



Discover! Explore! Experience!

INTANGIBLE CULTURAL HERITAGE VALUES





12



7



2



17



17




Discover, explore and experience intangible cultural heritage values in Latvia, Lithuania and Belarus!

The tourism route provides the opportunity to discover intangible cultural heritage tourism objects of Zemgale Region, Nereta Municipality, Jēkabpils City (LV), Vilnius and Rokiškis District (LT), as well as Polotsk and its surroundings (BLR). In Latvia visitors can see things for themselves, learn about and appreciate ethnographic folk costumes, various festivities and annual celebrations, games, songs, dances, sauna rituals, playing of musical instruments, decorating, recipes and traditional cooking skills, Latvian folk wisdom and other core values. The cultural marks of “Latvian Heritage” and “Latvian Cuisine” are regularly awarded, thus promoting them nationwide. In Lithuania, on the other hand, gourmets can enjoy the traditional culinary masterpieces so popular among tourists – *boletus* and *šakotis*, which are included on the list of Lithuanian national culinary heritage. Here, one can also enjoy dishes representing Tatar cuisine, ethnography and ancient technologies – while in Belarus one can get acquainted with folk dances, customs and songs, especially antiphonal singing, typical only for the Polotsk Region.

This tourism route offers the opportunity to visit and get acquainted with unique tourist attractions and their guardians, who preserve, cherish and carry-on significant Latvian, Lithuanian and Belarusian intangible cultural heritage values, helping to increase both knowledge and a deeper understanding of their roots.

Explore the intangible cultural heritage values that, as an inexhaustible source of identity, can be passed on to future generations!





Content

Introduction	3
 Vilnius District, Lithuania.....	4
 Rokiškis District, Lithuania	7
 Nereta Municipality, Latvia.....	10
 Zemgale Region, Latvia	11
 Map of sights.....	14
 Jēkabpils City, Latvia	21
 City and District of Polotsk, Belarus.....	25



13

Symbols

-  Prior registration required for visits!
-  Prior registration required for group visits!
-  Prior registration required for participation in programmes and workshops!
-  Tourist Information Centre/Point/Provider nearest to each object.

VILNIUS DISTRICT

Vilnius District is a destination that can take visitors to the heart of tradition, history as well as give a unique experience in exploring intangible culture heritage. The traditions and religions of various nations have intertwined in this district since ancient times. It expresses the customs of the Polish, Lithuanian, Belarusian, Ukrainian, Tartar and Jewish communities, and hosts a great number of interesting traditions: traditional oral, musical culture and folk-art masterpieces. This tourism route provides an excellent chance to explore the intangible culture, many traditions deeply attached to pagan customs and get to know the specificity of Vilnius District during the workshops, presentations and demonstrations of the technologies used in the past.

1

Medininkai Castle

Festive intangible culture heritage educational classes for children and adults take place in one of the best-preserved



castles in Lithuania. Children can take part in the class about Ancient Pagan Religion, which talks about the hierarchy and diversity of ancient gods, dukes and the role of ancient priests and priestesses of that time. A different class reveals the aspects of the medieval city's architecture, various clothing peculiarities and specific societal life that existed here hundreds

of years ago. Older schoolchildren can learn more about the history of money in the world and in Lithuania. One can learn a lot at Medininkai Castle not only theoretically, but also by using the tools.

📍 2 Šv. Kazimiero St, Medininkai Village, Vilnius District, Lithuania
54.539399, 25.649907
🏠 www.trakaimuziejus.lt
+370 69660246

2

Nemėžis Tatar Community

Everybody knows about *čeburekai*, *šimtalapiai*, *šurpa* soup, *koldūnai*, *plovas* and *balandėliai*. All of these are traditional Tatar dishes which had a severe impact on forming Lithuanian culinary heritage. Dried meat, which some may think traditionally has Lithuanian roots, also came from the Tatars. Also – *halva* – so loved by Lithuanians, was of course brought by the Tatars. The Nemėžis Tatar community offers a unique opportunity to discover their culture, cuisine and traditions – visitors can try a meal, visit a



LITHUANIA

Mosque and cemetery, as well as hear and see a lot of interesting facts straight from the real Tatar.

