



Rediscover the
meaning of travel

Tour Notes

Baltic Explorer

Tour Duration – 14 Days



Tour Rating

Fitness ●●○○○ | Off the Beaten Track ●●○○○ | Culture ●●●●○ | History ●●●●○ | Wildlife ●●○○○

Tour Pace

Moderate

Tour Highlights

- ✓ In-depth tour of the Baltic States of Lithuania, Latvia, and Estonia
- ✓ Explore the enchanting and history filled Baltic capitals of Vilnius, Riga, Tallinn and Helsinki
- ✓ Quaint fishing villages on the Baltic Sea
- ✓ The Curonian Spit – UNESCO
- ✓ Stunning valleys in Gauja National Park
- ✓ Forests and marshes of Lahemaa National Park
- ✓ Medieval castles





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Tour Map - Estonia, Latvia and Lithuania - Baltic Explorer



Tour Essentials

- Accommodation:** Comfortable hotels with private bathrooms
- Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
- Group Size:** Maximum of 12
- Start Point:** Helsinki – you can arrive any time on Day 1
- End Point:** Vilnius – you can depart any time on Day 14
- Transports:** Minibus and ferry
- Countries Visited:** Finland, Estonia, Latvia & Lithuania



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Baltic Explorer

Suffering under both German and later Soviet occupation, following the dissolution of the Soviet Union the once more independent states of Estonia, Latvia and Lithuania were enthusiastic proponents of the European project and have since joined the NATO alliance. The miserable grey of Soviet conformity has gone, in some cases quite literally as new paints and colours arrived from the west to once more embellish traditional wooden houses. The capitals of Tallinn, Riga and Vilnius once subdued under communist authoritarianism are now lively cultural hubs, hives of economic activity, eager to further progress and expand. This tour travels by land and sea to explore three different countries with diverse national characteristics which not only share a seashore but also a major segment of their contemporary history.

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. On this tour you will have different English-speaking guides in each country.

Itinerary

Day 1 - Arrival in Helsinki

Arrive in Helsinki and transfer to hotel accommodation. Depending upon arrival schedules there may be time to explore the city, or simply relax after the journey. The tour briefing takes place this evening or tomorrow morning at breakfast. Overnight at Hotel Scandic Kaisaniemi or similar. No meals are included today.

Day 2 - Helsinki – Tallinn (Estonia) (Ferry – 2 hours)

This morning we explore some of Helsinki's key sights, including the Market Square and Market Hall, the Uspenski Orthodox Church, Senate Square and Cathedral, the Church in the Rock, and Sibelius Park. The afternoon will be free until transfers leave for the port and the ferry to Tallinn. An Estonian guide will be present on the ferry, ready to answer any questions. On arrival in Tallinn transfer to hotel accommodation. Overnight at Hotel Bern or similar (B)

Please note: *We recommend having an evening meal on the ferry. Luggage will be taken care of, so you can just take essentials and enjoy the ride.*

Tallinn

Tallinn is a modern city with a medieval twist; a place where the past is still alive and kicking. Despite the boom of 21st century development, Tallinn remains loyal to the fairy-tale charms of its two-tiered Old Town – one of Europe's most beguiling walled cities. It's an intoxicating mix of old and new, with ancient church spires and glass skyscrapers, baroque palaces and shiny shopping malls. Increasingly sophisticated without being overly sanitised and forward focused whilst embracing the past, Tallinn is truly a fascinating city.





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Day 3 - Tallinn

This morning we explore Tallinn, visiting Pirita and Saint Briggita's convent ruins, Kadriorg Park and Palace, and Russalka Monument. A guided walk takes in the mediaeval city walls of the upper city of Toompea and Toompea Castle, Aleksander Nevsky Orthodox Church, Saint Mary's Cathedral and the lower city, including the Town Hall Square, the House of the Brotherhood of Black Heads, Fat Margarita Tower and Viru Gates. The afternoon is free to further explore independently or just relax in the city centre. Overnight at Hotel Bern or similar (B)

Day 4 - Tallinn – Lahemaa National Park – Tallinn (Approximate driving time: three-hours)

