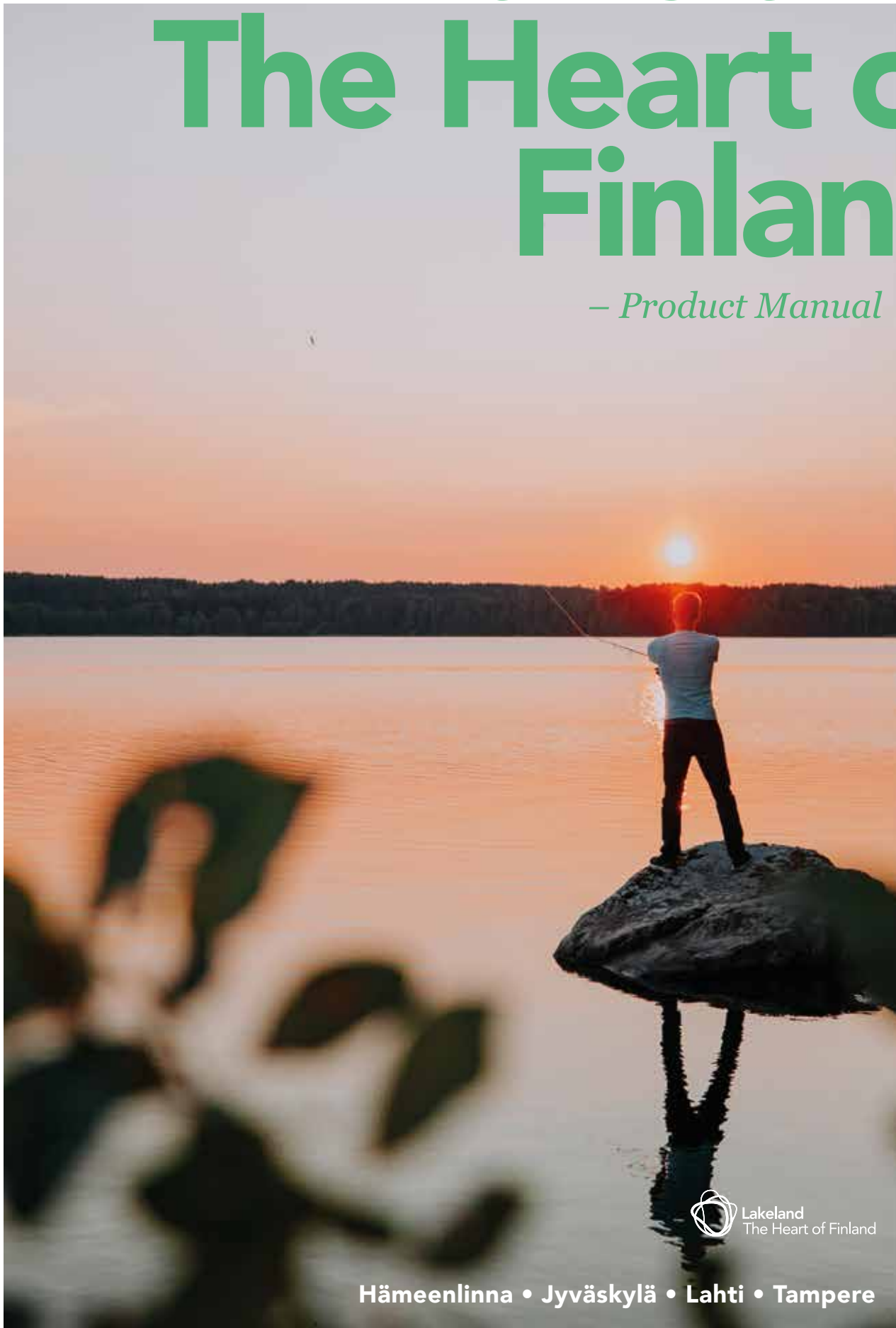




Lakeland The Heart of Finland

– *Product Manual*



Hämeenlinna • Jyväskylä • Lahti • Tampere

The quickest way to slow down

You might already know that Finland is the land of a thousand lakes, but to be more precise, we're the land of hundreds of thousands of lakes. And since most of Finland is covered with forests, it's pretty safe to say that our heart is truly made of water and wood. After all, there is no scenery more Finnish than a summer cottage by the lake. However, it's about much more than just an iconic view. Nature is a huge part of our identity, and a significant source of well-being for millions of Finns.

Western Lakeland is all of the things mentioned above, but at the same time so much more. We boast a powerful industrial heritage in the area, and the history is still visible in the architecture and the various picturesque sights in the cities. Most of Finland's industrial history originates from the surrounding nature – timber and paper, textile, glass, water powering factories, natural materials and fabrics which are then used in the world-famous Finnish design.

The urban life in Western Lakeland is not all about fostering the history and origins, it's also the beat of the city, the vivid urban life that the inhabitants get to enjoy, the big festivals attracting audiences, artists and performers from all around the world. The thing that makes our area really stand out is the fact that even though we delight in everything that the urban city life has to offer, the root of it all, nature, is still so close everywhere we turn.

It's easy to find peace and quiet, even right in the centre of the town: the green parks, the forest areas and lakeside are always nearby. Diving into the genuine Finnish life is made easy – not far from the city centre, one can easily rent a cottage by the lake, take a cruise on the lovely blue lakes, walk in the fresh air of the forests or enjoy the original Finnish sauna experience at any of the public saunas in our area. We can happily admit that we have the best of both the silence of the nature and the urban beat of the city centre!

Welcome to Western Lakeland!

Photos: Visit Finland Mediabank, Visit Tampere Mediabank / Laura Vanzo, Aki Rask, Olli-Pekka Latvala, Visit Lahti Mediabank / Julia Kivelä, Johannes Sipponen, Visit Häme Mediabank, Visit Jyväskylä Mediabank / Julia Kivelä, Tero Takalo-Eskola, Atacan Ergin, Aki Rantala, Walmari/Kalevi Korhonen, Visit Turku Mediabank, My Helsinki Mediabank/ Eetu Ahanen, Super Otus, Heikki Sulander/Rinkkaputki, Henrik Stier, local companies



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Your Western Lakeland Team

JYVÄSKYLÄ REGION is also known as the Sauna Region. Jyväskylä "the capital City of Alvar Aalto" is the green and blue hub of Central Finland, its forests and lakes serving as ideal terrain for all the active young people the city's educational facilities attract. At just a 45-minute drive from the city, the ski resort Himos is ready to fulfil all outdoor expectations.

Visit Jyväskylä Region



Ms Enna Paavola
enna.paavola@jyvaskyla.fi
Tel. +358 50 304 8467
www.visitjyvaskyla.fi and **www.saunaregion.fi**

HÄME REGION is a fascinating mix of old and new. Hämeenlinna is a medium-sized city with two impressive castles to visit, large park areas to enjoy and galleries and museums to visit, among them is the enchanting Iittala Glass Museum. The National Parks Torronsuo and Liesjärvi are less than a one-hour drive from Hämeenlinna. In the Häme region, the positive aspects of city life are combined with adventures and slow life, peace and quiet.

Häme region



Ms Outi Mertamo
Tel. +358 50 434 7873
outi.mertamo@linnan.fi
visithame.fi

LAHTI REGION is known for its wood architecture and design, manor houses, cottages by the lake, outdoor activities, well-being services, lake cruises and shopping. Lahti and the region around the city offers all of these, and only an hour away from Helsinki and its international airport.

Visit Lahti / Lahti Region Ltd.



Ms Anu Huusko
anu.huusko@lahtiregion.fi, sales@lahtiregion.fi
Tel. +358 44 753 3590
www.visitlahti.fi and **www.visitpajanne.fi**

TAMPERE REGION, the Sauna Capital of Finland, is a great example of industrial heritage reinvented for modern urban purposes. Cafés, shops, restaurants, cinemas, galleries and museums in old factory buildings are complemented by the glittering lakes Näsijärvi and Pyhäjärvi that surround the city.

Visit Tampere



Ms Pirjo Puukka (German and UK markets)
pirjo.puukka@visittampere.fi
Tel. +358 40 048 4982
www.visittampere.fi



Ms Mari Saloniemi (Asian markets)
mari.saloniemi@visittampere.fi
Tel. +358 50 594 5951
www.visittampere.fi

General info / details of tours:

Bookings: 2-4 weeks prior to arrival.

Commission for tour operators: Kindly contact the provider with regards to commission.

Prices are valid until 31.12.2022.

For bigger groups and for more information, please contact the providers. We reserve the right to all changes.

Western Lakeland

- 1 Hämeenlinna
- 2 Lahti
- 3 Tampere
- 4 Jyväskylä

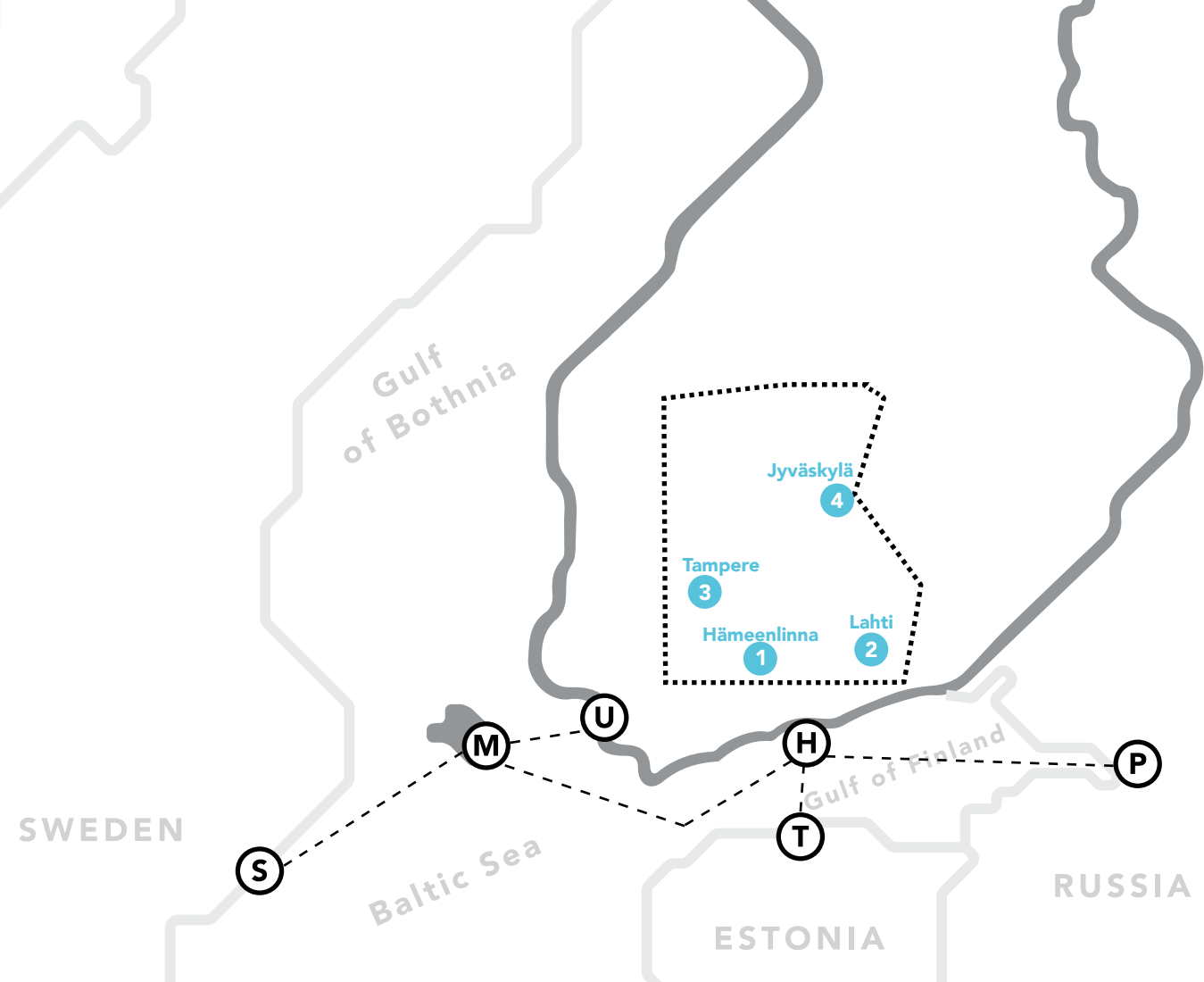


How to get to and around Western Lakeland



A	Tokyo	10,5 h
B	Beijing	9 h
C	Singapore	12 h
D	Seoul	9,5 h
E	Delhi	7 h
F	New York	9 h

G	Paris	3 h
H	London	3 h
I	Stockholm	1 h
J	St. Petersburg	1 h
K	Frankfurt	2,5 h
L	Rome	3,5 h



(H) Helsinki (M) Mariehamn (U) Turku (T) Tallinn (S) Stockholm (P) St. Petersburg

All four regions are within easy reach from Helsinki, only 1-3 hours by flight, train, bus or car!

- **Jyväskylä Region** - Located at a hub of excellent connections, Jyväskylä is easily accessible from practically anywhere from Finland.
<https://visitjyvaskyla.fi/en/arriving/>

- **Häme Region** – only an hour away by car or by train from the largest cities in Southern Finland as well as the airports in Helsinki, Turku and Tampere.
<https://visithame.fi/en/hame/getting-here/>

- **Lahti Region** - less than an hour from Helsinki-Vantaa airport and easy to reach from all over the world without thinking connection flights from Helsinki to other parts of Finland.
<https://visitlahti.fi/en/frontpage/getting-here/>

- **Tampere Region** - has excellent travel connections, both domestic and international: Scandinavian Airlines (SAS), Finnair and airBaltic are operating flights to Tampere all year-round from Stockholm, Helsinki and Riga. A seasonal flight connection from Budapest is offered by low cost airline Ryanair. Train from Helsinki to Tampere every hour.
visittampere.fi/en/info/transportation/

TRAVEL TIME BY TRAIN FROM HELSINKI

To Hämeenlinna	1 h 8 min
To Lahti	49 min
To Tampere	1 h 30 min
to Jyväskylä	3 h 15 min

FLIGHT TIMES TO TAMPERE

Stockholm	1 h 5 min
Riga	1 h 15 min
Budapest	2 h 35 min
Helsinki	35 min

Recommendations by locals

Jyväskylä Region

ACCOMMODATION

- **Boutique Hotel Yöpuu** hotelliyopuu.fi
- **Hotel Verso** hotelliverso.fi
- **Peurunka Resort** peurunka.fi
- **Finlandia Hotel Alba** hotellialba.fi
- **Taulu Manor Hotel** taulunkartano.fi/en/

RESTAURANTS

- **Restaurant Pöllöwaari** ravintolapollowaari.fi
- **Restaurant Figaro** figaro.fi
- **Restaurant Harmooni** harmooni.fi
- **Restaurant Patapirtti** patapirtti.fi/en/
- **Restaurant Old Rectory Pappilan Pidot** pappilanpidot.fi/english/

SAUNAS

- **Revontuli accommodation & saunas** revontuli.fi
- **Varjola accommodation & saunas** varjola.com
- **Sauna Region Week** – various sauna events around the region every summer
<http://visitjyvasky.fi/sauna-welala22>
- **Kankaan sauna** - public sauna in over a 100-year old paper mill gate building
<https://kankaansauna.fi/en/home/>
- **Sauna Village** - offers a journey into the history of Finnish sauna and probably has the biggest collection of smoke saunas in the world
<https://www.himosjamsa.fi/en/11682/>

