



# mammadaba

It means Mother Nature.  
And it's true.



Latvia's State Forests and mammadaba welcomes you!



She always awaits, listens, provides food and healing, nurtures, brings peace.  
She is your mother.

She is also Nature, because Nature is a mother to all.

We at "Latvijas valsts meži" call her – **Mother Nature** – **mammadaba**.

Warm, sincere and personal.

**1 397 824 ha** forests

About **350**



comfortable **rest** areas

**4** lakes



**15** footbridges and **90** boats



**Castle** and **2** guest houses



**41** walking paths



**70** km long

**358** bird

species



Visit Mother Nature  
and find yourself cleaner, wiser and happier.

**Welcome!**

**Our doors are always open!**

  
**mammadaba**

It means Mother Nature.  
And it's true.



[www.mammadaba.lv](http://www.mammadaba.lv)





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# Forests

## for Relaxation



It means Mother Nature.  
And it's true.

What is Mammadaba? Mammadaba is a cordial invitation from Latvian forests to commune with nature, get to know its riches, become a part of its untamed beauty. Like a true mother, she always awaits and welcomes us, is always prepared to soothe, nurture, replenish and share her wisdom and life experience with all of us. This edition is a Mammadaba saga about her children.



Joint Stock Company "Latvia's State Forests"/"Latvijas valsts meži" (LVM) manages about one half of all forests in Latvia – 1.41 million ha, and all of them are available for public recreation.

In order to bring people closer to nature, giving them an opportunity to become familiar with the forest in all its glory, LVM has done a lot to provide places for recreation and relaxation in the forests it manages.

All free of charge, there are about 350 rest areas, 59 tourist attractions, 41 nature trails with the total length of 70 km (including eight plank-walkways in marshes) and eight observation towers.

The most popular points of interest include such objects as the family-friendly Nature Park in Tērvete, drawing 149,000 visitors in 2015; Kalsnava Arboretum, with the largest variety of trees and shrubs in Eastern Latvia; mystical Pokaiņi Forest calling for spiritual guests; Jaunmokas Palace – ideal for special occasions, seminars and overnight stays; "Ezernieki" and "Spāre" guest houses – highly recommended on Booking.com and perfect for relaxation.

To promote rest and relaxation opportunities in Latvia's state forests, LVM trademark Mammadaba (Mother Nature) was created.

## Useful information:

Meet and explore Mammadaba yourself:  
[www.mammadaba.lv/en/](http://www.mammadaba.lv/en/)



Tweet us:  @mammadaba

## Goran Štefanić,

Croatian Ambassador to the EU:

"I travelled almost half way across the world. Safe to say that each country has its own enchantment: if it is not nature, to take pride in, then it is the people of the country to be proud of. I visited Latvia six years ago, but explored only Riga. Now I see that there are many interesting and beautiful things also outside the city. Being in the woods – it's a completely different experience!"





# Strangers

## among Locals



Rīga - 144 km  
Valmiera - 122 km  
Daugavpils - 125 km

Latvia's State Forests  
Kalsnava Arboretum

"Slodas", Jaunkalsnava  
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LVM Kalsnava Arboretum ("arbor" in Latin means "tree") is a special garden, where unusual trees and shrubs are grown. Go on an educational tour, head for a refreshing walk or just take a moment to relax – the magnificent collection of the Arboretum may be explored in a number of different ways. Here you will find the exotic tulip tree, the dusty zenobia and the white fringe tree, blossoming in summer. In this garden, visitors should breathe in the fragrant, melting air, touch needles and bark, explore trees and shrubs of different shapes and sizes, to be as close as possible to the trees and to feel them breathing.

In the garden of miracles, visitors will also see spruces, in front of which one literally has to fall on their knees – so tiny the trees are! And with such gentle needles! Here you can have a look, compare, touch and weigh the small and sturdy seeds, discover the secret of growing your own tree.

Next to the bushy rhododendron grove there is a collection of sessile-flowered wake-robins (*Trillium sessile*), consisting of 50 new plants. Sessile-flowered wake-robins come from North America, where they grow wild, in forests below the tree canopy. Until recently, there were few of them in the Arboretum, but now anyone can get acquainted with the diversity of plants, their beauty and vast possibilities of using them in gardens and parks.





- In the area of 140 ha, there are about 3,000 taxa (varieties) of trees and shrubs.
- In terms of taxa diversity Kalsnava Arboretum is the largest collection of woody plants in eastern Latvia.
- Since 1981, Kalsnava Arboretum has been participating in the international exchange of tree and shrub seeds.

Currently the Arboretum features around 2,249 taxa or varieties of woody plants, including 106 taxa of Norway spruces (*Picea abies*), 52 taxa of Scots pines (*Pinus sylvestris*), 103 – of decorative apple trees, 137 – of lilacs, 120 – of rhododendrons, 44 – of maples.

The collection of the Arboretum has scientific value – it has been created to study the adaptability of imported plants: their resistance against diseases, pests and frost damage. Collections are basically supplemented by selecting trees that are most suitable for the growing conditions in the eastern part of Latvia, choosing the trees that tolerate the cold best. Unconventional genera and species of plants are grown from seeds selected and received in the international seed exchange. This way winter hazels (*Corylopsis*), mulberries (*Morus*) and tulip trees (*Liriodendron*) have been grown.

## A Handful of Colours, Flavours and Joy

The name of LVM Kalsnava Arboretum is especially popular around the second Sunday of June, when thousands of people come to the Peony (*Paeonia*) Festival. The history of the magnificent flower garden dates back to 2006, when peony collector and breeder Dr. Hab. Biol. Emeritus Aldonis Vēriņš presented the first peony plants, which became the basis for the collection. Every June, thousands of visitors of the Peony Festival indulge into the wealth of colours, shapes and scents, by going on excursions to the peony garden and learning about the whims of this flower.





