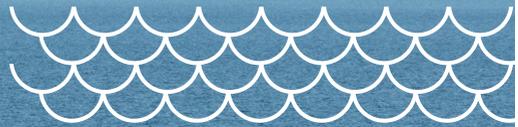


visit
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SAAREMAA & HIIUMAA

two islands, one journey



FUN FACTS

- The **sunniest place** in Estonia is Saaremaa.
- The islands are home to **36 species of wild orchids**.
- The people of Saaremaa have rewritten the world's **Viking history**.
- Since 1990, Saaremaa and Hiiumaa have been part of the global **UNESCO** network.
- 10% of Estonia's top restaurants with the **Falstaff quality mark** are located on the islands.
- Hiiumaa has over **300 km of winding coastline**.
- Ristna and Kalana – the Baltic Sea's **surfing paradise**.
- There are **324 km of marked hiking routes** on Hiiumaa.
- Kõpu – the **oldest continuously operating lighthouse** in the world.
- Hiiumaa is home to **Europe's northernmost lavender field** - a piece of Provence in the Baltic Sea.

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Off Estonia's western coast, the islands of Hiiumaa, Saaremaa, Muhu, Ruhnu and Vilsandi offer a quiet Baltic escape. Hiiumaa and Saaremaa are the country's two largest islands, known for lighthouses, pine forests and slow island life.

Saaremaa is a place of wide horizons and ancient stories, where stone fences run across juniper fields and windmills turn slowly in the coastal breeze. It is known for its medieval castle, spa culture, quiet villages and distinctive island nature shaped by sea and limestone. Here, time moves a little slower – inviting you to cycle empty roads, swim at sandy beaches and end the day in a warm sauna.

Hiiumaa is completely dark unless the moon and stars are shining and completely silent unless the storm winds are howling. Estonia's second largest island is a little over 1000 square kilometers and home to less than ten thousand people. As part of a UNESCO Biosphere Reserve, Hiiumaa has no light or noise pollution.

Small **Muhu** links mainland and Saaremaa with pocket-size villages, manors and local food stops. Tiny **Ruhnu**, set deep in the Gulf of Riga, has the oldest wooden church in Estonia's and long sandy beaches with almost no crowds. **Vilsandi**, protected as a national park for more than a century, is a paradise for seal-watching, birdlife and sea kayaking. **Abruka**, a tiny island just off Saaremaa's southern coast, is known for its ancient broadleaf forest, wooden village paths and peaceful, car-free atmosphere. Together these islands invite you to unplug, bike between harbours, warm up in seaside saunas and taste fresh fish straight from the Baltic Sea.



SAAREMAA AND MUHU 2026

22.-23.05 Kuressaare Gardening and Flower Days

30.-31.05 Kuressaare Street Festival and garage sale

1.-30.06 Saaremaa Peony Festival

06.06 Saaremaa song festival

24.06 Midsummer day

2.-4.07 Mustjala festival

16.-19.07 I Land Sound

18.-25.07 Saaremaa Opera Days

6.-9.08 Kuressaare Maritime days

4.-13.09 Saaremaa Food festival

05.09 Kuressaare street picnic

9.-10.10 Saaremaa Rally

16.-18.10 Saaremaa Three Day Run



visitsaaremaa.ee/en/plan/events



HIIMUMAA 2026

10.-18.04 Hiiumaa Restaurant Week

1.-3. 05 Hiiumaa Lighthouses run

30.05 Gartfish festival

18.-21.06 Sõru Jazz

21.06 Viscosa Summer Opening Festival

24.06 Midsummer Day

10.07 Moonsund Regatta start in Kärldla

30.07-01.08 Home Cafe Days

31.07-02.08 Pühalepa Music Festival

23.-31.10 Hiiumaa Restaurant Week

05.12 Glögg Cafe Day

hiiumaa.ee/en/events



THE WILD BEAUTY OF SAAREMAA

Saaremaa's nature is rich and varied: quiet forests, wide meadows and long coastlines create a landscape full of contrasts. The island is home to rare plants, including 36 species of orchids, and is a key stopover for thousands of migratory birds each spring and autumn. A local guide or friendly islander will happily lead you along forest trails or out to sea to spot seals. Each summer, Saaremaa welcomes visitors to the colourful Saaremaa Peony Festival, where thousands of peonies bloom in one of Northern Europe's largest peony gardens. On the islands, nature's beauty is always within reach.



