



THE ROUTE IS
CO₂ CALCULATED

 wellbeing

SEASIDE WELLBEING RENDEZ-VOUS IN THE LITHUANIAN WINTER

FOR SUSTAINABLE IDEALISTS

ENJOY
WELLBEING OPPORTUNITIES
IN WINTER



WELLBEING ROUTES FOR BODY, MIND & SOUL

DO YOU ALSO WANT TO FEEL WELL,
EXPERIENCE A SUSTAINABLE VACATION,
AND DO SOMETHING GOOD?





IN SEARCH OF THE INNER LIGHT AND HARMONY.

The winter season on the Lithuanian seaside offers serendipitous wellbeing opportunities. Especially in Neringa, a unique resort, you will find peace of mind and respite for your body and soul. Here, among the sea, lagoon, dunes and forest, you will experience closeness to nature and cherish harmony.

The Lithuanian winter on the Baltic seacoast is a great time for Sustainable Idealists. After the hustle of the tourist high season, you can enjoy the wellbeing rituals and care for the sustainability of the environment.

The Baltic Sea coast is not very welcome to outdoor enthusiasts in winter.

It is cold and dark. Yet, for those guests who prefer a spa based on wellbeing ideas and principles or just want to enjoy the tranquility of empty seaside resorts, providing an excellent opportunity to reflect on sustainability, there are plenty of unique options to nurture their idealism.

This route offers you four-day experiences with an opportunity to variate your activities according to your wishes. Perhaps you are an early bird or a stargazer, or maybe both? Whatever you prefer, we hope you will find inner peace, harmony, and balance, alone or together with others.





1ST STOP

THE AMBER SAUNA

Approximate time required: 2 hours

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

GPS: 6206411, 321288

Wellbeing host: Destination spa Atostogų parkas (Holiday Park) (<https://atostoguparkas.lt>)

The Amber Sauna, like the entire destination spa Atostogų parkas, is easily accessible by bicycle from the centre of Palanga (ca. 6 km riding a bike path from Palanga)

More and more wellness enthusiasts are looking for unique experiences. The destination spa Atostogų parkas is the largest recreation and wellness ecosystem in Western Lithuania.

It has 16 swimming pools for guests to relax and relish in. Atostogų parkas offers water entertainment, unique sauna programmes and wellness treatments.

It boasts the world's first natural amber sauna, the construction of

EXPERIENCE THE MAGIC OF THE BALTIC GOLD
IN A UNIQUE AMBER SAUNA

which required three tons of natural Baltic amber. The walls, the benches and even the ceiling are covered exclusively with natural amber there.

The sauna warms up the human body with amber excited by infrared rays and amber releases volatile substances into the air.

The Amber Sauna emanates pleasant resin odours, and the human body absorbs the healing substances by inhalation and through the skin.

Up to 15 people can comfortably relax and relish in the Amber Sauna. Its area is 22 square meters. The installation of the Amber Sauna took almost a year - experts have carefully studied how to use the properties of Baltic amber for the wellbeing of guests in the best way. Among other things, the sauna was designed to be very aesthetically pleasing.

The most important goal is the correct use of the precious stone, which is very beneficial for human health - amber.

The guests of Atostogų parkas are offered an eight-step revitalisation programme for those who want to relax and strengthen their immune systems.

After completing the programme, which includes a 20-minute visit to the Amber Sauna, guests feel fresher and healthier, revitalised because their bodies are properly reinvigorated and prepared for physical and psychological stress.

By developing muscle, blood circulation, lymphatic system, eight steps stimulate the immune system's resistance to disease and remove toxic substances from the body. After trying all eight steps, visitors feel pleasant muscle fatigue, a feeling of lightness, reduced psychological tension, improved mood and eliminated sleep disorders. Then a wave of internal energy floods the body and soul of the guest.





2ND STOP

VANAGUPÉ SPA IN PALANGA

Approximate time required: 3 hours

Wellbeing destination: Palanga City municipality

GPS: 6204521, 317391

Wellbeing host: UAB Eskom (<https://www.vanagupe.lt>)

Vanagupės spa is easily accessible on foot or by bicycle from the centre of Palanga (ca. 3 km riding a bike path in Palanga)

Guests can choose the most appropriate spa treatments and rituals to relax and rejuvenate. Forget stress and fatigue and pamper yourself with beauty treatments. A team of spa professionals is always ready to provide the highest level of service.

