

ROCCA AL MARE

Rocca al Mare is nestled on the shores of Kopli Bay. Its waterfront location is reflected in its name, which translated from the Italian means 'rock by the sea'. The name was first borne by a summer manor built in the area in 1863, but later expanded to take in the entire district.

Rocca al Mare has become something of a recreational drawcard in Tallinn, offering cultural events, opportunities for relaxation and a wide range of options for sports and shopping. The suburb is home to the Estonian Open Air Museum, the Tallinn Zoo, the Škoda ice rink, the Saku Suurhall arena and trade fair centre and the massive Rocca al Mare shopping and recreation centre.

NÕMME

Nõmme is a suburb of Tallinn that boasts the charm and distinctive architecture of a small town. It is also unique for allowing people to experience the tranquillity of pine forests and bogs in the middle of an urban environment. Nõmme has been shaped by history and tradition – its founder was a legendary Baltic German baron by the name of Nikolai von Glehn, who first partitioned off a portion of his estate as private property in 1873.

The golden age of Nõmme was the 1920s, and it even enjoyed city status until 1940. Adding to its colourful milieu are its historic railway station and museum, its cosy cafés and its charming market. Tallinn's grandest Functionalist villas and administrative buildings are also found here. The city's best skiing and sledding hills are in the Nõmme district, including a ski jump and a snow park. Other options for active recreation include its outdoor pool and an adventure park. However, the true jewel in Nõmme's crown is the romantic, Gothic Revival-inspired castle and wooded park constructed here by von Glehn. The park features a crocodile sculpture fashioned by the baron himself, as well as sculptures connected to the Estonian national epic Kalevipoeg.

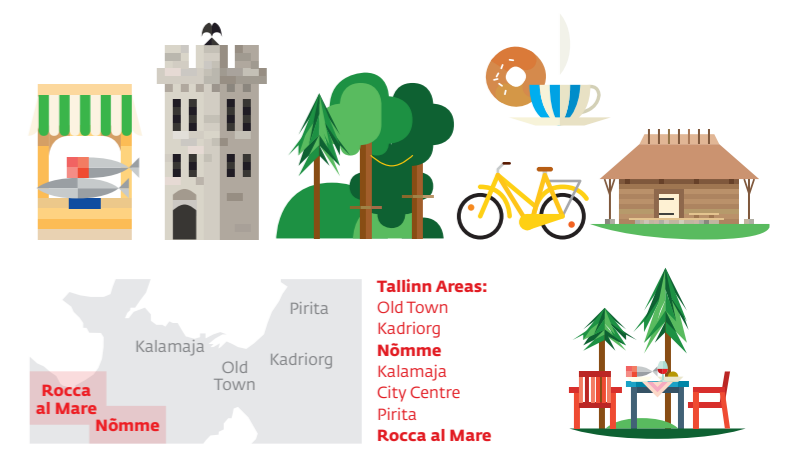
The 'border' between Nõmme and Mustamäe is a pedestrian and skiing overpass inscribed with the Latin phrase *mente et manu* ('with hand and mind'). The green area between the overpass and the market is home to a statue of Nikolai von Glehn created by artist Aivar Simson.

Despite being one of the most densely populated suburbs of Tallinn, Mustamäe boasts a large number of parks and wooded areas. The district is home to a business and research park for young technology companies and start-ups, Tallinn University of Technology and its Mektory innovation centre and a medical precinct.

Rocca al Mare & Nõmme

- 1. OPEN AIR MUSEUM
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- 3. PROMENADES
- 4. RECREATION
- 5. CAR MUSEUM
- 6. TALLINN ZOO
- 7. SHOPPING
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- 10. RESTAURANTS
- 11. RESTAURANT UMAMI
- 12. RESTAURANT UMAMI
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- 35. FUNCTIONALIST HOUSES
- 36. FUNCTIONALIST HOUSES

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| TOURIST INFORMATION | | | | |
|------------------------------------|-----------|---------|---------|--|
| Tallinn Tourist Information Centre | | | | |
| Niguliste 2 | Open | Mon–Fri | Sat–Sun | |
| 10146 Tallinn, Estonia | 01.5–14.6 | 9–19 | 9–17 | |
| Ph. +372 645 7777 | 15.6–31.8 | 9–20 | 9–18 | |
| visit@tallinn.ee | 01.9–30.4 | 9–18 | 9–15 | |



Photos: Ilmar Saabas, Erki Korp, Peeter Langovits, Mihkel Maripuu, Toomas Huik, Tanel Meos, Karli Saul, Argo Viikvald, Merlen Aringo, Maris Joona. Cover photo by Toomas Tuul • Map: Tallinn Urban Planning Department (Inger Paroli) • Printed by AS Folger Art • 2015



1 Estonian Open Air Museum
 Vabaõhumuuseumi tee 12 • evm.ee
 Bus 21 Rocca al Mare / Trolleybus 6, 7 Zoo
 The Open Air Museum is one big village in which you can find out all about the history, traditions and architecture of rural life from the 18th–20th centuries.



