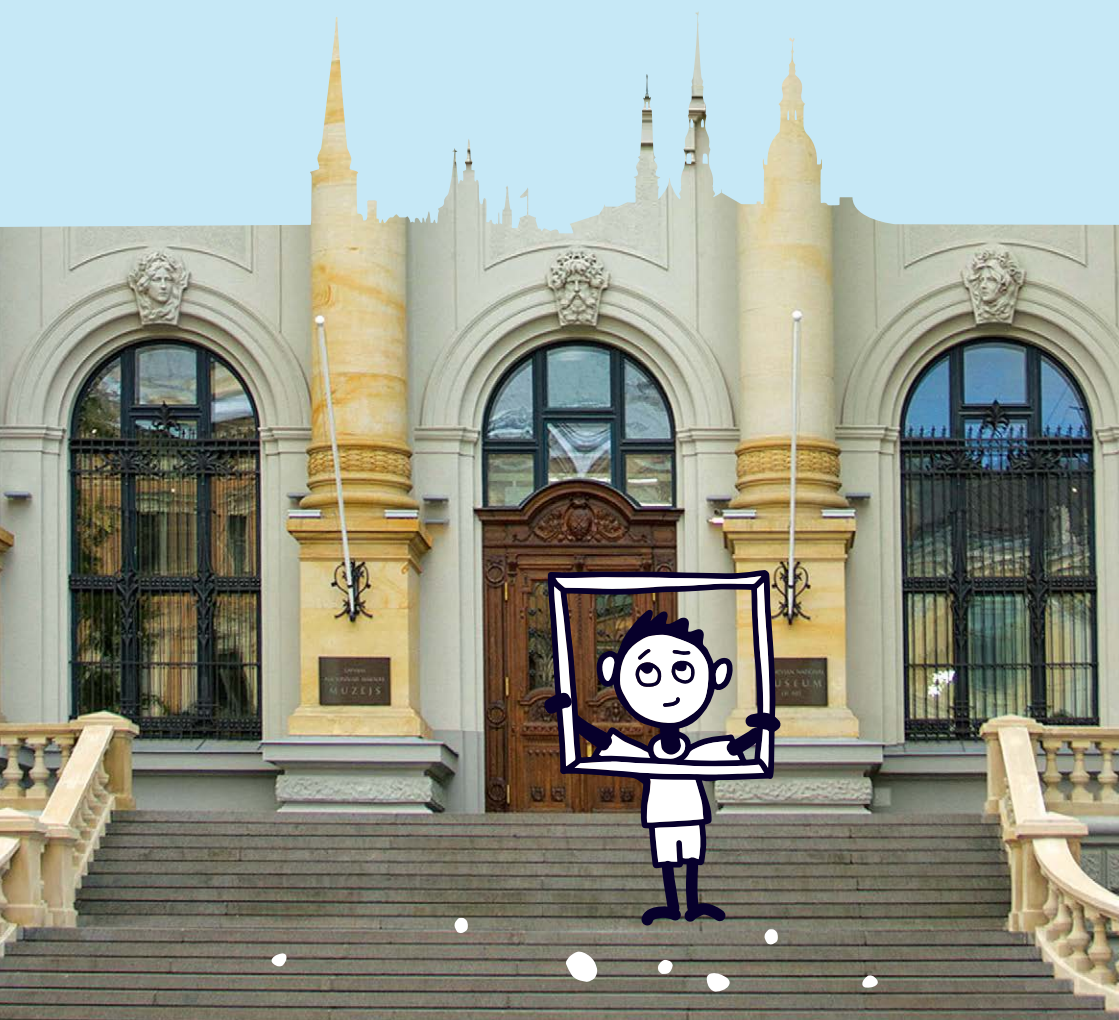


EN

in RIGA and LATVIA

# Family-friendly places





# Family-friendly places

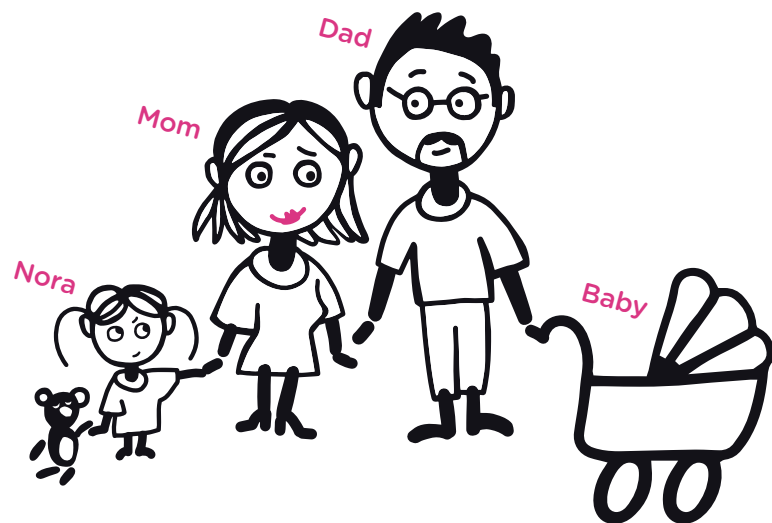
in RĪGA and LATVIA



Where does one find the most  
exciting places and events?  
Where can you go, so that  
everyone feels happy?  
Come along and  
you'll find out!







## GETTING ACQUAINTED WITH THE FAMILY

On our trip around Riga and Latvia, we'll be accompanied by an enthusiastic and happy family: Nora and Verners, their Mom, Dad and the family Baby.

[www.LiveRiga.com/en](http://www.LiveRiga.com/en)

[www.BABYROOM.lv/en](http://www.BABYROOM.lv/en)

## BRIEFLY ABOUT THE BABYROOM TEAM

The choice of places in the brochure is completely non-commercial: they are recommended by the founders of Babyroom: Linda, Laura and Anna, based on recommendations by young parents. The great ambition of this team is to try to make sure that Latvia, as it enters the next century of its existence, becomes the most family-friendly place in Europe.

The association is both developing a map of such places and putting a special sticker on the places that are on the map, thus helping families with small children feel safer and more welcome in the city environment.





RĪGA

LATVIJA

6  
MAP

7  
MAP





1

## LATVIAN MUSEUM OF NATURAL HISTORY

Krišjāņa Barona iela 4, Rīga

Dagmāra  
Legante-  
Celmiņa,  
photographer,  
TV host



www.dabasmuzejs.gov.lv/en

The museum surprised me with the diversity of nature in the world. My sister was inspired by butterflies in every color of the rainbow, as well as corals and various sea creatures, but I used the opportunity to study birds, animals and pieces of real meteorites. There were also various games, sound effects, videos, and installations of natural environments, which made my visit particularly exciting and helped me to understand how nature works.

I will turn on my alarm!  
I will wake up the volcano!



III, V 10.00-17.00  
IV 10.00-19.00  
VI, VII 11.00-17.00



1-3 €



Family ticket  
20 % discount



+371 67356023

2

## THE ETHNOGRAPHIC OPEN-AIR MUSEUM OF LATVIA

Brīvības iela 21, Rīga

www.brivabasmuzejs.lv/en

In just a half-hour from the center of Riga we reached Lake Jugla! One of the oldest and largest open-air museums is located in a pine forest over there. I have no idea how much 87 hectares is, but my sister and I could run and play around forever! Dad was mostly interested in the more than 100 traditional buildings, and mom decided to try various traditional crafts - with help from me and my sister!

