

## GASTRONOMIC JOURNEY IN GAUJA NATIONAL PARK



In the Gauja National Park, a rich bouquet of delicious food and drinks is created. The recipes are made in tradition and with the aim of achieving ever new excellences, and the cuisine created with love pampers the taste buds and stomachs.

The route will wind through the Vidzeme highlands, the ancient valley of Gauja and will take you to special places where you can enjoy unforgettable, Latvian, excellent flavors created by true masters.

Go on an exciting and delicious adventure!

### **The first day of the trip. The spark of tradition and creativity in gastronomy and getting to know Valmiera**

In the morning, arrival at the Gauja National Park and getting to know Valmiera.

The Gauja River, winding through the Gauja National Park, is a mirror of the constant flow. The flowing current allows the spirit of the discoverer to awaken, creativity and at the same time to take root in real values.

Be close and get to know Gauja in Valmiera! The steep banks of the Gauja are decorated with large trees, and here the Gauja flows past banks 10 to 15 meters high in a length of 80 meters.

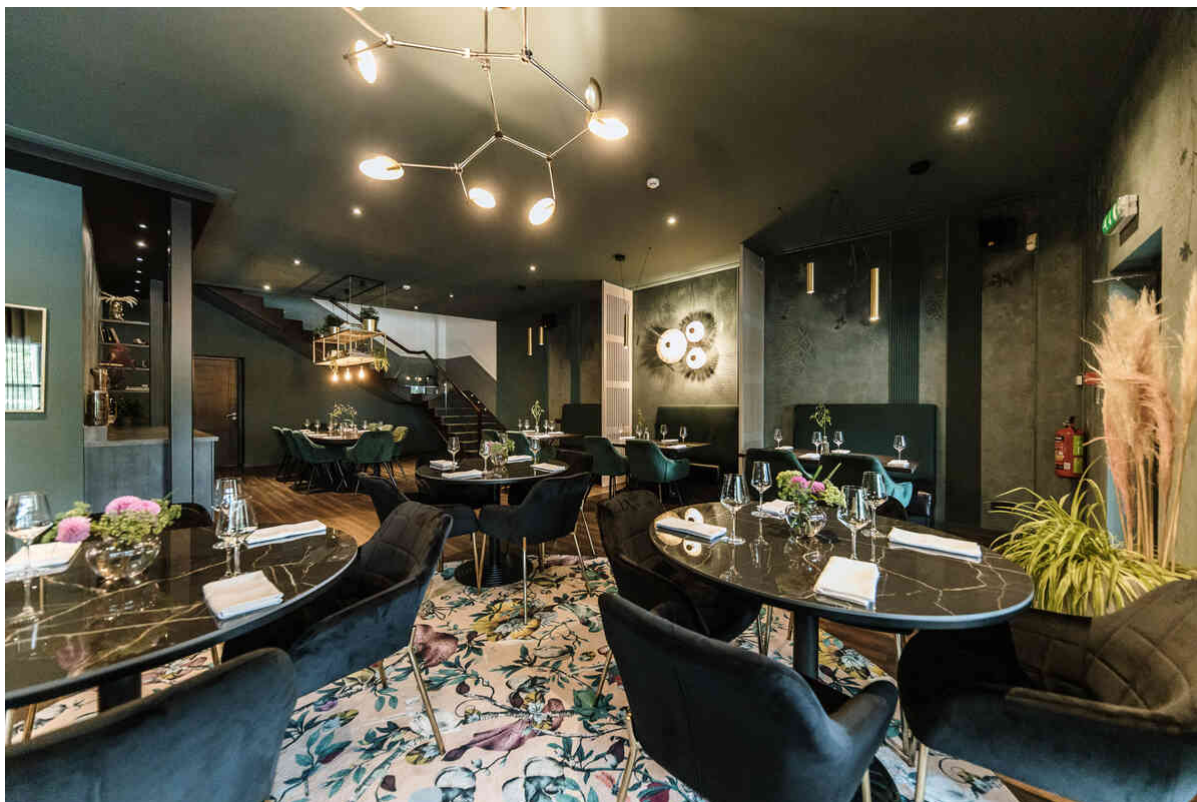
In the city, visit the noble and stately Valmiera St. Simon's Church, which was built already in the Middle Ages. The green panorama of Valmiera opens from the renovated church tower viewing area.