And it is not only about peonies! Eyes and noses of the guests of LVM Kalsnava Arboretum are also delighted by the rhododendron gallery of Latvian breeder Professor Rihards Kondratovičs, whose selection features 60 rhododendron plants.

To draw some ancient power, guests are welcome to visit the slow-growing Western Thuja Labyrinth, designed and shaped just as the ancient Latvian sun sign. One cannot get lost in it yet; however, climbing up the tower it is easy to imagine a picture from the future when in some years the labyrinth will excite the small, as well as the grown-up visitors of the Arboretum.

In the Arboretum there is a lilac garden with more than 100 varieties of lilac. The lilac garden is composed not only of the traditional purple, four-petal flowers, but also of many different varieties, with both finer and larger flowers. There is a wonderful diversity of colours – from the crisp snow-white with a touch of blue and purple, to the dark red shades.



Summer romance can be enjoyed by the Arboretum ponds, where water-lily buds are opening up to turn into gorgeous flowers. There is a bridge over the pond, which allows you to enjoy the beauty of flowers standing above the water, and we believe that the wish made by crossing the bridge for the first time, will definitely come true. Often the romantic charm is complemented by a couple of wild ducks.

The season of 2016 was opened in new premises with a conference room for up to 60 people, and a free parking lot. There are also facilities for guests from afar, travelling by a camper van: six camper van parking spaces equipped with electricity, wi-fi, a separate WC, shower and laundry facilities.

To learn new things, it is best to head for a walk along the trails together with a tour guide or a dendrologist. There is also a variety of exploratory games for the youngest visitors.

LVM Kalsnava Arboretum welcomes visitors from early spring until the beginning of winter.





Latvia's State Forests

Skrīveri

Arboretum Park

Skrīveru novads, Skrīveru pagasts, Latvia

Skrīveru TIP ☎ +371 25661983

Vidusdaugava forestry region

☎ +371 65161540



Rīga - 77 km

Valmiera - 130 km

Daugavpils - 157 km

A Collection  
of

Centuries-Old  
**Rarities**



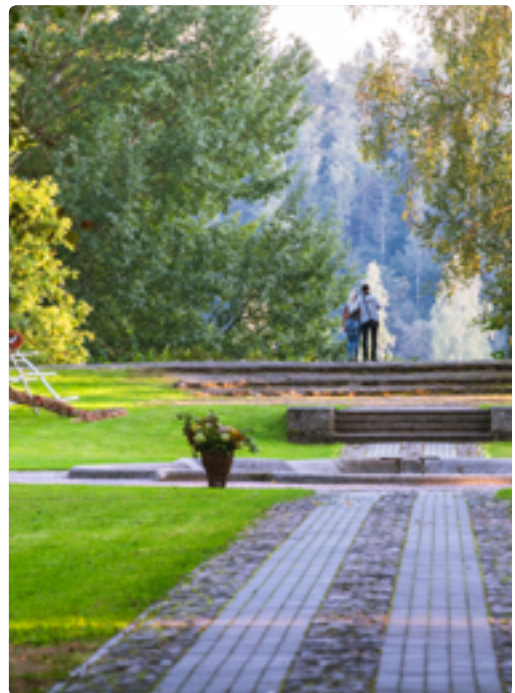
In the 19<sup>th</sup> century, dendrology and forestry were for real enthusiasts only. And "plant hunter" Maximilian Friedrich Oskar von Sivers was one of them. In 1891 he began to implement his plan to collect all the trees and shrubs growing in the Northern Hemisphere temperate zone. Besides, all the trees in the Arboretum were grown only from the seeds collected in natural habitats of the respective species. Within a couple of decades the experiment grew into a serious and long-term project, which nowadays is called Skrīveri Arboretum.

## Then and Now

Skrīveri Arboretum Park and its foreign tree plantations are unique historical objects of European significance, and dendrologists from all over the world come to visit it. In the area of 392, ha there are about 300 exotic tree and shrub species, that have survived out of the 670 species, which grew here before the World War I.

## Many More Green Years

If a cake was to be baked to celebrate an anniversary of the park, it would definitely have two levels – just like the park itself, arranged on two terraces. Or there could be 19 cakes – one for each geographic region, arranged to match different parts of the globe. Upon creating the park, Maximilian von Sivers arranged the plantations in a natural landscape or in the style of an English garden, foreseeing in each floristic geographical area such plant communities that create an appropriate natural vegetation scene. Floristic geographical areas of the park have been arranged in the order corresponding to their location on the Earth, and they smoothly follow one another. Park plantings have travelled from all over the world, each seed in a packet from the natural habitat, accompanied by a larger bag of soil from the same location. The creation of the park was not an easy task, and time has not spared it either.



### Useful information:

[www.mammadaba.lv/en/objects/other-attractions/  
138-vidusdaugava/330-skriveri-arboretum-park](http://www.mammadaba.lv/en/objects/other-attractions/138-vidusdaugava/330-skriveri-arboretum-park)





# Growing for Half a Century

Standing in a forest under the high trees, it is difficult to imagine that each of them once has been a tiny, few millimeters tall seed. Seedlings were grown from these seeds, and later schooled in tree schools - the largest JSC "Latvia's State Forests" (LVM) nurseries in Mazsili, Strenči and Podiņi. Why? Because high-quality planting material is required for the future forest to grow strong and enduring. The quality of the seedlings is highly valued not only by landowners in Latvia but also abroad, especially in the Scandinavian countries. To see how a forest is born, one should visit a place where it happens. Here visitors are able to not only see everything with their own eyes but also get answers from knowledgeable professionals working at the nurseries.