Thalgo professional cosmetics help the skin absorb sea ingredients naturally, quickly and efficiently, give the desired result and meet the strict wellbeing criteria.

Guests are invited to immerse themselves in an oasis of tranquillity, recuperate or simply relish themselves with an

AN EXQUISITE WELLBEING OASIS
IN A POPULAR SEASIDE RESORT

exclusive spa treatment.

According to Vanagupe spa specialists, holistic spa therapy is treating the patron like a small ocean.

Each of us is a reflection of the vast Universe. Therefore, the purpose of the massage is to find out the ailment, perform the massage in a patron-tailored way, and "treat the body as a whole". Furthermore, holistic therapy aims to help the guests forget about their illnesses, so they no longer feel the tension when they return to their revitalised selves.



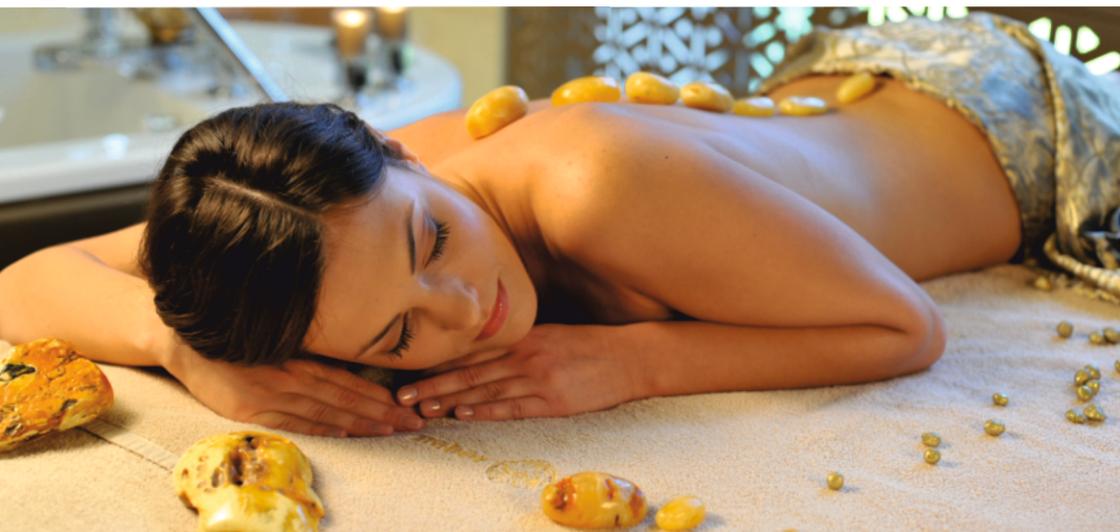


Watsu is unique hydrotherapy blending Japanese massage, muscle stretching and meditation. Guests are invited to feel the power of water, the freedom of movement and the most profound relaxation.

The patron lies in warm water at 34–35°C with her hands and feet floating freely. She places her head on the elbow or palm of the specialist. Stretching exercises are performed during rhythmic breathing, swaying, and slipping

in the water. Light movements tone the vascular system and make the heart work easier.

Health professionals observe positive changes during the first procedure: increased mobility, reduced muscle spasms, and pain. Over time, the patron gets better sleep, better digestion, and less anxiety. Watsu water therapy makes the patron relax, calm down, start loving herself, others, and the environment.





3RD STOP

KARKELBECK NO. 409

Approximate time required: 4 hours

Wellbeing destination: Karklė village, Kretingalė eldership, Klaipėda District municipality.

GPS: 6189128, 316346

Wellbeing host: Aušra Mendelė (<https://www.karkelbeck.lt/>)

Karkelbeck No. 409 homestead is also accessible by bicycle from Palanga (ca. 15 km riding a bike path) and from Klaipėda (ca. 11 km riding a bike path)

Karkelbeck No. 409 wellbeing homestead is located on the Baltic Sea coast, next to the Olandų Kepurė cliff. Peace awaits the guests with the sea rustling through an open window, a Lithuanian meadow, an old forest, the white waves and sand of the Baltic beach, the healing blue clay.

The homestead offers pre-ordered therapies for groups, families and for a single person:

A WELLBEING HOMESTEAD FOR THOSE
WHO SEEK INSPIRATION BY THE SEA

amber and sound therapy with sounding bowls; dance movement and sound therapy; fractal drawing; collecting of healing herbs (depending on the season). Massages: amber, Ayurvedic, Shiatsu, Baltic with tree sticks. The owners of the homestead organize the sessions according to the season.