[Visit Valmiermuiža](#) on a gastronomic journey. The hospitality of Valmiermuiža Manor invites travellers to stop for a hearty meal and a glass of delicious beer, brewed in the adjoining brewery. There, nature's produce is transformed into a proper beer, while in the renovated barn, which is home to the "Beer Kitchen", where, after a long journey, you can sit back and take a breather in the easy chairs and experience our famed hospitality towards our guests. You can take the best impressions from Valmiermuiža with you, because the Latvian flavours store offers you the very best examples of produce made by local home producers and craftsmen. Valmiermuiža is a reminder that not only beer, but also the natural nobility of Latvian flavours must be enjoyed slowly.

The visit allows you to learn about the subtleties of enjoying beer and taste Valmiermuiža brews, including beer and kvass. As well the family of the Valmiermuiža stable are happy to welcome guests and show the stable, invite you to go on horseback rides and excursions in the Valmiermuiža castle park and the surrounding area.

And now it's time for a fine dinner in the restaurant of the hotel "[Wolmar](#)" in an unusual atmosphere! The chirping of the parrot Charlie conjures up a true sense of nature's uniqueness and beauty. The "Wolmar" restaurant is like a window to the real world of nature, where flora and fauna interact with each other. Appetizers, main courses and desserts are prepared with love and combine excellent flavors and conjure up a work of art of taste.



Recover your strength for a new day full of flavors at the "Wolmar" hotel! The hotel is just like many miniature cities all together – street names are given to the corridors and urban landscapes are conjured up in the interior of the rooms. For self-pampering, the hotel offers a SPA complex with sauna and massage pool.

#### **The second day. Natural gifts on your plate in the Cēsis area**

At the dawn of a new day, enjoy the breakfast at the "Wolmar" restaurant. The parrot Charlie will greet guests as they head out to enjoy their breakfast. Also in the delicious breakfast, there is a choice of food for all tastes.

The natural gifts of the Gauja National Park - fruits, berries and even flowers - are transformed into 20 flavors of [Līgatne Winery](#) wines and teas. In the continuation of the trip, enjoy the rich bouquets of flavors in an unforgettable atmosphere - by candlelight in the sandstone cave "Lustūzis" in Līgatne.

The cozy winery lives a melodic life. Wonderful wines made from locally sourced fruits and berries are rhythmically bubbling and fermenting in the cool cellars.

Strawberries, raspberries, blueberries, red currants, black currants, gooseberries, cloudberries growing in marshes and even juicy rowan berries are turning there in sophisticated drinks. Besides that, also plums, pears and rhubarbs are used in production of delicious wines. Large barrels are monitored by particularly knowledgeable winemakers in order to capture the right moment of their readiness. Everything is important – taste, smell and colour! When the wine is ready, it is poured into elegant glass bottles and continues to be stored in the cool cellars.

Sandstone cave "Lustūzis" is just one of the many caves in the rocks. Līgatne charms with caves in the rocks and creates a fabulous aura for the town! Cellars and caves in the rocks were once created by the ancient inhabitants with their own hands to store food in them. On the other hand, the mighty sandstone rocks themselves were formed 350-370 million years ago. The rocks of Līgatne's cellars and caves are also open for viewing by visitors and can be seen while taking a walk through the town.