📍 4 Totorių St, Nemėžis Village, Vilnius District, Lithuania
54.635799, 25.356578
🏠 www.nemeztatarcom.webs.com
+370 68695210

3

Neris Regional Park

It is the most heavily wooded of Lithuania's regional parks, and it includes one of the largest and oldest surviving stands of oak trees in the country. This place is a gate for everyone who would like to know



more about pagan culture, natural and cultural values located on both banks of the River Neris. After all, this park has been established in the most beautiful segment of the Neris valley, which has been populated for more than 10 000 years. Visit the walking trails in the oak forest of Dūkštos: choose the mythological path, which will show the deities of the ancient Balts. Ancestors believed that the

Perkūnas – god of thunder – lived in an oak tree, so pagans adored trees like sacred beings. Take a walk along the River Neris and see the burial mounds at Karmazina that are witnesses of the distant past and our forefathers' epoch. The mounds could have been built in the VI– VIII c. The park offers 9 different waking paths, interesting excursions where visitors will hear facts about the life of The Balts, listen to the frog choir or have the opportunity to track the animals according to their footprints.

📍 3 Vilniaus St, Dūkštos, Vilnius District, Lithuania
54.820699, 24.973770
🏠 www.neriesparkas.lt
+370 52599242

4

Liubavas Manor and the Mill

Liubavas Manor Watermill Museum was built on the River Žalesa in the XVI c. and has been rebuilt several times since. It is a unique object of technical, historical and intangible cultural heritage that illustrates the technological aspects of the mill's centuries-long operations. In order to facilitate this, the mill's technical equipment was carefully renovated. One year after its restoration, the Europa Nostra organisation declared the museum a prime example in the conservation of European cultural heritage. Liubavas Manor is one of the oldest in Lithuania. Besides the mill, there is a possibility to visit the exhibition dedicated to 12 families who lived in Liubavas until World War II, take a walk around the manor's park, and get rest listening to the sounds of water to calm the mind.

📍 Liubavas Village, Vilnius District, Lithuania
54.850663, 25.341254
🏠 www.liubavas.lt
+370 52377077

5 

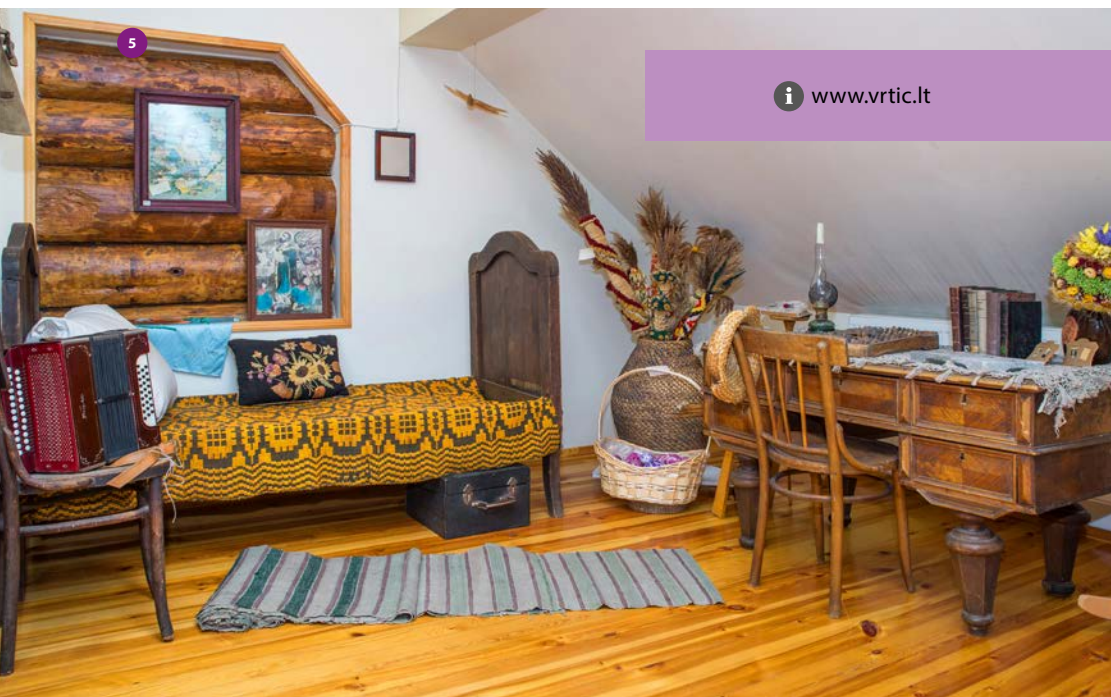
Vilnius Area Ethnography Museum in Nemenčinė

The Museum introduces visitors to the intangible culture heritage of many cultures. Nearly 1,000 exhibits tell the story of Lithuanian, Russian, Polish, Belarusian and other national traditions.

The museum's permanent exposition, is comprised of numerous ancient household utensils brought in by people living in Vilnius Region: pitchers, bowls, fabric and so on. It is also full of traditional

clothing, sabots, furniture, books, as well as documents and art works. There are many tools used by craftsmen and farmers among its exhibits. In addition to expositions, concerts, and conferences, the museum gives locals and village guests the opportunity to participate in educational workshops where one can learn palm weaving, curving, paper cutting, make soap or have a ceramic workshop.

