



10

*reasons
to visit*



Lithuania



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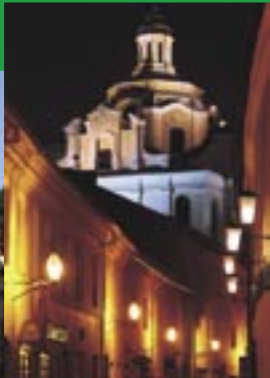


1

Vilnius Old Town

Roam the medieval streets

Vilnius Old Town boasts outstanding architectural diversity in one of the largest and best-preserved old towns in all of Central and Eastern Europe. This UNESCO World Heritage site is filled with Gothic, Renaissance and Baroque masterpieces. Narrow medieval streets, secluded courtyards, town castles and fortifications and an incredible number of churches reflect the city's rich and vibrant history. The maze of streets and courtyards provide countless hours of exploration and travellers who wish to shop, dine and be entertained will face a variety of establishments from which to choose.





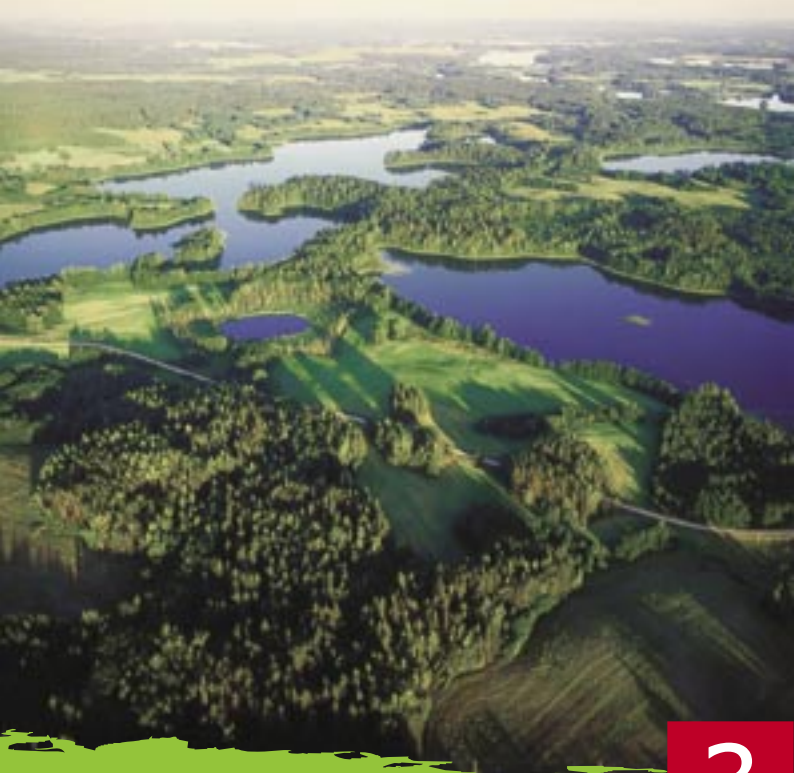
2

Neringa

*Sea, sand
and tranquility*

Neringa is the Lithuanian part of the Curonian Spit, a long and narrow sand peninsula that separates the Curonian Lagoon from the Baltic Sea. This natural wonder, listed as a UNESCO World Heritage site, still exists today solely due to human efforts to counter the natural erosion process. The Neringa landscape is truly unique, dominated by picturesque sand dunes and pristine beaches. The area has a distinct ethnographic flavour, characterised by wooden fishermen cottages and the local speciality of smoked fish. Those looking for a quiet seaside vacation in picturesque surroundings will most definitely be not disappointed.