7 Rocca al Mare Shopping Centre
 Paldiski mnt 102 • roccaalmare.ee
 Bus 21 / Trolleybus 6, 7 Zoo
 This shopping and recreational centre is popular among locals and tourists alike. Shopping is made easier by its themed sections, and there is also a large restaurant area.



13 Uulits
 Kadaka tee 135A • FB: uulitsrestoran
 Bus 16 Kadaka Selver
 Fast food can be healthy, too! Homemade ketchups and mayonnaises – true street gourmet! Grill and barbecue.



2 Kolu Tavern
 Vabaõhumuuseumi tee 12 • evm.ee
 Bus 21 Rocca al Mare / Trolleybus 6, 7 Zoo
 This village tavern, which was constructed in the mid-19th century, retains its original interior and serves national dishes.



8 Škoda Ice Arena
 Haabersti 3 • icearena.ee
 Bus 21 / Trolleybus 6, 7 Haabersti
 There are two ice rinks in this complex, providing plenty of space for training and ice sports.



14 Bliss
 Mustamäe tee 17 • blissest.com
 Bus 16 / Trolleybus 1, 5 Väija
 This is a buffet restaurant whose menu includes more than 100 fresh and healthy vegetarian options every day.



3 Rocca al Mare & Stroomi beach promenade
 Bus 21 / Trolleybus 6, 7 Zoo
 The promenade that connects the beaches at Kakumäe and Stroomi is 2.5 km long.



9 Lyon
 Meistri 22 • cafelyon.ee
 Bus 16 Autobussikoondis
 This French-style café and restaurant offers a wide range of oven-fresh bakery items, delicious meals and excellent wines.



15 FK Centre
 Paldiski mnt 229A • fkeskus.ee
 Trolleybus 6, 7 Väike-Õismäe
 This family fun centre has an outdoor go-karting track and a paintball field. There is also an ATV trail for children, a café, a billiards hall and a sauna.



4 Al Mare Grill
 Mõisa 4 • almarefood.ee/grill
 Bus 21 / Trolleybus 6, 7 Zoo
 This family-friendly grill restaurant is close to Rocca al Mare shopping centre. It offers a full a la carte menu as well as budget-conscious lunch options.



10 Rucola
 Ehitajate tee 114A • rucola.ee
 Bus 16 Autobussikoondis
 A family-friendly Italian restaurant, Rucola makes its pizzas in a wood-fired oven. It also offers pasta and other dishes from its open kitchen.



16 Glehn Park
 Bus 23 Trummi
 This wooded park, established by Baron von Glehn, is home to a medieval-style castle, a Gaudi-like palm house, crocodile and Kalevipoeg sculptures and an observatory.



5 Tallinn Car Museum
 Paldiski mnt 135a • automuseum.ee
 Bus 21 / Trolleybus 6, 7 Zoo
 This exhibition features 40 historical vehicles, the oldest of which dates back to 1931.



11 Talleke ja Pullike
 Ehitajate tee 109A • tallekejapullike.ee
 Trolleybus 6, 7 Nurmenuku
 This is a great place for meat-lovers and also boasts a fantastic drinks menu. Honest food and good prices.



17 Nõmme Adventure Park
 Külmallika 15a • nommesekulspark.ee
 Bus 23 Trummi
 The trails in this park, which reach different heights and levels of complexity, can be conquered by just about anyone. There is a special trail for small children.



