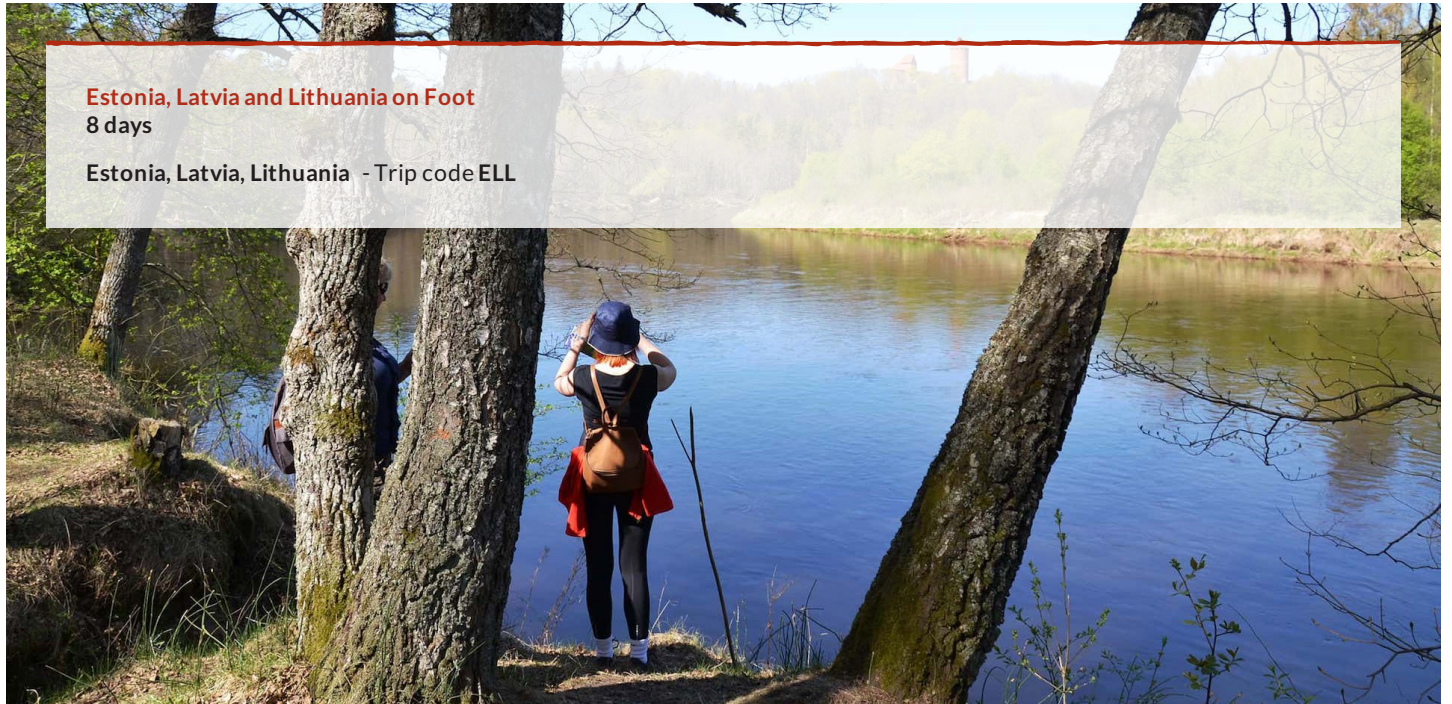


# EXPLORE!



**Estonia, Latvia and Lithuania on Foot**  
8 days

Estonia, Latvia, Lithuania - Trip code ELL

## Estonia, Latvia and Lithuania on Foot

This walking trip visits the three Baltic States: Estonia, Latvia and Lithuania. We discover their cultural heritage and explore some of their many national parks. Walking through forests and along sand dunes, learning to bog walk and discovering different ecosystems are just some of the highlights. Visit the capitals of each country, see the 'old towns' that are UNESCO World Heritage Sites and walk around Lithuania's beautiful 15th-century Trakai Castle.

