Lakeland
The Heart of Finland
— Product Manual

Hämeenlinna • Jyväskylä • Lahti • Tampere
The quickest way to slow down

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

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

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

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

Welcome to Western Lakeland!
Western Lakeland Sauna Tour ................................................................. 46
Finnish summer magic - Helsinki-Turku-Tampere tour ...................... 42
Well-being Holiday in the Häme Region ............................................. 41
Share a taste of local life ........................................................................ 38
Summer Fun at Western Lakeland .......................................................... 36
How to get to and around Western Lakeland ....................................... 6
National parks located in Western Lakeland ........................................ 12

Outdoor

Jyväskylä Region ................................................................................. 15
Taste of travel to nature
Visit wanderer's paradise Isojärvi National Park and trail network of Himos Resort
Two-day canoe tour in a National Park
Häme Region ....................................................................................... 16
Hiking in Aulanko urban Nature Park
A true nature experience with true Finns
Liesjärvi National Park multiactivity holiday – be moved by nature
Lahti Region ......................................................................................... 17
Natural wonders of Finnish forest
Päijänne National Park with Aquavilla boats
Sunrise kayaking
Tampere Region .................................................................................... 18
Forest immersion
Nightless night sup tour
Scenic Tampere canoe tour

Culture

Jyväskylä Region ................................................................................... 20
Aalto andante - guided walking tour
Petäjävesi old church – Unesco World Heritage Site
Countryside & city experience
Häme Region .......................................................................................... 21
Glassblowing experience / blow your own vase
Private concert in the birthplace of Jean Sibelius
A railway hand car adventure through the countryside
Lahti Region ............................................................................................ 22
Find the artist in you – guided monotype art workshop
Country gourmet tour
Ode to wood and design
Tampere Region ..................................................................................... 23
Unfold Finlayson: an adventure game for groups
Serlachius – far out art with a historical heart
Adventures in the world’s only Moomin Museum

Well-being

Jyväskylä Region ................................................................................... 25
Silence trail – unhurried pace of being in the moment
Break by the lake
Discover your nature, discover your inner Finn
Häme Region .......................................................................................... 26
Lakeland smoke sauna experience
Nature mind walk & open fire coffee and snack
Forest bootcamp – training camp in the forest
Lahti Region ............................................................................................ 27
Vellamo’s herbal sauna for families or small groups
Finnish sauna tradition and Lakeland!
Wild and abundant treasures of Finnish nature
Tampere Region ..................................................................................... 28
Gone with the forest - revitalizing nature experience
Forest yoga
Guided sauna and swimming tour in Tampere

Local Life

Jyväskylä Region ................................................................................... 30
Let’s bake together
The empowering paths of Perttula
Family holiday in Piispala
Häme Region .......................................................................................... 31
From the tale of rye to the waters
Traditional countryside & old tannery
Make a small Finnish RYA RUG in a historical Wetterhoff Handicraft House
Lahti Region ............................................................................................ 32
Spend a day as a husky farmer
Cosy visit at a local home
Crafting with flowers and natural materials
Tampere Region ..................................................................................... 33
Experience the past and present of the World’s Sauna Capital
Tasting Tampere
Go to sauna like a Finn

Tours

Western Lakeland Manor Tour ................................................................. 35
Summer Fun at Western Lakeland .......................................................... 36
Share a taste of local life ................................................................. 38
Art, Design and Architecture Tour ......................................................... 40
Well-being Holiday in the Häme Region ................................................. 41
 Finnish summer magic - Helsinki-Turku-Tampere tour .......................... 42
Joy of feelings and strengthening your presence ..................................... 44
Western Lakeland Sauna Tour ................................................................. 46
Your Western Lakeland Team

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

Visit Jyväskylä / Jyväskylä region

![Ms Paivi Heikkala](image)
Ms Paivi Heikkala  
paivi.heikkala@jyvaskyla.fi  
Tel. +358 50 304 8467  
[www.visitjyvaskyla.fi](http://www.visitjyvaskyla.fi) and [www.saunaregion.fi](http://www.saunaregion.fi)

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

Häme region

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

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

Visit Lahti / Lahti Region Ltd.

![Ms Anu Huusko](image)
Ms Anu Huusko  
anu.huusko@lahtiregion.fi, sales@lahtiregion.fi  
Tel. +358 44 753 3590  
[www.visitlahti.fi](http://www.visitlahti.fi) and [www.visitpajanen.fi](http://www.visitpajanen.fi)

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

Visit Tampere

![Ms Pirjo Puukka](image)
Ms Pirjo Puukka (German and UK markets)  
pirjo.puukka@visit tampere.fi  
Tel. +358 40 048 4982  
[www.visittampere.fi](http://www.visittampere.fi)

![Ms Mari Saloniemi](image)
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 31.12.2021.  
For bigger groups and for more information, please contact the providers. We reserve the right to all changes.
Western Lakeland

1. Hämeenlinna
2. Lahti
3. Tampere
4. Jyväskylä
How to get to and around Western Lakeland

- Tokyo: 10.5 h
- Beijing: 9 h
- Singapore: 12 h
- Seoul: 9.5 h
- Delhi: 7 h
- New York: 9 h
- Paris: 3 h
- London: 3 h
- Stockholm: 1 h
- St. Petersburg: 1 h
- Frankfurt: 2.5 h
- Rome: 2.5 h
All four regions are within easy reach from Helsinki, only 1-3 hours by flight, train, bus or car!

