

# Finnish Lakeland

Hämeenlinna • Jyväskylä • Lahti • Tampere

Product Manual



# 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. But it's about much more than just an iconic view. Nature is a huge part of our identity, and a significant source of wellbeing for millions of Finns.

The 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 to create the world-famous Finnish design.

The urban life in the 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, the 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 the lakeside are always close by. 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 your 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 the western Lakeland!

Photos:  
Visit Finland media bank, Visit Tampere / Laura Vanzo, Visit Lahti, Jukka Rautio, Visit Central Finland, Iittala Glass Museum, Aalto Museum / Tero Takalo-Eskola, local companies

## Your western Lakeland Team

**CENTRAL FINLAND** 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. A 45-minute drive from the city, ski resort Himos is ready to fulfill all outdoor expectations.

### Visit Central Finland / Jyväskylä region



Ms Päivi Heikkala  
paivi.heikkala@visitcentralfinland.com  
Tel. +358 50 304 8467  
[visitcentralfinland.com/fi](http://visitcentralfinland.com/fi) and [visitjyvaskyla.fi](http://visitjyvaskyla.fi)

**TAVASTIA 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 the enchanting Iittala Glass Museum. National Parks Torronsuo and Liesjärvi are less than one hour drive from Hämeenlinna. In the Tavastia region the positive aspects of city life are combined with adventures and slow life, peace and quiet.

### Tavastia Region



Ms Outi Mertamo  
Tel. +358 50 351 5799  
outi.mertamo@hamk.fi  
[gotavastia.fi](http://gotavastia.fi)

**LAHTI REGION** is known for its wood architecture and design, manor houses, cottages by the lake, outdoor activities, wellbeing 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](http://www.visitlahti.fi) and [www.visitpajanne.fi](http://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 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](http://www.visittampere.fi)



Ms Mari Saloniemi (Asian markets)  
mari.saloniemi@visittampere.fi  
Tel. +358 50 594 5951  
[www.visittampere.fi](http://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 31.12.2019.

For bigger groups and for more information, please contact the providers.

We reserve the right to all changes.

**F** Product is for individuals

**G** Product is for groups

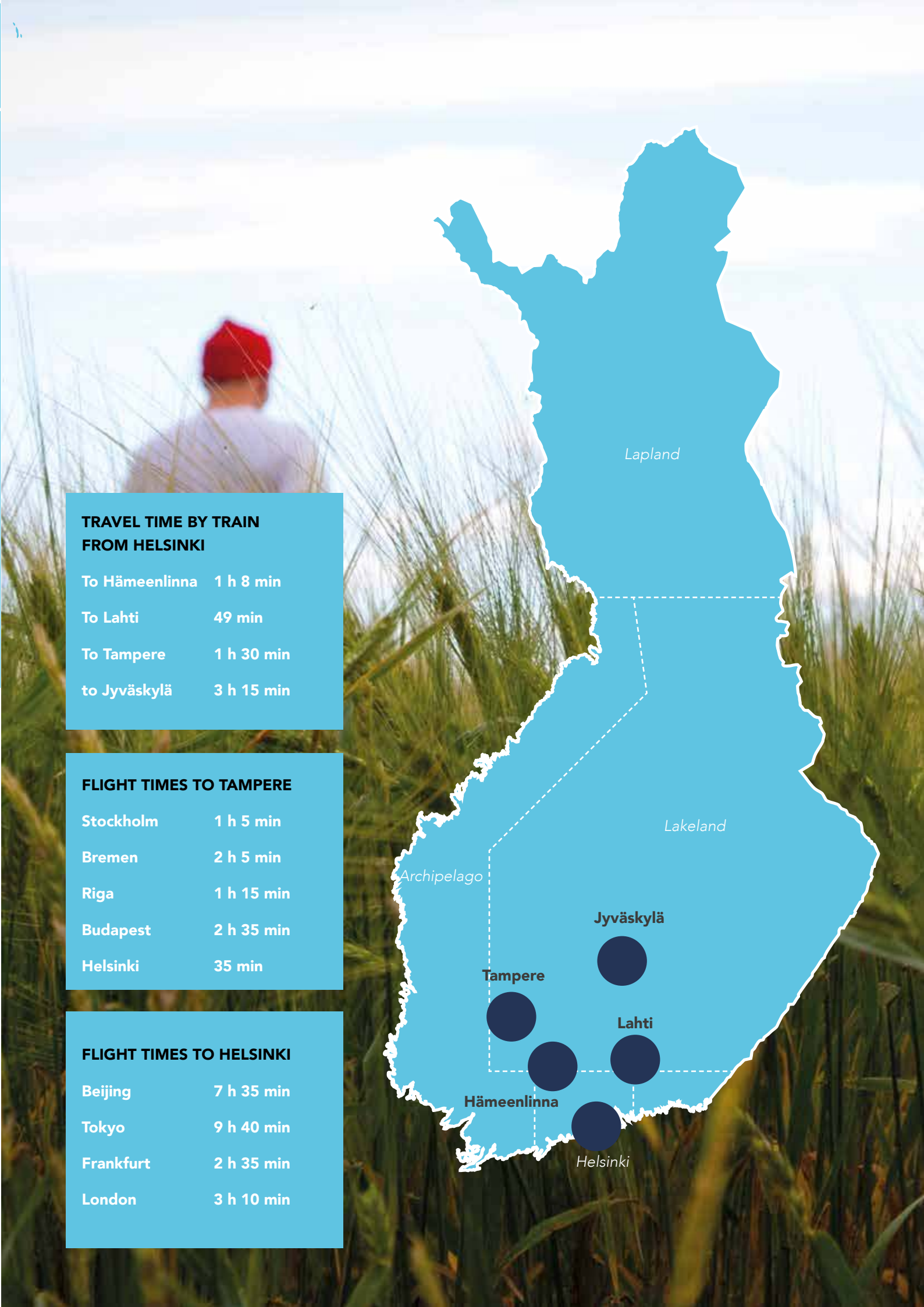




# How to get to and around western Lakeland

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

- **Central Finland / Jyväskylä region** - Located at a hub of excellent connections, Jyväskylä is highly accessible from practically anywhere from Finland  
[visitjyvaskyla.fi/en/worth-knowing/getting-to-jyvaskyla](https://visitjyvaskyla.fi/en/worth-knowing/getting-to-jyvaskyla)
- **Tavastia region** – only an hour away by car or by train from the largest cities in the Southern Finland as well as the airports in Helsinki, Turku and Tampere  
[visithameenlinna.fi/en/how-to-get-to-hameenlinna/](https://visithameenlinna.fi/en/how-to-get-to-hameenlinna/)
- **Lahti region** - less than 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  
[visitlahti.fi/en/arriving](https://visitlahti.fi/en/arriving)
- **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. Seasonal flight connections from Bremen and Budapest are offered by low cost airline Ryanair  
[visittampere.fi/en/info/transportation/](https://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
Bremen	2 h 5 min
Riga	1 h 15 min
Budapest	2 h 35 min
Helsinki	35 min

FLIGHT TIMES TO HELSINKI	
Beijing	7 h 35 min
Tokyo	9 h 40 min
Frankfurt	2 h 35 min
London	3 h 10 min







# Recommendations by locals

## Jyväskylä Region

### ACCOMMODATION

- **Hotel Yöpuu** [hotelliyopuu.fi](http://hotelliyopuu.fi)
- **Hotel Verso** [hotelliverso.fi](http://hotelliverso.fi)
- **Hotel Revontuli** [revontuli.fi](http://revontuli.fi)
- **Solo Sokos Hotel Paviljonki** [sokoshotels.fi/en/jyvaskyla/sokos-hotel-paviljonki](http://sokoshotels.fi/en/jyvaskyla/sokos-hotel-paviljonki)
- **Villa Hiidenmäki** [villahiidenmaki.fi](http://villahiidenmaki.fi)

### RESTAURANTS

- **Restaurant Pöllöwaari** [ravintolapollowaari.fi](http://ravintolapollowaari.fi)
- **Restaurant Figaro** [figaro.fi](http://figaro.fi)
- **Restaurant Harmooni** [harmooni.fi](http://harmooni.fi)
- **Restaurant Kissanviikset** [kissanviikset.fi](http://kissanviikset.fi)
- **Restaurant Hilpeä Hirvi** [hilpeahirvi.fi](http://hilpeahirvi.fi)

### SAUNAS

- **Revontuli saunas** [revontuli.fi](http://revontuli.fi)
- **Varjola saunas** [varjola.com](http://varjola.com)
- **Solo Sokos Hotel Paviljonki saunas** [sokoshotels.fi/en/jyvaskyla/sokos-hotel-paviljonki](http://sokoshotels.fi/en/jyvaskyla/sokos-hotel-paviljonki)
- **Original Sokos Hotel Alexandra saunas** [sokoshotels.fi/en/jyvaskyla/sokos-hotel-alexandra](http://sokoshotels.fi/en/jyvaskyla/sokos-hotel-alexandra)
- **Sauna Village** – the Biggest collection of Smoke Saunas [saunaregion.fi](http://saunaregion.fi)

### SIGHTS

- **UNESCO World Heritage site: Petäjävesi Old Church** [petajavesi.fi/kirkko](http://petajavesi.fi/kirkko)
- **Works of Alvar Aalto** [visitjyvaskyla.fi/en/alvaraalto](http://visitjyvaskyla.fi/en/alvaraalto)
- **Moose Manor** [hirkkartano.fi](http://hirkkartano.fi)
- **Sauna Village** [saunaregion.fi](http://saunaregion.fi)
- **Keuruu Old Church** [vanhakeuruu.fi](http://vanhakeuruu.fi)



### SHOPPING / SPECIAL PRODUCTS

- **Lahtiset**, Felt boots, bags etc. [lahtiset.fi](http://lahtiset.fi)
- **Sukarwood**  
Eco-friendly products from wood pulp [sukarwood.fi](http://sukarwood.fi)
- **Paahtimo Papu**  
Organic coffee roastery [paahtimopapu.fi](http://paahtimopapu.fi)
- **Old Keuruu**  
small shops, boutiques, local handicrafts [vanhakeuruu.fi](http://vanhakeuruu.fi)
- **Toivola Old Courtyard**  
small shops, boutiques, local handicrafts [vanhapiha.fi](http://vanhapiha.fi)

## Lahti Region

### ACCOMMODATION

- **Lehmonkärki** [lehmonkarki.fi](http://lehmonkarki.fi)
- **Töyrylä Manor Hotel** [toyrylankartano.fi](http://toyrylankartano.fi)
- **Mukkula Manor Hotel** [mukulankartano.fi](http://mukulankartano.fi)
- **Solo Sokos Hotel Lahden Seurahuone** [sokoshotels.fi/en/lahti/sokos-hotel-lahden-seurahuone](http://sokoshotels.fi/en/lahti/sokos-hotel-lahden-seurahuone)
- **Villa Takila** [forlake.fi/Villa\\_Takila](http://forlake.fi/Villa_Takila)

### RESTAURANTS

- **Restaurant Roux** [roux.fi](http://roux.fi)
- **Restaurant Taivaanranta** [taivaanranta.fi](http://taivaanranta.fi)
- **Restaurant the Officer's Club of Lahti** [upseerikerho.fi](http://upseerikerho.fi)
- **Olavi Wine and Café** [winecafeolavi.com](http://winecafeolavi.com)
- **Bus Burger** [busburger.fi](http://busburger.fi)

### SAUNAS

- **Lehmonkärki's saunas** [lehmonkarki.fi](http://lehmonkarki.fi)
- **Hollolan Hirvi traditional smoke sauna** [hollolanhirvi.fi](http://hollolanhirvi.fi)
- **Yli-Kaitala's saunas** [yli-kaitala.com](http://yli-kaitala.com)
- **Sibelius Hall VIP sauna** [sibeliustalo.fi](http://sibeliustalo.fi)
- **Hellimö** [hellimo.fi](http://hellimo.fi)

