

Index

ABBREVIATIONS

Est	Estonia
Kal	Kaliningrad
Lat	Latvia
Lith	Lithuania

A

A Le Coq Arena (Est) 88
 A Le Coq Beer Museum (Est) 111
 Abava Valley (Lat) 255-6
 Abava Valley Nature Park (Lat) 184
 Abruksa (Est) 152
 accommodation 381-3
 activities 38-42, 383, *see also individual activities*
 Adamkus, Valdas 271, 276
 Aegna (Est) 90
 Aglona Basilica (Lat) 241-2
 air travel 393-5
 airlines 393-4
 airports 393-4
 to/from the Baltics 393-5
 within the Baltics 403
 Alajõe (Est) 105
 Alatskivi Castle (Est) 127
 Alexander Nevsky Cathedral (Est) 75
 Alexandr Nevsky Church (Lat) 199
 Alüksne (Lat) 237
 Alytus (Lith) 329
 amber 35, 175, 282, 379
 amber museums
 Kaliningrad 377-9
 Nida (Lith) 367
 Palanga (Lith) 357
 Vilnius (Lith) 297
 Amber Road 21, 35
 Kaliningrad 379
 Latvia 175
 Lithuania 282
 Ancient Bee-Keeping
 Museum (Lith) 320
 Angla (Est) 145
 animals 34
 see also individual animals

000 Map pages
 000 Photograph pages

Antanas Mončys House Museum
 (Lith) 357
 Anykščiai (Lith) 345-7
 Āraiši (Lat) 234
 Arēna New Music Festival (Lat) 267
 Arsenāls Museum of Art (Lat) 191
 art 32-3
 Estonia 58-9
 Latvia 183
 Lithuania 281
 art galleries, *see museums & galleries*
 Art Museum of Estonia 76
 Art-Nouveau architecture 199, 8
 arts 31, *see also individual arts*
 ATMs 389
 Aukštaitija National Park (Lith) 40,
 283, 320-2, **321**

B

B&Bs 381-2
 ballet 267
 ballooning 230
 Baltezers (Lat) 224
 Baltic Beach Party
 (Lat) 16, 263, 267
 Baltic culture 29-30, 36
 Baltic Glint 59, 95-7, 102
 Baltika Folklore Festival 16, 386-7
 Balzāms 185
 bargaining 389
 Baroti Gallery (Lith) 350
 basketball
 Estonia 54, 88
 Latvia 180
 Lithuania 278
 Bauska (Lat) 244-6, **246**
 beaches 34
 Giruliai (Lith) 351
 Järverand (Est) 148
 Jūrmala (Lat) 220
 Karklē (Lith) 351
 Kauksi (Est) 105
 Kloogaranna (Est) 92
 Laulasmaa (Est) 92
 Liepāja (Lat) 263
 Lohusalu (Est) 92
 Melnragē (Lith) 351
 Nida (Lith) 365
 Palanga (Lith) 357
 Pelguranna (Est) 78

Pirita (Est) 77
 Smiltynē (Lith) 351
 Vāna-Jõesuu (Est) 92
Beer Slayer 282
 bears 60, 97
 beer 36-7
 Estonia 63, 79, 111, 168
 Latvia 185
 Lithuania 285, 323, 345, 353
 Beer Summer (Est) 79, 168
 berrying 42
 Latvia 238
 Lithuania 285, 319, 320, 328
 bicycle travel, *see cycling*
 birds 34, *see also individual birds*
 Estonia 59-60, 134, 135, 140, 142,
 152, 165
 Latvia 183
 Lithuania 365, 370
 bird-watching 41-2
 Estonia 61, 135, 140, 142
 Latvia 41, 253, 254
 Lithuania 329, 365, 370, 371
 Birgitta Festival (Est) 79
 Biriņi Castle (Lat) 226
 Birštonas (Lith) 339, 373
 Biržai Beer Festival (Lith) 345
 Bishop's Castle (Est) 130
 Black Nights Film Festival
 (Est) 16, 80, 169
 Blues Festival (Est) 169
 boat travel
 to/from the Baltics 400-3
 within the Baltics 404
 bobsledding 41, 180, 230
 books 15, 27, 30, 31, 32,
 see also literature
 Estonia 56
 Latvia 182
 Lithuania 276, 279, 285
 border crossings 396
 Braki (Lat) 238
 Buljuciems (Lat) 221
 bungee jumping
 Latvia 230
 Lithuania 303
 Burtnieki (Lat) 236
 bus travel
 to/from the Baltics 396-7
 within the Baltics 404-5

bushwalking, *see hiking*
 business hours 383

C

camping 382
 canoeing 38-40
 Estonia 118-19
 Latvia 230, 235
 Lithuania 40, 320, 323, 324
 Cape Kolka (Lat) 7, 253-4
 car travel
 driving licence 405
 insurance 406
 permits 405-6
 rental 406
 road distance chart 407
 road rules 406-7
 to/from the Baltics 397-8
 within the Baltics 405-7
 Castle Days Festival (Est) 148
 castles
 Alatskivi (Est) 127
 Bauska (Lat) 245
 Biriņi (Lat) 226
 Bishop's (Est) 130
 Cēsis (Lat) 233, 8
 Dundaga (Lat) 255
 Island (Lith) 316-17, 7
 Kaunas (Lith) 334
 Kuressaare (Est) 147-8, 6
 Narva (Est) 104
 Rakvere (Est) 101
 Rīga (Lat) 191
 Toompea (Est) 75
 Turaida (Lat) 228, **202**
 Vastseliina (Est) 124
 Ventšpils Livonian Order (Lat) 257
 Cathedral of Christ the
 Saviour (Kal) 379
 cathedrals, *see churches & cathedrals*
 Centre of Europe Museum (Lith) 385
 Čepkeliai Strict Nature
 Reserve (Lith) 283
 Ceraukste (Lat) 246
 Cēsis (Lat) 232-4, **233**, 8
 Chapel of the Blessed
 Mary (Lith) 297-8
 children, travel with 383-4
 health 411-12
 Vilnius (Lith) 305
 Nemo Water Park (Lat) 221
 Rīga (Lat) 200-9
 Tallinn (Est) 79
 Children's Gallery (Est) 79

