered to the guests is prepared and planned with love and all this is done by the hosts themselves. The food is cooked in the home kitchen and offered in the home-yard. If the weather allows, fresh fish is brought straight from the sea.

The name of the meal in the original language: "Kala, kartul ning panniliha" ("Fish, potatoes and meat cooked in a pan"). Fish has always been food item number one for these islanders. There were times when seal meat was at the same place but due to government restrictions it has been replaced by pork. Today the most common meal eaten by locals is fish that is brought home fresh from the sea,

**LOCATION**

 **ESTONIA**

Address: „Rannametsa talu”, Linaküla,  
88003 Kihnu vald, Pärnumaa, ESTONIA

Distance from the capital city: **Tallinn 163 km**  
(to Munalaiu harbour)

Distance from the nearest town: **Pärnu 40 km**  
(to Munalaiu harbour).

Then 1 hour by ferry to the island of Kihnu

home-grown potatoes and salted pork. All this is always accompanied by some kind of traditional dessert and coffee. The food cooked at the workshop with guests is never the same. It is always as it would be on the host family table - depending on what kind of fish is coming from the sea and what seasonal side items are available.

### PROGRAMME

- Welcoming guests at the hosts' home
- Introducing the menu, preparing the meal together starting from collecting the ingredients - bringing them from the fishermen, pantry or cellar. Peeling, cleaning and spicing, cutting, boiling and frying - all that needs to be done
- After this, the table is set ready for dining. And then it's time to sit down, have a decent dinner and talk a little bit about life and things.





## FOOD WORKSHOPS

# Livonian Tastes - Local Food at Tiido-Tiiu Farm

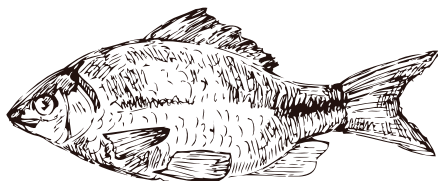
### GENERAL INTRODUCTION

SEASON:	May-October
CAPACITY:	max 30 Persons
DURATION OF THE PROGRAMMEE:	1.5-2 h
LANGUAGES:	Estonian, English
HOSTS:	Mrs Tiiu Sommer

[www.facebook.com/maitsetekoda](https://www.facebook.com/maitsetekoda)

### INTRODUCTION

Tiido-Tiiu Farm is a fishing farm on the coastline, not far from Pärnu. It represents traditional self-sufficient living. Together with guests, the hostess will cook grilled or boiled fish with local vegetables. It is a traditional coastal fishermen's family dish, made according to the family recipe from seasonal Baltic herring, zander, ruffe, perch or other fish caught in Liivi Bay of the Baltic Sea. A choice of home-made products will be offered for cooking the meal: home-made preserves from cucumber, tomato, pumpkin, home-made canned salads, berry jams, various home-made sauces.



**LOCATION**

 **ESTONIA**

Address: **Tiido-Tiiu talu, Lindi küla, 88302 Audru osavald, Pärnumaa, ESTONIA**

Distance from the capital city: **Tallinn, 148 km**  
Distance from the nearest town: **Pärnu, 21 km**

### PROGRAMME

- Welcome tea/coffee
- Introduction of the family, farm history, about how and why their own small-scale production was established
- Introduction of the family farm brand "Tiido-Tiiu farm tastes":
  - cooking a fish dish with the hostess. Briefing about the food and cooking process. Making food together
  - fish workshop (e.g. Grandma's home-made pickled herring, fish salting, making fish snacks);
- Produce tasting
- Possibility to buy farm produce.





Photo: Joukko Sool



Photo: Pille Petersoo

## FOOD WORKSHOPS

# Maitseelamuse Koda - "The House of Delicious Tastes" Food Workshop

### GENERAL INTRODUCTION

SEASON:	May-September outdoors, October-April indoors
CAPACITY:	10-50 Persons
DURATION OF THE PROGRAMMEE:	3,5-4 h (including eating)
LANGUAGES:	Estonian, Russian, English
HOSTS:	Mrs Triinu Ackermann and Mr Tauno Laasik

[www.facebook.com/maitseelamuse](http://www.facebook.com/maitseelamuse)

### INTRODUCTION

Maitseelamuse Koda (The House of Delicious Tastes) is the Peipsi Community Kitchen NGO trademark.

Maitseelamuse Koda is focused on teaching people how to use local raw produce in daily life and also on the importance of product quality. They use simple recipes and rustic techniques, but still give the elegance with pure flavours. The best way to cook is on an open fire that gives real and delicious taste to the food, thus, whenever possible, workshops take place in the open air.

### PROGRAMME

- During the workshop, with the help of the chef, participants make three or four dishes from local raw produce
- In the selection there are Lake Peipus fish (different species depending on the season), organic grass-fed beef or lamb from Hiiumaa Island, local vegetables and mushrooms. The menu will be chosen before the workshop. The menu includes an appetiser (1-2), main course, dessert, water and tea, made in "samovar". Participants prepare their own lunch or dinner and enjoy it afterwards.

**LOCATION**

 **ESTONIA**

Address: Lake Peipus region (Mustvee to Varnja), ESTONIA

Distance from the capital city: Tallinn 175 km

Distance from the nearest town: Narva 120 km

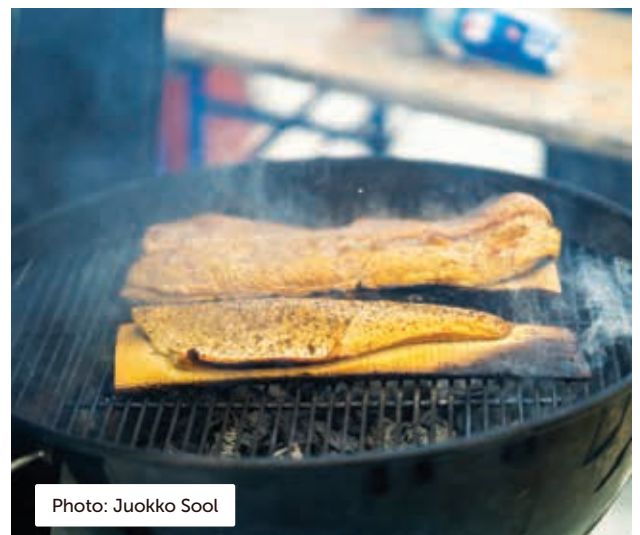


Photo: Juokko Sool





## FARMS AND CAFÉS

Local food experiences introduce a variety of unique local foods that small family-run farms and factories produce from locally grown products. Each programme is dedicated to experience a particular food or dish. Visitors will experience local cuisine through listening to the stories, smelling rich aromas while the food is being cooked, enjoying the sight of a festive meal on the table and, of course, savouring the flavours of Livonia.

The programmes usually include an introductory presentation, a tour of facilities, tasting the produce and/or a meal.







## FARMS AND CAFÉS

# Nornieki Ostrich Farm Tour

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	Individual visitors and groups
DURATION OF THE PROGRAMMEE:	2 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Mrs Anda Šimane

[www.strausuferma.com](http://www.strausuferma.com)

### INTRODUCTION

Nornieki is the largest ostrich farm in Latvia, located near Kuldīga. There are more than 100 ostriches on the farm, and the hosts also keep goats. The farm was first started in 2005, but ostrich farming began in 2011. Now the main activity is the breeding and processing of ostrich and goat meat. The hosts are also pleased to welcome visitors to their farm. The farm takes care of sustainability, respects the environment, and offers healthy natural products.

Ostrich meat is very healthy, lean, rich in protein and iron; it also contains minerals and vitamins. Ostrich eggs do not contain cholesterol. Visitors can savour ostrich meat pâté, ostrich meat soup, ostrich burgers, ostrich egg omelette. Visitors can also try home-made skincare products such as ostrich fat cream and soap. Biologically active fat nourishes, moisturises and heals dry, chapped, sun-burnt skin, relieves irritation, itching. It can be used for the whole body and face. The soap made from ostrich fat foams well and dissolves dirt.

**LOCATION**

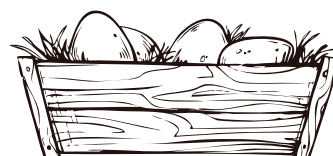
 **LATVIA**

Address: "Nornieki", Snēpeles pag., Kuldīgas nov., LV-3328, LATVIA

Distance from the capital city: Riga, 167 km  
Distance from the nearest town: Kuldīga, 20 km

### PROGRAMME

- Meet the hosts
- The story of ostrich farming - rearing ostriches in Latvia, business opportunities, meat processing, use of eggs, feathers
- The story of goat farming - breeding and business
- Tasting - ostrich egg omelettes, ostrich meat soup, dessert
- Creative workshops - making souvenirs from ostrich feathers, egg shells.





## FARMS AND CAFÉS

# Suiti Traditional Meal at Spēlmaņu Krogs Tavern

### GENERAL INTRODUCTION

SEASON:	April-October
CAPACITY:	min. 10 Persons
DURATION OF THE PROGRAMME:	2 h
LANGUAGES:	Latvian, Russian, English

[www.spelmankrogs.lv](http://www.spelmankrogs.lv)

### INTRODUCTION

Spēlmaņu Krogs is a tavern and guest house in Alsunga, Kurzeme region. Suitsi - a Latvian ethnic group live here in Alsunga. Their special culture and traditions are on the UNESCO list of intangible cultural heritage. Traditional cuisine is part of this unique culture. A popular speciality is the "Sklandrausis" carrot pie, on the Register of Traditional Specialties Guaranteed and baked in Alsunga according to the traditional recipe and methods. At Spēlmaņu Krogs tavern, guests can also savour dumplings with dried ribs, jacket potatoes, porridge and goose, sour porridge, and the Suitsi sour bread baked on site. In the summertime, groups can take "Sklandrausis" baking classes. The tavern also offers the Suitsi Traditional Feast; each of the dishes included in it has a special story about Suitsi culture and history. The hostesses speak the Suitsi dialect which adds to the feeling of authenticity. Cooking and the feast is accompanied by Suitsi traditional singing. The folk group "Suitsu Sievas" (Suitsi wives) offer a performance with songs and stories about folk costumes, traditions and local history.

**LOCATION**

 **LATVIA**

Address: Pils iela 7, Alsunga, Alsungas nov., LV-3306, LATVIA

Distance from the capital city: Riga, 195 km  
Distance from the nearest town: Kuldīga, 28 km

### PROGRAMME

- The hostesses welcome the group
- Guests are involved in making the meal: preparing dumplings and throwing them in the pot, making traditional carrot pies from rye flour, potatoes and carrots
- While the food is cooking, guests can have refreshments from the bar
- Enjoying a traditional Suitsi meal
- The programme ends with a demonstration of Suitsi traditional singing - bourdon.





## FARMS AND CAFÉS

# Miller's Lunch at Āraišu Vējdzirnavas Windmill

### GENERAL INTRODUCTION

SEASON:	May-October
CAPACITY:	min. 10 Persons
DURATION OF THE PROGRAMMEE:	1.5 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Mrs Vineta Cipe

[www.celotajs.lv/lv/e/araisu\\_vejdzirnavas](http://www.celotajs.lv/lv/e/araisu_vejdzirnavas)

### INTRODUCTION

Āraišu Vējdzirnavas windmill is located in Āraiši, near Cēsis, in the Vidzeme region. It stands on the highest hill in the neighbourhood with a beautiful view. In Latvia, this is one of the few Dutch-type windmills. It was built in 1852, is in working order and offers visitors the chance to try grain milling. Every year on the last Sunday in July, Jacob's day is celebrated as a new rye bread festivity. Tourists can enjoy the Miller's Lunch in an authentic place - the mill. Also, the mill offers a special programme for newlyweds.

At one time the mill produced barley groats, and the miller's family ate what they had grown on the farm and produced in the mill. Barley groat porridge is a hearty meal, and therefore the hosts have decided to offer the Miller's Lunch to their guests as a demonstration of local historical foods. Only locally grown products are used for the Miller's Lunch, and the full menu consists of barley porridge with meat sauce, dessert with berry jelly, and herbal tea or sour milk.

**LOCATION**

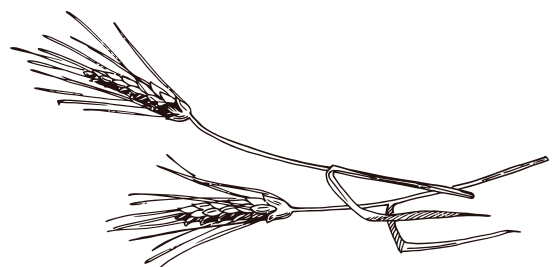
 **LATVIA**

Address: „Vējdzirnavas”, Drabešu pag., Amatas nov., LV-4139, LATVIA

Distance from the capital city: Riga, 83 km  
Distance from the nearest town: Cēsis, 7 km

### PROGRAMME

- The mill's hostess takes guests on a tour of all four floors of the mill. Guests can see the process of grain becoming flour, try grinding the flour and get to know the mechanisms of the mill
- After the tour, the hostess serves the Miller's Lunch.





## FARMS AND CAFÉS

# Hemp Delicacies at Adzelvieši Farm

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	min. 10 Persons
DURATION OF THE PROGRAMMEE:	1.5 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Mr Matīss Grīnbergs

[www.adzelviesi.lv](http://www.adzelviesi.lv)

### INTRODUCTION

Adzelvieši is an old farmstead in north Vidzeme, near Lake Burtnieki. It is engaged in hemp, potato, grain, grey peas, and certified grass seed cultivation. The farm has been working since 1991, but the oldest documented history is from 1878, when the ancestors of the hosts bought out the family house and land. Several old buildings have been preserved and old farm tools are exhibited around the farm. For guests, the main focus is on the demonstration of hemp farming and processing. During the excursion guests taste farm products such as fine and bitter hemp, fresh and roasted hemp seeds, freshly squeezed hemp oil and hemp delicacy. No butter or vegetable fats are present in the production process, no salt or other spices added.



### LOCATION



Address: "Adzelvieši", Burtnieku pag.,  
Burtnieku nov., LV-4206,  
LATVIA

Distance from the capital city: Riga, 150 km

Distance from the nearest town: Valmiera, 30 km

### PROGRAMME

- A tour of the hemp production history on the farm
- Tasting hemp products
- Demonstration and trying out farm tools used in hemp processing.







## FARMS AND CAFÉS

# Sparkling Birch Sap at Birzī Factory

### GENERAL INTRODUCTION

SEASON:	May-October
CAPACITY:	10 - 30 Persons
DURATION OF THE PROGRAMMEE:	1 - 1.5 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Labanovski family

[www.birzi.lv](http://www.birzi.lv)

### INTRODUCTION

The process of making birch sap starts in spring, when the soil is thawed and sap starts to circulate in the birch trees. Within three weeks, sap collected from an ecologically certified birch grove is filled into bottles, natural additives are added, and the fermentation process results in sparkling birch sap. The Labanovski family is continuously working on new recipes to keep the sap fresh and tasty for drinking throughout the year. Currently the factory produces birch sap with different tastes - mint, blackcurrant buds, lemon, orange and others. The products by Birzī are organically certified.