WITH AN
AUTHENTIC
FINNISH SAUNA
EXPERIENCE
-quality certificate



SIGHTS

- **UNESCO World Heritage site: Petäjävesi Old Church** petajavesi.fi/kirkko
- **Works of Alvar Aalto** visitjyvasky.fi/en/alvaraalto
- **Moose Manor** hirvikartano.fi
- **4 national parks & 3 700 lakes with activities** <http://visitjyvasky.fi/nature-welala22>
- **Keuruu Old Church** vanhakeuruu.fi
- **Toivola Old Courtyard** - history, small shops, café toivolanpiha.fi

SHOPPING / SPECIAL PRODUCTS

- **Lahtiset**, Felt boots, bags etc. lahtiset.fi
- **KOTO Design**, kotodesignmarket.fi
- **Hakamaa Sheep Farm** - Experience country life, locally produced food: holvi.com/shop/hakamaanlammastila
- **Old Keuruu** small shops, boutiques, local handicrafts vanhakeuruu.fi
- **Alvar Aalto Shop** <https://shop.alvaraalto.fi/en/>

Häme Region

ACCOMMODATION

- **Sokos Hotel Vaakuna**
sokoshotels.fi/en/hameenlinna/sokos-hotel-vaakuna
- **Hunajakoto** hunajakoto.com
- **Myllytalo apartments** myllytalo.fi
- **Eerikkilä Sport & Outdoor Resort** eerikkila.fi
- **Matin ja Maijan B&B** matinjamaijan.fi

RESTAURANTS

- **Restaurant Piparkakkutalo**
ravintolapiparkakkutalo.fi
- **Restaurant Uoma** ravintolauoma.fi
- **Vanajanlinna** vanajanlinna.fi
- **Restaurant Villa** ravintolavilla.fi
- **Restaurant Obelix** obelixriihimaki.fi

SAUNAS

- **Jalolautta** jalolautta.fi
- **Hevossilta** hevossilta.fi
- **Vikingsauna** viikinkisauna.fi
- **Olympic Sauna 1952** aulankooutdoors.fi
- **Ahvenisto public sauna**
ahvenisto.fi/en/tekeminen/sauna

SIGHTS

- **Medieval Häme Castle** kansallismuseo.fi
- **The Finnish Glass Museum** suomenlasimuseo.fi
- **Forssa Museum** forssanmuseo.fi
- **The Narrow Gauge Railway**
jokioistenmuseorautatie.fi
- **Birthplace of Sibelius** hmlmuseo.fi

SHOPPING / SPECIAL PRODUCTS

- **Iittala Village** iittalavillage.fi
- **Wetterhoff Crafts Shop House of Arts & Creative Handicrafts**
wetterhoff.fi
- **Lepaa Winery** hami.fi
- **Mafka & Alakoski** mafka-alakoski.fi
- **Olutmylly "Beer mill" Forssa** olutmylly.fi



Lahti Region

ACCOMMODATION

- **Lehmonkärki**
lehmonkarki.fi
- **Töyrylä Manor Hotel**
toyrylankartano.fi
- **Mukkula Manor Hotel**
mukkulankartano.fi
- **Solo Sokos Hotel Lahden Seurahuone**
sokoshotels.fi/en/lahti/sokos-hotel-lahden-seurahuone
- **Ilola Inn Boutique Hotel** www.ilolainn.fi

RESTAURANTS

- **Restaurant Roux** roux.fi
- **Restaurant Taivaanranta**
taivaanranta.com
- **Café & Bistro Popot**
bistropopot.fi
- **Olavi Wine and Café** winecafeolavi.com
- **Bus Burger** busburger.fi

SAUNAS

- **Lehmonkärki's sauna world** lehmonkarki.fi
- **Hollolan Hirvi traditional smoke sauna**
hollolanhirvi.fi
- **Yli-Kaitala's saunas** yli-kaitala.com
- **Sibelius Hall VIP sauna** sibiliustalo.fi
- **M/S Happy Days** happydayslaiva.fi

SIGHTS

- **Lahti Harbour area including Wood Architecture and Lanu Sculpture Parks**
propuu.fi
- **Sibelius Hall** sibiliustalo.fi
- **Alvar Aalto's Church of Cross**
visit.alvaraalto.fi/en/destinations/ristinkirkko-at-lahti/
- **Päijänne National Park and one of the most scenic routes in Finland, Pulkkilanharju**
nationalparks.fi/en/paijannenp
- **Lahti Museum of Visual Arts MALVA**
malvamuseo.fi/en



SHOPPING / SPECIAL PRODUCTS

- **Small design boutiques and shops at Rautatienkatu Street**
Products from local designers
heilahti.com
- **Pro Wood Gallery Shop**
Fine selection of modern Finnish wood design items
propuu.fi
- **Museum Shop MALVA**
malvamuseo.fi/en
- **Heila Farmer's Market**
Local farm produce
heilan.fi
- **Ulpukka Handicraft Shop**
Local handicrafts
ulpukka.fi/en/

Tampere Region

ACCOMMODATION

- **Vaihmalan Hovi Manor Hotel** vaihmalanhovi.fi
- **Radisson Blu Grand Hotel Tammer** radissonblu.com/en/hotel-tampere
- **Ylä-Tuuhonen Farm** yla-tuuhonen.fi
- **Dream Hotel and Hostel** dreamhostel.fi
- **Lillan Boutique Hotel** lillan.fi

RESTAURANTS

- **Restaurant Näsinneula** sarkanniemi.fi/category/restaurant-nasinneula/
- **Restaurant Kajo** kajoravintola.fi
- **Restaurant 4 vuodenaikaa in the Market Hall** visittampere.fi/en/venues/restaurant-4-vuodenaikaa
- **Gastropub Tuulensuu** craft beers and tasty food visittampere.fi/en/venues/gastropub-tuulensuu
- **Café Pispala in scenic Pispala housing area** visittampere.fi/en/venues/cafe-pispala



SAUNAS

- **Saunarestaurant Kuuma** saunaravintolakuuma.com
- **Rajaportti sauna** The oldest public sauna in Finland still in use. Built 1906. rajaportinsauna.fi
- **Rauhaniemi sauna** rauhaniemi.net
- **Kaupinojan sauna** talviuimarit.fi
- **More saunas in** visittampere.fi/en/sauna-capital/

SIGHTS

- **Pyynikki Observation Tower** visittampere.fi/en/venues/pyynikki-observation-tower-cafe/
- **Tampere Cathedral** visittampere.fi/en/venues/tampere-cathedral/
- **Finlayson Old Mill area** finlaysoninalue.fi
- **Moomin Museum** muumimuseo.fi
- **Serlachius Museums** serlachius.fi

SHOPPING / SPECIAL PRODUCTS

- **Tallipiha "Stable Yards"** home to a range of little gift shops, artisans' workshops and café tallipiha.fi
- **PikkuPutiikit** Finnish Craft and Design boutique pikkuputiikit.fi
- **Tampere Market Hall** tampereenkauppahalli.fi
- **Finlayson Factory Outlet** visittampere.fi/en/articles/best-factory-outlets/
- **Tampere Design District** visittampere.fi/en/articles/tampere-design-lovers/

National parks located in Western Lakeland

1. Liesjärvi
2. Torronsuo
3. Päijänne
4. Isojärvi
5. Leivonmäki
6. Seitseminen
7. Helvetinjärvi
8. Etelä-Konnevesi
9. Pyhä-Häkki
10. Salamajärvi



Local tips to nature

JYVÄSKYLÄ REGION

Voronrotti

Central Finland's most impressive dry-land gorge watershed beckons the adventurous to explore its rock formations and caves. The bedrock in the area is an over 1,800 million-year-old abyssal granite slab, that forms the dividing line between an ancient fjord and the granite plate of Central Finland. Voronrotti is also a historical treasure trove. Over a hundred years ago, Voronrotti was the perfect place to escape the long arm of the law. In the narrow tunnels, visitors with a keen eye can still see traces of the campfires made by robbers as well as caves for hiding out. www.himosjamsa.fi/en/kohteet/voronrotti/

HÄME REGION

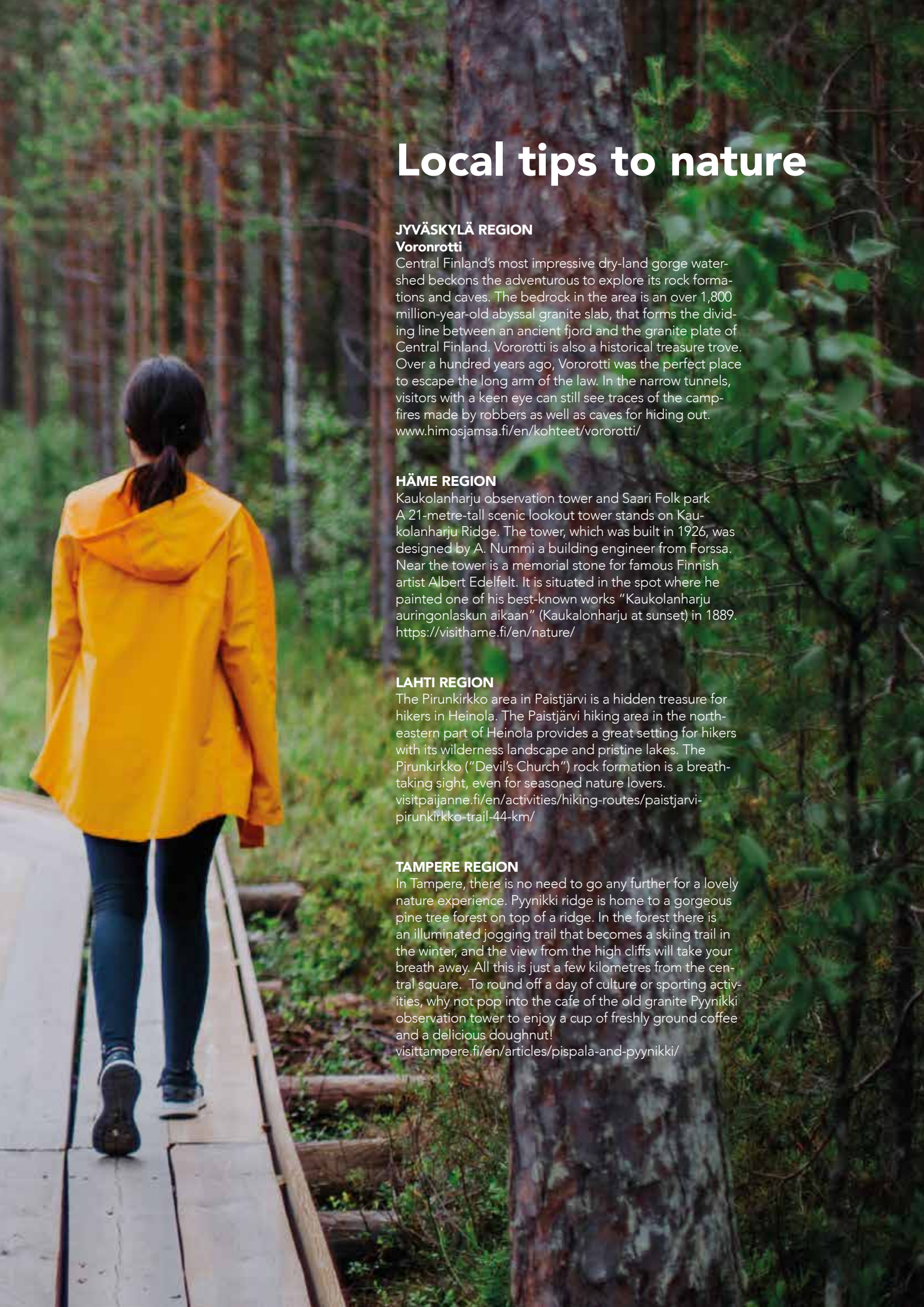
Kaukolanharju observation tower and Saari Folk park
A 21-metre-tall scenic lookout tower stands on Kaukolanharju Ridge. The tower, which was built in 1926, was designed by A. Nummi a building engineer from Forssa. Near the tower is a memorial stone for famous Finnish artist Albert Edelfelt. It is situated in the spot where he painted one of his best-known works "Kaukolanharju auringonlaskun aikaan" (Kaukalanharju at sunset) in 1889. <https://visithame.fi/en/nature/>

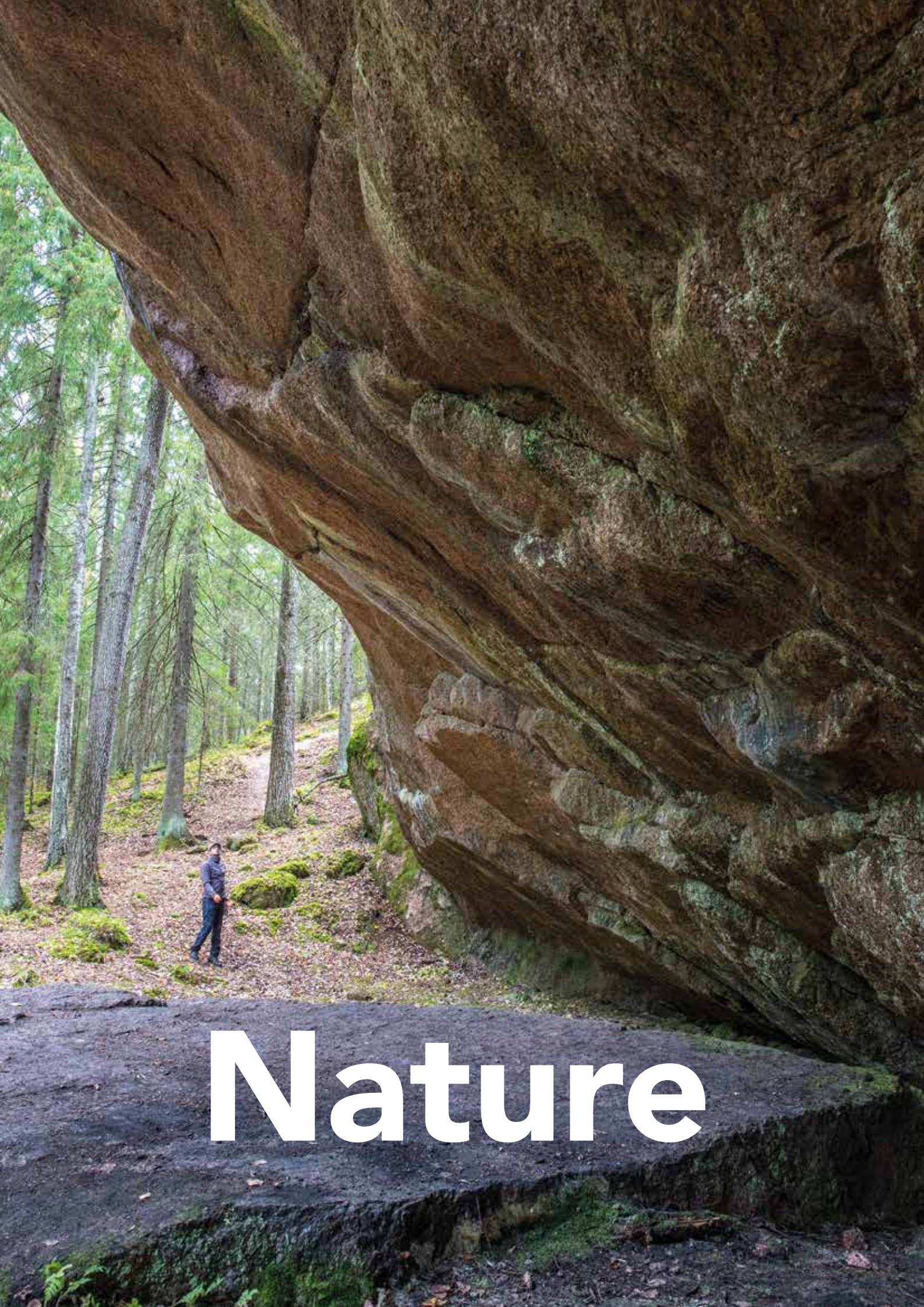
LAHTI REGION

The Pirunkirkko area in Paistjärvi is a hidden treasure for hikers in Heinola. The Paistjärvi hiking area in the north-eastern part of Heinola provides a great setting for hikers with its wilderness landscape and pristine lakes. The Pirunkirkko ("Devil's Church") rock formation is a breathtaking sight, even for seasoned nature lovers. visitpajanne.fi/en/activities/hiking-routes/paistjarvi-pirunkirkko-trail-44-km/

TAMPERE REGION

In Tampere, there is no need to go any further for a lovely nature experience. Pynikki ridge is home to a gorgeous pine tree forest on top of a ridge. In the forest there is an illuminated jogging trail that becomes a skiing trail in the winter, and the view from the high cliffs will take your breath away. All this is just a few kilometres from the central square. To round off a day of culture or sporting activities, why not pop into the cafe of the old granite Pynikki observation tower to enjoy a cup of freshly ground coffee and a delicious doughnut! visittampere.fi/en/articles/pispala-and-pynikki/





Nature

Jyväskylä Region

TASTE OF TRAVEL TO NATURE (F) (G)

Enjoy clean and fresh forest gourmet!

