

EXPERIENCE ESTONIA

Like a local



www.ecb.ee

Estonia At A Glance

Official name: Republic of Estonia

Capital city: Tallinn

Official language: Estonian

Total area: 45,339 sq. km

Population: 1.33 million

Currency: Euro (€)

1# most advanced digital society in the world, Wired

1# startups and unicorns per capita in Europe

1# E-residency in the world

1# in education in Europe, OECD's PISA tests 2023

1# cleanest air in the world by 2023 IQAir World Air Quality Report

4# sustainable travel index, Euromonitor 2023





Tallinn - The Capital City Of Estonia

www.visittallinn.ee

Estonia's capital is famous for its picture-perfect Old Town, listed as a UNESCO World Heritage site for being one of the best-preserved medieval city centres in Europe. Away from the Old Town's cobblestone streets, the city of Tallinn has a modern feel, with off-beat architecture and a vibrant cultural life. The newly reclaimed industrial areas are locals' favourite places to hang out with numerous design shops, art galleries, bohemian cafés, cosy restaurants and micro-breweries to choose from. This magnificent city of 450,000 inhabitants is homey and compact with most sights, hotels, venues, and restaurants all within walking distance. The seaside city has a strong focus on sustainable development and in 2023 held the title of „European Green Capital 2023“.

Visit Tallinn



MEDIEVAL LEGENDS WALKING TOUR

Step back in time to the Middle Ages as you wander through our historic churches, guild houses, hidden courtyards, and winding cobblestone streets in one of the most well preserved medieval towns in the world. Get to know about the lifestyle, clothing, occupations, eating and drinking habits of Tallinn's medieval citizens as your guide entertains you with the fascinating history of this area through captivating legends.



MARZIPAN STORY & WORKSHOP

Did you know that, according to legend, marzipan was invented in Tallinn? One of the oldest sweets made in Estonia, dating back to medieval times, was initially intended to be used as medicine. Its preparation process remains unchanged to this day, mirroring techniques used hundreds of years ago. Visit a marzipan workshop, explore the colorful history of marzipan in Tallinn, and craft and paint your own marzipan figurine as a sweet souvenir of your time in Tallinn.

MEDIEVAL BANQUET

Step into the world of knights as you indulge in a sumptuous traditional medieval dinner fit for royalty. Located in the heart of Tallinn's historic Old Town, just a stone's throw away from the Town Hall, you will be transported back to the Middle Ages at one of the city's most traditional ancient restaurants, Olde Hansa. Immerse yourself in the medieval atmosphere, enjoy a hearty feast with endless courses of rich foods fit for kings and queens, and be entertained by captivating shows. With fair maidens, melodic tunes, and attentive staff in period attire, guests are transported to a bygone era of feasting and merriment.



“WELCOME TO TALLINN” BIKE TOUR

Tallinn bike tour is the ideal choice if you want to combine a sightseeing tour with an unforgettable and fun activity. Led by an expert local guide, the tour will navigate you through the city’s most captivating spots while sharing fascinating stories about Tallinn’s past and present. To make the ride even more memorable, top it off with a seaside picnic!



CITY GAME

Combining physical activity, brain-teasing puzzles, and modern technology, this digital scavenger hunt promises to uncover hidden gems and historical wonders while fostering teamwork and camaraderie among participants. Whether you’re a small group or a large team, all you need is your smartphone or tablet to embark on this captivating journey through the medieval and modern aspects of one of Europe’s most enchanting cities.



LEARN ABOUT COOLEST DIGITAL SOCIETY IN THE WORLD

Estonia is hailed as the world’s most advanced digital society with I-voting, e-Residency, digital signature, just to name some digital solutions. Our e-story is unique and fascinates the international community. E-Estonia Briefing Centre in Tallinn gives presentations about E-Estonia for those interested in digitalisation.



LEATHER WORKSHOP IN A DESIGN STUDIO

Discover the art of crafting your very own one-of-a-kind leather bracelet in this workshop! Unleash your creativity by personalizing it with inspiring quotes or mysterious initials. Spice it up with rivets, flowers, or both — or keep it sleek and minimalist, the choice is yours! Held in the vibrant atmosphere of an Estonian designer studio, where you can also explore and shop for designer bags and small accessories in the showroom.