Fresh birch sap is very healthy and refreshing. Birch takes water from the deepest layers of the earth, so it is clean. Then on its path through the tree, the sap is enriched with minerals and carbohydrates. Fresh sap is different to water, therefore it does not stay in the body, it washes out the toxins, is diuretic facilitates recovery of the body, regulates weight, improves immunity, supplies cells of the body with organic acids, improves metabolism, cleans kidneys, rinses salt precipitation from the bone joints, cleanses the blood of excess substances and performs many more body-friendly and healing functions. Sap contains protein, amino acids, a number of valuable minerals as well as electrolytes and enzymes necessary for the body. It also contains saponin that can effectively reduce elevated cholesterol levels and it has an anti-inflammatory effect.

**LOCATION**

**LATVIA**

Address: „Kainaiži”, Brantu pag., Smiltēnes nov., LV-4708, LATVIA

Distance from the capital city: **Riga, 126 km**

Distance from the nearest town: **Smiltene, 17 km**

### PROGRAMME

- Meeting the hosts and introduction
- Video presentation of birch sap harvesting in spring
- Tasting fresh birch sap, sparkling birch sap soft drinks, birch sap wines and birch sap syrup.





## FARMS AND CAFÉS

# Excursion and Fish Tasting in Dieniņas Fishermen's Yard

### GENERAL INTRODUCTION

SEASON:	June-December
CAPACITY:	15 - 70 Persons
DURATION OF THE PROGRAMMEE:	2.5 h
LANGUAGES:	Latvian, Russian, English
HOSTS:	Mrs Iveta Celkarte and Mr Oskars Celkarts

[www.facebook.com/dieninas.lv](https://www.facebook.com/dieninas.lv)

### INTRODUCTION

Dieniņas Fisherman's Farm was built in 1889 in Bērciems - one of the oldest fishing villages on the western side of the Gulf of Riga, the Baltic Sea. The smell of fish smoking is a characteristic feature of the village. The family has been engaged in fishing for five generations, and they still maintain the traditions of fishing and fish smoking. The fish are caught in Lake Engure and in the Baltic Sea. Depending on the season, the hosts offer for tasting, and also sell, dried and smoked fish such as cod, herring, eel, bream, vimba and perch. The hostess also cooks fish delicacies from carp, lamprey, herring and mackerel. The hosts offer optional boat trips in Lake Engure and overnight accommodation. The farm is a holder of the Latvian Heritage sign and Green Certificate eco-label.

**LOCATION**

 **LATVIA**

Address: „Dieniņas”, Bērciems, Engures pag., Engures nov., LV-3113, LATVIA

Distance from the capital city: **Riga, 126 km**  
Distance from the nearest town: **Engure, 10 km**

### PROGRAMME

- Meeting the hosts and introduction
- Stories from fishermen's lives and trying out some traditional fishermen's games
- Demonstration of fish smoking facilities
- Seasonal fish meal.







## FARMS AND CAFÉS

# Klaara-Manni Honest Horticulture Workshop

### GENERAL INTRODUCTION

SEASON:	all year round
CAPACITY:	10-20 Persons
DURATION OF THE PROGRAMMEE:	2-3 h
LANGUAGES:	Estonian, English
HOSTS:	Mrs Kadi Ruumet

[www.klaaramanni.ee](http://www.klaaramanni.ee)



### INTRODUCTION

*The programme has been awarded the EHE (Genuine and Interesting Estonia) quality label.*

Klaara-Manni Holiday and Seminar Centre is surrounded by a large and beautiful organic garden. There are rooms for guests, a sauna and a fireplace hall for smaller events in the holiday and seminar centre. The historical Tori small town and Soomaa National Park are in the vicinity. It is convenient to ride a horse, walk on the boardwalk of the bog or go canoeing on the rivers.

The family-run kitchen offers traditional dishes and old recipes with a new twist. The food ingredients are from its own garden or from the surrounding farms. As a registered organic farm, Klaara-Manni grows tomatoes, cucumbers, carrots, cabbages, beetroot, pumpkins, courgettes, etc. Apples, raspberries, strawberries also come from its own garden. Preserves are made from the farm's vegetables and berries for use throughout the year in cooking and/or serving food. Potatoes and meat products (pork, beef, mutton) come from surrounding farms and small producers. Game meat is available on pre-booking.

### LOCATION



Address: **Klaara-Manni, Randivälja küla, 86814 Tori vald, Pärnumaa, ESTONIA**

Distance from the capital city: **Tallinn, 133 km**

Distance from the nearest town: **Pärnu, 25 km**



### PROGRAMME

- Welcome by the hostess
- A tour of the organic garden where participants can learn the tips and basic knowledge about organic gardening. The difference between vegetables grown organically and those which have been treated with chemical fertilisers will be explained. During the workshop, participants can put a seed in the soil and take it with them
- After the garden tour, handmade lemonade with organic herbs will be prepared under the guidance of the hostess, and snacks made of local ingredients will be served
- Optional: lunch, dinner on pre-booking.





## FARMS AND CAFÉS

# Visiting Russian Farmyard with Traditional Food Tasting

### GENERAL INTRODUCTION

SEASON:	May-September
CAPACITY:	max. 40 Persons
DURATION OF THE PROGRAMMEE:	1.5 h
LANGUAGES:	Estonian, English, Russian
HOSTSS:	Mrs Veronika Meibaum

[www.venetalu.ee](http://www.venetalu.ee)



### INTRODUCTION

*The programme has been awarded the EHE (Genuine and Interesting Estonia) quality label.*

Vene Taluõu (Russian Farmyard) in Pärnu County is a small piece of Russian culture and traditions surrounded by woodlands and boglands. The farm is owned by a family with a Russian background, originating from Veliky Novgorod, but living in Estonia for four generations. Guests will be introduced to genuine Russian folk culture, traditions and hospitality. There is a large collection of Khokhloma-art, folk costumes and traditional household items.

Traditional food, which includes potatoes cooked in a Russian oven, salted Baltic herring, home-grown fresh and pickled vegetables from the family garden will be tasted as part of the programme. Russians are also known for their tea drinking tradition. Hot tea, prepared in a real "samovar" will be enjoyed with some traditional sweets such as "baranki" and "pryaniki" with a bit of dandelion syrup made by the family recipe.



### LOCATION



Address: Sanga-Tõnise talu, Soomra küla, Pärnumaa, ESTONIA

Distance from the capital city: Tallinn, 149 km

Distance from the nearest town: Pärnu, 25 km

### PROGRAMME

- Hostesses will welcome the group with traditional bread and salt (Russian tradition)
- Introduction of the Russian Farmyard. Visiting the museum with the hostess, stories about Russian traditions and culture
- Learning how to use a "samovar" and a Russian oven
- Food tasting/tea drinking
- Optional: possibility to try on Russian national costumes.





Photo: Priit Grepp /Kodukiri

## FARMS AND CAFÉS

# Tasting the Flavours of Livonia at Kapteni Farm Home Café

### GENERAL INTRODUCTION

SEASON:	May-September
CAPACITY:	max. 80 Persons
DURATION OF THE PROGRAMMEE:	max. 2 h
LANGUAGES:	Estonian, English
HOSTS:	Mrs Haidi Väljas

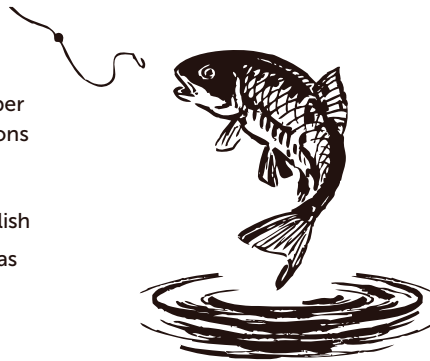
[www.kapteni.eu](http://www.kapteni.eu)

### INTRODUCTION

Kapteni Talu (Captain's Farm), specialising in fishing and fish processing, is a family enterprise in a seaside village in Pärnu County. The owner of the farm is a fisherman, and fresh fish is brought in every day right from the sea. His spouse makes a huge variety of fish products: fresh fillets, ready-to-cook fish products, smoked fish, dried fish, fish in marinade and fish for grilling. Today, the family business produces fish chips, minced fish mixture for patties, breaded fish cutlets, fish sausages for grilling, fish kebabs on skewers, battered fish and a range of fish types in various marinades depending on what is in season.

In summer, a small fish café is open in the backyard of the farm. A variety of fish dishes, ranging from appetisers to steaks, as well as desserts are offered. For larger groups it is recommended to order in advance. Menu can be specified by prior arrangement.

Visitors can always buy freshly cut fillets of the fish that is currently available. All products are made of fresh fish, and the owners' desire is to see people loving fish more.



LOCATION

**ESTONIA**

Address: **Kapteni talu, Lindi küla, Pärnumaa, ESTONIA**

Distance from the capital city: **Tallinn, 150 km**

Distance from the nearest town: **Pärnu, 25 km**

### PROGRAMME

- Welcoming the group
- The host will talk about the farm and fishing, about how and why their own small-scale production was established
- Different options can be pre-arranged:
  - produce tasting
  - fish workshop (e.g. fish filleting, fish cutlet making, fish salting)
  - coffee break or lunch/dinner with fish dishes.

### EXTRA SERVICES:

- Boating trips at sea with professional fishermen
- During the trip you will get to know what a fisherman's day-to-day life is really like. You can watch them draw the nets in and remove the fish from them. You will trace the journey of a fish from the sea all the way to the shop or market the next morning
- Boating trips with a professional boat driver and a motor boat (up to 6 persons at a time)
- Water Bicycle (for 4 persons) and paddle boat (for 5 persons).





## FARMS AND CAFÉS

# Tamme Farm Herb Garden



### GENERAL INTRODUCTION

SEASON:	May-September
CAPACITY:	max. 40 Persons
DURATION OF THE PROGRAMMEE:	1-1.5 h
LANGUAGES:	Estonian, English, Russian
HOSTS:	Mrs Heli Viedehof


[www.tammetalu.eu](http://www.tammetalu.eu)

### INTRODUCTION

*The programme has been awarded the EHE (Genuine and Interesting Estonia) quality label.*

Tamme Farm Herb Garden specialises in alternative agricultural production. It is a great spot to learn about a variety of herbs in one of their sample gardens, to check out their surprising vegetables, and to learn about decorative plants that can also be used in cooking. The Tamme Farm shop sells a variety of hot, sweet, tasty, and delicious products which are made from herbs, chilli peppers, berries, and vegetables grown and processed at Tamme Farm. The selection includes tea mixes, flavoured salts and spice mixes, spicy and gourmet jams, and herb oils. In front of the herb shop, there is a nicely decorated area where gardening enthusiasts can choose and buy plants they can grow at home. The hostess serves a variety of herb pastries and herbal teas.

**LOCATION**

 **ESTONIA**

Address: **Tamme talu, Malda küla, 88314 Pärnu, Pärnumaa, ESTONIA**

Distance from the capital city: **Tallinn, 139 km**  
 Distance from the nearest town: **Pärnu, 15 km**

### PROGRAMME

- Welcome by the hostess
- Herb garden tour. In this wonderful world of flavours and aromas, the hostess tells stories about her favourites and shares her knowledge of how to grow and use plants
- Tasting herbal teas with herb pie baked by the hostess
- Participants can ask questions and receive advice on growing herbs
- Optional visit to the farm café and the farm shop.







## FARMS AND CAFÉS

# Flavour Thrills in Saaremaa - Juniper Syrup Tasting at Orbu Farm

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	May-October up to 50 persons; November-April up to 20 persons
DURATION OF THE PROGRAMMEE:	1-3 h (depends on the interest of the group)
LANGUAGES:	Estonian, English, Finnish, Russian
HOSTSS:	Mrs Liisi Kuivjõgi

[www.saaremaakadasiirup.ee](http://www.saaremaakadasiirup.ee)

### INTRODUCTION

In the almost 500-year-old Leedri Village in western Saaremaa, syrup masters cook an enchanting delicacy from juniper and sugar, to which they add nuts, berries, herbs, and spices. This artisan production set up by three ladies began in 2011. At the beginning, Saaremaa Juniper Syrup products were made and brewed in Orbu Talu (Orbu Farm) authentic home kitchen. However, as the production volume increased, the home kitchen turned out to be too small, and from 2018 Juniper Syrup production takes place in the Kadakakoda (Juniper House).

The basis of the business initiative was taken from local raw materials – from the juniper bushes, that are carefully selected and collected from the clean fields and seaside of Saaremaa. Today it has grown into an entrepreneurial success story. In recent years, Orbu has become the juniper syrup „headquarters”, where pots are on the fire around the clock, allowing the entire world to get to know and taste the good qualities of juniper. Farm hostess Maret, and her daughters Liisi and Aivi, are ready to share their story and show guests the sweet process of syrup-making.

**LOCATION**

 **ESTONIA**

Address: **Leedri küla, 93316 Saaremaa, ESTONIA**

Distance from the capital city: **Tallinn, 247 km (25 min. by ferry)**

Distance from the nearest town: **Kuressaare, 33 km**

According to folk belief, juniper provides vitality and health, bringing marine refreshment to the lungs, summer heat to the bones, and power to the voice. Juniper syrup is an Estonian cousin of the world-famous maple syrup, which is why it can be used instead of maple syrup, honey and sugar. Juniper syrup can be added to cold and hot drinks: juices, yoghurt, fruit cocktails, coffee and tea. In pastries: black, brown and white bread, cookies. In desserts: on puddings, muesli, pancakes, creams, ice-creams etc. It can be used in marinades for fish, domestic or game meat, and in all kinds of dressings. The Farm juniper syrup products are handmade and do not contain e-substances.

### PROGRAMME

- Welcoming the group
- Introduction of the farm and Leedri, a vivid historical village of Saaremaa, the Estonian "Village of the Year 2015" with an active community and well-kept heritage
- Introduction of the success story of juniper syrup. An overview of why different juniper products are useful and what beliefs are associated with juniper
- Introduction of Saaremaa juniper syrup products. A brief overview of how syrup is made
- Tasting of various juniper syrup products
- Possibility to buy juniper syrup products.





## FARMS AND CAFÉS

# Visit ÖUN DRINKS, a Local Craft Soft Drinks Factory in Saaremaa

### GENERAL INTRODUCTION

SEASON:	January-December, Mon-Fri, prior arrangement at least one week in advance
CAPACITY:	min. 10 – max. 20 persons
DURATION OF THE PROGRAMMEE:	approx. 1 h
LANGUAGES:	Estonian, English
HOSTSS:	Mrs Piret Ahun

[www.oun.ee](http://www.oun.ee)

### INTRODUCTION

According to the owners of the factory, Estonian apples are the best in the world - organic, grown in a pure environment, sometimes slightly blemished, and with a taste of summer. This is the main reason why it is worth turning Estonian apples into something truly special each autumn - from apple juice to refreshing lemonades and ciders.

The owners have set themselves a goal to begin with this work on the home island - Saaremaa. In autumn they collect apples from smaller and larger orchards and press them into tonnes of natural, delicious, unsweetened apple juice. For a special blend they add some backyard berries and, last but not least, give the juice an enhanced and thirst-quenching taste by making it slightly bubbly. And there it is - a craft sparkling apple drink in Saaremaa style!