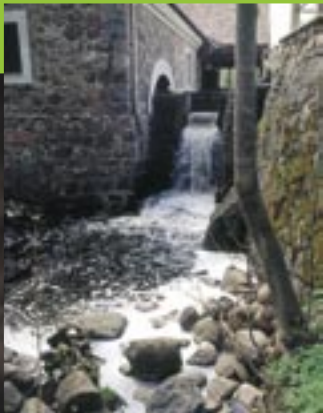


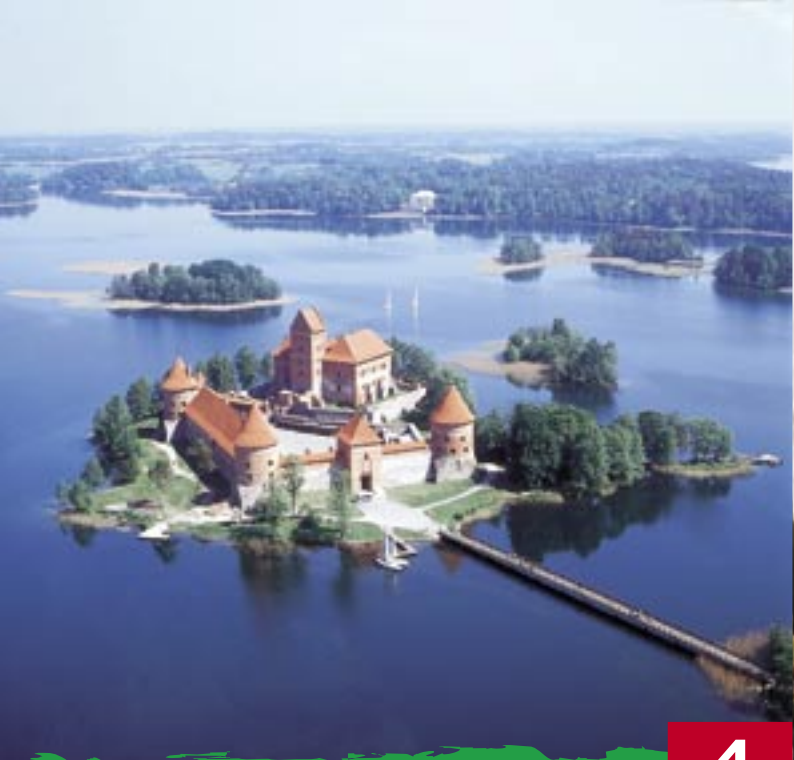
3

Unspoilt nature

The land of forests and lakes

Low population density means that most of the country consists of forests, lakes and farmland. Pollution levels are low, with problem spots few and far between, so expect to find most of the countryside in its natural pristine condition. Significant areas are designated national or regional parks that have their own facilities. Many private farmsteads and guest houses offer accommodation and leisure facilities so that you can indulge in days spent relaxing by the lake or by actively exploring the Lithuanian countryside. There are plenty of fishing and hunting opportunities, too.





4

Trakai

Out of a fairytale

Trakai, the ancient capital of the Grand Duchy of Lithuania, is nestled amidst picturesque lakes. It is best known for its captivating 14th century fairytale castle on an island on lake Galvė, now housing a museum. Other than exploring the Gothic red brick castle, the town of Trakai itself with its quaint architecture is well-worth wandering around. There also are plenty of options for fun on the placid waters of the surrounding lakes. Due to its proximity to Vilnius, Trakai is a popular day trip destination.





5

Geographical centre of Europe

Beware of the imitators!

While several countries claim it, calculations made by the French national Geographic Institute in 1989 reveal that the geographical centre of Europe is in Lithuania. This is even listed in the Guinness Book of World Records. It lies just 26 km north of Vilnius, at $54^{\circ}54'N$, $25^{\circ}19'E$. This fact is celebrated by the nearby Open Air Museum of the Centre of Europe which exhibits sculptures created by artists from all over the world, including renowned contemporary artists like Magdalena Abakanowicz, Sol LeWitt and Dennis Oppenheim.





6

High standards

All the modern amenities



Lithuania has come a long way in the recent years. The tourist sector is highly competitive now with new businesses cropping up all the time, and the tourist infrastructure is rapidly improving. You can be sure to expect modern amenities wherever you go: hotels, restaurants, well-stocked supermarkets, petrol stations, ATMs, etc. There are plenty of places adequately equipped to host a conference, no matter big or small, and plenty of options for that special incentive trip or any type of corporate functions.





7

Food, drink and nightlife

Satisfy your appetite



Eating out in Lithuania is certainly a rewarding experience. There are options for every taste and occasion, from typical Lithuanian cuisine to exotic ethnic restaurants, from bargain eateries to formal restaurants. And when the check comes you will be pleasantly surprised at how reasonable the prices are. Lithuanian beer is renowned for its distinctive full-bodied flavour and is to be found nearly everywhere – and at extremely reasonable prices, too! Vilnius features a dynamic and vibrant nightlife which is definitely not to be missed.



8

Spa towns

Revitalise your body and soul

Famous for its mineral springs, the spa towns of Druskininkai and Birštonas have attracted those seeking to improve their health for centuries. Nestled in a beautiful pine forest along the Nemunas river, the town of Druskininkai is famous not just for its mineral waters and local healing muds, but also its picturesque surroundings, ideal for walking and cycling. The town has seen rapid development of its infrastructure in the recent years, with many European standard facilities opening. This is the perfect place to repose your body and soul in tranquillity





Cultural life

*Don't miss the
gala performance*

9

Lithuania has a deep classical music tradition and there are many things for the discerning visitor to see and hear. There is an outstanding number of symphony and chamber orchestras, choirs, theatre and ballet troupes, which makes sure there is something going on any day. Performers such as opera singer Violeta Urmana (soprano) and conductor Gintaras Rinkevičius as well as numerous others are well-known internationally. Performances directed by Oskaras Koršunovas, four-time participants in the official programme of the prestigious international Avignon theatre festival, confirm the excellent reputation of the Lithuanian theatre. Jazz music is popular too, with several annual international festivals.



10

Authentic folk traditions

The song remains the same

Visitors will observe that Lithuania has maintained much of its ethnographical character, visible in cities as well as the countryside. Lithuanians are proud of their national traditions that often involve pre-Christian elements. An important part of the heritage is folk songs, which are celebrated every four years in widely attended song and dance festivals. Lithuanian song festivals, along with similar festivals in the neighbouring Baltic States, have received international recognition with UNESCO putting them on its list of Masterpieces of

Oral and Intangible Heritage of Humanity. Moreover traditional Lithuanian handicrafts, typically amber, wood and linen articles, make great souvenirs.