CHOCOLATE MAKING WORKSHOP

Dive into the world of chocolate and learn a tasty new skill! During the chocolate workshop at the fascinating chocolate museum, you will discover the basics of making chocolates, taste various chocolates to notice their differences, and learn how to decorate chocolates like a pro!



CREATE YOUR OWN JEWELLERY

Join an exclusive jewelry making workshop led by the renowned Estonian designer Kriss Eglite, the creative force behind New Vintage by Kriss brand. Participants can choose between crafting a stunning bracelet or a pair of elegant earrings under expert guidance. No prior experience is required — only a creative spirit is necessary! Imagination is the only limit as attendees work with beautiful stones and materials to craft a piece of jewelry that reflects their style and personality.



CRAFT BREWERY TOUR

Explore Estonian craft beer! Visit a local craft brewery and learn about the art of beer making and the different styles of craft beer. Throughout the tour, you'll have the opportunity to see the fascinating process of beer brewing firsthand in the production area, with information about beer making and the brewery. And to truly experience the flavors, you'll also get to taste 3-4 different beers.



VISIT A LOCAL GIN DISTILLERY

Located in the lively Telliskivi area, Junimperium Gin Distillery offers group tours for those intrigued by gin's history and production. As Estonia's first open artisan gin distillery, Junimperium provides an immersive experience, delving into the secrets of gin-making and the botanicals used. Explore behind the scenes, learn about gin's evolution, and enjoy nosing and tasting sessions of our unique gins. Conclude the visit with a refreshing gin and tonic cocktail made from Junimperium's signature gin, ensuring a memorable group activity for all.

TALLINN FOOD TOUR

Tallinn Food Tour offers a delightful blend of culinary exploration and city sightseeing. Led by knowledgeable local guides, participants embark on a journey through the historic Old Town and nearby Kalamaja quarter, stopping at various locations to sample traditional and modern Estonian cuisine. Along the way, they learn about Estonia's culinary heritage and contemporary culinary scene, making for a memorable and immersive experience that captures the essence of the city and its cuisine.



TEAM-BUILDING AT ROCCA-AL-MARE OPEN AIR MUSEUM

The Estonian Open Air Museum, located in Tallinn's picturesque Rocca al Mare district by the seaside, provides insight into the country's rural lifestyle from the 18th to the 20th centuries. The museum is designed as a village, featuring 14 farms, a church, a tavern, and a schoolhouse. Visitors can also explore windmills, fishing net sheds, a fire station, a dancing area, and a village swing. On-site, a variety of team-building activities are available. Participants are divided into teams and engage in challenges along a designated route, such as riding in a horse-drawn carriage, sampling traditional Estonian food and drinks, and participating in a folk dance workshop.



COOKING CLASS

Take a cooking class with an Estonian chef and get a brief insight into Estonian cuisine. Cooking together is a fun way to strengthen your team's spirit. Together you will cook dinner consisting of several courses and of course, at the end of this fun activity, you can eat it all.



EXCLUSIVE COURTYARD CONCERT

Step into history with an exclusive courtyard concert experience in Old Town. Whether it's jazz, choral, early music, or indie pop, let the melodies transport attendees to another time. Following the captivating performance, participants can indulge in a feast true to the era, immersing themselves in both music and culinary delights. It's a night of enchantment and nostalgia that promises to leave a lasting impression.



SAILING ON TALLINN BAY

Enjoy the fresh air, sea breeze, and unforgettable views! Picture yourself sipping bubbles while watching the sunlight dance on the water, with the medieval towers of the Old Town as a majestic backdrop. Exploring by sea offers stunning glimpses of coastal wonders and beauty spots such as historic ports, the Seaplane Harbour with its museum ships, the Pirita forest and monastery, and the Patarei fortress. Sailing trips typically last 2 to 3 hours and may include drinks, snacks, musical accompaniment, and professional photography. In some cases, crews can even teach passengers a few sailing tricks and regale them with stories of Tallinn's maritime history. Additionally, sailing trips to nearby islands are available.



IGLU SAUNA AND NORDIC SWIMMING

Celebrated for its myriad health advantages, cold-water swimming has traditionally been part of Estonian sauna culture but can also be enjoyed on its own. In Estonia, sea water temperatures rarely exceed 20 degrees, even in the summer, making swimming here akin to a dip in icy waters for some visitors. The best way to enjoy it is by going ice swimming and then relaxing in a sauna afterward. There are several options in Tallinn where you can rent a private sauna by the sea, which is perfect for smaller groups. The unique igloo sauna in the Noblessner area stands out as the most Instagrammable option. Just a one-minute dip is enough to fully experience the sensation.