**LOCATION**

 **ESTONIA**

Address: **Lao, Karja küla, 94248 Saaremaa, ESTONIA**

Distance from the capital city: **Tallinn, 200 km**  
Distance from the nearest town: **Kuressaare, 35 km**

### PROGRAMME

The hosts welcome visitors and introduce their company and production. Two different programme options are offered:

#### 1. PROGRAMME "TASTING"

Production manager talks about the secrets of production of Öun Drinks lemonades, showing guests around and tasting a bit of everything.

#### 2. PROGRAMME "DRINK-ALL-YOU-CAN"

Production manager will give the same tour, but afterwards guests can test their personal limits and drink as much as they can.





## FARMS AND CAFÉS

# Food Experience Package "Seto Süük ja Juuk"

### GENERAL INTRODUCTION

SEASON:	May-September
CAPACITY:	up to 25 persons. Larger groups upon prior notice
DURATION OF THE PROGRAMMEE:	2-3 h
LANGUAGES:	Estonian, Russian
HOSTSS:	Mrs Rieka Hörn and Mr Aare Hörn

[www.taarkatare.com](http://www.taarkatare.com)

### INTRODUCTION

*The programme has been awarded the EHE (Genuine and Interesting Estonia) quality label.*

Seto Community Centre offers authentic Seto cuisine in the café "Taarka". In the Seto dialect spoken in South-Estonia, the title of the programme means "Seto food and drink". With a cosy and pleasant interior, Taarka Tarõ Kõögikõnõ in Obinitsa is a true heart of Seto culture. The café hosts, Rieka and Aare Hörn, are long-standing Seto cultural leaders, and through them every guest gets to take part in daily Seto culture. The café offers genuine Seto food, and a selection of Finno-Ugric and Ukrainian dishes. Drinks, pies, bread, and hot drinks are also available. The pride of the house is the genuine Seto oven that gives warmth and cooks the food.

Seto food is nutritious and wholesome, always made using fresh ingredients and characterised by the fact that the flavour and texture of the fresh basic ingredients can always be recognised in the dish. Traditionally, Setos' everyday meals included most of what we now buy from organic food shops. And only the best Seto ingredients can produce the best Seto cooking in all of its good old excellence – that is Seto gourmet or "hüä süük" (good food).

Seto food culture is influenced mostly by nature and by Estonian and Russian cuisine. Nowadays, the most well-known Seto food is "sõir", a quark cheese made of unaged cottage cheese, which is found on every table in Setomaa. But have

**LOCATION**

 **ESTONIA**

Address: Taarka Tarõ, Obinitsa küla, Setomaa vald, Võrumaa, ESTONIA

Distance from the capital city: Tallinn, 280 km  
Distance from the nearest town: Võru, 30 km

you heard of "suullim" or "tatiruug"? Because of Orthodox Christianity, fasting has been important for Setos, and meat is consumed less in a traditional Seto kitchen than in Estonian kitchens. People eat a lot of mushrooms and fish, as well as dairy products. The best known drink is "hansa", a homemade rye vodka, and several high-quality beers are brewed in Setomaa. More recently, wine makers have also appeared. Traditional cookery in Setomaa has largely survived and been kept alive in families.

### PROGRAMME

- The hosts welcome guests and give a brief insight into the Seto food world
- A meal with traditional Seto dishes
- Seto culture presentation by Seto musicians and/or leelo-singing performance. Seto leelo, the polyphonic singing tradition is on the UNESCO list of intangible cultural heritage.





#### LOCATION



Address: Mooska talu, Haanja küla,  
65601 Rõuge vald, Võrumaa,  
ESTONIA

Distance from the capital city: Tallinn, 270 km

Distance from the nearest town: Võru, 20 km

## FARMS AND CAFÉS

# Heritage of Smoking Pork in the Smoke Sauna at Mooska Farm

### GENERAL INTRODUCTION

SEASON:	January-December
CAPACITY:	max. 20 persons. Larger groups are encouraged to inquire
DURATION OF THE PROGRAMMEE:	1.5 h
LANGUAGES:	Estonian, English, German
HOSTSS:	Mrs Eda Veeroja and Familie

[www.mooska.eu](http://www.mooska.eu)

### INTRODUCTION

Mooska Talu (Mooska Farm) is a typical lifestyle farm in southern Estonia. The powerful location at the foot of Vällamäe is amidst the beautiful nature and harmoniously connects the farm life with the nature and the heritage of ancestors. The family proudly introduces their lives and local heritage to guests, the pride of which is traditional local food and heritage of smoking pork in the smoke sauna. The smoke sauna tradition is on the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.

In one of the three smoke saunas in Mooska Farm, meat is smoked in the traditional manner. The meat is cured with salt for 5 to 7 days and then smoked in mild alder smoke for about 40 hours. The result is aromatic and mouth-watering smoked meat with a brown surface. It is definitely worth trying talvõvõi (local butter) as well – this is a mixture of garlic and salo.

### PROGRAMME

#### 1. HERITAGE OF SMOKING PORK IN THE SMOKE SAUNA AT MOOSKA FARM

Excursion in Mooska Farm introducing the heritage of smoking pork meat in the smoke sauna.

The tour lasts for about 1.5 hours and introduces smoke saunas, the pork meat smoking tradition, production, includes degustation of the ham, local rye bread and bread spreads from garlic and salo.

The programme has been awarded the EHE (Genuine and Interesting Estonia) quality label.

#### 2. MEET LOCAL FOOD PRODUCERS, SAVOUR LOCAL TASTES AND ENJOY LIVE MUSIC AT MOOSKA FARM

Tour lasts for about two hours and includes:

- Introduction of the pork smoking tradition at Mooska farm
- During degustation, meeting with two more local food producers, degustation of local beverages (wine, cider or beer) and tasting of local traditional food products (cheese, fermented vegetables or jams and scones)
- Mini concert of a local musician at Mooska Farm.

Additionally pre-booked adventure trips, smoke sauna sessions and local meals are available. A farm shop is open on site.





# GOURMET TOURING ROUTES



The touring routes link culinary experience sites with the best nature attractions, towns and cities in great variety. The proposed itineraries can be used as a basis to plan individually tailored tours to suit individual tastes and/or tour programmes for small groups. Self-drive and bus tours have some elements of hiking, cycling and boating to add variety.





## GOURMET TOURING ROUTES

# Active Gourmet Tour in Gauja National Park (cycling and canoeing)

DURATION: **7 days**  
TRANSPORTATION: **Self-drive**  
TOTAL LENGTH: **~ cycling 153 km, canoeing ~ 17 km**

If you enjoy an active lifestyle, this tour is the perfect way to enjoy the culinary heritage hidden in Gauja National Park. The cycling route starts from Strenči and first passes two local breweries at Brenguļi and Valmiermuiža with nice cafés and good beer. On the way to Valmiera you will also stop at Trikāta Village to taste locally made chocolate. From Valmiera, the route goes through a beautiful forest to Cēsis with its charming medieval Old Town. In Cēsis you will visit the local bakery and distillery to taste their production. Also, you will see what a herb and species garden looked like in medieval times. You'll experience a canoeing trip from Cēsis to Līgatne, one of the nicest parts on the River Gauja with its sandstone banks, remote farmsteads and old-fashioned water-powered ferry. The historic centre of Līgatne Town is linked with the development of its paper mill. Here you can also visit local wine and handicraft producers in one of the artificial caves typical of the area. Cycling the hilly, winding roads of Sigulda, you'll see Turaida and Sigulda medieval castles, Gūtmaņala Cave and other picturesque views. In Sigulda you will enjoy Latvian traditional meals in the restaurants "Bucefāls", "Aparjods", and will taste 80 kinds of jam in the Mauriņi guest house.

## DAY 1

TRAIN: **RĪGA - STRENČI (2,5 h)**  
CYCLING: **STRENČI - TRIKĀTA - VALMIERA (33 km)**

### Trikāta Village

In Trikāta, visit the chocolate factory "R Chocolate". They use high-quality raw chocolate from Spain and offer chocolate making masterclasses to visitors. In the summertime they also produce ice-cream using milk and cream from local producers.  
[www.viahanseatica.info/objekts/sokolades-razotne-un-tirgotava-r-chocolate/](http://www.viahanseatica.info/objekts/sokolades-razotne-un-tirgotava-r-chocolate/)

### Brenguļi Brewery and Beer Garden

They produce traditional beer from locally grown grain. In the beer garden visitors can enjoy the light and dark beers, and also savour traditional Latvian dishes. [www.viahanseatica.info/objekts/brengulu-alus-daritava](http://www.viahanseatica.info/objekts/brengulu-alus-daritava)

### Valmiermuiža Brewery

You will learn about the traditions of beer brewing, as well as observe how "live" beer is made using natural ingredients. The tour ends with beer tasting. After the tour, visitors can enjoy local foods at the brewery pub.  
[www.valmiermuiza.lv](http://www.valmiermuiza.lv)

### Hanseatic Town Valmiera

Highlights: Castle ruins; St. Simon's Lutheran Church; the viewing tower offers panoramic views of Valmiera and the River Gauja; a 2 km barefoot trail with 15 different surfaces to be experienced in the "Sājūtu Parks" park.  
[www.visit.valmiera.lv](http://www.visit.valmiera.lv)

### Evening Meal and Overnight Stay in the Hotel "Wolmar" in Valmiera.

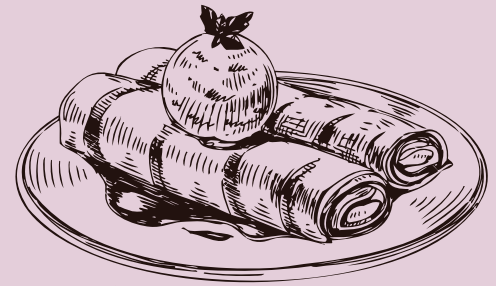
Located in the centre of Valmiera, the hotel features a city theme - each room has its own address and the corridors bear street names. The hotel restaurant offers a culinary journey based on natural local foods.  
[www.hotelwolmar.lv](http://www.hotelwolmar.lv)



## ITINERARY:



**RĪGA - STRENČI - VALMIERA - CĒSIS -  
LĪGATNE - SIGULDA - TURAIDA -  
SIGULDA - RĪGA**



## DAY 2

CYCLING: **VALMIERA - SIETIŅIEZIS - CĒSIS**  
(50 km, mostly gravel roads and forest roads)

### En Route:

**Sietiņezis**, the largest white sandstone outcrop in the Baltics; **Ērgļu cliffs**, the red sandstone outcrop is one of the most attractive nature sites in Gauja National Park; the **viewing platform** offers a beautiful view of the River Gauja valley

### Lunch in the Café "Priede"

The café is located in "Rožu laukums" (Rose Square), in the historic centre of Cēsis. Offers meals from local ingredients and coffee roasted in Latvia.

[www.viahanseatica.info/objekts/kafejnica-priede/](http://www.viahanseatica.info/objekts/kafejnica-priede/)

### Medieval Town Cēsis

Highlights: the historic centre, St. John's Lutheran Church, one of the oldest churches in Latvia.

### Evening Meal in the Restaurant "Jāņoga"

Meals made from local farmers' produce and an extensive vegetarian menu. [www.viahanseatica.info/objekts/restorans-janoga/](http://www.viahanseatica.info/objekts/restorans-janoga/)

### Overnight stay in Hotel Cēsis

Hotel Cēsis is a family-friendly establishment in the very centre of Cēsis Town. There is a hotel restaurant with a park view offering traditional Latvian and modern cuisine.

<http://turisms.cesis.lv/en/where-to-stay/hotels/hotel-cesis/>



## DAY 3

### A DAY IN CĒSIS TOWN

#### "Cēsu maize" Bakery <sup>1</sup>

Excursion and bread tasting. They bake bread from organic grain using a natural dough starter. The grain is milled in a stone mill.

[www.viahanseatica.info/objekts/maizes-ceptuve-un-veikals-cesu-maize/](http://www.viahanseatica.info/objekts/maizes-ceptuve-un-veikals-cesu-maize/)

#### The Kitchen Garden of the Livonian Order Castle <sup>2</sup>

The garden is a historical reconstruction of a herb and vegetable garden from the 16th century. It contains only vegetables, herbs and medicinal plants that were found in Livonia 500 years ago, such as onions, garlic, dill and thyme. [www.cesupils.lv](http://www.cesupils.lv)

#### Lunch in the Café "Aroma" by the Central Town Square

"Veselības Laboratorija" (Health laboratory) <sup>3</sup>, a local distillery producing strong alcoholic drinks and infusions using seasonal berries grown in Latvia. A tour of the production facility offers stories of how the business started and how drinks are produced; produce tasting.

[www.viahanseatica.info/objekts/stipro-dzerienu-daritava-veselibas-laboratorija/](http://www.viahanseatica.info/objekts/stipro-dzerienu-daritava-veselibas-laboratorija/)

#### Evening Meal in the Restaurant H.E.Vanadzīņš

[www.facebook.com/VanadzinaRestorans/](https://www.facebook.com/VanadzinaRestorans/)

#### Overnight in Cēsis <sup>4</sup>



## DAY 4

### A DAY IN LĪGATNE AND SURROUNDINGS

#### River Gauja Canoeing Trip: Cēsis - Līgatne

(17 km, ~ 4 h) <sup>5</sup>

This is one of the most picturesque parts of the River Gauja with scenic sandstone outcrops along the banks.

#### Lunch in ZEIT Hotel and Café in Līgatne Village

This complex is located in former helmet factory, nowadays it is a modern hotel, café and children adventure park, where the industrial heritage is being preserved and used. The menu changes depending on the season and the imagination of the chefs. [www.zeit.lv](http://www.zeit.lv)

#### A Walk or Cycling Around Līgatne Village <sup>6</sup>

You will explore the historical centre of Līgatne paper mill village and will have a walk along Līgatne Nature trails where you can watch wild animals in open air enclosures and enjoy the River Gauja valley landscapes.

#### Excursion in Līgatne Winery and Spoon Factory <sup>7</sup>

This family-run winery makes 20 sorts of sweet, semi-sweet and dry wines from berries, fruit, plants and even flowers foraged in Gauja National Park. They also produce some jam and gather herbs to produce herbal teas. The Spoon Factory demonstrates how they make spoons and other practical household items from wood.

<http://ligatnesvinadaritava.lv/>

#### Evening Meal at "Vilhelmīnes dzirnavas" Pub <sup>8</sup>

This local pub is situated in the historic Līgatne paper mill building by a pond. Traditional Latvian dishes are on menu such as Vidzeme stroganoff, grilled Kolka herring, Amata river trout.

#### Overnight Stay in the Guest House "Vilhelmīne"

The guest house is located in Līgatne by the river and close to the Līgatne nature trails. Family rooms are available. [www.vilhelmine.lv](http://www.vilhelmine.lv)





## DAY 5

CYCLING: LĪGATNE - NURMIŽI - SIGULDA (30 km)

### Lunch in the Pub "Bucefāls" <sup>9</sup>

It is a log building with traditional style interior design. On the menu: lamb from the owner's farm, smoked chicken.