Christ's Resurrection Basilica
 (Lith) 334
 churches & cathedrals
 Aglona Basilica (Lat) 241-2
 Alexandr Nevsky Cathedral
 (Est) 75
 Alexandr Nevsky Church (Lat) 199
 Cathedral of Christ
 the Saviour (Kal) 379
 Chapel of the Blessed
 Mary (Lith) 297-8
 Christ's Resurrection Basilica
 (Lith) 334
 Church of the Assumption (Lith) 298
 Dome Cathedral (Lat) 191
 Dome Church (Est) 75
 Evangelical Lutheran Church
 (Lith) 299
 gothic cathedral (Kal) 377
 Holy Spirit Church (Est) 69-72
 Holy Spirit Church (Lith) 298
 Holy Trinity Church
 (Lat) 259, 262-3
 Mary Queen of Peace Church
 (Lith) 351
 Old Gertrude Church (Lat) 199
 Orthodox Church of the Holy Spirit
 (Lith) 298
 Otepää Church (Est) 117-18
 Romanovs' Church (Lith) 300
 St Anne's Basilica (Lat) 263
 St Anne's Church (Lith) 297
 St Casimir's (Lith) 297
 St Gertrude Church (Lith) 335
 St John's Church (Est) 110
 St John's Church (Lith) 234
 St John's Church (Lith) 296, **207**
 St Joseph's Cathedral (Lat) 263
 St Katrina's Church (Lat) 259
 St Michael the Archangel Church
 (Lith) 335, **208**
 St Nicholas' Church (Est) 74
 St Nicholas' Church (Lith) 299
 St Nicholas Russian Orthodox
 Church (Lat) 257
 St Olaf's Church (Est) 73-4, **202**
 St Peter & Paul's Cathedral
 (Lith) 339-40
 St Peter & Paul's Church (Lith) 299
 St Peter & St Paul's Cathedral
 (Lith) 333
 St Peter's Church (Lat) 191, 7
 St Raphael's Church (Lith) 302
 St Teresa's Church (Lith) 298
 Sts Peter & Paul's Church (Est) 73
 Tartu Cathedral (Est) 111
 Ukrainian-Greek Catholic
 Church (Est) 74
 Vilnius Cathedral (Lith) 296, **207**
 cinema
 Estonia 57-8
 Latvia 181
 Lithuania 280
 Citizen's House Museum (Est) 101
 City Concert Hall (Est) 88
 City Gallery (Est) 77
 City Museum (Est) 73
 City Theatre (Est) 88
 Čiurlionis, Mikalojus Konstantinas
 280, 281, 32
 classical music 280
 climate 14, 384
 Clock Museum (Lith) 350
 Collishaw, Stephan 32
 Communications Development
 Museum (Lith) 334
 consulates, *see embassies*
 & consulates
 cormorants 365
 costs 14-15, 37
 discount cards 385-6
 Estonia 45
 food 387
 Internet access 388
 Latvia 173
 Lithuania 271
 tipping 389
 courses 384-5
 crafts 16, 267, 305, 306
 credit cards 389
 cross crafting 31, 341
 culture
 Estonia 51-3
 Latvia 178-80
 Lithuania 276-8, **206**
 Curonian Lagoon (Lith) 42, 362
 Curonian Spit (Lith) 8, 16, 39, 347
 Curonian Spit National Nature
 Museum (Lith) 351
 Curonian Spit National Park (Lith) 41,
 283, 362-70, **363**
 customs regulations 385
 Estonia 167
 Latvia 265
 Lithuania 372
 cycling 38, 39, 396, 403-4
 Estonia 39, 54, 98, 112, 118
 Latvia 39, 231, 235
 Lithuania 39, 317, 326, 342, 364,
 367, 370

D

dance 32
 dance festivals 16, 33, 80, 267
 Danė River 208
 dangers & annoyances 385
 Daugava Valley (Lat) 238-41
 Daugavpils (Lat) 242-4, **243**
 Days of the White Lady
 (Est) 16, 132, 169
 diarrhoea 411
 disabled travellers 385
 discount cards 385-6
 Dome Cathedral (Lat) 191
 Dome Church (Est) 75
 Draakoni Gallery (Est) 77
 drinks 36-7, *see also* Balzāms, beer
 Estonia 63-4
 Latvia 185-6
 Lithuania 285
 driving, *see* car travel
 driving licence 405
 Druskininkai (Lith) 324-8, **325**
 Dundaga (Lat) 255
 Dusetos (Lith) 324
 Dzūkija National Park
 (Lith) 283, 328-9

E

economy 22, 23, 45
 Estonia 52
 Latvia 173
 Lithuania 276, 277
 electricity
 Estonia 168
 Latvia 266
 Lithuania 373
 Elva (Est) 115-16
 Elva Vitipalu (Est) 61, 115
 embassies & consulates 386
 Estonia 167-8
 Latvia 266
 Lithuania 372-3
 emergency services,
 see inside front cover
 Endla Nature Reserve
 (Est) 61, 105
 Endla Theatre (Est) 159
 environmental issues 16, 32, 34-5
 Estonia 61-2
 Latvia 183-4
 Lithuania 284