-  14 Švenčionių St, Nemenčinė, Vilnius District, Lithuania
54.846554, 25.464919
-  www.vkem.lt
+370 52377077



 www.vrtic.lt

ROKIŠKIS DISTRICT



LITHUANIA

Rokiškis belongs to the Lithuanian ethnographic region called Aukštaitija. The local dialects are still alive here; the customs, folklore, folk art, crafts and even own peculiarities of a local ethnographic character have been transferred from one generation to another. When travelling in Rokiškis District, visitors may get familiar with the riches of intangible culture heritage, see unique shutters on the streets of Rokiškis Town, and indulge in delicacies and drinks of Aukštaitija culinary heritage that are made according to old recipes and technologies and certified as National heritage products.

6 

Kriaunos Museum

The topics of rural cultural heritage are predominant in Kriaunos Museum. Numerous work tools and works of various craftsmen (carpenters, blacksmiths, weavers, fishermen) are exhibited. The interesting and valuable works of rural inventors are shown: machines to grind linseed and to press linseed oil, pedalled bellows of the blacksmith, cabbage cutting machine, press for apple juice, and many others. The museum's interior is that of the rural home of the beginning of the XX c. The educational programmes "History of a Handbag", "Grey Bee", "Wax Filly, Flaxen Tail" are organised.

-  12 Sartų St, Kriaunos, Rokiškis District, Lithuania
55.851196, 25.797134
-  www.muzejusrokiskyje.lt
+370 45841718



7 

Ethnographic Homestead-Museum of J. and A. Tunaitis

The museum is located in the old buildings of Tunaitis homestead in Šetekšniai Village. The unique domestic exhibits

of the average farmer of the XIX-XX c., agricultural implements, carpenter tools, spinning and weaving tools and others are collected here. The exposition reflects the peculiarities of clothes, footwear, household, crafts, work tools, agricultural implements and many other areas characteristic to the largest Lithuanian

ethnographic region called Aukštaitija that is distinguished by an abundance of dialects, traditions and customs.

- 📍 Šetekšniai Village, Panemunėlis Eldership, Rokiškis District, Lithuania
55.885348, 25.361917
- 🌐 www.rokiskiotic.lt
+370 61639227

8 Streets of Painted Shutters

This “outdoor gallery” is open all year round. The artists have been decorating the town using the shutters since 2003 and have painted more than 250 shutters already. The shutters of houses in Independence Square, streets of Respublikos, Kauno and other streets of Rokiškis Town have been decorated. These long traditions of shutter painting bestow exclusive colours and distinctive spirit on the town and also encourage artistic self-expression.



- 📍 Nepriklausomybės Sq., Respublikos St, Rokiškis, Lithuania
55.962899, 25.586674
- 🌐 www.rokiskiotic.lt
+370 45851044



9 Juodupė Home of boletus and šakotis

Two educational programmes are organised here – baking of *šakotis* and *boletus*. These sweet baked goods have been traditionally placed on the table during family celebrations in the regions of Rokiškis and Juodupė for almost one hundred years, and thus both products are certified as Lithuanian national heritage. Visitors will learn about the products of culinary heritage and their baking process: will hear the history of the tree cake and see the birth of the traditional Lithuanian tree cake in the stove heated by firewood during the tree-cake-baking educational activity. They will bake and taste the tree cake by themselves. Participants of the *boletus* educational activity can make small mushrooms from dough, bake and decorate them in the colours of their choice.



- 📍 2 Pergalės St, Juodupė, Rokiškis District, Lithuania
56.089812, 25.603953
- 🌐 www.facebook.com/lsadauskiene
+370 65680373



- 7
- 🌐 www.rokiskiotic.lt

10 **Wine-maker's Rural Tourism Homestead "Roksala"**

The family of Raimundas Nagelē has old traditions of home-made wine making. The fifth generation is already making wine from berries and fruits. Nine Lithuanian home-made wines produced in this homestead are included on the list of Lithuanian national heritage. The

visitors will have an opportunity to see the northernmost Lithuanian vineyard and learn the subtleties of wine-making. While tasting the wine in this family-owned vineyard, the wine-maker himself will tell the story of wine history, production and modern tendencies.

-  8 Taručiai Village, Pandėlys Eldership, Rokiškis District, Lithuania
56.145887, 25.279400
-  www.roksala.lt
+370 62661510

**NERETA COUNTY**

The conservation and development of Nereta County cultural and historical heritage traditions continues outdoors on the Erberge open-air stage, which has been rebuilt on its original site. Visitors can get to know old songs, dances and plays, take part in folklore events and craftsmen activities, as well as meet active and attractive people from Erberge Manor. It is definitely worth seeing the new 3D weaving exhibition at Nereta House of Culture.