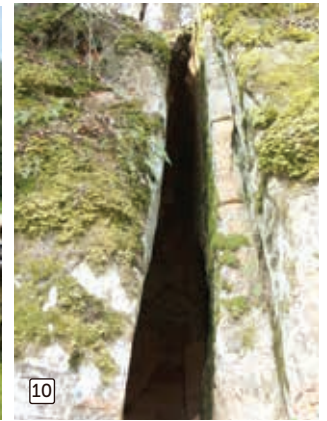
[www.bucefals.lv](http://www.bucefals.lv)

### Nature Sights En Route: <sup>10</sup>

Peter's Cave, Satezeles castle hill, Kraukļu cliff and Paradise hill with excellent views over the River Gauja valley.

### Evening Meal and Overnight Stay in the Hotel "Aparjods" in Sigulda <sup>11</sup>

The hotel is near the main road, 20 minutes' drive from the town centre. The hotel restaurant combines Latvian cuisine traditions with modern food techniques. [www.aparjods.lv](http://www.aparjods.lv)



## DAY 6

CYCLING: SIGULDA - TURAIDA - KRIMULDA - SIGULDA - GUEST HOUSE MAURIŅI (25 km)

### En Route: <sup>12</sup>

Sigulda castle ruins, Gūtmaņala Cave, Turaida Museum Reserve and castle museum, observation tower, history museum, sculpture garden, Krimulda Palace and park.

### Lunch in the Restaurant "Kungu Rija" <sup>13</sup>

It is located on the Turaida-Ragana road, near to Turaida Museum Reserve. Traditional cuisine. [www.kungurija.lv](http://www.kungurija.lv)

### Bobsleigh Track in Sigulda

This is one of the few bobsleigh tracks in the world that is open for visiting and also offers bobsleigh rides for visitors. It is 1200+220 metres long and consists of 16 curves. Speeds of up to 125 km/h can be achieved on the track.

### Pīlādži Fruit Farm and Winery <sup>14</sup>

A family run business producing more than 10 sorts of wine from berries, fruits and flowers, and a popular soft drink from rhubarb. Wine is available for tasting and for sale.

[www.zilver.lv](http://www.zilver.lv)

### Dinner and Overnight Stay in Mauriņi Guest House near Sigulda <sup>15</sup>

The two-storey building with comfortable guest rooms is located by a forest. Traditional meals from local products. 80 sorts of home-made jam are available from the hostess.

[www.celotajs.lv/lv/e/viesu\\_nams\\_maurini](http://www.celotajs.lv/lv/e/viesu_nams_maurini)



## DAY 7

TRAIN: Sigulda - Riga (1 h)





## GOURMET TOURING ROUTES

# Livonian Flavours in the Vidzeme Region

DURATION: **3 days**  
TRANSPORTATION: **Self-drive**  
TOTAL LENGTH: **~ 380 km**

On this tour, you will see the most beautiful places and towns in the Vidzeme region and Gauja National Park such as Sigulda with the River Gauja valley, the medieval old town of Cēsis, and Valmiera. You will feast on the Miller's Lunch, visiting a working windmill, explore a herb and vegetable garden by a medieval castle, taste hemp butter, and Valmiermuiža local brewery beer. You will taste the "green cheese", a sparkling birch sap drink, and can buy delicacies made from locally grown garlic.



ITINERARY:

 **LATVIA**

RĪGA - SIGULDA - TURAIDA - ĀRAIŠI -  
CĒSIS - VALMIERA - BURTNIEKI -  
VALMIERA - TRIKĀTA - SMILTENE -  
BĒZKROGS - RĪGA

## DAY 1

RĪGA - SIGULDA - TURAIDA - ĀRAIŠI - CĒSIS (~ 100 km)

### Surroundings of Sigulda and Gauja National Park

Sigulda Town, Sigulda New Castle, Turaida Museum Reserve, and Gūtmaņala Cave. You can join local craft workshops and make your own mini replica of a Sigulda walking stick, which is a famous symbol of the town. You can also try your hand at weaving, paper arts and other crafts.

#### Āraišu Vēdzirnavas Windmill <sup>1</sup>

Excursion and Miller's Lunch in an authentic environment. Āraišu Vēdzirnavas Windmill is one of the few Dutch-type windmills in Latvia that is still in working order. You can also try your hand at grain milling. The Miller's Lunch is made from locally grown ingredients. It consists of barley porridge with meat sauce, dessert with berry jelly, and herbal tea or sour milk.

[www.viahanseatica.info/objekts/araisu-vejdzirnavas/](http://www.viahanseatica.info/objekts/araisu-vejdzirnavas/)

#### Āraišu Castle on the Lake

The only tribal residence in Europe that was fortified in the 9th-10th centuries. Its historic reconstruction serves as a museum.

[amata.lv/archeological-museum-park-araishi/](http://amata.lv/archeological-museum-park-araishi/)

#### Cēsis Town <sup>2</sup>

Cēsu medieval castle with a historical reconstruction of a 16th century herb and vegetable garden. It contains only vegetables, herbs and medicinal plants that were found in Livonia 500 years ago, such as onions, garlic, dill and thyme. Both in the Middle Ages and in the palace garden, medicinal plants such as marigold and wormwood were also grown. During the summer season, a knowledgeable medieval gardener will tell you about the plants that are found in the garden and their uses, as well as their positive and negative impacts.

[www.cesupils.lv](http://www.cesupils.lv)

#### Dining options in Cēsis:

Restaurant "Jānoga" <sup>3</sup> offers meals made from local farmers' produce and the extensive vegetarian menu.

[www.viahanseatica.info/objekts/restorans-janoga/](http://www.viahanseatica.info/objekts/restorans-janoga/)

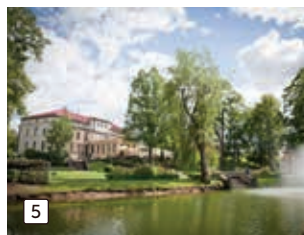
Café "Priede", <sup>4</sup> located in "Rožu laukums" (Rose Square), in the historic centre of Cēsis. Offers meals from local ingredients and coffee roasted in Latvia. [www.viahanseatica.info/objekts/kafejnica-priede/](http://www.viahanseatica.info/objekts/kafejnica-priede/)

#### Overnight options in Cēsis:

Hotel Cēsis, a family-friendly establishment in the very centre of Cēsis Town. There is a hotel restaurant and a café „Pagrabiņš”. <sup>5</sup>

[turisms.cesis.lv/en/where-to-stay/hotels/hotel-cesis/](http://turisms.cesis.lv/en/where-to-stay/hotels/hotel-cesis/)

[turisms.cesis.lv/en/where-to-stay/](http://turisms.cesis.lv/en/where-to-stay/)





## DAY 2

CĒSIS - VALMIERA - BURTNIEKI - VALMIERA (~ 100 km)

### Country House Vinkalni <sup>6</sup>

Vinkalni country house is located near Valmiera. The hostess offers 3 different Latvian dishes for a food workshop: fresh cheese, bacon buns and country dessert "Biguzis" made from rye bread.

Apart from food workshops, the host family is engaged in traditional Latvian 12th-century love rituals and showings to newlyweds, cooking on live fire, as well as preservation and restoration of antiques. The farm also grows vine plants. There is restored horse stable from 19th century with a place for celebrations. Hosts take care of the surrounding nature and invite others to do so, they are awarded with a Green Certificate, the national environmental certificate for businesses in rural tourism. [www.vinkalniesi.lv](http://www.vinkalniesi.lv)

### Hanseatic Town Valmiera

Highlights: Castle ruins; St. Simon's Lutheran Church; panoramic views of Valmiera and the River Gauja from the viewing tower; a 2 km barefoot trail with 15 different surfaces to be experienced in the "Sajūtu Parks" park. [www.visit.valmiera.lv](http://www.visit.valmiera.lv)

### Valmiera Museum Garden of Herbs and Medicinal Plants.

The tour introduces herbs and plants growing in the garden, their use in cooking and impacts on human health. Tasting of fresh herbs and herbal teas. [www.valmierasmuzejs.lv](http://www.valmierasmuzejs.lv)

### Valmiermuiža Brewery <sup>7</sup>

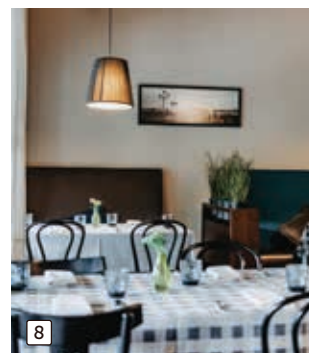
Visitors will learn about the traditions of beer brewing, as well as observe how "live" beer is made using natural ingredients. The tour ends with beer tasting. After the tour, visitors can enjoy local foods at the brewery pub. [www.valmiermuiza.lv](http://www.valmiermuiza.lv)

### Adzelvieši Hemp Farm

Excursion and produce tasting. The farm grows hemp and processes it into hemp seed butter and oil. There is an exposition of old farm tools in the yard, and the host introduces the history of hemp cultivation. [www.adzelviesi.lv](http://www.adzelviesi.lv)

### Evening Meal and Overnight Stay in the Hotel "Wolmar" in Valmiera <sup>8</sup>

Located in the centre of Valmiera, the hotel features a city theme - each room has its own address and the corridors bear street names. The hotel restaurant offers a culinary journey based on natural local foods. [www.hotelwolmar.lv](http://www.hotelwolmar.lv)



## DAY 3

VALMIERA - TRIKĀTA - RAUNA - BĒRZKROGS - RĪGA (~ 180 km)

### "R Chocolate", Chocolate Production Facility <sup>9</sup>

This chocolate factory in Trikāta Village uses high-quality Spanish chocolate and gives chocolate making masterclasses to visitors. In summer they make ice-cream from local producers' milk and cream.

[www.viahanseatica.info/objekts/sokolades-razotne-un-tirgotava-r-chocolate/](http://www.viahanseatica.info/objekts/sokolades-razotne-un-tirgotava-r-chocolate/)

### Birzi Birch Sap Production Factory <sup>10</sup>

Excursion of the production facility and cellars, and tasting of sparkling alcoholic and soft drinks made from birch sap. [www.birzi.lv](http://www.birzi.lv)

### Lunch in Café "Kukaburra" <sup>11</sup>

It is possible to see the Bread museum there. Guests can take part in baking rye bread every weekend. The café has a Latvian interior and serves products from local farmers and home-based producers of ingredients.

[www.facebook.com/latviesuvirtuve/](https://www.facebook.com/latviesuvirtuve/)

### Cheese and Pasta Factory "Siera Ražotne"

The Rauna cheese factory is owned by Ceriņš family, and for the past 10 years it has offered high-quality and nutritious products to its consumers - cheese, butter and pasta. The most popular product is "Green cheese," in which one of the main ingredients, fenugreek, grows in the factory's garden. [www.sierarazotne.lv](http://www.sierarazotne.lv)

### Production Facility "Latvijas Ķiploks" <sup>12</sup>

Tasting and purchase of unique garlic products such as garlic tea with ginger, garlic granules, garlic flower pesto. Tasting presentation also offers Garlic Bloody Mary, garlic sweet cake and garlic ice-cream. [www.viahanseatica.info/objekts/kiploku-produktu-razotne-un-tirgotava-latvijas-kiploks/](http://www.viahanseatica.info/objekts/kiploku-produktu-razotne-un-tirgotava-latvijas-kiploks/)





## GOURMET TOURING ROUTES

# Livonian Flavours in the Kurzeme Region

DURATION: **3 days**  
TRANSPORTATION: **Self-drive**  
TOTAL LENGTH: **~ 545 km**

This route invites you to visit the Kurzeme region and try the traditional dishes there. The tour starts from Riga and takes you to some beautiful nature areas for a walk that will serve as physical exercise to build up an appetite. You will feast on traditional smoked fish at Dieniņas Fishermen's Yard, take a masterclass in baking "sklandrausis", a traditional carrot pie, visit fishing villages in Slītere National Park, and savour refined meals in Ventspils city pubs. Nice attractions en route are the steep coast of the Baltic Sea in Jūrkalne and the medieval town of Kuldīga. In a 19th century watermill, which nowadays is an organic farm, the hostess will give you a masterclass in cooking regional dishes from fallow deer, trout, vegetables and fruit. The last stop on the return back to Riga is the Chocolate Museum at Pūre.



ITINERARY:

 **LATVIA**

**RĪGA - ĶEMERI - BĒRZCIEMS -  
KOLKA - VENTSPILS - JŪRKALNE -  
KULDĪGA - SABĪLE - KANDAVA - RĪGA**



## DAY 1

**RĪGA - JŪRMALA - ĶEMERI - BĒRZCIEMS - KOLKA (~ 190 km)**

### Jūrmala Resort Town <sup>1</sup>

A stopover in the seaside resort town for a walk and to see the local sights of interest.

### The Great Ķemeru Bog Boardwalk in Ķemeru National Park <sup>2</sup>

On the way to the Kurzeme region, you can stop for a walk on the "Lielā Tīreļa Laipa" boardwalk taking you through unique bog landscapes. There are two options: the small loop (ca 1.4 km) and the great loop with a viewing tower (~ 3.4 km).

### Dieniņas Fisherman's Yard <sup>3</sup>

Stories from fishermen's lives, game activities, and fish tasting. The family has been engaged in fishing for generations, and they still follow the traditional recipes to smoke and cook fish.

[www.facebook.com/dieninas.lv](http://www.facebook.com/dieninas.lv)

### Kaltene Stony Beach

This scenic landscape is one of the few places in Latvia where large boulders lie scattered on the beach.

### Lunch in the Restaurant "Otra Puse" <sup>4</sup>

The chef uses local products from the sea and local forests to cook both traditional and modern meals.

[www.celotajs.lv/lv/e/mielasts\\_zvejnieku\\_seta](http://www.celotajs.lv/lv/e/mielasts_zvejnieku_seta)

### The White Dune at Pūrciems Village

There is a scenic nature trail winding along the White Dune and the River Pilsupīte.

**Cape Kolka <sup>5</sup>** This is the most prominent cape in Latvia. The waters of the Gulf of Riga meet with the open Baltic Sea here.

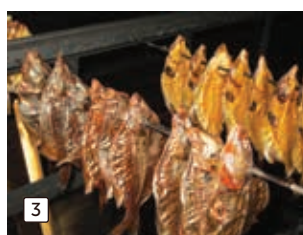
### Pastry Cooking Masterclass at Ūši Homestead <sup>6</sup>

A masterclass in baking traditional "Sklandrauši" carrot pies at Ūši homestead in Kolka Village. The house stands by the sea, near to Cape Kolka.

[www.celotajs.lv/lv/e/sklandrausu\\_cepsana\\_usi](http://www.celotajs.lv/lv/e/sklandrausu_cepsana_usi)

### Evening Meal and Overnight Stay at Ūši Homestead.

There is a small apartment for guests. This is a characteristic local house with all the amenities. A wood stove is still kept in functioning order in the kitchen.