For those who long for silence, silence therapy is offered. The fall, spring or winter season is recommended, but this type of therapy is also available in summer. Upon the request of guests, the hosts will only use body language and leave notes. When words fall silent, nature and the heart speak.

Walking along the seaside. Motion is life, and walking along the coast is a great wellbeing activity, especially in the early fall, when the seaside air is rich in iodine, or in the spring, when the waking nature spreads its healing ethers abundantly, or in the winter, when the frozen air is so clean and full of the sea smell.

Amber therapy. The power of warm amber restores energy and gives peace of mind. On the warm crushed amber mattress, guests

enjoy a massage with warm amber bags, the harmony of the surrounding nature, the voices of birds and the sounds of the sea. It can be combined with sound therapy using sounding bowls. The owners of the homestead treat the guests with amber water and herbal tea collected in the meadow of the homestead.

Sound therapy with sounding bowls. Sound waves propagate throughout the body and lead to deep relaxation, thus increasing the ability for self-healing, dissolving spasms, strengthening the body's immunity. This therapy addresses a variety of problems, both psychological and physical. It is suitable for couples, families or performed individually or in a group. It can be combined with amber therapy.



4TH STOP

MELNRAGĖ BEACH – CAFÉ BAR ATEIK ATEIK

I WILL BE A PART OF THE SUN,
WIND, STORMS AND YOUR LIFE

Approximate time required: 1 hour

Wellbeing destination: Melnragė and Giruliai eldership, Klaipėda City municipality.

GPS: 6181241, 317010

Wellbeing hosts: Guoda Steigvilaitė and Audronė Steigvilienė
Ateik Ateik is easily accessible on foot or by bicycle from the centre of Klaipėda (ca. 3 km riding a bike path in Klaipėda)

These modest wellbeing service providers seek to convey good energy and world outlook to guests, enrich them spiritually, but at the same time gain new positive experiences themselves, encourage guests to get to know better their inner selves, the Baltic coast, our planet, take care not only of our seaside present but also the future.

The café bar Ateik Ateik hosts strive to carry out their activities in harmony with the environment and the inner world. They are open, honest and aware of the impact of their actions on society and the environment.





The seaside café bar in Melnragė with large sea-facing windows and an outdoor terrace is a family business that does not aim to build a fast-food empire but seeks to maintain a close relationship with everyone who opens the café's door. The hosts like to share happy moments with their guests and are delighted if a person cares more and more about what she is buying and whom she is coming to, has sincere conversations on a rainy day and smiles even if she is in a hurry.

The café bar offers a large selection of snacks and drinks suitable for vegans and other health-aware customers. It focuses on healthy food, so it's no wonder why chia pudding and other healthy breakfast snacks are so popular. In Ateik Ateik, one can taste excellent cheeses, have a hot sandwich or enjoy a cup of coffee with a cake. Klaipėda residents and guests like to come

for a morning coffee and healthy breakfast, enjoying the view of the ever-changing sea. The café bar is also frequented by surfers and kites.

The cheerful staff will always offer guests a piece of freshly baked croissant or cheesecake, share knowledge and advice on healthy food and allergies, and the menu includes many healthy snacks and drinks made from local products.

Furthermore, the very extraordinary location of the café bar right on the seashore allows the guests to enjoy the inner harmony with the Baltic Sea at different seasons and moments of the day.





5TH STOP

NERINGA AS A WELLBEING AND TRANQUILLITY RESORT

Approximate duration: 2 to 3 days

Recommended starting point: Nida lighthouse. Nida settlement, Neringa municipality.

GPS: 6134092, 309259

Surrounded by dunes, lagoon, and the sea, Neringa has long been attractive to visitors and vacationers looking for idyllic tranquillity. 150 years ago, tourists already flocked to Nida and Juodkrante to admire the giant mobile dunes. Tranquillity and peace, interrupted only by the sound of waves gently swashing against the lagoon shore, the voices of seagulls, and the rustling of Scots' pines, has always been a particular feature of Neringa as a wellbeing resort.