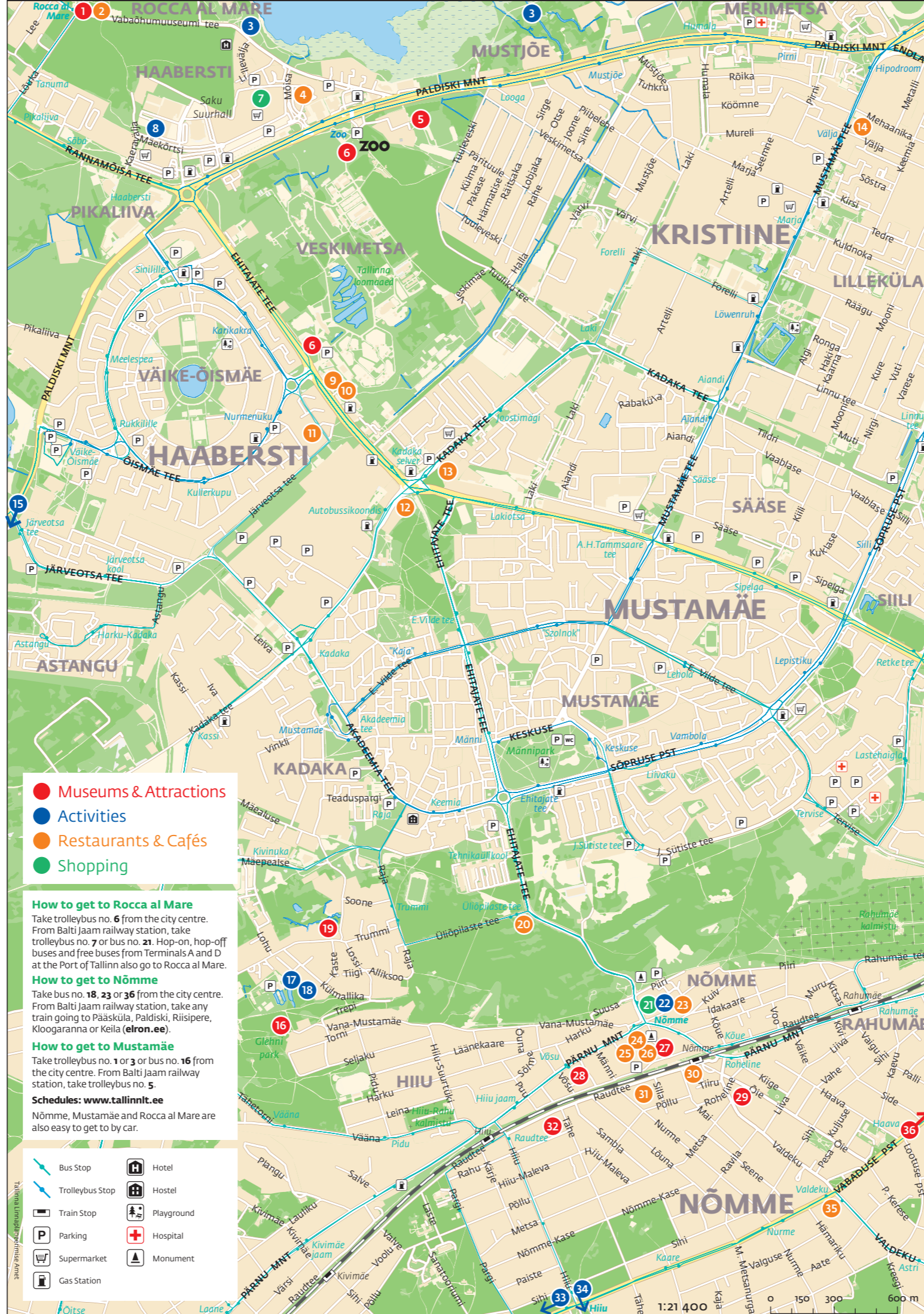
6 Tallinn Zoo
 Paldiski mnt 145D • tallinnzoo.ee
 Bus 21 / Trolleybus 6, 7 Zoo
 Boasting the most exciting collection in Northern Europe, Tallinn Zoo is home to more than 350 species of birds and animals. The zoo also has an adventure park.



12 Umami
 Kadaka tee 141 • umamiresto.ee
 Bus 16 Kadaka Selver
 Situated in a lovely private home with its own apple tree garden, this restaurant leads the way in both quality food and child-friendliness. Pippi Longstocking would love it here!



18 Nõmme Sports Centre
 Külmallika 15a • sportkeskus.ee
 Bus 23 Trummi
 This is a sports and recreation centre that features skiing, cycling, walking and running tracks. There are also outdoor pools and courts and fields for ball games. Nõmme Snow Park opens here in winter.



- Museums & Attractions
- Activities
- Restaurants & Cafés
- Shopping

How to get to Rocca al Mare
 Take trolleybus no. 6 from the city centre. From Balti Jaam railway station, take trolleybus no. 7 or bus no. 21. Hop-on, hop-off buses and free buses from Terminals A and D at the Port of Tallinn also go to Rocca al Mare.

How to get to Nõmme
 Take bus no. 18, 23 or 36 from the city centre. From Balti Jaam railway station, take any train going to Pääsküla, Paldiski, Riisipere, Kloogaranna or Keila (elron.ee).

How to get to Mustamäe
 Take trolleybus no. 1 or 3 or bus no. 16 from the city centre. From Balti Jaam railway station, take trolleybus no. 5.
Schedules: www.tallinnit.ee
 Nõmme, Mustamäe and Rocca al Mare are also easy to get to by car.