## DAY 2

KOLKA - VENTSPILS - JŪRKALNE - KULDĪGA (175 km)

### Liv Villages in Slitere National Park

Livs are one of the smallest ethnic minorities in the world. Their heritage is witnessed in several coastal fishing villages from Kolka to Sikrags and Oviši.

### Ventspils <sup>7</sup>

Ventspils is one of the largest harbour cities in Latvia.

Highlights: the Old Town, the medieval Livonian Order castle, and the Blue Flag beach.

### Livonian Lunch in Ventspils <sup>8</sup>

"Kupfernams" is a historical hotel and restaurant in the Old Town.

[www.hotelkupfernams.lv](http://www.hotelkupfernams.lv)

### Užavas Lighthouse <sup>9</sup>

The lighthouse was built in 1879. It is 19 m high, and offers a magnificent view of the Baltic Sea. The 20 m high steep bank at Jūrkalne is one of the most picturesque landscapes on the Baltic seacoast. There are wooden stairs leading from the top of the bank down to the sandy beach.

### Bread Baking Workshop at Bērziņi Country House <sup>10</sup>

The host family demonstrates how to bake wheat and rye bread according to old recipes in a 70-year old wood stove.

[www.celotajs.lv/lv/e/lauku\\_maizes\\_cepsana](http://www.celotajs.lv/lv/e/lauku_maizes_cepsana)

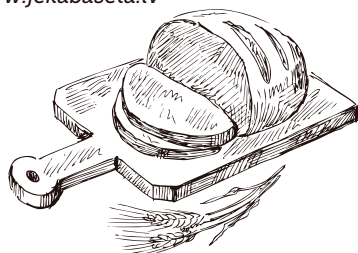
### Evening Meal at "Spēlmaņkrogs" Tavern <sup>11</sup>

The tavern offers traditional Suieti dishes. Suieti are a community with some of the most colourful and unique cultural traditions in the Kurzeme region and Latvia. [www.celotajs.lv/lv/e/spelmanu\\_krogs](http://www.celotajs.lv/lv/e/spelmanu_krogs)

### Overnight Stay in a Centrally Located Hotel in Kuldīga

Options:

- hotel "Metropole" [www.celotajs.lv/lv/e/hotelmetropole](http://www.celotajs.lv/lv/e/hotelmetropole)
- hotel "Jēkaba Sēta" [www.jekabaseta.lv](http://www.jekabaseta.lv)



## DAY 3

KULDĪGA - MAZSĀLIJAS - SABLE - KANDAVA - RĪGA (180 km)

### Kuldīga Town <sup>12</sup>

Highlights: "Ventas Rumba", the widest river waterfall in Europe, the River Alekšupīte, the medieval Kuldīga Town. Those interested in local foods can visit the centrally located "Kuldīgas Labumi" shop owned by a cooperative society of regional food producers. A wide range of home-made produce is available here.

[www.kuldigaslabumi.lv](http://www.kuldigaslabumi.lv)

### Cooking Masterclass "Taste the Life!" and Lunch at Mazsālijas Country House <sup>13</sup>

During the workshop, the food will be prepared on an open fire using deer, trout and vegetables from the Mazsālijas organic farm.

[www.celotajs.lv/lv/e/viesu\\_nams\\_mazsalias](http://www.celotajs.lv/lv/e/viesu_nams_mazsalias)

### Sabile Town and Landscapes in the River Abava Valley

### Chocolate Museum in Pūre Village <sup>14</sup>

A tour and workshop: the story of chocolate, its processing and products, making own chocolates and tasting.

[www.purechocolate.lv](http://www.purechocolate.lv)





## GOURMET TOURING ROUTES

# Pärnu - Kihnu - Viljandi

DURATION: **3 days**  
FÜR WEN: **groups**  
TRANSPORTATION: **bus and cycling**  
TOTAL LENGTH: **614 km driving, 15 km cycling**

This three-day tour offers a variety of culinary experiences. A bus tour is combined with cycling on Kihnu Island to visit local farms and production facilities making unique foods from local ingredients. You will taste cider, fish, herbal teas, beer, dairy products, and pastries. You will visit traditional Estonian and Russian households to enjoy real home-made meals and experience local culinary heritage.



## DAY 1

DRIVING: TALLINN - KAELASE - LINDI - KÕPU (206 km)

### Jaanihanso Siidrivabrik (Jaanihanso Cider House) <sup>1</sup>

One of the most popular cider houses in Estonia, they show how they make cider, where they grow the apples. Produce tasting and a little shop. [www.jaanihanso.ee](http://www.jaanihanso.ee)

### Kapteni Talu (Captain's Farm) <sup>2</sup>

Lunch and visit at the Captain's Farm, located directly by the sea. The captain's freshly caught fish is turned into delicious fish dishes that can be tasted and bought in the Captain's Summer Café. [www.kapteni.eu](http://www.kapteni.eu)

### Tiido-Tiiu Talu (Tiido-Tiiu Farm) <sup>3</sup>

The property is located in the traditional fisherman's village, and local dishes and crafts are respected here. Guests are offered tasting of home-made products such as pickled Baltic herring rolls and jams. They also organise master classes for cooking and crafts, and introduce guests to rural life. [www.facebook.com/maitsetekoda/](https://www.facebook.com/maitsetekoda/)

### Vene Talu (Russian Farmyard)

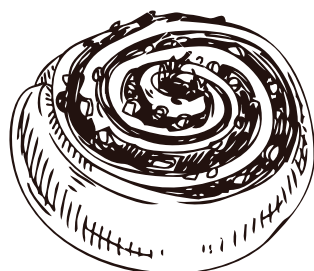
The Russian farmyard is a small piece of Russian culture on an Estonian farm with a long and interesting history. You will see Russian folk costumes from various regions, traditional household tools and a collection of "samovars". In the farmyard you will see an authentic Russian oven and a high, lace-like fence.

The hosts also offer tea prepared in "samovar", served with Russian gingerbread and ring-shaped cracknels ("baranki").

[www.venetalu.ee](http://www.venetalu.ee)

### Accommodation and Evening Meal in Maria Talu (Maria Farm) <sup>4</sup>

The tourism farm is surrounded by nature. There are horses on the farm. Local food. [www.maria.ee](http://www.maria.ee)





## DAY 2

DRIVING: KÕPU - HAFEN MUNALAIU;  
HAFEN MUNALAIU - TORI (73 km)  
CYCLING: 15,4 km

**Drive to Munalau Port, ~ 9 km**

**Ferry to Kihnu Island** (ferry ride ~ 1 h 05 min.)

**Cycling excursion with Kihnu Mare**, the local hostess and guide (~ 5 km)

**Kihnu Mare home visit**

It is a traditional house exposing the island's lifestyle and heritage. The farm offers traditional Kihnu Island dishes from home-grown vegetables and local fish. [www.kihnumare.ee](http://www.kihnumare.ee)

**Cycling to Kihnu lighthouse, ~ 2 km**

**Kihnu lighthouse**

Kihnu lighthouse is a striking iron structure, built in 1864 and offering spectacular views over the island. It is 29 metres high, with a winding internal staircase. At the top there is a narrow round-the-tower balcony.

**Cycling to Kihnu Küek, ~ 6 km** [5]

**Lunch and fish cooking workshop at Kihnu Küek**

Traditional Kihnu cooking and recipes, local produce. [www.kihnukyek.ee](http://www.kihnukyek.ee)

**Cycling to Kihnu Port, ~ 2.5 km**

**Ferry to Munalaid Harbour**

**Bus to Klaara-Manni Puhkemaja Seminarikeskus (Klaara-Manni Holiday and Seminar Centre)**

**Accommodation and evening meal in Klaara-Manni Holiday and Seminar Centre**

The cosy recreation and seminar centre Klaara-Manni is a family business. In the kitchen, traditional dishes are celebrated, many organic ingredients are grown, and guests can also visit the herb garden. [www.klaaramanni.ee](http://www.klaaramanni.ee)



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## DAY 3

DRIVING: TORI - VILJANDI - KARKSI - NUUA - TALLINN (335 km)

**Tori Siidritalu (Tori Cider Farm)** [6]

The hosts grow their own apples, make their own award winning cider. A family owned business. [www.siidritalu.ee](http://www.siidritalu.ee)

**Energia Talu (Energy Farm)**

A family owned business; they grow herbs and make a large variety of popular herbal teas. [www.energiatalu.ee](http://www.energiatalu.ee)

**Lunch at the Raudnaela Kõrts (Raudnaela Tavern)**

A traditional tavern, pub foods. [www.raudnael.com](http://www.raudnael.com)

**Pajumäe Talu (Pajumäe Farm)**

This small organic farm, located in the green Mulgimaa region, produces various dairy products. You will have the opportunity to look at all stages of milk production - from cows on the pastures to dairy processing. Produce tasting. [www.pajumae.ee](http://www.pajumae.ee)

**Mulgi Pruulikoda (Mulgi Brewery)**

In the very heart of Mulgimaa there is a family brewery that respects local food and beverage traditions. Visitors can observe the beer making process and taste different sorts of Mulgi beer. [www.mulgipruul.ee](http://www.mulgipruul.ee)

**Drive to Tallinn.**



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## GOURMET TOURING ROUTES

# Tartu - Haanja - Setomaa

DURATION: **2 days**  
TRANSPORTATION: **Self-drive**  
TOTAL LENGTH: **~ 300 km**

This tour combines culinary experiences with visiting popular tourist attractions in southern Estonia. You will visit Võru and Rõuge, enjoy the southern Estonian landscape in Haanja Nature Park from the top of Suur Munamägi, the highest hill in the Baltics, and will be sincerely welcomed in Setomaa, the land of Setos - an ethnic and linguistic minority carrying on their unique heritage traditions. Setomaa has been inhabited for about 8,400 years, which makes it one of the oldest human settlements in Estonia. On this tour, you will taste Estonian wines made from locally grown berries and fruit, visit a goat farm offering superb goat's cheese, and will be served a hearty country meal in a rural homestead.

The itinerary starts and ends in Tartu, but it can be extended to/from Tallinn and Riga.



## DAY 1

DRIVING: TARTU - VÕRU - RÕUGE - HAANJA (~ 110 km)

EN ROUTE:

### Visiting the ambient Võru and Rõuge. <sup>1</sup>

#### Lunch in Ööbikuoru Villa

The villa is located amidst three lakes, in the heart of Rõuge Valley. Lunch in their café-restaurant "Andreas".

[www.oruvilla.ee](http://www.oruvilla.ee)

#### Uue - Saaluse veinitalu (Uue-Saaluse Winery) <sup>2</sup>

Farmers make wine from the berries and fruits that grow in the wonderful Võru County hilly area.

[www.koduveinid.ee](http://www.koduveinid.ee)

#### Jõeniidu Puhkemaja (Jõeniidu Holiday House)

It is a small rural goat farm producing a variety of products from goat's milk.

[www.facebook.com/joeniidutalu](https://www.facebook.com/joeniidutalu)

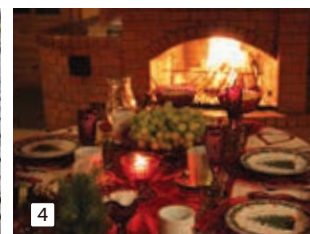
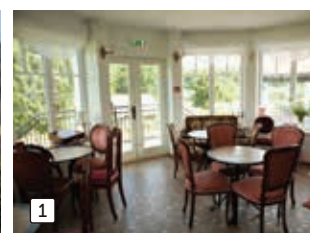
#### Haanja Nature Park and Suur Munamägi Hill Viewing Tower <sup>3</sup>

The nature park was set up to protect the landscape and cultural environment of the Haanja highland. In its central part stands Suur Munamägi, the highest hill in the Baltic states (318 m a.s.l.). The observation tower gives a wonderful view of the Estonian nature.

#### Evening Meal and Overnight Stay in Vaskna Turismitalu (Vaskna Tourism Farm) <sup>4</sup>

This guest house on a farm is situated near Suur Munamägi hill, by Lake Vaskna. Local traditional meals are served to guests. The guests' favourite family recipe is the "fatty cabbage" with yellow potatoes from the neighbouring farm.

[www.vaskna.ee](http://www.vaskna.ee)





## DAY 2

DRIVE: HAANJA - VASTSELIINA - OBINITSA - SAATSE - VÄRSKA - TARTU (~ 190 km)

### Ruins of Vastseliina Episcopal Castle <sup>5</sup>

The Episcopal castle dates back to the 14th century. It was established by the Bishop of Tartu and Grandmaster of Livonia. In the Middle Ages, Vastseliina Castle was well known in the Catholic world as a popular destination for pilgrims. They worshipped the holy cross in the castle chapel and a visit to the chapel gave them sanctification for 40 days - it was first validated by Pope Innocentius VI in 1354. The castle met its end during the Great Northern War when it was demolished by Russian troops (1702). Nowadays you can visit the medieval themed centre located next to the castle, where you can taste, feel and see the life of medieval people.

[www.vastseliinalinnus.ee](http://www.vastseliinalinnus.ee)

### Obinitsa Seto Museum <sup>6</sup>

Learn about the lifestyle and culture of Seto people. In the museum you will see a lot of items that are very important to their culture, for example the fine handicraft of the Seto women. Also, if you book in advance, you can get dressed up as a Seto. The Seto women have a special look and wear a lot of silver jewellery. There is a possibility to shop in the souvenir shop.

[www.setomuseum.ee](http://www.setomuseum.ee)

### Lunch in Taarka Tarõ Köögikõnõ (Café) <sup>7</sup>

Housed in a traditional Seto farmstead building, the café offers Setos traditional dishes, as well as flavours of other Finno-Ugric nations and Ukraine. Fresh cheese, pastries, a traditional drink "kvass".

[www.taarkatare.com](http://www.taarkatare.com)

### Iti Leeväküük (Café Bakery) <sup>8</sup>

A brief stop to buy some locally baked bread. The café bakes brown country bread, bread with seeds, various white breads. Facebook.

Facebook: *Iti Leeväabrik ni Küük*

### Piusa Caves Visitor Centre <sup>9</sup>

The Piusa sandstone caves are the result of hand-mining glass sand during 1922–1966. The visitor centre houses a museum, a café and a handicraft room for children. You can visit the observation platform at the Museum cave. The biggest wintering colony of bats in Eastern Europe is located in the caves.

[www.piusa.ee](http://www.piusa.ee)

### Seto Tsäimaja (Café in Seto Farm Museum) <sup>10</sup>

Here groups can enjoy dishes from earthenware made according to Setos traditions, listen to Setos songs and music instruments (for groups only).

[www.setomuseum.ee/tsaimaja/](http://www.setomuseum.ee/tsaimaja/)



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# GOURMET TOURING ROUTES

## Active Gourmet Tour

DURATION: 9 days / 12 days  
FOR WHOM: independent travellers  
TRANSPORTATION: bicycle, canoe boat  
TOTAL LENGTH: ~ 446 km cycling, ~ 7 km im canoeing



ITINERARY:



RĪGA - GAUJA NATIONAL PARK -  
OTEPÄÄ - AHJA RIVER - TARTU -  
LAHEMAA NATIONAL PARK - TALLINN

### DAY 1

TRAIN: RĪGA – SIGULDA (1 h)  
CYCLING: SIGULDA - TURAIDA - SIGULDA - LĪGATNE  
(~ 33 km, 60% asphalt, 40% gravel road)

EN ROUTE:

#### Turaida museum reserve, ruins of a Livonian Order castle. <sup>1</sup>

There is an observation tower and a sculpture garden on the banks of the River Gauja. Also, do some sightseeing in Sigulda.