An oasis of tranquillity, a unique landscape, a sanctuary for romantic

EXPERIENCE THE IDYLIC TRANQUILLITY
OF THE WORLD HERITAGE LANDSCAPE

walks along the forest and coastal promenades. Such appellations and associative images have always been attributed to Neringa.

And now, despite the growing popularity of the leisure industry with the accompanying kitsch, Neringa, unlike Palanga, remains a year-round resort of tranquillity and wellbeing, preserving the importance of the local genius and opportunities for peaceful leisure. High entry toll and very high prices result in relatively low pressure from visitors even at the height of the summer season, but especially in winter.

Despite the growing flow of visitors, Nida continues to be famous for its remarkable tranquillity and attracts many Peace of Minds every year. The tangible symbol of this oasis of peace is the famous lighthouse of Nida.

A new walking trail from the centre of Nida by the Nida lighthouse towards the sea or the Parnidis dune was built on the initiative of the Curonian Spit National Park Administration in 2019.



In 2016, EASA, a high-level architectural workshop in Europe, has created several small architectural objects in Nida. The most sophisticated work was the 10-meter-high observation tower built on the foundations of a former Soviet government villa near the Nida lighthouse.

The most impressive thing for visitors is that the tower has no stairs. Instead, those who want to see the beautiful sunset of Nida must climb the ladder to the tower. And those visitors who do not dare climb the ladder can enjoy the swinging on the swings hang at the bottom of the tower.

Neringa is dominated by local vehicles that comply with the principles of wellbeing - electric cars, bicycles, scooters and tuk-tuks. In addition, there are several charging stations for electric cars in Nida and Juodkrantė.





6TH STOP

WELLBEING ON THE BEACHES AND IN THE DUNES OF NERINGA

RELISH SOME OF THE BEST SEASIDE
BEACHES IN THE WORLD

Approximate duration: 6 to 8 hours (depending on the activities you choose)

Address: Central Nida beach. Nida settlement, Neringa municipality.

GPS: 6134835, 308458

Address: Central Juodkrantė beach. Juodkrantė settlement,
Neringa municipality.

GPS: 6159876, 316954

Neringa seaside resort is famous far beyond Lithuania for the Baltic Sea beaches, some of the cleanest and broadest sandy beaches in the entire Baltic Sea Region. Not surprisingly, the beaches of Neringa are regularly listed among the TOP 100 best beaches in the world in various selections (by Lonely Planet, The Sunday Times, TripAdvisor, etc.) along with beaches in Brazil, Australia and other exotic destinations.

These are very wide, clean and medium-grained sandy beaches stretching for almost 50 km along the Baltic Sea on the Curonian Spit, ideal for passive and active leisure. Contrary to our beliefs, sandy beaches are not very widespread in the world. Gravel or pebble beaches are more common yet less attractive for leisure than clean, wide sandy beaches are.

Two Baltic Sea beaches in Neringa - the central beach of Nida and the central beach of Juodkrante - regularly receive international Blue Flag awards, which testify to the exceptional quality of the environment of these beaches.

Furthermore, in the TOP 100 lists of the world's best beaches, Neringa's beaches are often highlighted as the best place for a variety of family activities, as well as an ideal site for active wellbeing enthusiasts to "hang a hammock in the seaside pine forest" and enjoy the sounds and smells of the forest and waves.

Another unique feature of the beaches of Neringa is that they are backed by a high protective dune ridge with natural "solariums" interlaced with fences, where holidaymakers can enjoy the seaside on windy but sunny days in compliance with the requirements of nature protection.

Neringa has the longest duration of sunshine in Lithuania. The summer season on the beaches of Neringa, when the coastal water warms up to 17–20° C and it is pleasant to bathe is very short, from the Midsummer (June 24) to the Assumption of Mary Day (August 15). However, in the velvet season (end of August and the beginning of September), the beaches of Neringa also offer many pleasures and opportunities, especially for active leisure.

In Nida and other Neringa settlements, yoga on the beach is offered to wellbeing lovers. It can be done individually all year round and in groups, with an experienced instructor during the summer season.





7TH STOP

NORDIC WALKING IN THE NATIONAL PARK OF THE CURONIAN SPIT

PHYSICAL ACTIVITY AND WELLBEING IN
THE NATIONAL PARK

Approximate duration: 1 to 2 hours

Recommended starting point: Nida library. Nida settlement,
Neringa municipality.

