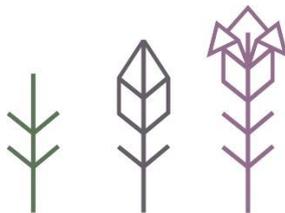




**COSTING THE EARTH? – translating the ecosystem services concept into practical decision making LIFE Platform meeting on Ecosystem Services
10-12 May 2017, Sokos Hotel Viru, Tallinn, Estonia**

Practical Information Booklet



**LIFE
Viva
Grass**



The project “Integrated planning tool to ensure viability of grasslands” (LIFE Viva Grass) No. LIFE13 ENV/LT/000189 is co-financed by the EU LIFE+ Programme, Ministry of Environment of the Republic of Lithuania, Administration of Latvian Environmental Protection Fund, Estonian Environmental Investment Centre and the project partners.



Contents

The venue.....	3
Registration desk and timetable of the meeting.....	4
Meals	4
Excursions on 12th May	5
City ecosystem services.....	5
Semi-natural habitats in Lahemaa national park	6
Viru bog at Lahemaa national park	7
General Visitor Information.....	8
Getting around in Tallinn.....	9
Places to eat.....	10
Places to walk around and greenery areas in Tallinn.....	11
Estonian handicrafts and design.....	17
Exploring other areas on your own - suggestions for short weekend travel.....	18
Key Contacts and useful phone numbers	20

The venue

The LIFE Platform meeting on Ecosystem Services will take place at:

Original Sokos Hotel Viru

Viru Väljak 4

EE-10111 Tallinn

+372 6 809 300

viru.reservation@sok.fi

<https://www.sokoshotels.fi/en/tallinn>



How to reach the hotel?

Tallinn Airport – to the hotel 4 km

- 5-10 min drive with a taxi
- 20 min with bus no 2

Tallinn Bus Station - to the hotel 3,9 km

- 5-10 minutes with a taxi
- 12 minutes with tram no 2 or 4

Tallinn Railway Station – to the hotel 1,3 km

- 20 min by foot

<https://goo.gl/maps/kQfu6zokKrv>

Tallinn centre – just next to the hotel

If you are arriving by bus or ferry or need more information about getting around in Tallinn, please refer to chapter *Getting around in Tallinn*

Registration desk and timetable of the meeting

The meeting will take place from 14:00 on 10 May till 18:00 on 11 May 2017 in hall Grande.

POSTER set up opens at 11:00 and the REGISTRATION desk will be open from 12:00
Refreshments will be served from 13:00

Excursions will be organised on 12 May, 8:00 - 15:00 (city excursion 9.00-14.30). For further information see section Excursions

The meeting language is English. No translation will be provided.

Meals

All meals during the event (lunches, coffee breaks and dinners) will be served at the hotel and covered from the event's budget.

Excursions on 12th May

City ecosystem services

Contact: Laura Rimmelgas] +372 513 9301
Guide Lauri Klein

Time: 9:00 – 14:30

Tallinn, capital of Estonia, is quite a small town in comparison of other capitals in Europe. It has about 450 000 human inhabitants (about every third inhabitant in Estonia is registered as inhabitant in Tallinn) and it lies at 159,3 km². Length of its coastline is about 46 km and municipal border on land is about 59 km. Tallinn (former name Reval) was set up at the northern coast of Estonia due to geopolitical (well reachable over the sea to Sweden, Finland and Russia), economical (over the sea had good connection to other Hanseatic (medieval economic network) cities), but most important due to natural reasons – natural high limestone cliff, where to put a castle – Toompea (had naturally good view 360 degrees around). Geographic location also has a good microclimate for productive agriculture due to situation between the sea (Finnish Bay) and the limestone cliff line – Baltic Klint. Tallinn was firstly mentioned as a settlement at 1154 and got official rights as a City at 1248. During last 25 years Tallinn has been showing substantial urban sprawl, lying today on the territory as large as all municipalities around it – about 1500 km² that is ten times as much as official territory of the capital.