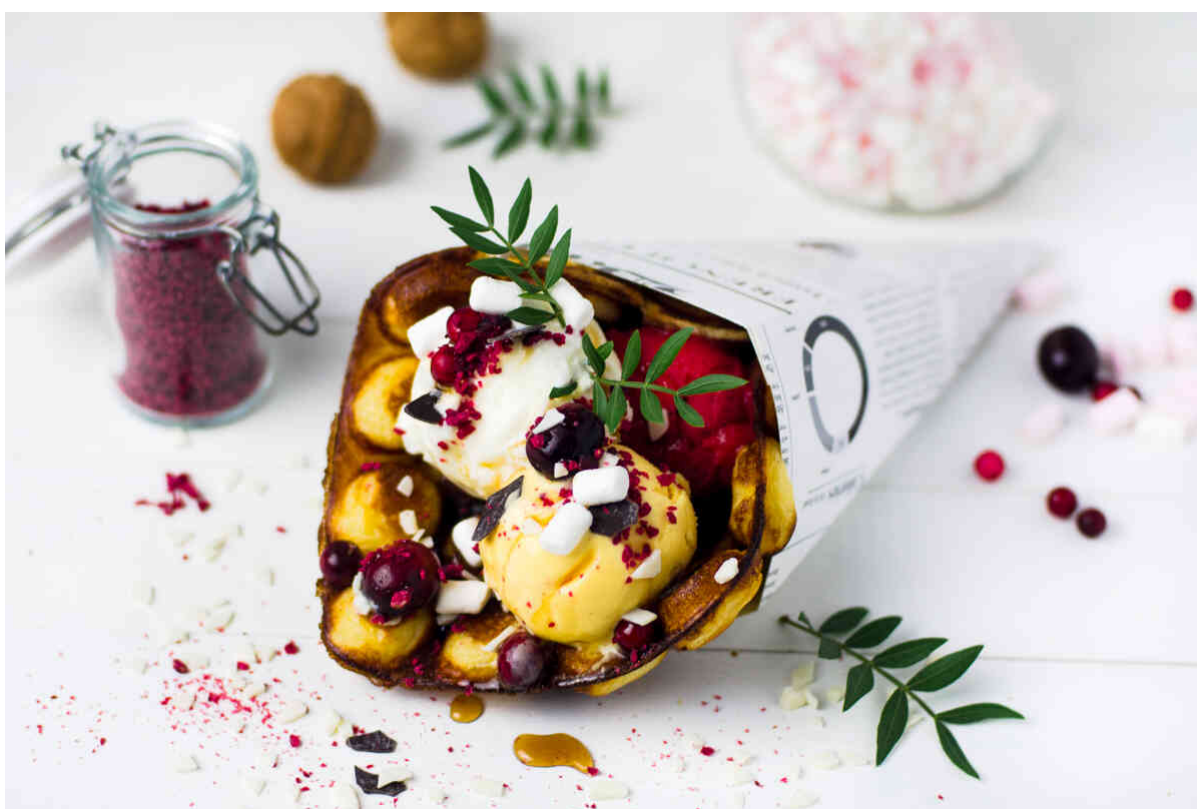
After walking along the scenic nature trails and tasting nature's bounty, spend the night at the hotel "[Aprajods](#)" in Sigulda. The hotel and restaurant "Aprajods" complex consists of several beautiful wooden buildings decorated with natural wooden shingles and reed roofs. The buildings of hotel Aprajods are located in a well-kept apple orchard, where you can take walks on warm summer evenings or sit on benches to savour the peace and silence offered by the nature of Sigulda. Rest in a picturesque place, surrounded by peaceful natural views! A sauna and an outdoor SPA bath are available in the "Aprajoda" sauna house. No matter if you choose to sip fine wines from the restaurant's cellar or slowly enjoy delicious meals inspired by the wisdom of traditional Latvian cuisine, it is bound to be an unforgettable



### The third day of the trip. Culinary master classes in Sigulda

In the morning, the restaurant "Aparjods" invites you for breakfast. Here, the meals are prepared, inspired by the wisdom of Latvian traditional cuisine, and combined with the addition of unique flavors. Enjoying delicious food takes place at large oak tables and ancient chairs decorated with fine carvings. The restaurant prides itself on excellent seafood and grill dishes, and delicious desserts.