Get to know Finnish pure nature and its ingredients. Pick berries, mushrooms and natural herbs while hiking in the forest. We will cook our meal together over a campfire in the hut kitchen. The menu varies according to the season, but always includes three-courses.

Price: 170.00 € per person

Price includes: All the necessary equipment and clothing, three-course forest menu, professional guidance

Group size: Min. 2 persons, max 15 persons

Availability: June - September

Language: English

Duration: 5 hours

Contact information: Varjola Resort & Activities, Riikka Ruunaniemi, email: varjola@varjola.com, tel. +358 20 792 8080, +358 40 745 5872, www.varjola.com



FOREST TREK WITH FATBIKE (F)

A guided fatbike ride in the forest is perfect for you, if you intend to discover Jyväskylä Region's unique natural environment in a completely new way. The best part of fatbiking is that you can do it all year round, regardless of the weather. The winter riding experience is completely different, and lots of riders prefer the thrill of tearing through snow. The standard route (difficulty 2-3, length 10-15 km) is suitable for anyone with a basic fitness level and ability to ride a bike. For more experienced mountain bikers, Versona also offers more challenging routes that require some technical skill.

Price: 99.00 € per person

Price includes: 2-3 hour guided trip with hints and tips for the fatbike technique, English-speaking guide, bike hire, helmet and liability insurance. Campfire coffee or green tea with cinnamon roll or Versona-style dark bread with ham, cheese and lettuce.

Clothing: Participants need to have outdoor clothing that is suitable for the current weather

Group size: Min.3 persons

Duration: 2-3 hours

Availability: Year-round

Optional extra: Campfire lunch starting from 25,00 € / person, min. 6 persons.

Contact information:

Versona, tel. +358 44 3456 107 timo@versona.fi
versona.fi/en/versona-safaris-and-fatbike-rental

TWO-DAY CANOE TOUR IN A NATIONAL PARK (F)

The two-day tour introduces our guests to the magnificence of the Arctic summer nights! After a short drive to the bay of departure, we are surrounded by pristine nature and the adventure begins. Regardless of which National Park we go to, the programme includes paddling, hiking, fire making, camp building, preparing gourmet food, and swimming in a lake. In some places, there is also a sauna available to enjoy.

Price: 315.00 € per person

Price includes: All the needed equipment, transportation from-to Jyväskylä, plenty of food and drink for the tour, teaching and guidance, overnight fee, tent, sleeping bag and mattress.

Group size: Min. 5 persons, max. 9 persons

Duration: 2 days / 1 night

Availability: May-October

Clothing: Participants need to have two sets of outdoor clothing that are suitable for the current weather

Language: English

Please note: Programme is suitable for anyone who can swim

Contact information: Tavinsulka Canoe Tours, tel. +358 400 899 280, info@tavinsulka.com, www.tavinsulka.com

Häme Region

HIKING IN AULANKO URBAN NATURE PARK (F) (G)

During this half day tour, we hike in mesmerising old forests, have a picnic by the swan lake and enjoy the fresh air and relaxing moments in nature, including a chance to swim in Lake Aulankojärvi. We also visit other attractions of this historic nature area, like the observation tower, which is said to be where our famous composer Sibelius found inspiration for the Finlandia Hymn.

Price: 75.00 € per person

Price includes: Guided walk and a light picnic lunch

Group size: Min. 10 persons, max. 30 persons

Duration: 4 hours

Bookings: In advance

Availability: May–September

Language: English

Clothing: Comfortable walking shoes, outdoor clothes

Please note: Intermediate route with some uphill and downhill.

Contact information: Aulanko Outdoors / Katajistonranta, tel. +358 44 767 4772, info@aulankooutdoors.fi, <http://en.aulankooutdoors.fi>

CANOEING IN THE BEAUTIFUL LAKE VIEWS (F) (G)

Enjoy a beautiful canoeing trip in the real Finnish Lakeland sceneries at the Liesjärvi National Park. During the canoeing trip you can visit the Kortenieni heritage farm and learn about everyday life at a forest ranger's estate in the 1910s. The area's cultural landscape is maintained at the farm through traditional farming methods. The canoeing trip to Kortenieni takes around 3–6 hours.

Price: 50.00 € /canoe for two persons / one day

Price includes: Canoe, paddles, canoe vests and map of the area with canoeing instructions

Group size: Min 2 persons, max. 20 persons. For small children it is possible to have an extra bench in the canoe.

Duration: One day (max. 16 hours)

Availability: May–September

Language: English

Clothing: Outdoor clothing according to the weather

Please note: Booking in advance is required. Clients need to have basic swimming skills. Strong winds or thunder can prevent the canoeing trip.

Contact information: Erärenki, Jouni Palén, erarenki@gmail.com, www.erarenki.fi

NATURE ACCESS HOLIDAY FOR NATURE LOVERS (F) (G)

Enjoy an active nature holiday in Eerikkilä Sport & Outdoor Resort, which is located between two national parks, Liesjärvi and Torronsuo. During your active holiday you will feel the revitalising power of the nature. Experience some nature activities such as fatbiking in the forest, canoeing on the clear lake or wintertime snowshoeing on Finland's deepest bog. Our guide will take you safely to enjoy some remarkable natural attractions. In the evening you can warm up in one of the lakeside saunas and take a dip in the water.

Price: 276.00 € per person

Price includes: Accommodation for 2 nights in a holiday apartment, half board meals for two nights (2 x breakfast, 2 x lunch OR 2 x dinner). Two guided nature activities according to our weekly programme.

Group size: Min. 2 persons, max. 20 persons

Duration: 3 days / 2 nights

Availability: Year-round

Language: English

Clothing: Clothes and shoes suitable for the weather conditions, windproof clothes and water-resistant shoes recommended.

Optional extra: Full board, single room in a hotel, accommodation in a villa, transport.

Contact information: Eerikkilä Sport & Outdoor Resort, Laura Sirén, tel. +358 201 108 238, sales@eerikkila.fi, www.eerikkila.fi/en



Lahti Region



NATURAL WONDERS OF FINNISH FOREST (F)

During this tour, you will get to know the secrets of Finnish forests: herbs, berries, mushrooms... depending on the season! During the tour, we pick and enjoy some local bunnies with coffee and juice. Optional: after the tour, you will learn how to handle them and you will also get to taste!

Basic tour price: 79.00 € per person, 185.00 € per family (2 adults and 1-2 children under 12 years old), 99.00 € per person including the tour and cooking lesson

Price includes: Guiding, snacks, basket (if needed)

Group size: Min. 4 persons

Duration: 3 hours

Availability: May-September

Place: Lahti, Asikkala, Heinola/Vierumäki, Iitti or Padasjoki

Language: English

Clothing: Suitable shoes for forest walking and outdoor clothes

Contact information: Best Lake Nature Adventures, tel. +358 40 760 7240, info@bestlakenature.com, www.bestlakenature.com

WI-FI-FREE NATURE TOUR (F) (G)

Have you ever dreamt of escaping the hectic city life? Would you like to see the beauty of nature, walk along forest paths and listen to nothing but the silence? Would you like to know more about the incredibly beautiful Heinola, its nature, history and the present? The tour is especially designed for customers from urban environments, who want to experience lush green forests, blue lakes and the silence, easily and safely and within walking distance from the town of Heinola!

Price: 59.00€ per person

Price includes: Guided tour and coffee with pastry

Price does not include: Transfers

Group size: Min. 4 persons, max. 12 persons

Duration: 2-3 hours

Availability: Year-round on request

Suitability: Couples, families with children, group of friends

Language: English

Clothing: Suitable outdoor clothes

Contact information: Heinola Travel, Elina Hynninen, tel. +358 40 7265 582, info@heinolatravel.fi

www.heinolatravel.fi

SUNRISE KAYAKING (G)

Join us on a guided kayak tour in the early morning and enjoy spectacular colour changes in the sky before the sun hits the horizon, lighting up the lakeside! This early morning paddle covers either the beautiful foreshore of Lake Päijänne or Lahti city views at Lake Vesijärvi. This tour is perfect for those who are fairly new to kayaking as well as more experienced kayakers who enjoy and appreciate the early morning sunrise! Please note: The tour can be organised in the evening as sunset kayaking!

Price: 75.00 € per person

Price includes: Kayaks with all the needed equipment, guiding and early morning breakfast by the lake

Group size: Min. 10 persons, max. 20 persons. Please ask an offer for smaller groups.

Duration: 2 hours

Availability: May to September

Place: Lahti or Asikkala

Language: English

Clothing: Suitable outdoor clothes

Contact information: Fenix Adventures, tel. +358 44 5919 799, kirsi.reinikka@fenixohjelmapalvelut.fi, www.fenixohjelmapalvelut.fi

Tampere Region

ABSEILING DOWN THE PYYNIKKI OBSERVATION TOWER F G

An excellent experience in good and safe hands: abseil down the outer wall of Pyynikki observation tower, height 26 metres. Your life and health will be secured by a professional climbing instructor and you can enjoy the excitement of this event safely. We can guide down ca. 6 pax in an hour, and ca. 15 in two.

Price: 240.00 € / 1 hour, 350.00 € / 2 hours

Price includes: Equipment (Harness, helmet, gloves). Doughnut and coffee in the café at the tower.

Group size: Min. 1 person, max. 15 persons. Larger groups on request.

Duration: 1 hour / max. 6 persons, 2 hours / max. 15 persons

Availability: Year-round. The tower is open daily 9.00–20.00.

Language: English

Please note: Min. age 6 years

Clothing: Outdoor clothing according to weather

Contact information: Kelo ja Kallio Adventures, tel. +358 50 343 8721, info@pro-kiipeily.fi, www.pro-kiipeily.fi

NIGHTLESS NIGHT SUP TOUR F

One-hour stand-up paddling (SUP) tour on the beautiful Lake Pyhäjärvi: a perfect way to soak up a little bit of the Finnish summer night magic. We will paddle slowly around nearby small islands and along the Pyynikki ridge with the Midnight Sun hovering at the horizon.

Price: 200.00 € per hour and group

Price includes: Guided SUP tour with the necessary equipment and life vest.

Group size: Min. 2 persons, max. 8 persons. For bigger groups with an additional second guide, please contact beforehand.

Duration: 1 hour

Availability: June – August. Weather permitting.

Language: English

Place: Lake Pyhäjärvi

Clothing: Light and stretchy clothing suited to outdoor sports. Neoprene shoes/socks will bring extra comfort but are not necessary.

Please note: Participants should be able to swim and have a bit of prior SUP experience. Persons under 18-years old are only permitted when accompanied with an adult.

Contact information: Suppaa Tampere, Sanna or Roosa, tel. +358 40 240 7470, suppaatampere@gmail.com, suppaatampere.com



SCENIC TAMPERE CANOE TOUR F G

Experience Tampere through our beautiful Lake Näsijärvi! Paddling trip to the island of Tapatora with the backdrop of the sunset or watching the Northern Lights or fireworks in the city. Imagine the fairy tale view when you have snow on the ground and the lake is still open. In summertime, we organise evening and early morning trips to wonder the nightless night. In autumn, you will have the chance to steer to the stars and see the moon. When the weather gets colder, we might even see the Northern Lights.

Price: 35.00 € per person for a 2.5 h tour with canoeing and a juice break, 40.00 € per person and a 3 h tour with canoeing and a break with hot drinks (coffee, tea, hot chocolate) and roasted sausage.

45.00 € per person and a 3.5 h tour with canoeing and a break with hot drinks (coffee, tea, hot chocolate), roasted sausage and crepes.

Price includes: Guiding, paddling equipment (canoes, paddles, vests, waterproof bags) and servings according to the price and duration.

Group size: Min. 2 persons, max. 27 persons

Duration: 2.5 – 3.5 hours

Availability: Mid-May to Mid-December

Language: English

Place: Kaupinoja in Tampere

Clothing: Outdoor clothes according to the weather

Optional extra: Transportation from Tampere centre to the start at Kaupinoja for an extra fee.

Contact information: Hiking Travel, Hit. Tapio Tyllilä, tel. +358 40 745 7803, hikingtravel@hikingtravelhit.fi, hikingtravelhit.fi/en/



Culture

Jyväskylä Region

AALTO ANDANTE - GUIDED WALKING TOUR (F)

Who was Alvar Aalto, the architect and academician? On the Aalto Andante walking tour, you'll discover how this young, small-town dreamer found his own style and put the architecture of the place where he grew up on the world map. On this tour we move from one turning point in Alvar Aalto's life to the next, from the young schoolboy to the prestigious academician. On the way, you'll hear fascinating tales from real life and about Aalto the person, his growing pains and the sources of his inspiration – perhaps even a little about his plans that never came to fruition...

Price: 120.00 € per group during weekdays and Saturdays. Please check price for Sundays.

Price includes: Guided walking tour

Group size: Min. 1 person, max. 25 persons.

