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FOODS LATVIANS PREFER

Latvian cuisine could be called 'multi-layered' – just like one of our traditional dishes, the dessert known as *rupjmaizes kārtotums* – crumbed rye-bread, whipped cream and lingonberry jam, layered in a large glass. Polish, Swedish, German and Russian cuisine are seen as the primary influences, but Latvian cuisine maintains its link to nature, preferring to utilise farm- or forest-fresh produce. This holds true to this day.



The Gourmand's Guide is an invaluable source for getting to know the cuisine of the Riga-Gauja Region. It is a one-stop shop for information on our restaurants, markets, points of interest and events for food devotees who appreciate nature's bounty and its seasonal flavours.



It is also an invitation to savour the culinary diversity of the Riga-Gauja Region, because what is not available in city restaurants can be located in delightful farmers' markets (and vice-versa). Use our recommendations to experience the hospitality of our homesteads and artisan food producers.

It is hardly surprising then, that in 2017, we will be a European Gastronomic Region – we have much to offer both our own people and every European lover of fine food!

SPRING

For gourmets, the year starts in spring with birch sap and maple syrup, whose just-tapped freshness lasts but a brief moment. Just about everyone – not only gourmets – following winter hibernation, crave the first greens that sprout up - aromatic, succulent, crisp and chock full of vitamins.



RHUBARB
Latvia's proclaimer of the new gastronomic year. Every Latvian household has a Rhubarb patch, not only for its useful traits, but also for its good looks. Frequently used in large amounts for gourmandian immoderations – Rhubarb pie, Rhubarb dumplings, Rhubarb jelly, Rhubarb ice-cream, Rhubarb Chutney, Rhubarb jam, Rhubarb salad, Rhubarb wine, candied Rhubarb, etc.

SORREL
The first appearance of Sorrel obliges even hardened city-dwellers to go out into the meadows and seek these small, bright-green, vitamin-rich leaves, an unmistakable sign that spring has truly arrived. Latvians use Sorrel in many ways – for salads, soup, for breakfast with cottage cheese and many more ways.



BIRCH AND MAPLE SAP
The colder the winter, the sweeter the sap. The sap is used as a fermented or non-fermented drink, to make wine, sorbets, in ice flakes, salad dressings, bouillons, spirits, beauty compresses, and as a detoxing cure – a good thing there's so much of it. At home, fermented saps are filled into bottles and supplemented with a pinch of sugar, some raisins, a blackcurrant twig, or lemon peel.

SUMMER

Latvian summers are short but nonetheless full of gastronomic goodies that can be savoured in the right place, at the right time. Summertime is when Latvians are earthbound, so to speak, they have the uncanny ability to commune with Mother Nature. Nothing provides more pleasure than tending a garden, venturing deep into a forest for wild strawberries or chanterelle mushrooms, or choosing a spot lake or riverside for fishing.



CATFISH
The largest fish in Latvia, it can reach up to 250 kilos in weight. To make catfish more delicate, one should leave a whole gutted catfish for two to three days in cold in order to serve a pinkish fish of light consistency. The fishbone can be used for making a strong bouillon.

SOUR CHERRIES
The sour cherries are excellent for one's health, as, besides vitamins and minerals, the sweet-sour berries contain a lot of melatonin, which helps the human body to fight aging and insomnia. Devoted housekeepers insist that a jam or wine should be made just from the sour ones.



CLODBERRIES
Cloudberries hide in deep and far marshes. However, if you are lucky to find them, they can be used in making of a honeyed jam which perfectly complements dessert cheeses or fruit salad. Despite everything, cloudberry is the queen of contemporary forest gastronomy.

AUTUMN

The Latvian proverb has it that 'autumn is a rich man', thereby the populace knows how to 'reap what it sows' literally! The beautiful and scrumptious penny-bun mushrooms, just waiting to be picked or the abundant quince, that yellow fruit perfect for syrups or candied peel, or on a plate with game meat.



CYDONIA
Cydonia or more accurately shrub Quince has become known as our lemon, the pride of Latvia and one of contemporary Latvian cuisine's trademarks. Today Quince is an element of the culinary art, utilized as a marinade for lamb, a component of tangy homemade dessert wines, and for jams perfect for select cheese plates.

