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LEADER cooperation project “Implementation of sustainable tourism development principles in national park/protected area regions”

**STUDY TOUR TO
SOOMAA AND LAHEMAA NATIONAL
PARKS’ REGIONS IN ESTONIA**

14.08-17.08.2019

THE AGENDA

Wednesday, August 14th

12.00 Arrival and accommodation in **Klaara-Manni Holiday and Conference Center**

12.20-12.30 Opening and getting to know each other

12.30-13.30 Lunch in Klaara-Manni Holiday and Conference Center

13.30-16.30 Presentation of two LEADER projects:

Visiting **Matogard OÜ** - *an Estonian capital based company producing plant and flower soils. The mission of Matogard is to offer a gardener satisfaction and pleasure through their production and the process of growing plants. When using the growing soils of Matogard, the plants are healthy, strong, beautiful and fruitful.*

Laane Stables – horseback riding – riding with a horse carriage in the center of Tori

Laane Stables near Tori invite everyone to try horseback riding in a square or on surrounding landscapes, or you can go on a riding trip in the historical centre of Tori where you can admire the beautiful villages dotted between fields and forests and the banks of the beautiful Pärnu River (15 km in total). You can also go for a ride in a carriage or a sleigh in winter. Laane Stables offer you many exciting ideas – you can brush and saddle your horse yourself, learn about the basics of horses and horseback riding, test your knowledge in a quiz about the world of horses, surprise your loved one with a romantic carriage ride, etc. Come and give it a go!

17.30-18.30 Hiking in **Soomaa National Park**

Soomaa National Park has been established for the protection of large bogs, flooded meadows, forests and heritage culture in the south-western part of Central Estonia.

Life in Soomaa depends on weather more than anywhere else in Estonia. The rivers of Soomaa cannot take in all the waters flowing down from the Sakala Uplands in spring. Thus the water flows to meadows and forests and floods even the roads, cutting the connection with the rest of the world. The steep-sloped raised bogs stand like islands in the field of water. The floods are called the “fifth season” by the people of Soomaa, because floods occur nearly every year and even several times in a year.

19.00-20.00 Dinner in open air in Soomaa National Park

20.00-23.00 White night canoe safari in Soomaa National Park

Night Safaris are the white nights exotic. Things in the dark seem different, all can not be seen or heard, only some parts can be easily imagined.

23.00 Back to the Klaara-Manni Holiday and Conference Center

Thursday, August 15th

8.30-9.30 - Breakfast

9.45-10.00 Visiting local shop

10.20-11.45 Little tour in **Alpakafarm**

Estonias biggest alpacafarm. Alpacas are related to the camel and lama, and come from South America. In our farm you can also meet other animals from around the world, including African minigoats, Ousannt sheep(smallest sheeps in the world), Angora rabbits, chickens, cats and dogs.

12.00-12.45 Lunch in **Mõisaköök**

12.45-15.00 Travel to **Lahemaa National Park**. The bus drive with the guide, who tells the stories about sustainable tourism in Lahemaa

Lahemaa National Park was established for the protection, study and popularisation of nature and cultural heritage, including ecosystems, biodiversity, landscapes, ethnic culture and sustainable use of natural resources of North Estonia. This is the conservation area for woodland, wetland and coastal ecosystems, but also semi-natural communities (alvars), geological monuments (the Baltic Klint) and historical and architectural monuments. The national park belongs to the European Natura 2000 network as Lahemaa's bird and wilderness area. The total area of Lahemaa National Park is 747,84 sq km, of which 479,10 sq km of mainland and 268,74 sq km of sea.

15.00-15.20 Arriving to **Sagadi Manor**, accomodation

15.20-15.30 Coffee break, tasting the local food

15.30-16.40 Welcome to the area of LAG Arenduskoda. Presentation of Sagadi Manor, Forest Museum and Nature School

The beautiful Sagadi manor complex is often called the most manorial manor in Estonia. The manor has harmonious buildings with white arcades surrounding a large central square, a gorgeous 18th century manor house and a pond that symbolises the eternal love of a lord of the manor. Sagadi is located in Lahemaa National Park. The location has access to nature paths, the seashore, picturesque villages and other manors.

The interesting exhibitions and unique displays located on both stories of the building introduce us to the forest as one of Estonia's greatest treasures. The building of the Forest Museum also houses the museum shop.

The Nature School is a vital part of the Sagadi manor and is financed mostly by the Estonian State Forest Management Center (RMK). The purpose of the school is to improve people's environmental sensitivity, show how nature and humans interact and are interrelated, and to teach students environmentally sound values and responsibility.

Sagadi Manor was accredited by LAG Arenduskoda with the label of local Northern Estonian food. Here is a handycraft shop of local producers.

