

Authentic food tour of the Baltic States

10 days / 9 nights

Day 01: Vilnius



Arrival in Vilnius-the capital of Lithuania.

Start with welcome local food city tour in the afternoon.

Vilnius, the capital of Lithuania was founded in 1323 when Grand Duke Gediminas built a castle there, nowadays bustling city with one of the oldest and most charming Old Towns in Europe. The splendid architectural blend of Gothic, Renaissance, and Baroque styles makes this a wonderful city to explore. During sightseeing tour you will visit Old town, which is included to the UNESCO World Heritage. Visit Cathedral and Cathedral Square and pass by Gediminas Avenue, the Parliament and President's Palace, Vilnius University and Town Hall. Continue walking narrow old streets, visit St. Anna's Church - a gem of Gothic architecture, Gates of Dawn and St. Peter-Paul Church.

Entrance to [Vilnius University](#) visit the university architectural and bookshop.



To experience a culture one must experience their cuisine and since Vilnius always was a multicultural city, its cuisine is a part of rich history and everyday life.

Lithuanian Food Tour takes visitors through the most attractive parts of the Vilnius Old Town where Insiders live and eat. The food tour including full meal with five stops in local restaurants and bars (and even shopping), tasting of most famous Lithuanian dishes, drinks and sweets and covers most prominent sites in the Old Town including Didžioji and Pilies streets, the City Hall Square and the Jewish district. The local food-loving guide will tell you stories about origins, traditional way of preparation and consuming of the Lithuanian dishes and drinks so you really will eat and drink like a local.

Dinner and overnight in Vilnius.

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Day 02: Vilnius – Trakai - Kaunas

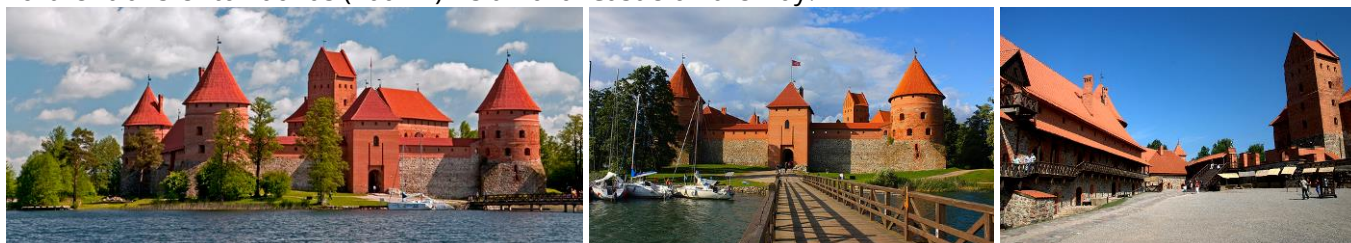
Breakfast at the hotel.

Second Part of Vilnius City Tour in the morning.

Hill of 3 Crosses and Uzupis District



Užupis District was mentioned as far back as the acts of the 16th century. Formerly it was a suburb of the poor having three bridges across the River Vilnelė connecting it with the main urban area. In Malūno Street, pass Bernardine Monastery of Užupis, established in 1496. In Užupis Street, the Palace of Honests was built at the beginning of the 19th century in the late classicism style. If you walk this street, you will also see St. Balthazar Church. This quarter also has a very old cemetery stretched on the steep riverside of the River Vilnelė. They used to belong to the Bernardine monks, were neglected later and now their beauty was restored and they became a mystical location in Užupis. After visiting Uzupis District you will be heading to Hill of Three Crosses. Legend has it that long ago seven Franciscan monks were crucified here, and four were thrown into the Vilnia River afterwards. The first crosses were erected on the hill in the 17th century in memory of these martyrs. During Stalin's rule the three crosses were removed and buried. It was only on June 14, 1989, that a new memorial was unveiled, rebuilt according to the original plans. These crosses are symbols of Lithuanian mourning and hope. Further transfer to Kaunas (100km) visit Trakai Castle on the way.



Trakai, the former capital of Lithuania, which is situated on an island in the middle of a lake. The 14th century red brick castle now houses the Art Museum. The castles of Trakai are the best known works of defensive architecture in Lithuania. The old town of Trakai, which includes the Island and the Peninsula Castles, surrounded by lakes, is one of the most impressive and most picturesque locations in Europe. Here still reside small national minority of Karaites. It is believed they were brought from the Crimea by the Grand Lithuanian Duke Vytautas. Entrance to [Trakai Castle](#).

Lunch at the local restaurant in Trakai.



Continue to Kaunas.

Dinner and overnight in Kaunas.