VENISON
Latvia abounds in deer parks, wide open, impeccably managed, with clean air and water, and lushly forested. Venison is perfect for autumn stews – a scrumptious staple of any family's Saturday or Sunday dinner and served as tartare or steaks in select restaurants.



BOLETUS MUSHROOM
We Latvians are a mushroom-foraging nation, and the boletus (porcini) is considered the pinnacle for modern-day hunter-gatherers. Simply sautéed with butter, braised in cream with new potatoes, marinated, sun-dried, a side dish for seafood, beef, as a pâté ... we could continue this delicious list forever! Remember though – the ones you pick yourself taste best.

WINTER

Cold and damp weather in Latvia results in fare that is rich and filling, with character. Simple but sturdy foods from garden vegetables and grains. Potatoes and barley, rye products – through the centuries are a reminder of home fires burning. But what about the rowan berries? Beautiful and mildly tart - for a real taste of life.



RYE BREAD
It goes without saying: nowhere on planet Earth the rye bread is more delicious than in Latvia, and it's taste is a result of our history, memories, dreams, and philosophy on the order of things. It's not surprising that rye bread is what every Latvian living abroad craves for.

ROWAN
Dried and powdered, the red-orange rowan berry is a subtle spice for various sauces and marinades. In jellies and marmelade it is an ideal accent for meat dishes or mild cheese. And as a liquid additive for your cocktail, it is the best that a berry can offer alcohol.



TURNIP
Making our noble contribution to the current renaissance in long forgotten herbs and veggies – we give you: the turnip, stupendous in stews! Or simply baked in the oven, but better yet – in a salad with smoked fish and nuts. The turnip – just doing what comes naturally!

MARKETS



RIGA CENTRAL MARKET
Riga Central Market, included on UNESCO's World Heritage List, astonishes with its magnitude and vitality. The massiveness of its above-ground presence comes from airship hangars inherited from Germany at the beginning of the 20th century. Meanwhile, underground the market is home to spacious cellar storerooms and freezers covering a total area of two hectares. Seasonal products from Latvia's forests, waters and farms arrive here every day.
Nēģu iela 7. Open daily.



KALNCIEMS KVARTĀLS FAIR
The Kalnciems kvartāls (Quarter), with its restored timber houses, is the pride of Riga and becomes even more attractive when its weekly fair takes place every Saturday. Farmers bring their own herbal tea blends, jams and preserves, smoked meats and many other treats. And going to the Kalnciems Fair is like going out for dinner – you will never leave hungry! The fair also offers hand-crafted items that would embellish any dinner table.
Kalnciema iela 35. Open Saturdays.



VALMIERA MARKET
Since its inception on the mists of time, the unique and vibrant atmosphere of Valmiera market has stood out. Residents of Valmiera come here every day for produce grown by local farmers, gardeners, ranchers and artisan food producers.
*Tērbatas iela 6, Valmiera
Open 07:00-14:00, closed Sundays, Mondays.
2nd Saturday of October.*



CĒSIS MARKET
In the very heart of the city, Cēsis Market attracts local farmers and artisan producers. Things get particularly busy in the mornings, when city residents vie with local restaurant and cafe owners for the choicest produce. Once a month, the market expands as vendors from all over Latvia arrive to sell their products.
*Tirgus laukums, Uzvaras bulvāris 24, Cēsis.
Daily from 08:00 to 14:00.
Closed Mondays.*

DZINTARS KRISTOVSKIS



Riga-Gauja region with its special concept "Wild at Palate" has been titled as European Region of Gastronomy 2017. Chef and master of herbs and spices Dzintars Kristovskis from the restaurant "Valmiermuiža's Beer Kitchen", has been appointed official Ambassador. He says: "If you look at some of the most iconic cuisines of the world and put it in perspective, what they all have in common is that they are based off products and ingredients that come from that particular region. It is these raw products and ingredients that have made them popular. When February, March, May, June, August, September, November, December Valmiermuižas alus brewery Dzirnavu iela 2, Valmiermuiža, Valmieras pagasts, Burtnieku novads.

EVENTS FOR FOOD LOVERS



RIGA FOOD
Riga Food is the biggest food-trade exhibition in the Baltic region, keenly following the latest industry trends, accentuating innovation and providing opportunities to meet food-processing companies face-to-face. The Kipsala Exhibition Centre becomes a paradise for food lovers and those seeking novel culinary ideas. Entertaining showcases by bartenders, cooks, pastry chefs. Professionals see it as fertile ground for acquiring new knowledge to enhance their business prowess.
Kipsala Exhibition Centre.