NOURISHED BY NATURE

Nature lovers will love the picturesque Kassari Peninsula, where Sääretirp, one of Estonia's most romantic places, is located. Long-distance hikers can take a well-marked 324-kilometer-long trail that starts from Heltermaa Harbour and makes a circular route around the Hiiumaa island. There are also several small tourist farms, untouched deserted beaches, rich fishing waters, moss and resin-scented forest paths, abundant berry and mushroom forests and well-maintained campsites.

The largest lavender cultivation in the vicinity, probably the northernmost Lavender Farm in the world, is in Hiiumaa. Around 20,000 lavender plants grow on almost a hectare on the rocky outskirts of the Kärddla meteorite crater, and most of the work is done by hand due to organic production.





HIIUMAA TOP10

1. Kõpu lighthouse
2. Ristna lighthouse
3. Tahkuna lighthouse
4. Windtower Experience Centre
5. Suuremõisa castle
6. Säätetirp
7. Orjaku Harbour
8. Viscosa Culture Factory
9. Hill of Crosses
10. Long House of the Hiiumaa Museum



SAAREMAA TOP10

1. Kuressaare castle
2. Sõrve lighthouse
3. Vilsandi nature reserve
4. Kiipsaare lighthouse
5. Panga cliff
6. Angla windmills
7. Kaali meteorite craters
8. Koigi bog
9. Üügu Cliff
10. Muhu museum





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HIIUMAA

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SAAREMAA

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THE HEART OF ESTONIAN SPA CULTURE

Saaremaa has long been a paradise for spa and wellness seekers. Estonia's very first mud therapy resort was established on Saaremaa in 1824, after the healing properties of sea mud were discovered.

This sparked the rise of Kuressaare as a flourishing resort town in the 19th century. Today, Saaremaa is home to seven distinctive spa hotels, each offering its own blend of relaxation and local character. With one of the highest spa densities in Estonia, Kuressaare provides everything from rejuvenating juniper treatments, soothing body-wraps, invigorating massages, and a rich variety of saunas and pools. Whether you seek deep relaxation, natural healing or simply a peaceful escape, Saaremaa offers a timeless wellness experience shaped by nature, heritage, and island calm.



SPA FOR THE SOUL

Hiiumaa is a huge spa for the soul — breathe fresh air while walking in the forest, let your thoughts wander while you steam in the sauna, or focus on work in a stunning setting for a remote home office. In Hiiumaa, time moves at a different pace. "Jo vaatab," says the Hiidlane, dismissing both today's and tomorrow's worries.

Surfers and travellers have said that „Hiiumaa is the Estonian Bali!". You will be drawn to the sea regardless of the season — to bask in the sun and salty water, chase storm winds, explore what the gale has washed ashore, or simply gaze at the sea. Hiiumaa boasts over 400 km of diverse coastline—something for everyone! It is a place to switch off your phone, breathe deeply and let simple moments – a hot sauna, fresh fish, a slow coffee in a harbour café – gently reset you.



FROM WAVES TO TRAILS

Saaremaa may be known for its calm atmosphere and natural beauty, but no worries... active travellers won't run out of things to do either. You can challenge yourself on land and at sea: ride the waves, try the wakepark or enjoy a peaceful sunset SUP tour. When you've had your fill of the coast, local stables will take you horseback riding, guides will lead you into the forest trails, and the golf course is ready to test your swing. There's always someone here to show you the way — all you need to do is enjoy the adventure.



