



Poland & the Baltics: Warsaw to Tallinn

12 days | 15 days with Helsinki extension

In the Baltics, time travel is (almost) a real thing. The region's present-day scene is as fascinating as its past, thanks to its rebirth at the end of Communist rule. Whether you're strolling through UNESCO-listed centers in every capital or bar-hopping to taste 18th-century liquors, this small group Adventure Tour is full of moments that'll make you say "wow."



Your tour package includes

10 nights in handpicked hotels
10 breakfasts
5 dinners with beer or wine
1 cider tasting
1 liqueur tasting
1 beer tasting
1 food tasting
6 sightseeing tours
Expert Tour Director & local guides
Private deluxe motor coach

Included highlights

Warsaw Rising Museum
Masurian Lake District
Krutynia River float
Old Town Vilnius
Museum of Occupations and Freedom Fights
Hill of Crosses
Rundale Palace
Riga Central Market
Estonian cider tasting
Tallinn's Town Hall

Tour pace

On this guided tour, you'll walk for about 2.5 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills and stairs.

Group size

12-22
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Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Warsaw today.

Warsaw → 2 nights

Day 2: Arrival in Warsaw

Included meals: welcome dinner

Welcome to Poland! Meet your Tour Director and fellow travelers at tonight's welcome dinner.

Day 3: Sightseeing tour of Warsaw

Included meals: breakfast, tasting

On a guided tour, get to know Warsaw, a city all but destroyed during World War II and painstakingly rebuilt since 1944.

- See the Chopin Monument at Lazienki Park
- View the Palace of Culture and Science, the tallest building in Poland commissioned by Stalin
- Visit the Jewish Ghetto and the Jewish Memorial
- Enter the Warsaw Rising museum to learn about the city's history
- Walk through the Old Town and pop into a local bakery for a paczki tasting

Enjoy a free afternoon in Warsaw or add an excursion.

+ Warsaw Cooking Class & Dinner

Masurian Lake District → 1 night

Day 4: Masurian Lake District via Mikołajki & Krutynia River float

Included meals: breakfast, dinner

Travel to the UNESCO-recognized biosphere of the Masurian Lake District. Stop in Mikołajki, a resort town on Lake Sniardwy, to enjoy free time for lunch. Then, embark on a leisurely scenic river float down the Krutynia River with a local guide. They'll help you spot everything from rare orchids to lynx. Sit down for an included dinner with your group this evening.

Vilnius → 2 nights

Day 5: Vilnius via Wolf's Lair

Included meals: breakfast, dinner

Leave Poland behind as you travel to Vilnius, Lithuania. En route, stop to enter the infamous Wolf's Lair, which served as Hitler's Eastern Front headquarters during World War II. In Vilnius, sit down to an included dinner with your group.

Day 6: Walking tour of Vilnius

Included meals: breakfast

Embark on a guided tour of Vilnius, the Lithuanian capital.

- Discover the Baroque, UNESCO-listed Old Town on a walking tour with a local guide
- See Gediminas Castle, Vilnius Cathedral, St. Anne's Church, and Vilnius University
- Hear about life during the time of the Soviet Union and how nonviolent protests paved the way to independence
- Enter the Museum of Occupations and Freedom Fights, the former KGB headquarters, for a guided tour

Enjoy a free afternoon in Vilnius or add an excursion.

+ Trakai Castle & Kybin Pastry Tasting

Riga → 3 nights

Day 7: Riga via the Hill of Crosses & Rundale Palace

Included meals: breakfast, tasting, dinner

Travel to Riga, Latvia, stopping en route to visit the Hill of Crosses, a Lithuanian pilgrimage site. You'll also stop for a guided tour of Rundale Palace and its gardens. The site is distinguished as the largest Baroque castle in the Baltics and is the former summer residence of the Duke of Courland. In Riga, sit down to an included dinner with your group.

Day 8: Sightseeing tour of Riga

Included meals: breakfast, liqueur tasting

Get an insider's perspective of Riga, the center of Latvian politics and culture, with a local guide leading the way.

- Explore the city's striking, UNESCO-recognized Art Nouveau district

- View the Latvian Freedom Monument and the Latvian National Opera
- Enter Central Market, housed inside an old Zeppelin hanger, and learn about local favorites and specialties
- See the Gothic House of the Blackheads in Vecriga, Riga's Old Town
- Enter Riga Cathedral, the city's massive medieval centerpiece, before continuing on to Riga Castle
- Drop into a local bar for a tasting of Riga Black Balsam liqueur, an herbal drink first created in 1752

Enjoy a free afternoon in Riga or add an excursion.

