

TO THE RIGA - GAUJA REGION FOOD LOVERS' GUIDE



TOURISM INFORMATION CENTERS

RIGA TOURISM INFORMATION CENTERS
Rātslaukums 6, Rīga,
Ph.: +371 6703 7900

Kaļķu iela 16, Rīga
Ph.: +371 67227444

info@rigatic.lv
www.LiveRiga.com

CESIS TOURISM INFORMATION CENTER
Pils laukums 9, Cēsis
Ph.: +371 64121815, Ph.: +371 28318318
info@cesis.lv
www.visit.cesis.lv

SIGULDA TOURISM INFORMATION CENTERS
Ausekļa iela 6, Sigulda
Ph.: +371 67971335

Turaidas iela 2a, Sigulda
Ph.: +371 61303030

info@sigulda.lv
www.tourism.sigulda.lv

VALMIERA TOURISM INFORMATION CENTER
Rīgas iela 10, Valmiera
Ph.: +371 26332213
tic@valmiera.lv
www.visit.valmiera.lv



EUROPEAN UNION
European Regional Development Fund



RIGA-GAUJA REGION 2017
EUROPEAN REGION OF GASTRONOMY



FOODS LATVIANS PREFER

Latvian cuisine could be called 'multi-layered' – just like one of our traditional dishes, the dessert known as *rupīmaizes kārtajums* – 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!

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.



STRAUPE RURAL GOODS MARKET

The market's motto is "We grow it – We sell it!" in line with the basic principles of 'slow food'. The market features meat, dairy, honey and baked goods, as well as diverse vegetables, spices, fruits and berries. These are supplemented by local artisan brewers and winemakers, as well as local craftspeople. Easter, Līgo, and Christmas market days are particularly special, as they are accompanied by music, dancing and other entertainments.
*Plācis, next to Highway A3
First and third Sunday of every month*

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

Cloudberry hides 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.

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 "Valmiermuizas vēstniecība Rīgā", 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. We, too, had our fundamental values, but at some point in history we began to drift away from them. Therefore it has to be understood: that what we are trying to create is not a new trend, but going back to our roots. Through what is characteristic of the region, through the taste that comes from this land."

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 marmalade 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 vegetables – 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!

EVENTS FOR FOOD LOVERS



SPRING AND AUTUMN RIGA RESTAURANT WEEKS

This year, the bi-annual Riga Restaurant Week will be held from 16 to 22 May and 10 to 16 October. Riga's very best restaurants will open their doors to welcome gourmets seeking pleasurable taste sensations for a reasonable price – three courses for EUR 15-20.



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-air restaurant atmosphere in which popular chefs surprise diners with their culinary secrets, all accompanied by live music, contests and entertainment.
Spīķeru centrālais laukums.



RIGA FOOD

Riga Food is the biggest food-trade exhibition in the Baltic region, keenly following the latest industry trends, accenting 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



CĒSIS CASTLE MEDIEVAL DAYS

Usually held in the first weekend in August (may change). The historic-romantic milieu of Cēsis medieval castle is a prime attraction for tourists and local residents alike, a place where more than two centuries of Latvia's history converge. Taking the spotlight during the special event known as Medieval Days – the times of the Order of the Sword Brethren and the Teutonic Order. Learn ancient skills and crafts, and taste authentic foods and drinks.
Cēsis Castle complex, Pils laukums 9, Cēsis



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 pancaques and singular Jacob's bread. Alongside, the Kukulīrdziņš market presents the wares of cheesemakers, beekeepers, bakers, herbal-tea gatherers and craftspeople.
Ārašu vēdzirnavas(windmill), Drabešu pagasts, Amatas novads



SAVOUR THE FLAVOUR AT VALMIERMUĪŽA

Marking Latvia's seasonal festivals, an all-encompassing food and crafts fair, *Savour the Flavour at Valmiermuīža*, is held outside the *Valmiermuīžas alus* brewery eight times a year. The underlying principle is the discovery of ancient Latvian traditions through the media of having fun, creative workshops and mouth-watering traditional dishes.
*When: February, March, May, June, August, September, November, December
Where: Valmiermuīžas alus brewery
Address: Dzirnānu street 2, Valmiermuīža, Valmiera Parish, Burtneki District*



SAULGRIEZIS

As summer takes off, just a week before Latvia's biggest festival *Līgo* or Midsummer, the park at Valmiermuīža 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.
*Valmiermuīžas alus brewery
Dzirnānu street 2, Valmiermuīža, Valmiera Parish, Burtneki District*



„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



UNGURMUIŽA 10
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 Ungurmuiža. *Ungurmuiža, Raiskuma pagasts, Pārgaujas novads.* Ph.: +371 22 007 332