11 **Mazzalve Open-air Stage**

On the open-air stage the Blue Lady and the Witch of Erberge manor offer old games and attractions to try, for example, walking on wooden legs, "pins", "eye blinking", "chasing rats" and the favourite Latvian dancing games – "Foal, oh, Foal", "Bee in a Rose Garden", "The last couple – split!". It is also possible to mint an ancient coin or churn butter there. Near the stage is Erberge Manor and the park with the Legends' Trail.

-  1 Skolas St, Mazzalve Parish, Nereta County, Latvia
56.364779, 25.017276
-  www.neretasnovads.lv
+371 26156635



 www.neretasnovads.lv

ZEMGALE REGION



LATVIA

During the tourism route tour, it is possible to visit and get acquainted with the tourist objects and owners who store, cherish and carry on significant values of Latvian intangible cultural heritage such as ethnographic folk costumes, festivities and anniversaries, games, songs, dances, festivals, playing of musical instruments, decorating, recipes and cooking processes, Latvian folk wisdom and other core values. The enthusiasm of these owners for cultivating these cultural and historical traditions is evidenced by the cultural mark of "Latvian Heritage" and "Latvian Cuisine" – a special acknowledgement for promoting Latvian traditions, awarded to several objects that are included on this route. If visitors wish to cultivate their knowledge and gain a deeper understanding of their roots, it is worth taking on the offer of this tourism route and playing some ancient games, tasting a traditional snack, or celebrating one of the Latvian festivities.

12 **Zemgale Ancient Farmstead "Everti"**

In the farmstead ensemble from the second part of the XIX c., surrounded by ancient buildings, there is a bath complex full of Latvian traditions; it has been a place of well-being, as well as recovery of body and spirit for Latvians since ancient times. Here, ancient Latvian bath rituals are offered – newborn bath rituals, bride's back washing, men's power bath, conception baths, as well as modern customs: birthday ritual and initiation ceremony baths. The farm

celebrates traditional festivities, fire rituals of various kinds, offers a workshop "Health in your own hands", where visitors can discover and explore the unique properties of amber, tie their own special bath broom, make herbal salt, try out a willow rhythmic massage, and at the end there is a special fire ritual with a dedicated purpose chosen by the group of visitors, involving amber dust and various rhythmic instruments.

-  "Everti", Bārbele Parish, Vecumnieki Municipality, Latvia
56.423011, 24.606901
-  www.everti.lv
+371 26556452

13 **Open-Air Museum "Ausekļu Dzirnavas"**

The "Ausekļu dzirnavas" mill is designed as a Latvian farmstead, where one can discover a collection of ancient tools and equipment (vehicles, machinery, household items), the daily life and work ethics of the ancestors, or simply relax with the family. The farm has been awarded the cultural mark of "Latvian



www.visit.jelgava.lv
www.visit.bauska.lv



13

Heritage" for preserving Latvian traditions in a modern tourism offer. Every spring and autumn, the museum traditionally hosts "Sowing" and "Harvesting" festivals with demonstrations of ancient field works and crafts, in which the visitors also take part. During the festivities, grain is churned with a Latvian-made threshing machine "Imanta" powered by a steam engine; at the renovated water mill, one can observe the grinding of grain and preparation of pearl barley and groats, and in the farmstead, the threshing of grain with a horse mule, basket weaving, log carving, string twisting, shingle tearing as well as many other craft skills take place. In the museum one can see the only working steam locomotive "Ruston" (1912), manufactured in England, and wooden windmill in Latvia.

📍 "Ausekļu Dzirnavas", Bārbele Parish, Vecumnieki Municipality, Latvia
 56.441210, 24.582840

🏠 www.auseludzirnavas.lv
 +371 29197412



13

14

Farm "Vaidelotes"

Agriculture and Latvian folk wisdom are two concepts that coexist well in this farm, which has been awarded the cultural mark of "Latvian Heritage" for treasuring Latvian traditions, as well as the mark of "Latvian Cuisine" for the cooking and promotion of traditional dishes.



14



14

At the farm, one can see collections of herbs and medical plants, quaff herbal teas, discover ancient Latvian cuisine or relax under the big oak. The hostess can show how to bake pies and special bread from coarse wholemeal flour, make Midsummer cheese, understand the ways of making bread, make wholemeal dumplings, and learn to live in joy and harmony with nature. Tea, spices and country goods are available for sale here.

