



**Exporting Baltic Nature
Tourism to UK
NAT-TOUR-EXPO**

Interreg



Co-funded by
the European Union

Central Baltic Programme



BALTIC NATURE TOURISM

*Latvia -
Estonia*



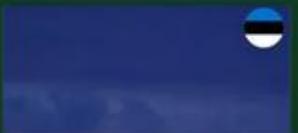
<https://balticnaturetourism.com/en>

Welcome to Latvia and Estonia, a fantastic nature tourism destination in Europe!

Baltic Nature Tourism presents the very best of nature and outdoor tours and activities from across Latvia and Estonia. Choose from the wide variety of nature and outdoor tours on offer, each safely taking you into wild and untouched nature.

Choose the activities and experiences you prefer, whether it be hiking, cycling, boating, stand-up paddleboarding (SUP), air ballooning, wildlife-watching, birding or just taking a peaceful getaway escape. Combine outdoor activities with the chance to savour the excellent local food whilst sampling a rural lifestyle that is close to nature and unique.

RECOMMENDED TOURS



ACTIVITIES



WILDLIFE WATCHING



ACTIVE TOURISM



SOUL TOURS



FOOD AND FORAGING



NATURE EDUCATIONAL

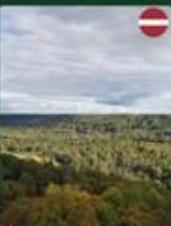


NATURE CAPTURE



NATURE EXTREME

RECOMMENDED TOURS



Guided hikes in Gauja National Park



Active Wednesdays in Sea Kayaks



Explore Riga from water



Big Predator Tour - Lynx, Bear, and Wolf



Bird Watching In Silltvere National Park



Autumn Bird Migration in West Estonia



Bogshoe Hiking



Observatory Tour: Exploring the Celestial Wonders



Rural Living and Wild Foraging Experience



Brown Bear Watching from a Hide

A group of people are canoeing on a calm lake during a golden sunset. The sky is a mix of orange, yellow, and soft blue. In the background, there's a tall, dark metal tower structure and some trees. The water reflects the warm colors of the sun. In the foreground, a person's hand and part of their arm are visible, holding a paddle. The text "Service Providers" is centered in a white rectangular box with a black border.

Service Providers

 OZOLAIVAS.LV

28

SMEs from Estonia

56

SMEs from Latvia



MOVEMENT
SPONTANEOUS



**DON'T
PANIC**
design / installation



ZIEDLEJAS





HORSETOURIST.COM

Activ**EST**



NaTourEst

Surfhunt

SEAKAYAKING ESTONIA



Prangli Travel



DodKepu.lv



SIGULDA ADVENTURES

A person is captured mid-air while bungee jumping from a bridge. The person is wearing a red patterned tank top, black leggings, and grey sneakers. Their right arm is raised high, and their left hand is holding onto the blue bungee cord. The bridge is a concrete arch bridge with a road and a railing. Below the bridge is a wide river. The background is a dense forest of trees with vibrant autumn foliage in shades of orange, yellow, and brown. The sky is clear and blue. The overall scene is dynamic and adventurous.

Products and services

72 **Published products online**











Thank you!
Let's explore Baltics!

Facebook - Baltic Nature Tourism
<https://balticnaturetourism.com/en>