RĪGAS SVĒTKU RESTORĀNS/RIGA FESTIVAL RESTAURANT
The Rīgas svētku restorāns opens at Spīķeri laukums during the Riga City Festival and features 15 of Riga's best restaurants giving visitors a rare chance to try special seasonal dishes created from local produce. The square is taken over by an open-restaurant atmosphere in which popular chefs surprise diners with their culinary secrets, all accompanied by live music, contests and entertainment.
Spīķeru centrālais laukums.



JACOB'S FESTIVAL
This lively festival celebrates the first baking of rye bread after the harvest and pays homage to grain growers, millers and bakers. Local ladies host a banquet of pancakes and singular Jacob's bread. Alongside, the Kukuļtīrziņš market presents the wares of cheesemakers, beekeepers, bakers, herbal-tea gatherers and craftspersons.
Āraišu vējdzirnavas (windmill), Drabešu pagasts, Amatas novads.



SAULGRIEZIS
As summer takes off, just a week before Latvia's biggest festival Līgo or Midsummer, the park at Valmiermuiža Manor hosts an event launching the summer solstice – Saulgriezis. Live music and dancing are accompanied by farm-fresh food treats and handicrafts, and, naturally, draft beer from the brewery and local artisans.
Valmiermuižas alus brewery Dzirnavu iela 2, Valmiermuiža, Valmieras pagasts, Burtnieku novads.



RESTAURANT WEEK IN VALMIERA
Delicious meals and cozy atmosphere in the best restaurants of Valmiera. Visitors will be invited to taste special offers from the 3 course menu for special price 15 or 20 EUR (08 – 14.05.2017).



"RESTAURANT WEEKS" IN SIGULDA AND SURROUNDING AREAS
Twice a year – in April and November, restaurants in the town of Sigulda and its environs, spotlight the tastiest of foods for customer-friendly prices – around EUR 20.

CASTLES AND MANORS



UNGRUMUIŽA 13

Meals are prepared and served exactly as the manor's cook once intended. Just like in the 18th century, our chef places fresh and flavourful local produce at the forefront – meat, vegetables, dairy products, eggs, and even fish are bought from neighbouring homesteads. Meanwhile, berries and mushrooms are gathered in the forests surrounding Ungurmuiza.

Ungurmuiza, Rāiskuma pagasts. Pārgaujas novads. Ph.: +371 22 007 332



KĀRLAMUIŽA 14

Do you want to feel like a 19th century guest at a baronial manor? Then you must visit Kārlamuiza! Most of the produce for the aristocratic meals is sourced locally – from the allotments of Kārļi residents and the forests of the Amata River and the Gauja National Park. The manor itself has a picturesque garden graced by herbs, teas, various berry bushes and fruit trees. When the apple harvest is abundant, guests will definitely want to try the apple wine.

Kārlamuiza, Kārļi, Amatas novads. Ph.: +371 26 165 298



DIKĻU MANOR 15

The earliest records mentioning the Dikļi manor date back to the 15th century, but the building gained its current stately form in the 19th century, hardly surprising it is a national cultural monument. The one will find fishes from Latvian lakes and the Baltic sea, prepared in a variety of ways.

Miesnieku iela 4, Rīga. Ph.: +371 67 559 884



MĀLPILS MANOR 16

The sophisticated atmosphere of Mālpils Manor is an appropriate environment for carefree leisure. After an aristocratic night's sleep in satin sheets, the morning greets you with a scenic landscape, while the meals created by the Manor restaurant's chef transport you to joyful horizons of taste.

Pils iela 6, Mālpils. Ph.: +371 26 666 600

BĪRIŅU MANOR 17

Take in the aristocratic atmosphere of yesteryear in the elegant halls, the ballrooms and the design-perfect accommodations. The Manor Restaurant features treats that the lords may have once enjoyed - local game and catch, and side dishes straight from nature. Your dining experience and overnight stay will be elegant and invigorating.

Bīriņi, Limbaži novads. Ph.: +371 64 024 033

RESTAURANTS IN RIGA



3 PAVĀRU RESTORĀNS "TAM LABAM BŪS AUGT!" 4

"Rīga-Gauja gourmet region – that is US! That is our living space, where we harvest the forest's bounty, where we make friends with farmers and brewers, where we plant our own gardens... Many products from the Gauja National Park are served also on the tables at "3 Chefs" Restaurant".