## Trip highlights

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

### WALKING GRADE:

#### Easy

Suitable for most people in good health, these easy walks are predominantly on good paths, at low altitude and on undemanding terrain. Previous walking or trekking experience is not necessary.

**GROUP SIZE:****10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Trip starts Tallinn

Our trip starts in the Estonian capital, Tallinn. Situated on the coast, in the Gulf of Finland off the Baltic Sea, Tallinn is also a major port. Its 'Old Town' is listed as a UNESCO World Heritage Site and the city was a European Capital of Culture in 2011.



**Accommodation: Hotel Go Schnelli** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Lahemaa National Park, look for beavers and learn to bog walk

After a brief walking tour of Tallinn's 'Old Town' we travel east to Estonia's largest and oldest national park, Lahemaa National Park. As well as its rich nature the park also celebrates Estonia's cultural heritage, encompassing ancient fishing villages and 17th and 18th century manor houses. Today we walk the 'Beaver Trail', discovering the diversity of the plant and animal life of the park and looking for beaver dams and dens along the Altja River Valley. If we are lucky we will see also see the beavers themselves amongst the trees or in the water. This walk ends in the 400 year-old fishing village of Altja. Later, after an optional lunch, we learn to bog walk in special bog shoes. Traditionally used by local villagers, these specially adapted clip on 'shoes' allow us to hike through this fascinating ecosystem. We stay overnight in the national park. Today's two walks cover a total distance of 18 kilometres over approximately six hours. The terrain on the Beaver Trail is gently undulating and forested, and wet and flat for the bog walking.



**Accommodation: Palmse Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - Travel to the medieval town of Cesis, walk to Gauja River

Today we cross the border into Latvia, and drive to Cesis in Gauja National Park (approx. 3.5 hours). This is Latvia's biggest park and is known as 'Latvian Switzerland' due to its rolling landscapes. The park includes the valleys of the Gauja River and its tributaries, and also over 500 historical features including hill forts, stone castles, churches, watermills and windmills. Cesis itself is a medieval

town, over 800 years old, and its 13th century castle was the main stronghold of the Livonian knights who ruled most of Latvia and Estonia during medieval times. In the afternoon we make a walk in the park along a forested nature trail to Gauja River and Gauja Rocks, a famous local site. Today's walk is approximately five kilometres and takes about two hours. The terrain is slightly hilly and forested.



**Accommodation: Kollona Cesis** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Walk in Gauja National Park, discover forts and castles

This morning we drive to Sigulda to walk a nature trail through the forests and river valleys of Gauja National Park. Walking past the ruins of Livonian medieval fortresses and a neo-gothic castle, the walk ends at the 13th century Turaida Castle. As part of the route we take a cable car and enjoy views down over the forest. In the afternoon we drive to Riga, the Latvian capital, where we have a short orientation tour of the city and overnight. Lying at the mouth of the Daugava River on the Gulf of Riga, Riga 'Old Town' is also a UNESCO Heritage Site, particularly noted for its Art Nouveau and 19th century wooden architecture. Our morning walk covers a distance of eight kilometres over approximately three and half hours. The terrain is undulating and forested.



**Accommodation: Hanza Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Explore the wetlands of Kemeris National Park

We drive west to Kemeris National Park, founded in 1977 to preserve the local wetlands, coastal lakes and dunes. Here we walk on a raised boardwalk above the wetlands discovering the distinctive mosses, bog pine trees, and small pools and lakes. We then return to the seaside and spa resort of Jurmala for an optional lunch. Jurmala is known for its curative mineral waters and therapeutic mud, and its interesting multi-style architecture. After lunch we continue south and cross the border into Lithuania. We continue southwest to Klaipeda (approximately six hours) and take a ferry to Nida on the Curonian Spit, our base for the next two nights. Our walk in Kemeris National Park covers a distance of 3-4 km over approximately an hour and a half. The terrain is flat - a raised boardwalk over wetlands.