Today we drive to Lahemaa National Park and take a walk on the Viru Bog nature trail, 3.5km of boardwalk which passes through a forest and marsh environment. We'll learn about the park's flora and fauna and climb a viewing tower which allows an elevated perspective on the landscape. Later we visit the beautiful 18th century manor of Palmse which contains remarkable period furniture and clothing. We have lunch at the manor's restaurant and afterwards take a stroll in the grounds. The day's last visit is the historic fishing village of Altja, first mentioned in the mid-15th century, now containing many reconstructed traditional buildings. Afterwards we return to Tallinn. Overnight Hotel Bern or similar. (BL)

Day 5 - Tallinn – Parnu - Saulkrasti – Riga (Approximate driving time: four-hours)

There's an early start this morning for the drive to Parnu, a coastal city of Estonia famous for its beautiful scenery and white sand beaches. After a short stop in Parnu we continue south, following the Baltic Sea coast towards Latvia. Crossing the seamless EU border into Latvia, at the seaside town of Dunte we visit the 18th century former home of Hieronymus Karl Friedrich von Münchhausen. Known for his exaggerated after dinner tales of war time exploits, he provided the inspiration for Rudolph Erich Raspe's fictional fantasist, Baron Munchausen. We take one of the museum's short walking trails and learn about the history. Later we continue to Saulkrasti and walk on the fine stretch of beach, admiring the natural dunes. Afterwards we continue to Latvia's capital, Riga. Overnight at Hotel Semarah Metropole or similar. (BL)

Riga

Riga, Latvia's capital is the largest, liveliest and most cosmopolitan of the Baltic capitals. A heady mixture of the medieval and the contemporary, the city has much to offer architecture and history enthusiasts in the narrow-cobbled streets of Old Riga and the wide boulevards of the New Town, where beautiful examples of Jugendstil Art Nouveau architecture – "music in stone" – line Strēlnieku iela and Alberta iela. The city also has all the trappings of a modern capital, with efficient and affordable public transportation, excellent shopping, and a lively restaurant and bar scene.

Day 6 - Riga

This morning we explore Riga, first visiting the Art Nouveau district and its fascinating museum. Later we head to the city's Old Town, taking in the National Opera House, the Freedom Monument, the big and small guildhalls, Riga Cathedral, Riga Castle, the mediaeval Three Brothers houses, Saint Jacobs's church, the renovated house of the Brotherhood of the Black Heads, and Saint Peter's church. The afternoon is free to further explore Riga independently, perhaps staying in the Old Town or even taking a cruise on the Daugava River for good views of the city. Overnight Hotel Semarah Metropole or similar. (B)

Day 7 - Riga – Gauja National Park – Riga (Approximate driving time: three-hours)

Our first stop today is Riga's atmospheric central market, Europe's largest, where fresh produce together with arts and crafts fill one of the city's most notable structures, a UNESCO World Heritage Site constructed from former German Zeppelin hangars. Afterwards we travel inland to the picturesque green valleys of Gauja River National Park, sometimes called North Switzerland. We visit the workshop of a master amber craftsman who will explain how to determine real amber and talk us through his unique family collection of amber. Afterwards we drive to the town of Sigulda and visit the mediaeval castle of Turaida, Gutman's Cave and Sigulda Castle's ruins. Later we return to Riga. Overnight Semarah Metropole Hotel or similar. (BL)



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Day 8 - Riga – Ragaciems - Lapmežciems – Jurmala (Approximate driving time: two-hours)

After breakfast we take a drive on the left bank of the Daugava River to see the old-style wooden houses and cross the Shroud Bridge to visit Kipsala Island. From Riga, we drive a short distance to Ragaciems, a fishing village situated on the Gulf of Riga coast beyond Jurmala. Here there's the opportunity to see traditional architecture and chat with local fishermen. Afterwards we continue to Lake Kanieris, a site of special scientific interest, where we take a stroll on the boardwalk and visit a birdwatching tower. At lunchtime we visit a nearby traditional smokehouse and enjoy a tasting experience. Later we drive to the summer resort of Jurmala where white sand beaches once attracted holidaying Soviet leaders such as Nikita Krushchev and Leonid Breshnev. Today the town's authentic wooden houses have achieved UNESCO World Heritage status. The afternoon is free to relax and enjoy the resort, making use of the hotel's excellent spa facilities. Overnight at Jurmala Spa Hotel or similar. (BL)

Please note. On occasions the tour may return to Riga on Day 8.