+ Kemerī National Park Scenic Walk

Day 9: Free day in Riga

Included meals: breakfast

Spend the day exploring Riga on your own or add an excursion.

+ Latvian Countryside: Castles, Valleys & Villages

Tallinn → 2 nights

Day 10: Tallinn via Pärnu County

Included meals: breakfast, tasting

En route to Tallinn, stop in Pärnu County and visit a cider distillery where you'll tour the orchard, learn about the production process, and enjoy a tasting of five hard ciders.

Enjoy a free evening in Tallinn or add an excursion.

+ Tallinn Medieval Dinner

Day 11: Walking tour of Tallinn

Included meals: breakfast, beer tasting, farewell dinner

Uncover the charms of Tallinn on a guided sightseeing tour.

- Travel through the ancient stone gates of the Old Town
- See Town Hall Square and Toompea Castle, home of the Estonian Parliament
- Visit Alexander Nevsky Cathedral, once controversial for its location, now revered as the grandest orthodox church in Tallinn
- Walk through the Balti Jaama Turg Market, home to over 300 vendors across three floors

- Enjoy a tasting of an Estonian microbrew
- Then, join your group at a farewell dinner this evening.
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Flight Home

Day 12: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your trip to explore Helsinki, Finland.

+ Helsinki extension

What makes “the Pearl of the Baltic Sea” such a lustrous prize? Helsinki combines astounding architecture, stunning surroundings, and nation-defining culture in a tremendously livable, eminently visitable metropolis. If you aren’t ready to bid the Baltics farewell, spend some time in this Scandinavian hub. (Odds are, you might not want to go home after.)

Helsinki → 3 nights

Day 12: Ferry to Helsinki

Included meals: breakfast

From Tallinn, board a ferry and cross the Gulf of Finland, making a straight shot for the Finnish capital of Helsinki. After docking, transfer to your hotel and get settled in, then use the rest of your day as you see fit. Maybe take a few hours to roam the halls of the Ateneum—Finland’s leading art exhibit—or get a crash course in Scandinavian aesthetics at the Design Museum.

Day 13: Sightseeing tour of Helsinki

Included meals: breakfast

Sprawling atop a peninsula and spilling out over 315 islands, the port city of Helsinki is Finland’s gift to the world. Dive into the history and culture of the country’s capital on a guided tour of its highlights.

- Pass through the Neoclassical Senate Square. Bounded by the triple domes of Helsinki Cathedral and the pale yellow walls of the Government Palace, this public plaza constitutes the oldest part of the city.
- See the modern Olympic Stadium, a 36,000-seat arena distinguishable from a

distance by its white tower. Reaching 238.5 feet above Helsinki’s Töölö district, the tower commemorates Matti Järvinen’s gold medal-winning javelin throw at the 1932 Summer Olympic Games.

- Stop to enter Temppeliaukio Church: Carved down into a rocky hillside and topped by a squat copper roof, this Lutheran house of worship is one of Helsinki’s most popular tourist attractions. One look around its circular, exposed rock walls is all it takes to understand why.
- Recall Finland’s most famous composer at seaside Sibelius Park, crowned by a hauntingly beautiful sculpture reminiscent of a pipe organ.

From there, add an afternoon outing to eat your way through Helsinki’s culinary scene. Or, make the walk to Kaisaniemi Park and enjoy a relaxing afternoon in the presence of some of the city’s oldest monuments.

+ Food of Helsinki Walking Tour

Day 14: Free day in Helsinki

Included meals: breakfast

Today, join your group on an optional outing to neighboring of Porvoo and revel in the sights of one of the National Landscapes of Finland. If you’d rather stay in Helsinki, try to make the trip to Suomenlinna. Guarding the maritime approach to the city, the “Gibraltar of the North” is an 18th-century island fortress, built by the Swedish to defend against Russian encroachment. Nowadays, it’s honored as a UNESCO World Heritage Site—and locals regularly visit for scenic picnics.

This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.