**Accommodation: Jurate Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Walk through the dunes and pine forests of Curonian Spit

The Curonian Spit National Park is a 98 km long sand dune spit that separates the Curonian Lagoon from the Baltic Sea. Chains of sand dunes up to 60m high, breaking waves, pine forests and old Curonian houses make up this UNESCO Heritage Site. Today we walk through the different landscapes of the spit: coastal, pine forests and sand dunes in and around Nida. Our walk on the Curonian Spit covers a distance of 12 km over approximately four hours. The terrain is mainly flat and sandy. Some areas are forested.



**Accommodation: Jurate Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Walk around Lake Galve and Trakai Castle; travel to Vilnius

Today we make a long journey (approximately six hours) southeast to Trakai the formal capital of the Grand Duchy of Lithuania. Located on a peninsula in Lake Galve, Trakai is now famous for its 15th century castle which sits outside the town on a small island. We take a scenic walk around the town and lake, and visit the castle. We then make the short journey to Vilnius, where we have a short city tour and an optional last dinner. The 'Old Town' of Vilnius is also a UNESCO Heritage Site. Today's walk around Trakai covers a distance of 4-5 kilometres over approximately one and a half hours. The terrain is flat and forested in some areas.



**Accommodation: Panorama Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 8 - Trip ends in Vilnius

Our trip ends after breakfast, in Vilnius.



Meals Provided: Breakfast

# Walking and Trekking information

## DAILY DISTANCES

Day 2	15km
Day 3	5km
Day 4	8km
Day 5	4km
Day 6	12km
Day 7	4km

### Walking grade

Easy

### Trek details

Walks on 5 days for between 1.5 and 5 hours. The terrain is mainly gently undulating and doesn't go over 50 m above sea level. We also learn to bog walk. We have graded this trip as easy.

### Max walking altitude (m)

50



## What's included?



### Included meals

Breakfast: 7



### Transport

Bus  
Ferry



### Trip staff

Explore Tour Leader  
Driver(s)



### Accommodation

7 nights standard hotel

## Trip information

### Country information

## Estonia Holidays & Tours

### Climate

Summer days in Estonia are warm though changeable with the occasional thunderstorm. Temperatures are commonly around 20-25°C, but can reach 30°C or more especially in July. At night temperatures are cooler. Winters can be harsh with very low temperatures, especially in January. Sometimes it drops as low -30°C, but more commonly it'll be around -5°C. Snowfall usually starts in November and lasting through to March. Being a maritime climate it can rain at any time of the year and it can be foggy in the autumn.

### Time difference to GMT

+2

### Plugs

2 Pin Round

### Religion

Evangelical Lutheranism

### Language

Estonian

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## Latvia Holidays & Tours

### Climate

Summers in Latvia are generally hot and sunny and less humid than in Central Europe, with temperatures commonly around 18-22°C, but can reach 30°C. Summer is normally the rainiest time of year on a count of the afternoon thunderstorms that occur on some days. It can be windy on the coast at any time of year. Temperatures begin to drop in autumn and September can quite cold with temperatures between 8-15°C. Winters are normally below freezing with the first snows starting in November and lasting to the end of February. Temperatures regularly reach as low as -5°C, but can go down as far as -35°C.

### Time difference to GMT

+2

### Plugs

2 Pin Round

### Religion

Christian

### Language

Latvian

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## Lithuania Trips

### Climate

Summer days in Lithuania are warm though changeable. Temperatures on the coast are usually around 19°C and between 22-23°C further inland, but they can reach over 30°C. At night temperatures are cooler. Winters are cold, with temperatures regularly below freezing, so be prepared for snowy and icy conditions. Temperatures regularly reach as low as -5°C, but can go down as far as -35°C. Snowfall usually starts in November and lasting through to March. Being a maritime climate it can rain at any time of the year.