And I also saw how a crow  
was trying to drain a puddle!



I, II, III, IV, V, VI, VII  
1.05.-30.09. 10.00-20.00  
1.10.-30.04. 10.00-17.00



2-4 €



Family ticket  
8,50 €



+371 67994106



www.lnmm.lv/en/mrb

3

## ART MUSEUM RIGA BOURSE

Doma laukums 6, Rīga

It is the museum for things unseen! We looked at an Egyptian mummy, ivory carvings from the East, figurines made out of Meissen china and paintings by the Old Masters. The museum contains the largest foreign art collection in the Baltics, begun by Riga City council members, burghers and merchants in the 18th century. In the creative workshop, Nora first made a cat out of clay but, after having done some painting, announced:

Now my dress has white birthmarks!



II, III, IV, VI, VII  
10.00-18.00  
V 10.00-20.00



0,50-6 €



Family ticket  
5-7 €



+371 67357534

4

## MUSEUM OF FASHION

Grēcinieku iela 24, Rīga

www.fashionmuseumriga.lv/eng

- Can I go to the history lesson at the Museum of Fashion if I don't go to school yet?  
- No, Nora, you are too young. It's meant for older kids.  
- But I like to dress nicely too!  
- Then we can go to the workshop "How Clothing Is Made". It's meant for children below the age of 10. We'll also have a chance to make selfies in historical costumes! There are so many old clothes. Let's take a picture with mom as a lady from a bygone era! She'll look so beautiful, I'm sure. And the museum is in the very heart of Riga!



I, II, III, IV, V, VI, VII 11.00-18.00



3-7 €



+371 20033450



9

RIGA

8

RIGA





5

## LATVIAN RAILWAY HISTORY MUSEUM

Uzvaras bulvāris 2a, Rīga

When my sister has her birthday, I will wish her good health, a train set with a remote control and happiness! Before all that, we'll all go to the Railway History Museum, because it's a place where you can discover how trains are driven, what the function is of various pieces of equipment and all kinds of other things. In summer you can take a ride in a trolley, which is used by people fixing railroads. We'll find much new about the history of railroads in Latvia and the largest collection of wide-gauge rolling stock in the Baltics.

[www.railwaymuseum.lv/en](http://www.railwaymuseum.lv/en)



II, III, V, VI 10.00-17.00  
IV 10.00-20.00



2,50 €



Children  
free of charge



+371 20032331

6

## RIGA MOTOR MUSEUM

Sergeja Eizenšteina iela 8, Rīga

Possibly one of the most modern museums in Latvia. To go there you don't have to be a serious enthusiast of the history of cars: there is something interesting for both adults and children.

[www.motormuzejs.lv](http://www.motormuzejs.lv)



I-VII  
10.00-18.00



5-10 €



Family ticket  
20 €



+371 67025888

10  
RIGA



[www.laimasokoladesmuzejs.lv/en](http://www.laimasokoladesmuzejs.lv/en)



Laura Grēviņa,  
author of the  
family blog  
viensplusviens.lv



II-VII  
10.00-18.00



3-7 €



Family ticket  
20 % discount



+371 66154777

## LAIMA CHOCOLATE MUSEUM

Miera iela 22, Rīga

Nora: Mom, I couldn't find the candy where you usually hide it. Don't you always say that one should put things where they belong? Where should I look for it?

- Let's look for it where candy can surprise us with a thing or two!

The museum is cool because it's interactive. The children were most excited about the opportunity to make a personalized chocolate bar and to have a hot drink from the chocolate fountain. After making and tasting their treat, the boys could dance on the stage, take pictures of themselves and even make a short video, as well as watch a cartoon.

[www.melngalvijunams.lv/en](http://www.melngalvijunams.lv/en)



II-VII  
11.00-18.00



3-6 €



Family ticket  
9-15 €  
Children  
free of charge



+371 67043678

## BLACKHEADS HOUSE

Rātslaukums 7, Rīga

A chance to explore 500-year-old medieval cellars, try on a knight's equipment, strike your own coin and feel like a real prince or princess in the most lavish ballroom in Riga. Come and experience these adventures at the Blackheads House, one of the most luxurious buildings in Riga, originating from 1334.

- Before this edifice was built there was almost nothing around it - no buildings, no bridges, nothing.  
- Nothing at all? Just asphalt?

11  
RIGA



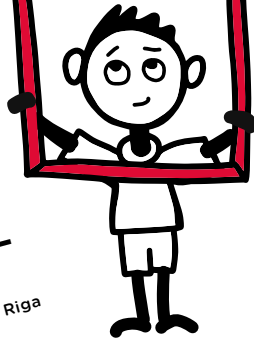




9

## LATVIAN NATIONAL MUSEUM OF ART

Jaņa Rozentāla laukums 1, Rīga



It says here: "The Latvian National Museum of Art is the largest depository of professional art in the country. It regularly holds art exhibits, educational activities and cultural events. With its art masterpieces, the museum is an integral part of Latvian identity." Mommy, what's a masterpiece?

- A masterpiece is something special and unusual.

- Then I am a masterpiece too! When no one is watching, I can get onto the top of the cupboard.

[www.lnmm.lv/en](http://www.lnmm.lv/en)



II, III, IV 10.00-18.00  
V 10.00-20.00  
VI, VII 10.00-17.00



3-6 €



Family ticket  
5-7 €



+371 67324461

12

RIGA

10

## MUSEUM OF DECORATIVE ARTS AND DESIGN

Skārņu iela 10, Rīga



- I have an idea! The permanent exhibition of the museum introduces the styles and movements dominating decorative arts and design from the end of the 19<sup>th</sup> century to the present day. Its collection is made up of seven parts: textiles, ceramics, metal, leather, decorative wood, glass and design. There is so much I want to see! I'll ask my parents to come with me to one of the creative workshops and maybe I'll discover some talent in myself!

[www.lnmm.lv/en/mdad](http://www.lnmm.lv/en/mdad)



II, IV, V, VI, VII  
11.00-17.00  
III 11.00-19.00



1,50-3,50 €



Family ticket  
7 €



+371 67222235



11

## RAINIS AND ASPAZIJA HOUSE

Baznīcas iela 30, Rīga

[www.aspazijarainis.lv/en](http://www.aspazijarainis.lv/en)

Nora loves Aspazija's poem "Cricket's Christmas" and she and her parents are going to look at the house where the two poets used to live, a unique monument to 19<sup>th</sup> century buildings in the center of Riga. The museum involves a visit to the memorial apartment of Rainis and Aspazija, which keeps the memory of the outstanding poets alive and provides a glimpse of what their life was like in the 1920s and 30s. One can even meet them - sort of. Before leaving, Nora says to her Dad:

- Dad, do you see how much sugar

Rainis puts in his tea! So why don't you let me...



II, III, IV, V, VI  
10.00-17.00  
1.06.-31.08.  
12.00-19.00



1-2 €



Family ticket 3 €  
Children under school  
age free of charge



+371 67272643

13

RIGA

12

## LATVIAN NATIONAL LIBRARY

Mūkusalas iela 3, Rīga

[www.lnb.lv/en](http://www.lnb.lv/en)

Mommy, will you take me to the library again? I've lost my picture book... What if my childhood is over before I find it? The Latvian National Library has reading rooms with books of all kinds and also holds exciting exhibitions, concerts and events for children and adults alike! This library is so good that it received the International Prize for Library of the Year at the 2018 London Book Fair!