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19 Glehn's Cemetery
 Bus 23 Trummi
 This 19th-century graveyard is the final resting place of Nikolai von Glehn's wife and grandchildren. It has been fully restored to its original appearance.



25 Sõõrikukohvik Nõmme
 Jaama 12 • soorikukohvik.ee
 Bus 23, 36 / Train Nõmme
 Popular among locals, this café draws crowds for its oven-warm treats.



31 Köök ja Kook Café and Bakery
 Raudtee 33 • kookjakook.ee
 Bus 23, 36 / Train Nõmme
 This historical café and bakery makes its own confectionery.



20 Pirosmani
 Üliõpilaste tee 1 • pirosmani.ee
 Bus 23 Üliõpilaste tee
 This restaurant was named after the great Georgian artist Niko Pirosmani. It is the most popular Georgian restaurant in Tallinn, boasting a long history and steadfast quality.



26 Nõmme Station Restaurant Elsa
 Jaama 18 • jaamarestoran.ee
 Bus 23, 36 / Train Nõmme
 This restaurant is in the style of the 1930s and has a menu to match.



32 Nõmme Orthodox Church of John the Baptist
 Tähe 2 • nommejohannese.ee
 Bus 23, 36 Nõmme / Train Hiiu
 Constructed in 1922-23 to the plans of architect Aleksandr Vladovski, this church was restored in 2014 and now features frescoes and stained-glass windows designed by Andrei Lobanov.



21 Nõmme Market
 Turu plats 8 • tallinnaturud.ee/nomme
 Bus 23, 36 / Train Nõmme
 This market, which has been operating for more than a century, is considered one of Tallinn's most charming. It was designed in 1930 by Robert Natus and has been restored to as close to its original appearance as possible.



27 Nõmme Museum
 Jaama 18 • tallinn.ee/nommemuuseum
 Bus 23, 36 / Train Nõmme
 This exhibition in the historic railway station showcases Nõmme as a city in its own right from 1926-1940 as well as the part played by Nikolai von Glehn in Nõmme's foundation.



33 Nõmme pool
 Vabaduse pst 156 • tsh.ee
 Bus 14, 18 Hiiu
 This complex boasts a 25-metre pool, a separate small pool, a jacuzzi, various saunas, a gym, a solarium and a café. It also offers aerobics and water aerobics classes and massage and hairdressing services.



22 Nõmme Cultural Centre
 Turu plats 2 • nommekultuur.ee
 Bus 23, 36 / Train Nõmme
 The heart of cultural life in Nõmme, this centre hosts dance evenings that draw people from all over the city. It is also home to the popular Kardemon Café.



28 Nõmme Rahu Church
 Võsu 5 • nommerahu.ee
 Bus 23, 36 / Train Nõmme
 This single-naved wooden church was erected on the site of a former industrial building. It was consecrated as a memorial to the Tartu Peace Treaty of 1920.



34 Pääsküla bog
 Bus 14, 18 Hiiu
 Trail starts at end of street
 A recreational area and green zone boasting a wide variety of landscapes, Pääsküla bog has a 2.4 km long trail that is accessible with prams and strollers and by wheelchair users.



23 Kardemon Café
 Turu plats 2 • Bus 23, 36 / Train Nõmme
 This popular café forms part of Nõmme Cultural Centre.



29 Nõmme Saviour's Lutheran Church
 Oie 10 • Bus 23 Kõue / Bus 36 Roheline
 Designed by architect Robert Natus, this church opened in 1932. It currently serves the Church of Peace congregation.



35 Tädi Anni Juures Café
 Vabaduse pst 61 / Valdeku 66 • annikohvik.ee • Bus 14, 18 Valdeku
 This cosy café will take you back to another time. Prior to the Second World War the building was owned by diplomat Heinrich Laretei.



24 Nõmme Pub
 Jaama 2 • nommepubi.ee
 Bus 23, 36 / Train Nõmme
 Situated in the heart of Nõmme, this tavern offers pub food, a wide range of beers, good music and big-screen sports.



30 Kübarakohvik Café
 Mai 2 • FB: Kubarakohvik
 Bus 23, 36 / Train Nõmme
 Like a time capsule of the golden age of Nõmme, this café is small and friendly and offers freshly baked treats. Lunchtime soup specials are also available.



36 Under & Tuglas Literature Centre Museum
 Väikeselillimari 12 • utkk.ee
 Bus 18 Liiva
 This museum, which was once the home of Estonian literary greats Marie Under and Artur Adson and Friedebert Tuglas and his wife Elo, is open to individual visitors and also offers group excursions.