+ A Day in Porvoo

Flight Home

Day 15: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.ca/WBL | 1-800-754-5066

Day 3: Warsaw Cooking Class & Dinner

\$175CAD (2.5 hours, departs in the evening, includes dinner)

Try your hand at making Poland's signature dish—the pierogi. Reminiscent of a dumpling or ravioli, pierogi are traditionally stuffed with savory foods like potato, cheese, cabbage, or sauerkraut, but locals also pack them with sweeter treats like cherries, apples, or strawberries for dessert. Kick off the evening with a celebratory shot of Polish potato vodka, then roll up your sleeves and learn how to cut, stuff, and fold the dough for both savory and sweet pierogi. When you're all finished in the kuchnia (Polish for kitchen), sit down to enjoy what you've made during an included dinner. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

Day 6: Trakai Castle & Kybin Pastry Tasting

\$145CAD/\$155CAD* (5 hours, departs in the afternoon)

Discover Trakai Island Castle, located on a tiny island near the south shore of Lake Galvė. The Gothic-style brick castle has defended the western approaches to Vilnius since 1409. The castle fell into disrepair in the 17th century, but has now been lovingly restored. Today, it serves as both a cultural landmark and a scenic weekend escape for residents of Vilnius. After your guided tour, visit a local restaurant to see how Lithuanians make Kybin, a meat or mushroom-stuffed pastry. Then, enjoy this national dish during a tasting, along with a tea tasting. Please note: This excursion runs from April through October.

Day 8: Kemer National Park Scenic Walk

\$89CAD/\$99CAD* (4 hours, departs in the afternoon)

Head outside of Riga to the Baltic Sea coast for a visit to Kemer National Park, one of the Baltic region's iconic wetland landscapes. First, stop in Jūrmala to take in the striking 19th century wooden houses, where generations of artists, musicians, and Russian literary giants, like Ivan Goncharov, have lived and worked. View the historic Kemer Resort, where patients from all over Europe came to indulge in the healing power of the local sulfur and mud baths. Then join a local guide, and set out on a walking tour of the Great Kemer Bog. Keep your binoculars close, as you meander the boardwalks—you just might spot a Wood Sandpiper or a European Gold Plover

Day 9: Latvian Countryside: Castles, Valleys & Villages

\$199CAD/\$209CAD* (8.5 hours, departs in the morning, includes lunch)

Travel to the Open-Air Ethnographic Museum, located on scenic Lake Jugla. A tour guide will lead you through more than 100 painstakingly reassembled, 18th-century Latvian buildings, as you discover what rural life was like in the country's four main regions. Continue to the picturesque Gauja National Park, located in the

"Switzerland" of Latvia. There, take in sweeping views of the valley as you visit the majestic Turaida Castle, built in 1214 by Albert of Riga. Finally, set off for Ķīpāri, where you'll stop at a local home for a farm-to-table lunch, before heading back to Riga.

Day 10: Tallin Medieval Dinner

\$125CAD/\$135CAD* (3 hours, departs in the evening)

In medieval times, Tallinn was part of the Hanseatic League—a loose confederation of city-states that stretched from England up to the Baltics. Tonight, you'll travel back to the 14th century for a candlelit dinner. Head to the Estonian capital's UNESCO-listed Old Town and take a seat in a local restaurant styled like a merchant's home. While you dine on true-to-the-time dishes—like flamed salmon in mushroom sauce, parsnip mousse with nutmeg, and rose pudding—costumed waitstaff complete the theme, rounding out your meal by creating an authentic ambiance.

Extension excursion options

Day 13: Food of Helsinki Walking Tour

\$155CAD/\$165CAD* (3 hours, departure time varies)

Meet up with a local guide for a deep dive into Finnish foods both traditional and new that are being crafted in Helsinki. As you hop for shop to shop, you'll enjoy tastings of authentic foods like cabbage rolls—steamed cabbage leaves filled with meat, onions and spices, reindeer—often served as meatballs from street stalls, and karelian pies—a pastry made of rye crust with a rice porridge filling. Along the way your guide will introduce you to local gastronomy and the history of Finnish food culture which has combined Russian, Ukrainian, Scandinavian, and western European ingredients to make dishes unique to the country. Please note: Travelers should feel comfortable walking at least 3 hours through the city with occasional cobblestone streets.

Day 14: A Day in Porvoo

\$170CAD/\$180CAD* (6 hours, departs in the morning)

As one of Finland's six original medieval towns, Porvoo is the second oldest city in the country boasting colorful wooden buildings, award-winning restaurants, chocolateries, and an impressive art scene. Travel to Porvoo, a city with a history dating back to the 14th-century, and meet up with a local guide who will show you all the charms this hidden gem has to offer during a walking tour. Stroll by the red-ochre warehouses, possibly the most photographed landscape in Finland, before continuing through Town Hall Square past the Porvoo Cathedral and the Runeberg Home. Step inside the Porvoo History Museum where you'll have time to explore the various exhibits which tell the story of the country through the ages before enjoying a tasting of delicious award-winning chocolate from the famous Little Chocolate Factory. Cap off your visit with free time to wander the narrow alleys and discover treasures

made by local artisans before returning to your hotel in Helsinki.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.ca/terms