Due to its geographical position and natural conditions, as well as not yet very high human pressure, Tallinn still has quite many ecosystem services present. Almost all types of services are still present in Tallinn municipal area: for example ground water below the town and purified water of Ülemiste Lake (that is not entirely inside municipality and is also not enough for total water demand in Tallinn) is used for drinking water as part of provisional service; protected areas, green network and forested stripe around Tallinn is regulating air quality and infiltration as well as providing habitats for many animals and plants being a part of existing natural food webs that indicates a quality of supporting services; and last but not least – there are many possibilities for sport, walking, picnicking and nature-watch in not very strictly protected natural sites within and around Tallinn.

During our short excursion we will visit three sites that act as a safeguards for many of the ecosystem services in Tallinn. First site we visit is a famous Tallinn Song Festival Grounds situating at the narrow plain between the limestone cliff and the sea – site with naturally good acoustics. Second site is a sporting, hiking and bird-watching trail between the Stroomi beach and River Mustjõgi mouth and if the weather allows and we still have time we do also climb up to the cliff to have a wider look to the town as well as talk about the springs of the same River Mustjõgi (that is nowadays almost totally tubed and perhaps may be matter for re-opening in future).

Wear: comfortable clothes and shoes according to weather

Bring along: good mood and if you wish binocular

Meals: you will get take-away snacks (sandwich and fruit) with bottle of water and lunch is organised in Sokos Original Viru Hotel at 13.30

Semi-natural habitats in Lahemaa national park

Contact: Merle Kuris 📞 +372 56 203 864

Guide: Imbi Jäetma and Kalev Sepp

Time: 8:00 – 15:00

Sokos Hotel Viru Tallinn – Rebala Heritage Reserve, Jõelähtme (Harju county) – Sae farm in Uuri village – Muuksi hillfort and alvars (Kuusalu municipality, Harju county, Lahemaa National Park) - Sokos Hotel Viru Tallinn

Rebala Heritage Reserve is an ancient cultural landscape with rich historical heritage, where within a mere 74 sq km are at least 300 archaeological remains from the early Stone Age. The oldest and most representative shrine mounds have been established in the late Bronze Age – VIII-VII century BC. In the centre of the Rebala Heritage Reserve, in Jõelähtme, there is the Museum of the Reserve, where the pre-historical burial culture is introduced, which reflects the mentality as well as the everyday lifestyle of the people of that age.

The main destination of the excursion is Sae sheep farm in Uuri village in the western part of Lahemaa National Park where there will be a guided tour led by Imbi Jäetma, followed by lunch. Sae farm (www.lahemaalammass.ee) has been home of her husband's family for over 200 years. It is one of the oldest mill farms in Estonia (first record from 1586). There have been sawmill, wool mill as well as grain mill in the farm but since 1949 only ruins are left from the mill. Today they are proud owners of about hundred Estonian native sheep originating from 17 different households. All genetically proven bloodlines of Estonian native sheep (Saare, Ruhnu, Kihnu, Hiiu, Viru) are represented and help to manage the semi-natural grasslands of the farm (the farm has 27 ha of land). Sae farm uses native sheep wool in its natural colours (varying from deep black to bright white) for making numerous knitted or felt items to preserve traditional heritage values. Since 2012, there are also Estonian native chicken in the farm, found from Vormsi Island.

Muuksi hillfort is located ca 7 km from Uuri village on the clint edge that provided natural protection with its steep wall raising 10-13 m above the surrounding landscape (the height from sea level is 47 m). Nowadays the hillfort is ca 700 m from the Kolga Bay (due to land lift) but in ancient times it was at the sea shore. The human settlement history of this area dates back to Stone and Bronze Age. The studies have revealed that people affected the local natural environment in the surroundings of Lake Kahala for the first time ca 5000-3000 BC. The archaeological evidence of the Late Bronze Age and the Pre-Roman Iron Age is represented mostly by the stone-cist graves – Muuksi Hundikangrud (Wolf cairns) with ca 100 stone graves form the largest known ancient grave field in Estonia and in total in the surroundings of the Lake Kahala there are ca 250 such graves.

The Muuksi area is characterised by alvar grasslands which grow on dry soil covering the limestone bedrock and host a variety of calciphilous plant species. Also, a number of butterfly species can be found here. Muuksi hillfort area is not grazed but managed with help of voluntary conservation work already since 2006. Surrounding areas are mostly managed by sheep and horses.