📍 "Vaidelotes", Code Parish, Bauska Municipality, Latvia
 56.427692, 24.226141

🏠 www.vaidelotes.lv
 +371 29389993

15

Stalģene Manor (Circle of Latvian Annual Traditions)

The Circle of Latvian Annual Traditions in the park of Stalģene Manor was created as an ancient solar calendar, which reflects the course of the Sun in Latvian folk wisdom. The circle consists of 8 boulders that symbolise Latvian festivities, and each of the stones has a Latvian sign of the respective festivity engraved on it. The Earth passes 8 significant points while orbiting the Sun in one year – which Latvian ancestors called seasonal festivities and celebrated as holidays. They made special preparations for the holidays: they sang songs, played games, cooked traditional dishes, performed rituals to ensure luck, joy, health, promote goodness, repel evil, express gratitude for their achievements, while ensuring fertility and good harvests. Every visitor is invited to feel the spirit of this place, as well as to participate in the celebration of traditional festivities together with the local folklore group.



15

📍 2 Skolas St, Stalģene, Jaunsvirlaukas Parish, Jelgava Municipality, Latvia
 56.571819, 23.961425

🏠 www.visit.jelgava.lv
 +371 26383129



- Zemgale Region
- Nereta Municipality / Jēkabpils City
- Rokiškis District / Vilnius District
- City and District of Polotsk

16 

Farmstead for Latvian Traditions “Caunites”

The farmstead, which has been awarded the cultural mark of “Latvian Heritage” for popularising and caring for Latvian traditions, teaches visitors the practice of Latvian traditions – celebrating the holidays of *Mārtiņi*, *Metēņi*, *Ūsiņi*, *Jēkabi*, *Māra* (deities in the ancient Baltic pantheon) and other festivities. This place gladly invites those who want to enjoy the Latvian atmosphere and society. Various activities are offered according to Latvian festivities. The central place of the farmstead is a barn with a bread oven. Visitors have the opportunity to get acquainted with the ancient process of baking bread – from grain to a finished loaf of bread. Creative activities are available – making straw mobiles, suns and masks.

-  “Caunites”, Cenā Parish, Ozolnieki Municipality, Latvia
56.722517, 23.791061
-  www.caunites.lv
+371 26352395



17 

Energetic Bath “Lielzemenes”

Surrounded by a picturesque forest, Latvian folk wisdom is popularised and practised through bath rituals by the bath owners, who began the revival of Latvian bath

traditions. The bath attendants possess deep knowledge based on psychotherapy. The owners not only work in rural tourism and teach science at the bath school every year, they are also the authors of two Latvian folk wisdom books. The popularisation of ancient Latvian bath traditions, healing and providing harmony to guests, includes new born bath rituals, initiation rituals and special baths for women using natural materials. Visitors can also perform the rituals themselves with a little help from the hosts, thus practically passing on their knowledge and skills.

-  “Lielzemenes”, Vecumnieki Parish, Vecumnieki Municipality, Latvia
56.623058, 24.497366
-  www.lielzemenes.lv
+371 26160989

18 

Museum of Folk Musical Instruments “Skaņumāja”

An exposition of Latvian traditional musical instruments can be seen on the premises of the association “Skaņumāja” in Krape Parish. Here it is possible to get acquainted with the musical instruments made and played in Latvia during the last 100 years, to explore their development paths, listen to their sounds or try to create them from these ancient sound instruments.

The exposition features lutes, zithers, harmonicas of various systems, violins, mandolins and other instruments made by both foreign and local artisans, which clearly reflect the diversity of musical traditions, changes that have happened over time, and regional varieties.

-  “Krapes”, Krape Parish, Ogre Municipality, Latvia
56.745664, 25.102043
-  www.muzikanti.lv
+371 26162146



17

 www.visit.bauska.lv
www.visit.jelgava.lv
<https://visit.skriveri.lv>



16



17



16



17



19



<https://visit.skriveri.lv>
www.aizkraukle.lv
www.visitkoknese.lv



21



20



20



20

19



Farm "Ragāres"

The farm is located in the upper part of the bank of the River Daugava, a habitat for various species and varieties of ornamental plants, herbs, medicinal plants, as well as traditional Latvian farm plants. The farm has been awarded several certificates: Latvian Eco-product, "Organic Agriculture", and it has had the honour of winning the "Call of Ancestors" competition. Visitors have the opportunity to see, touch and smell more than 100 different plants in nature, as well as gain new knowledge about farming with organic methods – the methods of Latvian ancestors. In "Ragāres" one can taste delicious ecological teas harvested and made by hand, berries and fruits, and salads from self-picked herbs from a natural meadow, as well as buy ready-made products. According to the owners, who carry the know-how of our ancestors, even weeds are much-needed plants for our diet and wellbeing.