Duration: 1.5 hours

Availability: Year around

Languages: English

Clothing: According to weather conditions and good shoes

Contact information: Visit Jyväskylä,
tel. +358 14 266 0113, matkailu@jyvaskyla.fi,
<http://visitjyvaskyla.fi/aalto-welala22>



PETÄJÄVESI OLD CHURCH – UNESCO WORLD HERITAGE SITE (F) (G)

The UNESCO World Heritage Site of the Petäjävesi Old Church tells the story of the Finnish people's everyday life over four centuries. Built by Central Finland's land-owning peasants in 1763–65 with their masterful carving skills, the Old Church has been the site of the most profound moments of life. The Old Church is beloved by the residents of Petäjävesi, and it is visited by thousands of enchanted tourists every year.

Price: 7.00 € per adult

For groups of more than 10 persons it is 5,00 € per person.

Price includes: Entrance fee and guided tour

Group size: Min. 1 person, max. 25 persons.

Duration: 30 min

Availability: June-September, also during wintertime on request for groups

Languages: English

Contact information: The Petäjävesi Old Church,
tel. +358 (0)40 582 2461, opas@petajavesi.fi,
petajavesioldchurch.fi/?lang=en

COUNTRYSIDE & CITY EXPERIENCE (G)

Experience Central Finland's countryside and city! Manor Hotel Taulun Kartano and Harmoon Restaurant offer local history and excellent local food with warm atmosphere!

Price: 285.00 € per person

Price includes: Accommodation for one night in twin rooms with breakfast at Manor Hotel Taulun Kartano, organic local welcome drink on arrival, 1 x buffet dinner with seasonal local food, traditional smoke sauna, aroma sauna and hot tub experience, 1 x three-course fine dining à la carte lunch at Harmoon Restaurant

Price doesn't include: Transportation

Group size: Min. 10 persons.

Please ask an offer for bigger groups.

Duration: 2 days / 1 night

Availability: Year around

Languages: English

Contact information: Arts & Crafts Restaurants sales,
Riitta Halttunen tel. +358 207 353 400, myynti@acravintolat.fi,
taulunkartano.fi/en/, harmoon.fi/en/

Häme Region

GLASSBLOWING EXPERIENCE / BLOW YOUR OWN VASE

Experience the magic of glass - blow your own vase! We welcome the groups to spend memorable moments at the Iittala Glass Factory. With the help of our skillful glassblowers, each participant will blow a vase. Also, a guided tour in our museum is included. The story of the Iittala brand began in 1881 when a glass factory was founded in the village. That was the starting point for the Iittala design story that is nowadays known all over the world. The Iittala Glass Capital is a cozy destination for the whole family!

Price: 55.00 € per person

Price includes: Guided tour in Design Museum Iittala and glass blowing experience

Group size: Min. 10 persons, max. 25 persons

Duration: 1- 2.5 hours

Availability: Around the year, **but** please always check availability.

Please note: The vases can be picked up at noon on the following day or they can be sent according to a separate price list.

Contact information: Design Museum Iittala, tel. +358 20 439 6230, iittala.museum@iittala.com, iittalavillage.fi/en

PRIVATE CONCERT AT THE BIRTHPLACE OF JEAN SIBELIUS

Finnish national composer Jean Sibelius (1865-1957) was born and lived the first 20 years of his life in Hämeenlinna. Experience Finnish national composer Jean Sibelius's piano music in his birthplace performed by a professional artist!

Price: 400.00 €

Price includes: Concert during regular opening hours

Price doesn't include: Admission fee to the Museum: 8.00 € (adult) / 6.00 € (pensioner/student). Children under 18 years old: free entrance.

Group size: Max. 40 persons
(special arrangement max. 55 persons)

Duration: 30 min

Optional extra: Guided tour in English 55.00 €

Please note: Visits beyond regular hours are possible (extra fee: Weekdays 39.00 €/h, weekends 78.00 €/h).

Contact information: Birthplace of Jean Sibelius, tel. +358 3 621 2755, sibeliusensyntymakoti@hameenlinna.fi, hmlmuseo.fi/in-english/

A RAILWAY HANDCAR ADVENTURE THROUGH COUNTRYSIDE

You can hire a railway hand car at Minkiö station and pump your way through beautiful Finnish countryside. The track side of Jokioinen Railway is famous for its rare flowers growing next to railway tracks and the variety of the scenery the line offers. On the route you can find a lean-to shelter with a campfire place, three railway stations with benches to have a picnic, a swimming place and a small beach next to Humppila station. You can also finish your hand car adventure by renting the Minkiö station sauna.

Price: 1-hour rental: 10.00 € per person

(under 17 years old 5.00 €)

3 hours rental: 20.00 € per person

(under 17 years old 10.00 €)

All day rental: 25.00 € per person

(under 17 years old 12.50 €)

Price includes: A hand car rental and a brief instruction on handcar usage and security. A right to use railway facilities (toilets, campfire place, etc).

Price doesn't include: The Minkiö sauna rental

Group size: Min. 1 persons, max. 24 persons

Duration: 1-6 hours

Availability: May-October

Clothing: Outdoor clothing according to weather. Good gloves are recommended.

Contact information: Jokioisten Museorautatie, Jussi Tepponen, tel. +358 40 552 5322, tilausjunat@jokioistenmuseorautatie.fi, jokioistenmuseorautatie.fi/en/



Lahti Region

FIND THE ARTIST IN YOU – GUIDED MONOTYPE ART WORKSHOP F G

This unique art workshop takes place in the Lahti industrial area in an old ski factory either inside or outside, depending on the weather! During the workshop you will print by hand with the monotype technique as a typical printmaking method: you will paint or print with water-based colors on an aluminium plate which is suitable for monotypes. After the workshop, you'll be given your unique art work to take with you – feeling like Picasso!

Price: 85.00 € per person, if 5-10 persons in the group
70.00 € per person, if 11-20 persons in the group

Price includes: Tuition and materials

Group size: Min. 5 persons, max. 20 persons

Duration: 1 ½-3 hours depending on the group size

Availability: Year-round (during special events and holidays, limited availability). Also virtual workshops possible.

Place: Lahti, Printmakers Studio Painovoima

Language: English

Contact information: Printmakers Studio Painovoima, tel. +358 44 278 5923, painovoimapaja@gmail.com



THEMED GUIDED TOURS AT LAHTI MUSEUM OF VISUAL ARTS MALVA F G

Lahti Museum of Visual Arts, MALVA, is opening in 2022! Besides visiting the museum, you can also choose a tour from an interesting selection:

- Public art in Lahti
- History of the old brewery where Malva is located
- The architecture of the brewery area

Price: 90.00 € / group on weekdays, 120.00 € / group at weekends

Price includes: Guided themed tour

Group size: Min. 1 person, max. 15 persons / guide, for bigger groups two guides is suggested

Duration: 45 min

Availability: Year-round

Language: English

Contact information: MALVA, malvamuseo@lahti.fi, www.malvamuseo.fi/en/

SIBELIUS HALL F G

A masterpiece of modern wooden architecture, combining the historic carpentry factory with modern architecture: Opened in March 2000, the congress and concert centre of Sibelius Hall is an example of skilful wooden architecture and the largest public wooden building built in Finland in the past one hundred years. Designed by architects Hannu Tikka and Kimmo Lintula, Sibelius Hall consists of four parts: Old Carpentry Factory, Forest Hall, Main Hall and Congress Wing. The house tour covers the history and architecture of the house and introduces the premises of Sibelius Hall.

Price on Monday–Saturday (8.00 am–4.00 pm): 124.00 € per group of 1–10 persons

Price on evenings, Sundays and holidays: 248.00 € per group of 1–10 persons

Additional persons: 8.00 € per person, 7.00 € per person (pensioners and students)

Price includes: Guided tour of Sibelius Hall

Group size: Min. 1 person, max. 20 persons

Please note: Min. charge 124.00 € Monday–Saturday and 248,00 € on evenings, Sundays and holidays

Duration: Approx. 1 hour

Availability: Year-round during official opening hours. Other times on request.

Language: English

Contact information: Sibelius Hall, tel. +358 50 3985 812, myynti@kokolahti.fi, www.sibeliustalo.fi

Tampere Region



ROOF WALK FINLAYSON AREA F G

A unique experience, where you can see and feel the city of Tampere, its history and landscape from a whole new perspective by walking on the rooftops of the Finlayson Area. City View Route starts with the iconic view of Tammerkoski and continues towards a whole new view over Keskustori, the Central Square. You will hear historical and surprising stories about Tampere while enjoying the city view. The walk is done in groups of max. 6 persons and with a tour guide. Duration of the tour is approximately 60 minutes. Every participant will have a safety harness attached to safety cables and tours are led by a guide.

Price: 42.00 € per person

Price includes: 60 min. guided tour with both live and audio guidance.

Group size: Min. 1 person, max. 6 persons (larger groups in multiple departures).

Duration: 1 hour

Availability: April–December

Language: English, Swedish and German

Clothing: Clothing according to the weather

Please note: Not suited for the physically challenged, persons extra sensitive to mildew or abnormally afraid of heights.

Contact information: Amazing City, tel + 358 400 734 174, heikki.narvanen@amazingcity.fi, amazingcity.fi

SERLACHIUS – FAR OUT ART WITH A HISTORICAL HEART F G

Looking for something unique and versatile? Far from mass-tourism, but still classy? Serlachius Museums got it! A hidden gem in the middle of beautiful nature offering national art treasures, intriguing stories, contemporary art exhibitions, internationally awarded architecture, top cuisine and a lot of fun for the whole day! The shuttle bus from Tampere to Mänttä runs around the year taking you right in the heart of art!

Price: 30.00 € per adult, 27.00 € per student, pensioner, 20.00 € per child 12-17 years, 12.50 € / child 4-11 years. Child 0-3 years for free.

Price includes: Return ticket (Tampere-Serlachius-Tampere), entrance fee to both Serlachius Museums, loan of bicycles, rowing boats and Nordic walking poles.

Group size: Min. 1 person, no max.

Duration: 8 hours

Availability: Year-round

Languages: English, German, Swedish, Russian and Japanese (guided tours)

Optional extra: Guided themed tours, art workshops, art sauna, culinary school, visit a local home, overnight stay.

Contact information: Serlachius Museums, tel. +358 40 166 3480, sales@serlachius.fi, serlachius.fi/en/

ADVENTURES IN THE WORLD'S ONLY MOOMIN MUSEUM F G

An Experience for All Of Your Senses at the world's only Moomin Museum offers all the wisdom and humor that have won fans over for Tove Jansson's Moomin books all over the world! The museum includes the ever fascinating Moomin stories unfold through original illustrations and paintings by Tove Jansson. A Moomin themed buffet, menu or daily changing lunch completes the experience!

Price: 22.70 € per person including entrance fee to the Moomin Museum and lunch in Tuhto Restaurant.

23.00 € per person including entrance fee to the Moomin Museum and themed buffet lunch (min. 20 persons).

51.00 € per person including entrance fee to the Moomin Museum and three-course Moomin Menu

Price includes: Entrance fee to the Moomin Museum and lunch or dinner of your choice

Group size: Min. 1 person in the first and last choice, second choice: min. 20 persons

Duration: 2-2.5 hours

Availability: During opening hours of the museum

Languages: Guided tours in Moomin Museum: English, Swedish, Japanese, Russian, Chinese, German, Polish

Optional extra: Workshops in the Moomin Museum Studio

Contact information: Moomin Museum, sales@tampere-talo.fi, muumimuseo.fi/en/

Well-being



Jyväskylä Region

SILENCE TRAIL – UNHURRIED PACE OF BEING IN THE MOMENT F G

Let the silence guide you through your holidays in magnificent and unspoilt forest and Lake Päijänne in Central Finland. Enjoy authentic Finnish nature with perfect silence and reach your inner peace too. Only the birds singing, wind blowing and the waves of the lake crashing ashore will break the audible silence of Nukula.

Price: 638.00 € per person

Price includes: Two nights' accommodation in double rooms with sustainable ensuite and shared shower room, full board (breakfast, lunch, dinner), 2 x sauna, one sauna treatment (peat or rose treatment), 2 x guided nature walk

Price doesn't include: Transfers

Group size: Min. 1 person, max. 10 persons

Duration: 3 days/2 nights

Availability: Year-round

Clothing: Comfortable clothing and shoes appropriate for the weather and outdoor activities. Must-haves: hat, sunglasses (+mosquito repellent in summer and autumn)

Optional extra: Single supplement +64.00 € / person

Contact information: Nukula - Sustainable tourism in Central Finland, tel. +358 40 703 8136, hannele@nukula.fi, en.nukula.fi



BREAK BY THE LAKE F G

Break by the Lake takes you to the most Finnish form of well-being – lakeside landscapes and sauna. Sleep under the glass-ceiling and experience the lake view in front of your bed. Take part in heating the sauna tent with the sounds of slowly burning wood and the nature around. Afterwards you may enjoy the pampering steam of the self-heated sauna and slow movements of sauna stretching. A refreshing dip in the clean-watered lake will complete the perfect well-being experience.

Price: 230.00 € per person

Price includes: Accommodation in All Sky Aurora Glass Igloo with a lake view, use of electric Loitsu sauna, steamy sauna tent and an outdoor hot tub by the lake, guided sauna heating and sauna stretching in a tent sauna, towels, bathrobes & slippers, sauna wellness products, drinking water & small salty snacks.

Group size: Min. 2 persons and max. 12 persons

Duration: 2 days/1 night

Availability: Year-round

Clothing: Swimming suit, slippers if you prefer your own

Contact information: Revontuli – The Northern Lights Resort, tel. +358 14 8448 200, sales@revontuli.fi, www.revontuli.fi/en/

DISCOVER YOUR NATURE, DISCOVER YOUR INNER FINN F

This journey starts with the forest cross-gym experience under the whispering pine trees to warm your body like Finns have done throughout their history. After that, the combined effect of yoga stretching, healing heat of traditional Finnish smoke sauna, cold dip in a lake and stories of this tradition will free your mind. Feeling fresh and relaxed, you are ready to enjoy the lakeside views of our restaurant with the seasonal 5-course menu made from a variety of local, natural and pure ingredients from Finnish nature with the glass of champagne.

Price: 385.00 € per person, additional persons 200.00 € per person

Price includes: Accommodation in comfort twin rooms with breakfast and use of aqua spa and gyms, forest gym experience with trainer, hosted sauna experience with sauna yoga and stretching and seasonal five-course menu with class of champagne.

Group size: Min. 4 persons, max. 8 persons

Duration: 3 days/2 nights

Availability: Year-round

Language: English

Optional extra: Single supplement 40.00 €, day spa treatments, equipment rental, activities

Clothing: Indoor and outdoor exercise clothing. Swimming clothes.

Contact information: Peurunka Ltd – Spa and wellbeing Hotel and Resort, tel. +358 20 751 6300, peurunka@peurunka.fi, peurunka.fi/en/

Häme Region

LAKELAND SMOKE SAUNA EXPERIENCE F G

Experience the relaxing Lakeland and visit our smoke sauna and hot bath with a fabulous view of the lake Vanajavesi! You can easily combine Iittala Glass Capital or visit at the home of Sibelius to your stay or just enjoy a good night's sleep surrounded by nature.