#### Lunch in the Pub "Bucefāls" <sup>2</sup>

It is a log building with traditional style interior design. On the menu: lamb from the owner's farm, smoked chicken. [www.bucefals.lv](http://www.bucefals.lv)

#### Līgatne Winery and Spoon Factory <sup>3</sup>

This family-run winery makes 20 sorts of sweet, semi-sweet and dry wines from berries, fruit, plants and even flowers foraged in Gauja National Park. They also produce jam and gather herbs to produce herbal teas. The Spoon Factory demonstrates how they make spoons and other practical household items from wood.

[www.ligatnesvinadaritava.lv](http://www.ligatnesvinadaritava.lv)

#### Līgatne Nature Park <sup>4</sup>

Walking trails and wild animals in open air enclosures.

#### The Secret Soviet Bunker <sup>5</sup>

The secret Soviet bunker in Līgatne is located in the territory of the „Līgatne” Rehabilitation Centre at a depth of nine metres underground. It was built in the 80s to create a safe place where the state's elite could live in the case of a nuclear war threat. Now a popular tourist attraction, guided tours available. [www.bunkurs.lv](http://www.bunkurs.lv)

#### Evening Meal at "Vilhelmīnes dzirnavas" Pub <sup>6</sup>

This local pub is located in the historic Līgatne paper mill building by a pond. Traditional Latvian dishes are on the menu such as Vidzeme stroganoff, grilled Kolka herring, Amata river trout.

#### Overnight Stay in the Guest House "Vilhelmīne".

The guest house is located in Līgatne by the river and close to the Līgatne nature trails. Family rooms are available.



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Photo: Velga Vītola



## DAY 2

CYCLING: LĪGATNE – ĀRAIŠI – CĒSIS  
(35-45 km; 60% asphalt, 40% gravel road)

### Āraišu Castle on the Lake <sup>7</sup>

The only tribal residence in Europe that was fortified in the 9th-10th centuries. Its historic reconstruction serves as a museum.

[www.amata.lv/archeological-museum-park-araishi/](http://www.amata.lv/archeological-museum-park-araishi/)

### Āraišu Vējdzirnavas Windmill <sup>8</sup>

Excursion and Miller's Lunch in an authentic environment. Āraišu Vējdzirnavas Windmill is one of the few Dutch-type windmills in Latvia that is still in working order. You can also try your hand at grain milling. The Miller's Lunch is made from locally grown ingredients. It consists of barley porridge with meat sauce, dessert with berry jelly, and herbal tea or sour milk.

[www.viahanseatica.info/lv/objekts/araisu-vejdzirnavas/](http://www.viahanseatica.info/lv/objekts/araisu-vejdzirnavas/)

### Cēsis Town <sup>9</sup>

Cēsu medieval castle with a historical reconstruction of a 16th century herb and vegetable garden. It contains only vegetables, herbs and medicinal plants that were found in Livonia 500 years ago, such as onions, garlic, dill and thyme. Both in the Middle Ages and in the palace garden, medicinal plants such as marigold and wormwood were also grown. During the summer season, a knowledgeable medieval gardener will tell you about the plants that are found in the garden and their uses, as well as their positive and negative impacts.

[www.cesupils.lv](http://www.cesupils.lv)

### "Cēsu maize" Bakery <sup>10</sup>

Excursion and bread tasting. They bake bread from organic grain using a natural dough starter. The grain is milled in the stone mill.

[www.viahanseatica.info/objekts/maizes-ceptuve-un-veikals-cesu-maize/](http://www.viahanseatica.info/objekts/maizes-ceptuve-un-veikals-cesu-maize/)

### Gift Shop "Pie Karlīnes" <sup>11</sup>

The shop is named after the hotel's former owner, Karlīne. It is possible to buy gifts, handicraft items, souvenirs, as well as delicious homemade products, homemade wines and spirits here. Produce tasting presentations on prior arrangement.

[www.viahanseatica.info/objekts/majrazotaju-produktu-veikals-pie-karlines/](http://www.viahanseatica.info/objekts/majrazotaju-produktu-veikals-pie-karlines/)

### Evening Meal in the Restaurant "Jānoga" <sup>12</sup>

The restaurant offers meals made from local farmers' produce and extensive vegetarian menu.

[www.viahanseatica.info/objekts/restorans-janoga/](http://www.viahanseatica.info/objekts/restorans-janoga/)

Overnight in Cēsis [www.turisms.cesis.lv/en/where-to-stay/](http://www.turisms.cesis.lv/en/where-to-stay/)

## DAY 3

CYCLING: CĒSIS – VALMIERA  
(~ 50 km; 24% asphalt, 76% gravel and forest road)

### Cēsis - Valmiera

The route leads through forests and meadows in the ancient valley of the River Gauja with landscapes of sandstone cliffs and caves. As there are no lunch possibilities in this route, we recommend to take lunch boxes.

### Evening meal in Valmiermuiža Brewery <sup>13</sup>

Visitors can enjoy local foods at the brewery pub. After the meal visitors will learn about the traditions of beer brewing, as well as observe how "live" beer is made using natural ingredients. The tour ends with beer tasting.

[www.valmiermuiza.lv](http://www.valmiermuiza.lv)

### Overnight Stay in the Hotel "Wolmar" in Valmiera <sup>14</sup>

Located in the centre of Valmiera, the hotel features a city theme - each room has its own address and the corridors bear street names. The hotel restaurant offers a culinary journey based on natural local foods.

[www.hotelwolmar.lv](http://www.hotelwolmar.lv)





## DAY 4

TRAIN: VALMIERA – LUGAŽI

(43 km, ca 50 minutes)

CYCLING: LUGAŽI – VALKA (LATVIA) – VALGA (ESTONIA) (~ 7 km)

EN ROUTE:

**Cycling through twin-towns Valka and Valga.**

### Lunch in the Hotel Metsis Restaurant in Valga

On the restaurant menu you will find game and fish dishes, mostly made from local ingredients. The restaurant Hunter's Hall with its cosy atmosphere is worth a visit. [www.hotellmetsis.com/restoran/](http://www.hotellmetsis.com/restoran/)

TRAIN: VALGA – TARTU TO PUKA (ca. 50 minutes)

### Tarmere Company <sup>15</sup>

A family run company producing innovative and delicious hemp and buckwheat products like hemp seeds, hemp oil, organic buckwheat flour, buckwheat pillows. [www.estecofood.eu](http://www.estecofood.eu)

CYCLING: PUKA – OTEPÄÄ (15 km, 100% gravel road)

The route leads through the uplands of Otepää with wonderful nature landscapes.

### Dinner in the Restaurant "Ugandi Resto" <sup>16</sup>

Attractive interior and tasty food. Their menu includes Karilatsi trout, Liivimaa beef, house beer, grape wine, birch sap wine and house cider. [www.ugandiresto.ee](http://www.ugandiresto.ee)

### Overnight in Cantervilla Palace <sup>17</sup>

7 km from Otepää. [www.cantervilla.ee](http://www.cantervilla.ee)

## DAY 5

CYCLING: OTEPÄÄ – PÕLVA (~ 53 km, 100% asphalt)

**The route leads through Otepää Nature Park**

### Eve Demitševa Sepa talu (Eve Demitševa Sepa Goat Farm) <sup>18</sup>

The farm makes goat's cheese and other goat's milk products. [www.facebook.com/sepatalumeierei/](http://www.facebook.com/sepatalumeierei/)

### Lunch in Kopli taluköök (Kopli Farm Kitchen) <sup>19</sup>

This is a private restaurant where guests can enjoy delicious meals from fresh, seasonal and local food in a quiet pastoral atmosphere. Their speciality is home-made ice-cream. [www.koplitalu.ee](http://www.koplitalu.ee)

EN ROUTE: **Touring Põlva Town**

### Evening Meal and Overnight Stay in Hotell Pesa (Hotel "Pesa") in Põlva

The hotel offers a variety of holiday activities: boating down the River Ahja or River Võhandu. Hiking in winter, trike rides, kick sled, adventure tourism. The hotel restaurant offers meals from local ingredients including fruits, berries and mushrooms picked in the nearby forests.

[www.kagureis.ee](http://www.kagureis.ee)

## DAY 6

CANOEING: 7 km, ca. 2,5 hours

CYCLING: KOORVERE – TARTU (~ 40 km, 100% asphalt)

### Canoeing Trip on the River Ahja

**from Kiidjärve to Koorvere** On this canoeing trip you will see beautiful sandstone cliffs, wild nature, birds and animals. For groups, a picnic lunch can be arranged with soup made on an open fire. For individuals we recommend to take lunch boxes.

CYCLING: **Koorvere – Tartu**

### Andre Farm (Cheese Farm) <sup>20</sup>

This farm manufactures and sells globally renowned cheeses. Cows from happy farms give premium quality, delicious milk. Farm visitors can visit and see the cows, as well as watch the milking process. You can buy organic



cheese and other organic local produce from small producers at the small farm store. [www.andrefarm.ee](http://www.andrefarm.ee)

### Estonian Agricultural Museum <sup>21</sup>

The museum is located near Tartu in Ülenurme manor estate, and takes pride in its unique collection of agricultural machinery and a comprehensive exhibition of agriculture and rural life in Estonia through the centuries. In the Museum there is a bakery, which houses a huge baking oven. At the bakery, visitors can learn the art of baking sourdough rye bread and also churn butter. [www.maaelumuuseumid.ee](http://www.maaelumuuseumid.ee)

### Dinner in the Restaurant "Umb Roht" in Tartu <sup>22</sup>

The chefs of this cosy restaurant find inspiration in the local flora and fauna, bringing out forgotten flavours in any season. Their special offers include game and birch sap jelly. [www.umbroht.ee](http://www.umbroht.ee)

### Overnight Stay in a Hotel in Tartu



## DAY 7

### A DAY IN TARTU

#### Sightseeing in Tartu <sup>23</sup>

The oldest city in the Baltic States is also known as the birthplace of the Estonian culture and good thoughts. Numerous museums, extraordinary architecture, pure Estonian food and events for every taste make the visit even more exciting.

#### Farmers' Market Lõunakeskus <sup>24</sup>

Locally grown Estonian produce and products made from local ingredients both for everyday life and festive occasions. A wide range of products coming mainly from farms in southern Estonia.

[www.taluturg.ee/lounakeskuse-taluturg/](http://www.taluturg.ee/lounakeskuse-taluturg/)

#### Lunch in Restaurant Umb Roht <sup>25</sup>

A cosy restaurant, where chefs find inspiration from the local flora and fauna that offer unforgettable flavours during any season. The products of local masters, as well as the best from the rest of the world are held in high esteem. The wonderful combination of the local produce, that changes according to season, and delicious wine turns Umb Roht into a restaurant offering a variety of deliciousness.

[www.facebook.com/umbroht/](https://www.facebook.com/umbroht/)

#### A. Le Coq Beer Museum <sup>26</sup>

At the brewery museum of A. Le Coq, Estonia's oldest and largest beverage producer, visitors get acquainted with the history of beer brewing and beer culture, modern beer production as well as taste the beer. You can buy beer and snacks to go with it, as well as souvenirs.

[www.alecoq.ee/ollemuuseum/muuseum/](http://www.alecoq.ee/ollemuuseum/muuseum/)

#### Overnight Stay in Tartu.

[www.visittartu.com](http://www.visittartu.com)

## DAY 8

TRAIN: TARTU - TALLINN

#### Sightseeing in Tallinn <sup>27</sup>

#### Overnight stay in Tallinn

## OPTIONAL TOUR EXTENSION:

## DAY 9

TRAIN: TARTU – TAMSALU (130 km)

CYCLING: TAMSALU – LASILA – RAKVERE  
(~ 28 km, 100% asphalt)

#### Rakvere <sup>28</sup>

Livonian Order Castle Ruins and Old Town Rakvere.

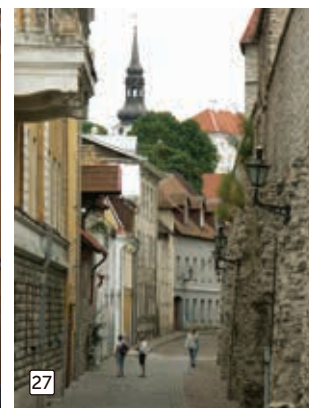
#### Overnight Stay in a Guest House in Rakvere

## DAY 10

CYCLING: RAKVERE – VIHULA/ ALTJA  
(~ 30-40 km, 100% asphalt)

#### Lahemaa National Park, Käsmu Peninsula <sup>29</sup>

A day in the national park. Altja Village in Lahemaa National Park was first recorded in writing in 1465. It is a typical seaside village with houses along one street. Traditional farmsteads of Uustalu and Toomarahva from the late 19th century are open to visitors. Renovated fishnet sheds are located on Cape Altja. The village has a swing and a tavern (Altja Kõrts) providing national food.



## DAY 11

CYCLING: VIHULA/ ALTJA – VÕSU –  
VIHASOO - VIINISTU  
(~ 50-40 km, 95% asphalt)

#### Lahemaa National Park

Highlights: coastal landscapes of the Baltic Sea, huge boulders at the seaside, various nature trails, authentic fishermen's villages and beautiful manor houses in Sagadi and Palmse are typical of the park.

#### Overnight Stay in Viinistu

## DAY 12

CYCLING: VIINISTU - KAHALA - KIIU  
- JÄGALA JOA - MAARDU - TALLINN  
(~ 70 km, 85% asphalt, 14% gravel road)

#### Overnight Stay in a Hotel in Tallinn





## GOURMET TOURING ROUTES

# Local Specialities and Beautiful Nature in LATVIA and ESTONIA

DURATION: **8 days**  
TRANSPORTATION: **Self-drive, hiking**  
TOTAL LENGTH: **~ 865 km driving, ~ 50 km hiking**

The tour from Riga to Tallinn combines natural, cultural and culinary heritage and includes lovely landscapes and 15 nature trails which cross marshlands, meadows and forests along the shores of the Baltic Sea. The itinerary brings you directly to where local specialities are produced so that you can enjoy them freshly made and authentic. You will watch lamprey being prepared for you on a grill, and you will savour treats such as home-made ice-creams where they use eggs from happy hens of the farm, smoked meat from local farms, and many others. On this tour, you will become a true expert of the traditional and modern Latvian and Estonian cuisine. As the farms producing foods are often located in beautiful nature areas, you will combine culinary and nature experiences on this tour. There are many nature trails equipped with viewing towers for birdwatching. Randu meadow near Ainaži contains one third of Latvia's entire plant species. A boardwalk leads through reeds to a viewing platform with views over the meadow and the sea. Saaremaa Island has a great variety of natural attractions that are different from those on mainland Estonia. There are dolomite cliffs, juniper heaths, a meteorite lake and rocky sea shore. The tour passes rural farms and traditional villages typical of the coastal areas. Hiiumaa Island is a laid back place and retains a very Estonian atmosphere with an important bird reserve at Käina Bay, unusual Sääre Tirp, as well as several small islets off its south-eastern coast. Back on the mainland, Paldiski peninsula gives a glimpse of the recent history with its former Soviet military base.