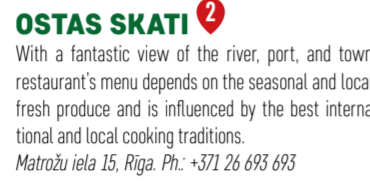
Living in the Rīga-Gauja region where the region's people take care of the environment, inspiration that comes from communication and life among the richness which is the products coming from the nature and farmers in the region – that is the heart's blood and health of the "3 Chefs" Restaurant".

Torņa iela 4, Rīga. Tālr.: +371 20 370 537

BIBLIOTĒKA №1 5

BIBLIOTĒKA N°1 Restorāns is a shining example of contemporary Latvian cuisine. Its prime location in a central Rīga park, stylish interior, nuanced and masterful cuisine are enhanced by a sophisticated selection of Italian wines, as acknowledged by Wine Spectator. Connoisseurs will be pleasantly surprised by traditional Latvian dishes in a contemporary execution.

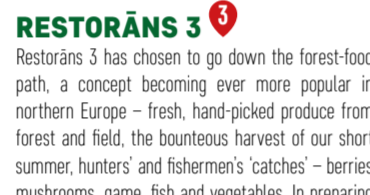
Tērbatas iela 2, Rīga. Ph.: +371 20 225 000



OSTAS SKATI 2

With a fantastic view of the river, port, and town, restaurant's menu depends on the seasonal and local fresh produce and is influenced by the best international and local cooking traditions.

Matrožu iela 15, Rīga. Ph.: +371 26 693 693



RESTORĀNS 3 3

Restorāns 3 has chosen to go down the forest-food path, a concept becoming ever more popular in northern Europe – fresh, hand-picked produce from forest and field, the bounteous harvest of our short season, hunters' and fishermen's 'catches' – berries, mushrooms, game, fish and vegetables. In preparing their exquisite dishes, the chefs focus on preserving the natural energy and flavour of the ingredients.

Raiļevu iela 3, Rīga. Ph.: +371 26 660 060



ROCKET BEAN 7

The Rocket Bean roastery is a place where the best coffee from all over the world is served in tandem with high quality local products. 90% of the food served here is made of ingredients delivered fresh from Latvian farmers, and prepared in the Nordic style. Also important is the fact that the coffee house has been able to establish long-term cooperation with each of its farmers, which makes us not only partners, but also good friends. And as goes with friends – we know everything about the products we serve, from how it was grown to how it came onto your plate. Cozy atmosphere, with the aromatic smell of freshly ground coffee and an adventure in taste will make you return again and again.

Miera iela 29/31, Rīga. Tālr.: +371 20 215 120



MUUSU 6

Muusuu Restaurant is a story about values, tried and tested over the experience collected during the years. The restaurant's menu is made up of classic culinary values and modern classics, where room has also been left for lively interpretations, while at the same respect is given to everything which is fresh and seasonal from Latvia's forests, waters and fields.

Skārņu iela 6, Rīga. Tālr.: +371 25 772 552

VALTERA RESTORĀNS 9

The motto of Valter's restaurant – the countryside visits the city. The menu of Valter's restaurant is based on Latvian rural products only supplied by local farms. The menu is constantly changed according to the seasonal offer of farmers. The restaurant's menu will be an enjoyment for everyone looking for an authentic local food, served not only on plates, but also on Latvian wood, ceramics, stones and other natural materials.

Miesnieku iela 8, Rīga. Tālr.: +371 29 529 200

RESTAURANTS IN SIGULDA



APARJODS 10

One of Sigulda's oldest restaurants, possessing the wisdom of traditional Latvian cuisine nurtured with fond affection for more than 25 years. The building's handsome exterior, with its natural wood-shingle roof, complements the outstanding flavours of the Aparjods kitchen.

Ventas iela 1a, Sigulda. Ph.: +371 67 974 414



KUNGU RIJA 10

This authentic log cabin just outside Sigulda is home to a delightful restaurant. With its serene pace of life, the farmstead co-exists in harmony with nature. Book your visit one day in advance to order steamed sturgeon, barn-smoked catfish, leg of lamb, roast venison, stuffed goose or duck, in fact anything that nature or the market can provide.

700 m from Turaida Museum Reserve, "Kungu rija", Krinuldas novads. Ph.: +371 67 971 473



FAZENDA 10

With outstanding tradition, cordiality and showcasing of local products our foundation, this restaurant features delicious meals, fine wines, local herb teas and homemade bread.

Vidzemes Soseja/highway 16, Sigulda. Ph.: +371 66 900 669



HOTEL "SIGULDA" RESTAURANT 10

You will not regret taking time out to sample the superb food and take in the local scenery, whose beauty was lauded by the aristocracy of long ago. The cozy restaurant is located in the hotel building, initially opened in 1890. Feel the aura of history here, when Prince Nikolai Krupotkin hosted a delegation from St.Petersburg.

Pils iela 6, Sigulda. Ph.: +371 67 972 263



GADALAIKI 10

Located in charming and picturesque Sigulda, this restaurant's speciality is a seasonal menu offering the finest of foods with distinct local flavor.

"Ezeri", Siguldas novads/region. Ph.: +371 67 973 009



"GARŠĀS FREKVENCE" RESTAURANT 10

This is the place where best seasonal products and local ingredients revolve as gastronomic carousel. Elegant minimalism, romantic atmosphere and wonderful food.

Mālpils iela 4b, Sigulda. Ph.: +371 29 645 462

RESTAURANTS IN VALMIERA



RĀTES VĀRTI 11

The Rātes Vārti restaurant convincingly makes it into the list of Latvia's best. The extensive menu will satisfy the most demanding gourmets with seasonal specialties from garden, farm or forest prepared with precision and innovation. The striking interior takes diners back to the Middle Ages and the Hanseatic League.

Lāčplēša iela 1, Valmiera. Ph.: +371 64 281 942



TEĀTRA VĪNA STUDIJA 11

Located in the Valmiera Drama Theatre complex, Teātra vīna studija is where select wines, flame-grilled entrees and mouth-watering desserts meet the creative spirit of the stage and the arts. Good company, fine wine and warm hospitality are what Vīna studija is all about, with international cuisine in partnership with that of the Latvian countryside.

Lāčplēša iela 4, Valmiera. Ph.: +371 26 211 222



BEER KITCHEN IN VALMIERMUIŽA 11

Valmiermuizas alus is leading the push to restore beer to its rightful historic place in Latvia's culinary culture. The restaurant's chefs seek inspiration in Latvia's natural bounty, traditions and fluctuating seasons, creating contemporary blends of Latvian flavours and utilising beer as a harmonious element.

Dzirnavu iela 2, Valmiermuiza. Ph.: +371 20 284 269



AGNESE 11

Visiting the Agnese Restaurant-bar is like reading an adventure-filled book that you simply can't put down! Enjoy the barley and other cereals favoured by our ancient forebears, pike-perch and tench from nearby Burtnieks Lake freshly picked berries and vegetables in combinations to delight any gourmet, or choose a culinary adventure from distant parts.

Tērbatas iela 16a, Valmiera. Ph.: +371 26 207 304



"PARKS" RESTAURANT 11

This eatery is located in the center of Valmiera city, in Vecpilsu Park. The selection of appetizers, entrees and desserts are wide and beautiful. You will find local, traditional cuisine, and cuisine that is 'local and traditional' elsewhere in the world.

Vecpilsu parks, Rīgas iela 19, Valmiera. Ph.: +371 26 117 444



"VECPUIŠIS" RESTAURANT 11

In the historic pavilion inside Vecpilsu Park in downtown Valmiera, you will find a restaurant simply perfect for a relaxing dinner or for a banquets marking a special occasion. Master chef Jānis Rozenbergs will whip up anything you desire, but accent here is on foods made with fresh, locally-grown products.

Ph.: +371 26 110 026

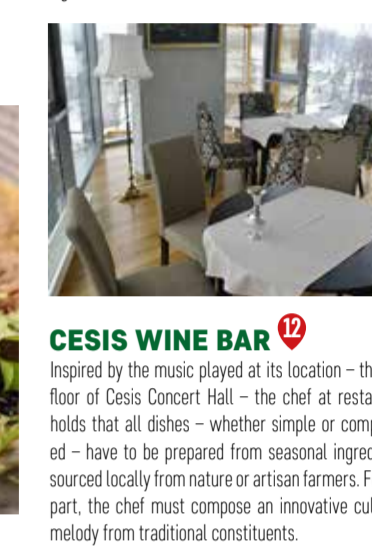
RESTAURANTS IN CĒSIS



PRIEDE 12

The beautiful view to the main Rožu Square of Cēsis old town and majestic St. John's Church, informal atmosphere, excellent coffee and meal, which is prepared of Latvian seasonal vegetables and forest bounty are things for which this restaurant is so beloved.

Rīgas iela 27, Cēsis. Ph.: +371 27 212 727



CĒSIS WINE BAR 12

Inspired by the music played at its location – the 6th floor of Cēsis Concert Hall – the chef at restaurant holds that all dishes – whether simple or complicated – have to be prepared from seasonal ingredients sourced locally from nature or artisan farmers. For his part, the chef must compose an innovative culinary melody from traditional constituents.

Raunas iela 12, Cēsis. Ph.: +371 25 512 541

SIGHTS FOR FOOD LOVERS



ALDARIS BEER MUSEUM 16

The Aldaris Beer Museum is the first of its kind in Latvia and the most modern in the Baltics. The pride of the brewery is its authentic vat room, untouched since 1938. The museum also offers Beer workshops, where one can learn about the differences in beers brewed around the world and learn the secrets of achieving a good brew. You can even try your own hand at this ancient craft.

Tvaika iela 44, Rīga. Ph.: +371 20 016 261

MORE SAFARI AND DEER PARK 19

Set up for hunting purposes, the 170 hectares of Latvia's first private deer park are populated by more than 300 fallow deer, as well as European white and red deer. Take the unique opportunity to try venison you have hunted yourself.

Saulīstari, Mores pagasts, Siguldas novads. Ph.: +371 29 444 662

CĒSĪS MEDIEVAL CASTLE 20

Although ruins are all that remains of the Livonian Order's mightiest castle, experts in Medieval crafts occupy them from May until September. Come and meet the gardener and discover vegetables and herbs grown from heirloom seeds. Meanwhile, the castle's cook will help visitors bake their own loaf of bread in the outdoor oven. Groups can sign up for a grand Medieval feast or beer tasting.

Pils laukums 9, Cēsis



RAISKUMIETIS BREWERY 21

Both dark and light beers brewed in line with time-honoured traditions and recipes. The amber tint comes from the wood-fired vat and oak kegs used for mashing and fermentation. A slow maturation process gives the beer its natural sparkle and clarity. Make a reservation to visit the brewery and taste their beer.

"Rūķi 1", Raiskums, Pārgaujas novads. Ph.: +371 29 171 748

VESELĪBAS LABORATORIJA 22

Veselības laboratorija (Health laboratory) produces toppings and brandies from herbs, berries and fruits grown in Latvian gardens, forests and meadows. During the tour, you can follow the gathering and pre-treatment of raw materials, witness high-grade alcohol being distilled, and taste the wide variety of flavours at Veselības laboratorija.

Līvi, Drabešu pag., Amatas novads. Ph.: +371 22 334 806

ĀRAIŠI WINDMILL 25

This Dutch-type windmill was built for the Drabeši Manor in the middle of the 19th century. The owners will not only show you how grain was milled back in the day, but also allow you to try different grades of flour and enjoy a classic miller's lunch – barley-flour porridge with a meaty gravy.

"Vējdzirnavas", Drabešu pagasts, Amatas novads. Ph.: +371 29 238 208



VALMIERA MUSEUM EDUCATIONAL PROGRAMMES 24

Valmiera Museum offers visitors three educational programmes. The Bread Road shows how ears of corn flourish in fields and how tasty and nourishing bread is made from grain. The Milk Road presents the role of dairy products in Latvians' lives through the centuries. The third programme explains how medicinal herb and spices and garden plants are utilised in cooking, including tasting them both fresh and in teas.

Brūņnieku iela 3, Valmiera. Ph.: +371 64 223 620



VAIDAVA CERAMICS 25

The Vaidava Ceramics factory was founded in 1980 to manufacture design tableware, both traditional and contemporary. The ceramic ware is in demand in both local and foreign markets. Explore the evolution of Latvian red clay from the ground into refined tableware and mould your very own plate.