ACTIVE ADVENTURES

Hiiumaa's shores and forests offer year-round adventures: fish with a local, pick berries, ride horses or try surfing and ice sailing. The sea shapes most activities – from boat trips and seal watching to long sandy beaches like Tõrvanina, Luidja and Ristna, known for some of the biggest surfing waves in the Baltic. History lovers can explore three distinctive lighthouses, including 16th-century Kõpu, one of the oldest in the world. Across the island you will find sports facilities, playgrounds, cycling paths, 324 km of hiking trails, bathing spots and many small, quiet beaches.



JOY FOR EVERY GENERATION

Saaremaa is a wonderful destination for families, offering nature, peace and plenty of activities for children. Explore Kuressaare Castle, discover animals at local farms and parks, enjoy adventure trails, beaches and warm spa pools. From cycling paths to hands-on craft workshops, both Saaremaa and Muhu offer joyful moments and memorable experiences for all ages. Seasonal events, island festivals and family-friendly cafés add even more colour and warmth to a shared holiday experience.

TOURS AND ADVENTURES FOR FAMILIES

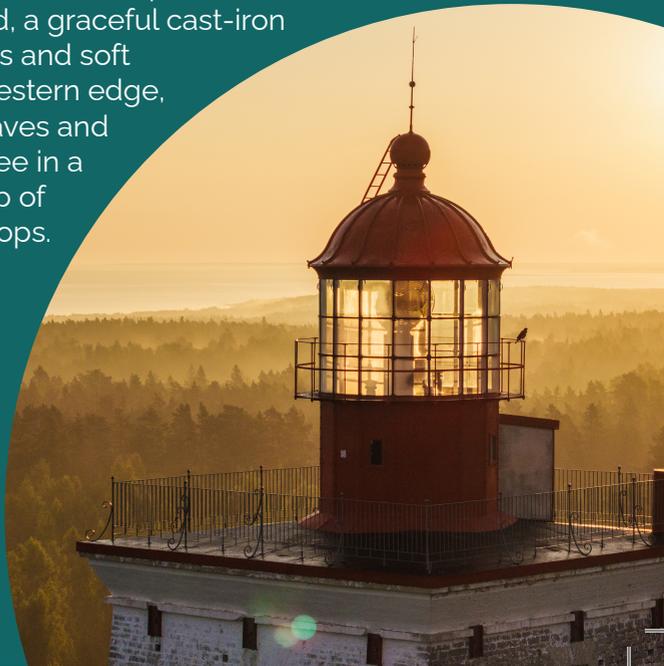
Hiiumaa has proved to be a family favourite. Here you can spend unhurried days between sea and forest: build castles on long sandy beaches, follow easy hiking and cycling paths, spot seals from the shore or climb up historic lighthouses for wide sea views. Curious kids can dive into hands-on discovery at the Windtower Experience Centre, where Hiiumaa's nature, wind and underwater world turn into interactive games and adventures. With short distances, quiet roads and plenty of small playgrounds and picnic spots, Hiiumaa makes it simple to enjoy time together and let everyone slow down.



GUIDED BY THE SEA & LIGHT

Once essential for guiding sailors through stormy seas, **Saaremaa's** lighthouses are now beloved landmarks that tell stories of island life. Sõrve lighthouse is the tallest on the Baltic Sea and features an impressive exhibition about regional maritime history. Harilaid lighthouse, once built on solid ground, now stands in the water as the coastline has slowly shifted. To make exploring easier, we've mapped out a Lighthouse Route across Saaremaa and Hiiumaa – just follow the trail and let the beacons lead the way.

On **Hiiumaa**, three very different lighthouses guide you along the coast and into island life. Kõpu, one of the oldest continuously operating lighthouses in the world, stands high on a forested hill and rewards the climb with wide views over sea and treetops. Tahkuna rises on the northern tip of the island, a graceful cast-iron tower facing open Baltic storms and soft summer sunsets. At the wild western edge, Ristna watches over surfers' waves and private beaches. Visiting all three in a day becomes a simple road trip of sea views, stories and photo stops.



SIMPLE. LOCAL. GOOD.