### SIGHTS

- **Lahti Harbor area including Wood Architecture and Lanu Sculpture Parks**
- **Sibelius Hall** [sibeliustalo.fi](http://sibeliustalo.fi)
- **Alvar Aalto's Church of Cross** [visit.alvaraalto.fi/en/destinations/ristinkirkko-at-lahti/](http://visit.alvaraalto.fi/en/destinations/ristinkirkko-at-lahti/)
- **Päijänne National Park** [nationalparks.fi/en/paijannenp](http://nationalparks.fi/en/paijannenp)
- **Lahti City Museums** [lahdenmuseot.fi](http://lahdenmuseot.fi)

### SHOPPING / SPECIAL PRODUCTS

- **Small design boutiques and shops at Rautatienkatu Street**  
products from local designers [heilahti.com](http://heilahti.com)
- **Pro Wood Gallery Shop**  
fine selection of modern Finnish wood design items [propuu.fi](http://propuu.fi)
- **Kinnari Farm**  
Farm shop including products from local farmers, also beautiful things for home and garden [kinnarintila.fi](http://kinnarintila.fi)
- **Heila**  
Local farm produce [heilan.fi](http://heilan.fi)
- **Ruskovilla Factory Outlet**  
Organic merino wool, silk and cotton products [webshop.ruskovilla.fi](http://webshop.ruskovilla.fi)

## Tavastia Region

### ACCOMMODATION

- **Eerikkilä Resort** [eerikkila.fi](http://eerikkila.fi)
- **Hunajakoto** [hunajakoto.com](http://hunajakoto.com)
- **Evo Nature** [evonluonto.fi](http://evonluonto.fi)
- **Hotel Emilia** [hotelliemilia.fi](http://hotelliemilia.fi)
- **B & B Matin ja Maijan** [matinjamaijan.fi](http://matinjamaijan.fi)

### RESTAURANTS

- **Inkala Manor** [inkalankartano.fi](http://inkalankartano.fi)
- **Restaurant Piparkakkutalo** [ravintolapiparkakkutalo.fi](http://ravintolapiparkakkutalo.fi)
- **Hotel & Restaurant Vanajanlinna** [vanajanlinna.fi](http://vanajanlinna.fi)
- **Restaurant Popino** [popino.fi](http://popino.fi)
- **Restaurant Vispilä** [vispila.fi](http://vispila.fi)

### SAUNAS

- **Jalolautta** [jalolautta.fi](http://jalolautta.fi)
- **Hevossilta** [hevossilta.fi](http://hevossilta.fi)
- **Vikingsauna** [viikinkisauna.fi](http://viikinkisauna.fi)
- **Petäys Resort Saunas** [petays.fi](http://petays.fi)
- **Kielonranta** [kieloranta.fi](http://kieloranta.fi)

### SIGHTS

- **Medieval Häme Castle** [kansallismuseo.fi/en/haemeenlinna](http://kansallismuseo.fi/en/haemeenlinna)
- **Aulanko Nature Reserve** [nationalparks.fi/en/aulanko](http://nationalparks.fi/en/aulanko)
- **Liesjärvi National Park** [nationalparks.fi/en/liesjarvinp](http://nationalparks.fi/en/liesjarvinp)
- **The Narrow-Gauge Railway** [jokioistenmuseorautatie.fi](http://jokioistenmuseorautatie.fi)
- **Forssa Museum** [forssanmuseo.fi](http://forssanmuseo.fi)

### SHOPPING / SPECIAL PRODUCTS

- **Kyyrölä Pottery Shop** [kyyrolansavi.fi](http://kyyrolansavi.fi)
- **Soda Shop Design**  
Handmade glass products [sodashopdesign.fi](http://sodashopdesign.fi)
- **Wetterhoff Crafts Shop**  
House of Arts & Creative Handicrafts [wetterhoff.fi](http://wetterhoff.fi)
- **Iittala Glass Centre** [iittalalasimaki.fi](http://iittalalasimaki.fi)
- **The Finnish Glass Museum** [suomenlasimuseo.fi](http://suomenlasimuseo.fi)

### ACCOMMODATION

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

### RESTAURANTS

- **Restaurant C** [ravintola-c.fi](http://ravintola-c.fi)
- **Restaurant Näsinneula** [sarkanniemi.fi/category/restaurant-nasinneula/](http://sarkanniemi.fi/category/restaurant-nasinneula/)
- **Restaurant Kajo** [kajoravintola.fi](http://kajoravintola.fi)
- **Restaurant Huber** [ravintelihuber.fi](http://ravintelihuber.fi)
- **Restaurant Periscope** [ravintolaperiscope.fi](http://ravintolaperiscope.fi)

### SAUNAS

- **Tulli sauna** [tullinsauna.fi](http://tullinsauna.fi)
- **Saunarestaurant Kuuma**  
(opens in June 2018) [facebook.com/saunaravintolakuuma](https://facebook.com/saunaravintolakuuma)
- **Rajaportti sauna** [rajaportinsauna.fi](http://rajaportinsauna.fi)
- **Rauhaniemi sauna** [rauhaniemi.net](http://rauhaniemi.net)
- **Kaupinojan sauna** [talviuimarit.fi](http://talviuimarit.fi)

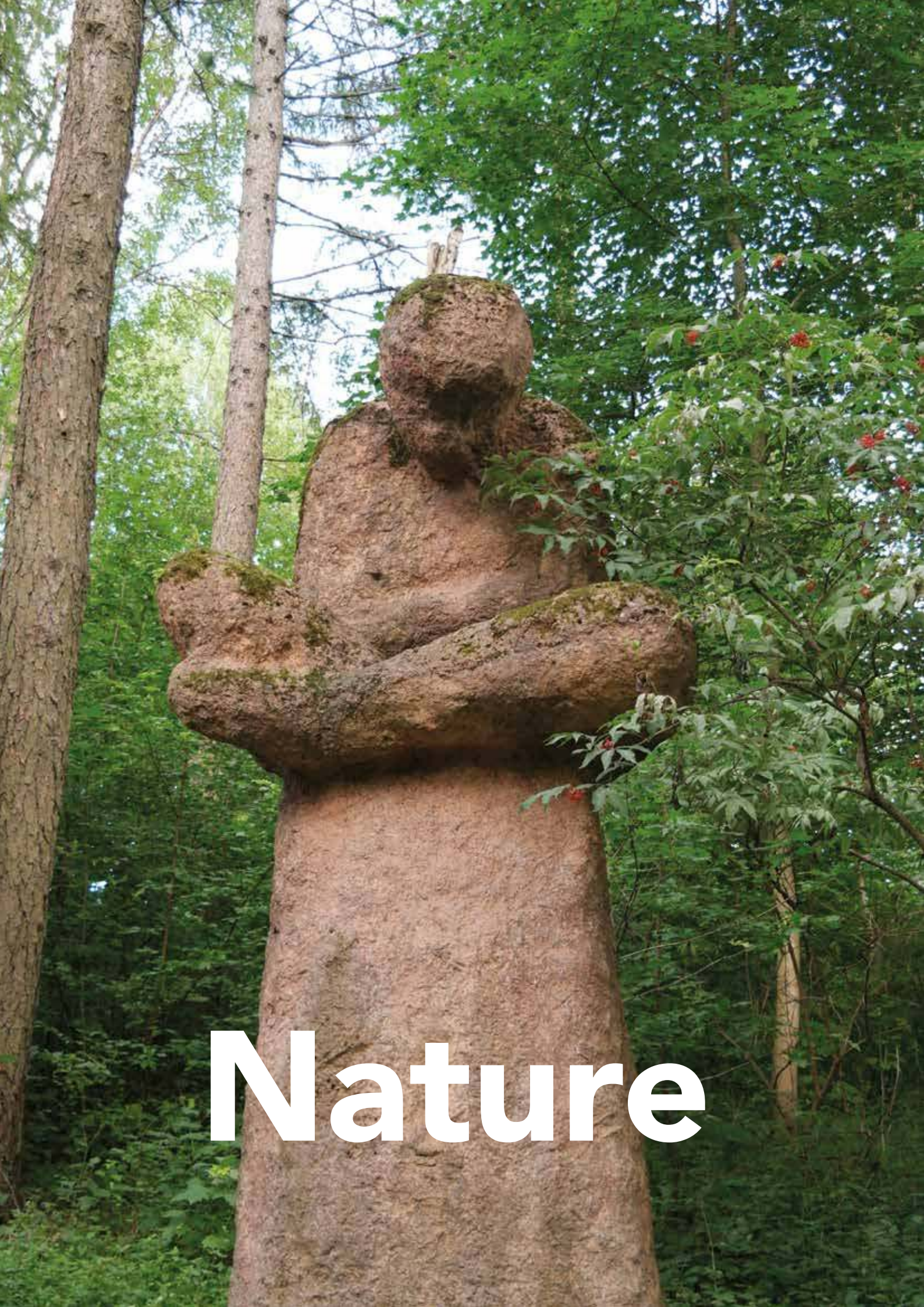
### SIGHTS

- **Pyynikki Observation Tower** [visit tampere.fi/en/venues/pyynikki-observation-tower-cafe/](http://visit tampere.fi/en/venues/pyynikki-observation-tower-cafe/)
- **Tampere Cathedral** [visit tampere.fi/en/venues/tampere-cathedral/](http://visit tampere.fi/en/venues/tampere-cathedral/)
- **Finlayson Old Mill area** [finlaysoninalue.fi](http://finlaysoninalue.fi)
- **Moomin Museum** [muumimuseo.fi](http://muumimuseo.fi)
- **Serlachius Museums** [serlachius.fi](http://serlachius.fi)

### SHOPPING / SPECIAL PRODUCTS

- **Tallipiha "Stable Yards"**  
small handicraft shops, boutiques, cafe [tallipiha.fi](http://tallipiha.fi)
- **PikkuPutiikit**  
Finnish Craft and Design boutique [pikkuputiikit.fi](http://pikkuputiikit.fi)
- **Tampere Market Hall** [tampereenkauppahalli.fi](http://tampereenkauppahalli.fi)
- **Tampere Breweries**  
multiple local micro-breweries [visittampere.fi/en/articles/tampere-breweries/](http://visittampere.fi/en/articles/tampere-breweries/)
- **Tampere Shopping Centres** [visittampere.fi/en/articles/shopping-centres/](http://visittampere.fi/en/articles/shopping-centres/)





# Nature / Jyväskylä Region

## ALL ABOUT FOREST

F G

Spend your holiday in fresh, clean air amid the naturally calming surroundings of the Finnish forest! During this holiday you will experience the forests and waters of Finland safely on a guided trekking tour and Fatbike trip. Your days will finish in the relaxing warmth of a sauna and on the last night you can enjoy the healing powers of traditional Finnish sauna treatments with a certified sauna-therapist!

- Price:** from 518,00 € / person
- Price includes:** Accommodation in twin room in Riihivillas for two nights, one guided trekking tour in Southern Konnevesi national park with a snack, one Fatbike trip, sauna and sauna treatment with sauna meal, 2 x breakfast and 2 x lunch, 1 dinner
- Group size:** Min. 1 person, max. 10 persons
- Duration:** 3 days / 2 nights
- Availability:** Year around
- Languages:** Finnish, English
- Clothing:** Outdoor clothing and outdoor shoes
- Optional extra:** Transportation, tent sauna, accommodation in a tent, other activities

**Contact information:** Varjola, tel. +358 20 792 8080, varjola@varjola.com, [www.varjola.com](http://www.varjola.com)

## WILDERNESS GET-AWAY: FOREST BATHING AND WILD FOOD

F

Breathe freely and let your senses expand to their fullest! Let nature heal you, taste the purity, feel the silence. We invite you to Suomenselkä, the "Lapland" of central Finland. For four nights and three full days, you will relax in accommodation with modern amenities, experience the healing powers of forest bathing, be soothed by warmth of the Finnish sauna, dine in our wild food restaurant Pikku Peura and choose from seasonal activities like snowshoeing, forest yoga or gathering wild food straight from the wilderness (day 3).

