



Žemaitija: based on heritage

The name of the Žemaitija region means "lowland." You will visit traditional and unusual farms to learn about gardening traditions and enjoy teas and herbs from a biodynamic farm. The lady of the house will teach you about traditional local foods. Next you will visit a place to discover the secrets of medicinal plants. An impressive exhibition about military history will be found at the Cold War Museum, which is on the territory of a former missile base. Then you will visit the Energy Labyrinth to enjoy peace and quiet while learning about how various geometric forms influence human emotions. Next you will visit a traditional farm with characteristic foods, beverages and songs. Along the way you will visit Telšiai, which is the informal capital of Žemaitija. Finally, you will visit a farm where traditional pastries are baked on a campfire, and a true Latvian sauna is offered.

Visvainiai-Beržoras-Pokščiai-Likšai-Beržoras-Trešiai-Kūlio Dauba

First day

Visvainiai-Beržoras

Miško sodai is an ecological and biodynamic medicinal plant farm that is managed by two sisters who offer herbal teas and spices. You will learn about traditional garden plants in Žemaitija, learning about plants and tasting teas.

The Pas tevukus farm offers an educational programme, "Taste of Žemaitija." You will learn about local foods and the region, help to prepare meals, watch the process, taste the food, and take part in other activities.

Beržoro sodyba offers an educational programme, "An Afternoon in Granny's Tea Herb Garden," where you will learn how various plants help human health.

Accommodations around Plunge:

- Po ažuolais guesthouse
- Iešnale guesthouse
- Maudutis guesthouse

Second day

Beržoras-Pokščiai-Likšai-Beržoras

The Cold War Museum is in the territory of a former Soviet ballistic missile base. From 1963 until 1978, four medium-range SS-4 missiles were stored there. Together with analogous missile platforms on nearby land represented the nuclear weapons group in Lithuania, which could have destroyed all of Europe.

The Energy Labyrinth Park offers a maze that offers enjoyment in the here and now. You will experience just peace and harmony, not discomfort or thoughts. During the programme you will go through the maze to learn about geometric forms and how they affect people.

The Prie Žiedelio guesthouse is certified as a national heritage destination, and here you will feel the spirit of Žemaitija, taste local foods and beverages and listen to traditional songs.

Accommodations in Beržoras:

- Prie Žiedelio guesthouse
- Pas tevukus guesthouse

Third day

Beržoras-Telšiai-Kūlio Dauba

Visit important places in Telšiai.

The Angelu malūnas farm offers an educational programme that features baking traditional pastries on a campfire so that you can learn that that is not all that simple. You will be able to taste the pastries and try a real sauna that is fired up in accordance with ancient traditions and authentic rituals that are supervised by the professional sauna master.

Accommodations in Kūlio Dauba:

- Angelu malūnas guesthouse