- 📍 "Ragāres", Skrīveri Parish, Skrīveri Municipality, Latvia
56.627343, 25.086079
- 🌐 www.ragares.com
+371 29229588

20



Aizkraukle Museum of History and Art "Kalna ziedi"

The museum offers visitors to see the permanent exposition "Stories of the Fate of the Banks of Daugava", which depicts life on the banks of the River Daugava in the first half of the XX c.; an imitation of the ancient Selonian folk costume can also be viewed here. In addition, the museum offers pedagogical programmes, traditional Latvian games, such as mask traditions, celebration of annual customs and Latvian

festivities, as well as events for families. The museum has an open storage area filled with a variety of craft tools; it is possible to try out butter churning, and every year, at the end of July, the museum organises the Blacksmith Days.

- 📍 "Kalna ziedi", 5 Muzeja St, Aizkraukle, Aizkraukle Municipality, Latvia
56.598941, 25.271577
- 🌐 www.aizkrauklesmuzejs.lv
+ 371 65123351

21



Creative House of Association "Baltaine"

For illuminating the intangible cultural heritage of Koknese and its surroundings, the "Baltaine" Association is the winner of the Latvian Folklore Prize in the folk wisdom nomination, as well as the winner of the *Austras koks* Folklore Prize. Its activities are known throughout Latvia regarding annual festivities, family celebrations, culinary heritage master classes, as well as for playing musical instruments and creating handicrafts. Being aware of one's roots, going out to play games, learning a new dance, singing together with the folklore group "Urgas" is exciting at any age. By participating in craft workshops, one can remember and learn long-forgotten skills passed on from generation to generation in spinning, twisting, crocheting, knitting, braiding, knotting, embroidery, paper folding, making of straw ornaments, writing with feathers and other crafts. The *Baltaine* porridge, *Būniši* thick soup and chicory coffee with bran pie will surprise every culinary heritage connoisseur.

- 📍 1A Melioratoru St, Koknese, Koknese Municipality, Latvia
56.644123, 25.441814
- 🌐 www.visitkoknese.lv
+371 26575499

22



Lokstene Sanctuary

The Lokstene Sanctuary is located on an island in the Daugava, designed to worship the divinity of Latvian folk wisdom – where Gods are at the core of the ancient spiritual and moral values preserved in the Latvian people's traditional songs – *dainas*. The churchyard includes the Flag Square, Ancient Stone Peak, the Sun Gate and the Sanctuary building. The sanctuary is



surrounded by picturesque landscapes and is an important Latvian cultural and historical area, with Sēlpils and Oliņkalns, the Lokstene Castle Mound, and Staburags, which are currently underwater. The sanctuary can be reached by ferry. It can be visited and booked for Latvian family celebrations of festivities and anniversaries.

- "Liepsālas", Klintaine Parish, Pļaviņas Municipality, Latvia
56.598900, 25.655900
- www.dievturi.blogspot.com
+371 26449567



www.plavinunovads.lv

Viewing of Zemgale region objects will continue in page 22.

21



JĒKABPILS CITY



LATVIA

Jēkabpils is proud of its rich and unique heritage of folklore and traditions, which is still an important part of Latvian culture and identity nowadays. The open-air division of Jēkabpils History Museum "Selonian Farmstead" is the only place in Latvia, where an exposition of the XIX century wooden buildings, household items and tools have been preserved in skills and traditions. Here one can enjoy a great opportunity to see the authentic Augšzeme countryside buildings and find out more about the skills of ancient crafts and Selonian traditions.



23



www.jekabpils.lv



23

23



Jēkabpils History Museum Open-Air Museum "Selonian Farmstead"

The open-air museum "Selonian Farmstead" is located on the left bank of the River Daugava. The museum's exposition consists of six traditional XIX c. Augšzeme countryside buildings, which depict the real life of Latvians at that time. Here one can also see the tools and household items of an average wealthy farmer from the Selonian Region in the XIX c.

Visitors can enjoy educational programmes such as the "Soap Making Workshop", "Paper Path", "The Power of Nature", "Candle Casting Workshop", as well as try their hand at various crafts – yarn spinning, flour milling, butter churning and caraway cheese tying. "Selonian Farmstead" also offers to celebrate major life events, such as traditional baptism and weddings, in accordance with ancient Selonian traditions.