In nurseries the complete production process can be seen: from a tiny seed to a seedling, ready to be planted in the ground. Everything starts in early spring – in late March spruce, pine, birch and alder seeds are sown in a special container with peat substrate. Already after two to three weeks green seedlings start to appear, as if making a little loop. After careful nurturing, watering and fertilisation, there comes the time when the young forest seedlings – green and fine – are brought in the open air, where they will be hardened by the sun and the wind, with a little help from the nursery staff. But what is going on in the greenhouses? They are not left empty; during the season two or three additional batches of small seedlings are grown in each greenhouse. In late autumn plants are to be sorted, packed and placed in special storage chambers – freezers, so that they can be planted, as soon as the spring comes. This way the schooled plants will be able to grow not only in Latvia, but also in Lithuania, Estonia and Sweden, or elsewhere with similar climatic conditions.

## Highly Valued All Over the World

JSC "Latvia's State Forests" received the "Latvian Export Award 2015" for its contribution to increasing the export volumes. An unprecedented volume of exported seedlings was reached – 12 million seedlings – a growth of 40% as compared to 2014.

Laima Zvejniece, "LVM Sēklas un stādi" (LVM Seeds and Plants) Nursery, Deputy Director for Production: "Our nine nurseries have a great capacity, we are able not only to supply the local market, which is our priority, but also export high-quality plants to foreign countries, thereby strengthening the economic activity of LVM, as well as the Latvian economy in general." Thanks to their climatic origin and genetic quality, which has been identified as "improved" or even "superior", the plants bred in Latvia have gained a lot of appreciation in Scandinavia.

"LVM Sēklas un stādi" nursery manages forest seed plantations in an area of 698 ha, where, thanks to the scientific breeding research carried out by Latvian State Forest Research Institute "Silava", genetically high-quality seeds can be harvested. The cultivated plants allow to increase the productivity of forest stands by about 20%, as compared to plants that are grown from seeds harvested in forest stands, as well as reduce the life cycle of a forest stand by 10%. To protect young trees from possible insect damage in the forest, part of the plants are treated with alternative, environmentally friendly plant protection methods, such as eco-wax.



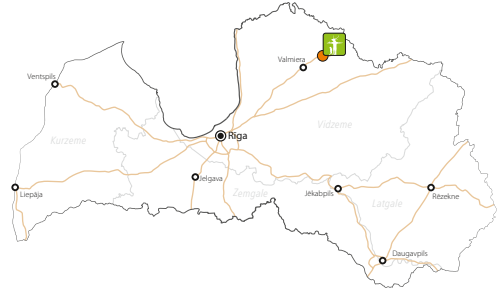
# LVM Strenči Nursery

"Kociņi", Trikātas pagasts, Beverīnas novads  
LV-4731, Latvia

Rīga – 133 km  
Daugavpils – 258 km

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LVM Strenči Nursery is among the world's most modern nurseries in the field of plant-growing technologies. It features the first automatic tree seedling sowing line, as well as the first automated packaging line in Baltics with the capacity to pack more than 300 thousand forest seedlings daily. In the territory of the nursery there are 13 state-of-the-art greenhouses with a total area of 18,200 m<sup>2</sup>. Here seedlings are grown in three cycles, and 10 million plants to be sold in spring are stored in freezers. The nursery sells a total of 17 to 18 million seedlings annually. There are also special label printers and stacking robots, used to label boxes of seedlings and stack them on pallets in five levels, as well as to wrap the finished products. And finally, it is possible to learn about the role of long-night landfills in plant cultivation.

# LVM Mazsili Nursery

"Mazsili", Abavas pagasts, Talsu novads,  
LV-3294, Latvia

Rīga – 109 km  
Ventspils – 94 km

☎ +371 29178389

✉ k.strazdins@lvm.lv



In LVM Mazsili Nursery, depending on the season of the year, it is possible to find out, how seedlings are sown and cultivated in greenhouses and landfills, how seedlings are removed from the field, as well as how container plants are sorted, packed, frozen and stored. There are nine greenhouses with the total area of 12,300 m<sup>2</sup>. Here, walking between the long green rows of seedlings one can feel the power of the forest, at the same time looking like a real giant. Five million seedlings grown in the nursery are stored in freezers, where the temperature during the winter does not exceed -4°C. In 2015, Mazsili Nursery launched a major technology expansion project.

## LVM Podiņi Nursery

"Podiņi", Indrānu pagasts, Lubānas novads  
LV-4830, Latvia

Rīga – 213 km

Daugavpils – 166 km

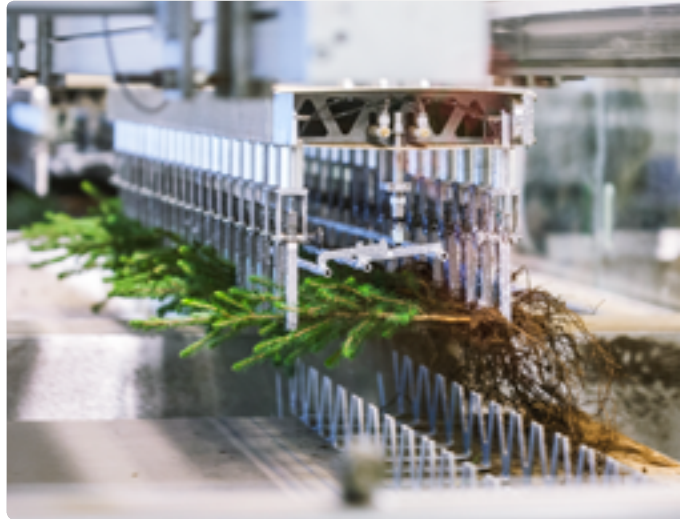
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LVM Podiņi Nursery in the 21st century: greenhouses with modern irrigation systems, automated production of container plants, and possibly the world's only working waxing machine.

Already for 50 years, the young forest seedlings are cherished and schooled in LVM Podiņi Nursery. There is another reason for it to be called special – the nursery's production technologies have been supplemented with a new plant waxing line, the only one in the world that is able to wax up to 86 spruce seedlings in a minute. This way they will be protected from the damage caused by the large pine weevil that would otherwise thoroughly harm the spruce seedlings. Also the spruce seedling sorting lines are unique in the world. The manufacturing process generally takes place in an area of 64 ha with eight greenhouses – eight million seedlings that are grown there are afterwards stored in a special storage.