- **Jyväskylä Region** - Located at a hub of excellent connections, Jyväskylä is easily accessible from practically anywhere from Finland. visitjyvaskyla.fi/en/worth-knowing/getting-to-jyvaskyla

- **Häme Region** – only an hour away by car or by train from the largest cities in Southern Finland as well as the airports in Helsinki, Turku and Tampere. visithamen.fi

- **Lahti Region** - less than an hour from Helsinki-Vantaa airport and easy to reach from all over the world without thinking connection flights from Helsinki to other parts of Finland. 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. A seasonal flight connection from Budapest is offered by low cost airline Ryanair. Train from Helsinki to Tampere every hour. visit tampere.fi/en/info/transportation/

### TRAVEL TIME BY TRAIN FROM HELSINKI

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

### FLIGHT TIMES TO TAMPERE

- Stockholm: 1 h 5 min
- Riga: 1 h 15 min
- Budapest: 2 h 35 min
- Helsinki: 35 min
Recommendations by locals

Jyväskylä Region

ACCOMMODATION
- Hotel Yöpuu hotelliyopuu.fi
- Hotel Verso hotelliverso.fi
- Hotel Revontuli revontuli.fi
- Solo Sokos Hotel Paviljonki sokoshotels.fi/en/jyvaskyla/sokos-hotel-paviljonki
- Taulu Manor Hotel taulunkartano.fi/en/

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

SAUNAS
- Revontuli saunas revontuli.fi
- Varjola saunas varjola.com
- Solo Sokos Hotel Paviljonki saunas sokoshotels.fi/en/jyvaskyla/sokos-hotel-paviljonki
- Original Sokos Hotel Alexandra saunas sokoshotels.fi/en/jyvaskyla/sokos-hotel-alexandra
- Sauna Village - offers a journey into the history of Finnish sauna and probably has the biggest collection of smoke saunas in the world saunaregion.fi

SIGHTS
- UNESCO World Heritage site: Petäjävesi Old Church petajavesi.fi/kirkko
- Works of Alvar Aalto visitjyvaskyla.fi/en/valaaralto
- Moose Manor hirvikartano.fi
- The Craft Museum of Finland craftmuseum.fi/en
- Keuruu Old Church vanhakeuruu.fi

SHOPPING / SPECIAL PRODUCTS
- Lahtiset, Felt boots, bags etc. lahtiset.fi
- KOTO Design, kotodesignmarket.fi
- Hakamaa Sheep Farm - Experience country life, locally produced food: holvi.com/shop/hakamaanlammastila
- Old Keuruu small shops, boutiques, local handicrafts vanhakeuruu.fi
- Toivola Old Courtyard small shops, boutiques, local handicrafts vanhapiha.fi
Häme Region

**ACCOMMODATION**
- Sokos Hotel Vaakuna sokoshotels.fi/en/hameenlinna/sokos-hotel-vaakuna
- Hotelli Maakunta hotellimaakunta.fi
- Hotelli Emilia hotelliemilia.fi
- Eerikkilä Sport & Outdoor Resort eerikkila.fi
- Matin ja Maijan B&B matinjamaijan.fi

**RESTAURANTS**
- Restaurant Piparkakkutalo ravintolapiparkakkutalo.fi
- Inkala Manor inkalankartano.fi
- Vanajanlinna vanajanlinna.fi
- Restaurant Villa ravintolavilla.fi
- Restaurant Obelix obelixriihimaki.fi

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

**SIGHTS**
- Medieval Häme Castle kansallismuseo.fi
- The Finnish Glass Museum suomenlasimuseo.fi
- Forssa Museum forssanmuseo.fi
- The Narrow Gauge Railway jokioistenmuseorautatie.fi
- Sibeliuksen syntymäkoti hmlmuseo.fi

**SHOPPING / SPECIAL PRODUCTS**
- Iittala Village iittalavillage.fi
- Wetterhoff Crafts Shop House of Arts & Creative Handicrafts wetterhoff.fi
- Lepaa Winery ham.fi
- Mafka & Alakoski mafka-alakoski.fi
- Olutmylly Forssa olutmylly.fi
Lahti Region

ACCOMMODATION
• Lehmonkärki  
   lehmonkarki.fi
• Töyrylä Manor Hotel  
   toyrylankartano.fi
• Mukkula Manor Hotel  
   mukkulankartano.fi
• Solo Sokos Hotel Lahden Seurahuone  
   sokoshotels.fi/en/lahti/sokos-hotel-lahden-seurahuone
• AquaVilla / houseboats www.aquavilla.fi

RESTAURANTS
• Restaurant Roux  roux.fi
• Restaurant Taivaanranta  taivaanranta.com
• Restaurant the Officer’s Club of Lahti  
   upseerikerho.fi
• Olavi Wine and Café  winecafeolavi.com
• Bus Burger  busburger.fi

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

SIGHTS
• Lahti Harbour area including Wood Architecture  
   and Lanu Sculpture Parks  
   propuu.fi
• Sibelius Hall  sibeliustalo.fi
• Alvar Aalto’s Church of Cross  
   visit.alvaraalto.fi/en/destinations/ristinkirkko-at-lahti/
• Päijänne National Park  
   nationalparks.fi/en/paijannenp
• Lahti City Museums  lahdenmuseot.fi

SHOPPING / SPECIAL PRODUCTS
• Small design boutiques and shops at Rautatienkatu Street  
   Products from local designers  heilahti.com
• Pro Wood Gallery Shop  
   Fine selection of modern Finnish wood design items  
   propuu.fi
• Kinnari Farm  
   Farm shop including products from local farmers, also 
   beautiful things for home and garden  kinnarintila.fi
• Heila Farmer’s Market  
   Local farm produce  heilan.fi
• Ulpukka Handicraft Shop  
   Local handicrafts  ulpukka.fi/en/
Tampere Region

ACCOMMODATION

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

RESTAURANTS

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

SAUNAS

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

SIGHTS

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

SHOPPING / SPECIAL PRODUCTS

- Tallipiha “Stable Yards” home to a range of little gift shops, artisans’ workshops and café tallipiha.fi
- PikkuPutiikit Finnish Craft and Design boutique pikkuputiikit.fi
- Tampere Market Hall tampereenkauppahalli.fi
- Finlayson Factory Outlet visit tampere.fi/en/articles/best-factory-outlets/
- Tampere Design District visit tampere.fi/en/articles/tampere-design-lovers/
National parks located in Western Lakeland

1. Liesjärvi
2. Torronsuo
3. Päijänne
4. Isojärvi
5. Leivonmäki
6. Seitseminen
7. Helvetinjärvi
8. Etelä-Konnevesi
9. Pyhä-Häkki
10. Sälamajärvi
JYVÄSKYLÄ REGION
Vororotti
Central Finland’s most impressive dry-land gorge watershed beckons the adventurous to explore its rock formations and caves. The bedrock in the area is an over 1,800 million-year-old abyssal granite slab, that forms the dividing line between an ancient fjord and the granite plate of Central Finland. Vororotti is also a historical treasure trove. Over a hundred years ago, Vororotti was the perfect place to escape the long arm of the law. In the narrow tunnels, visitors with a keen eye can still see traces of the campfires made by robbers as well as caves for hiding out. www.himosjamsa.fi/en/kohteet/vororotti/

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

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

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

**TASTE OF TRAVEL TO NATURE**

Enjoy clean and fresh forest gourmet!

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

**Price:** 170,00 € per person

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

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

**Availability:** June - September

**Language:** English

**Duration:** 5 hours

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

**VISIT WANDERER’S PARADISE ISOJÄRVI NATIONAL PARK AND TRAIL NETWORK OF HIMOS RESORT**

Explore the enticing hiker’s paradise and diverse National Park Isojärvi located close to Himos Resort!

The extensive network of small sandy roads along Lake Päijänne coastline and the forest trails at the national park ensures that you will enjoy your hiking tours! After hiking, it is time to pamper yourself with a soothing sauna and jacuzzi at your comfortable modern holiday villa! On arrival day, you will treat your taste buds with a fantastic dinner made of local ingredients at the organic farm restaurant Patapirtti.

**Price:** 475,00 € per person

**Price includes:** Accommodation for 3 nights in a well-equipped villa with self-catering breakfast, linen, towels, final cleaning, usage of outdoor jacuzzi, dinner at the farm restaurant Patapirtti and one dinner at your villa, return transfer to Isojärvi National Park, return transfer to Patapirtti and eFatbike rent for 2 hours.

**Price doesn’t include:** Outdoor clothing or footwear, transfers from the airport or railway station

**Group size:** Min. 4 persons

**Duration:** 4 days/3 nights

**Availability:** From May to October

**Contact information:** Himos Holiday Ltd., Katja Minkkinen, tel. +358 20 711 9230, himosholiday@himosholiday.com, himoslomat.fi/en/activities/hiking/

**TWO-DAY CANOE TOUR IN A NATIONAL PARK**

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

**Price:** 290,00 € per person

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

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

**Duration:** 2 days / 1 night

**Availability:** May-October

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

**Language:** English

**Please note:** Programme is suitable for anyone who can swim

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

**Hiking in Aulanko Urban Nature Park**

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

- **Price:** 75.00 € per person
- **Price includes:** Guided walk and a light picnic lunch
- **Group size:** Min. 10 persons, max. 30 persons
- **Duration:** 4 hours
- **Bookings:** In advance
- **Availability:** May-September
- **Language:** English
- **Clothing:** Comfortable walking shoes, outdoor clothes
- **Please note:** Intermediate route with some uphill and downhill.
- **Contact information:** Aulanko Outdoors / Katajistonranta, tel. +358 44 767 4772, info@aulankooutdoors.fi, http://en.aulankooutdoors.fi

**A True Nature Experience with True Finns**

Join us for a guided, peaceful hike around Lake Iso-Melkkutin which is part of the traditional Ilvesreitti Trail Network. The lake is particularly popular among divers due to its crystal-clear water. The trail follows along the shores of the lake allowing you to capture breathtaking views throughout the 7 km trail. After our hike, we will enjoy traditional Finnish sausages grilled over a campfire! During the break, you can also dip into the refreshing water!

- **Price:** 98.00 € /per person
- **Price includes:** Guided hike and light campfire lunch
- **Price doesn’t include:** Transportation
- **Group size:** Min 4 persons, max. 20 persons
- **Duration:** 5 hours
- **Availability:** May-September
- **Language:** English
- **Clothing:** Comfortable pair of shoes, waterproof outdoor clothing, water bottle, towel and a swimsuit.
- **Please note:** Intermediate route
- **Contact information:** Reissusiskot Oy Trip Sisters Ltd, Tarja Salmi tel. +358 45 889 9976, info@reissusiskot.fi, www.reissusiskot.fi/en

**Liesjärvi National Park Multiactivity Holiday – Be Moved by Nature**

Enjoy an active nature holiday and great outdoors activities in Eerikkilä Sport & Outdoor Resort located near two national parks, Liesjärvi and Torronsuo. Both national parks offer endless opportunities to relax and enjoy nature with marked nature trails and lean-on sites either by hiking, fat biking or canoeing!

- **Price:** 280.00 € per person
- **Price includes:** Accommodation for 3 nights in a holiday apartment with breakfast, guided fat bike trip, use of sport facilities and saunas, equipment rental (canoes, fat bikes, maps).
- **Group size:** Min. 2 persons, max. 16 persons
- **Duration:** 3 days / 2 nights
- **Availability:** Year around (canoeing can be changed to a snowshoeing)
- **Language:** English
- **Clothing:** Clothes and shoes suitable for the weather conditions, windproof clothes and water-resistant shoes recommended.
- **Optional extra:** Full board, single room in a hotel, accommodation in a villa, guiding for canoeing or trail running/hiking, transport.
- **Contact information:** Eerikkilä Sport & Outdoor Resort, Laura Sirén, tel. +358 201 108 238, sales@eerikkila.fi, www.eerikkila.fi/en
Lahti Region

NATURAL WONDERS OF FINNISH FOREST

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

Basic tour price: 79,00 € per person, 160,00 € per family (2 adults and 1-2 children under 12 years old), 99,00 € per person including the tour and cooking lesson
Price includes: Guiding, snacks, basket (if needed)
Group size: Min. 4 persons
Duration: 3 hours
Availability: May-September
Place: Lahti, Asikkala or Padasjoki
Language: English
Clothing: Suitable shoes for forest walking and outdoor clothes
Contact information: Best Lake Nature Adventures, tel. +358 40 760 7240, info@bestlakenature.com, www.bestlakenature.com

PÄIJÄNNE NATIONAL PARK WITH AQUAVILLA BOATS

Experience Päijänne National Park and its biggest island Kelvenne with Aquavilla boats! During the day, you can easily decide where and when you want to go – your fully-equipped summer villa with sauna and outdoor hot tub is always with you! No special driving license is needed.

Aquavilla for 8 persons:
450,00-600,00 € / day/ low season (30.4.-22.5. and 12.9.-31.10)
585,00-780,00 € / day / mid-season (23.5.-8.6. and 15.8.-11.9.)
675,00-900,00 € / day / high season (9.6.-14.8.)

Aquavilla SPA for 4 persons:
360,00 €-480,00 € / day/ low season (30.4.-22.5. and 12.9.-31.10)
450,00 €-600,00 € / day / mid-season (23.5.-8.6. and 15.8.-11.9.)
585,00 €-780,00 € / day / high season (9.6.-14.8.)

Price includes: Aquavilla boat rental, final cleaning, bed linen and towels, meet & greet + driving lesson, SUP boards, kayaks, bicycles, firewood for the sauna, gas grill
Duration: Min. 3 days/ 2 nights
Group size: Min. 2 persons, max. 12 persons (two houseboats)
Availability: May-October
Please note: The boat has to returned with full tank. Pets allowed on previous agreement.
Contact information: Aquavilla Houseboats, tel. +358 41 318 4324, igor@ipg.fi, www.aquavilla.fi

SUNRISE KAYAKING

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

Price: 75,00 € per person
Price includes: Kayaks with all the needed equipment, guiding and early morning breakfast by the lake
Group size: Min.10 persons, max. 20 persons. Please ask an offer for smaller groups.
Duration: 2 hours
Availability: May to September
Place: Lahti or Asikkala
Language: English
Clothing: Suitable outdoor clothes
Contact information: Fenix Adventures, tel. +358 44 5919 799, kirsireinikka@fenixohjelmapalvelut.fi, www.fenixohjelmapalvelut.fi
Outdoors

Tampere Region

**FOREST IMMERSION**

Take a trip back to our ancestors’ past in the woods and learn how it can still be seen in our physiology today and how the forest boosts our well-being. Entering the woods, we get to fully utilise our senses through guided body consciousness, mindfulness and relaxation techniques. As we allow our mind to quiet itself, we can begin to feel what hikers speak of so commonly: a fullness of our senses and a calm mind full of vitality.

**Price:** 60.00 € per person
**Price includes:** Transportation, guiding, coffee and snack.
**Group size:** Min. 4 persons, max. 25 persons.
**Duration:** 2.5 hours
**Availability:** Year around
**Languages:** English, French, German, Russian
**Place:** Kirkkaanniemi fireplace on the Birgitan polku trail just south of Tampere.
**Clothing:** Season-appropriate clothing and shoes, water bottle.

**Contact information:** Boreal Quest, Markus Jokinen, borealquestfinland@gmail.com, tel. +358 40 180 4082, borealquest.com/

**NIGHTLESS NIGHT SUP TOUR**

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

**Price:** 200.00 € per hour and group
**Price includes:** Guided SUP tour with the necessary equipment and life vest.
**Group size:** Min. 2 persons, max. 8 persons. For bigger groups with an additional second guide, please contact beforehand.
**Duration:** 1 hour
**Availability:** June – August. Weather permitting.
**Language:** English
**Place:** Lake Pyhäjärvi
**Clothing:** Light and stretchy clothing suited to outdoor sports. Neoprene shoes/socks will bring extra comfort but are not necessary.
**Please note:** Participants should be able to swim and have a bit of prior SUP experience. Persons under 18-years old are only permitted when accompanied with an adult.

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

**SCENIC TAMPERE CANOE TOUR**

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

**Price:** 35.00 € per person for a 2.5 h tour with canoeing and a juice break, 40.00 € per person and a 3 h tour with canoeing and a break with hot drinks (coffee, tea, hot chocolate) and roasted sausage. 45.00 € per person and a 3.5 h tour with canoeing and a break with hot drinks (coffee, tea, hot chocolate), roasted sausage and crepes.
**Price includes:** Guiding, paddling equipment (canoes, paddles, vests, waterproof bags) and servings according to the price and duration.
**Group size:** Min. 2 persons, max. 27 persons
**Duration:** 2.5 – 3.5 hours
**Availability:** Mid-May to Mid-December
**Language:** English
**Place:** Kaupinoja in Tampere
**Clothing:** Outdoor clothes according to the weather

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

**Contact information:** Hiking Travel, Hit. Tapio Tyllilä, tel. +358 40 745 7803, hikingtravel@hikingtravelhit.fi, hikingtravelhit.fi/en/
Culture
AALTO ANDANTE - GUIDED WALKING TOUR

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

Price: 120,00 € per group during weekdays and Saturdays
Price includes: Guided walking tour
Group size: Min. 1 person, max. 25 persons.
Duration: 1.5 hours
Availability: Year around
Languages: English
Clothing: According to weather conditions and good shoes
Contact information: Visit Jyväskylä, tel. +358 14 266 0113, matkailu@jyvaskyla.fi, visitjyvaskyla.aaltotour2020wl

PETÄJÄVESI OLD CHURCH – UNESCO WORLD HERITAGE SITE

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

Price: 7,00 € per adult
For groups of more than 10 persons it is 5,00 € per person.
Price includes: Entrance fee and guided tour
Group size: Min. 1 person, max. 25 persons.
Duration: 30 min
Availability: June-September, also during wintertime on request for groups
Languages: English
Contact information: The Petäjävesi Old Church, tel. +358 (0)40 582 2461, opas@petajavesi.fi, petajavesioldchurch.fi/?lang=en

COUNTRYSIDE & CITY EXPERIENCE

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

Price: 285,00 € per person
Price includes: Accommodation for one night in twin rooms with breakfast at Manor Hotel Taulun Kartano, organic local welcome drink on arrival, 1 x buffet dinner with seasonal local food, traditional smoke sauna, aroma sauna and hot tub experience, 1 x three-course fine dining à la carte lunch at Harmooni Restaurant
Price doesn’t include: Transportation
Group size: Min.10 persons.
Please ask an offer for bigger groups.
Duration: 2 days / 1 night
Availability: Year around
Languages: English
Contact information: Arts & Crafts Restaurants sales, Riitta Halttunen tel. +358 207 353 400, myynti@acravintolat.fi, taulunkartano.fi/en/, harmooni.fi/en/
Häme Region

GLASSBLOWING EXPERIENCE / BLOW YOUR OWN VASE

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

Price: From 50,00 € per person
Price includes: Guided tour in Design Museum Iittala and glass blowing experience
Group size: Min. 10 persons, max. 25 persons
Duration: 1-2.5 hours
Availability: Around the year, on weekdays Mon-Fri at 2 pm. In the summer 2020, (29 June - 31 July) Mon-Fri at 9 am, 1 pm and 3 pm (Note: 2 pm is not available during this time period)
Please note: The vases can be picked up at noon on the following day or they can be sent according to a separate price list.
Contact information: Design Museum Iittala, tel. +358 20 439 6230, iittala.museum@iittala.com, iittalavillage.fi/en

PRIVATE CONCERT AT THE BIRTHPLACE OF JEAN SIBELIUS

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

Price: 400,00 €
Price includes: Concert during regular opening hours
Price doesn’t include: Admission fee to the Museum: 5,00 € (adult) / 4,00 € (pensioner/student), 2,00 € (children 7-17 years)
Group size: Max. 40 persons (special arrangement max. 55 persons)
Duration: 30 min
Optional extra: Guided tour in English 55,00 €
Please note: Visits beyond regular hours are possible (extra fee: Weekdays 39,00 €/h, weekends 78,00 €/h).
Contact information: Birthplace of Jean Sibelius, tel. +358 3 621 2755, sibeliuksensyntymakoti@hameenlinna.fi, hmlmuseo.fi/in-english/

A RAILWAY HANDCAR ADVENTURE THROUGH COUNTRYSIDE

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

Price: 1-hour rental: 10,00 € per person (6-16 years old 5,00 €) 3 hours rental: 15,00 € per person (6-16 years old 7,50 €) All day rental: 25,00 € per person (6-16 years old 12,50 €)
Price includes: A hand car rental and a brief instruction on handcar usage and security. A right to use railway facilities (toilets, campfire place, etc).
Price doesn’t include: The Minkiö sauna rental
Group size: Min. 1 persons, max. 24 persons
Duration: 1-6 hours
Availability: Hand cars can be rented when there is no snow on the ground, usually May-October
Clothing: Outdoor clothing according to weather. Good gloves are recommended.
Contact information: Jokioisten Museorautatie, Jussi Tepponen, tel. +358 40 552 5322, tilausjunat@jokioistenmuseorautatie.fi, jokioistenmuseorautatie.fi/en
FIND THE ARTIST IN YOU – GUIDED MONOTYPE ART WORKSHOP

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

**Price:** 85,00 € per person, if 5-10 persons in the group
70,00 € per person, if 11-20 persons in the group

**Price includes:** Tuition and materials

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

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

**Availability:** Year-round (during special events and holidays, limited availability)

**Place:** Lahti, Printmakers Studio Painovoima

**Language:** English

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

COUNTRY GOURMET TOUR

We’ve taken our local gourmet tour and kicked it up a notch – adding unique local wine and beer pairings as well as flavoured mineral waters! Your tour begins from the main building where you’ll learn intriguing facts about local food and beer. The tour includes 7 stops in the forest with generous tastings at each! This tour will delight your taste buds…

Menu includes local seasonal ingredients, sausages made from the farm’s own cows, flavoured mineral waters & beers from local brewery and berry wines from the local winery.

**Price:** 85,00 € per person

**Price includes:** Guided gourmet walk at the surroundings of Lehmonkärki including seven stops with tastings & drinks

**Group size:** Min. 10 persons, max. 40 persons

**Duration:** 3-3 ½ hours

**Availability:** May-October on request

**Place:** Lehmonkärki Resort, Asikkala

**Clothing:** Outdoor clothing and suitable shoes for forest walking

**Language:** English

**Contact information:** Lehmonkärki, tel. +358 50 550 1776, lehmonkarki@lehmonkarki.fi, www.lehmonkarki.fi

ODE TO WOOD AND DESIGN

During our “Ode to Wood and Design” tour, you are able to dive into the world of wood and design! The tour starts from the best known Finnish furniture factory ISKU including visits at ISKU Centre showroom and factory. Tour continues to Lahti Harbour Area including peak to the Wooden Architecture Park (designs of Hermann Kaufmann, Kengo Kuma, Richard Leplastrier, Jose Cruz Ovalle and Gert Wingårdh), visit at Pro Wood Gallery with temporary exhibitions and handicraft shop and a short introduction to Sibelius Hall. The tour will end to “Puine” shop owned by local designers. At the shop you will have a short introduction and wood design workshop (optional).

**Price:** 87,00 € per person

**Price includes:** Transfers, guiding, visits to ISKU centre, Sibelius Hall, Pro Wood Gallery and Puine and wood design workshop

**Group size:** Min. 10 persons, max. 20 persons (smaller groups also possible)

**Duration:** Approx. 4 hours

**Availability:** Year around (during special events and holidays, limited availability)

**Place:** Lahti

**Language:** English, German, French and Spanish

**Contact information:** Lahti Region Ltd. / Visit Lahti, sales@lahtiregion.fi, visitlahti.fi
Tampere Region

UNFOLD FINLAYSON: AN ADVENTURE GAME FOR GROUPS

This unique group activity is a mix of adventure and inventive puzzles in a beautiful historical setting right in the heart of Tampere. Unfold Finlayson is similar to room escape, but instead of escaping a small space, you unfold a larger narrative tied together in multiple authentic venues around the old factory grounds. You can only access these locations with us! This is not a race against the clock, so you’ll have time to look around and marvel at the famed architecture and breathtaking vistas overlooking the city as well. Definitely an exciting and memorable experience for any group looking for something fun and different, especially if you’re into historical settings or adventure games!

Price: 80,00 € per person
Price includes: A guided tour and adventure game.
Group size: Min. 2 persons, max. 12 persons (larger groups in multiple departures).
Duration: Min. 2 hours
Availability: Year around
Language: English (Japanese or German via translator)

Contact information: Unfold Finlayson, tel. +358 400 734 174, info@unfold.fi, unfold.fi/en

SERLACHIUS – FAR OUT ART WITH A HISTORICAL HEART

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

Price: 30,00 € per adult, 27,00 € per student, pensioner, 20,00 € per child 12-17 years, 12,50 € / child 4-11 years. Child 0-3 years for free.
Price includes: Return ticket (Tampere-Serlachius-Tampere), entrance fee to both Serlachius Museums, loan of bicycles, rowing boats and Nordic walking poles.
Group size: Min. 1 person, no max.
Duration: 8 hours
Availability: Year around
Languages: English, German, Swedish, Russian and Japanese (guided tours)
Optional extra: Guided themed tours, art workshops, culinary school, visit a local home, overnight stay etc.

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

ADVENTURES IN THE WORLD’S ONLY MOOMIN MUSEUM

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

Price: 22,20 € per person including entrance fee to the Moomin Museum and lunch in Tuhto Restaurant.
Price: 23,00 € per person including entrance fee to the Moomin Museum and themed buffet lunch (min. 20 persons).
Price: 51,00 € per person including entrance fee to the Moomin Museum and three-course Moomin Menu

Price includes: Entrance fee to the Moomin Museum and lunch or dinner of your choice
Group size: Min. 1 person in the first and last choice, second choice: min. 20 persons
Duration: 2-2.5 hours
Availability: During opening hours of the museum
Languages: Guided tours in Moomin Museum: English, Swedish, Japanese, Russian, Chinese, German, Polish
Optional extra: Workshops in the Moomin Museum Studio

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

**SILENCE TRAIL – UNHURRIED PACE OF BEING IN THE MOMENT**

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

**Price:** €638.00 per person

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

**Price doesn’t include:** Transfers

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

**Duration:** 3 days/2 nights

**Availability:** Year around

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

**Optional extra:** Single supplement €64.00 / person

**Contact information:** Nukula, Hannele Levävaara, tel. +358 407038136, hannele@nukula.fi, en.nukula.fi

**BREAK BY THE LAKE**

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

**Price:** €230.00 per person

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

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

**Duration:** 2 days/1 night

**Availability:** Year around

**Clothing:** Swimming suit, slippers if you prefer your own

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

**DISCOVER YOUR NATURE, DISCOVER YOUR INNER FINN**

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

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

**Price includes:** Accommodation in comfort twin rooms with sustainable ensuite and shared shower room, full board (breakfast, lunch, dinner), combined effect of yoga stretching, healing heat of traditional Finnish smoke sauna, cold dip in a lake and stories of this tradition will free your mind. Feeling fresh and relaxed, you are ready to enjoy the lakeside views of our restaurant with the seasonal 5-course menu made from a variety of local, natural and pure ingredients from Finnish nature with the glass of champagne.

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

**Duration:** 3 days/2 nights

**Availability:** Year around

**Language:** English

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

**Clothing:** Indoor and outdoor exercise clothing

**Contact information:** Revontuli – The Northern Lights Resort, tel. +358 20 751 6300, peurunka@peurunka.fi, peurunka.fi/en/
Well-being

Häme Region

LAKELAND SMOKE SAUNA EXPERIENCE

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

Price: 163,00 € per person, extra persons 89,00 €
Price includes: Transfers from/to Hämeenlinna, 10 activities, guided smoke sauna visit with hot pool, bath robe, one-night accommodation and breakfast
Group size: Min. 2 persons, max. 70 persons (several saunas by lake available)
Duration: 2 days/1 night
Availability: On Thursdays year-round (private smoke sauna available every day, supplement 300,00 €)
Contact information: Lakeland Resort Petäys, Juha-Pekka Tuominen, tel. +358 03 673 310, jp@petays.fi, petays.fi/en/peta-ys-the-lakeland-resort/

NATURE MIND WALK & OPEN FIRE COFFEE AND SNACK

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

Price: 50,00 € per person if 5 persons in a group, additional persons 40,00 €
Price includes: Guided mindful walk in the Liesjärvi National Park, local sausage or vegetarian snack, cinnamon bun and forest coffee/tea
Group size: Min. 5 persons, max. 30 persons
Duration: 2.5 hours
Availability: Year around
Clothing: Outdoor clothing according to weather
Contact information: FoRestful, Inu Pelli, tel. +358 50 5413252, inu@forestful.fi, www.forestful.fi/?lang=en

FOREST BOOTCAMP – TRAINING CAMP IN THE FOREST

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

Price: Individual training 115,00 €
Group training 5-20 persons 20,00 € per person
Price includes: Training equipment at the site, qualified trainer
Price doesn’t include: Shower or sauna
Group size: Min. 1 person, max. 20 persons
Duration: 1 to 2 hours
Availability: Year round. Single person can also join our Finnish group without pre-booking on Tuesday at 18:00, Thursday at 18:00 or 18:30 and Sunday at 10:00.
Clothing: Outdoor clothing according to weather. It’s also recommended to bring a change of clothes with you. Outdoor toilet and changing room available.
Contact information: Pirteeks – Nature in you, Anu Kosonen, tel. +358 40 363 9287, anu.kosonen@pirteeks.fi, natureinyou.fi/
Lahti Region

VELLAMO’S HERBAL SAUNA FOR FAMILIES OR SMALL GROUPS

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

Price: 121,00 € per adult, 68,00 € per child. Children under 12 years free of charge.
Price includes: Guided walk in the forest, guided sauna experience, natural facial masks and foot-baths, natural shampoos and soaps. Sauna hats to use.
Group size: Min. 2 adults + 2 children over 12 years or min. 4 persons (small groups)
Duration: 3-4 hours
Availability: Mid May–Mid September
Location: Lahti or Asikkala
Language: English
Please note: Possible sauna fee is not included. Check out the possibility of using the sauna at your place of accommodation.

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

FINNISH SAUNA TRADITION AND LAKELAND!

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

Price: Charter cruise: 200,00 € / hour (includes sauna and crew: two persons)
Group size: Max. 12 persons (+ crew)
Availability: May-September
Location: Lahti
Language: English
Optional extra: Lunch or dinner
Contact information: M/S Happy Days, tel. +358 50 542 4542, pauliina.silva@luontoemo.fi, luontoemo.fi

WILD AND ABUNDANT TREASURES OF FINNISH NATURE

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

Price: 85,00 € per person
Price includes: Guided herb walk with professional guide and herbalist and your choice of programme.
Group size: Min. 4 persons
Duration: 4 hours
Availability: May-September
Location: Lahti, Asikkala, Sysmä
Languages: Finnish, English, French, Portuguese
Optional extra: Finnish peat sauna
Contact information: Luontoemo (Ma Nature), tel. +358 50 542 4542, pauliina.silva@luontoemo.fi, luontoemo.fi
GONE WITH THE FOREST - REVITALIZING NATURE EXPERIENCE

Welcome to be inspired by Finnish nature and wilderness. It’s time to enjoy and relax!
Would you like to rest on a bed of moss? Try out wild tastes of nature? Listen to the silence and various sounds of the nature? Sense the different scents of trees, of wind and of plants? In the “Gone with the Forest” workshop we boost natural recovery with effective breathing exercises, with ‘mindfulness-like’ exercises of calming down, by enjoying the wild tastes of nature, and by observing and using our senses. Let the forest do its magic and take your stress away!

Price: 59,00 € per person
Price includes: Workshop and wild herb tea
Group size: Min. 4 persons, max. 10 persons
Duration: 2 hours
Availability: Year around.
Language: English
Place: Kauppi Forest, Tampere

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

Clothing: Outdoor clothing and good shoes are recommended

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

FOREST YOGA

The clean and fresh Finnish forest is a magical place where the soul rests and the mind calms down. Time spent in the woods improves health, reduces stress and strengthens the connection with nature. Yoga in the forest provides a holistic well-being experience. Walking in the enchanting forest awakens all the senses and prepares both the body and mind for yoga practice. The scent of the forest, sounds and the beautiful scenery make the exercise unique.

Price: 49,00 € per person
Price includes: Guided walk in the woods and forest yoga guidance.
Group size: Min. 5 persons, max. 20 persons
Duration: 1.5 hours
Availability: Year around
Language: English
Please note: Forest yoga is suitable for everyone and no previous experience in yoga is needed.
Clothing: Suitable clothing and shoes for outdoor activities.

Contact information: Hapetin Ky, Tiina Haukio, tel. +358 400 428 096, tiina.hakio@hapetin.fi

GUIDED SAUNA AND SWIMMING TOUR IN TAMPERE

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

Price: 49,00 € per person
Price includes: Transportation fees, professional guide, sauna experience (entrance fee to the sauna and swimming in a lake), a water bottle and use of a towel
Group size: Min. 6 persons and max. 10 persons
Duration: 2.5 hours
Availability: Year around
Languages: Finnish, English (other languages available upon advance request)
Clothing: Normal clothing, swimsuit and personal toiletries

Please note: Minimum age 10 years

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

Local Life

Tampere Region
LET’S BAKE TOGETHER

Come to experience an authentic Finnish Sunday in our home! During your stay you will learn the family secrets of baking delicious cinnamon pastries - the best “korvapuusti” baker ever! After baking, we can have a short walk around the neighbourhood or play some outdoor games in the garden. Welcome to live like a local with us!

**Price:** 65,00 € per person

**Price includes:** Teaching and baking the pastries, coffee/tea break, short outdoor activity if wanted.

**Group size:** Min. 4 persons, max. 6 persons

**Duration:** 3 hours

**Availability:** Year round

**Clothing:** If outdoor activity is wanted, then outdoor clothing and good shoes are recommended.

**Contact information:** Your Local Host, Noora Kokko, tel. +358 50 338 1932, noora@yourlocalhost.fi, yourlocalhost.fi

THE EMPOWERING PATHS OF PERTTULA

In the organic woods of Perttula, you can find our interesting Paths of Sensations and Feelings. You can also try out walking barefoot in the woods or wading in the water of the lake. In the paths, you get to experience the empowering effects of nature and forest as well as to admire the beauty of the woods.

**Price:** 50,00 € per person

**Price includes:** Guided tour in the woods, soup + coffee and a small sweet treat

**Group size:** Min. 3 persons, max. 30 persons

**Duration:** 3 hours

**Availability:** Year around on request

**Language:** English

**Optional extra:** You can continue your day with some other activity, such as sauna.

**Clothing:** Outdoor clothing and shoes according to the weather

**Contact information:** Perttula Farm, tel. +358 40 6215 113, info@perttulantila.fi perttulantila.fi/en/home/

FAMILY HOLIDAY IN PIISPALA

Spend a carefree family holiday in Piispala! Here the whole family can enjoy the pure and peaceful nature that surrounds us, eat good, nutritious food and do activities as a family. You can experience the winter in Finland by doing ice fishing, snowshoeing, and even ice hole swimming. Alternatively, you can experience the Finnish summer with its breathtaking midnight sun. Our programmes include versatile activities for all ages and a possibility of getting to know our adorable animals in our Animal Home Pihka!

**Price:** 80,00€ per adult/night
66,00 € per child 4 – 14 years/night

**Price includes:** Accommodation with full board, linen and towel, holiday programme with instruction, 1 x use of Lakeside sauna, usage of gym, indoor sports hall and classrooms.

**Group size:** Min. 15 persons and max. 50 persons

**Duration:** 2 – 5 days

**Availability:** Christmas, weeks 8 – 10, Easter, week 42, June 1 – August 15.

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

**Contact information:** Youth Centre Piispala/ Nuorisokeskus Piispala, tel. +358 207 694 300, piispala@piispala.fi, www.piispala.fi
Häme Region

FROM THE TALE OF RYE TO THE WATERS

During your stay, you will bake your own rye bread using a 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 € per group + 30,00 € per 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 program is adjusted according to the season).

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

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

TRADITIONAL COUNTRYSIDE & OLD TANNERY

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

**Price:** 45,00 € per person

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

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

**Duration:** 2.5 hours

**Availability:** Year around

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

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

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

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

**Price:** 57,00 € per person

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

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

**Duration:** 2-3 hours

**Availability:** Year round during weekdays and Saturdays

**Contact information:** Wetterhoff, tel. +358 500 599 755 Mrs Hillevi Kaarlenkaski, tel. +358 50 525 9990 Mrs Hannele Yrjö-Koskinen, wetterhoff@wetterhoff.fi, www.wetterhoff.fi/wetterhoff/wetterhoff-in-english
Local life

Lahti Region

**SPEND A DAY AS A HUSKY FARMER**

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

**Price:** 155,00 € per person
**Price includes:** Guided day at the husky farm, breakfast, lunch and sauna.
**Price doesn’t include:** Transportation to/from husky farm
**Group size:** Min. 2 persons, max. 8 persons
**Duration:** 6 hours
**Availability:** May-October on request
**Place:** Heinola
**Clothing:** Outdoor clothing and suitable shoes
**Languages:** English
**Contact information:** Koirakikka Husky Farm, tel. + 358 40 415 3952, koirakikka.varaukset@gmail.com, koirakikka.com

**COSY VISIT AT A LOCAL HOME**

During this visit, you have a unique opportunity to learn about everyday life in Finland: nature, culture and food! Depending on the season, your host family will take you for a walk through the beautiful forest. You will eat a picnic lunch including traditional Finnish sausages and salad around an open fire. After a slow walk back, you are invited to pop into a Finnish home, where you will learn the details of Finnish lifestyle, take a look around the house and bake a delicious blueberry pie together with your host! After baking, it is time to enjoy a cup of coffee or tea with the freshly baked pie!

**Price:** 85,00 € per person
**Price includes:** 2-2 ½ hour visit to the Finnish home, slow walk in the forest (and picnic lunch around open fire depending on the season), baking traditional Finnish blueberry pie.
**Price doesn’t include:** Transfers
**Group size:** Min. 2 persons, max. 8 persons
**Availability:** Year round (Limited availability until 7/2020)
**Location:** Lahti
**Clothing:** Outdoor clothing and proper shoes for the walk.
**Please note:** The visit will be modified according to the season. Good to know: there is a dog in the family.
**Language:** English
**Contact information:** Mrs Hanna Rättö, tel. +358 40 350 8938, rattohanna@hotmail.com

**CRAFTING WITH FLOWERS AND NATURAL MATERIALS**

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

**Price:** 60,00 € per person
**Price includes:** 2-hour course with professional florist, materials, lunch
**Price doesn’t include:** Transfers
**Group size:** Min. 5 persons, max. 20 persons
**Availability:** Year round (materials and themes will be chosen according to the season)
**Location:** Asikkala
**Clothing:** Outdoor clothing and proper shoes for the walk.
**Language:** English
**Contact information:** Iso-Naappila, Mrs Katja Riihilähti, tel. +358 400 711 208, info@naappila.com, naappila.fi
Tampere Region

EXPERIENCE THE PAST AND PRESENT OF THE WORLD’S SAUNA CAPITAL

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

Price: 320,00 € / 1-3 persons.
Additional persons: 70,00 € per person.
Price includes: Professional guiding, public transportation, entrance fees, towels, sauna experience and Sauna snack.
Group size: Min. 1 person, max. 15 persons
Availability: Year round
Optional extra: Saunakonkeli’s homebrewed and fermented non-alcoholic seasonal sauna drink 10,00 € / person. Sauna dinner 50,00 € / person. Private transportation.
Clothing: Seasonal clothing and bathing suit.
Contact information: Saunakonkeli Ltd, Juha Kumara tel. +358 44 338 8341, Matti Kemi tel. +358 45 1146 447, info@saunakonkeli.com, saunakonkeli.com

TASTING TAMPERE

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

Price: 72,00 € per person
Price includes: Guided tour with tastings and three-course dinner, local bus tickets.
Duration: 3 hours + dinner
Group size: Min. 4 persons, max. 50 persons
Availability: Year round (closed 24-25 December).
Languages: English, German, Swedish, Russian and French
Clothing: Outdoor clothing according to the weather.
Optional extra: Charter bus transportation
Please note: Not for persons under 18 years old.
Contact information: Hiking Travel, tel. +358 3 348 3624, hikingtravel@hikingtravelhit.fi, hikingtravelhit.fi/en/

GO TO SAUNA LIKE A FINN

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

Price: 105,00 € per person
Price includes: Sauna experience in two different saunas, towels, use of rowing boat, snack made with local ingredients, non-alcoholic beverages.
Group size: Min. 8 persons and max. 25 persons
Duration: One day / evening (6 hours)
Availability: Year round
Language: English
Optional extra: Outdoor hot tub 200,00 € / group, accommodation and full dinner at request
Clothing: Normal clothing according to the season, swimming suit.
Contact information: Villa Hepolahti, tel. +358 40 057 2019, huwitus@huwitus.com, villahepolahti.com/en/frontpage/
Tours
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


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 Hilden or with m/s Rhea

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

DAYS 6–9: The best of the Tampere region
After breakfast, drive to Tampere / Lempäälä (about 200 km from Toivakka). Vähäalan 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.
- Seitseminen 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, cafes, businesses and cultural services.
- Pispala recreational area and Pyynikki Observation Tower
- Näsinneula Observation Tower: the tallest structure in Tampere—and Finland!
- Särkänniemi Amusement Park
- Moomin Museum: The world’s only Moomin Museum, previously known as Moominvalley, has a permanent new home in the newly renovated Tampere Hall
- Lunch Cruise on Lake Pyhäjärvi (2 hours)

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

DAYS 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.visithame.fi

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

Price: 1,080 € per person
Price includes: Accommodation in unique and idyllic manor houses / special hotels in double rooms with breakfast for 11 nights, manor tour, pre-dinner cocktail in a grey salon, three-course dinner in dining room, after-dinner coffee in a yellow salon and sauna in Töyrylä Manor House on Day 1.
The price does not include: Rental car / transfers, optional activities, entrance fees, lunches, dinners
Group size: min. 2 persons
Duration: 11 nights / 12 days
Availability: On request May–September
Please note: The price is not valid during special events, fairs and holidays, such as Christmas. Optional activities upon request and bookings at least two weeks in advance. Guide service in English. Transfers can be organised for larger groups at an extra charge.
Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi
**Summer Fun at Western Lakeland**

**DAY 1:**
Arrival to Helsinki and drive by rental car to Asikkala (about 140 km). Accommodation in a cozy log cabin / villa by Lake Päijänne or by lake Vesijärvi. Free evening to enjoy the silence of the surrounding nature and countryside, sauna and swimming.

**DAY 2: Activity day in Lehmonkärki Resort**
Activity day in Lehmonkärki Resort including self-guided or guided activities such as guided boat trip to Päijänne National Park’s biggest island, Kelvenne.

**DAY 3: Free day to explore Lahti and its surroundings**
- Lake cruise on Lake Vesijärvi and Päijänne
- Lahti Marina area with Wooden Architecture Park, Pro Wood Gallery, Sibelius Hall, cafeterias and handicraft shops
- Guided tours including themed tours, berry picking, kayaking etc.
- Small design boutiques in Lahti city centre
- Visits to local farms such as Kinnari farm and a local winery Viini-Pihamaan
- