

PART ONE GENERAL INFORMATION

Chapter 1 Background Information

Geography and environment, Natural history and conservation, History, Economy, People, Language, Religion, Culture

Chapter 2 Practical Information

When to visit, Highlights and suggested itineraries, Tourist information offices, Tour operators, Red tape, Getting there and away, Health, Safety, Women travellers, Money and budgeting, Getting around, Accommodation, Eating and drinking, Shopping, Arts and entertainment, Media and communication, Business, Buying property, Travelling positively

PART TWO THE GUIDE

Chapter 3 Tallinn

History, Getting there, Getting around, Tourist information, Where to stay, Where to eat, Entertainment and nightlife, Shopping, What to see and do

Chapter 4 Around Tallinn

Harjumaa County, Raplammaa and Järvamaa counties

Chapter 5 North and Northeast Estonia

Rakvere, Tapa, Kohtla-Järve, Toila, Jõhvi, Kuremäe, Sillamäe, Narva, Narva-Jõesuu, Lake Peipsi

Chapter 6 Central Estonia

Tartu, Viljandi, Põltsamaa, Palamuse, Siimusti

Chapter 7 South and Southeast Estonia

Otepää, Tõrva and Helme, Põlva and the Russian borderlands, Võru, Beyond Võru, Valga

Chapter 8 Western Estonia and the Islands

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Appendix 1 Language

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