- *Eight greenhouses with a total area of over a hectare*
- *Unique, Latvian-produced spruce seedling sorting line – the only one of its kind in the world*
- *A new plant waxing line with a capacity of waxing 86 spruce seedlings per minute*
- *Storage facilities for 8 million seedlings*
- *Production of plants in an area of 64 hectares*

Each nursery carries out a highly responsible task – cherishes the future forest, and in each of the nurseries this process slightly differs. Each features something a little different.

See you in LVM nurseries in Mazsili, Strenči and Podiņi!





# Wonderful Recreation


## Opportunities



Rīga - 70 km  
Ventspils - 184 km  
Jēkabpils - 197 km

Latvia's State Forests  
Nature Park in Tērvete

"Tērvetes sils", Tērvetes pagasts  
Tērvetes novads, LV-3730, Latvia

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Latvia's State Forests Nature Park in Tērvete is among the most popular tourist destinations and one of the friendliest places for families in Latvia. Here you will find picturesque nature, rich cultural history, ancient mounds, works of Latvian writer Anna Brigadere, Tērvete River valley with beautiful cultivated landscapes, as well as a unique old pine park – a great pine forest where the age of trees reaches almost 300 years. Within the framework of the EDEN project, Nature Park in Tērvete has been recognised as the most excellent European tourist destination in Latvia.

The area of LVM Nature Park in Tērvete covers more than 1,200 ha, of which more than 400 ha are landscaped for visitors. It is covered by a 35 km long network of trails suitable for strollers, cyclists, Nordic walkers, people with disabilities and families with baby prams. The hasty and the tired can jump on the Fairytale Train to experience the fairytale quickly and conveniently. The park also offers horseback riding.



## Dwarfs, Witches and Forest

The Fairytale Forest, playground Lopear's Meadow and Dwarfs' Forest enjoy the biggest popularity. In the Dwarfs' Forest the youngest visitors can learn how the Dwarfs live, where and how they work. In the small village with tiny wooden houses and the impressive Dwarfs' Cottage you will meet the always busy Dwarf family. The Dwarf family generously share their forest wisdom, invite everyone to get involved, tell about the virtues of the Dwarfs, and the tricks they like to play. In turn, the fabled Fairytale Forest is home for both wooden and "live" fairytale characters crafted after fairytale plays by the famous Latvian writer Anna Brigadere. The Forest King and his court are responsible for peace and order in the Forest. The Forest Witch larks around in the nearby Witch's Forest, where bats and spiders are dwelling in the trees. Guests are welcome to visit the Witch's house, grind their pranks in the mill and warm themselves by the Witch's fire. The Fairytale Forest is surrounded by the Mother Forest's Trail, which is full of forest wisdom about trees, insects, plants and berries.

The playground is the most active part of the park, where bustle and laughter can be heard until late at night. Here you can go along a hurdle track, you can climb and you can jump; however, one will definitely notice the impressive Fairytale Castle with its variety of attractions. An outdoor stage offers sonorous performances and concerts. Young people and active recreation enthusiasts may become true circus artists, heading for an exciting journey along a trail ten metres above the ground made of ropes and wood.



## Fairytale Joy

Every year the park hosts more than 30 events. The Walpurgis Night or Fairytale Forest Night Festival, as well as the summer season opening event "Awakening of the Fairytale", Children's Opera Festival, Forest Harvest Festival and the summer season closing event "Lulling the Fairytale to Sleep" enjoy the greatest popularity.

One can get lost in a kilometres-long, miraculous cycling route; bikes can be rented right there at the information centre of the park. Visitors are offered to rent bicycles, poles and prams for the convenience for the smallest guests or for carrying picnic bags. In the landscaped forest there are special picnic sites with barbecue grills.

Enjoy the beautiful landscape of Southern Latvia from the 39-metre-high viewing platform of the greatest wooden view tower in Latvia. The wide wooden ladder and tower design are so safe that even the smallest visitors can fearlessly, step-by-step reach the 25-metre-wide viewing platform, without even feeling the wind swaying the tower.



## Learning about Forest

Park manager JSC "Latvia's State Forests" invites everyone interested to take a walk in the forest, to appreciate its beauty during different seasons and times of day, to learn how the forest – the "green gold" of Latvia – is growing and evolving.

Within the framework of the international environmental education programme "Learning about Forest" children and youth are offered to join educational field trips, hiking tours, environmental creative workshops and camps along with environmental guides. Forest wisdom is best to be mastered in nature with colourful billboards and other visual materials in the Green Classroom, which features a number of educational trails.

### Useful information:

[www.mammadaba.lv/en/tervete-nature-park](http://www.mammadaba.lv/en/tervete-nature-park)





## Always in Progress

Every year the park offers something new to its visitors. For many visitors the 87-metre-long wooden bridge – laboratory is a great surprise, and crossing of the bridge turns into an exciting adventure. The new wooden bridge over the highway connects the Nature Park in Tērvete with the parking lot, making access to the park not only more safe and enjoyable, but also full of new adventures. In the dark hours of the day, the bridge railing and the surrounding pine tree tops are illuminated with colourful lights. The goal of the innovative curved laminated wooden bridge – laboratory – is to carry out the measurements and ensure monitoring of a wooden structure in the Latvian climatic conditions. Moisture meters are placed in sixteen locations on the bridge, and every two hours they provide information on the moisture content of the wooden bridge structures.

Another novelty can be seen in the Dwarfs' Forest - currently the Dwarfs are busy with building their own town, named Čiekuri (Cones), with a castle, old town, market square, stadium and craftsmen quarters.



Next to LVM Nature Park in Tērvete a new entertainment and education site Tērvete Butterfly House was opened this summer. Here visitors can get a real tropical feeling with incredibly beautiful butterflies all around them. Come and see the splendour of Asian, South American, African and other butterflies, explore their lifecycle, and find out what they eat. There is also a vast diversity of wet tropical plants and exuberant water inhabitants.