### ITINERARY:



RĪGA – SAULKRASTI – AINAŽI –  
PĀRNU – MUHUMAA – SAAREMAA –  
HIIUMAA – MATSALU – HAAPSALU –  
PALDISKI – TALLINN

## DAY 1

Arrival in Riga 1

Overnight Stay in a Hotel in Riga

## DAY 2

RĪGA - GARCIEMS - CARNIKAVA - SAULKRASTI -  
SALACGRĪVA (110 km)

**Seaside Nature Trail Garciems - Carnikava** (8 km; 2-3 hours)

A wooden walking trail leads through the pine forest, dunes and sandy beach. You can leave your car at Garciems train station and return to it by train after an invigorating seaside walk and the next visit in Carnikava.

**Lamprey Producers in Carnikava** 2

Excursion and tasting of Carnikava lampreys, famous for the original brand recipe. You will find out about lamprey fishing and cooking traditions around the River Gauja. Tasting lamprey in three ways - grilled on coal, lamprey in jelly, and lamprey sushi. [www.celotajs.lv/lv/e/carnikavas\\_negi](http://www.celotajs.lv/lv/e/carnikavas_negi)

After the excursion, take a train back to Garciems to pick up your car.

**Lunch in Saulkrasti café "Cietais Rieksts"**

[www.facebook.com/cietierieksti](https://www.facebook.com/cietierieksti)



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### **The Sunset Trail** (ca 3.6 km, 1-2 hours) <sup>[3]</sup>

A scenic trail for a walk in the dunes, which connects the River Inčupe and the River Pēterupe. You can return to Saulkrasti walking on the beach.

### **"Gogelmogels" Home-made Ice-cream** <sup>[4]</sup>

The farm keeps more than 250 chickens and produces home-made ice-cream according to a classic recipe and from natural ingredients. They offer tours of the poultry farm, ice-cream tasting, a story about the history of ice-cream. [www.facebook.com/gogelmogels/](http://www.facebook.com/gogelmogels/)

### **Sidrabiņi Pub** <sup>[5]</sup>

This family run pub is hosted in a renovated historical wooden building. Next to the pub there is a meat processing facility where they smoke meats that are on the pub menu. [www.facebook.com/KrogsSidrabini/](http://www.facebook.com/KrogsSidrabini/)

### **Veczemju Cliffs**

This is the most impressive and colourful set of cliffs along the Vidzeme coastline. Waves have created the steep shore that is 6 m high, with several hundred metres of red sandstone cliffs with narrow caves, niches, grottos and other formations.

### **Dinner and Overnight Stay in the Hotel "Kapteiņu Osta" in Salacgrīva.** [www.kapteinuosta.lv](http://www.kapteinuosta.lv)

## **DAY 3**

### **SALACGRĪVA - AINAŽI - PĀRNU (75 km)**

### **The Randu Pļavas Nature Trail** (ca 4 km, 1-2 hours) <sup>[6]</sup>

A scenic coastal area. Overgrown with reeds, full of seashore meadows, lagoons, muddy little lakes and sandy shallows, the Randu meadows are an important location for birds and plant life. There is a bird watching tower installed. The nature trail is in the Northern Vidzeme Biosphere Reserve.

### **Lunch in the Restaurant "Pļavas" in Ainaži** <sup>[7]</sup>

Ainaži is the last stop in Latvia. The restaurant offers an extensive menu, including vegetarian meals. A family-friendly place. [www.plavashotel.lv](http://www.plavashotel.lv)

### **Kabli Nature Study Trail** (2 km)

A trail with two sightseeing towers, changing scenery and birds' nests. The trail starts in front of the RMK Kabli Nature Centre.

### **Jōekalda kohvik (Café Jōekalda)** <sup>[8]</sup>

Country cuisine. In the summer season, they offer home-made dishes made from local vegetables and fish. Hand-made salty and sweet cookies available. [www.facebook.com/joekaldakohvik/](http://www.facebook.com/joekaldakohvik/)

### **Hoidised Riinalt (food producer)** <sup>[9]</sup>

Delicious home-made canned food, such as cucumber jam, home-made ketchup and other culinary specialities for everyone who appreciates local products. Local cuisine is served and canned food can also be purchased. [www.facebook.com/hoidisedriinalt/](http://www.facebook.com/hoidisedriinalt/)

### **Pärnu Coastal Meadow Hiking Trail** (600 m, ca 1 hour) <sup>[10]</sup>

There is a viewing platform right by the sea in the middle of Pärnu Beach. Visitors can walk above the backwaters and find unique protected plants.

### **Sightseeing in Pärnu** <sup>[11]</sup>

Pärnu is a historic spa resort with a beach, promenade, the pier and old town. [www.visitparnu.com](http://www.visitparnu.com)

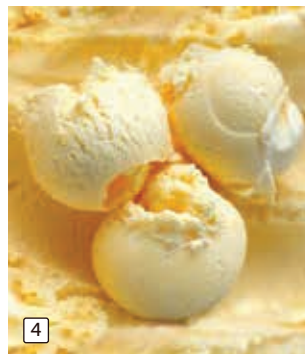
### **Farmers' market of Pärnu Keskus**

In Pärnu Farmers' market you can buy produce of Pärnumaa and other small manufacturers of the region, as well as freshly baked bread and confectionary.

### **Evening Meal and Overnight Stay in Pärnu.**



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## DAY 4

PÄRNU - LIU - TÕSTAMAA - VARBLA - VIRTUSU - KUIVASTU - MUHU - SAAREMAA (220 km)

### Tamme Talu (Tamme Farm Herb Garden) <sup>12</sup>

The farm has a garden with medicinal plants and herbs, and a collection of vegetables and decorative plants used in cooking. Guided walks can be supplemented with delicious herbal teas and herb pies if booked in advance. The farm shop has a vast selection of preserves of berries, vegetables, herbs, herbal teas and herb mixes. [www.tammetalu.eu](http://www.tammetalu.eu)

### Vene Talu (Russian Farmacy) <sup>13</sup>

This is a small piece of Russian culture on an Estonian farm with a long and captivating history. You will see Russian folk costumes from various regions, traditional household tools and a collection of "samovars". In the farmyard you will see an authentic Russian oven and a high, lace-like fence. The hosts offer tea prepared in a "samovar", which goes together with Russian gingerbread and ring-shaped cracknels ("baranki"). [www.venetalu.ee](http://www.venetalu.ee)

### Tõstamaa Walking Trail (5 km, 2 h)

The trail is equipped with informative signs indicating the closest attractions.

FERRY: VIRTUSU – KUIVASTU

### Lunch in Tihuse Hobuturismi talu (Tihuse Horse-riding Farm) <sup>14</sup>

This farm on Muhu Island is engaged in horse breeding, but also offers authentic food; lentil cakes are their special treat, as well as dietary food. Visitors can have lunch and enjoy horse riding.

[www.tihuse.ee](http://www.tihuse.ee)

### Koguva ethnographic fishermen's village on Muhu Island <sup>15</sup>

A walk in the Landscape Area on the road from **Angla Windmills and Heritage Center to Karja church** (5 km, 2 h)

### Evening Meal and Overnight Stay at Laugu Tourism Farm

[www.saaremaatalu.com](http://www.saaremaatalu.com)

or **Ranna Villa „Ranna Villa“** [www.highlandcattle.ee](http://www.highlandcattle.ee)

## DAY 5

LEISI - KURESSAARE - PANGA CLIFF - TRIIGI - SÕRU - KASSARI (195 km)

### Sightseeing in Kuressaare <sup>16</sup>

Highlights: impressive medieval castle, town centre with art galleries, little shops, cafés and restaurants.

### Lunch in the Restaurant Saaremaa Veski <sup>17</sup>

It is the most popular restaurant amongst locals, offering the best and freshest products. The menu includes game from Saaremaa forests, smoked fish during summer, treats from berries, local apple wine, as well as the best wines of Saaremaa Island.

[www.saaremaaveski.ee](http://www.saaremaaveski.ee)

### Panga Cliff on the Coast of Saaremaa Island

### Mustjala Mustard (small producer) <sup>18</sup>

The farm offers self-made mustard and chutneys; taste and choose the one that suits you best. They also organise masterclasses where you can learn how to make your favourite chutney yourself.

[www.mustjala-mustard.com](http://www.mustjala-mustard.com)

FERRY: TRIIGI – SÕRU

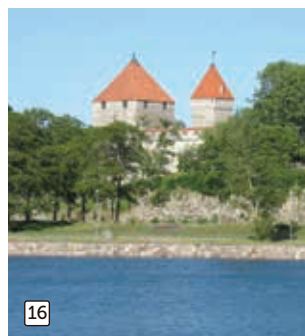
### Orjaku Boardwalk Trail on Kassari Peninsula (ca. 1 hour)

Kassari peninsula is on Hiiumaa Island. It is actually a strip of land covered with junipers. The trail leads through an overgrown coastal area with an observation tower near Käina Bay. Good bird watching sites.

### Sääretirp Nature Trail on Kassari Peninsula (ca. 1,5 hours) <sup>19</sup>

Good bird watching sites. [www.visitestonia.com/en/saaretirp](http://www.visitestonia.com/en/saaretirp)

### Evening Meal and Overnight Stay in Kassari Holiday Centre. [www.hiiumaale.ee](http://www.hiiumaale.ee)





## DAY 6

KASSARI (HIIUMAA) - KÖPU - KÄRDLA - HELTERMAA - ROHUKÜLA - HAAPSALU (135 km)

### Triinu õunamahl (small producer)

Organic farm growing apple and sea buckthorn. Visitors will see the farm, gardens, production facilities and equipment, as well as taste and buy juices. [www.triinuounamahl.weebly.com](http://www.triinuounamahl.weebly.com)

### Kõpu Lighthouse <sup>20</sup>

This is the oldest lighthouse in the Baltic states.

### Lunch in Põhja-Tooma Puhkemajad (Põhja-Tooma Holiday Homes) <sup>21</sup>

Peaceful atmosphere. Food is prepared from the local ingredients of Hiiu-maa according to the preferences of guests. [www.facebook.com/pohjatooma](http://www.facebook.com/pohjatooma)

### Heltermaa Käsitöömaja (Craft House in Heltermaa) <sup>22</sup>

A local Hiiu-maa grocery and handicraft shop, open during the summer season. The selection is very wide, starting from ceramic dishes and ending with Hiiu-maa lemonade. [www.heltermaakasitoomaja.voog.com](http://www.heltermaakasitoomaja.voog.com)

FERRY: HELTERMAA – ROHUKÜLA

### A Walk on Haapsalu Promenade (8 km both ways, 2-3 hours)

The walk starts at the African beach and ends by the Baltic Hotel Promenade. Near the promenade there are many sites to see and museums to visit, e.g. Haapsalu Town Hall, Ilons Wonderland, Haapsalu Resort Hall, Tchaikovsky's Bench and Museum of the Coastal Swedes.

### Evening Meal and Overnight Stay in Haapsalu. <sup>23</sup>

## DAY 7

HAAPSALU - PALDISKI - TALLINN (130 km)

### Overnight stay in Tallinn

## DAY 8

### Departure





## GOURMET TOURING ROUTES

# Tasty Adventures in Latvia and Estonia

DURATION: **12 days**  
TRANSPORTATION: **Self-drive**  
TOTAL LENGTH: **~ 1500 km**



1

## DAY 1

ARRIVAL IN RIGA

Explore Riga 1

Overnight stay in Riga

## DAY 2

RIGA - ĶEMERI - VALGUMS (65 km)

**Lāči Bakery** 2

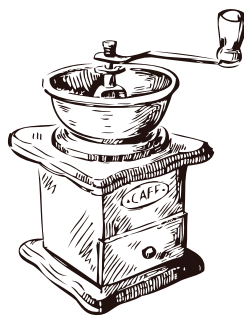
Lāči brand bread is popular in Latvia and abroad, because the bakery uses ancient mastery and skills. You can take a tour of the bakery, knead and bake your own little loaf of bread, have lunch in a cosy saloon and purchase the bakery's products. [www.laci.lv](http://www.laci.lv)

**The Great Ķemeru Bog Boardwalk in Ķemeru National Park** 3

On the way to the Kurzeme region, you can stop for a walk on the "Lielā Tīreļa Laipa" boardwalk taking you through unique bog landscapes. There are two options: the small loop (ca 1.4 km) and the great loop with a viewing tower (ca 3.4 km).

**Barefoot Trail at Valgums Recreation Centre** 4

Visitors can walk barefoot on the 2.6 km trail in the forest to experience a variety of surfaces including pine cones, glass balls, small stones and shingles of various shapes, moss, fine sand, clay, river water, turf, gravel, reeds, chipped wood, pinewood logs, wooden poles and mill-stones.



ITINERARY:



RĪGA - ĶEMERI - VALGUMS - PŪRE -  
KULDĪGA - SKRUNDA - LIEPĀJA -  
JŪRKALNE - VENTSPILS - KOLKA -  
JŪRMALA - IKŠĶĪLE - SIGULDA -  
CĒSIS - RŪJIENA - ĶOŅI - TAAGAPERE -  
SANGASTE - ROUGE - HAANJA - VORU -  
TARTU - PEIPSIMAA - KALLASTE -  
RAKVERE - LAHEMAA - TALLINN



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## Evening Meal and Overnight Stay in Valgums Recreation Centre

The recreation centre is located in the middle of the forest by Lake Valgums. The restaurant offers meals and provides picnics with soup cooked on a bonfire, home-made pastries. Traditional country sauna experience with birch sauna whisks (bundle of fresh birch twigs) and cold water tub in the open air. [www.valgumapasasaula.lv](http://www.valgumapasasaula.lv)

## DAY 3

VALGUMS - PŪRE - KULDĪGA - SKRUNDA (140 km)

### Pure Chocolate Museum <sup>5</sup>

Belgian chocolate under the brand name Pure Chocolate is produced in a small Latvian town Pūre. The museum offers excursions, chocolate making workshops and tasting. [www.purechocolate.lv](http://www.purechocolate.lv)

### Wine Tasting at Abavas Winery <sup>6</sup>

This family-run winery produces wines and other drinks from fruits and berries grown in Latvia. Produce tastings, drinks are on sale. [www.abavas.lv](http://www.abavas.lv)

### Lunch in the Restaurant "Bangerts"

The restaurant is in the centre of Kuldīga Town by the River Venta. Food ingredients are supplied by local and regional producers. [www.bangerts.lv](http://www.bangerts.lv)

### Kuldīga Town

Highlights: "Ventas Rumba", the widest river waterfall in Europe, the River Alekšupīte, the medieval Kuldīga Town. Those interested in local foods can visit the centrally located "Lauku Labumi" shop owned by a cooperative society of regional food producers. A wide range of home-made produce is available here. [www.kuldigaslabumi.lv](http://www.kuldigaslabumi.lv)

### Nornieki Ostrich and Goat Farm <sup>7</sup>

This is the largest ostrich farm in Latvia. The hosts offer farm excursion, tastings and meals: ostrich egg omelettes, ostrich meat soup, desserts. Home-made skincare products and souvenirs on sale. [www.strausuferma.com](http://www.strausuferma.com)

### Overnight and Evening Meal in Skrundas Muiža Manor Hotel <sup>8</sup>

The Skrundas muiža manor hotel is located on the main road and by the River Venta. Good restaurant, SPA services. Skrunđa Manor is a characteristic model of architectural classicism – symmetric, proportional, harmonic and simple. [www.skrundasmuiza.lv](http://www.skrundasmuiza.lv)

## DAY 4

SKRUNDA - LIEPĀJA (70 km)

### Garikas Shitake Farm <sup>9</sup>

This was the first farm in Latvia to grow mushrooms. Informative tours are available, and guests are treated with "emperor mushroom" sauce or soup. [www.garikas.lv](http://www.garikas.lv)

### Lunch at the Restaurant "Pastnieka Māja" in Liepāja <sup>10</sup>

Smoked cod with potatoes, onions and dill is recognised as a Liepāja speciality and traditional local dish. [www.pastniekamaja.lv](http://www.pastniekamaja.lv)

### Liepāja <sup>11</sup>

Highlights: Karosta Prison, The Northern Fort is a group of defensive fortifications built on the coast of the Baltic Sea before WWI, Jūrmalas Park, Holy Trinity Cathedral, Liepāja Museum.