16.40-17.00 Bus drive with the guide

17.00-18.30 Presentation of the small sustainable tourism enterprice (LEADER supported family business) **Kuusiku Nature Farm** introduce their services and products, also the possibilities for joint marketing.

Coffee break - tasting the local organic food.

Workshop - craftsmanship of solid wood spruce from different types of wood.

Small and cosy Kuusiku Nature Farm is located in the middle of Viitna forests, right next to the Lahemaa Nature Park. The farm offers local and organic food, serving both guests staying overnight and groups up to 40 people. The two matrons of the house constantly update the menu with dishes cooked up by their own recipes, taking maximum advantage of all the fresh produce in their backyard and in the surrounding forests. Kuusiku Nature Farm was accredited by LAG Arenduskoda with the label of local Northern Estonian food. You can also buy the local food products made by Kuusiku Nature Farm.

18.30-18.50 Travelling back to the Sagadi Manor

18.50-19.30 Free time

19.30 Dinner – tasting the local food in Sagadi Manor.
Cultural program – dancing, singing, game and joint marketing workshop with **Mare&Vallo**. Dresscode: smart casual.

Friday, August 16th

The breakfast starts at 8 am.

09.00-10.00 Visiting **Lahemaa National Park Visitor Centre** in **Palmse Manor**, which is located near to Sagadi.

Lahemaa National Park Visitor Center is located in Palmse in the heart of the National Park. Here you can visit the exhibition and watch the slideshow of the oldest and biggest national park of Estonia.

10.00-10.30 Travelling to the famous Viru Bog. The bus drive with the guide, who tells the stories about Lahemaa National Park

10.30-12.00 Guided tour in the **Viru Bog Nature Trail**

Viru bog, one of the most accessible bogs in Estonia, passes through the forest and bog landscapes characteristic of Lahemaa National Park. The trail is 3.5 km and the lap is 6 km long. The study trail introduces the bog's flora, former sand dunes, eskers, and heath forest. There is a boardwalk with an observation tower in the middle of it.

The trail introduces the vegetation and terrain characteristic of the raised bog in Estonia.

12.00-12.30 Travelling with the guide to Kuivoja Holiday Centre

12.30-14.00 Lunch – tasting the local food and presentation of the small sustainable tourism enterprise (LEADER supported family business) **Kuivoja Holiday Centre**.

Introducing the services and products, also the possibilities for joint marketing.
Cultural workshop with **Kolgaküla Lainers**.

Kuivoja Holiday Centre is the small family enterprise in Lahemaa National Park tourism area. They organise different events, including weddings, offer the catering, sauna and hiking. Here is a handicraft shop of local producers.

14.00-14.15 Travelling with the guide to the Hara Harbor.

14.15-17.15 Presentation on the fishing boat and coast of the small sustainable tourism enterprise (LEADER supported family business) **Hara Harbor** - Hara Submarine base. Introducing the services and products, also the possibilities for joint marketing.
Coffee break - tasting the local food.

Hara harbor is the one of the great places in Estonia everybody must visit. Hara Submarine base was built by the Russian military between 1956 and 1958. The site has since fallen into disrepair and while the concrete foundations remain, the buildings have been gutted. The pier-like ruins are now a favorite location for anyone on urban safari.

The local entrepreneur has started with the reconstruction of the harbor and plan to offer harbor services, catering, accommodation and free time activities. They organise many different sailing events. The EUROPARC verifier said, that Hara Harbor is the most impressive place in Lahemaa Nature Park tourism area.

You can also buy the local food products.

*Here is the newest song from Estonian singer, whose video is made in Hara Harbor:
<https://www.youtube.com/watch?v=V6vPa34YnZ0>*

17:15-17:30 Bus drive with the guide to Viinistu Cultural and Conference Centre.

17.30-19.00 Presentation of the small enterprise Viinistu Cultural and Conference Centre and Art Museum.

In the little coastal fishing village of Viinistu, you can visit an Art Museum located in an old cold storage of a fish processing plant. Viinistu Art Museum displays works of hundreds of Estonian artists of various eras; this means about 1,000 Estonian works of art, starting from the Baltic-German era and Pallase school until today. The owner of the comprehensive art collection is Jaan Manitski. Exhibitions alternating each month in the so-called barrel galleries converted from old water tanks offer plenty to enjoy.

The conference centre and beach restoran are part of the Viinistu hotel, located in the stunning natural setting of Kaluriküla.

Steering Group meeting before the dinner, if needed.

19.00-20.00 Dinner at Viinistu Beach Restoran

20.00-... Presentation of the local folk musicians

... Travelling back to accommodation place Sagadi Manor

Saturday, August 17th

The breakfast is from 8 to 10 am.

Morning walk in beautiful Sagadi Manor.

Check-out from the hotel till 12 am.

Departure.