

# Munalaid – Tõstamaa

## Pastures, Forests and Coastal Meadows



Wetlands stretch across this section of the seacoast, so the sea is only accessible in a few places. Starting from *Munalaid Harbour*, the *Baltic Coastal Hiking Route* winds through *Lao* village and continues along the roadside up to *Tõstamaa*. The first exit to the sea is to the south of *Seliste*, the second one is near the Port of *Värati* (on the way to *Värati* there are beautiful coastal meadow landscapes with cattle), while the third one is located in *Suti* village.




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### USEFUL INFORMATION


..... 16 km (main itinerary). Exits to the sea: the seashore near *Puti* – 5 km, *Tõstamaa – Värati – Tõstamaa* – 5,2 km, *Tõstamaa – Suti – Tõstamaa* – 5,6 km

 5-7 h (main itinerary).


 *Munalaid Harbour*, **P**


 The centre of *Tõstamaa* next to the Municipal Council building, **P**


 *Munalaid – Lao – Kaapre – Seliste – Tõstamaa*


 Roads covered in asphalt and gravel (or unpaved roads).

 Easy

 Near *Lao*, the road may be blocked by cattle enclosures and electric fences that hikers can disconnect when passing and then reconnect them.

 Be careful and ensure safety when walking along the side of the road and crossing it.

 In the *Munalaid – Tõstamaa* section, the only place providing services is the filling station.

 Intercity bus transport runs between *Pootsi* (and *Munalaiu*) and *Tõstamaa* (timetable: [www.peatus.ee](http://www.peatus.ee), [www.tpilet.ee](http://www.tpilet.ee)).



**TOURIST INFORMATION**

**i** Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909

**WORTH SEEING!**

- 1** Seli Orthodox Church (*Seli õigeusu kirik*). This Orthodox church built in 1864 is a non-traditional, strictly ascetic wooden building. GPS: 58.29466, 24.07013
- 2** Tõstamaa Islands Hein laid and Kivilaid. A beautiful view of the islands with protected flora and fauna. GPS: 58.28836, 24.04449
- 3** Tõstamaa village. A populated area with an exciting history and several cultural monuments. GPS: 58.33455, 23.99673
- 4** Tõstamaa Maria Lutheran Church (*Tõstamaa Maarja luteri kirik*). The pointed tower of the church, built in 1768 from land stones, served as a sign of orientation for sailors for a long time. GPS: 58.33256, 23.99564
- 5** Tõstamaa Manor and Museum. A beautifully renovated medieval manor with its colourful history is the most well known attraction in this area. T: +372 53468635; GPS: 58.34312, 23.99596
- 6** Tõstamaa walking trail (*Tõstamaa matkarada*), 5 km. The walking trail is equipped with informative signs indicating the closest attractions. GPS: 58.33290, 23.99659
- 7** Tõstamaa Nature Reserve. Get to know the seaside scenery and its habitats. GPS: 58.29786, 24.00164

**SERVICES**

**Accommodations**

- 1. Accommodation Jaaguranna Lillelaager B&B**, T: +372 55563639; GPS: 58.289147, 24.045911
- 2. Holiday village Merelau Puhkeküla**, T: +372 5530850; GPS: 58.305000, 24.023611
- 3. Tõstamaa manor Tõstamaa mõisa majutus**, T: +372 53468635; GPS: 58.343056, 23.996111
- 4. Bed and Breakfast Sauli Äri kodumajutus**, T: +372 4496077; GPS: 58.33510, 23.99279

**Catering**

- 1. Tõstama gas station (Tõstamaa tankla)**, T: +372 4800810; GPS: 58.32917, 24.01476
- 2. Canteen Cotze**, T: +372 56887299; GPS: 58.335771, 23.991006
- 3. Sauli Äri**, T: +372 4496077; GPS: 58.33510, 23.99279

**Shops**

Tõstamaa, GPS: 58.336093, 23.993171

**Public transport**

Bus traffic Munalaiu–Tõstamaa: approximately twice a day.

**Rest areas**

- 1. Putiranna rest area**, GPS: 58.26491, 24.06456
- 2. Värati rest area**, GPS: 58.30988, 23.99034