A water reservoir in the park territory offers excellent opportunities to relax by the water. Those who prefer more active leisure activities can rent a boat or a paddle to go for a ride in the lake, play volleyball or basketball. For overnight stays there are camping houses, and those who wish to be even closer to nature are welcome to sleep in tents. Next to the reservoir, there are well-equipped picnic areas, as well as a swimming site. There is plenty of fish in the reservoir, inviting anglers to use the footbridges around the lake or rent a boat. Bird enthusiasts can conveniently watch birds from a specially designed bird watching tower.

Also, a delicious meal may be enjoyed in three cafés. By the park centre building there is an electric charging point, while next to the free parking lot there is a caravan charging point.






# The Power of Stones



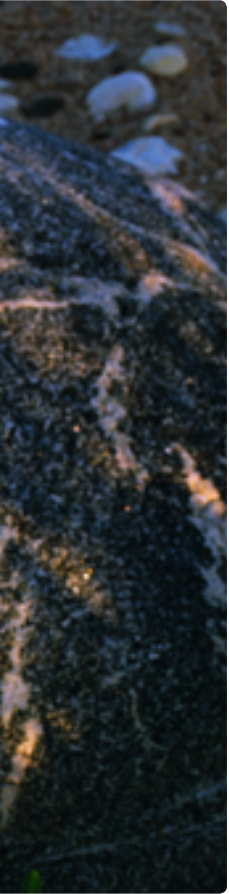
Rīga – 90 km  
Ventspils – 169 km  
Daugavpils – 277 km

## Latvia's State Forests Pokaini Forest

"Senpokaini", Naudītes pagasts  
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With its miraculous tales, LVM Pokaiņi Forest is a very special and unusual tourist attraction. Located in a place of steep hills and deep valleys, it makes a picturesque landscape. Here, gathered in groups, heaps, stone rivers and beads, Pokaiņi stone cairns can be found. Stories tell that in this forest some people draw ten times greater dose of strength and energy, lose the sense of orientation and time, while others heal their physical and mental disorders. Explorers of sanctuaries have found that each pile of stone has a firmly established place determined by the irradiation of the Earth. Together they form a closed system for bioenergy, which should not be deranged by moving the stones. Each stone has its own name, given by the people who freed them from the bushes, dug up and tried to guess the information stored in the sanctuary.

Since similar sites can also be found elsewhere in Latvia, there are also other – much more modest theories about Pokaiņi geomorphologic terrain and rock piles. Since there are especially large quantities of stone piles in Pokaiņi Forest, they might be smoothed fragments of rock brought by glaciers. Before cleaning up the stones it was believed that the piles were made by people – they were rolled to the woods from the neighbouring settlements to clean up the ancient Semigallian fields. Other theory proposes that they have been brought there to build a castle, which for unknown reasons was not built in the end. There is yet a third opinion, namely, that the stones are lying at the points of intersection of underground water streams in the area of almost thirty square kilometres.

People here are looking for something more than just being in nature. The place exudes peculiar energy that is felt by many people as different currents. Others see visions, but some perceive a flow of information. Tour guides and Pokaiņi Forest visitors also have told about some abnormal natural phenomena.

If, however, your perception of the world or the lack of scientific substantiation prevent faith in supernatural miracles, the surrounding peace and the opportunity to enjoy an interesting walk in fresh air will delight even the most sceptical of minds. The main thing is not to forget to take along a pair of comfortable shoes because the trail leads through a hilly terrain, which is also popular among orienteering enthusiasts.

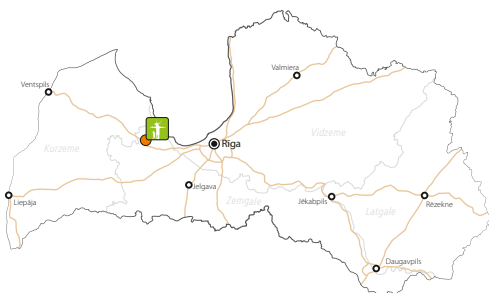
### Useful information:

[www.mammadaba.lv/en/objects/top-12/pokaini-forest](http://www.mammadaba.lv/en/objects/top-12/pokaini-forest)






# A Midsummer Night's Dream



Rīga – 73 km  
Liepāja – 162 km  
Daugavpils – 294 km

Latvia's State Forests  
Jaunmokas Palace

Tumes pagasts, Tukuma novads  
LV-3139, Latvia

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 [info@jaunmokupils.lv](mailto:info@jaunmokupils.lv)



What once has been a dream, eventually comes true... Take this chance and head for a small dream trip to Jaunmokas palace. Here, in the early 20<sup>th</sup> century a strong-minded man in a place of a manor built a palace to have some respite from the city's hustle, a place for hunting and, of course, for doing some business.

This green and tranquil place is surrounded by linden trees. The palace with its wide parade stairs welcomes tourists to take a step in and delve into all its essence. A single click, and the massive entrance door is opening. To a great surprise it opens easily and reveals another world - a world free of rush, duties or bad thoughts.

Do you already know Rīga well enough? And Rīga a hundred years ago? Jaunmokas palace a journey into history. There is a lot of captivating historical evidence, including a hundred-year-old oven of the early 20<sup>th</sup> century – around the same time when the city celebrated its 700<sup>th</sup> anniversary.

The walls of the White Hall keep stories of beautiful balls, boisterous events, dreams of soldiers and the concerns of workers. Although today they listen to promises of eternal love, remember the stories of the centuries-long experiences and embody the peace itself. The palace patio invites its visitors to sit down and indulge in tranquillity, to have a moment of a dream... And maybe even hear those four special words "Will you marry me?". Under the blue sky and bright stars, in a warm, sheltered and safe place.