GPS: 6134730, 310201

In addition to its idyllic tranquillity, Neringa has a physically active outdoor leisure side too. Besides sailing on the lagoon or jogging along the sea, it provides plenty of opportunities for hiking and Nordic walking in the forests and the dunes.

Neringa has long been considered a mecca for orienteers. International orienteering competitions are often held here. More than ten years ago, Nordic walking became popular in Neringa as well.

Nordic walking can be practised by non-sports people as a health-promoting physical activity. It requires special walking sticks similar to ski poles. Nordic walking in Neringa is an excellent form of physically active leisure for people looking for fun and health benefits and enjoying the most beautiful Lithuanian landscape. Nordic walking sticks can be rented at many holiday homes in Neringa.



More and more people are discovering this form of active leisure as a superb form of recreation, wellbeing and health promotion, suitable for people of all ages. Self-guided nature trails, the coastal promenade, forest trails on the Curonian Spit are ideal places for Nordic walking.

The Nordic way of walking is much more efficient than normal walking without sticks because the upper part of the body is also "employed". If a walker is appropriately dressed, Nordic walking can be practised in any weather, at any time of the year, by walking on forest trails, the seaside or the lagoon coast.

In Nida, holidaymakers are offered two signposted Nordic walking routes: Green route (ca. 4 km) and Red route (ca. 6 km). The Green route stretches in the forests over the Urbo Hill and by

the Parnidis dune beauty spot and returns along the Parnidis Bay to the centre of Nida. The Red route winds through the woods over the Angių Hill towards the seaside. From there, it returns to the centre of Nida along the Parnidis Bay.

Another picturesque and signposted Nordic walking route is in Pervalka. It starts in the centre of the village and winds along the lagoon coast. The walking trail leads along the lagoon capes of Pervalka, Žirgų and Birštvynas. The walker then must ascend the dunes and return to Pervalka on the main footpath.

However, despite the availability of the signposted Nordic walking routes, you can practice Nordic walking wherever it is convenient, except for strict nature reserves.





SEASIDE WELLBEING RENDEZVOUS IN THE LITHUANIAN WINTER



Vacationing in line with wellbeing

Wellbeing tourism is sustainable tourism that creates harmony and balance for body, mind, and soul. When you do good, you feel good and develop a state of wellbeing.

Why to choose wellbeing services?

A wellbeing company protects and cares about the wellbeing of the local population, its staff, and its guests, taking traditions, natural and cultural heritage into account. It gladly spreads its knowledges to more people and meet you and others with kindness and joy. More wellbeing-companies and places that do good can be found at www.wellbeingtourism.com

Essential information about the wellbeing route on the Lithuanian Baltic Coast

Length of the route from the first stop: about 85km. You can choose gravel and countryside roads or a shorter, more direct route via the main roads. Of course, you can also choose your own path!

Total duration of travel along the route – 3 to 4 days

Approximate travelling time to experience the most of the offered wellbeing opportunities – 50 hours

Best mode of transport: Electric car or bicycle



Dress appropriately, because in winter the Lithuanian seaside is not only cold but also wind chilled. Hence, a sensory temperature is lower than shown. Therefore, pack your bag with the boots suitable for winter walks, wellbeing hygiene products and a sauna towel, a bag for your shopping along the way, a vacuum flask with tea, binoculars, a water bottle and a camera.

Keep in mind that you may need to book activities and accommodation in advance. If you want to experience the route on your own, you can look at the activity cards on our website www.wellbeingtourism.com



Cosy country road or main road?

You can get to the destinations via different roads. The main ways take you faster to the destination, while the pace along a cosy country road or a winding gravel drive slows down. As a result, the trip takes a bit longer but offers more exciting experiences.

The route and the roads between the places to visit have been carefully chosen to experience and take in all the beauty that the Baltic Sea and Curonian Lagoon coastal landscapes offer in a more sustainable way that benefits the mind, body and soul.

Cultural-historical buildings and monuments, nature and beautiful seascapes invite you to experience the wellbeing route in all seasons of the year. Visitor maps and biking and hiking trail itineraries can be picked up at the tourist offices in Palanga, Klaipėda and Neringa or the visitor centres of the Seaside Regional Park and Curonian Spit National Park.