### Time difference to GMT

+2

### Plugs

2 Pin Round

### Religion

Roman Catholic

### Language

Lithuanian

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## Budgeting and packing

### Clothing

A warm sweater or light fleece and long trousers are advisable for the evenings especially in early and late season when the weather tends to be cooler. A light rain jacket is also recommended.

### Footwear

Well broken in and waterproof walking boots are recommended, and shoes, trainers or sandals for relaxing. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

### Luggage

20kg

### Luggage: On tour

You may bring one main piece of baggage and a daysack for personal items. Total allowance: 44lbs/20kgs. Remember that you'll have to carry your own luggage between your transport and hotels so don't overload yourself.

### Equipment

Bring a water bottle, torch, sunblock, sunhat, sunglasses and insect repellent. Light waterproofs may also be useful at the beginning and end of the season. You may also wish to bring binoculars.

### Tipping

#### Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

#### Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

### Country Information

## Estonia Holidays & Tours

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Lunch price

£10

#### Dinner price

£15

#### Beer price

£2.4

#### Water price

£0.5

### Foreign Exchange

#### Local currency

Euros.

#### Recommended Currency For Exchange

EUR, GBP or USD

**Where To Exchange**

US Dollars, GBP Sterling and Euros can be changed in most places.

**ATM Availability**

Cash can be drawn from ATM's in most cities.

**Credit Card Acceptance**

Credit cards are generally accepted only in the larger hotels and restaurants.

**Travellers Cheques**

Travellers cheques are not always easy to exchange.

## Latvia Holidays & Tours

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Lunch price**

£10

**Dinner price**

£15

**Beer price**

£3

**Water price**

£0.5

### Foreign Exchange

**Local currency**

Euro

**Recommended Currency For Exchange**

We suggest you take most of your spending money in cash (in small denominations). US Dollars and Euros are more easily converted than Pounds Sterling. N.B. US\$ notes should be in good condition (not torn or marked). Notes prior to 1990 (of any currency) are often not accepted.

**Where To Exchange**

Most major towns - your Tour Leader will advise you on arrival.

**ATM Availability**

Cash can be drawn from ATM's in all major towns.

**Credit Card Acceptance**

In major restaurants and shops.

**Travellers Cheques**

Are very difficult to cash on this tour.

## Lithuania Trips

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Lunch price**

£10

**Dinner price**

£15

**Beer price**



£1.5

**Water price**

£0.5

## Foreign Exchange

**Local currency**

Euros

**Recommended Currency For Exchange**

EUR, GBP or USD

**Where To Exchange**

US Dollars, GBP Sterling and Euros can be changed in most places.

**ATM Availability**

Cash can be drawn from ATM's in most cities.

**Credit Card Acceptance**

Credit cards are generally accepted only in the larger hotels and restaurants.

**Travellers Cheques**

Travellers cheques are not always easy to exchange.

## Transport, Accommodation & Meals

### Transport Information

Bus, Ferry

### Food and drink

The majority of visitors to the Baltic states will be surprised by the quality, variety and value of food and drink on offer. The majority of food is locally sourced and part of the regions heritage is being able to forage for food and make local brews. Walking through the forests you will see locals passing the time picking mushrooms and gathering berries. There are a lot of traditional restaurants with influences from Germany and Russia serving locally produced dishes. There's a wide variety on the menu ranging from soups, casseroles, salads, meat and fish dishes. Beer is locally brewed and you can find light and dark beers, filtered or unfiltered all for a reasonable price.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click here.

For more information from Explore about travel advice, click here

**Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa Information

Lithuania: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Latvia: Visas are not required by UK,

Australian, New Zealand, US and Canadian citizens. Estonia: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. Visa regulations in the Baltics are often subject to frequent change, and we advise you to check before you go.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Maximum altitude (m)

50

## Estonia Holidays & Tours

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus and hepatitis A. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and

travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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## Latvia Holidays & Tours

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, hepatitis A, polio and diphtheria. Consult your travel clinic for further advice. tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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## Lithuania Trips

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus and hepatitis A. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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