

Rural Lifestyle products

*The Nordic
Marketplace 2022,
February 22-23, 2022*

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EUROPEAN UNION
European Regional Development Fund



This project is part-financed by the European Union (ERDF Interreg Central Baltic)
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GO RURAL

Partners from 4 neighboring countries in the Northern Europe on the shores of the Baltic Sea have joined together with the aim to develop and promote the **Rural Lifestyle tourism products** in the Central Baltic Sea region: ***Söderhamn (Sweden), Åland Islands & Lohja (Finland), Estonia & Latvia.***

Rural Lifestyle tourism products offer to get to know today's life and people in the countryside by visiting destinations outside cities.

www.countryholidays.info



Rural Lifestyle offers:



RURAL LIFESTYLE TOURISM PRODUCT

RURAL LIFESTYLE VALUES:

- QUALITY OF LIVING ENVIRONMENT
- QUALITY OF FOOD
- NATURE CONNECTEDNESS
- PRIVACY
- AWAY FROM CROWDS
- COMMUNITY SPIRIT
- FARMING BUSINESS
- COMBINE TRADITIONS AND MODERN LIFE

RURAL LIFESTYLE PACKAGES:

FOR WHOM:



individuals



small groups

PACKAGE TYPES:



Half day



1-3 days

SERVICES:



guide/interpreter



transfers



visiting programs



meals



accommodation



LATVIA

DOME HOUSE PARK "ĀRPUS LAIKA"

Modern country living

The family supports green lifestyle. They have created a landscape park, built an ecological dome house and a dome terrace based on their own design and architecture.

The hostess Ilze Berziņa offers a tour of the house, home made wine tasting and a workshop and tasting of traditional Latvian desserts.



FARM
"OZOLINI"

Mandala tea workshop

The family run farm produces ecological teas for more than 20 years.

The hostess Evita Lūkina will guide the guests through the Mandala tea workshop where each guest will select plants in a meditative process for a personalised herb tea.



FARMSTEAD DZIRNUPES

Visiting a drum maker

Juris and his wife Sandra lives in a traditional rural farmstead with a vegetable and fruit garden and farm animals such as goats, geese, chicken and a cat. Juris makes and plays traditional Latvian drums.

The hostess will treat guests to a herb tea and home-made delicacies. The host will tell about making drums and will play drums together with guests.





SWEDEN

FINLAND

Stockholm

Helsinki

Riga

LATVIA

ESTONIA



LIFESTYLE FARM
MOOSKA

*Estonian
smoke sauna at
Mooska farm*

*The Veeroja family keeps the Võromaa
smoke sauna tradition that is on the
UNESCO Representative List of the
Intangible Cultural Heritage of Humanity.*

*During a sauna session, the hosts lead the
visitors through the sauna experience.*



KÄRKA

HOLIDAY HOUSE

Two-day fishing experience in Lahemaa national park

The local fishing association offers a sea trout fishing experience in the area that boasts for the best fishing sites and the biggest fish.

Timo Tintse is a famous sea trout catcher and a fishing guide, Rain Käärst is a chef and will cook fish dinner together with guests, Signe Blum will take care of the cosy atmosphere in the holiday house.



FINLAND - ÅLAND ARCHIPELAGO



ÅLAND ISLANDS

Hiking and nature trails in Åland

The visitors who want to live like a local in Åland archipelago can do as the locals do and go on a nature walk.

The nature trails in Föglö, Vårdö, Kumling, Kökar, Sottunga and Brändö islands are between 1 and 8 km long and vary from easy to medium difficulty.



PELLAS GUEST HOUSE

Lappo island in Åland

Lappo island covers an area of 8km², measuring 4.3 km from north to south. Tiina Thörnroos and her family run a cosy guesthouse in a converted former village school and cosy cottages.

The island stay offers a relaxed holiday in a peaceful environment admiring the local landscapes and life. There is no scheduled activity programme. Guests can spend a peaceful weekend walking, fishing, rowing, going on a picnic, and playing Frisbee golf.



ÖFVERGÅRDS FARM

Apple safari

Öfvergards is a family-run apple farm in Tjudö, in the area called Aland's apple kingdom.

On the Apple Safari programme, visitors will follow Anna and Jan on an exciting taste journey to see, experience and learn more about apples. An optional extra is a picnic with packed lunch amidst apple trees, especially beautiful when in blossom.





FINLAND - LOHJA

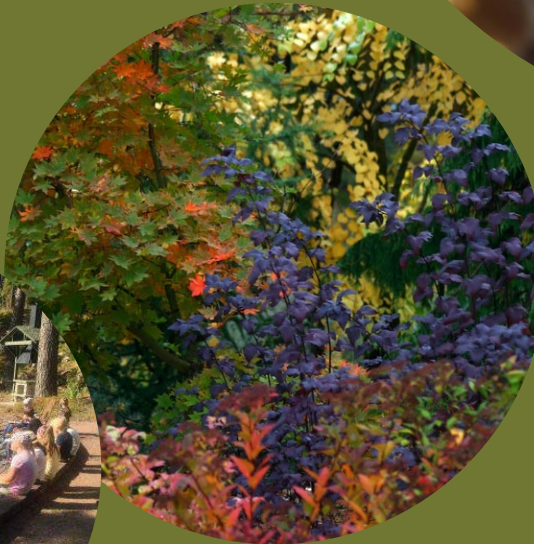


ABORETUM **MAGNOLIA**

*To the roots of Finnish
wellbeing - nature connectedness
in a forest park*

*The host family Stenroos has been building
this Arboretum for 18 years.*

*A guided tour on a 1km guided wellness trail
will briefly present the theories of biophilia
and biodiversity and how they influence
human wellbeing and health.
Enjoying and meditating
by the lake scenery.*



ALITALO FARM

Taste of Lohja Island

The tradition of apple farming on Lohjansaari in the middle of Lake Lohjanjärvi, the largest lake in Southern Finland started in the 16th century.

Ms. Virve Haahti, the local guide, will take visitors on a tour to the apple gardens and cider-tasting.



SWEDEN- SÖDERHAMN ARCHIPELAGO



HÄLSINGE RIDUPPLEVELSER

Through the forest on an Icelandic horse

Experienced guides will take the visitors into the wild, silent and mystical forest of Sweden on horseback. No previous riding experience is necessary.

Karolina Svensk is the owner of the farm and also one of the guides. She lives for the horses. Her passion is to give what she gets from the Icelandic horses and nature.



WORLD HERITAGE FARM **ERIK-ANDERS**

*Cycling and hiking with
a stay in a world heritage
environment*

Erik-Anders farm estate offers a touch of the rural lifestyle of wealthy farmers in the middle of the 19th century.

Guests will spend leisurely days staying in the world heritage house and enjoying the surrounding environment – the Alsjön nature reserve, one of Sweden's finest bird watching areas.





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