Price: 163.00 € per person, extra persons 89.00 €

Price includes: Transfers from/ to Hämeenlinna, 10 activities, guided smoke sauna visit with hot pool, bath robe, one-night accommodation and breakfast

Group size: Min. 2 persons, max. 70 persons (several saunas by lake available)

Duration: 2 days/1 night

Availability: On Thursdays year-round (private smoke sauna available every day, supplement 300.00 €)

Contact information: Lakeland Resort Petäys, Juha-Pekka Tuominen, tel. +358 03 673 310, jp@petays.fi, petays.fi/en/peta-ys-the-lakeland-resort/

NATURE MIND WALK & OPEN FIRE COFFEE AND SNACK G

Relax and recharge in nature! Join us for a mindful walk which brings you all the positive health benefits that come from spending time in nature. During the walk we will clarify our thoughts and connect our senses with nature. The programme includes information about the health effects of spending time in nature and we also do some yoga-based stretching. This activity will help you to become calm, relaxed and recharged. After the walk we will gather around the open fire and enjoy some local delicacies.

Price: 75.00 € per person if 8 persons in a group, additional persons 65.00 €

Price includes: Guided mindful walk in the Liesjärvi National Park, local sausage or vegetarian snack, cinnamon bun and forest coffee / tea

Group size: Min. 8 persons, max. 30 persons

Duration: 2.5 hours

Availability: Year-round

Clothing: Outdoor clothing according to the weather

Contact information: FoRestful, Inu Pelli, tel. +358 50 5413252, inu@forestful.fi, www.forestful.fi/english



FOREST BOOTCAMP – TRAINING CAMP IN THE FOREST F G

In the middle of a Finnish forest, there is a small place... A farm that is surrounded by clean air, old trees and quietness. Experience training outside in a beautiful forest in Finland. Forest and silence will take you in and make you feel connected with nature. Training will free your body and mind and is available throughout the year outside!

Price: Individual training 115.00 €.

Group training 5-20 persons 20.00 € per person

Price includes: Training equipment at the site, qualified trainer

Price doesn't include: Shower or sauna

Group size: Min. 1 person, max. 20 persons

Duration: 1 to 2 hours

Availability: Year-round. Single person can also join our Finnish group without pre-booking on Tuesday at 18:00, Thursday at 18:00 and Sunday at 10:00.

Clothing: Outdoor clothing according to weather. It's also recommended to bring a change of clothes with you. Outdoor toilet and changing room available.

Contact information: Pirteeks – Nature in you, Anu Kosonen, tel. +358 40 363 9287, anu.kosonen@pirteeks.fi, natureinyou.fi/

Lahti Region

VELLAMO'S HERBAL SAUNA FOR FAMILIES OR SMALL GROUPS F

We'll take a slow walk into a nearby forest, where we will gather seasonal herbs and plants for our foot baths. You will learn about Finnish Mythology and Folklore, Herbal Medicine and the Power of Plants as well as the importance of Nature in Finnish Culture. After returning to the hotel/cabin, you will learn about the Finnish sauna etiquette and the health benefits of sauna. We will start our aromatic herbal sauna ritual with facial masks and foot baths. The traditional sauna healer will guide you through the sauna session.

Price: 121.00 € per adult, 68.00 € per child.

Children under 12 years free of charge.

Price includes: Guided walk in the forest, guided sauna experience, natural facial masks and foot-baths, natural shampoos and soaps. Sauna hats to use.

Group size: Min. 2 adults + 2 children over 12 years or min. 4 persons, max. 8 persons (small groups)

Duration: 3-4 hours

Availability: Mid May–Mid September

Location: Lahti or Asikkala

Language: English

Please note: Possible sauna fee is not included. Check out the possibility of using the sauna at your place of accommodation.

Contact information: Travellamo,
tel. +358 40 719 2848, maaria@travellamo.fi, travellamo.fi

FINNISH SAUNA TRADITION AND LAKELAND! F G

Experience the beauty of Lake Vesijärvi and / or the second largest lake in Finland, Lake Päijänne, by taking a charter cruise in the relaxing atmosphere of M/S Happy Days! M/S Happy Days offers tailored charter cruises according to your wishes, one of the most interesting things is that there is also a wooden heated sauna on the ship, enabling you to enjoy the smooth warmth of Finnish sauna in the middle of the lake!

Price: Charter cruise: 220.00 € / hour
(includes sauna and crew: two persons)

Group size: Max. 12 persons (+ crew)

Availability: May–September

Location: Lahti

Language: English

Optional extra: Lunch or dinner

Contact information: M/S Happy Days,
tel. +358 500 429 454, esa.mykkanen@phnet.fi,
happydayslaiva.fi

WILD AND ABUNDANT TREASURES OF FINNISH NATURE F

Discover how to find, gather and use the most common edible and medicinal plants with a professional herbalist. Enjoy the enchanting greenness of Finnish summer, pure and fresh air, and get some gentle exercise while learning about the traditional use and benefits of the marvellous plants that grow wild in our woods and meadows. Together we'll harvest some plants, which you can afterwards use either in a herbal sauna, in cooking or in making simple natural cosmetics!

Price: 85.00 € per person

Price includes: Guided herb walk with professional guide and herbalist and your choice of programme.

Group size: Min. 4 persons

Duration: 4 hours

Availability: May–September

Location: Lahti, Asikkala, Sysmä

Languages: Finnish, English, French, Portuguese

Optional extra: Finnish peat sauna

Contact information: Luontoemo (Ma Nature),
tel. +358 50 542 4542, pauliina.silva@luontoemo.fi,
luontoemo.fi



Tampere Region

GONE WITH THE FOREST - REVITALIZING NATURE EXPERIENCE (F)

Welcome to be inspired by Finnish nature and wilderness. It's time to enjoy and relax!

Would you like to rest on a bed of moss? Try out wild tastes of nature? Listen to the silence and various sounds of the nature? Sense the different scents of trees, of wind and of plants? In the "Gone with the Forest" workshop we boost natural recovery with effective breathing exercises, with 'mindfulness-like' exercises of calming down, by enjoying the wild tastes of nature, and by observing and using our senses. Let the forest do its magic and take your stress away!

Price: 59.00 € per person

Price includes: Workshop and wild herb tea

Group size: Min. 2 persons, max. 10 persons

Duration: 2 hours

Availability: Year-round

Language: English

Place: Kauppi Forest, Tampere

Please note: The programme is physically quite easy and suitable for all ages (also for children above 12 years of age). The forest trail is 2 km long and there are roots etc. Please also note that there are no WC facilities available in the forest and during the workshop.

Clothing: Outdoor clothing and good shoes are recommended

Contact information: Villipihlaja, Karoliina Laitinen, tel. +358 50 414 1710, karoliina@villipihlaja.fi, villipihlaja.fi/?lang=en



FOREST BATHS AND PAMPERING - A UNIQUE TENTSILE EXPERIENCE (F)(G)

Try this unforgettable Tentsile experience in Korsukylä forest village by staying overnight in a tent up in the trees. The forest is a magical place where the soul rests and the mind calms down.

Feel the fresh Finnish forest, hear the birds and feel the summer breeze. The scent of the forest, its sounds and the peace and quiet make the experience unique.

Price: 170.00 € / night for two persons

Price includes: Accommodation in a Tentsile, use of sauna and old-fashioned bathing tub (1 hour), honey treatment for the sauna + herbal footbath, breakfast basket for 2 persons. Close by a place for an open fire with firewood, possibility to grill, indoor toilets, running water, refrigerator, free parking, possibility to charge a mobile phone

Group size: 2 persons/Tentsile

Duration: Overnight stay

Availability: June–September

Language: English

Clothing: Outdoor clothing according to the weather. Personal clothing and amenities for an overnight stay.

Optional extra: Possibility to hire a canoe, 25.00 € / 2 hours/2 persons

Contact information: Korsuretket Oy, tel.+358 40 5786 580, myynti@korsuretket.fi

GUIDED SAUNA AND SWIMMING TOUR IN TAMPERE (G)

In Tampere there are lakes everywhere and we love to go swimming all year round (yes, even in winter). Regardless of the weather, our favourite combination is a stay in the sauna followed by a jump in the lake. Want to give it a try? This tour will give you a relaxed feeling regardless of whether it is summer or winter. After this unique experience you will sleep like a baby with a refreshed mind and body.

Price: 49.00 € per person

Price includes: Transportation fees, professional guide, sauna experience (entrance fee to the sauna and swimming in a lake), a water bottle and use of a towel

Group size: Min. 6 persons and max. 10 persons

Duration: 2.5 hours

Availability: Year around

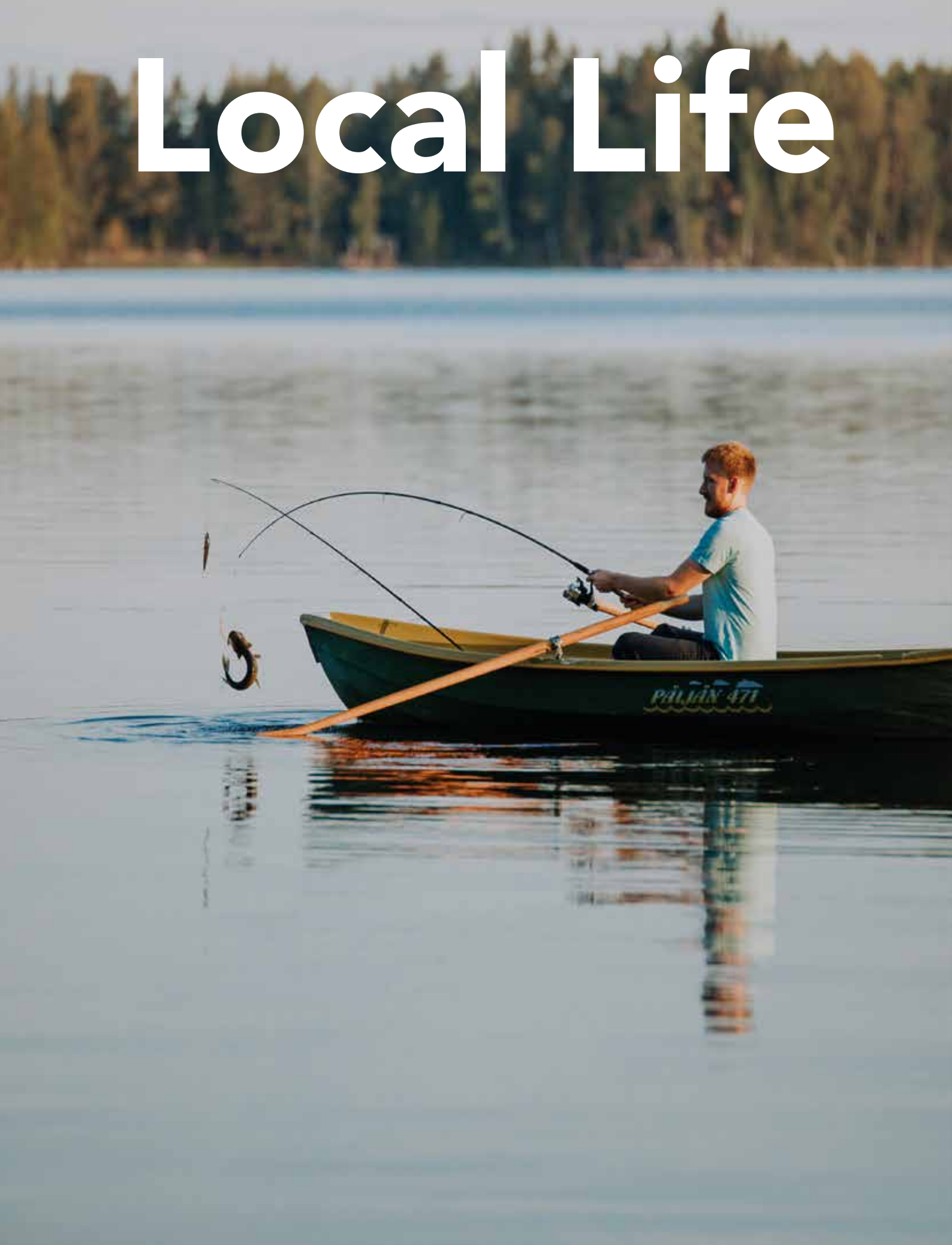
Languages: Finnish, English (other languages available upon advance request)

Clothing: Normal clothing, swimsuit and personal toiletries

Please note: Minimum age 10 years

Contact information: Adventure Apes, tel. +358 40 770 9874, heidi@adventureapes.fi, www.adventureapes.fi

Local Life



Jyväskylä Region

FAMILY FUN IN HIMOS F

Visit Himos in Central Finland's Lakeland area with your family. We have planned a three-day holiday including short trips to Uusi-Yijälä Eco farm and Nurmolandia pet farm, which tell you and your family a heart-warming story of people living with the demands of animals and nature. On the last day of your trip, you have a chance to see Himos from another point of view on a canoe. Grant your family the possibility to collect memories together.

Price: 454.00 € / 2 adults and 2 children 4–12 years

Price includes: Two nights' accommodation in a 1-bed-room cottage with sauna and fireplace, linen, towels, visiting fees of Uusi Yijälä Eco farm and Nurmolandia pet farm and canoe rental.

Duration: 3 days/2 nights

Availability: May–October

Language: English

Clothing: Own outdoor clothing and good shoes

Contact information: HimosHoliday, tel. +358 20 7119 230, himosholiday@himosholiday.com, <https://himoslo-mat.fi/en/himos-theme-packages/family-fun/>



M/S RHEA EVENING CRUISE G

Jyväskylä harbour right next to the city centre is home to the largest cruise ship of Lake Päijänne, M/S Rhea. M/S Rhea is waiting to take you on a fabulous evening cruise!

Price: 38.00 €/person/option 1, 47.00 €/person/option 2

Price includes: 1st option includes the ticket and soup and a dessert. 2nd option includes the ticket and the Rhea summer buffet.

Group size: Min. 20 persons, max. 199 persons

Duration: 3 hours, Tue–Sat from 7 pm until 10 pm.

Availability: From June to August. Also, the popular afternoon cruises on weekends, Fri–Sun from 3 pm until 6 pm. Spring and fall cruises announced before season. Charter cruises will begin right after the ice has melted and continue until late autumn.

Language: English, German

Contact information: M/S Rhea, tel. +358 400 706 691 sari.wigell@pp.inet.fi msrhea.fi/risteilyt-jyvaskylasta/?lang=en

SURVIVAL SKILLS AND NATURE EXPERIENCES G

Come and experience the rural Finnish nature in Piispala! Imagine the crisp air and the relaxing sound of the campfire next to you, take a deep breath and feel the aroma of campfire coffee. Open your eyes, see the majestic pine forest and feel the softness of the moss underneath your feet. Piispala's location provides unique experiences in nature, where you can relax or exercise. With this package, you will learn the skills needed for living and surviving outdoors in authentic conditions, changing with Finland's four very distinct seasons.

Price: 566.00 € per person

Price includes: 3-night accommodation in cozy rooms for 1–2 persons, full board including breakfast, lunch and dinner, learning survival skills with a guide and a guided tour to Pyhä-Häkki National Park, herbal-sauna experience, making your own soapstone amulet of nature, and use of gym.

Group size: Min. 8 persons and max. 30 persons

Duration: 4 days/3 nights

Availability: Year-round

Clothing: Outdoor and indoor clothing suitable for sports and outdoor activities.