Please note: In respect of the smokehouse visit, kindly advise at the time of booking of any fish or seafood allergies.

Day 9 - Jurmala – Klaipeda (Lithuania) (Approximate driving time: four to five-hours)

This morning we drive southwest, crossing into Lithuania, and aiming for the coastal town of Klaipeda. En route we stop at the Hill of Crosses whose origins lie in the 1831 and 1863 uprising against the Russian Empire. The number of crosses is estimated at over 100,000 and is a remarkable sight. After a picnic lunch we continue to Klaipeda and check-in to hotel accommodation. Later, a city tour visits the Old Town with its interesting neo-gothic and fachwerk half-timbered architecture. If time allows, we call in at the Blacksmith Museum which has a particularly interesting local story. Overnight Old Mill Hotel or similar. (BL)

Klaipeda

Lithuania's third-largest city is a mix of old and new. This former Prussian capital (when it was named Memel) has retained a distinct German flavour in the architecture of its heavily cobbled Old Town and one remaining tower of its red-brick castle. It's also Lithuania's only port of call for Titanic-sized cruise ships, and a vital sea link for cargo and passenger ferries between Lithuania, Scandinavia and beyond.

Day 10 - Klaipeda – Nida Curonian Spit – Klaipeda (Approximate driving time: two-hours)

Today we take a short ferry ride to explore the UNESCO World Heritage Site of the Curonian Spit. After taking a short stroll on the sands to admire the Baltic Sea coast we visit the 'Hill of Witches', featured in several local folk tales. Afterwards we drive to a site where a huge colony of black cormorants has taken up residence in a stretch of pine forest, before continuing to the Parnida dune for spectacular views of the lagoon and, beyond the forest, to the Baltic Sea. Later we visit the Thomas Mann Museum, a former summer residence of the famous German writer and Nobel Prize Laureate. Travelling to Nida, close to the Russia frontier, we explore the town and take a short boat tour on the Curonian lagoon to admire the dunes. Finally, we visit the Great Dune for expansive panoramic views. Those that wish may walk back to Nida, taking about 40-minutes, and meet up with our car before taking the ferry back to Klaipeda. Overnight Old Mill Hotel or similar. (BL)

The Curonian Spit

The Curonian Spit is 98km long, thin, curved sand-dune spit that separates the Curonian Lagoon from the Baltic Sea Coast. Its southern portion lies within Kaliningrad Oblast, Russia and it's northern within south-western Lithuania. It is an UNESCO world heritage site shared by the two countries.



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Day 11 - Klaipeda – Palanga (Lithuania) – Vilnius (Approximate driving time: five-hours)

After breakfast we leave Klaipeda and drive across the border into Lithuania, travelling to Palanga where we visit the Botanical Garden and tour the magnificent Amber museum, notable for specimens that encapsulate insects and even lizards! After a picnic lunch we continue to Vilnius and check-in to our hotel. The rest of the day is free to relax or explore independently. Overnight at Hotel City Gate or similar. (BL)

Vilnius

Vilnius, Lithuania's capital is a city of immense allure with Europe's largest baroque old town at its heart. Despite its troubled past with the Soviets and Nazis, the spirit of freedom and resistance has prevailed, with the city forging a new identity combining the past with a present and future that involves world cuisine, a burgeoning nightlife and shiny new skyscrapers.

