

Wellbeing Experiences of the Lithuanian Indian Summer

 wellbeing
tourism

For Curious Explorers
in Calm Season



Following migrating cranes...

The Indian Summer on the Baltic Sea and the Curonian Lagoon coast opens new opportunities for wellbeing lovers. Many new places and services for active and meaningful recreation are offered to those who want to combine the joy of experiences with memorable impressions. In the calm season, Curious Explorers can enjoy unique wellbeing opportunities, refresh their souls and perceive the fragility of the connection between us and the nature.

On a sunny yet windy autumn day, guests will enjoy the special care of welcoming hosts that offer an opportunity to relish wellbeing services, food and accommodation. Those who prefer the outdoors will be fascinated by charming autumn landscapes and seascapes, voices of migratory birds, forests and meadows covered in cobwebs, and local delicatessens.



1st Stop. The wellbeing offer in Palanga in the fall

Approximate time required: 6 hours

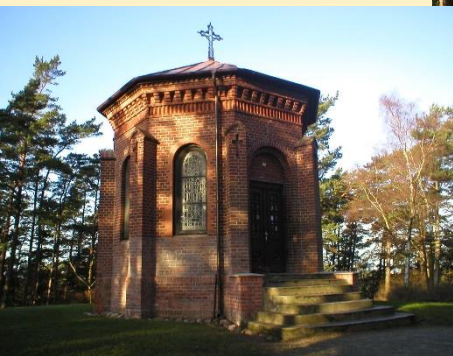
Wellbeing destination: Palanga City, Lithuania

Recommended starting point: Amber Museum, 17 Vytauto Str., Palanga

GPS: 6200876, 315943

In autumn, after the season's hustle, it is time for a quiet rest in Palanga, the largest Eastern Baltic seaside resort. You can avoid crowds and noise and feel part of nature. Iodine-rich air and active leisure at the seaside improves mood and caters to wellbeing.

Autumn is a great time to get to know historic Palanga, which is well suited for cycling when there are no more holidaymakers. The length of Palanga bicycle paths is 40 km stretching all over the resort. Amber Museum in the Botanical Park, a late 19th-century landscape design masterpiece, is the main visitor attraction of Palanga.



2nd Stop. The Amber Sauna

Approximate time required: 2.5 to 3 hours

Wellbeing destination: Žibininkai village, Darbėnai eldership, Kretinga District municipality, Lithuania

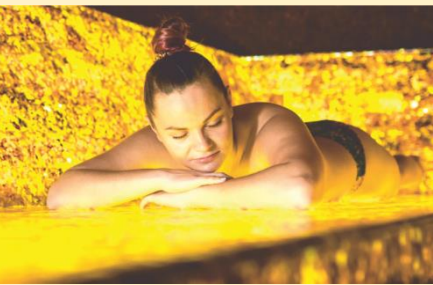
GPS: 6206411, 321288

Wellbeing host: Destination spa *Atostogų parkas*

A destination spa, *Atostogų parkas* is the largest recreation and wellness ecosystem in Western Lithuania.

Atostogų parkas boasts the world's first natural amber sauna, the construction of which required three tons of natural Baltic amber. The sauna warms up the human body with amber excited by infrared rays emanating pleasant resin odours while the body absorbs the healing substances by inhalation and through the skin.

The patrons of *Atostogų parkas* are offered an eight-step revitalisation programme for those who want to relax and strengthen their immune systems, which includes a 20-min. visit to the Amber Sauna.



3rd Stop. The Winnetou Village



Approximate time required: 3 hours

Wellbeing destination: Kretingalė eldership, Klaipeda District

Address: 63 Šlikių Str., Šlikiai village, Kretingalė eldership, Klaipeda District municipality, 96337, Lithuania

GPS: 6204521, 317391

Wellbeing host: Mindaugas Timinskas

The Winnetou Village is an open-air living history museum cherishing the traditions of the First Nations of North America.



The patrons live in authentic tipis or wooden houses, eat healthy, blessed food, bathe in an outdoor bath, and discover freedom by riding a kayak and lighting up an inner creative spark while making music and handicrafts.

The energy maze is a path to ourselves, providing a unique opportunity to unleash our desires and dreams. When we focus our intentions on the aspects of nature and its symbols, we harness that energy for purification and meditation.

4th Stop. Catching amber on Karkle Beach



Approximate time required: 2 to 3 hours

Wellbeing destination: Karkle Beach, Kretingalė eldership, Klaipėda District municipality, Lithuania

Recommended starting point: The graveyard of Karkle village

GPS: 6189730, 316134

Wellbeing host: Igoris Osnač

The Baltic coast inhabitants have long cherished amber, equating it with gold. Smelling amber was traditionally used to treat respiratory diseases and the flu.



Nowadays, massage with large pieces of amber is becoming popular. Because amber has a similar density to water, there is a greater chance of catching it during colder periods, when it is easier washed ashore. An amber-catching excursion on Karklė Beach is a unique outdoor leisure activity that includes all the elements of wellbeing tourism: a sustainable lifestyle, physical, mental and spiritual harmony, and active outdoors.

ros
inis
is

Gintaro muziejus

1

2

3

4

Pajūrio regioninis parkas

Palepgiriai

Zibininkai

Tarvydai

Užpelkiai

Rūdaičiai

Parąžė

Ankštakiai

Vilimiškė

Kveciai

Palanga

Vydmantai

Kretingsodis

Pryšmančiai

Kretinga

Anaičiai

Girkaliai

Liepyne

Graudūšiai

Letūkai

Kiokiai

Raišiai

Egliskiai

Bruzdeilynas

Lankučiai

Potrai

Kretingalė

Vitiniai

Dargužiai

Peskojai

Stančiai

Karkle

Kunkiai

Normantai

Paupuliai

Simkai

Bendikai

Zeigiai

Radailiai

Kukuliskiai

Kalotė

Glaudenai

Purmaliai

Gvildžiai



This brochure was prepared within the implementation process of SB Well – Wellbeing Tourism in the South Baltic Region - Guidelines for good practices & Promotion, a cross-border cooperation project of the EU ERDF Interreg South Baltic Programme 2014-2020

Part-financed by the European Union (European Regional Development Fund)



European
Regional
Development
Fund



The contents of this brochure are the sole responsibility of the authors and can in no way be taken to reflect the views of the European Union, the Managing Authority or the Joint Secretariat of the South Baltic Cross-border Cooperation Programme 2014-2020

Images credit: EUCC Baltic Office, Donatas Ravaitis, Spa Atostogų parkas, Spa Vanagupė, Viktoras Šadauskas