I-V 9.00-20.00  
VI, VII 10.00-17.00  
07. and 08.

different working hours,  
see [www.lnb.lv](http://www.lnb.lv)



Free of charge



+371 67806135

13

## MUSEUM RIGA ART NOUVEAU CENTER

Alberta iela 12, (enter from Strēlnieku iela), Riga

The museum is located in one of the most beautiful art nouveau buildings in Riga. Here you can see the interior of a period apartment, from the opulent living-room to a cozy kitchen. In the digital exhibition, anyone can build an art nouveau building, watch a film or immortalize yourself in a special photo salon interior.

- Veners, would you like to be an architect?  
- Hmm. Maybe. But maybe I'd like to be an astronaut who meets extraterrestrials in outer space.

[www.jugendstils.riga.lv](http://www.jugendstils.riga.lv)



II-VII 10.00-18.00



4-9 €



Family ticket  
9 €



+371 67181465

14

RIGA

14

## LATVIAN WAR MUSEUM

Smilšu iela 20, Riga

The museum's goal is revealing the complicated military and political history of Latvia, putting a particular emphasis on the 20<sup>th</sup> century during which the Latvian nation had to win its independence twice. Children can spend time in the Activity Center, which can be adjusted to audiences of different ages and a variety of activities.

Veners: Oh, how many different weapons there are! Dad, you know that children shouldn't be left unsupervised. Don't take your eyes off me!

[www.karamuzejs.lv](http://www.karamuzejs.lv)



04.-10. I-VII 10.00-18.00  
11.-03. I-VII 10.00-17.00



Free of charge



+371 67223743

15

## THE WORLD OF HAT MUSEUM

Vīlandes iela 7 - 12, Riga

It is the only museum dedicated to hats worn by different ethnic groups the world over! Many exhibits are handmade; others have been literally taken off the heads of locals and quite a few are valuable pieces of jewelry or antiques. Each and every hat, scarf or headpiece has its own story to tell, and sometimes it is a real detective story.

[www.worldhat.net/en](http://www.worldhat.net/en)



III-VII 10.00-18.00



4-5 €



Family ticket  
15 €  
Children under 7  
free of charge



+371 20620600

15

RIGA

16

## RIGA ART SPACE

Kungu iela 3, Riga

This exhibition hall is a multifunctional art and cultural center underneath Rātslaukums Square. In cooperation with other art and cultural institutions and organizations, exhibitions are held here that often become the most important events of contemporary art in Riga.

[www.makslastelpa.lv](http://www.makslastelpa.lv)



II-VII 11.00-18.00



2-5 €



Family ticket  
Adults - 4 €,  
Children - 2 €  
Children under 7  
free of charge



+371 67106726

MAKSLA  
TĀKSTĀ



17

## LIDO RECREATION CENTER

Krasta iela 76, Rīga

Do you know where there is a place where buttered bread always falls with the buttered side... in one's mouth? At the LIDO Recreation Center. It is one of the largest and most beautiful log houses in Europe, which can accommodate about 1000 guests at a time. Since 1987, LIDO is a calling card of Latvian traditional cuisine and the first restaurant in Latvia to introduce the open kitchen concept.

[www.lido.lv/en](http://www.lido.lv/en)



I-VII 11.00-23.00



+371 67700000

16

RIGA

18

## JUMP SPACE TRAMPOLINE PARK

Krasta iela 52, Rīga

- Dad, let's celebrate my birthday here! They have special rooms for kids' birthdays! And, this is the largest indoor trampoline park in Latvia! 1600 m² allotted to trampolines, three foam rubber pools, a rock climbing wall, a balance beam and video simulators!

- But money?  
- We'll bring it along!

[www.jumpspace.lv/en](http://www.jumpspace.lv/en)



I-V 12.00-22.00  
VI-VII 10.00-22.00



4-9 €



+371 29637174



19

## ELEKTRUM OLYMPIC CENTER

Grostonas iela 6b, Rīga

We went to the Elektrum Olympic Center together with friends. We swam and splashed around in the large pool and the two smaller ones. The adults held a competition for the fastest kilometer and then relaxed in four different saunas. I liked the stack of ice and tropical shower, but mom didn't enjoy having snow on her back. My sister played with her friends in the Toy River, and my buddies and I staged awesome water battles.

[www.olimpiskais.lv](http://www.olimpiskais.lv)



I, II, III, IV 7.00-23.00  
V 7.00-22.00  
VI, VII 8.30-22.00



4-15 €

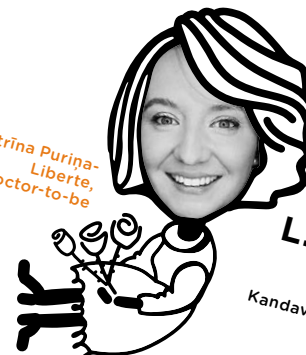


Family ticket  
20 € +7/+5 €



+371 67388478

Katrina Purina-  
Liberte,  
a doctor-to-be



[www.botanika.lu.lv/eng](http://www.botanika.lu.lv/eng)

## L.U. BOTANICAL GARDENS

Kandavas iela 2, Rīga

- The guide told us that the 15 hectares of the outdoor gardens, as well as the plant houses and the house of tropical butterflies, are the home of about 6000 different plants, as well as many butterflies from the tropical jungle. Inspired by nature, various cultural events take place here: concerts, lectures, dance performances, outdoor film screenings, solstice markets, etc. And then she also told us about an insect that lives for only one day. Just imagine: its whole life is its birthday!



I-VII 10.00-16.00  
(01.-03. and 10.-12.)  
I-VII 10.00-19.00 (04., 09.)  
I-VII 10.00-21.00 (05.-08.)



3.40-  
4.90 €



Family ticket  
7.40-10.90 €  
Children 7-17 years  
old - 1.90-2.90 €



+371 67450852

We go to the Botanical Gardens together with our daughters and all times of the year because it's so nice to be there. It is a special place for our family, since we got married in the Palm House.

17

RIGA

20





21

## VAIRĀK SAULES RESTAURANT

Dzirnavu iela 60, Rīga

The Vairāk Saules restaurant on Dzirnavu Street is one of the chain of six restaurants with an impressive menu featuring more than 200 dishes of world cuisines from Italy to Asia. These restaurants are also located in the largest shopping centers – Domina, Spice, Mols, Rimi Valdemārs and Damme. In all of them, there is a special children's menu and play areas with attractive costumes, board games, paints, pencils and paper. During a particularly exciting game, Nora's hair ribbon became undone.

- Mom, tie it!
- What's the magic word?
- Quick!
- I have to finish the game!

I-IV 9.00-22.00  
V, VI 9.00-23.00  
VII 10.00-22.00

+371 67282878

18

RIGA



22

## THE BEGINNINGS HEALTH FOOD RESTAURANT

Krišjāņa Barona iela 21, Rīga

The Beginnings restaurant combines healthy eating, a sinless bakery and health food store. The restaurant offers meals based on longevity research and made from real vegetables, fruits and seafood. All meals and products are without additives or preservatives.

- Nora, if you have four scoops of ice cream on your plate and you give your brother half, how many will you end up with?
- Three and a half scoops!