Day 12 - Vilnius

This morning we explore the city of Vilnius. Highlights include Peter and Paul Church, the Old Town and Cathedral Square, Vilnius Cathedral, Gediminas Castle and Tower, Gediminas Statue and Saint Anne's Church. We also walk up Subacius Hill for a panoramic view of Vilnius. Finally, we visit the Dawn Gate, one of the most important symbols of Vilnius. The afternoon is free to explore independently, perhaps looking around the fascinating Museum of Occupations and Freedom Fights, also known as the KGB Museum. Overnight at Hotel City Gate or similar. (B)

Day 13 - Vilnius – Trakai – Vilnius (Approximate driving time: one-hour)

It's a short journey from Vilnius to Trakai Castle, a picture-postcard mediaeval castle located on an island on Lake Galve. After crossing the drawbridge and moat, we take a tour of the painstakingly restored castle, through the many halls and rooms that chart its history. Afterwards we return to Vilnius where there's free time for final exploring or shopping for souvenirs. Overnight at Hotel City Gate or similar. (B)

Trakai Castle

Trakai Castle is a picture postcard island castle situated on Lake Galve. The castle dates from the 15th Century and is attached to the shore by a footbridge. A moat separates the courtyard from the main tower.

Day 14 - Departure from Vilnius

The tour ends today after breakfast when airport transfers depart to meet onward flights. (B)

Optional Extension 1 - Kaliningrad

Day 14 - Vilnius – Kaliningrad (Approximate driving time: four-and-a-half-hours)

After breakfast we cross the border into the Russian enclave of Kaliningrad and check-in to hotel accommodation. Overnight Hotel Tschaika or similar. (B)

Please note: Delays can occur at the Russian border post so we cannot be certain of our arrival time.

Kaliningrad

Kaliningrad, former Koenigsberg is one of the several cities along the Baltic coast founded by the Teutonic Knights. It was founded in 1255 and from then until the end of the Second World War, it played a major part in German history as a port and as a centre of academic excellence. At the end of the Second World War the town of Koenigsberg was renamed Kaliningrad.





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Day 15 - Kaliningrad and Baltijsk

This morning's city tour includes the remains of the city walls, the tomb of Immanuel Kant, the Amber Museum, and the Luisen Church. Later we also visit the unique Oceanographic Museum, founded in 1992 and situated on the Pregel River at the Embankment of Peter the Great. The main museum is housed on board the 'RV Vityaz', a German-built vessel which, as the 'Mars', evacuated 20,000 German citizens from East Prussia in 1945. In the 20th century the ship, now under a Soviet flag, was converted into a research vessel and took part in expeditions all over the world, offering foreigners the rare opportunity to meet Soviet citizens and see a Soviet ship. Nearby, a navy submarine is another of the museum's exhibits. After lunch we travel to Baltijsk, home to the Russian Baltic Fleet, and closed to visitors without special permission. The town's history is recorded in several structures from German times, and a Citadel built by Swedish king, Gustav Adolf von Schweden during a brief period of Swedish dominion. We visit the former court building now housing the Baltic Fleet Museum, and if time allows, the 19th century lighthouse, a symbol of the town. Overnight in Kaliningrad at Hotel Tschaika or similar. (B)

Day 16 - Curonian Spit – Kaliningrad

A full day exploring the beautiful UNESCO World Heritage Site of the Curonian Spit, a natural area with excellent birdwatching opportunities. We walk among the second highest sand dunes in Europe and listen to a phenomenon known as the 'singing sands'. We visit the ornithology station, and the museum which records the spit's formation and the history of its inhabitants. Overnight Hotel Tschaika or similar. (B)

Curonian Spit

The Curonian Spit is a unique area of wooded sand dunes, which separates the Baltic Sea from the freshwater Curonian Lagoon. The spit, a national park, offers unparalleled opportunities to see migrating birds at the Rybachy (Rositten) bird watching station and the nearby museum tells the history of the spit's formation and the stories of its inhabitants.