The admirers of interior design will appreciate the inside of palace where delicate floral patterns play in the dark-coloured wallpaper. The creator of furniture seems to have been inspired by the grass bends and petals, dressing them in the solemnity of wood. Salons each with their own character, charm and attraction are as welcoming as the nature surrounding this place.

Hunting trophies – horns – are proudly displayed on the walls throughout the light green hallway of the palace. The green hallway opens up the entrance to the first floor of the palace tower. The stairs will take you up to the Forest Museum, to the place where one can get acquainted with the world of forest - animals, trees, plants, their habits, the ways human beings use the forest for their own benefit, and how the forest is looked after and restored. Did you know that almost every naturally growing plant in Latvia can be used to maintain health? The Forest Museum guides will tell you how to use the plants, how they help us, and what they taste like.





After exploring the mysterious world of the forest, take a narrow ladder up the tower which was actually used as a water tower when built. It opens a picturesque view of the palace and its surroundings. To the southwest there is view over Jaunmokas hills, dazzling differently in different seasons of the year but to the east you will find the palace park, and the most attentive observers will even see the nearby town Tukums.



Coming down from the heights of the tower, the palace park welcomes you to enjoy the ground beneath your feet. For the experience to last as long as possible, the palace invites its guests to enjoy carefree and leisurely time at the palace hotel and a delicious meal made by the palace chef. All you need is the desire to indulge in rural tranquillity.

## Booking.com reviews:

**9.6** Vera: "A very beautiful and quiet place. Great historical surroundings. Very nice and friendly staff. An interesting museum for grown-ups and children. Felt very much at home. We will definitely come back!"

**10** Galina: "The hotel is beautiful. Everything was very good: the room, the wonderful breakfast, and the friendly, polite, welcoming staff. We walked in the park, visited the museum, which is located in the palace. We have the most pleasant memories of this wonderful place."

Guests' Reviews

7,7

Book now!

Search for Jaunmoku Palace Hotel on Booking.com





THRILLER

# SAPŅU ĶĒRĀJS\*

LATVIA'S STATE FORESTS –  
OPEN DAILY, NO ENTRANCE FEE

HE CATCHES WHAT WE  
DO NOT DARE TO THINK

PRODUCER: **LATVIA'S STATE FORESTS** DIRECTOR: **MAMMADABA** STARRING: **GREAT ANTLER STAG**  
SOUND: **NIGHT SILENCE** LIGHTS: **MOON & STARS** DRESS DESIGN: **MAMMADABA**



\* DREAM CATCHER

[WWW.MAMMADABA.LV](http://WWW.MAMMADABA.LV)





# Have a Dip

## into a Lake Lure



Rīga - 133 km  
Ventspils - 52 km  
Jēkabpils - 133 km

Latvia's State Forests  
Recreation and  
Tourist Centre "Spāre"

"Dumbri", Ģibuļu pagasts, Talsu novads  
LV-3298, Latvia

 +371 26669099

 [m.jaunvalks@lvm.lv](mailto:m.jaunvalks@lvm.lv)



LVM Recreation and Tourist Centre "Spāre" is located in a picturesque place – surrounded by a pine forest, the Gulbji Lake dazzles in the sun; for the convenience of the guests there are comfortable wooden houses, saunas, fire places and boats.

Forest and peace are the values mostly respected in the modern touch-world. To recover from the bustle of the city, its rush and agitation, visitors are welcome to stay in comfortable single-storey and two-storey houses, which can accommodate up to 30 guests.

Do you feel like running away from the noise and succumbing to the charm of the forest – its smell, taste, feeling? "Spāre" tourist centre is perfectly suited for romantic evenings, family celebrations and even the magic of a wedding. Enjoy a sunset in the middle of the lake, go on a bike tour along the lush pine forest trails. To feel like a real Latvian, pick local mushrooms for a delightful dinner soup or maybe some blueberries for a delicious dessert, and finally end the day, allowing your body and mind sink into the hot breath of a steamy sauna followed by a jump into refreshing water ... Does it sound tempting? "Spāre" welcomes you at any time of the year.

Breathtaking views of the Gulbji Lake open up from the rooms. In the lake there is a bagful of fish, and in spite of the unusual flora of the lake, anglers are getting their fishing-rods ready. The lake is not large, but it is quite special – it has a double bottom formed by closely fused plant coating, the kind that fish like. There is plenty of fish, but it is not easy to catch them! However, some skilled anglers have been lucky to catch even an 11-kilogram-heavy pike.



## Booking.com reviews:

**10** Raitis: "The location is great, surrounded by a forest, right next to a lake, high quality and convenient, comfortable and great houses. An ideal fireplace and good equipment for grilling, good boats and an excellent lake for fishing (perches are a good catch)."

**10** Arsens: "It combines all that is needed by a city dweller who wants to enjoy the pleasures of nature in comfortable conditions, but at the same time forget about the city. A very convenient fireplace with a barbecue grill, which can easily be removed to hang a pot to make fish soup. Tenches can be caught right there from a pontoon, where the boats are moored :)."

Guests' Reviews

9,5

## Book now!

Search for "Spāre" on Booking.com






# Draw the Power of Forest and Lake



Rīga - 193 km  
Valmiera - 131 km  
Daugavpils - 130 km

Latvia's State Forests  
Recreation and  
Tourist Centre "Ezernieki"

"Ezernieki", Indrānu pagasts, Lubānas novads  
LV-4826, Latvia

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 [d.stradina@lvm.lv](mailto:d.stradina@lvm.lv)



Just like a fairytale, also the story of LVM Recreation and Tourist Centre "Ezernieki" may start with the words - in a faraway land, hidden behind seven hills and mountains, there was ... peace.

Located in the eastern part of Latvia, by the Salas Lake, this is a perfect location for a romantic getaway for two, as well as for a party with friends or a serious seminar or conference. Summer is the peak season here, since it is a wedding time, as well as of different sporting events. Swim, take a boat ride, watch birds and animals, go for a ride on a bike, play volleyball, fish, hunt or quench in the lake after a lovely sauna - it all is possible at Ezernieki tourist centre.