Good food is a key part of a great holiday, and Saaremaa delivers. The island's cuisine is rooted in pure, local ingredients and bold Nordic flavours. Saaremaa and Muhu are home to many Falstaff-listed restaurants, as well as beer and spirit tastings. From traditional pan bread to creative juniper-infused dishes, the islands invite you to savour every bite.

Saaremaa's food culture truly comes alive at island-wide events such as the Saaremaa Food Festival, which turns the island into one big tasting table of local flavours and chefs. In September, Kuressaare Street Picnic transforms the town centre into a festive open-air dining room.

UNFORGETTABLE FLAVOURS

Hiiumaa is a calm seaside escape where food follows the rhythm of wind and waves. Fresh fish, island-grown vegetables and local lamb meet in simple, honest dishes that leave time to just enjoy being here.

Most cafés and restaurants are in Kärdla, but you will also find good meals in small harbours and villages like Käina, Sõru, Kalana and Kõrgessaare. In summer the island comes alive with home cafés, romantic garden terraces and pop-up restaurants that open for just a few sunny days. Hiiumaa people still cook with their own produce, and many island-made preserves, sauces and desserts have already reached shops across Estonia.



10 THINGS TO DO, ENJOY AND SEE ON OUR ISLANDS

1. Run through the **Kuressaare town centre fountain** – just like the locals do
2. Go to a **village party**, or even better... join a traditional **Midsummer bonfire celebration**
3. Learn from a local how to clean **dried fish**
4. Taste **homemade island beer**, but take it slow at first
5. Wash your face with **spring water** – it guarantees eternal youth
6. Dance the **Saaremaa Waltz**
7. Hike on **horseback**
8. Walk on water at **Sääretirp**
9. Visit the **Kärdla Meteorite Crater** and travel back in time 455 million years
10. Climb to the heights of our **lighthouses**



SMALL HARBOURS, BIG CHARACTER

Arriving on an island by sea just feels right, and Saaremaa's small harbours each offer their own welcome. Some—like busy Kuivastu—buzz with life, while others, such as quiet Kõiguste, greet you with stillness and the scent of juniper. In Kuressaare Marina, you can moor your boat just steps from a medieval castle—how often does that happen? Many harbours house excellent local restaurants and offer bike rentals, making it easy to explore nearby villages, coastal paths or simply pick up island-made treats from the closest shop.

BREATHTAKING SMALL HARBOURS

You don't have to be a seasoned sailor to feel the sea life on Hiiumaa. All around the island, small marinas welcome you with calm waters, clear routes and an easygoing island atmosphere. Dock at the modern Kärđla marina, slip into the laid-back new Kalana Harbour, or arrive with a smaller vessel to Roograhu and other cosy harbours scattered along the coast. Whether you come for a night on board, a harbour-side meal or a coastal walk, Hiiumaa's little ports make the island's maritime world easy to step into.



HOW TO VISIT US?

Reaching Estonia's islands is easy and straightforward. Saaremaa and Hiiumaa are accessible by regular ferries from the mainland:

- **To Saaremaa**, ferries run from Virtsu harbour to Kuivastu harbour on Muhu Island, which is connected to Saaremaa by a causeway.
- **To Hiiumaa**, ferries depart from Rohuküla harbour to Heltermaa harbour.

There is also a ferry connection between Saaremaa (Triigi harbour) and Hiiumaa (Sõru harbour), making island-to-island travel simple.

Both islands can also be reached by domestic flights from Tallinn.

The remote island of Ruhnu is accessible by seasonal ferries from Saaremaa and Pärnu, as well as regular flights from Kuressaare and Pärnu.

Small islands of Abruca and Vilsandi are accessible by regular ferries

Once you arrive, exploring is easy - travel by car, bicycle, public bus or guided tour. The islands are compact, well-marked and perfect for relaxed island hopping.



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hiiumaa.ee



airport.ee/kardla-airport

Kärdla

HIIUMAA

Heltermaa

Rohuküla

praamid.ee

Sõru

veeteed.ee

Triigi

MUHU

Kuivastu

Virtsu

praamid.ee

VILSANDI
saarelaevapiletid.ee

SAAREMAA

Kuressaare

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RUHNU



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