- Price:** 375,00 € / person
- Price includes:** Accommodation in double room (B&B), countryside breakfasts, forest bath and sauna experiences with snack, three-course dinner at Pikku Peura game restaurant and one selected forest activity: guided snowshoeing trip, forest yoga or wild food trail.

- Group size:** Min. 2 persons
- Duration:** 4 days / 3 nights
- Availability:** Year around
- Languages:** Finnish, English
- Optional extra:** Transfers, extra meals
- Contact information:** Pikku Peura Game Restaurant, tel. +358 50 514 1001, pikkupeura@kotinet.com, [www.pikkupeura.fi](http://www.pikkupeura.fi)



## CONQUER THE LAKES OF FINLAND

F

The Conquer the lakes of Finland-holiday package offers peace and serenity for your holiday. You will experience the unique nature that only the lakes and forests of Middle-Finland can offer. On the first day you will be handed the keys to your private houseboat – your accommodation and means of escape into the serene waterways. You will be given full instructions on how to use the houseboat and some tips on where to spend your first night on the water. The next morning you will continue your trip to your second stop, Varjola Guesthouse, where you will enjoy lunch by an open fire, experience white water fishing and relax in a Finnish sauna! On the morning of the third day you'll encounter exhilarating river adventures with the help of experienced guides! After lunch, you'll begin your return journey to Jyväskylä. Conquering the lakes of Finland is the perfect way to charge your batteries for the following year!

- Price:** from 437,50 € / person
- Price includes:** Standard houseboat for two nights, 2 hours of guided fishing, river adventure, sauna with an outdoor jacuzzi (2 h), 1 x breakfast, 1 x lunch, 1 x sauna meal and 1 x dinner in a hut.
- Group size:** Min. 4 persons
- Duration:** 3 days / 2 nights
- Availability:** May-October
- Languages:** Finnish, English

**Optional extra:** Other activities, extra nights

**Contact information:** Houseboat, tel. +358 40 164 6168, info@houseboat.fi, [www.houseboat.fi](http://www.houseboat.fi)



# Nature / Tavastia Region

## HIKING IN AULANKO URBAN NATURE PARK F G

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

- Price:** 75,00 € / person
- Price includes:** Guided walk and light picnic lunch
- Group size:** Min. 10 persons
- Duration:** 4 hours
- Availability:** May-September
- Languages:** Finnish, English
- Route:** Intermediate route with some uphill and downhill.
- Clothing:** Comfortable walking shoes, outdoor clothes

**Contact information:** Aulanko Outdoors / Katajistonranta, tel. +358 44 767 4772, info@aulankooutdoors.fi, [www.aulankooutdoors.fi](http://www.aulankooutdoors.fi), [www.katajistonranta.fi](http://www.katajistonranta.fi)

## WINTER FISHING TO EXCITE YOUR SENSES! F G

Visit Petäys Resort to experience the fun and joy of ice-fishing and to enjoy the peaceful scenery and fresh air of the wintery Lake Vanajavesi! When you catch a fish, your senses will sharpen from head to toe! Ice fishing is relaxing while still being full of excitement, not forgetting big catches – or at least – good fishing stories!

- Price:** 52,50 € / person
  - Price includes:** Guided ice-fishing trip, use of fishing equipment and cleaning of suitable catches.
  - Group size:** Min. 6 persons (smaller groups are also possible)
  - Duration:** 2 hours
  - Availability:** Winter season
  - Place:** Petäys Lake Resort / Lake Vanaja
  - Languages:** Finnish, English (other languages upon advance request)
  - Clothing:** Winter outdoor clothes
  - Optional extra:** Other winter activities, sauna world, coffee & cake
- Contact information:** Petäys Lakeland Adventures, tel. +358 3 673 310, myynti@petays.fi, [www.petays.fi](http://www.petays.fi)

## SELF-GUIDED PADDLING F

Self-guided paddling trip to the beautiful landscapes of Liesjärvi National Park. Liesjärvi National Park has about 50 km of unbuilt shore. The waterway is ideal for paddling and during your exploration you can visit the Korteniemi heritage site (open for visitors during the summer), located about 5 km from the departure point. There are two campfire sites on the shore where you can enjoy a picnic lunch. Before departing, you’ll get good instructions and a map to carry with you. Please note: Participants must possess basic swimming skills.

- Equipment rental prices:**  
Canoe for two persons: 42,00 € / day, extra seats 5,00 € / seat  
Kayak for one person: 33,00 € / day
- Prices include:** Canoe/kayak, life vests, paddles, a map
- Group size:** Min. 1 person
- Availability:** May-September
- Place:** Departure point: Liesjärvi National Park car park, Kansallispuistontie 203, Tammela
- Languages:** Finnish, English
- Clothing:** Outdoor clothes and shoes
- Optional extra:** Transfers

**Contact information:** Erärenki, tel. +358 50 545 4722, erarenki@gmail.com, [www.erarenki.fi](http://www.erarenki.fi)



# Nature / Lahti Region



## GUIDED KAYAK TOUR IN PÄIJÄNNE NATIONAL PARK F G

Join us on a guided kayak tour in Päijänne National Park and a visit to one of its most beautiful islands, Kelvenne. Sunshine and crystal blue water - spend a relaxing day with your guide paddling around Kelvenne Island and its sandy lagoons! The tour includes a picnic lunch with coffee cooked over an open fire. Departure from Padasjoki at 10:00 am and arrival back at 6:00 pm. Previous experience of kayaking is required.

- Price:** 123,00 € / person
  - Price includes:** Kayaks with all the needed equipment, a guide, picnic lunch with coffee
  - Group size:** Min. 4 persons, max. 12 persons
  - Duration:** 8 hours
  - Availability:** May to September
  - Languages:** Finnish, English
  - Clothing:** Suitable outdoor clothes
- Contact information:** Fenix Adventures, tel. +358 44 5919 799, kirsi.reinikka@fenixohjelmapalvelut.fi, [www.fenixohjelmapalvelut.fi](http://www.fenixohjelmapalvelut.fi)

## AMAZING LAHTI CITY ADVENTURE G

A captivating and absorbing team competition, which can be described as a combination of T.V.’s Amazing Race and Geo-caching. Your task is to find the final goal and cross the finish line as the first team! During the race, teams will try to find hints and riddles and complete given tasks until, little by little, the location of the final goal becomes clear and it’s a race to the finish! The Amazing Lahti City Adventure is not, however, just a running competition that’ll leave beads of sweat on your forehead. To be able to find hidden objects and solve given tasks you’ll also need concentration, ingenuity and strong team work. You’ll receive written competition materials and each team is also provided with GPS devices or other suitable tools. The competition requires a lot of motion, but a basic level of fitness will be good enough.

- Price:** 82,50 € / person
  - Price includes:** Guided urban nature adventure
  - Group size:** Min. 10 persons
  - Duration:** 2-3 hours
  - Availability:** Year around
  - Languages:** Finnish, English
  - Clothing:** Suitable outdoor clothes
- Contact information:** Fenix Adventures, tel. +358 44 591 9799, kirsi.reinikka@fenixohjelmapalvelut.fi, [www.fenixohjelmapalvelut.fi](http://www.fenixohjelmapalvelut.fi)

## SECRETS OF THE ISLAND F

Spend a relaxing day on a private island. A short trip by row boat takes us to this unspoiled island. You can spend your day admiring the nature, relaxing on the rocky shore, swimming or fishing. You’ll also enjoy resting in the cabin by the cozy fireplace. A highlight of the day is a picnic lunch you’ll assemble by an open fire, together with your guide.

- Price:** 125,00 € / person
  - Price includes:** Boat trip to and from the island, activities on the island, fireside picnic lunch
  - Group size:** 2-4 persons
  - Duration:** 5 hours
  - Availability:** Year around (in winter we walk with snow shoes to the island)
  - Languages:** Finnish, English
  - Clothing:** Suitable outdoor clothes
- Contact information:** Best Lake Nature Adventures, tel. +358 40 760 7240, info@bestlakenature.com, [www.bestlakenature.com](http://www.bestlakenature.com)



# Nature / Tampere Region

## NIGHTLESS NIGHT SUP TOUR



One hour of stand-up paddling (SUP) on the beautiful lake Pyhäjärvi. This is 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 Pyyriikki ridge with the Midnight Sun hovering at the horizon.

- Net price:** 200,00 € / hour  
**Price includes:** Guided SUP tour with necessary equipment and life vest  
**Group size:** Max. 8 persons  
**Duration:** 1 hour  
**Availability:** summer months (June-August)  
**Languages:** Finnish, English  
**Place:** Departure from Pyyriikki beach (Jalkasaarentie 7, Tampere)  
**Clothing:** Light and stretchy clothing suited to outdoor sports. Neoprene shoes/socks will bring extra comfort but are not necessary.  
**Please note:** Weather permitting. Participants should be able to swim and have a bit of prior SUP experience. If you are a beginner, please contact the supplier to arrange a safety introduction before the tour. Persons under 18-years old only with an adult.

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



## DAY HIKE AT PROTECTED MARSHLAND



This guided hiking tour takes you to the protected marshland area of Siikaneva. Its rural location makes it the perfect place to unwind and enjoy the calming stillness of Finnish nature. Relax in the silence and pure nature of the marshland, learn about the local flora and fauna and enjoy a full campsite meal around an open fire.

- Price:** 89,00 € / person  
**Price includes:** Price includes transportation fees from Orivesi to Siikaneva and back, professional private wilderness guide, rental of special equipment for cooking, rental of rain/snow protection if needed and a delicious meal (salmon or vegetable soup, bread, butter, water, black kettle-brewed coffee, tea or hot chocolate).  
**Optional extra:** Transportation from Tampere to Orivesi (35 km)  
**Group size:** Min. 1 person, max 10 persons.  
**Duration:** 7 hours including travel time from Orivesi to Siikaneva and back  
**Availability:** Year around  
**Place:** Siikaneva  
**Languages:** English or Finnish (other languages available upon advance request)  
**Clothing:** Normal clothing appropriate for the season and comfortable walking shoes. Special equipment for cooking and rain/snow gear will be provided, if needed.

**Contact information:** Adventure Apes,  
tel. +358 40 770 9874, heidi@adventureapes.fi,  
[www.adventureapes.fi/](http://www.adventureapes.fi/)

## ABSEILING DOWN THE PYYRIIKKI OBSERVATION TOWER



An exciting experience in good and safe hands; abseil down the outer wall of the Pyyriikki observation tower, height 26 meters. Your life and health will be secured by a professional climbing instructor, so you can enjoy the excitement of this event safely. We can guide down ca. 6-8 persons in an hour, and ca. 15-16 in two hours.

- Price:** 320,00 € / hour, 450,00 € / 2 hours  
**Price includes:** Instruction, gear, coffee and donut, VAT  
**Group size:** Min. 1 person, max. 16 persons.  
Bigger groups: please contact the supplier  
**Duration:** 1 hour / 6 – 8 persons,  
2 hours / 15 – 16 persons  
**Availability:** Year around  
**Place:** Pyyriikki Observation Tower  
**Languages:** English, Finnish  
(Japanese and Dutch if booked in advance)  
**Clothing:** Outdoor clothing and good shoes

**Contact information:** Kelo ja kallio Adventures,  
tel. +358 50 343 8721, info@pro-kiipeily.fi, [www.pro-kiipeily.fi](http://www.pro-kiipeily.fi)



# Culture



# Culture / Jyväskylä Region

## EXPERIENCE ALVAR AALTO'S UNIQUE ATTRACTIONS WHILE SAILING

F

Explore legendary architect Alvar Aalto's production from his earliest works through to the achievements his later career. The production of world-famous architect Alvar Aalto is found throughout the Jyväskylä region. In the master architect's footsteps, we travel from classicism to functionalism, from brick architecture to monumentalism. Some of his creations can be found a short distance from the Jyväskylä harbour. Stay in the unique setting of a houseboat surrounded by lakeside nature and sail upon Lake Päijänne while you explore the impressive architectural icons such as the Experimental house in Muuratsalo, the church in Muurame and the town hall in Säynätsalo (considered one of the most remarkable works in Alvar Aalto's production).