- 6 Filozofu St, Jēkabpils, Latvia
56.495701, 25.873899
- www.jekabpilsmuzejs.lv
+371 27029039

24 

Organic and Visiting Farm “Boļāni”

During the visit, the singing hostess Maija will present ancient legends, truths and traditions of rural life. Every spring, in May, one can sing or listen to the natural acoustics made of voices and echoes of the hills of Sēlpils. The hostess even has her own virtual song cabinet, where she reads 3389 songs, *dainas*, that were spoken and recorded in Sēlpils. At the beautiful farm, one can taste and buy delicious herbal





teas, fruit and berry candies, the unique *karaša* bread from Selonia, and learn how to make them according to the family's ancestral recipes. It is also possible to go on exploring hikes along nature trails, including the point of the Struve Geodetic Arc point “Daborkalns”.

-  “Boļāni”, Sēlpils Parish, Sala Municipality, Latvia
56.585689, 25.687046
-  www.bolani.mozello.lv
+371 26496601

25 

Latvian Sign Park

Latvian ethnographic characters were formed more than 3000 years ago, as they were used as symbols, elements, information carriers and forms of energy expression. The Park of Ancient Latvian Signs was built from 2008 to 2018 and it is the only park in Latvia of this type. In the park, one can see 11 signs made of oak wood by local craftsmen, which have given the Latvians strength, health, and good harvest for many centuries, for example, *Zalktis*, *Jumis*, *Saule* and others. The guide's narration is complemented with a video presentation about the creation of the park, and attractive games and tasks about Latvian signs are offered.

-  Leimaņi, Leimaņi Parish, Jēkabpils Municipality, Latvia
56.310335, 25.925690
-  www.jekabpilsnovads.lv
+371 25945299


26 

Selonian Farmstead “Gulbji”

It is one of the few places in Latvia where visitors can see and feel a “living” farm that is typical of the historical region of Selonia, which has been awarded the cultural mark “Latvian Heritage” and “Latvian Cuisine”. Nature, a small ethnographic museum made by themselves, a kitchen, a collection of



Zemgale Region

-  www.jekabpils.lv
www.jekabpilsnovads.lv



medicinal plants and old buildings with their own stories. The hosts offer tours to learn about the traditions of the ancient Selonians, cook and taste the dishes of Selonians and herbal teas, as well as try the black sauna using meadow plant brooms and a homemade herb-and-honey scrub. Here one can also spend the night, get acquainted with the ancient Latvian strength signs, as well as celebrate festivities in a special atmosphere, with appropriate songs, dances and games.

- 📍 "Gulbji", Rubene Parish, Jēkabpils Municipality, Latvia
56.136800, 26.064000
- 🏠 www.jekabpilsnovads.lv
+371 26416231

27

Meadow Museum

The Meadow Museum has been established in the former Kaldabruņa Primary School, where one can visit an original exposition,



created as a course of human life in connection with nature and Latvian folk traditions. The museum has been awarded the cultural mark "Latvian Heritage" for preserving the natural heritage of meadows. Some expositions are dedicated to the redtop grass and protected species growing in Latvian natural meadows. The multimedia exposition "Midnight on the Meadow" offers a special experience. The video includes knowledge, images, sounds and landscapes that tell of the traditions related to events after dusk. The pride of Selonia Region is the belt of *Kaldabruņa Māra*, the original copy of which can be seen in the museum. Visitors can see how glass ornaments and interior items are made and try their own hand at the craft, as well as watch a laser engraving machine in action.

- 📍 "Kaldabruņa School", Rubene Parish, Jēkabpils Municipality, Latvia
56,095033, 26,067339
- 🏠 www.udenszimes.lv
+371 29548967



CITY AND DISTRICT OF POLOTSK



Songs are an inseparable part of human life from cradle to grave. Apart from songs associated with the calendar and family rituals that are found in all of Belarus, the lands of the Dvina basin near Polotsk have a number of singing genres that are either limited to specific locations or completely unknown elsewhere. Among them are *valačobnyja* (from *Valačobniki*, a ritual of going door-to-door on the first night of Easter and singing songs) and *maslieničnyja* (from *Maslienica*). Characteristic features of traditional songs in the Dvina area include antiphonal singing. Unique master classes with "Varhan" and "Halasy Spadčyna" folk groups will give visitors of Polotsk a real insight into traditional songs of the Dvina area.

28

Bahatyrskaja Community Centre

Polotsk District has preserved a unique ancient tradition of performing *Kupallie* and harvest songs 'criss-cross', i.e., in a special type of antiphonal singing. The 'criss-cross' manner is only typical of the Polotsk area and has a number of distinctive features. Visitors can get a good idea of them during the master classes with the "Halasy Spadčyna" folk group and the rituals that they perform. Guests will have a chance to learn a few traditional songs and be immersed in melodious archaic singing.