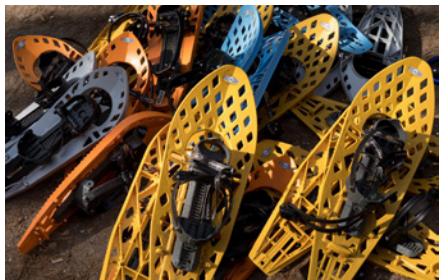
KAYAK TOUR

Embark on a paddle adventure around the Tallinn's coastal and harbour areas, offering stunning views of the skyline. No prior paddling experience is necessary, making it suitable for everyone eager to witness Tallinn from a unique perspective. The panoramic vistas from a distance, encompassing both the modern and historic parts of Tallinn, are truly breathtaking.



BOG WALKING & BOG SHOEING

Estonia is famous for its bogs. Peat bogs and mires cover a fifth of mainland Estonia, offering a unique outdoor experience. Stretch your stiff muscles, breathe in the clean bog air, and enjoy the mystical landscape of Estonian wetlands. Bog walking in Estonia is made possible with the help of wooden boardwalks laid out in most bogs or special bog shoes that function similarly to snowshoes. Hikers can walk freely without sinking and causing damage to the environment. Lookout towers are situated at the end or middle of the boardwalks in most bogs, providing breathtaking views. Bog walking is available in Estonia year-round—just as nature changes its colors, bogs also alter their hues throughout the seasons! It doesn't require intense physical preparation; if you can manage a good walk, you can handle a bog shoeing tour





E-FATBIKE RIDES

Ride everywhere without any hesitation! Less tiring and more effective E-fatbike is an electric bicycle that is able to cross different landscapes (dirt, sand, peat, bog, ascents, snow). The engine makes it affordable for everyone - young or old, experienced or beginner. With much less effort you can see and reach so much more with fatbikes. Estonian nature gives an excellent opportunity to try a fatbike on different surfaces. For example, gravel, sand, forest areas and even asphalt. We especially recommend the Rummi Quarry area near Tallinn.



POP UP RESTAURANT

This ultimate dining experience brings the art of cooking and serving food to the wild. Step into a world where the interior changes with the seasons and each dish is crafted with authenticity and care. Enjoy the rich aroma of food cooked over a live fire, savour the flavours of locally sourced ingredients, and indulge in the sensory experience of eating with wooden dishes and fire pans. A forest dining experience can be organised anywhere in Estonia.



PLANT A TREE

Estonia is one of the most forest-rich countries in the world. However, there can never be too many trees. Planting a tree in one of Estonia's national forests is a perfect way for your team to give back and connect with nature. Tree planting is available from April to October.



RALLY RACING

Try the adrenaline of rally racing on the largest double cross race track of the Baltics. Ride a fully modified rally car and let its raw power test your driving limits! Enjoy drifting on dirt and find out how it feels to max out your adrenaline on mind boggling g-force! Race nostalgic Ladas or BMWs, drive a tricky car on a slalom track (when you turn the steering wheel right the car goes left), experience breathtaking co-drive next to a professional rally pilot, have racing contests. Additional options are go-karting on an outdoor go-karting track (600m) or UAZ drive on an off road track.



RETRO JEEP ORIENTEERING GAME

Jeep safari is a fun way to spend a couple of hours on a safari hunting checkpoints, testing off road racing skills in varied landscapes and communicating with your team to be the first over the finish line with the best result. Each team vehicle takes up 5 people, you can decide to switch drivers, navigators and strategists as you wish. The track features exciting off-road challenges as well as picturesque natural sites.



Tartu – The European Capital Of Culture 2024

www.visittartu.com

Estonia's 2nd largest city is the Estonia's main centre of knowledge and study with the nation's top university, as well as a number of other institutes, research centres and biotechnology industries located there. Being home to globally-connected institutions has made the 'City of Good Thoughts', as it's called, a magnet for all kinds of international conferences, particularly those related to scientific and medical fields. In 2024, Tartu holds the title of the „European Capital of Culture“.

visit TARTU



LEARN THE PROCESS OF MAKING BEERS

A Le Coq – Estonia’s oldest brewery and the biggest beverage producer is located in Tartu. Visit their interactive beer museum The Beer World and discover the magic of beer brewing. Playful exhibits make it fun to see and experience the history of beer through hands-on experiences. The museum is located in fully preserved historical malt tower, which is known as a symbol of the city and one of the rarest industrial buildings in Europe.