**Price:** from 795,00 €

**Price includes:** Rental price of standard houseboat

**Group size:** Min. 2 persons

**Duration:** 4 days / 3 nights

**Availability:** June-September

**Languages:** Finnish, English

**Optional extra:** Other types of houseboat (Comfort, Deluxe), tickets to the museums mentioned above, guided tour at the Muuratsalo Experimental House, other activities, extra nights.

**Contact information:** Houseboat, tel. +358 40 164 6168, info@houseboat.fi, [www.houseboat.fi](http://www.houseboat.fi)



## THE AALTO ROUTE – SELF GUIDED

F G

Alvar Aalto's (1898–1976) career as an architect and designer in Finland and abroad was exceptionally diverse and prolific. The Aalto Route lets you follow in his footsteps, from classicism to modernism and from brick architecture to monumentalism. The route offers you insight into the cityscape and architecture of Jyväskylä and Aalto's architectural treasures that beautify our city!

**Price:** Entrance fees to the Alvar Aalto Museum and Säynätsalo Town Hall, otherwise free of charge

**Availability:** Year around

**More information:** [visitjyvaskyla.fi/en/see-experience/themed-routes/the-aalto-route](http://visitjyvaskyla.fi/en/see-experience/themed-routes/the-aalto-route)

## TOUR THE CRAFT MUSEUM OF FINLAND

F G

The Craft Museum of Finland is a specialised museum dedicated to Finnish handicraft and its collection covers all techniques of handicraft, from house building to lace making and from forging to the design of ornaments.

**Opening hours:** Tue-Sun 11:00 am – 6:00 pm

**Entrance fees:** Adults 6,00 €  
Students 3,00 €  
Groups of more than 10 persons, 4,00 € / person  
Free admission: Children under 18 years old

**Guided tours:** Price Tue-Fri 8:00 am – 4:00 pm: 75 € / group  
Price Sat-Sun 11:00 am – 6:00 pm: 115 € / group

**Group size:** Max. 25 persons / guide

**Optional extra:** Workshops

**Contact information:** Craft Museum of Finland, tel. +358 14 266 4370, [craftmuseum.info@jkl.fi](mailto:craftmuseum.info@jkl.fi), [www.craftmuseum.fi](http://www.craftmuseum.fi)

# Culture / Tavastia Region

## EXPERIENCE IITTALA

F G

Iittala village and Iittala Glass Centre, is a cozy destination for the whole family! At Iittala you can observe the making of Finnish design classics, shop and relax in a calm environment, or explore the history of it all at the Iittala Design Museum! The area consists of the Iittala Glass Factory, the Iittala Glass Museum, the Iittala Outlet and small boutiques selling pottery, chocolate, gifts, etc. During your visit you might also see artists at work!

### Opening hours / Iittala Design Museum:

September-May Sat-Sun 11:00 am – 5:00 pm

June-August Tue-Sun 11:00 am – 5:00 pm (closed on Mondays).

Please note: Public holidays may cause exceptions to the opening hours.

**Entrance fees:** 4,00 € / Adult  
2,00 € / person: Senior citizens, students and groups (min. 8 persons)

### Guided tours at Design Museum

Guided Tours are available on demand. Languages: Finnish, Swedish, English and French

Maximum of 50 people per one guided tour. The cost of a guided tour is 40 € for groups with less than 10 persons and 4€ / person for groups with more than 10 persons.

**Contact information:** Iittala Glass Museum, tel. +358 20 439 6230, [iittala.museum@iittala.com](mailto:iittala.museum@iittala.com), [www.iittalalasimaki.fi](http://www.iittalalasimaki.fi)

## SODA SHOP DESIGN

F G

Soda Shop Design is a glass-blowing studio with a spacious showroom and colourful shop located in a beautiful building built by Russian Emperor Alexander II in 1870. At Soda Shop Design you can participate in a glass ball workshop including a glassblowing demonstration. During the workshop you can make your own glass ball with your favourite colours! You can use the glass ball as a table or garden decoration or you can put some led-lights inside the ball and use it as a lamp!

**Price:** 135,00 € / group + 45,00 € / person + postal fee for your own glass ball

**Price includes:** Glass ball workshop with glassblowing demonstration

**Group size:** Min. 1 person

**Duration:** 1,5-5 hours depending on group size

**Availability:** Year around

**Languages:** Finnish, English

**Optional extra:** Coffee, lunch, dinner

**Contact information:** Soda Shop Design, tel. +358 50 304 4562 or +358 40 450 9600, [info@sodashopdesign.fi](mailto:info@sodashopdesign.fi), [www.sodashopdesign.fi](http://www.sodashopdesign.fi)

## HÄME CASTLE

F G

Häme Castle is a medieval castle in Hämeenlinna, Finland. The Castle was most likely built during the late 13th century to serve as military base in the border zone between Sweden and Novgorod. Later the Castle was governed by some of the most influential Swedish houses and also used as a prison. Currently, it is a museum operated by the Finnish Heritage Agency.

### Opening hours:

January-April, Mid-August/Mid-December: Tue-Fri 10:00 am – 4:00 pm, Sat-Sun 11:00 am – 4:00 pm, Mondays closed

May: Mon-Fri 10:00 am - 4:00 pm, Sat-Sun 11:00 am – 4:00 pm

June-Mid-August: Open daily 10:00 am -17:00 pm

### Entrance fees:

10,00 € / Adult

8,00 € / person: students, senior citizens, unemployed and groups over 10 persons

5,00 € / children (7-17 years)

### Guided tours:

**Price:** 70,00 € / group + entrance fee 10,00 € / 8,00 € / 5,00 €.

**Group size:** Max. 50 persons / guide.

**Duration:** 45 min

**Optional extras:** Themed tours, workshops

**Contact information:** Häme Castle, Tel. +358 295 33 6932, [hameenlinna@kansallismuseo.fi](mailto:hameenlinna@kansallismuseo.fi), [www.kansallismuseo.fi/en/haameenlinna](http://www.kansallismuseo.fi/en/haameenlinna)





# Culture / Lahti Region



## FINNISH ARCHITECTURE IN LAHTI: JUGEND BUILDINGS AND HOUSES



Explore the Jugend buildings and houses in Lahti with a professional guide! The city centre features many buildings that typify Jugend architecture from the turn of 20th century. During this guided walking tour, you can also admire the work of some well-known Finnish architects like Wivi Lönn and Eliel Saarinen.

**Price:** 55,00 € / person

**Price includes:** Guided tour in English

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

**Duration:** 1 ½ hours

**Availability:** Year around

**Languages:** Finnish, English

**Optional extras:** Guided tours at the Church of the Cross designed by Alvar Aalto and at the City Hall designed by Eliel Saarinen

**Contact information:** Lahti Region,  
+358 20 728 1760, sales@lahtiregion.fi, [www.visitlahti.fi](http://www.visitlahti.fi)

## VISIT TO A TRADITIONAL PRINTMAKING STUDIO



Learn about the world of printmaking during your visit to a local printshop! You will get acquainted with the traditional equipment and techniques used by local printmakers and after a little instruction you will print a card, bag, or t-shirt to take with you!

**Price:** 85,00 € / person

**Price includes:** Instruction and materials

**Group size:** Min. 5 persons

**Duration:** 3 hours

**Languages:** Finnish, English

**Optional extras:** Coffee and pastry 5,00 € / person, brunch 17,00 € / person, creation of a bag with your own unique logo/theme: Design 372,00 € / group and preparing the plate template 186,00 € / group.

**Contact information:** Painovoimapaja,  
tel. +358 44 278 5923, painovoimapaja@gmail.com

## ODE TO FINNISH SPIRIT AND CULTURE



Join our tour to delve into the origins of the Finnish spirit and culture! You'll enjoy traditional Finnish cottage life and sauna treatments, bake gingerbreads with new twist -rye at a local farm, admire and shop for local designs and handicrafts, explore a wooden architecture park featuring amazing architectural pieces and enjoy local tastes!

**Price:** 495,00 € / person

**Price includes:** Accommodation in double rooms in well equipped log cabin for two nights, guided forest walking tour, visit at local farm and baking of gingerbreads, guided wooden architecture tour, guided distillery or brewery tour, relaxing sauna whisking programme and traditional sauna menu of your choice.

**Group size:** Min. 6 persons, max. 12 persons

**Duration:** 3 days / 2 nights

**Availability:** Upon request, year around (package can be modified according to availability)

**Optional extras:** Breakfasts, lunches, dinner on day 1, activities, transfers

**Contact information:** Lahti Region,  
+358 20 728 1760, sales@lahtiregion.fi, [www.visitlahti.fi](http://www.visitlahti.fi)

# Culture / Tampere Region



## THE WORLD'S ONLY MOOMIN MUSEUM!



Previously known as Moominvalley, the Museum has a permanent new home in the newly renovated Tampere Hall, taking visitors on a magical journey into the fairy-tale world of the original Moomin illustrations of Tove Jansson (1914–2001). The Museum's permanent exhibition, What Happens Next?, presents Jansson's timelessly loveable Moomin stories through drawings, paintings and three-dimensional tableaux, accompanied by background histories that pique the visitor's imagination and share insights into the wistful mood of Jansson's tales.

**Opening hours:** Tue-Fri 9:00 am – 7:00 pm,  
Sat-Sun 11:00 am – 6:00 pm, closed on Mondays

**Entrance fees:** Adults 12,00 €

Children 6,00 € (3-17 years), children under 3-year old free

**Guided tours:**

**Price:** 70,00 € / group + entrance fee 12,00 € / 6,00 € during weekdays, 80,00 € / group + entrance fee 12,00 € / 6,00 € weekends

**Duration:** 60 min

The Moomin Museum offers free guided tours for FITs in English every Saturday & Sunday at 3:00 pm

**Contact information:** Tampere Hall,  
tel. +358 3 243 4111, sales@tampere-talo.fi,  
[www.muumimuseo.fi](http://www.muumimuseo.fi)

## TOUR TO THE ART TOWN MÄNTTÄ-SERLACHIUS MUSEUMS



Touching moments with national art treasures, magnificent architecture, a memorable lake view, the fragrance of Finnish forestland and culinary pleasures await you in the Lakeland Region. Serlachius Museums' own shuttle bus service runs between Tampere and Mänttä, every day when the Museums are open.

**Opening hours:** September-May: Tue-Sun 11:00 am – 6:00 pm, closed on Mondays  
June-August: daily 10:00 am – 6:00 pm

**Entrance fees:**

Adults 10,00 € (joint ticket both to Gösta and to Gustaf)

Pensioners and students 7,00 €

**Free admission:**

Children under 18 years old, unemployed, conscripts

Return ticket from Tampere 25,00 € / person

One-way ticket 15,00 € / person (pensioners and students 10,00 €).

Children aged 4–11 years pay half price.