Ezera iela 2, Vaidava, Vaidavas pagasts, Kocēnu novads. Ph.: +371 22 334 806

AMUSEMENT PARK RĀMKALNI 26

The recreational opportunities include downhill go-karts, boating, bicycle trips, but for relaxation – our tavern-restaurant, with many of the foods produced on the premises – candied jellies, syrups, smoked chicken, homemade ice cream and other goodies.

Rāmkalni, Inčukalns /region & county/, Ph.: +371 29 100 280



VALMIERMUIŽA CRAFT BREWERY 28

"Valmiermuiza craft brewery" is a craft, manor brewery on the outskirts of Valmiera, where beer is slow-brewed using ingredients of the highest grade. Truly 'live' and natural beer is made according to carefully selected recipes that will be appreciated by any gourmand! While visiting Valmiermuiza, find out how the manor's rich history has influenced the brewing process, and how to savour beer like a true lord of the manor.

Dzirnavu iela 2, Valmiermuiza, Ph.: +371 20 264 269

MATILDE WINERY 29

Matilde is the only winery in Latvia producing full-bodied, saturated wines and has a home-made vermouth – a fully matured wine with a blend of herbs such as yarrow, mint and wormwood.

"Bīdlen", Kocēnu pagasts, Kocēnu novads. Ph.: +371 26 457 057

NU, LIELA MUIŽA! ACADEMY OF BUOYANCY 27

The Nu, liela muiža! Academy of Buoyancy hosts a display of different barrels and ancient cooper's instruments. Witness the barrel-making process or actively participate in it. The oak and other wood barrels made in this workshop are destined for the cellars of famous wineries and breweries, including the nearby Valmiermuiza Brewery.

Madaras, Vaidavas pagasts, Kocēnu novads. Ph.: +371 29 268 672

ADZELVIEŠI 30

The history of the Adzelveši houses dates back to 1542. Several houses have survived to this day, and the homestead attracts visitors with tastings of home-made hemp spread lead by the homeowners, to the accompaniment of songs about hemp. Try your hand at milling barley malt for the village, as well as other traditional crafts.

"Adzelveši", Burtnieku pagasts, Ph.: +371 29 253 507



MEĀSUS KĀRE 33

Meāsus kāre (Passion for honey) is a homestead brimming with stories about the world of bees and their hard-working lives in apiaries and hives. Taste honeys produced from different meadows and forest flowers, as well as other bee products.

"Zvirgzdi", Vaidavas pagasts, Kocēnu novads. Ph.: +371 28 341 533

SILKALNI 34

Silkalni homestead is located in the Gauja National Park and some 100 different medicinal herbs are cultivated here. Medicinal herbs are grown in fields or meadows, or gathered in the wild – the forest. During the guided tour, visitors find out about plants and their cultivation, gathering, and drying and the secrets of producing tea blends, syrups, and extracts; they also get to taste medicinal herbal teas.

"Silkalni", Vaidavas pagasts, Kocēnu novads. Ph.: +371 29 432 176

ZILVER WINERY 35

Zilver's artisan wines are made from self-grown and hand-picked berries and fruit. Make a reservation to visit the wine shop; group tastings also available, the tour covers the entire wine-making process, down to the tiniest detail.

"Pīlāds", Siguldas novads. Ph.: +371 26 320 208

R CHOCOLATE FACTORY 31

The artisan R Chocolate Factory is located in the centre of Trikāta. Visitors can learn the secrets of making a variety of chocolate treats and participate in master classes. Take the chocolates you have made home with you and stock up on other treats at the adjoining shop.

"Zelta auns", Trikāta, Trikātas pagasts, Beverīnas novads. Ph.: +371 29 393 881

STEAK CLUB 32

Steak Club offers classes introducing enthusiasts to the secrets of maturing and cooking Latvian-grown beef, in line with the best Wild West barbecue traditions.

"Mazdzīvītes", Kocēnu pagasts, Kocēnu novads. Ph.: +371 20 009 022



KRIMULDA MANOR WINERY 36

Krimulda Manor offers an exclusive opportunity to explore a winery and taste the manor's wines. You will be greeted by a lady of the manor who will explain its operations and lead a short tour around the manor's historic centre, including a visit to the winery, where everyone will be welcomed by winemaker Jānis and a tasting of his wine.

Mednieku iela 3, Sigulda. Ph.: +371 29 111 619

