Baltic Trails Adventure

Trip Code: BSH

Version:

WALK & TREK	GUIDED GROUP	2 LEISURELY



HIGHLIGHTS

- Enjoy walking tours through the beautiful cities of Vilnius, Riga and Tallinn
- Hike amongst ancient forest and rich flora in Lahemaa National Park
- Visit Trakai Castle and stroll through the colourful fishing village of Nida
- Discover protected wetlands and beautiful bogs in a wonderful ecosystem
- Walk over the dunes of the Curonian Spit and try your hand at Amber Hunting in the Baltic Sea.

AT A GLANCE

- 7 days walking and sightseeing
- Join at Vilnius / end Tallinn

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The Baltic States are one of Europe's best kept secrets filled with wonderful culture, fascinating history, beautiful architecture, charming cities, delicious food and captivating scenery. This historical region offers a kaleidoscope of colour, which is perfect for a walking and cultural holiday. Along with the medieval heart of Vilnius and labyrinth of cobbled streets in Tallinn, you'll explore the Gothic Spires of Riga and the breath-taking dunes of the Curionian Spit. A variety of lovely walks takes you over Estonia's protected bogs, through ancient protected forest and over the mysterious Hill of Witches. Picturesque fishing villages, dramatic castles and magnificent palaces are a wonderful contrast to the Cormorant and Grey Heron colonies. From local food markets to meeting the local Karaimes with their mouth-watering pastries, this holiday will open your eyes to Baltic flavours.

Is this holiday for you?

This lovely holiday includes active walking tours in cities, a variety of easy walks and wonderful cultural highlights of the Baltic States. Walks are up to 4 hours on easy trails, forest paths and wooden walkways, with a relaxed and gentle pace. As the holiday covers the highlights of the three main Baltic States, there are some days with longer driving days. However we'll be using comfortable transport and staying in pleasant hotels throughout the holiday. This holiday is perfect for regular walkers who are looking for a combination of easy walks, active sightseeing and some free time to explore cities at leisure.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival and departure
- All accommodation as described
- Meals as described in the Meal Plan
- All road and ferry transport (including public transport) as required by the itinerary

What's not Included

- Travel insurance
- Tips
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Vilinus.

A single timed transfer from Vilinus Airport to the first nights hotel is provided in the early evening of Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer to Tallinn Airport (Estonia) for flights departing in the late afternoon.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfasts and the first nights Welcome dinner are included in the holiday price. The area has a fantastic range of restaurants to suit all budgets and tastes. The cost of meals varies depending on location and courses, we suggest you allow 10 - 15 euro for a lunch and 25 - 30 euro for dinner.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfasts are included and continental buffet-style with a choice of bread, cold meats, cheeses, eggs and jam. The food of the Baltics is influenced by Russia, Scandinavia and Germany. Rye bread is very popular, and when made fresh, it's pretty delicious. Estonian kiluvoileib, or sprat sandwich, consists of buttered rye bread, topped with Baltic herrings and egg and is very popular. Kartupeļu pankūkas (potato pancakes) are delicious and can be found in all Baltic countries. The calorie-rich cepelinai potato filled with meat, cheese or mushrooms are very good and popular. Dumplings are originally a Russian dish and popular in Estonia - where they're known as pelmeenid, in Lithuania - where they're called koldunai and in Latvia where they're called pelmeni. Similar to ravioli, the dough is rolled thin and filled with minced meat or mushrooms. Served with broth, butter, or sour cream, they are quite addictive.

Beetroot soup is a vibrant pink soup and very popular in the Baltics. Made with beetroot, cucumber, buttermilk, sour cream, hard-boiled eggs and dill, it is refreshing packed with flavor. Pickles are on every menu, and not only cucumbers. Mushrooms, beans, cabbage, peppers, and beetroot are popular but you'll also find pickled garlic, which is surprisingly delicious. Different herbs and spices are used so each one you try is a little bit different than the one before. Fried bread is not for watching the waistline, but it is a common snack in Lithuania and delicious. Pieces of rye bread are fried, rubbed with garlic, and topped with salt. Sometimes served with melted cheese or garlic aioli, it goes well with beer or cider and is impossible to eat just one piece! You'll also find a variety of dishes containing beans, sauerkraut, potato salads, breaded pork, herrings, smoked fish and mouth-watering meat patties.

Accommodation

During this holiday the group will stay in comfortable hotels in en-suite rooms. There will be 2 nights in Vilnius, 2 nights in Klaipeda 2 nights in Riga, 1 night in Tartu and 1 night in Tallinn.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately 300 - 350 euro should be budgeted for miscellaneous expenses including the non-included meals, drinks and tips. With regard to meals, we suggest you allow 10 - 15 euro for a lunch and 25 - 30 euro for dinner. There are a number of excellent restaurants through the Baltic States and the leader will recommended ones that cater for a wide range of tastes and budgets. It is also good to remember that if you enjoy a number of courses plus wine for dinner, you'll need to budget significantly more. The national currency of all four countries is the Euro. There are many ATMs in the cities and larger towns, plus on arrival at the airport. Credit and debit cards are accepted for payments in many shops and restaurants.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Climate

Baltic summers are warm with daytime temperatures ranging from around 20 to 30 degrees Centigrade. Evenings may be slightly cooler and although rain in unlikely, it is best to be prepared for all weathers. Because of the northern location, summer days will be lovely and long, with up to 17 hours of daylight in the summer.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Baltic Capitals - Bradt Guides
- The Merry Baker of Riga - Boris Zemtzov
- To the Baltic with Bob - Griff Rhys Jones
- A History of the Baltic States - Andres Kasecamp

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

- Lightweight walking shoes
- Socks
- Underwear
- Walking / sightseeing trousers
- Waterproof jacket
- Waterproof trousers
- Shorts, T-shirts and/or casual shirts
- Lightweight fleece jacket or warm jumper
- Sunhat
- Sunglasses
- Day pack min 15 litres
- Sun protection (including for lips)
- Water bottle 1 Litre
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite).

Optional Items

- Camera

- Travel clothes
- Small padlock to lock your luggage

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining at the hotel in Vilinus, Lithuania. A single timed transfer is included from Vilnius Airport. The holidays ends in Tallinn, Estonia, A single timed transfer on departure is included.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow or to Vilnius, and returning from Tallinn. Outbound flights will depart from the UK in the morning, arriving in the early evening of the same day (day 1 of the Land Only itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK later that same evening.

Why Choose KE

Why KE

Join KE the walking experts and explore the Baltic States on foot. See its beautiful capitals on walking tours, hike in national parks and eat where the locals eat. Walking, culture and food is KE's recipe for that perfect adventure holiday.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change