Semi-natural habitats of Lahemaa NP provide a range of ecosystem services, including provisional (hay for animal feed, honey, herbs, meat, wool, lambskin etc.), cultural (cultural heritage, aesthetic landscape and rich biodiversity providing possibilities for recreation, tourism, arts, education, science) as well as regulating services such as pollination, climate and water regulation etc.

Wear: comfortable clothes and shoes according to weather

Meals: you will get take-away snacks (sandwich and fruit) with bottle of water and lunch is organised in Lahemaalammass farm at 11.30

Viru bog at Lahemaa national park

Contact: Kai Klein 📞 +372 533 8572

Guide: Jüri-Ott Salm, project manager of “Conservation and Restoration of Mire Habitats” (LIFE Mires Estonia; project no: LIFE14 NAT/EE/000126), Estonian Fund for Nature

Time: 8:00 – 15:00

Viru bog is partly well preserved mire and provides good opportunity to get an overview of main characteristics of this habitat type. Landscape includes bog hollows and pools, lag zone, open and treed areas. Also, Viru bog is surrounded with heath forests. On the other side there are marks of intensive use of the ecosystem services of mire: peat mining and tourism. Within last decade efforts to restore degraded part of the mire have been initialised and positive outcomes are already visible. Excursion will be organised along official nature trail which is also one of the oldest in Estonia (established in 1977).

More information about the excursion site:

<http://www.loodusegakoos.ee/where-to-go/national-parks/lahemaa-national-park/viru-bog-study-trail-3-dot-5-km>

Bus drive from Tallinn lasts approximately an hour to the site.

Bring along: water- and windproof clothing suitable to temperatures from 0 to 20°C – spring is quite unpredictable here; footgear should be suitable to hike on forest trail and wooden trail in mire (it is not necessary to have rubber boots). Depending on speed of the group we will walk 3.5 (through the bog) or 5.5 km (through the bog and along forest path), expected duration 2 to 3 hours.

Meals: you will get take-away snacks (sandwich and fruit) with bottle of water and lunch is organised in restaurant Kolck at 12.30

General Visitor Information

Weather in Tallinn

www.yr.no/place/Estonia/Harjumaa/Tallinn/

The official tourist information centre is located in Old Town, at Niguliste st. 2.

Opening hours:

Monday to Saturday 9 – 19

Sunday 9 – 18

Tallinn's official tourist information website

<https://www.visittallinn.ee/eng>

likeAlocal Tallinn Guide

www.likealocalguide.com/tallinn

Facts and figures about Tallinn

http://www.tallinn.ee/est/ettevotjale/Tallinn_faktid_2016_eng_web.pdf

Getting around in Tallinn

By bus

From Tallinn airport

The airport bus stops are located on the ground floor in front of the passenger terminal. Use the escalator or lift in the terminal to get to the bus stops quickly and conveniently.

Bus line No. 2 runs 2 – 4 times every hour depending on the time of the day.

Timetable <http://soiduplaan.tallinn.ee/#bus/2/a-b/13413-3/en>

The Tallinn public transport card as well as single tickets are valid in public city buses. Tickets are sold by the driver when you enter the bus. The cost of a single ticket is 2 EUR; only cash accepted. In case you will stay in Tallinn longer, it might be worthy to purchase a green card sold in every R-kiosk. In the kiosk you can upload money to the card which saves you buying ticket from the bus driver. In case of green card, do not forget to register the card in the machine after entering the bus.

By taxi

From Tallinn airport

There are two taxi companies operating in Tallinn airport: Tulika and Tallink. Both companies are reliable and the ride from Tallinn airport to the hotel and city centre costs approximately 5 – 7 EUR. Depending on the hours of the day, the taxi drive takes 5 – 10 minutes.

From Tallinn Harbour

The ride from Tallinn Harbour to the hotel costs approximately 5 – 6 EUR. Depending on the hours of the day, the taxi drive takes 3 – 5 minutes.