Day 17 - Kaliningrad – Zamland peninsular: Svetlogorsk and Yantarny

Today we explore the Baltic Coast's Zamland Peninsula. We visit Yantarny and see the huge amber pit, the origin of 90% of the world's amber, and visit a workshop to see how the stone is used in jewellery and art. Afterwards we continue to Svetlogorsk's tree-lined streets, pine woods and beaches. Here we visit a former Catholic church now a venue for daily summer organ concerts. We also visit the house museum of sculptor, Herman Brachert, the 19th century water tower and an Art Nouveau bathhouse, ending with a walk along the promenade. Overnight Hotel Tschaika or similar (B)

Day 18 - Kaliningrad – Gdansk (Poland)

After breakfast we leave Kaliningrad, crossing the frontier into Poland. This tour extension ends in Gdansk, a more practical hub for onward flights. (B)

Please note: *Let us know if you prefer to end the tour in Kaliningrad. Also, if required, we are happy to book accommodation in Gdansk.*

Optional Extension 2 – St. Petersburg - Russia

(can also be done pre tour – contact us for details)

Day 14 - Vilnius – St. Petersburg

Transfer to the airport for flights to St. Petersburg, 'the Venice of the North.' (Flight tickets are not included in the extension price.) On arrival, meet local guides and check-in to hotel accommodation. Overnight at Oktiabrskaya Hotel or similar. (B)



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Day 15 - St. Petersburg

Today we take a city tour of St. Petersburg, including Nevsky Prospect, Kazansky Cathedral, the Church of the Bleeding Saviour, Saint Isaac's Cathedral, and Peter and Paul Fortress. Later we visit the world-famous State Hermitage Museum, where six buildings, including the Winter Palace, house a collection of around three million works of art and artefacts. Overnight at Oktiabrskaya Hotel or similar. (B)

Day 16 - St. Petersburg

This morning we travel 30km to Pushkin and visit Catherine Palace. The preeminent example of Russian Baroque, the palace was constructed in 1717 by Catherine I, Empress of Russia, and is characterised by elaborate ornate interiors. The palace's mysterious Amber Room, destroyed during WWII, was recreated in 2003 for the St. Petersburg's 300-year anniversary. Afterwards we explore the Palace Park, returning to St. Petersburg in time to take a boat trip on the canals and Neva River. Overnight at Oktiabrskaya Hotel or similar. (B)

Day 17 - St. Petersburg

After the breakfast we visit the Peterhof Museum Complex, part of St. Petersburg's UNESCO World Heritage Site and one of the most popular museums not only in Russia, but in the world. A former residence of the Russian monarchs, just a few hours in this magnificent palace conveys an enduring spirit of history. Today the museum's collection brings together the finest examples of Russian and international culture. Later we take a Metro tour of the city and walk along Nevsky Prospect. Overnight at Oktiabrskaya Hotel or similar. (B)

Day 18 - Departure from St. Petersburg

Transfer to the airport for your departure flight. (B)

Tour Inclusions / Exclusions

Inclusions:

Arrival and departure transfers
All accommodation on twin/double share (unless single supplement paid)
Services of English-speaking guides – different guides in each country
Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
Entrance fees
Helsinki – Tallinn ferry ticket
All ground transport on tour

Excluded:

International flights
Travel Insurance
Visas if applicable
Meals not mentioned on the itinerary
Drinks
Items of a personal nature
Tips (discretionary)





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Important Information

Foreign Office Travel Warnings

Before booking your tour please familiarise yourself with the country specific information provided by the UK's Foreign and Commonwealth Office (FCO) - <https://www.gov.uk/foreign-travel-advice>. This includes important information such as latest immigration requirements, and details of any travel advisories.

At the time of writing the FCO does not have any warnings in place against travel to the areas we visit on this tour.

Non UK nationals should check with their own government, as the information and advice may differ to that provided by British authorities.

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

Accommodation Rating

On this tour you will be staying in comfortable small to mid-size hotels. On this tour hotels have private bathrooms. In general, you will find your hotel has a restaurant and/or bar.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.



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Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

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. Indicative costs below are per person.

Estonia

Lunch - £10

Dinner - £15

Latvia

Lunch - £10

Dinner - £15

Lithuania

Lunch - £10

Dinner - £15

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general, you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Estonia

Bottle of local beer - £2.50

Bottle of mineral water - £0.50

Latvia

Bottle of local beer - £3.00

Bottle of mineral water - £0.50

Lithuania

Bottle of local beer - £1.50

Bottle of mineral water - £0.50

Tipping – Guide and Drivers

Estonia

Tips for your local guide and driver are appreciated for good service in Estonia. The amount you wish to tip is up to you but as a guideline consider \$20 USD per person for the guide and \$10 USD per person for the driver on a small group tour. In restaurants tips for good service should be around 10% of the bill but check to see if service charges have been added to your bill.

