Lādes Avotiņi exposition of herbs and functional plants

"Lādes Avotiņi", Limbažu pagasts, Limbažu novads, LV-4001, Vidzeme, Latvia

An organically farmed, open-air functional exhibition of Latvian medicinal plants and herbs has been created on the shores of Auziņi Lake in the North Vidzeme Biosphere Reserve – the only one of its kind in the Baltic States.

Thousands of years of human experience and the latest scientific research have both confirmed that eating a plant-based diet, in all its diversity, is the healthiest choice. Visiting this green tourist destination healthy lifestyle enthusiasts can get a step closer to the ancient secrets of phytotherapy. Guests are invited to get to know more about the “green pharmacy” that is Latvian nature – one of the best features of Lādes Avotiņi is the opportunity to see and feel over 300 varieties of Latvian plants that can be used to improve health and resilience.

Description

An organically farmed, open-air functional exhibition of Latvian medicinal plants and herbs has been created on the shores of Auziņi Lake in the North Vidzeme Biosphere Reserve – the only one of its kind in the Baltic States.

Thousands of years of human experience and the latest scientific research have both confirmed that eating a plant-based diet, in all its diversity, is the healthiest choice. Visiting this green tourist destination healthy lifestyle enthusiasts can get a step closer to the ancient secrets of phytotherapy. Guests are invited to get to know more about the “green pharmacy” that is Latvian nature – one of the best features of Lādes Avotiņi is the opportunity to see and feel over 300 varieties of Latvian plants that can be used to improve health and resilience.

Jānis Ulmis is the owner of Avotiņi and has created the exhibition. He reminds us of nature’s gifts and that everyone has the ability to learn to recognise medicinal plants, to collect tea for themselves and their families, and to make different herbal blends. Latvian nature can offer everything people need to preserve good health, which is the most valuable thing we have, up until old age. Jānis Ulmis’ good knowledge of history and years of research enable him to teach visitors about the origins of plants, their characteristics and how they are used in different countries and cultures. A practical guide in multiple languages makes it easy for international visitors to explore the garden. Each plant in the exhibition is labelled with its Latvian and Latin names, as well as with its usage and effects.

During the tour, visitors can not only view the exhibit, but also enjoy various green cocktails and buy phytonutrients for their health or “phytosouvenirs” as gifts.

Duration of the tour: roughly 40min to visit the garden and greenhouse, and roughly 1h to include a presentation of green cocktails and the various phyto-products.

The visit can be combined with a boat trip or ride on a water bicycle on Auziņi Lake, fishing, or bird watching.

Free parking. Payments in cash, or by bank transfer only.

The farm has received the Latviskais mantojums (Latvian Heritage) cultural label.

Features

- Restrooms for customers
- Picnic or resting places
- Pre-booking required

- Shelter in case of rain or sun

Styles

- Collection garden

Opening Hours

Visitors welcome from 10:00 to 18:00 during open season.

Group Visits

Open to groups up to 50 people.

Parking

1 bus at a time.

Tickets

4 EUR per person.
Price includes guided tour.
Children visit free of charge.

Seasonality

Open from May 15 to October 15.

Additional Information

2 boats and 3 water bicycles for hire on Lake Auziņš.

Contact Information

Phone: +371 29479172

Email: j.ulmis@inbox.lv

Website: http://www.ulmis.lv

Garden Plan