



Aukštaitija: tasty heritage The Aukštaitija District

Aukštaitija is the largest and one of the most ancient Lithuanian regions, known since the 15th century as "Real Lithuania." This trip will allow you to enjoy country goodies that the region offers today. In the Anykščiai District you will visit a farm where medicinal plants are grown, enjoy some oak acorn coffee and herbal teas, and then head off for the fishing village Ginučiai, where a special fish soup recipe dates back to the 17th century. In the area of Ignalina, you will visit a watermill and a beekeeping museum. A restaurant that is part of the European culinary heritage offers traditional dishes and a chance to learn how to bake the traditional Lithuanian sweet, šakotis. After a stroll along the beautiful banks of Lake Zarasai, you will visit a windmill to learn how to bake bread and pancakes with rye flour. A nice end to the tour will be a visit to a brewery where unfiltered and living beer is brewed. There is also a collection of antique brewery tools.

Route: Anykščiai-Ginučiai-Ignalina-Šlyninka-Duestos

First day

Anykščiai-Ginučiai

Ramūnas is an expert in herbal teas, and he offers educational programmes for children and adults about various herbs that grow in the Anykščiai region. He offers tastings of acorn coffee and herbal teas out in nature. The programmes are organised by R. Daugelavičius at Vilniaus Street 22 in Anykščiai.

Important destinations in the region: Visit a path that passes along the tops of trees (*Medžių Lajų takas*), the Labyrinth Trail (during the summer), and the Siaurukas narrow-gauge railroad where you can take a ride on a train.

Smoked fish and fish soup are offered at the **Gaidelių sodyba** farm, using centuries-old recipes that were developed by fishermen from Eastern Aukštaitija. Fish processors have been given a certificate as an element of Lithuanian national heritage. Most of the recipes are from the 17th century, when Queen Bona introduced spices and traditions in the region.

<http://www.atstogoskaime.lt/en/farmstead/gaideliu-sodyba>

Accommodations in the area of Ignalina:

- The Gaidelių sodyba guesthouse (<http://www.atstogoskaime.lt/en/farmstead/gaideliu-sodyba>)
- The Baluošo krantas guesthouse (<http://www.atstogoskaime.lt/en/farmstead/baluso-krantas>)

Second day

Ignalina-Šlyninka-Dusetos

Important destinations in the region: Visit the Ginučiai watermill, a bee museum, the Palūše church, and the Latakalnis archaeological complex from which six different lakes can be seen.

In 2005, the **Romnesa** restaurant joined the European culinary heritage network in the Easter Aukštaitija region. It shares its culinary experience by serving traditional national dishes. The Romnesa bakery and restaurant also offers educational programmes such as "Demonstrations on baking šakotis" and "The Milky Way."

http://www.romnesa.lt/ignalina/index_en.html

Important destinations in Zarasai: Visit the Ferris wheel and Lake Zarasa.

At the **Šlyninka mill** you can take part in educational programmes such as "The Path of Bread with Tasting of Goodies and a Visit to the Mill" and "An Educational Programme with Tasting of Products at the Mill." The offer includes baking of bread and pancakes with wheat flour, barley flour or flour from groats. Šlyninka village, Zarasai District.

Čižo beer. The brewery offers light and unfiltered beer that is based on traditions that are centuries old, using bee honey that is gathered in the forest. Because the brewery inherited not just the recipe, but also equipment, it offers an exhibition of ancient equipment used to brew beer.

<http://www.atostogoskaime.lt/en/farmstead/cizo-alus>

Accommodations in Zarasai:

- The Lapėnų sodyba guesthouse (<http://www.atostogoskaime.lt/en/farmstead/lapenu-sodyba>)
- The Pasartėlė guesthouse (<http://www.atostogoskaime.lt/en/farmstead/sodyba-pasartele>)
- The Elnio sapnas guesthouse (<http://www.atostogoskaime.lt/en/farmstead/eelnio-sapnas>)