Charge electric car

If you need to charge your electric car along the route, you can do it here:

- 4 Topolių Str., Šventoji, Palanga City municipality
- 31 Vanagupės Str., Palanga City municipality (only for the visitors of Vanagupė spa)
- 2C Malūno Str., Palanga City municipality
- 59 Klaipėdos Rd., Palanga City municipality
- 3 Sporto Str., Palanga City municipality
- Parking lot of the 2-nd Melnrage beach, Klaipėda City municipality
- Žaliakelio station, Mazūriškės, Klaipėda District municipality
- 7 Švyturio Str., Šturmai village, Šilutė District municipality (only for the visitors of Šturmu švyturys restaurant)
- 1 Taikos Str., Nida, Neringa municipality
- 58 Taikos Str., Nida, Neringa municipality



Travel Sustainably

To experience and explore, without using fossil fuels in your means of transportation is an important part of the journey to our sustainable future.

Biking or walking is by far the most climate-friendly way to travel. If the journey requires longer distances, the two best strategies are to use public transport or have a vehicle using its full capacity through carpooling, for example, or renting a coach.

If you choose individual transport, travel by electric car - own or rented. This is the least polluting type of car. On the Lithuanian seaside, you can charge your electric car in many places. Remember to drive carefully for animals, nature and the environment.

Enjoy wellbeing offers and opportunities responsibly

Protect nature and buy local products that contribute to the conservation of biodiversity. Support the local community and all wellbeing offer providers. Save resources and travel sustainably.

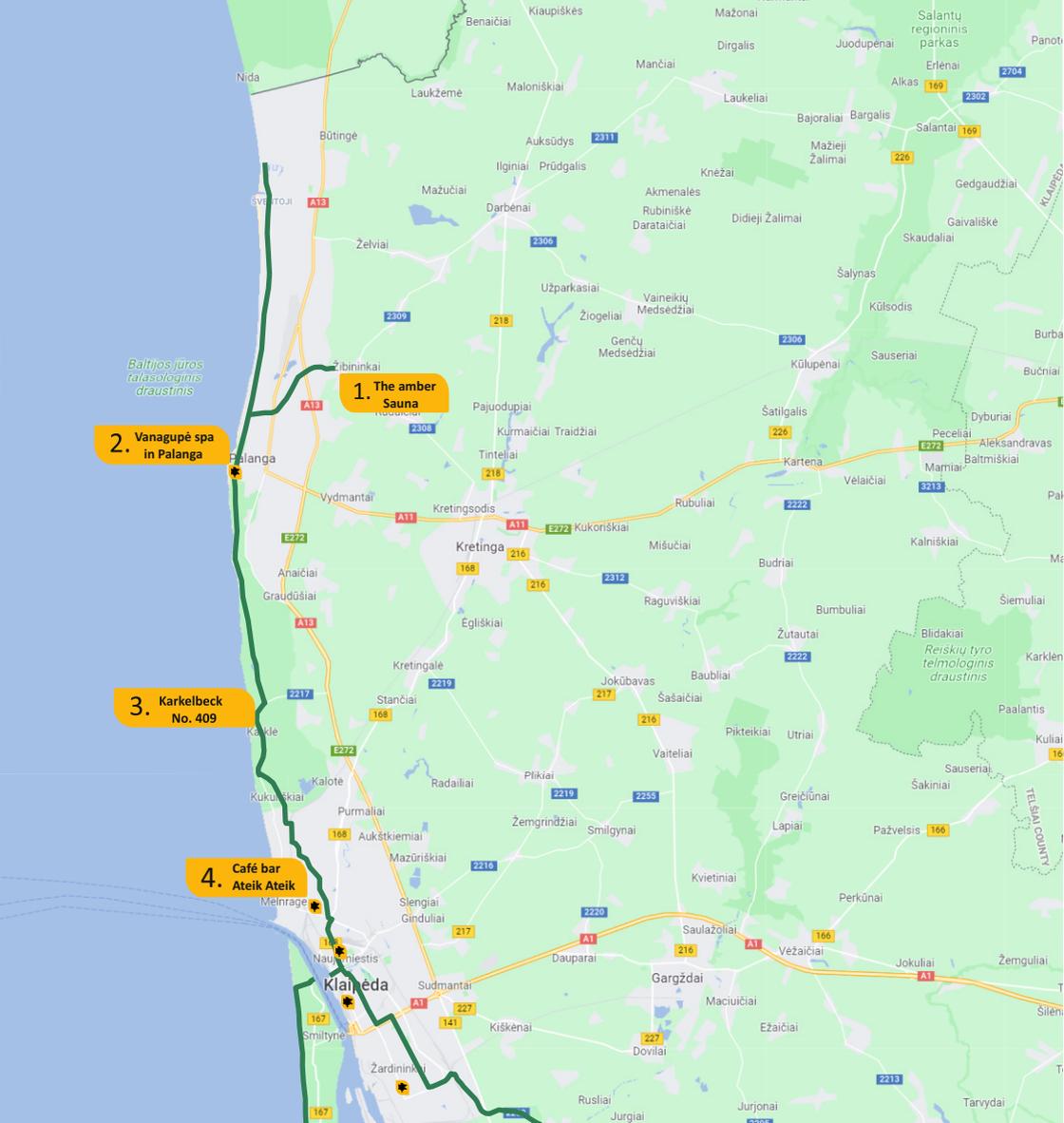
Below you will find a CO₂ calculation and a comparison between different types of vehicles and fuels. The numbers based on our recommended route with a total distance of 85 km.