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Day 03: Kaunas – Siauliai - Mazmezotne

Breakfast at the hotel.

Enjoy Kaunas city tour.



Lying on the confluence of the rivers Nemunas and Neris, Kaunas with its population of 430 000 inhabitants is the second largest city in Lithuania. Kaunas is the city, which was not destroyed during the Second World War; thus now it has a number of ancient architecture monuments. The Old Town is a concentration of the most important, ancient city architectural monuments: the 13th century Castle, the Old Town Hall, nicknamed the “White Swan”, the Archicathedral Basilica, the Church of St. Francis Xavier and the Jesuit monastery, Perkunas House and Vytautas Church.

It is worth mentioning that Kaunas as a vibrant Baltic art spot is serious about street art: there are dozens of pieces of graffiti all over the city including works by legendary Brazilians Os Gemeos - who happen to have Lithuanian ancestry – on the side of the city's Art Gallery.

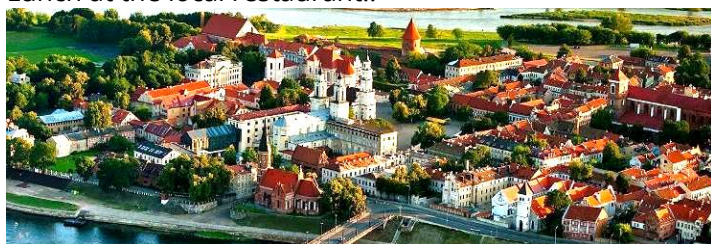


The most outstanding monument of the Baroque epoch is the architectural complex of Pazaislis Monastery. The Pažaislis Monastery and church of the Holy Mary Arrival is situated near Kaunas Marios reservoir. The monastery complex founded by monks of Camaldolese is one of the most beautiful example of Baroque architecture in North and East Europe.



Entrance to Pazaislis Monastery.

Lunch at the local restaurant..



Further transfer to Mazmezotne with a stop at the Hill of Crosses.

Visit Hill of Crosses in Sauliai.

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The Hill of Crosses, Kryžių Kalnas, located 12 kilometers north of the small industrial city of Siauliai (pronounced shoo-lay) is the Lithuanian national pilgrimage center. Standing upon a small hill are many hundreds of thousands of crosses that represent Christian devotion and a memorial to Lithuanian national identity.

Visit to Mazmežotne - Located on the hill of Lielupe river bank valley. It is the excellent, nature surrounded place for guests to relax, offering overnight stays, meals, rooms for celebrations, events and seminars, but for recreational enthusiasts and nature lovers, cycling, boating and walking through the nature trail and the surrounding walkways.



Dinner and overnight in Mazmežotne Manor.



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Day 04: Mazmezotne – Rundale – Caunites – Riga

Breakfast at the hotel.

Further transfer to Rundale.



Rundale Palace, the most magnificent masterpiece of baroque architecture in the Baltic States, lies at a distance of 70 km from Riga. It was built in the first part of the 18th century by the Italian architect F. B. Rastrelli, the baroque genius from Italy who created many of St. Petersburg's finest buildings including the Winter Palace. The professionally renovated palace interiors are decorated with authentic 18th cent. furniture, paintings and china. The most impressive are the Golden Hall, the White Hall, the bedroom of the Duke of Courland Johan Ernst Biron. The palace boasts a beautiful French-style park.

Entrance to Rundale Palace.



Lunch at the restaurant in Rundale Palace.

Further transfer to "Caunites".

"Caunites" is a country house that keeps Latvian traditions and shows them to visitors. The hosts master many of traditional skills in handicraft, music, making food. Here you can enjoy the bread baking and making cup coasters from wooden disks, decorated with Latvian ornaments. Bread baking is one of the most honoured traditional skills in Latvia as bread has always been one of the most important staple foods for Latvians.



Further transfer to Riga.

Dinner at the local restaurant.

Overnight in Riga.

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Day 05: Riga

Breakfast at the hotel.

City tour of Riga.

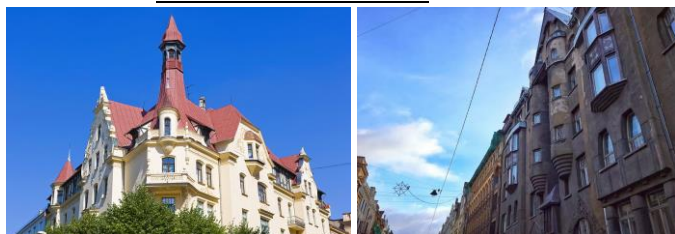


A medieval Hanseatic town, will include St. Peter's Cathedral from whose steeple will be the best views in the city, Riga castle with its three wonderful museums, Dome Cathedral, which boasts one of the world's largest pipe organs, and the old Guild houses. You will see why Riga came to be known as one of Europe's leading exponents of the late 19th and early 20th century architectural style of Art Nouveau. The, Riga boasts Europe's greatest concentration of jugendstil (German Art Nouveau) buildings. An architectural historian will highlight details of the finest city facades.