EMAJÕGI RIVER BOAT TRIP

The Emajõgi river is one of the most important symbols of Tartu. For a fantastic way to admire the river’s picturesque landscape, climb aboard the Jõmmu barge, a replica of the wooden trade vessels that plied local waterways from Hanseatic times right up to the 20th century



STREET ART TOUR

Tartu is known as a city rich in street art – at almost every step, you can encounter contemporary interpretation of art through graffiti and colourful messages, created by a mix of talented artists. The best way to discover street art is on foot or by bike.



VISIT THE ESTONIAN NATIONAL MUSEUM

Estonia's largest museum is a remarkable example of contemporary architecture, offering a comprehensive display of the country's ethnographic history. It features numerous high-tech installations alongside artifacts from its extensive collection, which spans over a century.



TYPA PRINTING AND PAPER ARTS CENTRE VISIT

The TYPA Printing and Paper Arts Centre, located in a former boot factory, is the only museum in the Baltics dedicated to paper and letterpress printing. During your visit, you'll explore the history of communication from the invention of paper 2000 years ago to the printing revolution of the 15th century and beyond. Engaging activities include making handmade paper, operating a 200-year-old press, experiencing poster printing, and participating in a notebook making workshop.



VISIT A LOCAL ORGANIC FARM

How is the world's best Estonian cheese made? How does the robotic milking machine work and how is milk turned into cheese? There are several well-maintained organic farms around Tartu which also offer farm tours and tastings. Visit Andre Dairy Farm or Viinamärdi Cheese Farm to learn about cheese production. Visitors can also feed the cows, pet the calves, and taste the products in our farm shop.



ONION ROUTE & OLD BELIEVERS' VILLAGES

Colourful cottages mark the area known as the Onion Route, a 30-kilometre-or-so stretch of road spanning the southern coast of Lake Peipsi. The route takes its name from this region's unique inhabitants — Russian Old Believers, a traditional, religious minority who established their own way of life here after their ancestors fled Russia three centuries ago.

BOG WALK

Estonia boasts vast bogs covering one-fifth of its mainland. Year-round, visitors can enjoy bog walking, witnessing nature's seasonal color changes. Equipped with wooden boardwalks or bog shoes, exploring these landscapes is a must when in Estonia. Lookout towers are often found along the trails, offering stunning views of the surroundings.



DISCOVER THE MYSTERIOUS SETO PEOPLE

One of the most intriguing areas to visit around Tartu is Setomaa a home to Seto people, an ethnic group with its own unique traditions that's been living in this corner of Estonia since time immemorial.

visit PÄRNU



PÄRNU - Feel the Summer All Year Long

www.visitparnu.com

If you are looking for a conference event or team building activity that is a little different, yet loads of fun for everyone, then Pärnu, Estonia's prime spa resort town on southwest coast, is the way to go! There is a great choice of activities in and around the city in picturesque settings to provide with unique shared experiences that will bond your team for years to come. Getting to Pärnu is quick and easy. The city sits roughly halfway between Estonia's capital Tallinn and Latvia's capital Riga. For meeting rooms and accommodation there is plenty of high quality hotels to choose from. See more information at www.visitparnu.com



ADRENALINE RUSH ON THE PORCHE RACE CIRCUIT

Get in. Buckle up. Experience more. Perfect your driving skills lap after lap on the racetrack. With professional guidance. Thrillseekers can test their nerves on the Porsche ring motor racing circuit — the most modern racing circuit in the Nordics — where participants can take high-speed laps in sports cars, learn to drift in a drift taxi and even put the pedal to the metal in an Formula 1! Porsche Ring is the only permanent racing circuit in Estonia for cars and motorcycles, and the only track that has a FIA Grade 4 license in the Baltics.



“LIKE A LOCAL” BIKE TOUR

The best way to get know Pärnu is by pedalling through the charming old town, hidden yards, beach parks and promenades. Did you know that Pärnu has 70 kilometers of bike paths? This means that you can bike everywhere, which is why biking is very popular among the locals.