After a busy day, guests are welcome to have a wonderful rest in the comfortable, well-equipped rooms located in three buildings. Guests will also find some unusual nature photography there. The master's eye of photographer Egils Ozols gives an insight into the mysteries of the forest. Young or old, a countryman or a city dweller, these pictures will reveal the secrets carefully kept by the Latvian forest thickets. An inquisitive baby fox has widened its eyes as round as a plate, a capercaillie demonstrates its strength and beauty in its mating songs, and an attentive baby deer is looking straight in the eye. Watch out! The proud mother duck with her family enjoy splashing water to passers-by, but the wise owl likes looking at people as if it knew what you are up to.

Ezernieki is also a popular base for hunters, since the surrounding forests are rich in game animals. Many foreign hunters have hunted here and stayed in Ezernieki, making promises to come back again.



## Booking.com reviews:

**10** Ulla: "A great place to relax by the lake. A beautiful building, very tastefully decorated, smells of wood and forest. Attitude of the staff was just great, everything was available: be it a boat, or a swimming site, coffee or grill - you are welcome. We were fascinated."

**10** Kārlis: "Very friendly staff, they even looked after our dog and kid for a while. The room was surprisingly spacious, the kitchen (shared) had everything that could be needed, even a coffee-maker and bottled water. The common areas are also spacious and well-equipped. The location is really nice and remote enough to enjoy peace and quiet. The breakfast was simple, but very good."

Guests' Reviews

9,9

## Book now!

Search for "Ezernieki" on Booking.com





# Adventure in a Forest

Feel the pleasure, enjoy the twittering of birds, the murmuring of a river, be exactly where you want to be, with no neighbours behind the wall - all this and even more may be experienced in the forest! Latvia is one of the few countries where people are allowed to move freely in forests, to collect the bounties of nature – berries, mushrooms and herbs, even make a fire and spend a night.

## You May Go Wherever You Wish

In Latvia, people are allowed to stay and move freely across the state, municipal and private forests, as long as the owner has not prohibited it by placing respective restricting signs. Movement in forests may also be limited for reasons of fire hazards and protection of special area of conservation, forest plants and animals. In such cases, the area will be fenced off with warning signs. Natural resources – wild berries, nuts, mushrooms and medicinal plants – may be picked wherever and whenever one wishes, with the exception of cases where the respective area has been granted the status of a special area of conservation.



State forests in Latvia may be identified by special informative signs.

## Sunrise in a Forest

Enjoy the forest not only in the light hours of the day, but also at night – it is the right time to experience the magic of a sunset or sunrise. Unless there are prohibition signs, travellers can stay anywhere in the forest. The special recreational areas are the most suitable places where to stay, since it is likely that there will be a special tent and fire places. One should be careful with large, scattered trees – during a thunderstorm they may be struck by lightning! Before making a camp-fire, it is important to explore the neighbourhood, to check that there are no dry tree and shrub roots around. In places where the soil is composed of peat, a camp-fire should not be made! During fire-hazardous periods camp-fires may only be made in the specially designated areas. If there is no firewood available at a resting place, dry trees and branches may be used to make a camp-fire. It should be noted that large, dry tree trunks – both standing and lying – are a natural part of a forest, which serves as home for a number of species of plants, fungi and animals. Therefore, upon searching firewood for camp-fires, wider and larger tree snags should be preserved and left for nature. Due to fire safety reasons, it is recommended to place dry stones around a camp-fire.

Upon leaving, travellers must always collect all the waste and carefully extinguish the camp-fire, removing all the large branches. They should be sprinkled with water and put aside not to catch fire. Coal should be doused with water, and covered with sand. Plastic, metal and glass waste must always be collected! Unused firewood should be put together, as it may be useful for the next traveller.

## Nature Shows the Way

In order not to get lost in a forest, you should take along a map and a compass. If you do not have a compass, it is important to learn to read natural signs:

Let the sun guide your way. In summer, the sun rises in the north-east part of the horizon, but goes down in the north-west. In winter, the sun rises and goes down closer to the south. In turn, in mid-day when the sun is in its peak, it is always located in the south.



Use the signs given by trees and other natural phenomena. Mosses and lichens usually grow on the north side of tree trunks, scattered rocks and walls of buildings; also their coating is thicker on the north side. The bark is also a fairly reliable landmark, because it usually is darker and rougher on the north side, especially on birch trees. The pine bark on the north side usually darkens after the rain. During a longer period of heat, pine and spruce trunks produce more resin on the south side than on the north side. Also tree stumps can help to find your way around. Growth rings of a scattered tree are wider on the south side. Plants grow lusher on the south side of separately growing trees, stumps, posts and large stones.

## A Delicious Meal from a Forest

There is a long tradition of picking berries and mushrooms in Latvia. Despite the fact there are close to five hundred species of edible fungi growing in Latvia, people tend to use only around 20 to 50 of them. It is important to remember to pick only the familiar mushrooms and plants. Mushrooms are best to be cut with a knife, not pulled out. If mushrooms are pulled out of the ground, it can contribute to the disappearance of mushroom sites. The so-called non-edible or poisonous mushrooms should not be damaged, because even if they are not suitable for humans, they may be useful for animals and the forest itself. Since mushrooms accumulate different harmful substances, it is not recommended to pick mushrooms in the vicinity of large roads, industrial facilities, cities or dumps.

In the Latvian forests there is an abundance of nuts, various berries and medicinal plants, which perfectly complement a healthy diet. Usually, herbal teas are made of dried herbs, but fresh herbs may also be used. And once again it should be kept in mind, that only familiar berries and plants should be picked. Watch out for and avoid contact with hogweeds, particularly in June, when they can cause serious body burns!