Contact information: Piispala, tel. +358 207 694 300, piispala@piispala.fi, piispala.fi/en/survivor-skills-and-nature-experiences/

Häme Region

NATURE HOLIDAY IN ILORANTA

The Iloranta farmstead is situated in the authentic Finnish countryside in the middle of fields and forests on the banks of the lake Iso-Roine. During your stay, you will enjoy a guided welcome walking tour, forest bath and getting to know the Finnish sauna culture. During the second day you will tease out and spin lambswool, traces of the last glacial period, enjoy a campfire coffee with self-baked bun, eat fresh-baked pancakes and trek in forest in the dark evening. On the 3rd day you will bake your own rye bread to take home.

Price: 300.00 € per person

Price includes: Above-mentioned programme, accommodation with full board, sauna and swimming.

Group size: Min. 8 persons, max. 50 persons

Duration: 3 days/2 nights

Availability: Year-round (the programme is adjusted according to the season).

Optional extra: Extra day: 100.00 € per person

Contact information: Iloranta, tel. +358 40 513 1139, samu@iloranta.fi, iloranta.fi/english/



TRADITIONAL COUNTRYSIDE & OLD TANNERY

Experience an old-time atmosphere in a picturesque village in the countryside. Learn in the unique tannery museum - in an authentic environment - how leather and leather products were manufactured in earlier times, starting in 1880, and how the life of the tanners was. Walk through the beautiful, tiny country village and hear the stories of the past generations. Taste our delicious buffet meal made of fresh, local, high-quality ingredients – combining Finnish traditions with elements of fine-dining.

Price: 45.00 € per person

Price includes: Guided tour in the tannery museum Portaan Nahkurinverstas, guided walk in Porras village, buffet meal.

Group size: Min. 10 persons, max. 50 persons

Duration: 2.5 hours

Availability: Year-round

Please note / more information: The restaurant and part of the museum are accessed via stairs only. Warm clothing needed in the winter season.

Contact information: Portaan Nahkurinverstas, Johanna Pelto-Huikko, tel. +358 40 767 5928, info@nahkurinverstas.fi, nahkurinverstas.fi/index_english.html

MAKE A SMALL FINNISH RYA RUG IN A HISTORICAL WETTERHOFF HANDICRAFT HOUSE

During the workshop, you will knot a small rya rug from original Wetterhoff wool under guidance. Rya ryg is a traditional Finnish wall textile. Besides offering workshops, Wetterhoff House is also a combination of traditional craftsmanship and modern creative know-how.

Price: 57.00 € per person

Price includes: Guided lesson, DIY rya rug kit, introduction of Wetterhoff House and coffee at Café Hoffi.

Group sizes: Min. 6 persons, max. 12 persons

Duration: 2–3 hours

Availability: Year-round during weekdays and Saturdays

Contact information: Wetterhoff, tel. +358 50 525 9990 Mrs Hannele Yrjö-Koskinen, wetterhoff@wetterhoff.fi, www.wetterhoff.fi

Lahti Region



COSY VISIT AT A LOCAL HOME F

During the visit, you have a unique opportunity to learn about everyday life in Finland: its nature, culture and food! Besides the family members, you will also be greeted by a friendly dog called Nipsu and two cats called Tikru and Puudi! You will also learn to bake traditional "pulla" in three ways: traditional ones with cinnamon, butter-hearted and ones with blueberries! After baking, it is time to enjoy your "pulla" with cold milk or with a cup of coffee or tea! This visit gives you experiences that are truly authentic and deeply immersive, resulting hopefully in unforgettable memories!

Price: 88.00 € per person

Price includes: 2–2 ½ hour visit to a Finnish home and baking traditional Finnish "pulla"

Price doesn't include: Transfers

Group size: Min. 2 persons, max. 6 persons

Availability: Year-round

Location: Lahti

Good to know: There is a dog and two cats in the family. Also other dinner choices and guided walks to the nature are possible!

Language: English

Contact information: Nina Lehtovirta,
tel. +358 40 4870 622, ninaj.lehtovirta@gmail.com

SPEND A DAY AS A HUSKY FARMER F

Participate in the daily routines of a husky farm! The day begins with breakfast made from local ingredients in a cosy old barn. While enjoying your breakfast, you will hear a lot of interesting facts about huskies before starting the real work. During the day, you will clean the husky fences and feed the dogs together with the guide. After lunch, it is time to meet the reindeer and take some photos of the animals in the idyllic countryside scenery!

Price: 95.00 € per person

Price includes: Guided day at the husky farm, breakfast and lunch.

Price doesn't include: Transportation to/from husky farm

Group size: Min. 2 persons, max. 8 persons

Duration: 6 hours

Availability: May-October on request

Place: Heinola

Clothing: Outdoor clothing and suitable shoes

Languages: English

Contact information: Koirakikka Husky Farm,
tel. + 358 40 415 3952, koirakikka.varaukset@gmail.com,
koirakikka.com

CRAFTING WITH FLOWERS AND NATURAL MATERIALS F G

This course will take you to explore the secrets of the local forest and your creativity while making decorations from the ingredients found from the forest and flowers! You will learn different techniques and usage of different materials on how to make decoration for your home or as a gift! The course is held in idyllic Finnish countryside location and also includes lunch.

Price: 60.00 € per person

Price includes: 2-hour course with professional florist, materials, lunch

Price doesn't include: Transfers

Group size: Min. 5 persons, max. 20 persons

Availability: Year-round (materials and themes will be chosen according to the season)

Location: Asikkala

Clothing: Outdoor clothing and proper shoes for the walk.

Language: English

Contact information: Iso-Naappila, Mrs Katja Riihilahti,
tel. +358 400 711 208, info@naappila.com, naappila.fi

Tampere Region

EXPERIENCE THE PAST AND PRESENT OF THE WORLD'S SAUNA CAPITAL F G

Live through and learn the rich history of Tampere's sauna culture with Saunakonkeli's local sauna experts. We begin on the top of Tampere with a view over the city and learn how the public sauna culture developed in the Sauna Capital. In Rajaportti, the oldest public sauna in Finland, we see the traditional one tonne stove in a two-floor steam room. The second stop is in a hidden sauna gem in the heart of a working-class neighborhood, where we meet the local caretaker of the sauna. We end the tour in a true local way in Rauhaniemi public sauna by the lake Näsijärvi, where we enjoy the magical combination of sauna and lake.

Price: 320.00 € / 1-3 persons.

Additional persons: 70.00 € per person.

Price includes: Professional guiding, public transportation, entrance fees, towels, sauna experience and Sauna snack.

Group size: Min. 1 person, max. 15 persons

Duration: 4 hours

Availability: Year-round

Language: English. Option for Japanese translator.

Optional extra: Saunakonkeli's homebrewed and fermented non-alcoholic seasonal sauna drink 10,00 € / person. Sauna dinner 50.00 € / person. Private transportation.

Clothing: Seasonal clothing and bathing suit.

Contact information: Saunakonkeli Ltd, Juha Kumara tel. +358 44 338 8341, Matti Kemi tel. +358 45 1146 447, info@saunakonkeli.com, saunakonkeli.com

TASTING TAMPERE F G

Get to know Tampere by tasting the local food and drinks, including excellent beers/wines, fascinating gins, delicious sausages and cheese, and original, local food at its best! One can choose either a beer or wine tasting tour. The guided walking tour in the city centre is filled with nice surprises, joy, wonderful flavours and excellent experiences to remember!

Price: 72.00 € per person

Price includes: Guided tour with tastings and three-course dinner, local bus tickets.

Duration: 3 hours + dinner

Group size: Min. 4 persons, max. 50 persons

Availability: Year-round (closed 24-25 December).

Languages: English, German, Swedish, Russian and French

Clothing: Outdoor clothing according to the weather.

Optional extra: Charter bus transportation

Please note: Not for persons under 18 years old.

Contact information: Hiking Travel, tel. +358 3 348 3624, hikingtravel@hikingtravelhit.fi, hikingtravelhit.fi/en/

GO TO SAUNA LIKE A FINN G

Sauna is a place of relaxation and peace. Heating up the sauna is a ritual not to be spoiled with hurry. All this you can enjoy in a sauna experience in Villa Hepolahti. While the sauna is warming, you can listen to splashing waves or the silence of the frozen lake. As an alternative, there is always an option to experience how a boat rows easily on the lake. If the lake is frozen, you can dip in the ice hole. If you think this is too extreme, choose the hot tub.

Price: 105.00 € per person

Price includes: Sauna experience in two different saunas, towels, use of rowing boat, snack made with local ingredients, non-alcoholic beverages.

Group size: Min. 8 persons and max. 25 persons

Duration: One day / evening (6 hours)

Availability: Year-round

Language: English

Optional extra: Outdoor hot tub 200.00 € / group, accommodation and full dinner at request

Clothing: Normal clothing according to the season, swimming suit.

Contact information: Villa Hepolahti, tel. +358 40 057 2019, huwitus@huwitus.com, villahepolahti.com/en/frontpage/





Western Lakeland Manor Tour

DAYS 1–3 Hotel Töyrylä Manor and the best of the Lahti region

After arrival, drive to Töyrylä Manor House (105 km from Helsinki Airport), which has been a family home and nowadays also offers accommodation in restored interiors with antique furniture that reflect the country house's extravagant atmosphere. A similar nostalgic style is also found in the upstairs guestrooms. Later in the evening, a unique dinner is served in the dining room.

Over the course of three days, optional visits and activities include:

- Lapakisto Nature Reserve, Päijänne National Park
- Lake cruise on Lake Vesijärvi and Päijänne
- Guided nature activities: walking, kayaking, SUP, fishing
- Lahti Marina area with Wooden Architecture Park, Pro Wood Gallery, Sibelius Hall, cafeterias and handicraft shops
- Guided architectural tours
- Small design boutiques in Lahti city centre
- Visits to local farms such as Kinnari farm and a local winery Viini-Pihamaa

More information about Lahti and the Southern Päijänne region: www.visitlahti.fi and www.visitpajanne.fi

DAYS 3–5: The best of Toivakka and the Jyväskylä region

After breakfast, drive to the Taulu Estate, Toivakka village (199 km from Töyrylä Manor House). Taulu Estate is a country-style manor house that has tradition and ecology as its cornerstones. Accommodation in charming, country-style double room with breakfast.

Over the course of three days, optional visits and activities include:

- Pyhä-Häkki and Leivonmäki National Park
- Guided activities and nature trails close to Taulu Estate
- Old Toivola courtyard, the most beautiful shopping centre in town, including a blacksmith's workshop, yarn shop, craftsmen's museum, café and small boutiques
- Alvar Aalto Museum
- Lake cruise on Lake Päijänne with Päijänne Cruises Hildén or with m/s Rhea

More information about the Jyväskylä region: www.visitjyvaskyla.fi

Price: 960.00 € per person

Price includes: Accommodation in unique and idyllic manor houses / special hotels in double rooms with breakfast for 9 nights, manor tour, pre-dinner cocktail in a grey salon, three-course dinner in dining room, after-dinner coffee in a yellow salon and sauna in Töyrylä Manor House on Day 1.

The price does not include: Rental car / transfers, optional activities, entrance fees, lunches, dinners

Group size: Min. 2 persons

Duration: 9 nights / 10 days

Availability: On request May–September

Please note: The price is not valid during special events, fairs and holidays, such as Christmas. Optional activities upon request and bookings at least two weeks in advance. Guide service in English. Transfers can be organised for larger groups at an extra charge.

Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

DAYS 5–8: The best of the Tampere region

After breakfast, drive to Tampere / Lempäälä (about 200 km from Toivakka). Vaihmalan Hovi Manor House is located in the setting of the Finnish countryside close to Lake Vanaja. Accommodation in an idyllic double room with breakfast.

Over the course of the stay, optional visits and activities include:

- Kayaking, river floating, golf, day spa treatments
- Guided nature activities such as kayaking, river floating, SUP, etc.
- Seitsemisen and Helvetinjärvi National Parks
- Finlayson and Tampella areas / industrial heritage sites: an area packed with history, culture and innovation! The modern and versatile centre houses various restaurants, cafés, businesses and cultural services.
- Pispala recreational area and Pyynikki Observation Tower
- Näsinneula Observation Tower: the tallest structure in Tampere—and Finland!
- Särkänniemi Amusement Park
- Moomin Museum: The world's only Moomin Museum, previously known as Moominvalley, has a permanent new home in the newly renovated Tampere Hall
- Lunch Cruise on Lake Pyhäjärvi (2 hours)

More information about the Tampere region: www.visittampere.fi

DAYS 8–10: The best of the Hämeenlinna region

After breakfast, drive to Hämeenlinna, about 60 km from Lempäälä. Accommodation at Hotel Vanajanlinna in Hämeenlinna, which is an ideal destination for a truly relaxing and luxurious weekend that offers only the best.

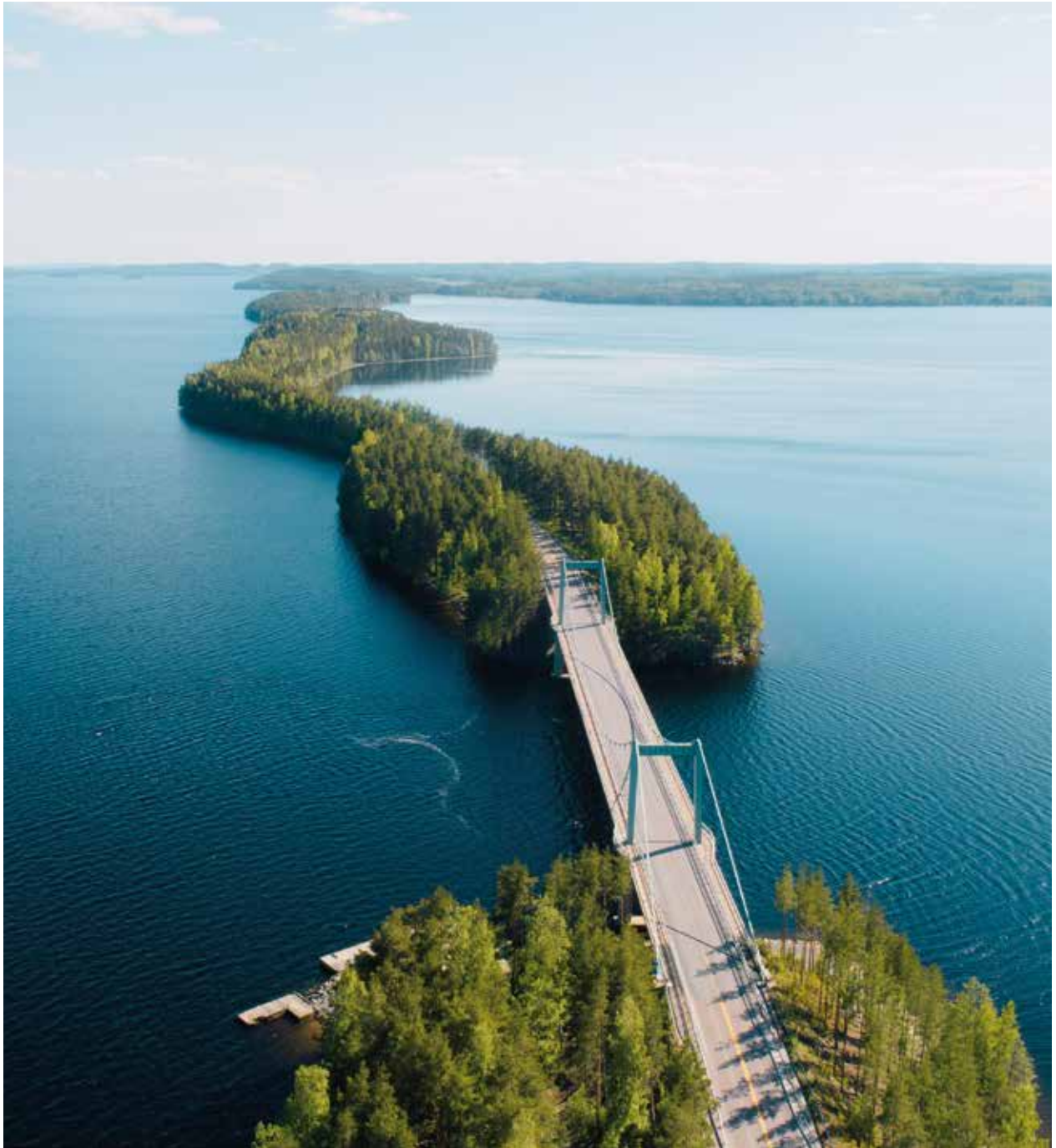
Over the course of the stay, optional visits and activities include:

- Aulanko Nature Reserve and National Urban Park
- The medieval Häme Castle
- The birthplace of Jean Sibelius
- Iittala Glass Museum and Glass Factory
- Lepaa village, local county winery, park, etc.