GET ACTIVE ON THE GOLF COURSE

Just a 15-minute drive outside of Pärnu lie two of the most high-level golf courses in Estonia. In terms of difficulty, these golf courses offers a real challenge even for a professional golfer. Pärnu Bay Golf Links is the first links course in the Baltic region and features wide fairways and expansive sand areas, as well as multi-leveled greens with bold movement. White Beach Golf, an 18-hole golf course, is located near Valgerand (White Beach), the most beautiful beach by Pärnu Bay.



CIDER TOUR & TASTING

Cider tasting is a real treat at any time of year. There are several independent cider producers in Pärnu county catering for all kinds of groups and happy to tailor the event to you. Visit either Jaanihanso Cider House or Tori Cider Farm and learn all about how cider is made and try some of favourites from the shelves and cellars. On a visit, you can meet the cider makers, walk around the organic farms, taste limited-run styles, and learn all the nitty-gritty behind this operation that's a true labor of love.



VISIT A LOCAL ORGANIC FARM

The Piesta Kuusikaru Farm produces all kinds of apple-based products. The Piesta brand features, for example, pure apple juice, a spiced apple drink similar to mulled wine, apple syrup with a touch of mint, slow-fermented apple vinegar, and apple stroop — a favourite among food enthusiasts. You can visit the organic apple orchard and learn about the exciting history of the farm.

PRIVATE NIGHT SPA

Experience the luxury of a nighttime spa session at Hedon Spa. Book the entire bathing area and Silent Spa for your team, or business associates. Each guest receives body care products, a bathing robe, and a towel. Add-ons like a DJ and tasty snacks are available. Plus, the spa bar serves refreshing cocktails to suit your preferences. Ideal for groups of 24 to 54 people, but larger groups can be accommodated.



SURF CAMP

Pärnu and summer on the beach go hand in hand together, and what better way to spend your time on the beach than learning to surf? Organize a one-day long surf camp, where regardless of age and physical capability, a suitable style of surfing will be found for everyone. Bright-eyed instructors will lead the day, ensuring everyone will end up a surfer in their own right by the end. With the guidance of a variety of different instructors you can learn to windsurf, fly a training kite, SUP paddle board, kayak and skim board.



SAILING ON PÄRNU BAY

Sailing is a popular local pastime, so a leisurely yacht cruise on the bay is a fitting way to unwind and enjoy the scenery. Experienced captains and stewards will show the ropes aboard and teach good boatmanship.



OPEN AIR YOGA

Wouldn't it be nice to start the day invigorated after a fresh air yoga session, or perhaps you'd prefer to unwind from the day with a yoga session instead? The yoga studio named "Paljajalu" translating to 'barefoot' offers yoga sessions out in the open air during the summer season, in a location of your choice. There are plenty of beautiful spots where you can unroll your mat and switch off your mind, including Pärnu beach. Yoga mats are provided.



GUIDED FISHING TRIP

Pärnu, a seaside town with a river flowing through it, is an ideal destination for water activities. A guided fishing trip provides perfect entertainment for company events, requiring no prior experience as all equipment will be provided. You'll embark on a fishing excursion on the Pärnu River or Bay, using various techniques to catch a variety of fish. Accompanied by experienced fishing guides who possess comprehensive knowledge of local conditions and the best fishing spots, you're ensured a memorable experience.

SOOMAA NATIONAL PARK

Soomaa National Park is famous for its unique landscape, bog forests, rivers and the fifth season. Even though the area floods several times a year, residents have adapted rather than fled—homeowners always have boats at hand. During the floods, you can take a guided canoe trip, paddling between the trees and gliding over the marshes. When the flooded water freezes in winter, it creates a magnificent skating rink, and you can get around on skates!



KIHNU ISLAND CULTURAL SAFARI

For an unforgettable cultural experience, arrange a trip to nearby Kihnu island, where the centuries-old traditions and general atmosphere have been wonderfully preserved since the days when this was the domain of seafarers, fishermen and seal hunters.

Hop on a ferry to travel to this unique island, predominantly inhabited by women (with men primarily at sea)! Kihnu Island is listed as a UNESCO World Heritage site due to its rich cultural history. Throughout the day, you'll have the opportunity to tour the island by truck or bikes, enjoy the magnificent view of the sea from the top of the Kihnu lighthouse, and learn about local customs and traditions at the Kihnu Museum.

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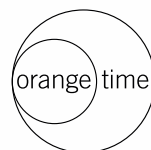
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