000 Map pages
 000 Photograph pages

Estonia 44-170, **47**
 arts 54-9
 citizenship 53
 costs 45
 culture 51-3
 drinks 63-4
 economy 52
 embassies & consulates 167-8
 environmental issues 61-2
 etiquette 64
 EU 45, 53
 festivals 168-70
 food 62-3, 64
 history 46-51
 Internet access 169
 Internet resources 169
 itineraries 45
 language 63, 413-16
 maps 170
 money 170, *see also inside front cover*
 multiculturalism 52-3
 music 54-5
 national parks & reserves 60-2
 politics 45-6
 population 52
 postal services 170
 public holidays 169
 religion 54
 sport 53-4
 telephone services 170
 tourist information 170
 wildlife 59-60, 97, **201**
 Estonia Theatre & Concert
 Hall 87-8, **204**
 Estonian Drama Theatre 88
 Estonian Literary Museum 51, 111
 Estonian Museum of Architecture 77
 Estonian Music Days 168
 Estonian National Museum 111
 Estonian Puppet Theatre 79, 88
 etiquette 16, 30
 Estonia 64
 Latvia 178
 Lithuania 277, 287
 EU 22, 29
 Estonia 45, 53
 Latvia 173, 175, 178
 Lithuania 271, 276, 284
 Eurovision Song
 Contest 29, 32, 182
 Evangelical Lutheran
 Church (Lith) 299
 exchange rates, *see inside front cover*

F

farmstays 382
 ferry travel
 ferry routes 399
 to/from the Baltics 400-3
 within the Baltics 404
 festivals 15-16, 33, 386-7
 Arena New Music Festival (Lat) 267
 Baltic Beach Party (Lat) 16, 263, 267
 Baltika Folklore Festival 16, 386-7
 Beer Summer (Est) 79, 168
 Birgitta Festival (Est) 79
 Birštonas Jazz (Lith) 339, 373
 Biržai Beer Festival (Lith) 345
 Black Nights Film Festival
 (Est) 16, 80, 169
 Blues Festival (Est) 169
 Castle Days Festival (Est) 148
 Dance Festival (Est) 80
 Days of the White Lady (Est) 16,
 132, 169
 Estonia 168-70
 Estonian Music Days 168
 Festival of Ancient Music (Lat) 267
 International Baltic Ballet Festival
 (Lat) 267
 International Jazz Festival (Lith) 336
 International Organ Music Festival
 (Est) 169
 International Puppet Festival
 (Est) 168
 Jazzkaar (Est) 16, 79, 168
 Kaziukas Crafts Fair (Lith) 16, 306
 Klaipėda Sea Festival (Lith) 347
 Kuressaare Castle Days (Est) 169
 Lāčplēšis Day (Lat) 267
 Ladies in Jazz Festival (Est) 169
 Latvia 266-7
 Lithuania 373-4
 Matsalu Nature Film Festival
 (Est) 169
 Midsummer 16, 17, 168, 179
 Muhu Future Music Festival
 (Est) 169
 Old Town Days (Est) 16, 79
 Opera Music Festival (Lat) 267
 Pärnu International Documentary
 & Anthropology Film Festival
 (Est) 158, 169
 Saaremaa Summer Festival (Est) 169
 Student Jazz Festival (Est) 168
 Summer Extravaganza Neringa
 (Lith) 363
 Tallinn Rock Summer (Est) 169
 Visagino Country (Lith) 16, 322, 374

film festivals 16, 80, 158, 169
 fishing 42, 241, 352, 370
 food 35-6, 387
 costs 37
 Estonia 62-3, 64
 Latvia 184-5, 186-7
 Lithuania 284-7
 football
 Estonia 53-4, 88
 Latvia 217
 Forest Brothers (Est) 50, 166

G

galleries, *see* museums & galleries
 Gauja National Park (Lat) 183, 184,
 226, 230-1, **227**
 gay rights 22-3, 175
 gay travellers 387
 geography 33-4
 Estonia 59
 Latvia 183
 Lithuania 282
 gothic cathedral (Kal) 377
 grey herons 365
 Grūtas Park (Lith) 326
 guesthouses 382
 Gulbene (Lat) 237

H

Haanja Nature Park (Est) 122
 Haapsalu (Est) 130-3, **131**
 Harju (Est) 142
 health 385, 410-12
 Hiiumaa (Est) 39, 135-42, **136**
 Hiiumaa Islets Landscape
 Reserve (Est) 61, 142
 hiking
 Estonia 98, 111, 112, 135
 Latvia 253
 Hill of Crosses (Lith) 5, 341-2
 history 23-9
 Estonia 46-51
 Germanic rule 24-5
 Latvia 175-8
 Lithuania 273-6
 Livonian War 48
 Postindependence 28-9
 Swedish rule 48
 WWI 49
 WWII 50
 History Museum of Latvia 191
 hitching 407-8
 holidays 387
 Holocaust Museum (Lith) 301
 Holy Spirit Church (Est) 69-72

Holy Spirit Church (Lith) 298
 Holy Trinity Church (Lat) 259, 262-3
 horse racing 373
 horse riding
 Estonia 99
 Latvia 231, 236, 241
 hostels 382
 hotels 382-3
 House of Blackheads (Lat) 194, 7
 Hullo (Est) 134

I

ice hockey 180, 217
 ice-fishing 352, 370
 Igalina Nuclear Power Plant
 (Lith) 322
 independence
 Estonia 49-51
 Latvia 176-7
 Lithuania 275
 insurance
 health 410
 travel 387
 vehicle 406
 International Baltic Ballet Festival
 (Lat) 267
 International Jazz Festival (Lith) 336
 International Organ Music Festival
 (Est) 169
 International Puppet Festival (Est) 168
 Internet access 387-8
 Estonia 169
 Latvia 267
 Lithuania 374
 Internet resources 15, 410-11
 Estonia 169
 Latvia 267
 Lithuania 374
 Island Castle (Lith) 316-17, 7
 itineraries 12-13, 18-21
 Estonia 45
 Latvia 173
 Lithuania 271