More information about the Hämeenlinna region: www.visithame.fi

DAY 12: Departure

Breakfast and drive back to Helsinki-Vantaa airport (70 km from Hämeenlinna).



Summer Fun at Western Lakeland

DAY 1:

Arrival to Helsinki and drive by rental car to Asikkala (about 140 km). Accommodation in a cosy log cabin / villa by Lake Päijänne or by lake Vesijärvi. **Free evening to enjoy the silence of the surrounding nature and countryside, sauna and swimming.**

DAY 2: Activity day in Lehmonkärki Resort

Activity day in Lehmonkärki Resort including self-guided or guided activities such as guided boat trip to Päijänne National Park's biggest island, Kelvenne.

DAY 3: Free day to explore Lahti and its surroundings

- Lake cruise on Lake Vesijärvi and Päijänne
- Lahti Marina area with Wooden Architecture Park, Pro Wood Gallery, Sibelius Hall, cafeterias and handicraft shops
- Guided tours including themed tours, berry picking, kayaking etc.
- Small design boutiques in Lahti city centre
- Visits to local farms such as Kinnari farm and a local winery Viini-Pihamaa
- Suurmäki Observation Deck: In the summer, you can enjoy the wonderful view from the observation deck at the top of the Lahti Ski Jump tower.
- Lahti City Museums

More information about Lahti & Southern Päijänne region and guided activities: visitlahti.fi and visittaijanne.fi

DAY 4: Jyväskylä region and whitewater rafting

After breakfast, drive to Varjola Guesthouse, located in Laukaa about 30 km from Jyväskylä (total driving distance from Lehmonkärki to Varjola is about 170 km). Accommodation in the cosy Riihi Villa for one night. After arrival it's time to test your skills at whitewater rafting and crossing the rapids with a cable wire!

DAY 5: The best of Jyväskylä

After breakfast, drive to Jyväskylä, the city that follows in the footsteps of the world-famous architect Alvar Aalto. Time to explore the best sights of the town. Overnight stay at Hotel Verso in a double room with breakfast.

Price: 960.00 € per person

Price includes: Accommodation in a well-equipped log cabin for three nights in Asikkala with breakfast, boat trip to Päijänne National Park with a picnic lunch, accommodation in Varjola Guesthouse's Riihi Villa with breakfast for one night, whitewater rafting and cable wire slide programme, accommodation in a superior double/twin room with breakfast at Hotel Verso for one night, entrance fee to Serlachius Museums, accommodation in a superior double room with breakfast at Sokos Hotel Villa for two nights.

The price does not include: Rental car/transfers, optional activities, entrance fees, lunches, dinners

Group size: Min. 4 persons, larger groups upon request. Please ask offer for 2 adults and 2 children

Duration: 7 nights/8 days

Availability: Upon request May–September. During special events, fairs and holidays limited availability may apply

Please note: Clients should have their own travel insurance

Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

Tips on Jyväskylä and its surroundings:

- Old Toivola courtyard: the most beautiful shopping "centre" in town including local handicraft shops / small boutiques, craftsmen's museum and museum's gift shop, café. Please check the opening hours and more detailed information: www.vanhapiha.fi/en/
- Alvar Aalto self-guided or guided tours
- Lake cruise on Lake Päijänne with Päijänne Cruises Hildén or with m/s Rhea

More information about the Jyväskylä region: visitjyvaskyla.fi

DAY 6: The best of the Tampere region

After breakfast, drive to Tampere (about 180 km) via Mänttä-Vilppula. Visit to Serlachius Museums Gösta with the pearls of Finnish paintings and great works of international and national contemporary art! Enjoy a delicious lunch at restaurant Gösta or purchase a picnic basket from Autere Cottage. After your visit, drive to Tampere and check in at Sokos Hotel Villa.

DAY 7: From locals with love

After breakfast, it's time to explore the best of Tampere. A couple of days are easily spent in the city and its surroundings.

- Kayaking, river floating, golf, day spa treatments
- Guided nature activities: kayaking, river floating, SUP, etc. Seitsemien and Helvetinjärvi National Parks
- Finlayson and Tampella areas / industrial heritage sites: an area packed with history, culture and innovation. The modern and diverse centre offers various restaurants, cafés, businesses and cultural services
- Pispala recreational area and Pyynikki Observation Tower
- Näsinneula Observation Tower: the tallest building in Tampere - and Finland!
- Särkänniemi Amusement Park
- Moomin Museum: The world's only Moomin Museum, previously known as Moominvalley, has a permanent new home in the newly renovated Tampere Hall
- Lunch Cruise on Lake Pyhäjärvi (2 hours)

More information about what to see & do: visittampere.fi

DAY 8: Departure

Breakfast and drive back to Helsinki via Iittala village (optional visit to Iittala Glass Museum and Iittala Glass Factory and /or Hämeenlinna town (optional visit to Hämeenlinna Castle).

Share a taste of local life

DAY 1: Fiskars - a tour of the area's three beverage producers

After arrival, departure by rental car to Fiskars village, located about 100 km from Helsinki. Overnight in **Hotel Tegel**, which is located at the Old Cutlery Mill. Later in the afternoon, guided tour of the area's three beverage producers: Fiskars Brewery, Ägräs Distillery and Noita Winery.

DAY 2: Tampere - the sauna capital of world!

After breakfast, departure to Tampere (about 200 km depending on chosen route). On the way, visits to Lepaa Winery and Iittala village including Iittala Glass Museum and small boutiques. Optional lunch at Restaurant Taika. Overnight at **Original Sokos Hotel Villa**.

Free evening to explore the city and try for example one of the many public saunas and eat dinner either at **Plevna Brewery Pub and restaurant** or **Pyynikin Brewhouse Restaurant**.

DAY 3: The best artisan beers in the Tampere Region

After a well-slept night it is time to head out for tours in two breweries in the region: **Nokia Brewery** and **Pyynikki Brewery**. Both tours give you a special insight into the brewing process from the beginning, stories of the past and present and needless to say, tastings of the best beers. Free evening. Please note: Both breweries can also be reached by public transportation.

DAY 4: Tastes of Jyväskylä

After breakfast, departure to Jyväskylä (about 150 km). Overnight in privately owned **Boutique Hotel Yöpuu** or **Hotel Verso** at the city centre. Later in the afternoon, guided beer and delicacy walk in Jyväskylä with profes-

sional beer sommelier! During the tour you will eat and drink like a local: pure, honest bites packed with tasty stories!

DAY 5: Lahti - fresh and clean water as a basis of local breweries and distilleries

Departure to Lahti (about 170 km) and on the way optional visits either **Pihamaa Vineyard and Winery** or **Finland's biggest farm shop** called **Heila** selling local and Finnish delicacies!

Accommodation at **Solo Sokos Lahden Seurahuone** at the city centre. After arrival, visit at **Teerenpeli Brewery and Distillery's new visitor centre** including and beer or whisky tasting program. Teerenpeli products highlight Finnish flavours, handcraft and ecological production. The beverages are produced with over 20 years of expertise, honouring traditions and using local raw materials and clear groundwater from the Salpausselkä ridges. Teerenpeli Distillery is also one of the oldest distilleries in Finland and currently a clear market leader in Finnish Single Malt Whiskies!

DAY 6: Visiting local micro brewery and Hartwall Brewery Factory

Check-out and drive to Vääksy village (about 25 km). Visit at a **local micro-brewery, Kanavan Panimo Brewery**, where you learn about the art of brewing in a local micro-brewery. See brewing and fermentation vessels, try some malted barley and learn the differences between beers!

After the tour, departure to Helsinki and on the way, visit at **Hartwall Brewery Factory's visitor centre**. Finnish water is unique! And so is Hartwall's ability to process different drinks from water, which is the unmatched basis of all their products! Hartwall is known for a wide product range including special flavoured waters, soft drinks, specialty drinks, beers, ciders and long drinks.

Price: 985.00 € per person

Price includes: Accommodation for five nights in mentioned hotels in superior twin/double rooms with breakfast, guided brewery tour in Fiskars, guided brewery tours in Tampere, guided beer and delicacy walk with professional beer sommelier in Jyväskylä, guided tour at Teerenpeli new visitor centre & tasting, guided tour at Kanavan Panimo micro-brewery and guided tour at Hartwall Factory's visitor centre.

Price doesn't include: Rental car, meals, optionals

Single supplement: 385.00 € per person / 5 nights

Group size: Min. 4 persons. Please ask an offer for bigger groups.

Duration: 6 days / 5 nights

Availability: On request and according to availability (best season May-September)

Service language: English

Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

OPTIONAL: Tasting Tampere walking tour in the city centre including the smallest bar in town, Tap House of a local craft brewery, Pub Kievari Kahdet Kasvot and three other visits, appetisers, beer tastings, self-made beer cocktail, aperitif, two small drinks and dinner.



Art, Design and Architecture Tour

DAY 1

Arrival to Tampere and check-in at the chosen hotel. Later on, lunch and **guided city sightseeing tour**. The tour includes, for example, visits to Tampere Cathedral, Finlayson Old Mill area, Finlayson factory outlet, Old Stable yards, Pispala housing area, Pyynikki observation tower, coffee and doughnut at the observation tower café. Later on, **visit Näsinneula Observation Tower**, including special Lakeland menu dinner.

DAY 2

Breakfast at the hotel and **visit to the world's only Moomin museum with special themed Moomin Menu lunch** in Restaurant Tuhto. After lunch, **guided Design in Tampere tour**, including the best designs of young Finnish designers. Later in the evening, dinner at the hotel.

DAY 3

Transfer to Jyväskylä via Mänttä-Vilppula. **Visit to Serlachius Museums – Gösta**, offering memorable experiences to lovers of art, history, good food and nature. Lunch in a traditional Finnish cottage before continuing to the **felt factory and outlet shop "Lahtiset"** that manufactures felt boots and to **Moose Manor where you can meet a moose close up**. From Moose Manor the trip continues to Jyväskylä. Overnight at Hotel Verso. Dinner at a local restaurant.

DAY 4

After breakfast, **guided bus tour "Aalto Bravo"** through **Alvar Aalto's architectural destinations**. Tour ends with lunch and a **guided visit to Toivola Old Courtyard** with lovely handicraft shops. Dinner at a local restaurant.

DAY 5

After breakfast, check-out and go on a **guided tour at the Panda Chocolate and Liquorice factory and design shop Puttipaja**. Before continuing to Lahti, lunch at Naissaari Café. Check-in at Solo Sokos Lahden Seurahuone and dinner.

Price: 1.280,00 € per person

Price includes: Accommodation in good local hotels in double rooms with full board (6 x lunch, 6 x dinner), guided tours in Tampere, Moomin Museum, Serlachius Museum Gösta, Jyväskylä and Lahti, entrance fees.

Price does not include: Transfers

Single supplement: 405.00 € per person

Group size: Min. 10 persons

Availability: Upon request May–September. During special events, fairs and holidays limited availability may apply)

Duration: 7 days/6 nights

Guide language: English and Japanese

Please note: Clients should have their own travel insurance

Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi



DAY 6

Guided city and wooden architecture tour in Lahti, including Sibelius Hall, Pro Wood Gallery and shop. After the tour, lunch at Restaurant Taivaanranta. Later in the afternoon, free time to do some optional activities before dinner at a local restaurant:

- Small design and handicraft boutiques in Lahti city centre
- Visit at Ski Jump Observation Terrace
- **Visit at Lahti Museum of Visual Arts MALVA**

DAY 7

After breakfast, departure.

Western Lakeland Sauna Tour

DAY 1

Arrival to Helsinki and transfer to Asikkala. Accommodation in an individually decorated log cabin by Lake Päijänne, the second largest lake in Finland. After arrival, slow walk in the nearby forest where you'll learn about the traditional use and benefits of plants that grow wild in our woods! After the tour it is time to heat up your cabin's sauna and learn about the importance of the nature in Finnish culture and hear stories of the traditional Finnish beliefs as well as effectiveness of sauna.

Individual and relaxing whisking treatment at a sauna includes two different types of whisks followed by whole body massage with birch whisks and honey/clay with herbs. After the sauna, it is time to enjoy genuine tastes of Finnish sauna menu of your choice.

DAY 2

After breakfast, departure to Hankasalmi, Revontuli Resort – a holiday centre in Central Finland. Accommodation in unique All Sky Aurora Igloo which offer an unforgettable relaxed form of accommodation by the nature with beautiful lake view!

Later in the afternoon, you will have a wellness sauna programme including two different kinds of Finnish sauna and guided relaxation session. Afterwards, you can enjoy the silence, relax in an outdoor hot tub and refresh yourself by swimming in a lake before eating a delicious dinner at the restaurant.

DAY 3

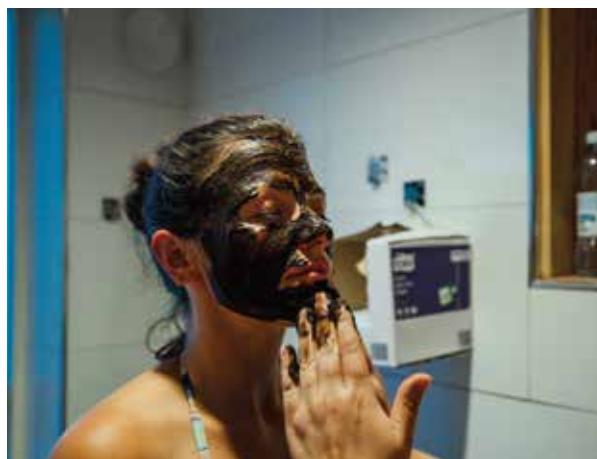
Departure to Tampere – The Sauna Capital of the World! Tampere has over 30 public saunas in the region for anyone to relax in, throughout the year. After check-in, guided public sauna tour with local sauna experts including the oldest public sauna in Finland, a hidden sauna gem in the heart of a working class neighborhood and a true local way enjoying magical combination of sauna and lake!