**Please note:**

A return ticket for travel on the Serlachius bus entitles you to discount of 5,00 € off the adult's normal entrance fee (10,00 €). Check the shuttle bus timetables from: [www.serlachius.fi](http://www.serlachius.fi) / info / how to reach us

**Guided tours** (group of min. 15 persons):

Price of basic guided tours: 10,00 € / person

Price of special guided tours: 12,00 € / person

**Contact information:** Serlachius Museums,  
tel. +358 40 166 3480, sales@serlachius.fi, [www.serlachius.fi](http://www.serlachius.fi)

## TASTING TAMPERE



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, a relaxed atmosphere, joy, wonderful flavours and excellent experiences to remember! Enjoy the taste of Tampere!

**Price:** 72,00 € / person

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

**Group size:** 4-50 persons.

**Duration:** 3 hours + dinner

**Availability:** Year around (closed December 24<sup>th</sup> and 25<sup>th</sup>).

**Languages:** Finnish, English, German, Swedish, Russian and French

**Clothing:** Participants must dress 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,  
[www.hikingtravelhit.fi](http://www.hikingtravelhit.fi)



# Wellbeing

## Wellbeing / Jyväskylä Region



### PURE, NATURAL AND RELAXING – SAUNA YOGA AND PEAT TREATMENT IN THE FINNISH HEARTLANDS F

Melt away tensions and fatigue. Feel the gentle heat of both infrared sauna and the pure peat treatment. Combine modern and traditional Finnish ways to alleviate the symptoms of stress. Relaxing Sauna Yoga is a 30-minute exercise done in our approximately 50°C heated infrared sauna. You don't need any previous experience as the exercises are done with our licensed professional instructors. After Sauna Yoga, it's time to enjoy a peat body treatment, which is a traditional and organic Finnish way to make you feel completely relaxed. The room temperature peat is applied to the skin and then the body is wrapped in plastic covers and warm blankets for 20 minutes. After a shower, body oil is applied to the treated areas of skin.

**Price:** 325,00 € / person

**Price includes:** Two nights' accommodation in a double room with half board, free use of spa and gym during the stay, instructed Sauna Yoga session and peat body treatment.

**Group size:** Min. 2 persons

**Duration:** 2 nights

**Availability:** Year around

**Languages:** Finnish, English

**Optional extras:** Single room, additional day spa treatments, extra nights, meals and activities

**Contact information:** Spa Hotel Peurunka, tel. + 358 20 751 6300, [peurunka@peurunka.fi](mailto:peurunka@peurunka.fi), [www.peurunka.fi](http://www.peurunka.fi)

### VOIMALA RELOAD F

Voimala Reload is all about relaxing and gathering your strength. Calm yourself in the natural silence of nature. Fall asleep to the sounds of the swelling Kuusa rapids and find your inner silence with the guidance of a trained and experienced relaxation instructor. During this short break from the world you have time to enjoy your villa with private sauna and outdoor jacuzzi and gather your strength, elevated by the purity of your natural surroundings the fresh air as you search for inner peace during your guided relaxation sessions!

**Price:** 265,00 € to 670,00 € / person depending on group size.

**Price includes:** Accommodation in Villa Voimala for two nights with breakfast, Villa Voimala sauna building for your use, one guided relaxation session, 2 x dinner, 1 x lunch

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

**Duration:** 3 days / 2 nights

**Availability:** Year around

**Languages:** Finnish, English

**Optional extras:** Transfers, sauna treatments, fishing and other activities

**Contact information:** Varjola, tel. +358 20 792 8080, [varjola@varjola.com](mailto:varjola@varjola.com), [www.varjola.com](http://www.varjola.com)

### THE NORTHERN LIGHTS SAUNA TRAIL F G

Catch up with the soul of sauna on The Northern Lights Sauna Trail. You will get familiar with three different kinds of Finnish sauna; smoke sauna, electric sauna, and tent sauna. Sauna is a way of happiness and a place for physical and spiritual cleansing. You will hear myths and stories about sauna and the Northern Lights. You will learn how to cast a sauna spell and open all your senses. You may try sauna wellness products, gently slap yourself with birch twigs, enjoy the silence, relax in an outdoor hot tub and refresh yourself by ice swimming in wintertime. Afterwards you will enjoy a special dinner.

**Price:** 425,00 € / person in Aurora cabin, 515,00 € / person in All Sky Aurora Igloo

**Price includes:** Accommodation in a Aurora cabin or in All Sky Aurora Igloo, breakfast, the Northern Lights Sauna Trail experience for 3 hours and special sauna dinner

**Group size:** Min. 4 persons, max. 20 persons

**Duration:** 2 nights

**Availability:** Year around

**Languages:** Finnish, English

**Optional extras:** Lunch, dinner

**Contact information:** Revontuli- The Northern Lights Resort, tel.+358 14 844 8200, [myynti@revontuli.fi](mailto:myynti@revontuli.fi), [www.revontuli.fi](http://www.revontuli.fi)



# Wellbeing / Tavastia Region



## GOLFING IN THE UNIQUE ENVIRONMENT OF THE HOTEL VANAJANLINNA F

Hotel Vanajanlinna offers a unique setting for a truly relaxing and luxurious weekend. Many reviews acclaim Linna Golf as among the best of its kind in Finland, and many international guests have felt that it may rise to be among the most highly-valued courses in Europe!

**Price:** from 145,00 € / person  
**Price includes:** Accommodation in standard double room with breakfast and green fee.

**Group size:** Min. 2 persons  
**Duration:** 1 day / 1 night  
**Availability:** Summer season  
**Languages:** Finnish, English  
**Optional extra:** Single supplement

**Contact information:** Hotel Vanajanlinna,  
tel. +358 3 610 2200, vanajanlinna@vanajanlinna.fi,  
[www.vanajanlinna.fi](http://www.vanajanlinna.fi)

## A FLOATING SAUNA F G

Enjoy memorable experiences of a traditional wood-heated sauna and swimming in the clean, clear water of your own private lake! Jalo is unique – a sauna boat afloat on the most private and serene of Finnish lakes. The interiors of Jalo have been designed with Nordic simplicity, as well as sustainability in mind, and it has a fully-equipped kitchen. If you don't wish to cook - or make use of the barbecue grill on the deck - we can prepare a menu for you from fresh local ingredients.

**Price:** 750,00 € / day (10:00 am -10:00 pm)  
+ outdoor jacuzzi / hot tub 180,00 €

**Price includes:** Rental of sauna boat  
**Group size:** Max. 12 persons  
**Duration:** Day / 12 hours  
**Availability:** Summer season  
**Languages:** Finnish, English  
**Optional extras:** SUP boards for rent, SUP Yoga and fitness classes, SUP adventure tours

**Contact information:** Jalolautta,  
tel. +358 40 503 1661, info@jalolautta.fi, [www.jalolautta.fi](http://www.jalolautta.fi)

## THERAPY BY NATURE IN THE PETÄYS LAKE RESORT G

Enjoy the therapeutic effects of Finnish nature at the Petäys Lake Resort! The programme starts with a tasty lunch, after which your guide will lead you on a walking tour of the surrounding forest. In the forest you'll practice some relaxation and stretching exercises while enjoying the sounds of nature. Later, you can enjoy the lakeside saunas and refreshing smoothies before departing for home.

**Price:** from 64,00 € / person  
**Price includes:** Guided walking tour, lunch, sauna and smoothie  
**Group size:** 10-50 persons  
**Duration:** 4-5 hours  
**Availability:** Year around  
**Languages:** Finnish, English  
(other languages upon advance request)

**Contact information:** Petäys Lakeland Adventures,  
tel. +358 3 673 310, myynti@petays.fi, [www.petays.fi](http://www.petays.fi)

# Wellbeing / Lahti Region

## VELLAMO'S HERBAL SAUNA FOR SMALL GROUPS F

During the programme, you'll take a slow walk through a nearby forest, where, together with a local guide, you will gather herbs for your footbaths as well as branches of trees for your personal, energising Power Whisks. After returning to your cabin, you will learn about the importance of Nature in Finnish culture, sauna etiquette and the effectiveness of sauna. Your sauna ritual will start with body scrubs, facial masks and foot-baths followed by an aromatic herbal sauna bath complete with your own energising Power Whisk. Afterwards you'll feel relaxed and like you have been reborn!

**Price:** 300,00 € / group (4 persons in a group).  
Additional persons 55,00 € / person.

**Price includes:** Guided walk in the forest, guided sauna experience, body scrubs and footbaths, sauna hat, gentle whisking, organic soap and natural shampoo, refreshments and snacks during the sauna.

**Group size:** Min. 4 persons, max. 10 persons  
**Duration:** 3-4 hours  
**Availability:** Late May-Mid September

**Please note:** Possible sauna fee is not included.  
Check out the possibility to use the sauna of your place of accommodation.

**Contact information:** Travellamo  
tel. +358 40 719 2848, maaria@travellamo.fi, [www.travellamo.fi](http://www.travellamo.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 herbal sauna, in cooking, in making simple natural cosmetics or to make arts & crafts!

**Price:** 85,00 € / 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  
**Languages:** Finnish, English, French, Portuguese  
**Optional extra:** Finnish peat sauna

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

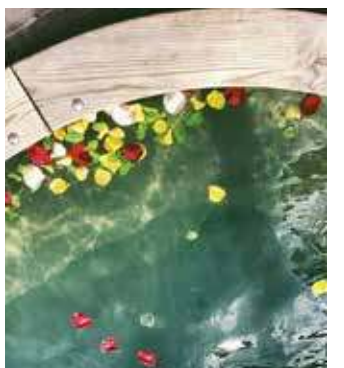
## POWER FROM NATURE F

Enjoy traditional Finnish cottage life and relax in traditional Finnish sauna treatments, experience the powers of nature with nature-based mindfulness exercises and massage using Finnish healing techniques loosen the tensions of your muscles!

**Price:** 745,00 € /person  
**Price includes:** Accommodation in a well-equipped log cabin for two nights, 1 x lunch, 1 x picnic lunch, 2 x dinner with non-alcoholic drinks, "Power from nature" walking tour with mindfulness exercises, Vellamo's traditional sauna programme, canoe rental, traditional Finnish treatment programme with massage and natural mobilisation of joints and vertebra.

**Group size:** Min. 2 persons  
**Duration:** 3 days / 2 nights  
**Availability:** May-September  
**Languages:** Finnish, English

**Contact information:** Lahti Region,  
+358 20 728 1760, sales@lahtiregion.fi, [www.visitlahti.fi](http://www.visitlahti.fi)





# Wellbeing / Tampere Region

## GUIDED SAUNA AND SWIMMING TOUR IN TAMPERE

F

Did you know that Finland is The Land of A Thousand of Lakes? We have lakes everywhere and we love to go swimming all year round (yes, even in the winter). No matter the weather, our favourite combination is a stay in a hot sauna followed by a jump in a cool lake. Want to give it a try? This tour will relax you no matter if it is summer or winter. After this unique experience you will sleep like a baby with a refreshed mind and body.

**Price:** 49,00 € / 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, swimming shoes and sauna hat.

**Group size:** Min. 5 persons, 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

**Contact information:** Adventure Apes, tel. +358 40 770 9874, heidi@adventureapes.fi, [www.adventureapes.fi](http://www.adventureapes.fi)

## THE POWER OF FLOWERS

G

Join us for an unforgettable wild-crafting adventure through the beautiful rolling fields of Frantsila Organic Herb Farm, where you will learn the magical secrets of the healing herbs and flowers that surround us. During the tour, you will have an opportunity to hand-pick your own selection of herbs and flowers, which you will then hand-craft into your very own custom healing oil to take home. The tour begins or ends with a refreshing, vegetarian, all-natural meal. This guided foraging tour will wind through our organic herb and flower fields, as well as through our original farm buildings, which have been in the same family for over three hundred years.

**Price:** from 940,00 € / group

**Price includes:** Guided tour of the organic herb and flower fields. Materials and instruction for making your own unique organic skin care oil.