J

Jaanipäev, *see* Midsummer
 Jägala (Est) 94
 Jasmuiža (Lat) 242
 jazz 32, 168, 280, 374
 Jazzkaar (Est) 16, 79, 168
 Jēkabpils (Lat) 240
 Jelvaga (Lat) 248-50
 Jewish history
 Latvia 198, 220, 245
 Lithuania 274, 275, 296

Jugendstil 199, 8
 Juodkrantė (Lith) 364-5
 Jūrmala (Lat) 220-4, **222-3**

K

Kaali (Est) 145
 Kadrioru Palace (Est) 76
 Käina (Est) 140
 Käina Bay Bird Reserve (Est) 61, 140
 Kalev Stadium (Est) 88
Kalevipoeg 56
 Kaliningrad 377-80, **378**
 accommodation 379
 attractions 377
 drinking 379-80
 food 379-80
 tours 377
 travel to/from 380
 travel within 380
 Kallaste (Est) 127
 Kandava (Lat) 255
 Kant, Emanuel 377
 Kaplinski, Jaan 31
 Karaites 278, 296, 316
 Karaites Ethnographic Museum
 (Lith) 316
 Kärkla (Est) 137-8, **138**
 Karklė (Lith) 351
 Karosta (Lat) 262
 Karula National Park (Est) 123
 Kassari (Est) 140-2
 Kaunas (Lith) 331-9, **332, 206, 208**
 Kaziukas Crafts Fair (Lith) 16, 306
 Kegums (Lat) 238
 Ķemeri (Lat) 253
 Ķemeri National Park (Lat) 184, 252-3
 Kernave (Lith) 318
 Kihnu (Est) 161-2
 kiiking 54
 Kiipsaare lighthouse (Est) 151
 Klaipėda (Lith) 347-55, **348, 207**
 Koguva (Est) 153
 Koknese (Lat) 240
 Kolka (Lat) 253-4
 Kolkja (Est) 127
 konick horses 183
 Kõpu lighthouse (Est) 139
 Kõšrags (Lat) 254
 Kostabi, Mark Kalev 59
 Kreutzwald, Friedrich Reinhold 120-1
 Kreutzwald Memorial Museum
 (Est) 121
 Kross, Jan 31
 Krustkalni Nature Reserve
 (Lat) 184, 238

Krustpils (Lat) 240
 Kuldīga (Lat) 259-61, **260**
 Kuremäe (Est) 104-5
 Kuressaare (Est) 146-50, **146**, 6, **202**
 Kuressaare Castle (Est) 147-8, 6
 Kurzeme (Lat) 248-65, **249**

L

Laar, Mart 51
 Labanoros Regional Park
 (Lith) 283, 323
 Lāčplēsis Day (Lat) 267
 Ladies in Jazz Festival (Est) 169
 Lahemaa National Park (Est) 6, 61,
 95-101, **96**
 Lake Engure (Lat) 41, 253
 Lake Peipsi (Est) 59
 Lake Peipsi (North; Est) 105
 Lake Peipsi (South; Est) 127-8
 language
 Estonian 63, 413-16
 Latvian 186, 416-19
 Lithuanian 286, 420-3
 Võro-Seto 108, 124
 Latgale (Lat) 238-44, **239**
 Latgale Upland (Lat) 241-2
 Latvia 172-268, **174**

arts 181-3
 costs 173
 culture 178-80
 drinks 185-6
 economy 173
 embassies & consulates 266
 environmental issues 184
 etiquette 178
 EU 173, 175, 178
 festivals 266-7
 food 184-5, 186-7
 history 175-8
 independence 176-7
 Internet access 267
 Internet resources 267
 itineraries 173
 language 186, 416-19
 literature 182
 maps 267-8
 money 268, *see also inside front cover*
 multiculturalism 179-80
 music 182-3
 national parks & reserves 183

000 Map pages
000 Photograph pages

NATO 175, 177
 politics 173-5, 177-8
 population 178-9
 postal services 268
 public holidays 267
 religion 180
 sport 180
 telephone services 268
 tourist information 268
 wildlife 183
 Latvian Ethnographic Open-Air
 Museum 199-200
 Latvian Photography Museum 195
 legal matters 388
 lesbian rights 22-3, 175
 lesbian travellers 387
 Lielvārde (Lat) 240
 Liepāja (Lat) 261-5, **262**
 Ligatne (Lat) 232
 Liiv Museum (Est) 127
 Liškiava (Lith) 328
 literature 31-2, *see also books*
 Bear Slayer 182
 Estonia 55-6
 Kalevipoeg 56
 Lithuania 279-80
 Latvia 182
 Lithuania 270-375, **272**
 arts 279-82, 351
 Centre of Europe 318
 costs 271
 culture 276-8, **206**
 dangers & annoyances 320
 economy 276, 277
 embassies & consulates 372-3
 environmental issues 284
 etiquette 277, 287
 EU 271, 276, 284
 festivals 373-4
 food 284-7
 Hill of Crosses 341-2
 history 273-6
 Internet access 374
 Internet resources 374
 itineraries 271
 language 286, 420-3
 maps 375
 money 375, *see also inside front cover*
 multiculturalism 278
 music 280-1
 national parks & reserves 283-4
 NATO 271-3, 340
 Old Town 296
 politics 271-3, 275-6

population 277-9
 postal services 375
 public holidays 374
 religion 278-9
 spas 327
 sport 278
 telephone services 375
 tourist information 375
 wildlife 282-3
 Lithuanian Energy Museum 302
 Lithuanian Ethnocosmology
 Museum 323
 Lithuanian Sea Museum 351
 Lithuanian State Jewish Museum
 of Vilna Gaon 301
 local transport 408
 Luhasoo Nature Study Trail (Est) 123

M

Maarjamäe Palace (Est) 76
 Maironis 279, 333
 Maironis Lithuanian Literary Museum
 (Lith) 333
 maps 388
 Estonia 170
 Latvia 267-8
 Lithuania 375
 Marijampolė (Lith) 329
 Maritime Museum (Est) 74
 Mary Queen of Peace Church (Lith) 351
 Matsalu Nature Film Festival (Est) 169
 Matsalu Nature Reserve (Est) 61, 135
 Mazirbe (Lat) 254
 Mazsalaca (Lat) 226
 Medicine & Pharmaceutical History
 Museum (Lith) 334
 Melnragē (Lith) 351
 Merkinė (Lith) 328
 metric conversions, *see inside front cover*
 Metsavennad, *see Forest Brothers*
 Mežotne Palace (Lat) 247-8
 Mickiewicz, Adam 274, 279, 297
 Mickiewicz Memorial Apartment
 Museum (Lith) 297
 Midsummer 16, 17, 168, 179
 Mikkel Museum (Est) 76
 Military Museum of Vytautas the
 Great (Lith) 335
 MK Čiurlionis Memorial Museum
 (Lith) 325
 Molėtai (Lith) 323
 money 388-9, *see also inside front cover*
 Estonia 170
 Latvia 268
 Lithuania 375

Moricala Nature Reserve
 (Lat) 184, 251
 motorcycle travel
 insurance 406
 driving licence 405
 permits 405-6
 road rules 406-7
 to/from the Baltics 397-8
 within the Baltics 405-7
 M/S *Estonia* 141
 Muhi (Est) 39, 143, 152-3
 Muhi Future Music Festival (Est) 169
 multiculturalism 30-1
 Estonia 52-3
 Latvia 179-80
 Lithuania 278
 museums & galleries
 A Le Coq Beer Museum (Est) 111
 Amber Gallery Museum (Nida;
 Lith) 367
 Amber Museum (Kal) 377-9
 Amber Museum (Palanga; Lith)
 357
 Amber Museum-Gallery (Vilnius;
 Lith) 297
 Amber Processing Gallery
 (Palanga; Lith) 357
 Ancient Bee-Keeping Museum
 (Lith) 320
 Antanas Mončys House Museum
 (Lith) 357
 Arsenāls Museum of Art 191
 Art Museum of Estonia 76
 Baroti Gallery (Lith) 350
 Centre of Europe Museum
 (Lith) 385
 Children's Gallery (Est) 79
 Citizen's House Museum
 (Est) 101
 City Gallery (Est) 77
 City Museum (Est) 73
 Clock Museum (Lith) 350
 Communications Development
 Museum (Lith) 334
 Curonian Spit National Nature
 Museum (Lith) 351
 Draakoni Gallery (Est) 77
 Estonian Literary Museum 111
 Estonian Museum of
 Architecture 77
 Estonian National Museum 111
 History Museum of Latvia 191
 Holocaust Museum (Lith) 301
 Karaites Ethnographic Museum
 (Lith) 316

Kaunas Picture Gallery (Lith) 335
 Kernavė Archaeological &
 Historical Museum (Lith) 318
 Klaipėda Art Exhibition Palace
 (Lith) 350
 Latvian Ethnographic Open-Air
 Museum 199-200
 Latvian Photography Museum 195
 Liepāja History & Art Museum
 (Lat) 263
 Liiv Museum (Est) 127
 Lithuanian Energy Museum 302
 Lithuanian Ethnocosmology
 Museum 323
 Lithuanian Sea Museum 351
 Lithuanian State Jewish Museum
 of Vilna Gaon 301
 Maironis Lithuanian Literary
 Museum 333
 Maritime Museum (Est) 74
 Medicine & Pharmaceutical History
 Museum (Lith) 334
 Mickiewicz Memorial Apartment
 Museum (Lith) 297
 Mikkel Museum (Est) 76
 Military Museum of Vytautas
 the Great (Lith) 335
 MK Čiurlionis Memorial Museum
 (Lith) 325
 Museum of Applied Arts
 (Lith) 294
 Museum of Decorative &
 Applied Arts (Lat) 195
 Museum of Deportation &
 Resistance (Lith) 334
 Museum of Devils (Lith) 335
 Museum of Estonian
 Photography 69
 Museum of Foreign Art (Est) 76
 Museum of Foreign Art (Lat) 191
 Museum of Genocide Victims
 (Lith) 302
 Museum of Occupation &
 Fight for Freedom (Est) 75
 Museum of Occupation in
 Latvia 193
 Museum of the Estonian
 Swedes 131
 Museum of the History of Riga &
 Navigation 191
 Museum of Unique
 Stones (Lith) 360
 Museum of War (Lat) 195
 Narrow-Gauge Railway Museum
 (Lith) 345

National Čiurlionis Art Museum
 (Lith) 335
 National Museum of Lithuania 295
 Neringa History Museum (Lith) 367
 Occupation Museum (Lat) 261-2
 Open Air Museum (Est) 78
 Open-Air Museum of Lithuania 339
 Paneriai Museum (Lith) 315
 Pärnu Museum (Est) 157
 Pärnu New Art Museum (Est) 157
 Pedvāle Open-Air Art Museum
 (Lat) 255
 Peter the Great Home Museum
 (Est) 76
 Railway Museum (Est) 131
 Rakvere Museum (Est) 101
 Regional Studies & Art Museum
 (Lat) 243
 Riga Motor Museum (Lat) 199
 Russian Old Believers' Museum
 (Est) 127
 Setu Farm Museum (Est) 126
 Setu House Museum (Est) 125
 Šiauliai Bicycle Museum (Lith) 339
 Šiauliai Museum of Cats (Lith) 339
 Šiauliai Photography Museum
 (Lith) 339
 Šiauliai Radio & TV Museum
 (Lith) 339
 Sillamäe Museum (Est) 103
 State History Museum (Est) 73
 State Museum of Art (Lat) 197
 Tadas Ivanauskas Zoological
 Museum (Lith) 335
 Tallinn Art Hall (Est) 77
 Tammsaare Museum (Est) 76
 Tartu Sports Museum (Est) 110
 Theatre, Music & Cinema Museum
 (Lith) 298
 Thomas Mann Memorial Museum
 (Lith) 367
 Toy Museum (Est) 111
 Turaida Museum Reserve (Lat) 228
 Vaal (Est) 77
 Viljandi Museum (Est) 164
 Vilnius Picture Gallery (Lith) 297
 World Ocean Museum (Kal) 377
 mushrooming 42
 Latvia 238
 Lithuania 285, 319, 320, 328, 208
 music 31, 32, 33
 classical 280
 Estonia 54-5
 Eurovision Song Contest 29,
 32, 182