- 📍 25 Bahatyrskaja Village, Polotsk District, Viciebsk Region, The Republic of Belarus
55.501482, 28.854541
- 🏠 www.polotsk-turizm.com
+375 214466949

29

Polotsk Tourist Information Centre

Traditional Belarusian festivals began to emerge in ancient times, gradually including more and more rituals. Master

classes in traditional Belarusian dances and songs led by the folk group "Varhan" are an excellent opportunity to learn original songs and dances of the Dvina area and take part in calendar rituals typical of this ethnographic region, such as *Maslienica*, *Valačobniki*, *Kupallie* (Midsummer Night) and *Bahač* (an autumn festival that marks the end of an agricultural cycle and the nativity of "Our Lady").



- 📍 8 Skaryna Ave, Polotsk, Viciebsk Region, The Republic of Belarus
55.485158, 28.766435
- 🏠 www.polotsk-turizm.com
+375 214466949

30

Art Project "Motifs on trees"

An ornamental pattern is a traditional combination of symbols and colours that the ancestors of modern Belarusians used for centuries. Each motif had its own meaning and function. The art project gives modern people a chance to encounter sacred elements in the traditional spiritual culture of the Slavs and to discover the meanings of the ancient motifs in all their variety. Visitors can see it if they walk from the monument to "St. Euphrosyne of Polotsk" down to the old hillfort.

📍 Historical part of Polotsk, St. Euphrosyne of Polotsk St, opposite Ivan the Terrible's Rampart, Polotsk, The Republic of Belarus 55.488533, 28.768000

🏠 www.polotsk-turizm.com
+375 214466949



29

This brochure has been developed within the framework of Project ENI-LLB-1-108 "Promoting the preservation, availability and development of intangible culture and local history heritage improving the competitiveness of sustainable culture tourism in Latvia, Lithuania and Belarus" (Rediscover the roots of regions) under the Latvia-Lithuania-Belarus Cross-border Cooperation Programme within the European Neighbourhood Instrument 2014-2020.

The objective of this project is to promote the preservation, availability and development of intangible culture and local history heritage, improving the competitiveness of sustainable culture tourism in Latvia, Lithuania and Belarus. Total project budget – EUR 1 031 590.97 with 90% (EUR 928 431.87) funded by the European Union.

The 2014-2020 European Neighbourhood Instrument Cross-border Cooperation Latvia-Lithuania-Belarus Programme fosters the synergistic partnership of the Latvian, Lithuanian and Belarusian organisations

with the financial support of the European Union. The strategic goal of the programme is to strengthen relations, enhance capacities and share experience among people and organisations through the implementation of joint actions, which focus on increasing the overall quality of life in the border regions. EU funding for the programme totals EUR 74 million.

The Member States of the European Union have decided to intertwine their know-how, resources and destinies. Together, they have built a zone of stability, democracy and sustainable development while maintaining cultural diversity, tolerance and individual freedoms. The European Union is committed to sharing its achievements and its values with countries and peoples beyond its borders. This brochure was produced with the financial support of the European Union. Its content is the sole responsibility of Zemgale Planning Region and do not necessarily reflect the views of the European Union.

📍 www.polotsk-turizm.com



28

We thank our project partners for cooperation: Department of Sports and Tourism of Polotsk District Executive Committee, Nereta County Municipality, Jēkabpils City Municipality, Rokiškis Regional Museum, Vilnius District Municipality Administration, objects owners and tourism information providers of Zemgale and Polotsk District who participated in the creation of the publication.



This programme is funded by the European Union

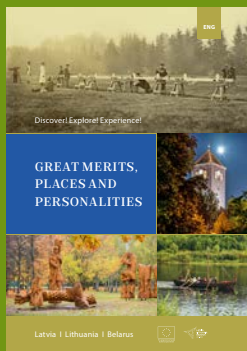
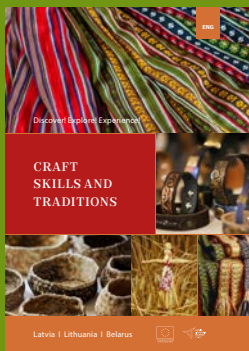


Publisher: Zemgale Planning Region, www.zemgale.lv, 2021

Design, layout: Jolanta Deģe

The Brochure uses photos from archives of the Latvian, Lithuanian and Belarusian tourism information providers, object owners, museums, Oskars Kalniņš, Uģis Nastevičs, Marian Dzvinel, Vidmantas Balkunas, Gintaras Karosas, Zemgale Planning Region, Department of Sports and Tourism of Polotsk District Executive Comitee, Nereta Municipality Council, Jēkabpils City Council and Rokiškis Regional Museum.

Discover
and look for
other tourism
routes



Latvia | Lithuania | Belarus