I-V 9.00-21.00  
VI 11.00-21.00  
VII 11.00-19.00

+371 24400370



[www.vairaksaules.lv/en](http://www.vairaksaules.lv/en)

[www.thebeginningsrestorani.lv](http://www.thebeginningsrestorani.lv)



23

## PAGALMS, A RESTAURANT-TYPE CAFÉ

Kronvalda bulvāris 2b, Rīga

Its location is in one of the oldest parks in Riga. Here, historical and cultural heritage meets alluring nature. Pagalms is characterized by an abundance of contrasts and the knack for finding the right balance between the simple and the sophisticated. This welcoming place also has a special children's menu.

- Verneris, do you know any proverbs about food?
- Yes! Better eight cakes and one candle!
- After all, Karlsson lived on his roof near a park just like this one!

I 10.00-21.00  
II-VI 10.00-23.00  
VII 10.00-22.00

+371 25642030

[www.facebook.com/pagalms](http://www.facebook.com/pagalms)



19

RIGA

24

## FAMILY RESTAURANT FABRIKAS HERCOGS

Balasta dambis 70, Ķīpsala, Rīga

Fabrikas Hercogs is a cozy family restaurant suitable for parents with children. On weekdays it offers a wide range of business lunches. One of the best features of this place is a beautiful view of the Daugava. Here, just like at Hercogs in Mežaparks, there is a children's menu and play area, but Mārupes Hercogs also has a whole room and an outdoor playground for young visitors to explore.

- Mommy, is this your orange juice?
- It is.
- Let's share!

V-VI 11.00-23.00  
VII-IV 11.00-22.00

15 % discount  
with family  
card 3+

+371 67873804

[www.hercogi.lv](http://www.hercogi.lv)







25

## CENTER SPORTS QUARTER PLAYGROUND

Krišjāņa Barona iela 116A, Riga

The 7000 square meter playground is the largest in Riga. It's suitable for both preschoolers and older children. The use of the various equipment is not just a source of joy and happiness but also promotes physical development. The visual design of the playground is based on the symbols and history of Riga.

- Nora, did you behave yourself there?  
- Yes! I kept saying: "Sorry!  
I will never do this again."



I-VII 9.00-21.00



Free of charge

Lucavsala is wonderful both for a picnic with friends and relaxing with your children. The little ones have so much space to run and there is always a place to park. The only thing? It's difficult to talk children into leaving!

26

## LUCAVSALA

Lucavsala Recreation Park, Zemgale Suburb, Riga

This island in the Daugava has become a popular Riga place for recreation and swimming. The swimming beach is well appointed. Next to it are volleyball courts and in the wake park is a 230-meter-long wakeboard system. In the children's area is everything a child would find delightful: you can jump, slide, climb, crawl and play in the sand.

Verners: When I grow up and learn to swim  
I'll work as a lifeguard on the beach.  
But if I don't learn how to swim, I'll be a pilot!



24 h



Free of charge



Māra  
Upmane-  
Holšteina,  
musician

20  
RIGA



www.kalnciemaiele.lv/en

27

## KALNCIEMS QUARTER

Kalnciema iela 35, Riga

On the left bank of the Daugava is one of the liveliest cultural centers in Riga: farmers' and craftsmen's markets as well as open-air concerts regularly take place there. A Street Food festival and other events are also held during which families with children can enjoy free concerts, performances and film screenings, or take part in creative workshops. Audio-guided walking tours are also an option.

- Dad, would you like to play in the sandbox?  
- No.  
- Now you ask me!



Free of charge

This is definitely one of the must visit places in Riga if you have children. In the spacious territory of the park you can take a stroll with a baby carriage or rent scooters or roller-skates and try them out on the paved paths. A bonus: the wonderful zoo for the delight of the whole family.

28

## MEŽAPARKS CULTURE AND RECREATION PARK

Ostas prospekts 11, Riga

This is the largest and greenest park in Riga, taking up 1.5 hectares. Here, in seven different zones, 40 different game, recreation and fitness elements have been placed to be used by both children and adults. The BMX track is the longest in Latvia, and the adventure area Mežakaķis offers an exciting walkway in the trees, several meters from the ground.



24 h



Park and children's playground  
Area - Free of charge

www.rigasmizi.lv/en

Renārs Zeltnis,  
showman,  
creative director  
of Ghetto Games



21  
RIGA





29

## RIGA NATIONAL ZOOLOGICAL GARDEN

Meža prospekts 1, Riga

- Mommy! Please let's buy the giraffe!
- How are we going to feed it?
- What do you mean? It says here that it's forbidden to feed the giraffes!

The pine enclosed territory holds over 3,000 animals. Both historical buildings and modern halls serve as homes for the animals and exhibitions. There is a large playground and a picturesque picnic area by Lake Ķīšezers where you can have mom's sandwiches, which seem particularly delicious after the long stroll through the zoo.

www.rigazoo.lv/en



01.04.-01.10. 10.00-18.00  
01.10.-01.04. - 10.00-16.00



5-7 €



Family ticket  
20 €



+371 67518409

30

## SPORTS COMPLEX 333

Sila Priedes, Ropažu region

Dace Alpa,  
enjoys an  
active and  
green lifestyle

- Nora, what do you call your dad?
- Dad, jump over here!
- That's how I call my dad  
when we are on this big trampoline!

There is also a playground with a swing, a slide and a swimming area with a shallow section where it's possible to just go wading. Bigger children, from the age of 7, can wakeboard or SUP together with parents or alone. There are also jet skis available and the children's carting track is particularly popular.

www.333.lv/en



01.05.-01.11. I-V 11.00-20.00  
VI-VII 10.00-21.00  
01.11.-01.05. I-II 12.00-17.00  
III-V 12.00-19.00  
VI-VII 11.00-18.00



4-50 €



+371 27718333

We have been calling this place our summer house, everyone is so warmly welcomed here. We can run around or just SUP for a while watching the sunset and end our outing with a delicious meal.



Ganību dambis 7,  
Building No. 4, Riga

www.citykids.lv

31

## PLAYROOM CITYKIDS

This indoor game and party center has been created for children's recreation, development and playing in an environment that encourages exciting physical activities together with family and friends. The 1,370 m<sup>2</sup> space offers 12 different play areas and 5 party rooms for children under 12.

- Dad, do you see how many toys I have here?  
Please help me put them away!
- Why do I have to put away *your* toys?
- Well... you'll have a chance to remember your own childhood.



I-VII 10.00-21.30



4-9 €



+371 20284745

32

## ZINOO RIGA

Shopping Center Galleria Riga,  
5th floor Dzirnau iela 67, Riga

Several dozen exhibits, whose numbers are constantly expanding. Many of them provide answers to all kinds of interesting questions:

- How to move objects without touching them?
- How to make your brain work more efficiently?

Verners puts his hand on the Tesla Spool and says:

- Dad, I'm creating thunder!
- I guess I'll be a meteorologist!



I-VII 12.00-20.00



6-8 €



Family ticket  
20-23 €



+371 28391669

23  
RIGA



24

RIGA

33

## DA ROBERTA RESTAURANT

Aleksandra Čaka iela 58, Rīga

Da Roberta is a place with the atmosphere of Italy in downtown Riga. Here you can experience some of the joie de vivre, coziness, calm as well as hospitality and incomparable taste sensations we have come to associate with Italy. The restaurant has also included in its menu gluten-free dishes and moderately priced specials for children, who can also spend some time in the play area.

**Verners: - Mmmm... So delicious!  
They will get a hundred likes from me!**

[www.facebook.com/  
restoransDaRoberta](http://www.facebook.com/restoransDaRoberta)



Summer I-VI 11.30-22.00 VII 11.30-20.00  
Winter I-VI 11.30-21.00 VII 11.30-18.00



+371 25714001

34

## FAZENDA BAZĀRS RESTAURANT

Nometņu iela 7, Rīga

Based on traditions, friendship and maximal use of local products, the restaurant offers tasty food, outstanding wines, homegrown teas and home baked bread. The Latvian elements in the interior are supplemented by the rural charm of the Mediterranean. Respect for taste, space and tradition translates into a homey feeling.

Nora muses:

**- Little children first go to kindergarten,  
then to school, then to college and  
then to a restaurant. Hmm... But where  
do they go after the restaurant?**

[en.fazenda.lv](http://en.fazenda.lv)



I-V 9.00-22.00 VI 10.00-22.00  
VII 11.00-22.00



+371 67616196



## RESTAURANT MĀKONIS

Gustava Zemgala gatve 78, Rīga

[www.makonis.eu](http://www.makonis.eu)



I-IV 10.00-23.00  
V, VI 10.00-01.00  
VII 10.00-18.00



+371 23111132

35



The restaurant with its search for unique taste of drinks and small but always changing menu fits nicely in Jaunā Teika - the Riga suburb where creative minds have been working and innovations are born. This is where tasty bread, cakes and cookies are baked, and one can nibble on them both inside and on the terrace next to the colourful fountain. The little restaurant guests have a playroom available, while a couple of steps away there are three different playgrounds that will attract even teens.

25

RIGA

36

## CYDONIA GASTROPUB

Dzirnavu iela 84, Rīga

[www.cydonia.lv](http://www.cydonia.lv)

In the very heart of Riga, Bergs Bazaar, there is a place for leisurely breakfasts, quick lunches and long dinners together with friends and family. Weekends are a particularly good time to come with children.

Enjoying his dessert, Verners says:

**- Love is when you say to a girl that you  
love sour quinces, like the one on this whipped  
cream, and she is ready to eat them every day!**



I-V 10.00-24.00  
VI-VII 11.00-24.00



+371 67282055







37

## SPICE SHOPPING CENTER

Lielirbes iela 29, Rīga

In the little pool next to the Information Center one can admire the beautiful koi carp; the LIDO Playland is a good place for a party and in the indoor amusement park one can find entertainment on a regular basis. On weekends in autumn, winter and spring, various events take place there free of charge. In the children's area on the second floor of Spice Home is a variety of interactive and educational games. An outdoor playground is located across from the B entrance to Spice.

**Nora: - When I grow up, I will be a sales lady!  
Look how many people give them their money!**



I-VII 10.00-22.00  
Spice Home I-VII 10.00-21.00  
VII 10.00-20.00



+371 67807281

[www.spice.lv/en](http://www.spice.lv/en)

26

RIGA



38

## RIGA PLAZA FASHION AND ENTERTAINMENT CENTER

Mūkusalas iela 71, Rīga

This fashion and entertainment centre is known for its family-friendly environment. Here you will find the largest playroom in Riga, AbrakaDabra, as well as numerous free playgrounds, organized events for families with children and other great activities. Families can play bowling at Fantasy Park or watch an animation or a family film at Multikino. Riga Plaza also has rooms where moms can feed or change babies in full privacy and comfort.

**- Mammy, let's buy gifts and present them!  
- And who will have the gifts?  
- Me!**



I-VII 10.00-21.00



+371 67633733

[www.rigaplaza.lv/en](http://www.rigaplaza.lv/en)



## MISHA THE BARBER HAIR SALON

Avotu iela 7, Rīga

In downtown Riga there is a special hair salon for children. The little clients can get their hair done sitting in chairs that are mini automobiles. While Verners is enjoying himself in a race car, Nora is busy with a real, living parrot by the name of Charlie - she is drawing his portrait.

After seeing his new hairdo, Verners announces:

**- I now know what my wife will have to look like!  
She will have a good manicure, painted lips and high heels. Unfortunately, there are no girls like that in my class...**

[www.misha.lv](http://www.misha.lv)



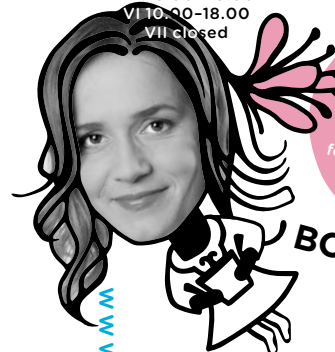
II-V 9.00-20.00  
VI 10.00-18.00  
VII closed



From 13 €



+371 67482757



[www.nbd.gov.lv/en](http://www.nbd.gov.lv/en)

You can find the feelings only nature and a forest can provide very near Riga. I would like to live here, one of the boys said upon seeing the winter garden. Children's playground, pedestrian paths and the accessible amenities for the little ones make it more convenient to visit this place.

## NATIONAL BOTANICAL GARDENS

Miera iela 1, Salaspils

It is one of the largest collections of plants in north-eastern Europe, where more than 14,000 different plants can be seen. Visitors who prefer active recreation can use the paths for bicycles, roller skates and Nordic walking. Verners exclaims:

**- It's such a wonderful place for playing hide-and-seek. Only we won't be doing it here.**

At the spacious winter garden you can familiarize yourself with over 2,000 species of tropical and subtropical plants. At the same time, it serves as an art space where sculpture, painting and photo exhibits are held.



Exterior Exposure  
10.-03. 9.00-18.00  
04.-09. 9.00-20.00  
Orange III-VII 9.00-18.00



2-3 €



Family ticket 5 €  
Children under 7  
free of charge



+371 67944610

40

Linda Pavluta,  
Babyroom.lv  
representative

27

RIGA /  
SALASPILS







41

## RAKŠI CAMEL PARK

Rakši, Drabeši municipality,  
Amata region

This open-air zoo is home to more than 100 animals: camels, llamas, alpacas and others. As we walk along, mom complains:

- I'm tired of walking...

- Let's run then! - Verners suggests.

But of course it's not necessary to run at Rakši. Here you can take a camel for a ride, go for a relaxing walk with a llama or an alpaca and use a donkey for a safari. There is also a Camel Café, where you can feast on healthy pancakes made with camel's milk.

www.kamieli.lv/en



05.-09. 10.00-18.00,  
VI, VII 10.00-19.00  
10. 10.00-17.00



5-10 €



+371 20009097

28

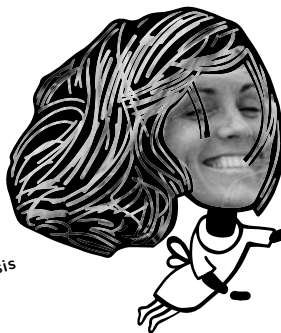
CĒSIS

42

## ZINOO CĒSIS

Jāņa Poruka iela 8, Cēsis

Kristīne Garklāva,  
journalist,  
World Wildlife  
Fund ambassador



www.zinoo.lv/home

The people behind ZINOO believe that every person has a unique potential, which then can be helped to flourish by encouraging his or her natural curiosity about themselves, the world around us and technologies. The center offers interactive exhibits so that visitors can try out the various technologies and see how the laws of nature work.

Verners: - Dad, I'm sick and tired of being a child! I want to be an inventor and, on weekends, a rock star!



I, II, III, IV, V  
12.00-17.00  
VI, VII  
10.00-18.00



5-6 €



Family ticket  
2 Adults  
+ 4 Children -  
17-20 €



+371 25400228

Nature's synergy with man and science is so interesting! Here is so interesting! discover children always discover something new, both for themselves and for me, pointing out: "But, mommy, you should have known that!"

43

## ŽAGARKALNS RECREATION COMPLEX

Cīrulīšu iela 70, Cēsis

For the first time we went to Žagarkalns, where the largest professional skiing school in Latvia is open in winter. The school is perfectly suited for beginners of all ages, including children and families. On weekends, the little ones can attend a skiing or snowboarding school or use a special slope for sliding down on an inner tube. In summer, it's possible to go boating and camp by the Gauja. Nora has been watching the brightly dressed skiers and then exclaims:

- Look how many clowns there are!



Winter season:  
II, III, IV, V 15.00-23.00  
VI, VII 10.00-21.00



8-17 €



For children below  
the age of 7, the ski lift  
is free of charge,  
ages 8-12, 50 % off



+371 26266266

www.zagarkalns.lv/en



29

CĒSIS

44

## VINETAS UN ALLAS KĀRUMLĀDE

Rīgas iela 12, Cēsis

The café-store in Cēsis Old Town is like a shade-providing rhubarb bush, which one can sit under and think on a hot day, listen to music and taste delicious pastries and full meals. While we were waiting for our lunch my sister was drawing cats and playing with toys while I was enjoying the wind out on the terrace.



06.-08. I-VI 9.00-21.00  
The other months 9.00-19.00  
VII 9.00-18.00



+371 28779938





45

## THE PŪRE CHOCOLATE MUSEUM

Pūre 9, Pūre municipality, Tukums region

The truffles made out of Belgian chocolate and enhanced with natural ingredients are the treat to which this museum is dedicated. This delicacy is meant for all those for whom chocolate is a pleasure and a part of the joy of living.

- Dad, shall we have this chocolate?
- All right, but how are we going to divide it?
- I'll take half, you take half and we'll give the rest to mom and my brother.

[www.purechocolate.lv/en](http://www.purechocolate.lv/en)



04.-10. I-VI 9.00-18.00 VI 10.00-17.00 VII 10.00-15.00  
11.-03. I-VI 9.00-17.00 VI 10.00-17.00  
VII 10.00-15.00



see [www.purechocolate.lv/en](http://www.purechocolate.lv/en)



+371 22100042

46

## RECREATION AT VALGUMA PASAULE

Valgums-2, Smārde municipality, Engure region

Having walked 3 kilometers on the Barefoot Path, Nora is still full of energy and playing on the playground by the hotel.

- Put on your shoes, Beautiful, otherwise you'll catch a cold! - Dad calls out to her. On their walk, they've had a wonderful foot massage and have learnt a lot about nature protection. Verner's would still like to try photo or classical orienteering and take a bicycle ride. After that they'll dine at the restaurant where they have a special children's menu. Mom notices that Nora is still shoeless.

- Did you hear what dad said?
- Yes, he said I was a beauty!

[www.valgumapasaule.lv/en](http://www.valgumapasaule.lv/en)



see [www.valgumapasaule.lv](http://www.valgumapasaule.lv)



Barefoot Path  
3-5 €



Preschool children  
free of charge



+371 63181222

47

## LVM NATURE PARK IN TĒRVETE

Tērvetes sils, Tērvete municipality, Tērvete region

This nature park is one of the most popular places for rest and recreation in Latvia. The picturesque landscape in its over 1000 hectare territory also features a Fairy Tale Castle, Forest Kingdom, Elfs' Town and many wooden sculptures.

**Nora: - How fragrant everything is!**

**It's as if I were swimming in grandma's herb tea!**

Within the EDEN project, the park was recognized as the most outstanding destination for European tourists in Latvia.



01.-03., 09.-12. 9.00-17.00  
04. 9.00-18.00  
05.-08. 9.00-19.00



3.50-5 €



Family ticket 12 €  
Preschool children  
free of charge



+371 63726212

48

Anna Rozīte  
BABYROOM.lv  
representative

## CHOCOLATE & PEPPER RESTAURANT

Krišjāņa Barona iela 6,  
Jelgava

The restaurant is located in downtown Jelgava. Over recent years, it has become a place particularly welcoming to families with children, offering a menu for a variety of palates and special offers for children. As they wait to be served, mom gives Nora a riddle:

- Feeds others but doesn't eat - what is it?
- Grandma! - Nora exclaims.



I, II, III, IV, VII 12.00-23.00  
V, VI 12.00-2.00



Family ticket  
15 % atlaide



+371 63010220

One of our favorite places to eat outside of Riga. It is very important for me that my daughter eat quality food, and at Chocolate & Pepper it is provided. There is also a play area, a baby changing table, and a ramp for baby carriages, so it's very convenient for children of all ages.

31

JELGAVA



49

## LĪVU AKVAPARKS

Viestura iela 24, Jūrmala

Here we found a place with summer year round! This is one of the largest water parks in Northern Europe. We can all relax in different kind of pools; I can pretend to be Captain Kidd while Nora floats on a stream that carried her almost through the entire water park! You can replenish your energy reserves in the spa complex, enjoy five kinds of saunas, bubble baths, different contrasting procedures, underwater massages and exercise equipment.

[www.akvaparks.lv/en](http://www.akvaparks.lv/en)



see

[www.akvaparks.lv/en](http://www.akvaparks.lv/en)



see

[www.akvaparks.lv/en](http://www.akvaparks.lv/en)



+371 67755636

50

## DZINTARI FOREST PARK

Lazdonas iela, Dzintari

This is a park for everyone – both those who enjoy activities and sports and those who prefer a more relaxing time. There are playgrounds for children of different ages, paths for roller skaters and strollers, a skate park, street ball courts, cafés, parking and, of course, toilets. The viewing tower platform is 33.5 meters high. As he got to the top, Verners exclaimed:

- What a blue sky!  
Just like the Windows screen!

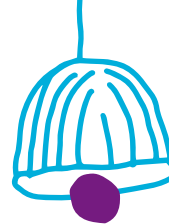
[www.visitjurmala.lv/en](http://www.visitjurmala.lv/en)



16.09.-30.04. I-VII 9.00-22.00  
01.05.-15.09. I-VII 9.00-23.00



Free of charge



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## MADAM BRIOŠ FRENCH BAKERY

Mellužu prospekts 9, Jūrmala

Here you can choose from freshly baked pastries, as well as desserts without artificial coloring or taste enhancers. Their bread is baked with yeast or with a starter, with and without seeds, with buckwheat flour or added pumpkin mash. There is a separate room for children where they will have adult supervision so that their parents can have an unrushed meal.

As Nora goes to play, she admonishes:

- Mommy, tonight you should tell me  
the story of the hotdog hero!



06. 9.00-21.00  
07., 08. 9.00-22.00



Children's room:  
5 € for 2 hours



+371 20785555

52

## THE ENTERTAINMENT AND EDUCATION CENTER ZILI BRĪNUMI

Jomas iela 37, Jūrmala

The center is based on the book *Zili brīnumi/Sociālā fizika bērniem* (Social Physics for Children) and features interactive and unusual exhibits. After playing with the colorful construction set, Nora says to her mom:

- I really love playing here!  
I wish I could marry soon!  
- How are the two related?

- Well, moms have to take care of children  
all the time. I will have a chance to play with  
construction sets from morning till night.



I-VII 11.00-20.00



3-8 €



Family ticket  
20-25 €



+371 25301855

32

JŪRMALA

33

JŪRMALA

53

## CASTLE OF THE LIVONIAN ORDER IN SIGULDA

Pils iela 18, Sigulda

You can enjoy a medieval atmosphere, climb the Northern Tower or the main Gate Tower and take a walk on top of the walls. This is the oldest castle found in this area, and here you can even try shooting a crossbow. Concerts and festivals are held on the open-air stage.

Nora finds that this description sounds like a fairy tale. She continues: "Once upon a time when I was three..."

www.tourism.sigulda.lv/en



1.05.-30.09. I-VII 9.00-20.00  
1.10.-31.10. I-V 9.00-17.00  
VI, VII 9.00-19.00  
1.11.-30.04. I-VII 9.00-17.00



2 €  
For pupils 1 €



Family ticket  
5 €



+371 67970263

54

## TURaida MUSEUM RESERVE

Turaidas iela 10, Sigulda

- Mommy, you probably know it already: the brick castle is the best known part of the Turaida Museum Reserve, which is visited by over 260,000 people every year. The open-air area covers 43.6 hectares. There you can learn about events in the history of Latvia and Europe for the past 1000 years. What do you think - why did the cave people become extinct?

- It's hard to say...  
- Don't you remember?

www.turaida-muzejs.lv/en



1.04.-30.04. I-VII 10.00-19.00  
1.05.-30.09. I-VII 9.00-20.00  
1.10.-31.10. I-VII 9.00-19.00  
1.11.-31.03. I-VII 10.00-17.00



6 €  
For pupils 1.15 €



Family ticket  
10.70 €



+371 67972376



55

## REIŅA TRASE ACTIVITY CENTER

Kalnzaķi, Krimulda region

We visited Reiņa Trase. In summer, its hills become an 18 hectare golf course where you can enjoy the game together with your family and marvel at the landscape on the banks of the Gauja. For an exciting tour of the Gauja National Park, bicycles suitable for both children and adults are available, with maps of the prepared routes. In winter, a wide range of activities is available for snow lovers. After our outing, grandma asked me: - Where would you like to live the most - in the city or the country?

- I just simply like to live!

www.reinatrase.lv



Summer season  
I-V 10.00-20.00  
VI-VII 10.00-22.00  
Winter season I-V 14.00-22.00  
VI 10.00-22.00  
VII 10.00-20.00



see  
www.reinatrase.lv



+371 29272255

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## AERODIUM

47th kilometer of the Riga-Vidzeme highway, Sigulda

Oh, how I would like to try it! Aerodium is a vertical wind tunnel, where in the updraft a person can fly like a bird. By changing the position of your body and making use of aerodynamics, you can float up to the sky, make different movements and experience incredible emotions. One simply has to be at least four years old, physically healthy, without any serious back and joint problems and under 140 kilograms in weight.

www.aerodium.lv



Spring/Summer  
season



45-140 €



Children -  
30 % discount



+371 28384400

34

SIGULDA

35

SIGULDA





57

Laura Bluša,  
Babyroom.lv  
representative

## RĀMKALNI RECREATION PARK

Vītiņkalni, Inčukalns municipality, Inčukalns region

I jumped to my heart's content in the exciting bungees, while my brother was learning to drive at the children's driving school. Here you can also rent boats and bicycles and in winter there is a hill for skiing. We wanted to try everything: toboggans, sliding downhill on an inner tube, the flying chair and the crazy rotor! At the store and bistro, they have products based on fruits, berries, vegetables and honey from the Rāmkalni farm.

We tend to opt for open-air activities. At nearby Inčukalns we can put the children on skis and in summer ride on the toboggan track. Here you can also enjoy the coveted white éclairs.



[www.ramkalni.lv](http://www.ramkalni.lv)



I-IV, VII 9.00-20.00  
V-VI 9.00-21.00



1.50-6 €



+371 29100280



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## KAKĪTIS RECREATION AND SPORTS COMPLEX

Senču iela 1, Sigulda

The Mežakāķis adventure park is a place for active recreation, with obstacles at different heights in the trees, various bridges, swings, logs, ropes and stairs. There is also big and small ski slopes, a hotel, café, sauna, volleyball courts, a rock wall and picnic areas. Proud to have been able to get through the obstacle course, Nora announces:

- From now on, I'll be able not only to fight back when the neighbor boys attack, but also ward off three maniacs.

- Great! The only thing is that maniacs tend to walk alone.  
- Oh, sorry to hear that.



see  
[www.kakiskalns.lv](http://www.kakiskalns.lv)



For families  
Mežakāķis  
15-20 % discount



+371 67976886

[www.kakiskalns.lv](http://www.kakiskalns.lv)

36  
SIGULDA

[www.tarzans.lv/en](http://www.tarzans.lv/en)

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## TARZĀNS ADVENTURE PARK

Peldu iela 1, Sigulda

My hands wanted to try out the obstacle course, my feet longed for the toboggan ride, my head wished to learn to drive at the children's driving school and my heart called me to the electrical go-carts! And then there's also the catapult, the open-air trampolines, children's safari park and other exciting things. I wish there was three of me!



Season 01.05.-31.10.  
10.00-20.00



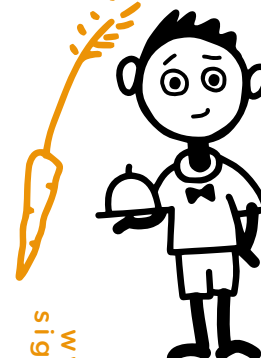
7-18 €



Family ticket  
10-20 % discount



+371 27001187



[www.fazenda.lv/sigulda/restorans](http://www.fazenda.lv/sigulda/restorans)



## FAZENDA RESTAURANT

Vidzemes šoseja 14, Sigulda

If you want to eat tasty and healthy food in a cozy interior and free atmosphere, this is the place. Families with children have access to a baby changing table, a play area for children and a spacious open-air playground with a slide and observation tower. Waiting for his meal, Verners stands up, throws the cloth napkin over his arm and says:

- Good evening! I am your waiter tonight.  
- Okay, and what could you offer us?  
- Well, if you really want, I could have dinner with you!



I-VII 10.00-22.00  
VII 11.00-22.00



+371 66900669

60

37  
SIGULDA



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## BB WAKEPARK

Lībiešu iela 2/6, Liepāja

Here you can play on equipment in the water, go wakeboarding, SUPing or boating. Afterwards you can relax in a sauna and then rinse off in a big vat outside. For the little ones there are trampolines and a playground with a slide and swing. If you want to spend the night, bungalows or tents are at your disposal and there is also a place for your family camper. As we leave, mom says we should drop a coin in the water.

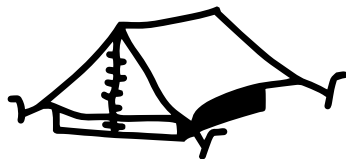
- But why? - Nora wants to know.
- So that we will return here some time.
- Yes! Then, just to be sure, let's drop in 100 euro!