From Tallinn Bus station

The ride from Tallinn Harbour to the hotel costs approximately 5 – 6 EUR. Depending on the hours of the day, the taxi drive takes 3 – 5 minutes.

Places to eat

Places where table can be found without reservation

Reval Café www.revalcafe.ee/en/ Location: Müürivahe str. 14 (Old Town)
Simple combination of cosy interiors and delicious food, plus, top-quality coffee and excellent locations in Old Town and the city center.

Komeet www.kohvikkomeet.ee Location: Solaris shopping centre
Estonia pst.9, 4th floor
Don't get hesitated of its' location -shopping mall. Just get the elevator to the top floor of the centre and enjoy the good view and food.

Klaus <http://www.klauskohvik.ee/> Location: Kalasadama str 8. (City centre)
A bit of walk from hotel but worth the time. Simple and appreciated by locals.

Places where reservation is recommended to ensure the table availability

Leib Resto ja Aed www.leibresto.ee/en/ Location: Uus str. 31 (Old town)
Moderately priced restaurant that offer simple food and relaxed atmosphere.

Rataskaevu 16 www.rataskaevu16.ee/en/ Location: Rataskaevu str. 16 (Old town)
Simple elegant interior and good food. If you didn't find a table at this fine restaurant, check Restoran V, just next to Rataskaevu 16.

Restoran V www.vonkrahli.ee/en/vegan-restoran-v/ Location: Rataskaevu str. 12 (Old town)
Vegetariand and vegan restaurant that has had its own role in introducing the richness of vegetarian and vegan kitchen in the mind of Estonians.

Aed www.vonkrahli.ee/en/von-krahli-aed/ Location: Rataskaevu str. 8 (Old town)
Another good restaurant that hosted by Rataskaevu street.

Kuldmokk www.facebook.com/kuldmokk/ Location: Falgi str. 3 (on the edge of Old town)
...Mediterranean kitchen in Estonian interior. The restaurant is located in wooden house of pure Estonian architecture and also offers possibility to dine outside with fine view to the park just next to the restaurant.

Places to walk around and greenery areas in Tallinn

Kalamaja district and Telliskivi Creative City

Telliskivi Loomelinnak (Creative City), which is located in a former industrial complex next to the Balti Railway Station on the borders between the City Centre, Pelgulinna and Kalamaja districts, is the creative centre of Tallinn. This is the largest creative centre in Estonia consisting of ateliers, studios, creative companies and offices of artists and NGOs.

In the Creative City, you are going to find a unique selection of shops offering design, interior design and natural products, various cafés and restaurants and different services. In the halls and yards of Telliskivi, over 400 cultural events take place in a year; each Saturday, we host a flea market. The Creative City is also a home to Vaba Lava Theatre and Sõltumatu Tantsu Lava.

<http://telliskivi.eu/en/cafes-bars-and-restaurants/>

Location: Telliskivi str. 60a



Tallinn Old Town

Tallinn is famous for its medieval city boasting Gothic spires, winding cobblestone streets and enchanting architecture. By mid-June the tourism season is reaching its peak and therefore the streets of old town might be quite crowded. Thus, try to find your way off the main streets and enjoy the cobblestone streets dotted with medieval churches and grandiose merchant houses, barns and warehouses many of which date back to the Middle Ages.

We recommend

Bastion Tunnels Tour the 1670s-era military tunnels that run beneath Toompea to learn their fascinating history and view Tallinn from below. Like any respectable medieval town, Tallinn has its share of underground passageways, particularly the defensive tunnel systems built during the time of Swedish rule. Back then attack was a constant worry, so city planners constructed high bastion walls around the outside of the fortified city. They also installed tunnels under the base of the walls so they could safely move soldiers and ammunition to where they were needed, not to mention spy on the enemy. During the Soviet period they were further modernized to add electricity, running water, ventilation and phones.



KGB museum

There once was a hotel that came to be named the **Viru**. The year was 1972, and there were still two decades or so until the fall of Communism and the collapse of the Soviet Union. Any hotel that was appropriate for foreign visitors also had to be appropriate for the **KGB**...