[Siguldas Ice Cream](#), located in the Sigulda Castle Quarter, is a place where you can enjoy royally delicious sweet tastes and go on adventure through paths of unforgettable flavours. You are invited to sink into the cloud of happiness, tasting the many flavors of ice cream, as well as creating the unique ice cream bubble cake. Every recipe is created using carefully selected and natural raw materials that emphasize Latvian and unique flavors. Whatever you choose, a hot bubble waffle with melting ice cream, aromatic coffee, hot sandwich or ice cream cocktail, everything in this café is delicious.



In Sigulda, continue to the scenic spot - Paradīze Hill, to capture the impressive expanse and presence of nature. From Paradīze Hill, you can enjoy an excellent view of Turaída Castle and the ancient valley of Gauja. It is colored in the green of the forest, the blue of the sky, the brightness of the sun, the mystery of the morning fog and the romance of sunsets! More than 30 hiking trails have been created in Sigulda, which wind through the urban environment and the peace of nature.

In a beautiful place on the banks of the Gauja river, next to the Valmiera highway, there is not only a recreation complex, but also a catering complex, and also the largest sugarcane factory in the Baltics, "[Rāmkalni](#)". Rāmkalni company loves the Latvian fields, gardens and farm produce, and this love is what inspired to make all of delicious and healthy products. Vitamins and sweetness have been preserved in fruit candies, which will give you strength during hikes. On the other hand, smoked meats from Rāmkalni are traditional products close to the hearts of Latvians, both in everyday life and at the festive table. In Rāmkalni, you can take part in a pastil making master class, where the masters will tell and show the careful preparation of pastils and invite you to taste and make pastils yourself!



Get to know the traditions of Latvian food preparation and the saturated taste of centuries-old culinary secrets by visiting the cozy cafe/pub "[Bucefāls](#)" in Sigulda! The Sigulda pub "[Bucefāls](#)" was built from wood, the national treasure of Latvia, which exudes a true Latvian spirit and warmth of soul. It can be felt during the middle of the day particularly, when the sunlight, shining on the rough surface of the wood, warms up the entire building! Inspired by the picturesqueness of the surrounding nature, the menu has been thought out so that everyone can choose the meal that suits their taste.

After the eventful days, you can spend the night in several special hotels and guesthouses in Siguda. The pearl of the surroundings of the "[SPA HOTEL EZERI](#)" hotel is the picturesque lake in the forest. Everything here is imbued with the life of nature and the feeling of water! In the special rural sauna ritual offered by the hotel, you can enjoy that euphoric state when you feel upliftingly light and filled with authentic natural energy! The chef of the "[Gadalaiki](#)" restaurant surprises with something new every season. Pleasure not only for the stomach, but also for all other senses. Guests are invited to experience how delicious and well-thought-out food from local farmers can be.



[Hotel "Sigulda"](#) is located in a beautiful, historic stone building in the very center of Sigulda. The meal prepared in the restaurant of the "Sigulda" hotel and the professional service allow you to enjoy a beautiful end of the day and regain strength for new challenges. The [hotel's restaurant](#) with a beautiful summer terrace offers to enjoy a menu selected by the chef, which combines the classics of European cuisine and modern Latvian flavors. In summer you can enjoy your meal and drinks on the terrace with a picturesque view to the park, while in other seasons you are welcome within the ancient 19th century stone walls, which have witnessed many historical events.

You can also spend the night at the guest house "[Bucefāls](#)", which is located in a beautiful log building, where the traditional Latvian material and natural wealth - wood - creates a warm and cozy atmosphere. The guest house offers the opportunity to relax in the sauna and cool off in the small pool.

Route: Valmiera city - The steep banks of the Gauja in Valmiera - Valmiermuiža brewery - Wolmar - Kārļamuiža - enjoying wine and other drinks in "Lustūzīs" in Līgatne - Līgatne cellars and caves - Kārļamuiža - Restaurant "Aparjods" in Sigulda - Sigulda Ice cream - Paradise hill in Sigulda - Rāmkalni - Pub-Cafe "[Bucefāls](#)" in Sigulda - Hotel EZERI SPA / Hotel Sigulda / Guesthouse "[Bucefāls](#)"

Duration: 3 days

TRIP DATES

TRIP DISTANCE

km

---

PRICE: 0 EUR

---

