



We are inviting you to

"TASTE - STUDY VISIT - RIGA"

From 16 to 18 June 2026



Located on the Baltic Sea, Latvia is a country shaped by forests, rivers, and strong local food traditions. With more than half of its territory covered by forest, nature and seasonality play a central role in everyday life and gastronomy, from wild ingredients to long-standing fermentation practices.

Riga, the capital city and a UNESCO World Heritage Site, is known for one of Europe's largest collections of Art Nouveau architecture and a vibrant cultural and creative scene. Beyond the city, the surrounding regions offer perspectives on how taste, heritage and local identity are shaped by rural life.

We welcome you to discover Latvia through discussions, field visits, and direct encounters with local stakeholders in both urban and regional settings.

Riga is easy to reach, accommodation will be centrally located, and the programme will take place in Riga and selected locations outside the city.

**We look forward to welcoming you to Latvia
as part of the TASTE study visit.**



INTERESTING FACTS ABOUT LATVIA

1. **Art Nouveau City:** Riga is internationally known for its Art Nouveau architecture, with over 800 buildings across the city. Alberta street is a well-known example of this architectural heritage.



2. **Baltic Coastline:** Latvia's coastline stretches for nearly 500 km along the Baltic Sea, offering a wide range of publicly accessible beaches, from lively seaside areas to long, quiet stretches of sand.



3. **Forest Country:** With more than half of its territory covered by forest, Latvia has a strong relationship with nature, reflected in traditions such as mushroom and berry picking.





4. **Wild Food Traditions:** From birch tree sap in spring to berries and mushrooms later in the year, Latvians are a nation of foragers, with strong ties to seasonal wild foods.



5. **Singing Nation:** Latvia's rich singing tradition is reflected in its extensive folk song heritage and large song festivals that unite thousands of voices in a shared cultural experience.



6. **Potato Nation:** Latvians eat around 60-80 kg of potatoes per person each year, making them a key part of everyday cooking. Potatoes even appear in traditional desserts such as *sklandrausis*, made of rye dough and filled with potato and carrot paste.





PROGRAMME

Tuesday, 16 June

Arrival day (before 1 PM) in Riga.

Venue: [Wellton Riverside SPA Hotel, Riga, Latvia](#)

13:00 – 14:00 Lunch & coffee

14:00 – 14:10 Welcome and introduction to the Latvian Country Tourism Association “Lauku ceļotājs”

14:10 – 14:30 Introduction to Latvian food culture and traditions (by *Rūta Beirote, culinary expert, representative of the family farm “Zutiņi” and Slow Food Straupe market*)

14:30 – 16:30 TRAINING: Beyond the Plate: Applying Experience Design to Culinary Tourism (by *Susanne Gellweiler, IGHOR/SRH University Berlin*)

16:45 – 17:15 Bus transfer to farm [Dabas gardumi](#) (*Flavours of Nature*)

17:15 – 18:45 On-site visit, presentation & tasting

About the place: Dabas gardumi is a Latvian organic farm and producer specialising in berry- and fruit-based products made from locally grown ingredients. As a TASTE project grant beneficiary, they are developing innovative snacks and beverages presented in a curated “Taste Box”, combined with educational masterclasses, agritourism experiences, and a digital QR-based storytelling tool showcasing the farms and their sustainable practices.



18:45 – 19:15 Bus transfer back to Riga centre

19:30 – 21:00 Dinner at [Gutenbergs Rooftop Terrace restaurant](#), Old Riga (*self-paid, approx. €65*)



Wednesday, 17 June

09:00 – 10:30 Bus transfer to Līgatne

10:30 – 11:15 Guided walk in Līgatne including a local product shop and historic sandstone cellar caves

11:15 – 12:00 Visit to Pavāru māja (*Chefs' House*) restaurant in Līgatne

About the place: Pavāru māja is a fine dining restaurant located in a historic former maternity hospital building in Līgatne. Recognised with a Michelin Green Star, the restaurant is known for its strong commitment to sustainability, seasonal menus and close cooperation with regional farmers and foragers.



12:00 – 13:00 Lunch at Pavāru māja (*Chefs' House*) restaurant

13:15 – 15:15 TRAINING: Sustainable People Retention Management: keeping your staff happily committed in a volatile environment (*by Hartwig Bohne, IGHOR/SRH University Berlin*)

15:15 – 15:30 Break

15:30 – 16:30 Herbal tea masterclass: traditions, plant knowledge and personalised tea blending (tea mandala experience) (*to be confirmed*)

16:30 – 17:00 Bus transfer to Karlamuiza Country Hotel

17:00 – 17:30 Visit to Karlamuiza Country Hotel

About the place: Karlamuiza Country Hotel is set in a historic manor near Cēsis, surrounded by forest landscapes of Gauja National Park. A TASTE project beneficiary, it offers a unique nature-based culinary experience combining foraging, wild plant knowledge and outdoor cooking with locally sourced ingredients.



17:30 – 20:00 Guided Forest Culinary Experience & Dinner (*self-paid, approx. €65*)

Participation in a nature-based culinary activity developed within the TASTE project, including a short foraging walk, insights into wild plants and their uses, and outdoor cooking, followed by a shared dinner inspired by the experience.

20:00 – 21:30 Bus transfer back to Riga



Thursday, 18 June

10:00 – 12:30 Short walk through Old Riga followed by a guided visit at Riga Central Market

About the place: Riga Central Market is one of Europe's largest markets and a UNESCO World Heritage-listed site. Opened in 1930, its iconic pavilions were constructed using repurposed German Zeppelin airship hangars, creating a distinctive architectural landmark. Today, the market serves as a vibrant urban food hub where local farmers, fishers and small producers offer seasonal products, reflecting Latvia's regional diversity and culinary traditions.



12:30 End of programme. Individual departure.

Organiser Contacts:

For any questions, feel free to contact:

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We are looking forward to meeting you in Riga!