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ABBREVIATIONS

Est	Estonia
Hel	Helsinki
Kal	Kaliningrad
Lat	Latvia
Lith	Lithuania

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GreenDex

In a region where the local populace has a deep and abiding love of the countryside, many people go about their business with a high regard for the environment as a matter of course, but the following accommodation options, cafes, restaurants, sights, tour operators and natural highlights have been selected by Lonely Planet authors because they demonstrate an obvious commitment to sustainability. Here we've selected some places for their support of local producers or devotion to the 'slow food' cause – serving seasonal, locally sourced and/or organic produce. In addition, we've covered accommodation options that we deem to be environmentally friendly (in Estonia, these hotels have fulfilled numerous criteria to be awarded the 'Green Key'; www.green-key.org). Attractions are listed because they're involved in conservation or environmental education or have been given an ecological award (for example, Blue Flag beaches in Latvia and Lithuania; www.blueflag.org). Some sights and artisans keeping alive rich folk traditions are also acknowledged; there are many more throughout the Baltic.

We want to keep developing our sustainable-travel content. If you think we've omitted somewhere that should be listed here, or if you disagree with our choices, send us feedback on our selection via www.lonelyplanet.com/feedback. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel.

For more tips about travelling sustainably in the Baltic countries, turn to the Getting Started chapter, p14.

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