DAY 4

Departure to Hämeenlinna and check-in to Petäys Resort located by the lakeside. After arrival, possibility to try different activities before entering traditional Finnish Smoke Sauna.

DAY 5

Departure to Helsinki. Optional Helsinki Sauna City Tour including city tour, boat cruise to Saunasaari "Sauna Island" – a nameless island lying surprisingly near the city offering astonishing sceneries and surrounded by the Baltic Sea! In Saunasaari, you may relax in three different smoke saunas, bath in warm hot tubs and swim in the sea. A perfect ending to the tour!



Price: 1.285,00 € per person

Price includes: Accommodation for four nights with breakfast (lakeside cabin, lakeside igloo and unique hotel rooms, guided sauna programmes mentioned in the programme, special sauna menu, sauna snack and 2 x dinner

Price does not include: Rental car, optional

Group size: Min. 4 persons. Please ask an offer for bigger groups.

Duration: 5 days / 4 nights

Availability: May-November

Language: English

Clothing: Casual outdoor clothing, swim suit

Please note: Part of the programme can be done by public transportation.

Optional: Whole day Helsinki Sauna City Tour 360.00 € / person

Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

Joy of feelings and strengthening your presence

Choose programmes of your interest and deepen your understanding of Finnish nature, culture and traditions. The idea is that, over five-ten days, you do relaxing things and fill your body and mind with pure air and positive thoughts and you have left stresses of real life far behind you. Once you've spent a few days exploring... go off-line and slip into a meditative state!

DAY 1

Arrival at Helsinki-Vantaa Airport and transfer either by rental car or coach to **Lehmonkärki Resort** Accommodation in a well-equipped log cabin located by the lakeshore. After arrival, a tasty lunch made from local ingredients is served. Later in the afternoon, a **slow walk to the forest** where you will gather herbs for your foot baths as well as branches of the trees for your personal **energising Power Whisks**. You will learn about the importance of the nature in Finnish culture, Finnish folklore as well as herbal medicine and the powers of the herbs and plants. In the forest, you'll also experience the powers of the nature with nature-based mindfulness exercises. After arriving back, **you will start your sauna ritual with body scrubs, facial masks and foot baths** followed by an aromatic herbal sauna bath with one's own energising Power Whisk. Later in the evening, dinner is served either in your cabin or at the restaurant.

DAY 2

Country style breakfast and **guided walk through the forest** where you will enjoy the enchanting greenness of Finnish summer, pure and fresh air, and get some gentle exercise while learning about the traditional use and benefits of the marvellous plants that grow wild in our woods and meadows. Together we'll wildcraft some plants, which you can afterwards use either in herbal sauna, cooking, making simple natural cosmetics or make arts & crafts depending on your choice of programme! In the afternoon, either free time to enjoy the surroundings or optional activities:

- **Traditional Finnish massage treatments** which have long-standing roots in the cultural heritage of Finnish healing techniques.
- **Berry- or mushroom picking** depending on the season
- **SUP paddling tour or sauna yoga** at Vierumäki Resort
- **Secret of Island trip** starting from Pajulahti Resort

Later in the evening, sauna and swimming in Lake Päijänne. After the sauna, it is time to enjoy the genuine tastes of the Finnish sauna menu of your choice.



DAY 3

Departure to Revontuli - Northern Lights Resort located at Central Finland. Accommodation in unique **All Sky Aurora glass igloo** which offers an unforgettable relaxed form of accommodation in nature with a beautiful lake view.

After arrival and settling down, **it is time to catch the soul of sauna on The Northern Lights Sauna Trail!** You will get familiar with two different kinds of Finnish saunas: electric sauna and tent sauna, which you will heat together with the guide! After heating up the sauna, relaxing stretching lesson and possibility to enjoy the silence, relax in an outdoor hot tub and refresh yourself by dipping in fresh lake water! After sauna, a special sauna dinner under the theme **"Forest & Lake"** is served.

DAY 4

Departure to Varjola Estate, located in Finnish countryside and by the lake! Accommodation in beautiful Riihi Villas with a lake view.

Day continues with **"Taste the country life"** day trip including sheep farm tour and making handicrafts from wool, forest walk and 3-course menu at Varjolas' Bistro Sylvi.



DAY 5

Departure to Hämeenkyrö. On the way, visit at Serlachius Museums. This relaxing stop gives you sights to dramatised history, interesting contemporary art, and art of the Golden Age in magnificent lake landscape. Possibility to enjoy an exquisite lunch at an award-winning restaurant!

After the break, drive to Frantsila Wellbeing Centre located in the beautiful Finnish countryside. Accommodation in an old, well-kept farm house.

DAY 6

After breakfast, it is time to experience what a true relaxation is really all about! You can wander along a herb path, which will take you through forest, herb fields and meadows and by a forest stream. On the way, you can stop and enjoy the fragrance from the herbs, hear the birds singing and the wind whispering through the trees... The sounds and scents and the natural beauty washes away all of your cares and worries!

After the walking tour, lunch made from mainly organic ingredients is served.

In the afternoon, you can choose something from the large selection of natural treatments, special saunas or Hot tub experiences.

DAY 7

After a well-slept night and breakfast, departure to Vaihmalanhovi Manor House, located amidst the Finnish countryside by Lake Vanaja. Accommodation in idyllic double/twin room with breakfast. Free afternoon or optional activities:

- Kayaking at Lake Vanaja and other guided nature activities
- Golf (Vaihmalan Hovi Manor House is located next to golf courses)
- Day Spa treatments

DAY 8

Breakfast and drive back to Helsinki-Vantaa Airport

Price: On request and depending on chosen services

Group size: Min. 2 persons, max. 15 persons

Duration: 7 nights / 8 days

Availability: On request year-round (on winter time, the walks will be with lanterns to the surrounding nature or with snowshoes), during special events, fairs and holidays, limited availability.

Please note: Also, longer stays at one place and longer tours available

Language: English

Contact information: Lahti Region / Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

Tours



Finnish summer magic - Helsinki-Turku-Tampere tour

During this special tour, you will visit the Moomin World in Naantali, the Moomin Museum in Tampere and spend memorable moments under the midnight sun in Helsinki! Perfect getaway and combination of fun and Finnish magical cultural heritage!

DAY 1

Arrival in Helsinki and train to Turku (train will be chosen according to your flight schedules), historic city and the old capital of Finland. Accommodation in a renovated boutique hotel in town (about a 10 min. walk from the railway station to the hotel).

DAY 2

After breakfast, departure to Naantali on an old steamship at 10:00 am! Ukkopekka is an authentic steamship making the smooth, dream-like voyage perfectly nostalgic. It heads directly from the centre of Turku to where the footbridge over to Moominworld begins, in the Old Town of Naantali, which is a stunning sight in itself. When you jump aboard the Steamship S/S Ukkopekka at the River Aura archipelago ferry harbour, you will be in Naantali in less than two hours! There is also the possibility to eat a delicious lunch on board! After arrival, you have approximately 3 ½ hours to spend at the official home of the Moomin characters, the famous Moomin World. At 4:00 pm, Departure back to Turku with Ukkopekka steamship or by special Moomin bus (also later departures with bus available).

DAY 3

After breakfast, morning train to Tampere. Short walk to the hotel, located at the vicinity of the railway station and Moomin Museum. Later in the afternoon, visit and go on a guided tour of the World's only Moomin Museum. Free evening.

Price: 920.00 € per person

Price includes: Train ticket Helsinki Airport-Turku in economy class, accommodation in chosen hotels (superior twin/double rooms) with breakfast for five nights, return ferry/bus ticket from Naantali to Turku, admission fee to Moomin World, train ticket Turku-Tampere in economy class, admission fee and guided tour at Moomin Museum, train ticket Tampere-Helsinki in economy class, private transfer from the railway station to the hotel, admission fee to the Helsinki Art Museum.

Price doesn't include: Meals, alcoholic or soft drinks during meals, optionals, extras

Single supplement: 390.00 € per person/5 nights

Group size: Min. 2 persons

Duration: 6 days/5 nights

Availability: On request

Please note / more information: We reserve the right to make changes. Also, tailor-made programmes for groups are available. Please ask an offer!

Language: English

Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

Optional:

- Guided city tour
 - Guided public sauna tour
 - Guided workshop at the Moomin Museum
- More information about what to see & do: visittampere.fi

DAY 4

After breakfast, morning train to Helsinki. After arrival, private transfer to a chosen hotel located at Helsinki city centre. Later in the afternoon, visit the Helsinki Art Museum with the works of Tove Jansson (1914–2001), which are amongst the most cherished pieces in the HAM collection. HAM has dedicated some of its galleries to an exhibition of the artist's life and works.

Optionals:

- City sightseeing tour by bus
- Guided city tour (different themes available)

DAY 5

Free day to do shopping, explore the many sights of Helsinki, visit at Suomenlinna, UNESCO World Heritage Site or try Allas Sea Pool, a garden-like oasis in the heart of Helsinki with a large Southern Finland pool area and magnificent saunas. In addition to swimming, bathing in the saunas and good food. More information about what to see & do: myhelsinki.fi/en

DAY 6

Departure or extra days at lakeside cabin at Lahti region (1-hour from Helsinki) with guided or self-guided nature activities. More information about accommodation and what to see & do: visitlahti.fi

Sustainable holiday in Helsinki and Lakeland regions

During this round-trip you can experience the best of Helsinki and the Finnish Lakeland in a sustainable way! The suppliers included in the programme highlight ecological sustainability and specifically address climate change, yet also consider social sustainability. Most of them already have a certain eco-certification (Green Key, Green activities label, Nordic Swan Ecolabel, Sustainable Travel Finland label) or they fulfil other specific criteria like Helsinki Marketing's Think Sustainably criteria.

DAY 1

Arrival in Helsinki and **transfer to Helsinki City centre either by local train or Finnair Airport Bus. Accommodation in a centrally located hotel**, which has a Green Key certificate.

DAY 2

After breakfast, it is time to explore the city independently. You can find tips for sights, shops and restaurants, which have joined the Sustainable Travel Finland programme for achieving the Sustainable Travel Finland Label or fulfil Helsinki Marketing's Think sustainable criteria from: myhelsinki.fi/en/think-sustainably

DAY 3

After breakfast, a visit to Suomenlinna Fortress. Suomenlinna is **a UNESCO World Heritage site** and one of the most popular tourist attractions in Finland. Suomenlinna's appeal lies in its history, sights and maritime environment. Together with its stakeholders, the Governing Body of Suomenlinna has created **a sustainable tourism strategy** that serves the dual objectives of site conservation and tourism development. Suomenlinna also has the Sustainable Travel Finland Label.

Suomenlinna fortress can be reached with a ferry, which leaves from the Market Square. The ferry company also emphasises sustainability in its operations.

DAY 4

After breakfast, it is time to take a train to Lahti, The European Green Capital 2021. Accommodation is in centrally located hotel, **which has a Green Key Certification and Sustainable Travel Finland Label**.

Time to explore the European Green Capital, which provides a stunning setting in which to enjoy nature at its freshest and purest! Head to **Salpausselkä Geopark** (formed by the last Ice Age), which is currently applying for UNESCO Global Geopark status, with a guide (either guided walking or E-fatbike tour).

Later on, you can pop by the Lahti harbour that has been completely transformed from a heavy-industry port into an oasis for Lahti's residents and tourists alike. At the harbour area you can also explore **Kariniemi and Olavi Lanu Sculpture Park - consisting of an arboretum and massive sculptures which blend into the scenery**. This is an important recreational area between central Lahti and the shore of Lake Vesijärvi.

The city also offers great opportunities for **sustainable shopping (Rautatiekatu shopping street)**. For instance,



the collection of the Cocoonhouse women and children's clothing boutique is made almost entirely in Lahti from ecological and primarily Finnish materials. Also MariMari, a local women's clothing and lifestyle boutique, has a collection made in Lahti from GOTS certified organic cotton: www.heilahti.com

Recommended restaurants include Restaurant Roux in a converted 19th century pharmacy, specialising in Finnish and Nordic cuisine, Taivaanranta Grill and Distillery, also with a Finnish-themed menu, and **Eco-Café Meamanna offering organic food and cakes. Meamanna also offers work engagement opportunities to persons with special needs.**

DAY 5

After breakfast, transfer by morning bus to Jyväskylä. **Accommodation in a centrally located hotel with a Green Key certification.**

The entire Jyväskylä Region takes part in the Sustainable Travel Finland programme, which gathers under one label all the tourism operators that are truly committed to sustainable travel also in the Jyväskylä Region.

After arrival, free time to explore the city and its sights by foot and enjoy delicious meals at restaurants serving food made from local ingredients:



- **Toivola Old courtyard:** the most beautiful shopping "centre" in town: vanhapiha.fi/en/
- **Alvar Aalto self-guided or guided tours:** visittampere.fi/en/alvaraalto/guided-and-self-guided-tours/
- **Restaurant Harmooni:** harmooni.fi/en/
- **Restaurant Pöllöwaari:** ravintolapollowaari.fi/en/

DAYS 6–7

Transfer by train to Tampere. The City of Tampere has made a strong commitment to implement and promote ecologically, socially, culturally and economically sustainable policies in the city. **Accommodation is in a Green Key -certificated hotel, which is located nearby the train station.**

Tips for sustainable travel and activities in Tampere:

- **Self-guided walking tour** around the city (printable maps with tips: visittampere.fi/article/printable-maps)
- **Finlayson and Tampella areas** / industrial heritage sites: Area packed with history, culture and innovation!
- **The Finlayson Church, the Finlayson Palace, and Talli-piha Stable Yards** with small handicraft shops

Price: 1050.00 € per person

Price includes: Accommodation in standard double/twin room with breakfast for seven nights in Green Key-certificated hotels with breakfast, 2- hour guided walking or E- fatbike tour in Lahti, train tickets Helsinki–Lahti, Jyväskylä–Tampere and Tampere–Helsinki Airport, bus ticket Lahti–Jyväskylä.

Price doesn't include: Flights, train or bus ticket from Helsinki Airport to Helsinki city centre, ferry tickets to Suomenlinna, meals, optional extras

Group size: Min. 2 persons

Duration: 8 days/7 nights

Bookings: At least four weeks earlier

Availability: On request Mid June–Mid August.

Please note / more information: We reserve the right to changes. Please request an offer for different group sizes and a modified package for other seasons (May, late August, September).

Commission for tour operators: Kindly contact the provider regarding the commission.

Contact information: Lahti Region Ltd., sales@lahtiregion.fi, anu.huusko@lahtiregion.fi, www.visitlahti.fi

- **Pispala recreational area and Pyynikki Observation Tower**

• **Näsinneula Observation Tower:** The tallest building in Tampere – and in Finland

• **Moomin Museum:** The world's only Moomin Museum

• **Eat local!** Eating local foods is a climate-friendly way of familiarising yourself with new cities and cultures.

visittampere.fi/en/hungry-for-tampere/local-delicacies/

More information about what to see and do in a sustainable way in Tampere:

visittampere.fi/en/articles/sustainable-travel-activities/

DAY 8

Breakfast and train to Helsinki Airport.

Also optional day possible in the Häme region with accommodation in a Green Key -certificated hotel.

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www.finland-product-manual.com

www.visitfinland.com/mystay



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