**Group size:** Max. 20 persons

**Duration:** 4-6 hours

**Availability:** Peak picking season July-August

**Languages:** Finnish, English

**Contact information:** Frantsila Organic Farm, tel. +358 40 419 3288, anna.karhucormier@frantsila.com, [www.frantsila.com](http://www.frantsila.com)

## POWER UP WITH NORDIC NATURE

G

Whether you are on a city vacation, a peaceful cabin holiday or looking for a stopover destination, you can book a half day experience in the middle of a fairy-tale forest, and experience pure, original Finnish traditions! Paddling on a beautiful river, an organic dinner made from game and herbs and a steaming hot sauna and outdoor pool with peat treatments will give you an experience you'll never forget.

**Price:** 192,00 € / person

**Price includes:** Guided canoeing trip, transportation back to Korsukylä, local venison sausages, sauna with peat treatment and buffet meal.

**Group size:** Min. 8 persons, max. 40 person

**Duration:** 6 hours

**Availability:** May – September

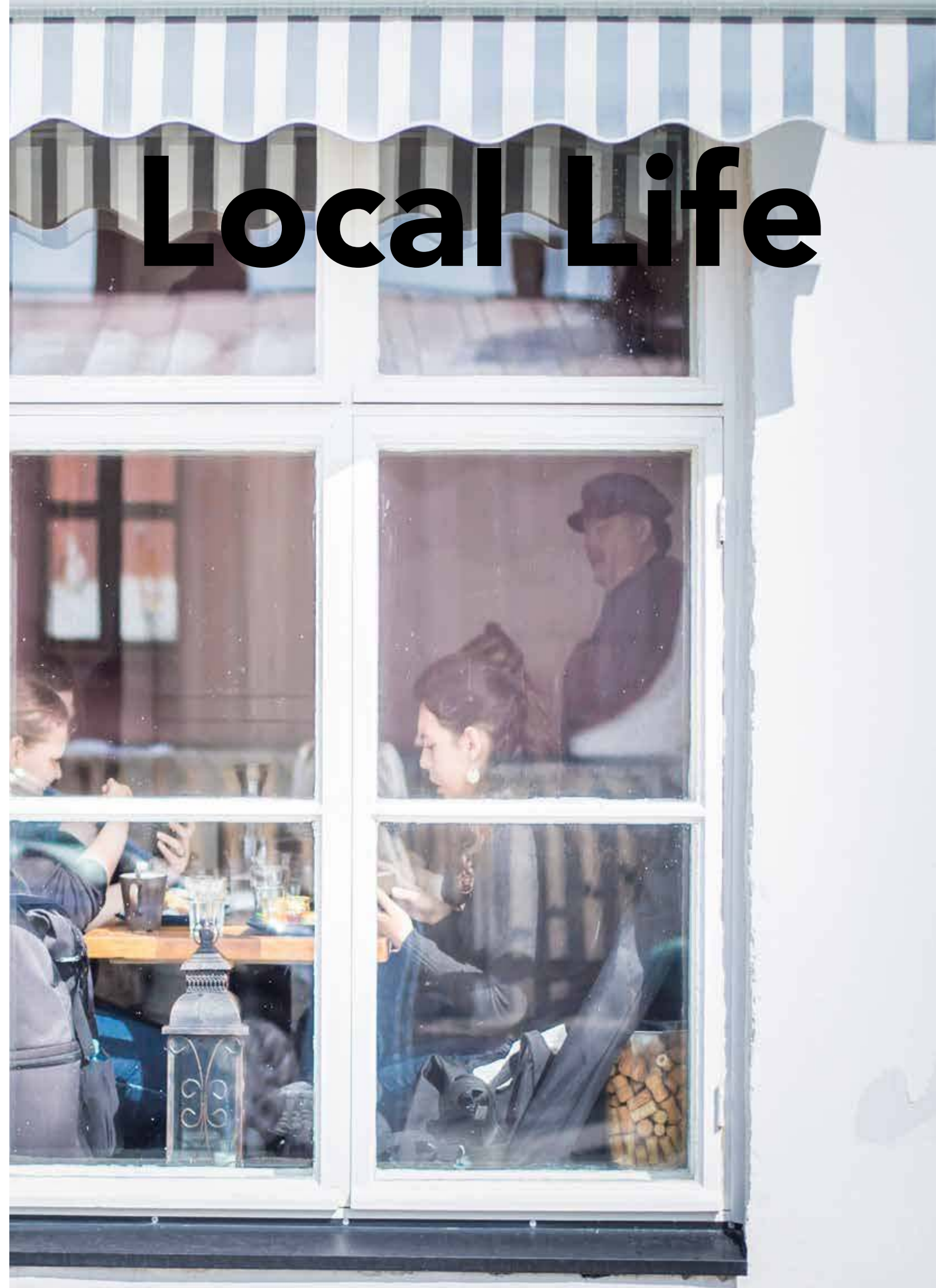
**Languages:** Finnish, English

**Clothing:** Outdoor clothing, swim suit

**Contact information:** Korsuretket, tel. +358 40 578 6580, myynti@korsuretket, [www.korsuretket.fi](http://www.korsuretket.fi)



# Local Life





# Local Life / Jyväskylä Region

## FOREST BATH

F

Breathe and relax! The nature and surroundings of Himos gives you a memorable way to settle down. The genuine Finnish sauna and forest are an incredible source of inner strength and relaxation – from these elements the Finns draw their famous sisu and stamina. The forest bath experience is a 3-day long dip in the nature of Central Finland and Finnish traditions. The programme includes a visit to a Finnish home enjoying bathing with a local family at their home or summer cottage.

**Price:** 248,50 € / person

**Price includes:** Accommodation, linen and towels, sauna snack, meal at Moose Manor and guided programmes (forest bath, sauna, Moose Manor and transportation to cultural sights)

**Group size:** Min. 4 persons

**Duration:** 4 days / 3 nights

**Availability:** Year around

**Languages:** Finnish, English

**Clothing:** Normal clothing and comfortable walking shoes. Extra clothing and shoes e.g. in case of bad weather will be available from Himos Holiday

**Contact information:** Himos Holidays, tel. +358 20 711 9230, himosholiday@himosholiday.com, [www.himosholiday.com](http://www.himosholiday.com)



## BAKING TRADITIONAL RYE BREAD

F

In the Lakomäki Forest Manor rye bread workshop you dive into Finnish food culture and get acquainted with the roots of Finnish food with the first bite! Finnish rye bread is made with love and unhurried enjoyment. The enchanting smell of freshly baked bread will turn any day into a celebration. The bread is baked with a sourdough starter that's more than 100 years old, passed from generation to generation to this day. Rye bread can also be baked in a conventional electric oven. The baking takes unhurried time and patience. We'll take breaks from baking by going outside and having coffee. At the end of the day, you'll receive a warm loaf of bread and a century-old sourdough starter.

**Price:** 46,00 € / person

**Price includes:** Baking a traditional rye bread with a starter, coffee and a warm loaf of bread and sourdough starter to take home.

**Group size:** Min. 3 persons, max. 6 persons

**Duration:** 3-5 hours

**Availability:** Year around

**Languages:** Finnish, English

**Clothing:** Indoor shoes and apron

**Contact information:** Lakomäki Forest Manor, tel. +358 40 143 3011, info@lakomaki.fi, [www.lakomaki.fi](http://www.lakomaki.fi)

## WARM UP THE SAUNA LIKE A FINN

F

During this visit you get an authentic, deep experience of traditional Finnish sauna. You'll learn how to light the fire, tie the whisk and pump lake water into the sauna. After doing all this, it is time to relax in the warmth of the sauna and dip into the lake!

**Price:** 196,00 € / person

**Price includes:** One-night accommodation in double room with breakfast, 1x lunch, 1x dinner, 1x afternoon coffee, sauna and guided sauna programme, transfers (Jyväskylä-Nukula-Jyväskylä)

**Group size:** Min. 1 person, max. 8 persons

**Duration:** 2 days / 1 night

**Availability:** May-September

**Languages:** Finnish, English

**Contact information:** Nukula, tel. +358 40 703 8136, hannele.levavaara@nukula.fi, [www.nukula.fi](http://www.nukula.fi)

# Local Life / Tavastia Region

## FROM THE TALE OF RYE TO THE WATERS

G

During your stay you will bake your own rye bread using several decades-old sourdough starter while listening to ancient stories, you'll make our local home-cheese and even try your fishing luck! This holiday takes you into the secrets of local farm life and the delicious aroma of fresh-baked rye bread will follow you all the way home!

**Price:** 300,00 € / group + 30,00 € person

**Price includes:** Rye-bread baking and local home cheese making programmes, fishing tour and dinner

**Group size:** Max. 30 persons

**Duration:** 4-5 hours

**Availability:** Year around (the programme is adjusted according to the season).

**Languages:** Finnish, English

**Optional extras:** Accommodation 65,00 € / person / night including breakfast, dinner and sauna.

**Contact information:** Iloranta, tel. +358 40 513 1139, samu@iloranta.fi, [www.iloranta.fi](http://www.iloranta.fi)



## HEVOSSILTA – STEP INTO THE PAST

G

Hevossilta is a unique place to stay on your travels in Finland if you are looking for a combination of modern and traditional! Hevossilta is surrounded by green woods and open fields and the estate itself, furnished with treasured relics of the past from the owners' personal collections, offers a fascinating journey through time ancient South-Western Finnish country life.

**Price:** 25,90 € / person

**Price includes:** Delicious buffet lunch made from local ingredients, guided tour of the historical collections of peasant artefacts.

**Group size:** Min. 10 persons and max. 40 persons in winter, or max. 150 persons in summer

**Duration:** 1.5 -2 hours

**Availability:** Year around

**Languages:** Finnish, English

**Optional extras:** Accommodation, guided tours, activities, smoke saunas

**Contact information:** Hevossilta, tel. +358 400 422 218, hevossilta@hevossilta.fi, [www.hevossilta.fi](http://www.hevossilta.fi)

## PORTAAN NAHKURINVERSTAS - A UNIQUE OLD TANNERY

G

In Portaan Nahkurinverstas you can experience an old-time atmosphere and beautiful river view in a tiny, old village. In our tannery museum you will learn how leather and leather products were manufactured in earlier times, starting in 1880. Our kitchen provides food made of fresh, high-quality ingredients, combining Finnish traditions with elements of fine-dining.

**Price:** 30,00 € / person

**Price includes:** Lunch buffet and guided tour in the tannery museum

**Group size:** Min. 10 persons and max. 50 persons

**Duration:** Tour in the museum 45 min. + lunch 1 hour

**Availability:** Year around

**Languages:** Finnish, English

**Optional extras:** Accommodation, guided walking tour in Porras village, other activities

**Contact information:** Portaan Nahkurinverstas, tel.+358 40 767 5928, info@nahkurinverstas.fi, [www.nahkurinverstas.fi](http://www.nahkurinverstas.fi)



# Local Life / Lahti Region



## BE INSPIRED BY NATURAL COOKING F

Are you interested in learning about local flavours and cooking with natural ingredients? During this programme, you will discover secrets of cooking for yourself with the help of our skilled chef! Shared table – unforgettable food experience!

**Price:** 95,00 € / person  
**Price includes:** Guided cooking lesson, 3-course meal  
**Group size:** Min. 6 persons, max. 12 persons  
**Duration:** 2–3 hours  
**Availability:** Year around  
**Languages:** Finnish, English

**Contact information:** Kiuasniemi Villas,  
 tel. +358 44 269 0480, [reservations@kiuasniemi.fi](mailto:reservations@kiuasniemi.fi)  
[www.kiuasniemi.fi](http://www.kiuasniemi.fi)

## LEARN TO KNOW MUSHROOMS F

Spend your day in the forest picking mushrooms with an educated mushroom instructor! With this tour, you'll get to know some of the most common mushrooms which will be picked and, later on, you'll learn how to handle and cook them!