Entrance to St.Peter's Church (tower only).



Entrance to Art Nouveau Museum.



The building itself is an apartment house designed in 1904 by Kostantins Peksens, one of the most famous Latvian architect at the turn of the Century. The building is still filled with eclectic elements, with the roof contour heavily influenced by late German renaissance style. The very interesting part of the building resides in its interior. The apartment on last floor was loaned by the famous symbolist Latvian painter Janis Rozentals who was friend and often cooperates with Peksens himself. For that reason, most of the internal common areas of the apartment house are fully decorated by Rozentals' own design. The former apartment at the first floor is now hosting the museum, the walls and roof of the apartment-museum is also fully decorated and restored. It is a reconstruction of the flat original environment. All the furniture was restored or chosen close to the original. Overall impression entering the museum is really being introduced into a living flat of a middle class turn of the century family.

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Lunch at the local restaurant.

Afternoon enjoy canal motorboat tour through the Riga city.



By unique canal motor boat enjoy nice ride in city channel and explore Riga from different angle. During the trip see Riga National Opera House, Central Market, Andrejsala and other places. Wooden boats are approximately 100 years old, completely renovated, ecological, driven by electric engine, top speed 11 km/h.



Then visit Riga Central Market.



Since 1930, Rigans can be proud of having the Europe's largest and the most updated market in their city. Farmers are always happy to bring their products here. In 1998, the territory of the market, being part of the historic center of Riga, was included in UNESCO World Heritage List.



The first pavilion was designed for meat, the second one for dairy and meat products, the third - for bread, fruit, various food products and poultry, but the fourth-exclusively for fish.

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The market's architecture demonstrates a certain impact of elements of the Modern style, as well as that of the pre-war Neo-Classicism. Some historical details of facades represent an interpretation of the *Art Deco* style. Although trade places in all the buildings are arranged in one level, the design of the pavilions also allows a two-level location.



Dinner at local restaurant 3 pavaru, here you can join the Master class with chef.



Overnight in Riga.



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Day 06: Riga – Sigulda - Cesis

Breakfast at the hotel.

Today travel to Sigulda.

On the way visit Krimulda Manor .



The historical centre of Krimulda is located on the right bank of the River Gauja. The house of the owners of the manor, Counts von Lieven, has built in 1848 in neo-classical style. The building sits on the very brink of the ancient Gauja valley and overlooks a beautiful view across the vale and its opposite bank.

You can taste the Cremon wines by applying for wine tasting or the tour program " Manor's Wine and Biscuits ", where you will not only taste various beverages in the manor but also learn about the history and customs of the place and the surrounding area.

Gourmet Krimulda Manor will be a real oasis of flavor - here are the top gardie wines of Cremon Manor, liqueurs and strong drinks.

"How many berries and flowers in Latvia are, we have wine almost," says manor winemaker Janis Mikans . More precisely, about 15 wines and 10 liqueurs are currently produced, as well as calvados and gin. The range of drinks is expanding annually. Berries and flowers come from manor gardens, forests and local growers. Cremon participates annually in Latvian fruit and berry wines.



Further transfer to Turaida Castle. You will visit Turaida Medieval Castle. The historical centre of Turaida and comprises archaeological, historical and art monuments that tell us about the events that have taken place since the 11th century. Turaida church, one of the oldest wooden churches built by the local rural craftsmen, is situated here. A graveyard was established here for the first baptized Liivs. Under an old linden tree is the legendary tomb of Roze that commemorates a girl who sacrificed herself in the name of love. The "Folk Song Garden", containing 25 sculptures by Indulis Ranka, is situated on the site of a former ancient Liiv village. It is dedicated to Latvian folk songs and to the lifelong work of their collector Krisjanis Barons.

Lunch at local restaurant near Turaida Castle.

Further transfer to Sigulda.



Sigulda is located about 50 km from Riga in the Gauja River valley. It is known as one of the most popular tourist destinations in Latvia and is characterized by picturesque scenery, and countless natural and cultural

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monuments. Visit ruins of Sigulda Medieval castle which nowadays hosts open-air stage, continue to Sigulda New castle built in 1881 to Duke Kropotkin, founder of Sigulda as recreation and tourism city, first bobsled track, aero-moto club, ski slopes. By coach you will travel down into the river valley, enjoy the landscape and the walk to the biggest grotto in the Baltic's - Gutmanis located on the ancient river bank.

Ligatne soviet Bunker Visit



Within the territory of the rehabilitation centre "Līgatne", a well-equipped Soviet bunker is located 9 metres underground which was declassified only in 2003. It was constructed in the 1980s for the needs of the political and power elite – for governing the state in the case of a nuclear war. The bunker was intended as the secret hiding place for the first secretaries of the Soviet Communist Party – comrades Voss and Pugo.



It was one of the strategically important sites in Soviet Latvia in case of a nuclear war. The bunker is a strong autonomous economic structure with all the necessities and the most modern equipment of the time. The original underground equipment has been preserved up to the present in its entirety. A canteen with a typical menu from the Soviet era is open to visitors.

Continue travel to Cesis.



Dinner and overnight in Cesis.

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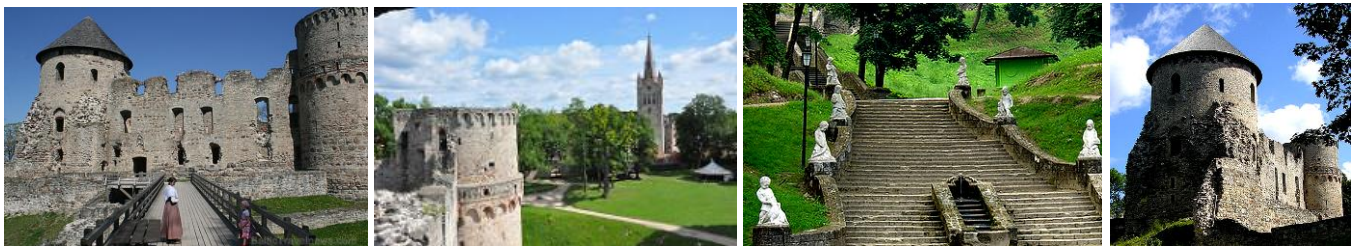
Day 07: Cesis - Tartu

Breakfast at the hotel.

Cesis City tour in the morning.

The Cēsis castle was one of the strongest fortresses that the Livonian Order had in the entire Baltic region. Built in the 13th century, the Cēsis castle was the seat of the Livonian Order's masters. Castle Park is the most ornate park in the city, and a popular place for leisure activities. The history of the park dates back to 1812, when local officials began to establish a park. Gardeners installed a romantic landscape park, with an artificial pond in the centre-complete with an island. In the 1930s six sculptures of children along the sides of the stairs were installed. Another set of steps was installed to the pond, reaching all the way to the water level. The images of fishermen and their nets were sculpted for that part of the park.

Entrance to Cesis Castle.



Continue travel to Tartu.

Lunch at local restaurant upon arrival.

Tartu city tour.



Tartu is the second largest city of Estonia. It is situated in Southern Estonia, 186 km from the capital city Tallinn, on the banks of the river Emajõgi, which connects the two largest lakes of Estonia, flows for the length of 10 kilometres within the city limits and adds colour to the city. The centre of Tartu gets its distinctive character from buildings rarely more than two centuries old. The neo-classicist style of the buildings is one of the reasons for Tartu's reputation as Athens on the Emajõgi.

Entrance to University of Tartu Museum.



Tartu University was founded in 1632 by King Gustav II Adolph of Sweden. Today, the University has ten faculties and offers a wide range of courses at the Bachelor's, Master's and Doctoral levels. During the walking tour we get acquainted with Tartu University building, an old lock-up room and Museum of Classical Arts and Antiquities, Tähetorni Observatory and Jaani Church, Old Town and Toome Hill-ruins of the old Dome Church.

Afternoon visit to Estonian National Museum.

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Estonian National Museum preserves the feeling of continuity and tradition. The museum is the generator and developer of cultural dialogue which links the past and the future. ENM`s role as a centre of ethnological research is to record, study and interpret culture as a way of life, taking into account its periodical, spatial and social diversity. The Museum's function as a contemporary cultural and tourist centre is to show our culture`s uniqueness and primeval power of creation to every Estonian and visitor.

The main emphasis of research and collecting is on Estonian everyday life in the second half of the 20th century as well as on the Estonian diaspora and audiovisual, archival and art factual data from Finno-Ugric cultures.

Dinner and overnight in Tartu.

Day 08: Tartu – Setomaa – Vihula

Breakfast at the hotel.