### Evening meal and Overnight in the Hotel "Libava" in Liepāja <sup>12</sup>

Housed in a historical fish market building, this centrally located hotel offers comfortable rooms for guests. The hotel restaurant offers a vast selection of fish dishes and seafood, exquisite meat dishes, also a children's and vegetarian menu. [www.libava.lv](http://www.libava.lv)





## DAY 5

LIEPĀJA - JŪRKALNE - VENTSPILS (125 km)

### Turaidas Farm <sup>13</sup>

This farm produces herbal teas from lemon balm, raspberries, tansy, lady's mantle, plantago and linden blossoms as souvenirs and gifts, as well as honey from local hives. The lady of the house will be happy to tell you about life in the countryside, take you on a farm tour, and offer tastings of products from the farm.

[www.celotajs.lv/en/e/turaidas](http://www.celotajs.lv/en/e/turaidas)

### Walk Along the Steep Banks at Jūrkalne

The steep shores of Jūrkalne are one of the most popular tourist destinations in the Kurzeme region. The shores are up to 20 m high, washed by the waves and mostly made of sand and narrow bands of pebbles and stones. Opposite the centre of Jūrkalne there is a viewing platform and a set of stairs that lead to the sea.

### Bread Baking Workshop at Bērziņi Country House <sup>14</sup>

The host family demonstrates how to bake wheat and rye bread according to old recipes in a 70-year old wood stove.

[www.celotajs.lv/lv/e/lauku\\_maizes\\_cepsana](http://www.celotajs.lv/lv/e/lauku_maizes_cepsana)

### Lunch in "Zaku krogs" Country Restaurant <sup>15</sup>

Located a few kilometres from Jūrkalne in a log building with a Latvian style interior. The menu includes Latvian and European cuisine, as well as fish and game dishes prepared from natural local produce in cooperation with local producers. [www.zakukrogs.wordpress.com](http://www.zakukrogs.wordpress.com)

### Bitnieki Rural Homestead <sup>16</sup>

The farm has some 300 bee hives. Tasting of honey from different flowers, honey products, honey bread, wax and even honey wine.

[www.celotajs.lv/en/e/bitnieki](http://www.celotajs.lv/en/e/bitnieki)

### Ventspils

Ventspils is one of the largest harbour cities in Latvia. Highlights: the Old Town, the medieval Livonian Order castle, and the Blue Flag beach.

### Evening Meal and Overnight Stay in the Guest House "Kupfernams" in Ventspils

"Kupfernams" is a historical hotel and restaurant in the Old Town.

[www.hotelkupfernams.lv](http://www.hotelkupfernams.lv)

## DAY 6

VENTSPILS - KOLKA - ENGURE- JŪRMALA (220 km)

### Liv Villages in Slitere National Park

Livs are one of the smallest ethnic minorities in the world. Their heritage is witnessed in several coastal fishing villages from Kolka to Sīkrags and Oviši. Slitere National park.

### Cape Kolka

This is the most prominent cape in Latvia. The waters of the Gulf of Riga meet with the open Baltic Sea here.

### Lunch at Ūši Homestead

Traditional lunch and tasting of traditional "Sklandrauši" carrot pies.

[www.celotajs.lv/lv/e/sklandrausu\\_cepsana\\_usi](http://www.celotajs.lv/lv/e/sklandrausu_cepsana_usi)

### Dienīnas Fisherman's Yard

Stories from fishermen's lives, game activities, and fish tasting. The family has been engaged in fishing for generations, and they still follow the traditional recipes to smoke and cook fish.

[www.facebook.com/dieninas.lv](http://www.facebook.com/dieninas.lv)

### Evening meal in restaurant "Neptūns" in Jūrmala

The restaurant is on the seaside and in the Ķemeri National Park. It is one of the oldest restaurants in Jūrmala and features a teahouse and outdoor terrace during the summer. Special offer is potato pancakes with lightly salted salmon, julienne, beef tongue salad or harcho soup.

[www.restoransneptuns.lv](http://www.restoransneptuns.lv)

### Jūrmala Resort Town

A stopover in the seaside resort town for a walk and seeing the local sights of interest.

**Overnight Stay in Jūrmala.** [www.visitjurmala.lv](http://www.visitjurmala.lv)



## DAY 7

JŪRMALA - IKŠKĪLE - ALLAŽI - SIGULDA (125 km)

### "Doles Tējas" Herbal Teas

The farm offers premium, locally grown products from herbs found in Dole Nature Park and those that are self-grown. The range includes over 70 sorts of herbal tea.

[www.facebook.com/dolestejas/](http://www.facebook.com/dolestejas/)

### Liberts Family Birch Sap Products <sup>17</sup>

A tour of the cellar where the family makes birch sap products such as syrups, birch wine, sparkling wine (champagne), lemonade, and fermented birch juice. Products for tasting and on sale.

[www.sula.lv](http://www.sula.lv)

### Lunch in "Rāmkalni" Café

A restaurant with a terrace overlooking the Gauja valley. Latvian cuisine: cold soup, mushroom soup, grey peas, sautéed cabbage, steak haché, local fish, homemade ice-cream, herbal teas.

[www.ramkalni.lv](http://www.ramkalni.lv)

### Three Castles by the River Gauja

Turaida museum reserve with the ruins of a Livonian Order castle; Sigulda castle ruins; Krimulda Castle.

### Evening Meal and Overnight Stay in the Hotel "Aparjods" in Sigulda

The hotel is near the main road, 20 minutes' drive from the town centre. The hotel restaurant combines Latvian cuisine traditions with modern food techniques.

[www.aparjods.lv](http://www.aparjods.lv)



## DAY 8

SIGULDA - CĒSIS - NAUKŠĒNI - RŪJIENA - ĶOŅI (145 km)

### Medieval Town Cēsis

Highlights: the historic centre, St. John's Lutheran Church, one of the oldest churches in Latvia.

### Lunch in Valmiera restaurant "Vecpūsis"

[www.vecpūsis.lv](http://www.vecpūsis.lv)

### Adzelvieši Hemp Farm <sup>18</sup>

Excursion and produce tasting. The farm grows hemp and processes it into hemp seed butter and oil. There is an exposition of old farm tools in the yard, and the host introduces the history of hemp cultivation.

[www.adzelviesi.lv](http://www.adzelviesi.lv)

### Naukšēni Winery

Since 2012, the winery produces wines, cider and sparkling wines. Fruits and berries are grown locally in Naukšēni, in a certified organic garden – Paradise Orchard. Tours of the winery and tastings.

[www.facebook.com/nauksenuvini.lv/](https://www.facebook.com/nauksenuvini.lv/)

### Rūjiena Ice-cream Factory

For more than 60 years, ice-cream is made in the historic Rūjiena dairy house, built in 1912. Everyone is kindly invited to take a tour and learn about the ice-cream of Rūjiena, watch the video about the manufacturing process, and, of course, enjoy Rūjiena ice-creams.

[www.facebook.com/Rujienas-Saldējums](https://www.facebook.com/Rujienas-Saldējums)

### Ķoņu Dzirnavas Grain Mill

The mill produces grain, offers excursions and tastings and meals: porridge, pancakes and homemade bread.

[www.konudzirnavas.lv](http://www.konudzirnavas.lv)

### Evening Meal and Overnight Stay in Ķoņu Dzirnavas Guest House.

## DAY 9

ĶOŅI - TAAGEPERA - KARKSI-NUIA - SANGASTE - RÕUGE (160 km)

### Lossispaa Wagenküll (Castle Spa Wagenküll)

Housed in the renovated Art Nouveau Taagepera Castle complex, a unique, culturally significant area. It includes an à la carte restaurant, a luxurious castle spa, a 1930s style hotel, sports and recreation facilities, a guest house and a seminar centre.

[www.wagenkull.ee](http://www.wagenkull.ee)

### Mulgi Pruulikoda (Mulgi Brewery) <sup>19</sup>

In the very heart of Mulgimaa there is a family brewery that respects local food and beverage traditions. Visitors can observe the beer making process and taste different sorts of Mulgi beer.

[www.mulgipruul.ee](http://www.mulgipruul.ee)

### Lunch in Sangaste Rukki Maja (Sangaste Rye House)

Taste the meals from rye flavour. In addition to the dishes that are made from or contain rye, other Estonian food and drinks are offered.

[www.rukkimaja.ee](http://www.rukkimaja.ee)

### Sangaste Loss (Sangaste Castle) <sup>20</sup>

The castle was built as an almost exact copy of the architecture of Windsor Castle in the United Kingdom. It is among the most unusual of Estonian manor buildings. There is also a visitor centre in renovated stables and a garden and park with rare species by the castle.

[www.sangastemois.ee](http://www.sangastemois.ee)

### Uhtjärve Ürgoru Nõiariik

### (Witch's Country in the Old Valley of Lake Uhtjärve) <sup>21</sup>

Tasty dishes from ingredients grown in the surroundings. Nettle soup, which is recognised as the best soup recipe in southern Estonia.

[www.noiaariik.ee](http://www.noiaariik.ee)

### Evening Meal and Overnight Stay in Ööbikuoru Villa <sup>22</sup>

The villa is located amidst three lakes, in the heart of Rõuge Valley. Their café-restaurant "Andreas", created a menu inspired by local traditions, and local ingredients are highly valued there.

[www.oruvilla.ee](http://www.oruvilla.ee)





## DAY 10

RÕUGE - HAANJA - VÕRU - TARTU (130 km)

### Haanja Nature Park and Suur Munamägi Hill Viewing Tower

The nature park was set up to protect the landscape and cultural environment of the Haanja highland. In its central part stands Suur Munamägi, the highest hill in the Baltic states (318 m a.s.l.). The observation tower gives a wonderful view of the Estonian nature.

[www.wagenkull.ee](http://www.wagenkull.ee)

### Mooska talu (Mooska Farm) <sup>23</sup>

A typical lifestyle farm in southern Estonia. Get to know the local heritage, the pride of which is the local food and traditional black sauna.

[www.mooska.eu](http://www.mooska.eu)

### Uue-Saaluse veinitalu (Uue-Saaluse Winery)

From the berries and fruits that grow in the wonderful Võru County hilly area, farmers make wine, introduce guests to their garden, explain the wine making process, organise tastings and classes.

[www.koduveinid.ee](http://www.koduveinid.ee)

### Kolotsi talu (Kolotsi Farm) <sup>24</sup>

A family-run organic farm which produces goat's cheese. Tastings and excursions to see the process of milk turning into cheese.

[www.kolotsitalu.ee](http://www.kolotsitalu.ee)

### Kopli taluköök (Kopli Farm Kitchen)

They make "gelato" ice-cream following traditional Italian recipes and using local ingredients. The ice-cream is flavoured by seasonal berries and fruits as well as chocolate, nuts and herbs.

[www.koplitalu.ee](http://www.koplitalu.ee)

### Sightseeing in Tartu <sup>25</sup>

Old Town, numerous museums, extraordinary architecture, pure Estonian food and events for every taste. [www.visittartu.com](http://www.visittartu.com)

### Evening Meal in the Restaurant "Umb Roht" in Tartu <sup>26</sup>

The restaurant specialises in game and makes birch sap gel.

[www.umbroht.ee](http://www.umbroht.ee)

Overnight Stay in Tartu.

## DAY 11

TARTU - PEIPSI LAKE - VARNJA - ALATSKIVI - KALLASTE - MUSTVEE - AVINURME - RAKVERE (170 km)

### Maitseelamuse Koda (The House of Delicious Tastes) workshop and home café

Local food of the Peipsimaa region. During the workshop, with the help of the chef, participants make 3 or 4 dishes which are shared afterwards. Emphasis is placed on local products and the favourite recipes of the Peipsimaa region. Workshops are mainly organised outdoors and possible for small groups from 10 persons.

### Lunch in Voronja Galerii Aiakohvik (Voronja Gallery Garden café)

The small garden café in Gallery Voronja operates every day with a menu inspired by local ingredients. It is possible to buy onion, chocolate sauce and other seasonal products.

[www.voronjagalerii.ee](http://www.voronjagalerii.ee)

### Alatskivi Loss (Alatskivi castle and restaurant) <sup>27</sup>

The place exhibits the life and history of a noble family. The restaurant serves local specialities such as Peipus pike perch and pork chop. The restaurant menu is a mix of Estonian, Baltic-German and Scottish cultures.

[www.lossirestoran.eu](http://www.lossirestoran.eu)

### Avinurme Puiduait (Avinurme Wooden Handicrafts Centre)

The centre demonstrates the local traditions offering food and woodcraft workshops. [www.puiduait.ee](http://www.puiduait.ee)

### Rakvere Caste <sup>28</sup>

A theme park depicting the life of the 16th century stronghold where it is possible to spend time as soldiers and noble knights. Schenkenberg Tavern offers dishes cooked by medieval recipes.

[www.rakverelinnus.ee](http://www.rakverelinnus.ee)

### Overnight Stay in Rakvere, Hotel Wesenbergh

[www.wesenbergh.ee](http://www.wesenbergh.ee)



## DAY 12

RAKVERE - LAHEMAA NATIONAL PARK - TALLINN (150 km)

Sightseeing Tallinn.

Overnight Stay in Tallinn.





## ABOUT THE PROJECT

The project "Livonian Culinary Route" strengthens the identity of our common culinary heritage, promotes the historical significance and impact of Livonia on today's modern cuisine and tastes of Estonia and Latvia, and involves over 250 food providers and producers from both countries.

The project has been implemented within the framework of the Interreg Estonia–Latvia programme by the European Regional Development Fund.

This publication reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.

**[www.flavoursoflivonia.com](http://www.flavoursoflivonia.com)**

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