Latvia

Tips for your local guide and driver are appreciated for good service in Latvia. The amount you wish to tip is up to you but as a guideline consider \$20 USD per person for the guide and \$10 USD per person for the driver on a small group tour. In restaurants tips for good service should be around 10% of the bill but check to see if service charges have been added to your bill.



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Lithuania

Tips for your local guide and driver are appreciated for good service in Lithuania. The amount you wish to tip is up to you but as a guideline consider \$20 USD per person for the guide and \$10 USD per person for the driver on a small group tour. In restaurants tips for good service should be around 10% of the bill but check to see if service charges have been added to your bill.

Foreign Exchange

Estonia

ATM Availability: ATM machines are widely available

Credit and Debit Card Acceptance: Cards are widely accepted except in rural locations.

Local Currency: Euro

Latvia

ATM Availability: ATM machines are widely available

Credit and Debit Card Acceptance: Cards are widely accepted except in rural locations.

Local Currency: Euro

Lithuania

ATM Availability: ATM machines are widely available

Credit and Debit Card Acceptance: Cards are widely accepted except in rural locations

Local Currency: Euro

Joining your Tour

Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on arrival and departure. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations 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 and be valid for the entire duration of your holiday.



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Visa Information

Estonia: Some nationalities including British, US and Canadian citizens do not require a visa for tourist visits to Estonia. All other nationalities, please consult your nearest Embassy for up to date advice on necessary visa requirements for Estonia.

Latvia: Some nationalities including British, US and Canadian citizens do not require a visa for tourist visits less than 3 months to Latvia. All other nationalities, please consult your nearest Embassy for up to date advice on necessary visa requirements for Latvia.

Lithuania: Some nationalities including British, US, Canadian and citizens do not require a visa for tourist visits to Lithuania. All other nationalities, please consult your nearest Embassy for up to date advice on necessary visa requirements for Lithuania.

Please be aware that visa information is subject to change, therefore please refer to your nearest embassy for up to date advice. Please note that the price of your tour does not include visa costs but does include visa support documentation if required.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country. We strongly advise that your passport contains a minimum of two blank pages for each country visited, as this may be a requirement of the local immigration authorities. In addition, certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively, UK citizens can visit www.gov.uk/foreign-travel-advice and visit the Entry Requirements section.

Vaccinations & Protection

Estonia/Latvia/Lithuania

There are no compulsory vaccinations to visit the Baltic States. We recommend that you consult a doctor or travel clinic 6-8 weeks prior to the tour to discuss any recommended vaccinations.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on [best practice when travelling with medicines](#). For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

Preparing for your tour

Climate

Average temperature by day at this time of year can range anywhere between 12-25 degrees centigrade. By night temperatures can drop down to 5 degrees centigrade. Rain showers and longer spells of rain can occur at any time of the year in the Baltic region. Weather and climate is notoriously unpredictable in the Baltic



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region and in extreme cases temperatures can be warmer or colder than noted above. June enjoys long summer days and is a nice time to experience the Baltic region.

Clothing

Clothing in general should be layered and reasonably lightweight but take warmer clothes for nights and early mornings or days that can be on the cool side in the Baltic region. Being a maritime climate, it can rain at any time of the year so make sure you have a waterproof or umbrella.

Equipment

Take a torch for any dimly lit areas, water bottle, sunhat and sunblock. Binoculars are useful for birdwatching, as is a telephoto lens for keen photographers. In general, you will be visiting in the warmer months so an insect repellent may prove useful.

Footwear

Lightweight trail boots or shoes with grip for walking plus trainers or sandals for general travelling.

Luggage on tour

One main piece of luggage (we recommend a soft bag or holdall) plus day sack.
Luggage allowance on tour: 20kg (please note airline allowances may vary)

Electric Supply & Plugs

Estonia - European two circular pin style plugs
Latvia - European two circular pin style plugs.
Lithuania - European two circular pin style plugs

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were prepared on 09th December 2019.