Half-a-day program spending the day around Obinitsa, and having a lunch at Taarka Tarõ



Arrive at Obinitsa

Obinitsa Flag Square: In 2015 Obinitsa was the cultural capital of all Fenno-Ugric nations – 25 million people.

Introduction into Seto culture and Setomaa (area).

Obinitsa Museum (enter): meet Õie Sarv, who will dress one of the members of the group up as a seto woman - a wonderful transformation to follow.

The monument of the Song Mother: seto leelo, the multitone way of singing of the Setos, belongs to the UNESCO list of intangible cultural heritage since 2009.

Obinitsa Orthodox Church (outside only): orthodoxy is one of the pillars of being a Seto. Orthodoxy is tolerant, colorful and fragrant. Setos have preserved a unique tradition to eat on the graves on church feast days.

Seto Atelier-Gallery (enter): Evar Riitsaar, an artist and jewelry designer and Kauksi Ülle, a writer, present newer and older seto arts. Concert of seto leelo choir.

Lunch at a Seto restaurant (Taarka Tarõ): Taarka Tarõ represents the dignity, consistency, but also conservatism of the Seto cuisine. The hosts Rieka and Aare Hõrn offer the guests their own family recipes and introduce the food culture and manners of the Setos.



After transfer to Lahemaa National park.

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Laahema National Park is located about 60 km from Tallinn and covers 480 square km of typical North Estonia sea coast landscape.

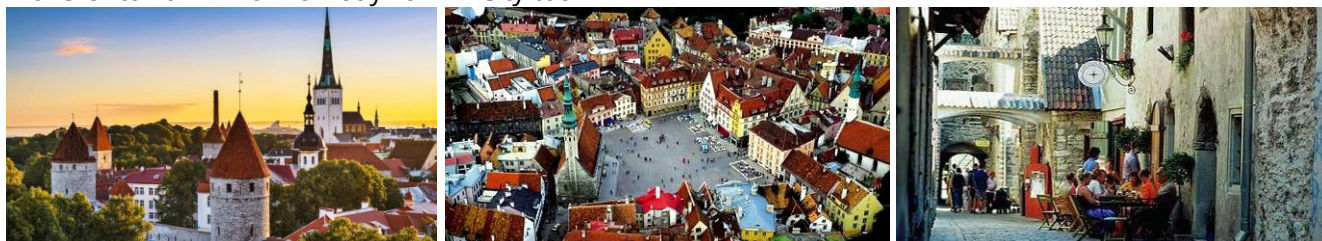


Laahema National Park is famous for its beautiful nature, peninsulas that reach far into the sea, fishing villages and manor houses. During the trip you may encounter various birds, some animals exiting nature areas. Dinner and overnight in Vihula Manor house.

Day 09: Laahemaa-Tallinn

Breakfast at the hotel

Transfer to Tallinn for half-day Tallinn City tour



City tour of Tallinn, a picturesque old city, where whole districts date back to the Middle Ages. You will visit the Old Town with its quaint narrow streets and beautiful merchants' houses exemplifying the best of Gothic architecture. The tour includes Toompea Castle, the 13th century Dome church, the 19th century Russian orthodox Cathedral of Alexander Nevskij, the 15th century town Hall square, the Old Guild built to celebrate Tallinn's membership in the Hanseatic League, and St. Olaf's church.

You can take a walking tour in Telliskivi Creative City, located in a former industrial complex on the borders of the Old Town and Pelgulinna and Kalamaja districts, is the creative centre of Tallinn. This is the largest creative centre in Estonia, consisting of studios, creative companies, and offices of NGOs.



There are several small designer stores and studios, 10 unique eating and drinking places, photo galleries, and a lot of street art. Nearly 600 cultural events take place annually and a flea market is organised on every Saturday.

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Here, you can also find the Club of Different Rooms, Theatre Vaba Lava, and the theatre Sõltumatu Tantsu Lava. On Driving part visit Tallinn's suburbs and Song Festival Grounds, St Brigittes monastery and Pirita area. Lunch at local restaurant.



Afternoon tour of Kadriorg Palace



The palace, constructed in 1720's as a gift by Peter the Great to his wife Catherine I to use as their summer palace, is an excellent example of Baroque architecture. The Foreign Art Museum of the Kadriorg Palace displays paintings, sculptures, graphic art and applied art of Western Europe and the Russia from the 16 -20 century.



Dinner at local restaurant with traditional menu.
Overnight in Tallinn.

Day 10:Tallinn

Breakfast at the hotel
Free morning.
Transfer to airport for departure.
End of our services.

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