music *continued*
 jazz 32, 280
 Latvia 182-3
 Lithuania 280-1
 pop 32, 280
 rock 32
 music festivals 33
 Estonia 16, 79, 168, 169
 Latvia 267
 Lithuania 336, 339, 373, 374
 Mustvee (Est) 105

N

Nagļiņš Strict Nature Reserve (Lith) 365
 Naissaar (Est) 90
 Narrow-Gauge Railway Museum (Lith) 345
 Narva (Est) 103-4
 Narva-Jõesuu (Est) 104
 National Čiurlionis Art Museum (Lith) 335
 National Ethnic Arts & Crafts Fair (Lat) 267
 National Museum of Lithuania 295
 national parks & reserves
 Aukštaitija National Park (Lith) 40, 283, 320-2, **321**
 Čepkeliai Strict Nature Reserve (Lith) 283
 Curonian Spit National Park (Lith) 41, 283, 362-70, **363**
 Dzūkija National Park (Lith) 283, 328-9
 Elva Vitapalu (Est) 61, 105
 Endla Nature Reserve (Est) 61, 105
 Estonia 60-2
 Gauja National Park (Lat) 183, 184, 226, 230-1, **227**
 Haanja Nature Park (Est) 122
 Hiiumaa Islets Landscape Reserve (Est) 61, 142
 Käina Bay Bird Reserve (Est) 61, 140
 Karula National Park (Est) 123
 Kõmeri National Park (Lat) 184, 252-3
 Krustkalni Nature Reserve (Lat) 184, 238
 Labanoros Regional Park (Lith) 283, 323
 Lahemaa National Park (Est) 61, 95-101, **96**, 6
 Latvia 183
 Ligatne Education & Recreation Park (Lat) 232
 Lithuania 283-4
 Luhasoo Nature Study Trail (Est) 123
 Matsalu Nature Reserve (Est) 61, 135
 Moricsala Nature Reserve (Lat) 184, 251
 Nagļiņš Strict Nature Reserve (Lith) 365
 Nemunas Crook Regional Park (Lith) 283, 339
 Nemunas Delta Regional Park (Lith) 41, 42, 283, 370-1
 Nigula Nature Reserve (Est) 61, 161
 Rebala Reserve (Est) 94
 Slītere National Park (Lat) 183, 184, 254-5
 Soomaa National Park (Est) 40, 61, 165
 Teiči Nature Reserve (Lat) 184, 238
 Trakai Historical National Park (Lith) 283
 Viidumäe Nature Reserve (Est) 61, 150-1
 Vilsandi National Park (Est) 61, 152
 Žemaitija National Park (Lith) 283, 360-2
 Žuvintas Nature Reserve (Lith) 283, 329
 NATO 22, 29
 Latvia 175, 177
 Lithuania 271-3
 nature reserves, *see* national parks & reserves
 Navitrolla 58-9
 Nemirseta (Lith) 355
 Nemo Water Park (Lat) 221
 Nemunas Crook Regional Park (Lith) 283, 339
 Nemunas Delta (Lith) 370-2
 Nemunas Delta Regional Park (Lith) 41, 42, 283, 370-1
 Neringa History Museum (Lith) 367
 newspapers
 Estonia 168
 Latvia 266
 Lithuania 373
 Nida (Lith) 365-70, **366**
 Nigula Nature Reserve (Est) 61, 161
 Noarootsi Peninsula (Est) 134

O

Obinitsa (Est) 125-6
 Occupation Museum (Lat) 261-2
 Old Believers, *see* Russian Old Believers
 Old Gertrude Church (Lat) 199
 Old Town Days (Est) 16, 79
 Ontika (Est) 102
 Open Air Museum (Est) 78
 Open-Air Museum of Lithuania 339
 Opera Music Festival (Lat) 267
 Orissaare (Est) 145
 Orthodox Church of the Holy Spirit (Lith) 298
 Otepää (Est) 41, 116-19, **117**

P

Padise (Est) 93
 Paksas, Rolandas 270, 271, 276
 palaces
 Jelgava Palace (Lat) 248
 Kadriorg Palace (Est) 76
 Maarjamäe Palace (Est) 76
 Mežotne Palace (Lat) 247-8
 Presidential Palace (Lith) 297
 Presidential Palace of Lithuania 333
 Royal Palace (Lith) 294
 Rundāle Palace (Lat) 246-7
 Palanga (Lith) 355-60, **356**
 Paldiski (Est) 93
 Paneriai (Lith) 315
 Panevėžys (Lith) 343-5, **344**
 Parnidis Dune (Lith) 365, 368
 Pärnu (Est) 155-61, **156**, 6
 Pärnu Film Festival (Est) 158
 Pärnu International Documentary & Anthropology Film Festival (Est) 169
 Pärnu Museum (Est) 157
 Pärnu New Art Museum (Est) 157
 Pärt, Arvo 32
 passports 393
 Pedvāle (Lat) 255-6
 Pedvāle Open-Air Museum (Lat) 255
 Peter the Great Home Museum (Est) 76
 Piirisäär (Est) 115
 Piusa (Est) 125-6
 planning 14-17, *see also* itineraries
 discount cards 385-6
 holidays 387
 plants 60, 97, 151
 Plateliai (Lith) 361
 Plungė (Lith) 361
 Podnieks, Juris 181
 Põide (Est) 145

Põltsamaa (Est) 165-7
 Põlva (Est) 119-20
 population 29
 Estonia 52
 Latvia 178
 Lithuania 277-9
 postal services 389-90
 Estonia 170
 Latvia 268
 Lithuania 375
 Presidential Palace (Lith) 297
 Presidential Palace of Lithuania 333
 public holidays
 Estonia 169
 Latvia 267
 Lithuania 374
 Pühajärvi 118
 Pumpurs, Andrejs 182, 240
 Purtsė (Est) 102

R

radio
 Estonia 168
 Latvia 266
 Lithuania 373
 Radviliskis (Lith) 343
 Radvilos' Palace (Lith) 299
 rafting 38-40
 Railway Museum (Est) 131
 railway routes 399
 Rainis, Jānis 31, 221, 241, 242
 Raja (Est) 105
 Rakvere (Est) 101-2
 Rastrelli, Bartolomeo 247, 248
 Rebala Reserve (Est) 94
 Regional Studies & Art Museum (Lat) 243
 religion 31
 Estonia 54
 Latvia 180
 Lithuania 278-9
 Rēzekne (Lat) 241
 Rīga (Lat) 187-224, **188**, **192-3**, **204**, **205**
 accommodation 209-11
 attractions 189, 190-200
 bookshops 190
 drinking 214-16
 emergency services 190
 entertainment 216-17
 festivals 209
 food 211-14
 history 187-9
 Internet access 190
 shopping 217, 218

tourist information 190
 tours 209
 travel to/from 217-20
 travel within 220
 walking tour 200, **200**
 Riga Castle (Lat) 191
 Riga Motor Museum (Lat) 199
 Riga Opera Festival (Lat) 267
 Roja (Lat) 253
 Roma people 278, 296
 Romanovs' Church (Lith) 300
 Rõuge (Est) 122-3
 Royal Palace (Lith) 294
 Ruhnu (Est) 162
 Rūjiena (Lat) 226
 Rumsikšs (Lith) 339
 Rundāle Palace (Lat) 246-7
 Rusnė (Lith) 371
 Russian Old Believers 54, 115, 127
 Russian Old Believers' Museum (Est) 127
 Russian rule 26, 274
 Rūitel, Arnold 45

S

Saaremaa (Est) 39, 142-52, 169, **143**
 Sabile (Lat) 255
 St Anne's Basilica (Lat) 263
 St Anne's Church (Lith) 297
 St Casimir's (Lith) 297
 St Casimir's Day (Lith) 373
 St Gertrude Church (Lith) 335
 St John's Church (Est) 110
 St John's Church (Lat) 234
 St John's Church (Lith) 296, **207**
 St John's Day (Est) 168
 St Joseph's Cathedral (Lat) 263
 St Katrīna's Church (Lat) 259
 St Michael the Archangel Church (Lith) 335, **208**
 St Nicholas' Church (Est) 74
 St Nicholas' Church (Lith) 299
 St Nicholas Russian Orthodox Church (Lat) 257
 St Olaf's Church (Est) 73-4, **202**
 St Peter & Paul's Cathedral (Lith) 339-40
 St Peter & Paul's Church (Lith) 299
 St Peter & St Paul's Cathedral (Lith) 333
 St Peter's Church (Lat) 191, 7
 St Raphael's Church (Lith) 302
 St Teresa's Church (Lith) 298
 Sts Peter & Paul's Church (Est) 73
 Salacgrīva (Lat) 224
 Saulkrasti (Lat) 224
 saunas 40, 78
 Setu Farm Museum (Est) 126
 Setu House Museum (Est) 125
 Setu people (Est) 53, 124-5, 126
 Setumaa (Est) 124-7
 shopping 390
 Šiauliai (Lith) 339-43, **340**
 Sigulda (Lat) 41, 227-32, **229**
 Sillamäe (Est) 103
 skiing 40-1
 Estonia 118
 Latvia 230, 234, 235-6, 256
 Slītere National Park (Lat) 183, 184, 254-5
 Smiltynė (Lith) 350-1
 snowboarding 40-1
 soccer, *see* football
 song festivals 16, 33
 Soomaa National Park (Est) 40, 61, 165
 Sõrve Peninsula (Est) 150
 Soviet rule 23, 27, 28, 50
 spa hotels 383
 spas 327
 sport, *see also* individual sports
 Estonia 53-4
 Latvia 180
 Lithuania 278
 Stalin World (Lith) 326
 Stāmeriena (Lat) 237
 State History Museum (Est) 73
 State Museum of Art (Lat) 197
 storks 34, 41, 60, 97, 183, 282, 319
 Student Jazz Festival (Est) 168
 Summer Extravaganza Neringa (Lith) 363
 Suur Munamägi (Est) 137
 Suuremõisa (Est) 137
 Šventoji (Lith) 355
 Swedish Gate (Lat) 195
 Swedish rule 25, 48

T

Tadas Ivanauskas Zoological Museum (Lith) 335
 Taebļa (Est) 133
 Taevaskoja (Est) 120
 Tahkuna Peninsula (Est) 139
 Tallinn (Est) 64-94, **66-7**, **70-1**, **92**
 accommodation 80-2
 activities 78-9
 attractions 69-78
 bookshops 67
 drinking 86-7
 emergency services 68