**Price:** 55,00 € / person  
**Price includes:** Guiding, snacks, basket (if needed)  
**Group size:** 4 -12 persons  
**Duration:** 3 hours  
**Availability:** May- September  
**Clothing:** Suitable shoes for forest walking, outdoor clothes, notebook and water bottle.

**Contact information:** Best Lake Nature Adventures,  
 tel. +358 40 760 7240, [info@bestlakenature.com](mailto:info@bestlakenature.com)  
[www.bestlakenature.com](http://www.bestlakenature.com)

## BAKING GINGERBREADS FROM TRADITIONAL FINNISH RYE! G

This unique visit shows you the secrets of grinding rye flour and baking gingerbreads with new twist: Finnish rye! The programme starts at a local mill, called Okeroinen Mill, owned by the Kinnari family. At the mill you'll grind your own flour from the Kinnari family farm's own grain. From the mill the visit continues to the Kinnari Farm (about 10 minutes by car from the mill) where you will bake a batch of gingerbreads to take with you! The day will end with coffee/tea and handmade pastry made from farm's own flours in the farm's on-site bakery.

**Price:** 80,00 € / person  
**Price includes:** Grinding rye flour, baking gingerbreads, guidance and presentation of the mill and farm, materials and coffee / tea and pastry, as well as gingerbreads, gingerbread recipe and rye flour to take with you as souvenirs.  
**Group size:** Min. 6 persons, max. 12 persons  
**Duration:** About 2 ½ hours depending on group size  
**Availability:** April-October upon request  
**Languages:** Finnish, English  
**Contact information:** Kinnari Farm,  
 tel. +358 400 279 250, [info@kinnarintila.fi](mailto:info@kinnarintila.fi), [www.kinnarintila.fi](http://www.kinnarintila.fi)

# Local Life / Tampere Region

## LIVE LIKE A LOCAL – HOMESTAY IN ORIVESI F

The best way to explore a new country is to get to know the daily life of the locals! During this tour you will stay in a countryside home, cook traditional Finnish food followed by an introduction to the Finnish sauna culture, play some Finnish indoor or outdoor games or just relax and enjoy your time in the countryside! The stay ends with a delicious lunch cooked over an open fire!

**Price:** 199,00 € / person  
**Price includes:** Overnight stay (luxurious double rooms with a shared bathroom in a private house in the countryside), professional guide, transportation from and to Tampere city centre, evening sauna, meals (traditional Finnish dinner, evening snack, big homemade breakfast, soup lunch over an open fire) and rental of seasonal gear if needed

**Group size:** Min. 1 persons, max. 6 persons  
**Duration:** 2 days / 1 night  
**Availability:** Year around  
**Languages:** Finnish, English (other languages available upon advance request)  
**Clothing:** Normal clothing and comfortable walking shoes. Seasonal gear, such as snow boots or rain jackets, will be provided if needed.

**Contact information:** Adventure Apes,  
 tel. +358 40 770 9874, [heidi@adventureapes.fi](mailto:heidi@adventureapes.fi),  
[www.adventureapes.fi](http://www.adventureapes.fi)

## DINING CRUISES IN TAMPERE F G

Silverline's new boat, the m/s Silver Sky, offers a delicious dining experience with a thoroughly-relaxing cruise along Lake Pyhäjärvi. Lunch, after work and dinner cruises depart from Tampere Laukontori harbour.

**Price (lunch cruise):** 40,00 € / adult, 22,00 € / child 3-12 years old (+ 1,00 € / person will be added if the tickets are bought directly from the boat).  
**Price includes:** Two-hour cruise with lunch  
**Group size:** Min. 1 person  
**Duration:** 2 hours  
**Availability:** Wednesdays and Thursdays  
 23 May -7 June 2018 and  
 14 August -10 September 2018,  
 Wednesday-Saturday 13 June-11 August 2018  
 Please check the cruise schedule for 2019 from the web site  
**Duration:** At noon  
**Languages:** Finnish, English  
**Optional extras:** dinner cruise, charter cruises  
**Contact information:** Hopealinjat,  
 tel. +358 10 422 5600, [info@hopealinjat.fi](mailto:info@hopealinjat.fi), [www.hopealinjat.fi](http://www.hopealinjat.fi)



## FINLANDIA MENU AT RESTAURANT NÄSINNEULA F G

Restaurant Näsinneula is renowned for its spectacular panoramic views and delicious dishes. The restaurant's superb atmosphere paired with the excellent food will make your visit memorable. The menus are updated several times a year according to the season. Only the best, locally-produced seasonal ingredients are used in the Finlandia Menu.

**Price:** 66,00 € / person  
**Price includes:** 5-course Finlandia Menu  
**Group size:** Min. 1 person  
**Duration:** 2-3 hours  
**Availability:** Year around, seasonal changes in the menu  
**Languages:** Finnish, English  
**Contact information:** Restaurant Näsinneula,  
 tel. +358 20 7130 200, [ravintola.nasinneula@sarkanniemi.fi](mailto:ravintola.nasinneula@sarkanniemi.fi),  
[sarkanniemi.fi/ravintolat/a-la-carte/](http://sarkanniemi.fi/ravintolat/a-la-carte/)





# 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](http://www.visitlahti.fi) and [www.visitpajanne.fi](http://www.visitpajanne.fi)

## DAYS 3–6: 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](http://www.visitjyvaskyla.fi)

## DAYS 6–9: The best of the Tampere region

After breakfast, drive to Tampere / Lempäälä (about 200 km from Toivakka). Vaihtalan 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 several days, optional visits and activities include:

- Kayaking, river floating, golf, day spa treatments
- Guided nature activities such as 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 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](http://www.visittampere.fi)

## DAYS 9–11: 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 several days, 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.visithameenlinna.fi/en/](http://www.visithameenlinna.fi/en/)

## DAY 12: Departure Breakfast and drive back to Helsinki-Vantaa airport (70 km from Hämeenlinna).

# Tours

<b>Price:</b>	1,080 €/person
<b>Price includes:</b>	Accommodation in unique and idyllic manor houses / special hotels in double rooms with breakfast for 11 nights, manor tour, pre-dinner cocktail in grey salon, three-course dinner in dining room, after-dinner coffee in yellow salon and sauna in Töyrylä Manor House on Day 1.
<b>The price does not include:</b>	Rental car / transfers, optional activities, entrance fees, lunches, dinners (except Day 1: dinner included)
<b>Group size:</b>	min. 2 persons
<b>Duration:</b>	11 nights / 12 days
<b>Availability:</b>	On request May–September
<b>Please note:</b>	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.
<b>Contact information:</b>	Lahti Region / Visit Lahti, <a href="mailto:sales@lahtiregion.fi">sales@lahtiregion.fi</a> , <a href="http://www.visitlahti.fi">www.visitlahti.fi</a>



# Summer Fun at Western Lakeland



## DAY 1:

Arrival to Helsinki and drive by rental car to Asikkala (about 140 km), Lehmonkärki Resort. Accommodation in a cosy log cabin / villa by Lake Päijänne, the second largest lake in Finland. 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 and 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 architectural tours
- 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 and the Southern Päijänne region: [www.visitlahti.fi](http://www.visitlahti.fi) and [www.visitpajanne.fi](http://www.visitpajanne.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.

## Tips on Jyväskylä and its surroundings:

- 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

Overnight stay at Hotel Verso in a double room with breakfast.

More information about the Jyväskylä region: [www.visitjyaskyla.fi](http://www.visitjyaskyla.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: [www.visittampere.fi](http://www.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).

## Price:

960,00 €/person

## Price includes:

Accommodation in a well-equipped log cabin for three nights in Lehmonkärki with breakfast, boat trip to Päijänne National Park with picnic lunch, accommodation in Varjola Guesthouse's Riihi Villa with breakfast for one night, whitewater rafting and cable wire slide programme, entrance fee to Serlachius Museums, accommodation in standard 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.

## 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](http://www.visitlahti.fi)



# See the Secrets of Local Life and Cultural Sights – Southern and Central Finland



## DAY 1: Cultural sights at Lake Tuusula

During these first two days you will hear fascinating stories and visit the homes and studios of artists associated with Finland's Golden Era, such as composer Jean Sibelius and painter Pekka Halonen. The days also include a peaceful cruise in the historical surroundings of Lake Tuusula, testing your puzzle solving skills in an escape room with a cultural twist, a delicious Five seasons' dinner in Restaurant Krapihovi and a visit to a local handicraft makers' shop.

<b>Price:</b>	1.100,00 €/person
<b>Price includes:</b>	Accommodation in double rooms with breakfast in unique environments for two nights, accomodation in a well-equipped log cabin for one night, 3 x lunch, 2 x dinner, 1 x traditional Finnish sauna menu (non-alcoholic drinks), lake cruise, admission fees to Halosenniemi, escape room, Ainola and Alvar Aalto Museum, gingerbread baking programme, guided wooden architecture tour, Vellamo's herbal sauna programme, guided tour of Säynätsalo Town Hall and Muuratsalo Experimental House, guided Aalto Andante and walking tour in Jyväskylä.
<b>The price does not include:</b>	Transfers, travel insurance
<b>Single supplement:</b>	80,00 €/2 nights
<b>Group size:</b>	Min. 4 persons
<b>Duration:</b>	3 nights and 4 days
<b>Availability:</b>	Upon request May–September. During special events, fairs and holidays limited availability may apply)
<b>Guide language:</b>	English
<b>Please note:</b>	Clients should have their own travel insurance
<b>Contact information:</b>	Lahti Region / Visit Lahti, sales@lahtiregion.fi, <a href="http://www.visitlahti.fi">www.visitlahti.fi</a>

## DAY 2:

After visits, drive to Kinnari farm, located in the Lahti region. The farm visit starts with lunch at a cosy Lappish-style hut and later on it's time to bake traditional Finnish gingerbread with a new twist: rye!  
On your way to Lehmonkärki Resort, located by Lake Päijänne, you have a chance to take a look into the secrets of wooden design and architecture with a guided tour. After a day full off things to do, you'll have a chance for a slow walk in the forest and traditional Finnish treatments at the villa's sauna. After the sauna treatments, a traditional Finnish sauna menu at the cabin.

## DAYS 3: The designs of Alvar Aalto

After breakfast, drive along Finland's most beautiful route to Jyväskylä via Säynätsalo. Visits at Säynätsalo town hall and Muuratsalo Experimental House.  
Later on, drive to Jyväskylä and a guided walking tour, including the Old Courtyard and the best of Alvar Aalto's works, such as the Jyväskylä administrative and cultural centre, Niko-lainkulma, the Worker's club, the Defence Corps Building, the Jyväskylä University Campus and Alvar Aalto Museum.

Accommodation at Hotel Verso in double rooms and dinner in a local restaurant.

## DAY 4:

Breakfast and check-out. Drive back to Helsinki.

# Wellbeing Holiday in the Hämeenlinna Region

## DAY 1

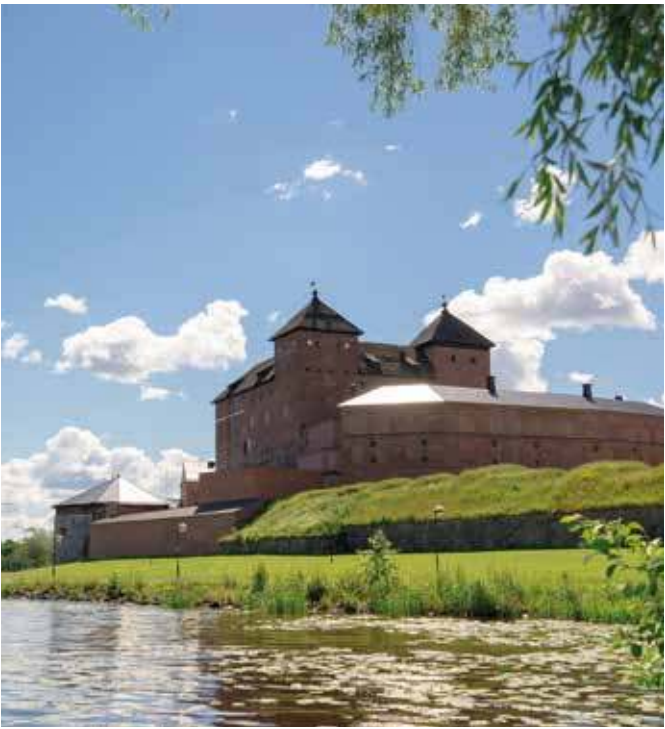
Transfer from Helsinki-Vantaa Airport to Hämeenlinna. Guided sightseeing tour, including the most important sights: Häme Castle, Aulanko recreational area, Jean Sibelius' birthplace before continuing to The Iloranta Farmstead. Later in the evening, sauna on the lake and 3-course dinner.

## DAY 2

After breakfast, day trip to the Tavastia region, including Lepaa village (local winery, clay workshop and manor house). Tour continues with a cruise to Visavuori, which is the museum dedicated to the life and works of sculptor Emil Wikström. Later in the afternoon, the tour continues to Iittala village, including visits to Iittala Glass Museum and Glass Factory, a local chocolate boutique and handicraft shops. Back to Iloranta, sauna and dinner in the evening.

## DAY 3

Breakfast and transfer to Tampere, including visits to Museum Centre Vapriikki and Moomin Museum before continuing to the airport.



<b>Price:</b>	470,00 €/person
<b>Price includes:</b>	Tour leader during the trip, transfers, guided tour at Hämeenlinna (2 h), accommodation with half board in double room, lake cruise and entrance fees to Museum Centre Vapriikki and Moomin Museum.
<b>Single supplement:</b>	90,00 €/person
<b>Group size:</b>	Min. 20 persons and max. 50 persons
<b>Duration:</b>	3 days/2 nights
<b>Availability:</b>	June-August, arrival on Monday or Wednesday
<b>Please note:</b>	Costs (lunch, entrance fees etc.) which are not included to the package, has to be paid directly at the destination or webshop of Vekka Tours.
<b>Contact information:</b>	Vekka Tours, tel. +358 362 2650, <a href="mailto:tours@vekkatours.fi">tours@vekkatours.fi</a>



# Fairy Tale Tour Finland

While you travel around Southern Finland and check out the main attractions, you also visit places connected to the Moomin stories, such as the world's only Moomin Museum, which was opened in Tampere in 2017. Further places of interest are the Tove Jansson Gallery and a cruise to the archipelago where Jansson spent thirty summers. Annually, during one week in June, it is also possible to visit the island of Klovharu. The highlight of the tour is a visit to the Moomin World in Naantali.



<b>Net Price:</b>	1.250,00 €/person, if min. 10 persons 1.050,00 €/person, if min. 15 persons 950,00 €/person, if min. 20 persons
<b>Price includes:</b>	Bus transfers, English-speaking tour guide from/to Helsinki airport, 4 x nights in good hotels (twin rooms) with breakfast, 2 x dinner, Flytour XD 4D Helsinki presentation, guided visit to Tove Jansson Exhibition, coffee/tea & bun at Moomin Café, private cruise to the archipelago around Klovharu Island, sightseeing in Tampere, 1.5 hours, entrance fee to Näsäntä tower, sauna experience with a local guide, entrance fee to Moomin Museum, entrance fee to Moomin World, private guided tour and meeting with some of the Moomin characters.
<b>Single supplement:</b>	160,00 €/person
<b>Duration:</b>	5 days / 4 nights
<b>Availability:</b>	June–August
<b>Contact information:</b>	Saarikoski Travels, tel. +358 6 433 0000, info@saarikoski.fi, <a href="http://www.incomingsaarikoski.com">www.incomingsaarikoski.com</a>

**DAY 1:**  
Arrival in Helsinki. Day includes Flytour Helsinki sightseeing ride, Tove Jansson Gallery at Helsinki Art Museum and one of the three Moomin cafés in Helsinki. Free evening.

**DAY 2:**  
Transfer from Helsinki to Porvoo. On the way, visit to the Arabia Centre where you can enjoy the free exhibition of Arabia and Iittala glassware. After arrival, walk around the old town of Porvoo and cruise around Klovharu Island, Tove Jansson's summer paradise. Accommodation at Spa Hotel Haikko.

**DAY 3:**  
Transfer from Porvoo to Tampere (188 km). City sightseeing tour in Tampere, including a visit to the picturesque Stable Yards, lunch in the revolving observation tower Näsäntä and a tour of the world's only Moomin museum exhibiting a collection of unique works by Tove Jansson. Later on, a Finnish sauna experience with a local guide, dinner at the hotel.

**DAY 4:**  
After breakfast, transfer from Tampere to Naantali (173 km). A full day will be spent at Moomin World: meet all the Moomin characters, see their homes and visit the Moomin shop. Overnight at Naantali Spa Hotel in Moomin-themed rooms.

**DAY 5:**  
Transfer from Naantali to Helsinki (185 km). Visit Muurla Glass shop on the way to Helsinki Airport.

# Triangle Tour Helsinki, Tampere & Turku

All three Finnish cities play an important role in the history of Finland. Today, they are lively and growing cities that offer visitors a great deal to see and do. Depending on the season and the group's interests, the tour can include a variety of cultural visits, local tastes, activities, art and exhibitions or free time. Nevertheless, the route offers a large variety of interesting places and a great window to Southern Finland.

**DAY 1: Helsinki**  
Arrival and guided tour including: the Cathedral, the Sibelius Monument, Kauppatori market place and Suomenlinna Sea Fortress (UNESCO World Heritage Center).

**DAY 2: Helsinki – Hämeenlinna – Hattula – Tampere 180 km**  
Day includes visits to Aulanko Nature Reserve and recreational area, Hattula Holy Cross Church and guided city tour in Tampere.

**DAY 3: Tampere**  
During the day, you'll have a lake cruise to Laukon Kartano Manor, visit Tampere Market Hall and have free time to enjoy the atmosphere of the city!

**DAY 4: Tampere – Naantali – Turku 190 km**  
Transfer from Tampere to Turku via Naantali. Visit to Kultaranta, the summer residence of the President of Finland, and a guided walk over seven bridges and free time in Turku. Dinner cruise to Loistokari island.

**DAY 5: Turku - Helsinki 170 km**  
Transfer to Helsinki. Departure.

<b>Net Price:</b>	605,00 €/person, if min. 20 persons 530,00 €/person, if min. 30 persons 495,00 €/person, if min. 40 persons
<b>Price includes:</b>	Bus transfers according to the programme, 4 x overnight in good hotels (twin rooms) with breakfast, dinner in the brewery restaurant at Suomenlinna, ferry tickets to/from Suomenlinna, visit to Hattula Holy Cross Church, guided bus tour in Tampere with a local guide, tour to Laukko manor with a local guide, visit to Kultaranta, including coffee and cake, guided seven bridges walk in Turku.
<b>Single supplement:</b>	165 €/person
<b>Duration:</b>	5 days / 4 nights
<b>Optional extra:</b>	Finnish tour guide from/to airport + 1000,00 €/group, dinner at Näsäntä Observation Tower on third day, incl. transfers + 80,00 €/person
<b>Availability:</b>	June to early August
<b>Contact information:</b>	Saarikoski Travels, tel. +358 6 433 0000, info@saarikoski.fi, <a href="http://www.incomingsaarikoski.com">www.incomingsaarikoski.com</a>





# The Trails of Tradition & Culture in Finland

A tour of the trails of tradition and the true nature of Finland and its beautiful lakeland. Discover the secrets of Finnish lifestyle, history, nature, cuisine and design at its best. Visit the heart of Finland!

## DAY 1

Arrival to Tampere and check-in at the chosen hotel. Later on, lunch and guided city sightseeing tour, which is always the best way to get to know a new place. Guided tour will show you the most important and interesting sights and scenery of the city. 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. At Gösta, in addition to the masters of the Golden Era, you will find big names in contemporary art in a guided tour. 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. You might even get to pet or even kiss a moose here! From Moose Manor the trip continues to Jyväskylä. Overnight at Hotel Verso. Dinner at local restaurant.

**Price:** 1.440,00 €/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, baking gingerbreads programme. Transfers

**Price does not include:** 460,00 €/person

**Single supplement:** min. 10 persons

**Group size:** Upon request May–September.

**Availability:** 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](http://www.visitlahti.fi)

## 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 local restaurant.

## DAY 5

After breakfast, check-out and 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.

## DAY 6

Guided city and wooden architecture tour in Lahti, including Sibelius Hall, Pro Wood Gallery and shop and lunch at the Officer's Club of Lahti. Later in the afternoon, visit to a local farm where it's time to bake traditional Finnish gingerbread with new twist: rye! Later on, free time to do some optional activities before dinner at local restaurant:

- Small design boutiques in Lahti city centre
- 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
- Guided kayaking or SUP tour at Lake Vesijärvi

## DAY 7

After breakfast, departure.







# Western Lakeland Sauna tour – the Relaxation Vacation of your dreams

## DAY 1

Arrival to Helsinki and transfer to Asikkala. Accommodation in individually decorated log cabin by Lake Päijänne, the second largest lake in Finland. After arrival, slow walk into 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 enter Lehmonkärki's sauna world including glass panorama sauna, igloo sauna, traditional smoke sauna and electric sauna. Before entering the sauna, you will 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 includes at least 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 Igloos – All Sky Aurora Cabins which offer an unforgettable relaxed form of accommodation by the nature with beautiful lake view!

Later in the afternoon, you will have wellness sauna program including three different kinds of Finnish sauna and guided relaxation session. Afterwards you may try Finnish sauna wellness products, gently slap yourself with birch twigs, enjoy the silence, relax in an outdoor hot tub and refresh yourself by swimming in lake.

## DAY 3

Departure to Tampere – The Sauna Capital of the World! Tampere has over 20 public saunas in the region for anyone to

relax in, throughout the year. After arrival, check-in to Original Sokos Hotel Villa and guided public sauna tour including the newest public sauna, Laukontori – an urban oasis occupying a stretch of beautiful Tampere waterfront!

After relaxing sauna, it is time to experience the essence of Nordic flavours with seasonal and local specialities straight from the nature at the terrace of the sauna.

Later in the evening, you can check one more public sauna, Tulli sauna - a new, urban sauna in the heart of the city and at the vicinity of your hotel!

## DAY 4

Departure to Hämeenlinna and check-in to Vanajanlinna Hotel. Transfer to Loppi, Jalolautta sauna which is a unique sauna boat floating on the most private and serene of Finnish lakes! Enjoy the last day of the tour and get memorable experiences of the traditional wood-heated sauna along with swimming in the clean and clear water of your own private lake. While enjoying the silence of wilderness lake, local chef is preparing you delicious three-course dinner which can be enjoyed at the top deck of the sauna boat.

## 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:

1.250,00 € / person

### Price includes:

Accommodation for four nights with breakfast (lakeside cabin, igloo and unique hotel rooms), rental of private sauna worlds, guided sauna programs, admission fee to public sauna in Tampere, 5 x special sauna menu.

### Price does not include:

Transfers

### Group size:

Min. 10 persons

### Duration:

5 days / 4 nights

### Availability:

May-November

### Guide language:

Finnish, English

### Clothing:

Casual outdoor clothing, swim suit

### Optional:

Whole day Helsinki Sauna City Tour 360,00 € / person

### Contact information:

Lahti Region / Visit Lahti, sales@lahtiregion.fi, [www.visitlahti.fi](http://www.visitlahti.fi)



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