KĀRLAMUIŽA 11
Do you want to feel like a 19th century guest at a baronial manor? Then you must visit Kārlamuiža! 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. *„Kārlamuiža”, Kārļi, Amatas novads.* Ph.: +371 26 165 298



BĪRIŅU MANOR 14
Take in the aristocratic atmosphere of yesterday 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



DIKĻU MANOR 12
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 Dikļi mansion, adorned with collections of antique furniture, paintings and functioning fireplaces, is now in a 4-star hotel with aristocratic accommodation and an exquisite restaurant of excellent quality. The menu features contemporary interpretations of products locally grown or bred in the Gauja National Park and its environs. The restaurant is listed as one of the 30 best in Latvia. *Dikļi, Dikļu pagasts, Kocēnu novads.* Ph.: +371 26 515 445



MĀLPILS MANOR 13
The sophisticated atmosphere of Mālpils Manor is an appropriate environment for care-free 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*

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RESTAURANTS IN RIGA



LE DOME 1
restaurant Le Dome reveals to the guests new nuances of seafood, demonstrates skillful use of products from local farms and creates refined combinations of tastes applying European culinary techniques. Here one will find fishes from Latvian lakes and the Baltic sea, prepared in a variety of ways. *Miesnieku 4, Ph.: +371 67 559 884*

3 PAVĀRI 4
Open kitchen and seating at the bar for a close-up view of the chef in action is a concept new to Latvia. Watch while your starter or entree is being prepared, ask about the ingredients, flavours and culinary experiments. Sous-vide or slow cooking are the main methods used here, with the accent on local, seasonal products. *Torņa iela 4, Ph.: +371 20 370 537*



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, Ph.: +371 26 693 693*



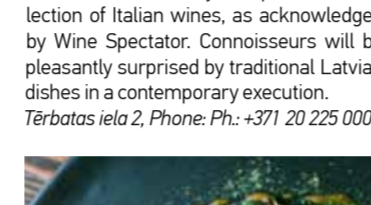
VALMIERMUIŽAS BEER KITCHEN 6
Valmiermuiža craft brewery „Valmiermuižas alus” has a fine eatery in Riga, complementing its unique range of craft beers with a menu based on seasonal produce, carefully selected from the wild or artisan farmsteads. Deep-fried chicken, a pine-bud dessert, pike-perch direct from lake to plate are just some of the revelations awaiting you at this amiable and bold restaurant. *Valdemāra pašaža, A. Briāna iela 9A, Rīga, Ph.: +371 28 656 111*

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 summer, 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. *Kolēņu iela 3, Ph.: +371 26 660 060*



BIBLIOTĒKA N°1 5
BIBLIOTĒKA N°1 Restorāns is a shining example of contemporary Latvian cuisine. Its prime location in a central Riga 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, Phone: Ph.: +371 20 225 000*

APARJODS 7
One of Sigulda's oldest restaurants, possessing the wisdom of traditional Latvian cuisine nurtured with fond affection for more than 23 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 7
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. *„Kungu rija”, Krimuldas novads, Ph.: +371 67 971 473*



GA DALAIKI 7
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*

MR. BISKVIĒTS 7
Mr.Biskvičs is a homey and friendly cafe smack in the center of Sigulda, perfect for a family outing. Scrumptious cakes and pastries, entrees and aromatic coffee! *Ausekļa iela 9, Sigulda, Ph.: +371 67 976 611*

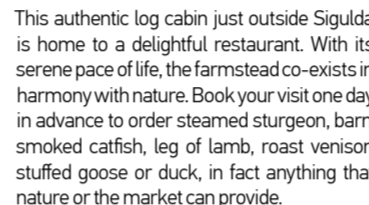
RESTAURANTS IN SIGULDA



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RESTAURANTS IN VALMIERA



RĀTES VĀRTI 8
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 prowess 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*



BEER KITCHEN IN VALMIERMUIŽA 25
Valmiermuižas 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, Valmiermuiža, Valmieras pag., Burtnieku novads Ph.: +371 29 135 438*

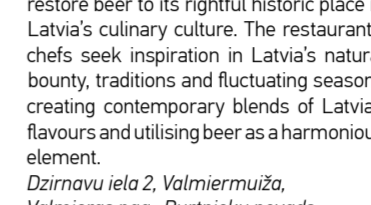


TEĀTRA VĪNA STUDIJA 8
Located in the Valmiera Drama Theatre complex, Teātra vīna studija is where select wines, flame-grilled steaks and mouth-watering desserts meet the creative spirit of the stage and the arts. Good company, fine wine and warm hospitality are what Vīna studija is all about, with international cuisine in partnership with that of the Latvian countryside. *Lāčplēša iela 4, Valmiera Ph.: +371 26 211 222*