000 Map pages
000 Photograph pages

- Tallinn (Est) *continued*
 entertainment 87-8
 festivals 79-80
 food 82-6
 history 65
 Internet access 67
 Old Town 69-75, **201**
 shopping 88-9, 201
 tourist information 68-9
 tours 79
 travel to/from 89-91
 travel within 91
- Tallinn Art Hall (Est) 77
 Tallinn Old Town Days (Est) 168
 Tallinn Rock Summer (Est) 169
 Talsi (Lat) 251-2, **252**
 Tammsaare, Anton Hansen 31
 Tammsaare Museum (Est) 76
 Tartu (Est) 106-15, **109**, 202
 Tartu Ski Marathon (Est) 168
 Tartu Student Days (Est) 168
 taxis 408
 Teiči Nature Reserve (Lat) 184, 238
 telephone services 390
 Estonia 170
 Latvia 268
 Lithuania 375
- theatre
 Estonia 56-7
 Latvia 217
 Lithuania 281-2
- Theatre, Music & Cinema Museum (Lith) 298
- theatres
 City Concert Hall (Est) 88
 City Theatre (Est) 88
 Daile Theatre (Lat) 217
 Endla Theatre (Est) 159
 Estonia Theatre & Concert Hall 87-8
 Estonian Drama Theatre 88
 Estonian Puppet Theatre 79, 88
 Lithuanian National Drama Theatre 312
 New Riga Theatre (Lat) 217
 Opera & Ballet Theatre (Lith) 312
 Oskaras Koršunovas Theatre (Lith) 312
 Russian Drama Theatre (Lat) 217
 Small Theatre of Vilnius (Lith) 312
- Von Krahl Theatre (Est) 88
 Youth Theatre (Lith) 312
- theft 385
 Thomas Mann Memorial Museum (Lith) 367
 time 390-1
 tipping 389
 Toila (Est) 102
 toilets 391
 Toolse (Est) 102
 Toompea Castle (Est) 75
 Tori (Est) 160-1
 tourist information 391
 Estonia 170
 Latvia 268
 Lithuania 375
- tours 409
 Toy Museum (Est) 111
- train travel
 railway routes 399
 to/from the Baltics 398-400
 within the Baltics 408
- Trakai (Lith) 204, 315-18, **316**
 Trakai Historical National Park (Lith) 283
 traveller's cheques 389
 trekking, *see* hiking
 Tukums (Lat) 250-1, 267
 Turaida Castle (Lat) 228, **202**
 Turaida Museum Reserve (Lat) 228
- TV
 Estonia 168
 Latvia 266
 Lithuania 373
- U**
 Ukrainian-Greek Catholic Church (Est) 74
 Unesco World Heritage Sights 21, 31, 32, 33
 Estonia 161
 Latvia 178, 187, 199
 Lithuania 287, 296, 318, 341
 Utena (Lith) 323-4
 Užgavēnės (Lith) 373
 Užupis Republic (Lith) 298
- V**
 Vaal (Est) 77
 vaccinations 410
 Vaide (Lat) 254
 Viķe-Freiberga, Vaira 175
 Valaste (Est) 102
 Valga (Est) 124
 Valka (Lat) 236-7
- Valmiera (Lat) 234-6, **235**
 Varēna (Lith) 328
 Vārskā (Est) 126-7
 Vasknarva (Est) 105
 Vastseliina Castle (Est) 124
 Vēlinēs (All Souls' Day) 374
 Ventēš Ragas (Lith) 371
 Ventspils (Lat) 256-9, **257**
 video
 Estonia 168
 Latvia 266
 Lithuania 373
- Vidzeme (Lat) 224-38, **225**
 Vidzeme Upland (Lat) 237-8
 Viidumäe Nature Reserve (Est) 61, 150-1
 Viljandi (Est) 162-5, 169, **163**
 Viljandi Museum (Est) 164
 Vilnius (Lith) 287-318, **288-9**, **292-3**
 accommodation 306-8
 attractions 294-303
 bookshops 290
 dangers & annoyances 291
 drinking 311-12
 emergency services 291
 entertainment 312
 festivals 306
 food 308-11
 history 287
 Internet access 290
 Jewish history 296, 300-1
 New Town 206
 Old Town 296-9
 shopping 312-13
 tourist information 291
 tours 305-6
 travel to/from 313-14
 travel within 314-15
 Užupis Republic 298
 walking tour 304-5, **304**
 Vilnius Cathedral (Lith) 207, 296
 Vilnius City Days (Lith) 374
 Vilnius Jazz Festival (Lith) 374
 Vilnius Picture Gallery (Lith) 297
 Vilnius Summer Music Festival (Lith) 373
 Vilsandi (Est) 152
 Vilsandi National Park (Est) 61, 152
 Visaginas (Lith) 322
 Visagino Country (Lith) 16, 322, 374
 visas 391-2, *see also* border crossings
 Von Krahl Theatre (Est) 88
 Vōpřozova (Est) 126

- Vormsi (Est) 134-5, 136
 Vōru (Est) 120-2, **121**
- W**
 water, drinking 411
 waterparks 221
 weights & measures, *see also inside front cover*
 Estonia 168
 Latvia 266
 Lithuania 373

- wildlife 34, *see also individual animals*
 Estonia 59-60, 97, **201**
 Lithuania 282-3
 Latvia 183
 women travellers 390, 392, 412
 work 392
 World Heritage Sights 21, 31, 32, 33
 Estonia 161
 Latvia 178, 187, 199
 Lithuania 287, 296, 318, 341

- World Music Days (Est) 168
 World Ocean Museum (Kal) 377

- Z**
 Zappa, Frank 287, 299
 Žemaičių Kalvarija Church Festival (Lith) 374
 Žemaitija National Park (Lith) 283, 360-2
 Zemgale (Lat) 244-8, **245**
 Zervynos (Lith) 328
 Žuvintas Nature Reserve (Lith) 283, 329