Please note that the figures are an average calculation of emissions, they may be slightly higher or lower depending on the number of passengers, load, type of road and vehicle. Emissions for electric cars are in this case calculated on the average in the Nordic countries.

CO₂ calculation for the recommended wellbeing route 85km

Car type / CO ₂ emissions in grammes per person in a car	Electric car	Diesel fueled coach	Petrol fueled car
Little car	1 190	10 115	15 385
Medium-sized car	1 615	13 345	20 315
Large car	2 125	17 595	26 775





Winter wellbeing route in the Baltic Coastal Region of Lithuania: Day 1



Recommended route from Šventoji, via Palanga to Karklė. Follow the highway E272 till the junction with a country road 2217, then turn right and head to Karklė.

- 1. 1st Stop:** Experience the magic of the Baltic gold in a unique amber sauna.
 - 2. 2nd Stop:** Pamper yourself, or let yourself be pampered at Vanagupė spa in Palanga – an exquisite wellbeing oasis in a popular seaside resort.
- On your way:** Visit the Old Drugstore in Palanga and buy wellbeing products for your delight.
 - On your way:** Enjoy the seascapes of Palanga and Nemirseta, the landscape park and Amber Museum of Palanga along with the adjacent Birutė Hill and a Blue Flag beach.
- 3. 3rd Stop:** Take care of yourself, or let yourself be taken care of at Karkelbeck No. 409 wellbeing homestead.



Recommended route from Karklė to Melnragė beach. Follow the country road 2217 towards Klaipėda via Giruliai. At the Melnragė roundabout go straight to the northern jetty of Klaipėda Port and the wellbeing café-bar Ateik Ateik.

4. 4th Stop: Take an opportunity to have coffee with snacks and enjoy the Baltic Sea view at the café-bar Ateik Ateik in Melnragė.

★ On your way: In Klaipėda, we recommend you buy healthy products in stores: Grin-grin, Gluten-free house and Pas Beta, and augment your spiritual energy at the wellbeing studio Ginsvė.

★ On your way: Enjoy the seascape of Juodkrantė, a period promenade and park and the ancient forest on parabolic dunes.

★ On your way: Take an opportunity to have lunch at Pajūrio takas wellbeing café or MALKA Pizza & Grill wellbeing pizzeria in Juodkrantė, or La Pervalga pizzeria in Pervalka.

5. 5th Stop: Relish the idyllic tranquillity of Neringa as a wellbeing and tranquillity resort and the Curonian Spit as a UNESCO-listed World Heritage landscape.

6. 6th Stop: Morning activities on the Blue flag Central beach in Nida on your own or with a wellbeing guide.

★ On your way: Take an opportunity to have coffee, snacks or dinner and enjoy the lagoon view at Bo House restaurant in Preila.

7. 7th Stop: Nordic walking in the pine forests, dunes and on the lagoon beach of Pervalka on your own or with a guide.



TO BE A WELLBEING GUEST

Protect our nature

Buy products that contribute to biodiversity

Support the local community and all wellbeing
hosts

Save on our resources and travel sustainably

[HTTPS://WWW.WELLBEINGTOURISM.COM/](https://www.wellbeingtourism.com/)



Images credit:

„Atostogų parkas“, „Karkelbeck No. 409“, Jolita Kavaliauskienė, Jonas Staselis, Viktoras Šadauskas, Arvydas Urbis, „Vanagupės spa“

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