„AGNESE” 8
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 Burtņieks Lake freshly picked berries and vegetables in combinations to delight any gourmet, or choose a culinary adventure from distant parts. *Tērbatas 16a, Valmiera, LV 4201 Ph.: +371 64 207 304*



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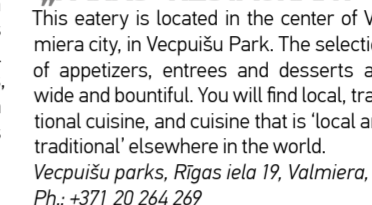


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„VECPUIŠIS” RESTAURANT 8
In the historic pavilion inside Vecpuīšu Park in downtown Valmiera, you will find a restaurant simply perfect for a relaxing dinner or for a banquets marking a special occasion. Master chef Jānis Rozenbergs will whip up anything you desire, but accent here is on foods made with fresh, locally-grown products. *Vecpuīšu parks, Leona Paegles iela 10, Valmiera Ph.: +371 26 110 026*



„PARKS” RESTAURANT 9
This eatery is located in the center of Valmiera city, in Vecpuīšu Park. The selection of appetizers, entrees and desserts are wide and bountiful. You will find local, traditional cuisine, and cuisine that is 'local and traditional' elsewhere in the world. *Vecpuīšu parks, Rīgas iela 19, Valmiera, Ph.: +371 20 264 269*



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CAFÉ 2LOCALS 9
The restaurant's name stems from the chefs who hail from Cēsis and prefer to utilise locally grown produce. Watched over by the majestic Sv. Jāņa (St John's) Church, garden and farm-fresh ingredients are turned into dishes from the cookbooks of yesterday or used in distinctive recipes created by our two locals. *Rīgas iela 26a, Cēsis, Ph.: +371 28 811 774*

RESTORĀNI CĒSIS



IZZALKUŠAIS JĀNIS 9
In a 1932 fire station, complete with fireman's pole, customers can watch their meal coming together in the open kitchen. Each season sees a new menu developed by one of Latvia's best chefs. But the leitmotif at *Izzalkušais Jānis* is unassuming and understandable dishes, just like the restaurant itself. *Valmieras iela 2, Cēsis, Ph.: +371 29 262 001*



MOMO 9
Inspired by the music played at its location – the Vidzeme Concert Hall – the chef at the *MoMo* 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 20 641 016*



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SIGHTS FOR FOOD LOVERS



ALDARIS BEER MUSEUM 15
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 14
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. *Saulstari, Mores pagasts, Siguldas novads Ph.: +371 29 444 662*

CĒSIS MEDIEVAL CASTLE 17
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 18
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 19
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 26 567 007*

ĀRAIŠI WINDMILL 21
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 21
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. *Bruņinieku iela 3, Valmiera. Ph.: +371 64 223 620*



VAIDAVA CERAMICS 22
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 24
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, „Vītņkalni”, Inčukalns /region & county/ Ph.: +371 29 100 280*



NU, LIELA MUIŽA! ACADEMY OF BUOYANCY 24
The *Nu, liela muiža! Academy of Buoyancy* hosts a display of different barrels and ancient coopers' 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 Valmiermuiža Brewery. *Madaras, Vaidavas pagasts, Kocēnu novads. Ph.: +371 29 268 692*



VALMIERMUIŽA CRAFT BREWERY 25
„Valmiermuiža craft brewery” is a craft, minor 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 Valmiermuiža, 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, Valmiermuiža Valmieras pagasts, Burtnieku novads Ph.: +371 20 264 269*

MATILDE WINERY 27
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. *Bīlderī, Kocēnu pagasts, Kocēnu novads. Ph.: +371 26 457 057*



ADZELVIEŠI 24
The history of the *Adzelvieši* 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. *„Adzelvieši”, Burtnieku pagasts, Burtnieku novads. Ph.: +371 29 253 507*



R CHOCOLATE FACTORY 28
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 with other treats at the adjoining shop. *„Zelta auns”, Trikāta, Trikātas pagasts, Beverīnas novads. Ph.: +371 29 393 881*

STEAK CLUB 29
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. *„Mazdžēvītes”, Kocēnu pagasts, Kocēnu novads. Ph.: +371 20 009 022*



MEDUS KĀRE 30
Medus 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 meadow and forest flowers, as well as other bee products. *„Zvirgzdi”, Vaidavas pagasts, Kocēnu novads. Ph.: +371 28 341 533*



SILKALNI 31
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 32
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. *„Pīlādži”, Siguldas novads, Ph.: +371 26 320 208*

KRIMULDA MANOR WINERY 33
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*