What to do if you have eaten something inedible? Food poisoning symptoms include nausea, abdominal pain, sweating, vomiting, diarrhoea, fatigue, hallucinations, etc. The victim should lie or sit down, and the emergency assistance should be called. It is important to drink a lot of water. If the poisoning has occurred recently, you can try to induce vomiting. Also laxatives may help. A cold compress may also be put on the forehead of the victim. If possible, keep some scraps of food, so that doctors may identify what caused the poisoning.





# Attention Comes First

Latvian forests are home to many living creatures. When being in nature, remember that any wildlife - including insects and snakes – is significant for nature and environment. Animals and birds should not be touched or otherwise disturbed, especially during the mating or nursing period. To learn the routes and behaviour of animals and birds, one should carefully explore their traces – not only footprints but also excrements, grazes on the trees, feed remnants. Attacks of large animals are very rare in Latvia, so do not be alarmed, just remember the most important rules of conduct. The bravest grouse roosters may be met in the spring mating period, also some rampant deer and elk bulls can be seen during the roaring season. For deer the roaring season lasts approximately from mid-September to mid-October, but for elks – from late August to late September. However, such dangerous meetings are very rare in Latvia, and there is no information that anyone would be seriously hurt.

There are not many insects in Latvia, whose stings would be dangerous. However, they can be painful, cause swelling, allergic reactions and itching. Therefore in almost every pharmacy or a specialised tourist, fishing and hunting store there is a variety of insect repellents and mosquito nets. The tick is the most dangerous and also the least visible insect living in the Latvian forests. Appropriate clothing serves as a good protection. It is recommended to wear light, tight clothes with narrow sleeves and trousers, and also a headgear. If, however, a tick has attached, a thread, special tweezers or a tick-removal device should be used to remove it. Never use oil or butter! After removing the tick, the site of the bite should be sterilised with alcohol, spirits or iodine.



Go to the forest, enjoy nature, take a breath and find something new and exciting!  
Let's head to the forest!

## Ancient Latvian Beliefs for Weather Forecasting:

- *If there is a bright spot around the rising sun – high winds and rain are to be expected.*
- *If aspen leaves are trembling heavily – a thunderstorm is to be expected.*
- *If upon setting or rising the sun goes behind the clouds – it will rain.*
- *The more of the green colour in a rainbow, the heavier it is going to rain.*
- *If it is raining without the wind – the rain will be long.*
- *If you hear distant noises and echo sounding far – weather will be nice and dry.*
- *If a rainbow can be seen long after the rain has stopped – weather will get worse.*  
*If a rainbow disappears quickly – weather will be nice.*
- *If an evening is frosty – the day will be hot. Also a quiet and cool night means that weather will improve.*
- *If field flowers open, when it is overcast or even raining – more rain is not to be expected, or it will not be long.*





# The Forest

# Heals

"The Lets are a people living far away in the north, in a forest, living on berries and mushrooms; if necessary, they turn into wolves to move unnoticed under the cover of night," this was written by a traveller in the Middle Ages about one of the Baltic tribes. Centuries have passed, the world has changed, but one has remained unchanged – Latvians still respect nature and appreciate its bounty.

## Health with Solar Energy

Plant-enthusiasts say that meadows and forests are a real treasure – just have a closer look at them and discover the healthy delicacies prepared by Mother Nature. And, as wise Latvians say – the one, who lives in harmony with nature, is healthy. Come along to explore the treasures growing in our meadows!

## Buds

While leaves have not yet flourished, it is the right time to collect buds and bark: birch buds to help the body fight inflammation; bird-cherry buds to make an ointment to treat bone and skin disorders; oak bark for a feet bath against perspiration and for rinsing hair to fight greasiness; in turn, in ancient times willow bark was used in the same occasions as antibiotics are used today.



## Flowers

When the blossoming season comes plum, cherry, apple and pear trees flourish in white petals – a few flowers are enough to make every cup of tea special and delicious. During the apple-tree blossom season, if the year has turned out be warmer, lady's mantles start blooming in gardens and meadows. This plant makes valuable tea, perfect for female health. In early morning hours the plant leaves accumulate dew drops for the rising sun to play with. But around summer solstice plants possess all different types of strength – at the height of summer flowers have enough sun, leaves have enough of rain, and it is time to start thinking about the fruit ripening.

### Coltsfoot (*Tussilago farfara*)

In the spring, just as the snow melts and the sun caresses everything in its sight, the small yellow suns – coltsfoots – are the first to wake up from the winter sleep. Fresh flowers make fragrant, green-coloured tea – an indispensable remedy to treat cough, cold and winter fatigue. Besides, fresh coltsfoot flowers are fantastically delicious!



### Cowslip (*Primula veris*)

The yellow horns, arranged in racemes are begging to be taken home by the visitors. Cowslip leaves are used in the Spanish cuisine as salad, while in England the flowers are used to add some fragrance to home-made wine. When the plant stops blooming, its leaves are richest in vitamins. Dried leaves give a light scent of honey.



### Wild Strawberries (*Fragaria vesca*)

They are not only an incredibly healthy and fresh snack, but also, may be used to make tea full of vitamins when dried. Most of the local berries should be collected in summer. When added to a cup of tea in cool autumn and winter evenings, they will create a summer mood and will be a good support to the immune system to help deter attacks of microbes in the cold and windy weather.



These and many other plants may be explored by visiting the LVM Jaunmokas Palace Forest Museum and applying for a herbal tea tasting with a guide in the palace park. Also the Mother Forest living in LVM Nature Park in Tērvete knows many spells that work with the help of the forest's bounty.





LATVIA'S STATE FORESTS -  
OPEN DAILY, NO ENTRANCE FEE

# OWLINATOR

PRODUCER: LATVIA'S STATE FORESTS DIRECTOR: MAMMADABA

STARRING: EAGLE-OWL AND NIGHT ANIMALS

SOUND: NIGHT SILENCE LIGHTS: MOON & STARS DRESS DESIGN: MAMMADABA



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