7-30 €



+371 24339965



[www.bbcamping.lv/en](http://www.bbcamping.lv/en)

62

## LIEPĀJA OLYMPIC CENTER

Brīvības iela 39, Liepāja

In the center's pool and spa area children can entertain themselves with various water activities while adults enjoy some quiet relaxation. After activities in the water, you can use one of three saunas or sunbathe. Some months after visiting the center, Verners asks his dad:

- Do you remember how we walked by the sea in Liepāja and then held a swimming competition in the pool?
- I do.
- But I don't. Can we go there again, please?



01.09.-31.05. I-V 14.00-22.00  
VI,VII - 12.00-21.00  
01.06.-31.08. I-V 12.00-22.00  
VI 10.00-22.00 VII 10.00-21.00



see  
[www.loc.lv/en/poolspa/price-list](http://www.loc.lv/en/poolspa/price-list)



+371 63480000

[www.loc.lv/en](http://www.loc.lv/en)

63

## VENTSPILS PLANETARIUM

Maiznieku iela 11, Ventspils

After visiting the planetarium with his classmates, Verners feels very inspired. In the only 360-degree digital planetarium in the Baltics he watched several educational films and shows on natural science and the universe, as well as animation films about the stars and the cosmos. At the observatory he had a chance to watch various heavenly bodies and the sun through a telescope. At home he announced that he will be a cosmonaut and assigns tasks to his parents, so that preparations can be successful. Yet only dad will be taken on the flight. How come?

- There is no food or water in outer space, so I'll need someone to carry the refrigerator!



I-VII 10.00-18.00



0.70-3.00 €

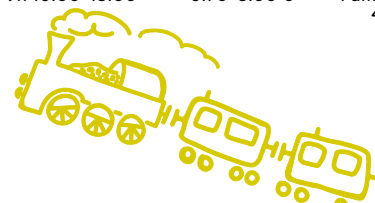


Family ticket  
4-6 €



+371 63622805

[www.piedzivojumuparks.lv/en](http://www.piedzivojumuparks.lv/en)



## VENTSPILS ADVENTURE PARK

Saules iela 141, Ventspils

While my sister and I were having fun on the inflated "Port" and "Ship", I wanted to become a pirate. Yet it's too late... I've become too obedient... Then there are also bumper cars and bungee jumping trampolines, a driving school and a playhouse - more than 20 such pieces of equipment. For older kids there is the Cat's Walk and for real daredevils there is also a catapult, the crazy rotor, paintball and wake park.



06., 07., 08. I-VII  
11.00-22.00  
05., 09., 10. I-V 15.00-20.00  
VI, VII 12.00-20.00



see [www.piedzivojumuparks.lv/en](http://www.piedzivojumuparks.lv/en)



+371 28611333

39

VENTSPILS

64





65

## ZINOO DAUGAVPILS

Vienības iela 30, Daugavpils

The center aims to encourage interest in different aspects of science among children and adults alike, by presenting complicated themes in a simple way. You can have fun time here, discovering your own creative way of thinking among the interactive exhibits. Verners says:

- When I grow up, I'll invent a machine that will cook and clean...

And then, after a moment of reflection he adds:

- If I don't succeed with my inventions, I guess I'll have to get married.



II-VII 12.00-18.00



3-5 €



Family ticket  
12-16 €



+371 29411895

www.zinoo.lv/home

If you are going to the Mark Rothko Art Center, I suggest that you also take some time to see the Daugavpils Fortress. It is like a city within a city, with much to tell about bygone days. The First World War Museum is also located there.

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## MARK ROTHKO CENTER

Mihaila iela 3, Daugavpils

The center of contemporary art, culture and informal art education center is located in the historical Daugavpils Fortress. It is the only place in Eastern Europe where one can see original work by the world famous artist Mark Rothko, who was born in Daugavpils. In addition, there are exhibits with Latvian, European and world art projects. Verners shows his dad a drawing he made at the Center's creative workshop:

- Do you like it?

- I do very much. And what does it mean?

- Dad, it's art. It doesn't have to mean anything!



II 11.00-17.00 III, IV, V, VI  
11.00-19.00 VII 11.00-17.00



1.50-8 €



Family ticket 14 €  
Children under 7  
free of charge



+371 22471925

www.rothkocenter.com/en

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## LATGALE EMBASSY GORS

Pils iela 4, Rēzekne

GORS is a multifunctional cultural center, including concert halls with outstanding acoustics, exhibition halls, a restaurant, a place for experiments with all four senses and a place where children can be introduced to music, theater, cinema and other arts. During the events, children ages 3-7 can stay in the free children's playground. Impressed by what she has seen and heard, Nora tells her parents that she would like to get a synthesizer for her birthday.

- I really need one! When my Barbie dolls get married, I'll be able to play at their wedding ceremonies!



I-V 12.00-18.00  
VI-VII 12.00-16.00



+371 64633303

www.latgalesgors.lv/en



Kaspars  
Zlidnis,  
musician

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## AVĀRIJAS BRIGĀDE AMUSEMENT PARK

AB parks, Lēdmane municipality,  
Lielvārde region

We can spend the entire day here! The largest amusement park in the Baltics takes up 20 hectares and is located in less than an hour's drive from Riga. There is a bumper car ride, carousels, a large jumping cushion, laser tag range, mini golf, catamarans, a promenade by the pond, an area for water games and other attractions. For more active visitors, like my dad and I, there is also the rope trail, inner tube slide and a pedal go-cart track. My sister will be able to keep busy in the toy town or attraction square.



01.05.-30.09. I-VII  
10.00-19.00  
01.10.-31.10. I-VII 10.00-17.00



14 €



+371 27336600

www.abpark.lv/en

40  
DAUGAVPILS

41  
RĒZEKNE /  
LIELVĀRDE

69

## LĀČI BAKERY

Benūžu Skaugi, Babīte municipality, Babīte region

At Lāči visitors can take guided tours to learn how bread is made and also make their own special loaf or pretzel. Latvian dishes and special treats from the bakery are available at the café.

- Verneris, will you try this bread?

It's only available here.

- Sure, dad. Did a lucky bear bake it?

Lāči is located on the shores of Babīte Lake, which is enclosed by meadows and forests. Children can play in the playground or go horseback riding.

www.laci.lv/en

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BABĪTE

I-VII 8.00-22.00

+371 29256676



### Our team

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 Leonards Pavļuts, Edvards Pavļuts  
 and Emīlija Kozlovska

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2019

shushhhh...  
 No story tonight...  
 I will dream  
 of the adventures  
 I had today!





## DEAR READER,

In this brochure we have compiled information about museums, places for art and rest and relaxation, as well as shopping centers, amusement parks, cafes, restaurants and many other places favored by parents and children. What these places have in common is a welcoming attitude to visitors and compliance with criteria that make them attractive to families: easy access, entertainment for children, baby care facilities, and special offers. At the same time, it is an inspiring story about the joy of exploration, travel and togetherness in Riga and Latvia as a rationally designed environment friendly to families.

Babyroom Association  
and Live Riga



Responsibility for the information and photographs in this brochure lies with the business which provided them.

**The brochure is free of charge** and is not to be sold.



[www.LiveRiga.com](http://www.LiveRiga.com)