This museum tells the story of more than just one hotel and the KGB: it is a treasure trove of stories of two different worlds - one which existed mostly on paper, of happy Soviet citizens living in friendship and never wanting for anything, led by a wise, all-powerful group of men in a place where there were never any accidents or catastrophes; and the other real world, which was a very different and a much tougher place to live in.

Please book in advance to visit the museum



Greenery areas

Hirve Park

<https://www.visitestonia.com/en/hirve-park>

Closest address: Falgi str 1

The park is waking distance from the hotel.

Hirve Park is one of the most dendrologically diverse parks in Tallinn, and certainly one with an interesting history: it is considered one of the symbols of the restoration of Estonia's independence. It was here that in 1987 people came to openly protest against the Soviet occupation for the first time, presenting the Molotov-Ribbentrop pact between Soviet Russia and Nazi Germany. Famous nationalist meetings were held here calling for Estonia's freedom and playing a huge role in changing the country's history.

Kadriorg Park

<https://www.visitestonia.com/en/kadriorg-park>

Kadriorg Park is the most outstanding palatial and urban park in Estonia, covering around 70 hectares. Its construction began in 1718 on the orders of Russian tsar Peter I. Elements of park design from the 18th, 19th and 20th centuries can be seen there.

The most popular places for a stroll in the park are the flower beds surrounding the Swan Pond and the promenade leading from there to the president's palace. The park also hides Japanese garden in itself opened in year 2011.

There are a number of museums in the park, including KUMU (the Estonian Art Museum). Kadriorg Park is also on the way to Pirita, so you can combine walking to Pirita by the beach and visiting the park on your way.



Tallinn Botanic Garden

<https://www.visitestonia.com/en/tallinn-botanic-garden>

Address: Kloostrimetsa tee 52

The collections, as well as outdoor and greenhouse expositions, are the most unique ones in Estonia, featuring the highest number of species (over 8,000 taxa and varieties). You can reach the botanic garden by bus nr 34A and 38. Get off at bus stop Kloostrimetsa.

Estonian Open Air Museum

<https://www.visitestonia.com/en/estonian-open-air-museum>

Address: Vabaõhumuuseumi tee

12

Just a 15-minute drive from the centre of Tallinn, you will find a wrth place to visit and walk around – the Estonian Open Air Museum, showcasing the country's rural architecture and way of life. You can reach the museum on by bus nr 21. Get off at bus stop Rocca al Mare. When you plan to walk, make sure you take the seaside route which is a bit longer but worth to prefer to big street.



Estonian handicrafts and design

Nu Nordik Design Shop

Location: Vabaduse väljak 8

Estonian Design Shop Tali

Location: Kotzebue st. 33

Telliskivi Creative City

Closest address: Telliskivi st. 60A



Exploring other areas on your own - suggestions for short weekend travel

Start off planning your trip by visiting

- Estonia's official tourist information website www.visitestonia.com
- State Forest Management Centre Visitor Information <http://loodusegakoos.ee/where-to-go/search-options>

National Parks

There are five national parks in Estonia.



Karula National Park (reachable by train and bus)

Lahemaa National Park (reachable by bus)

Soomaa National Park (reachable by bus and hitch-hiking)

Matsalu National Park (reachable by bus)

Vilsandi National Park (reachable by ferry and bus)

More information about each park can be found at <http://loodusegakoos.ee/where-to-go/national-parks>

Protected areas

Hiking trails, resting places (for making fire) and observation towers can be found at many protected areas. Recommendations can be found at <http://loodusegakoos.ee/where-to-go/nature-reserves>

Key Contacts and useful phone numbers

The emergency **112**

Organisers' contacts (Baltic Environmental Forum)

Kai Klein Mobile **+372 53 33 8572**

*(During working days from 9 o'clock
until 18; during 9 – 12 May all hours.)*

E-mail kai.klein@bef.ee

Laura Remmelgas Mobile **+372 51 39 301**

E-mail laura.remmelgas@bef.ee

The venue and hotel

Original Sokos Hotel Viru **+372 6 809 300**

Taxi in Tallinn

Elektritakso **1918 or +372 588 588 00**

Välk Takso **+372 55 51 39 08**

Both companies run service on electric vehicles (Nissan Leaf) and are also one of the less costly.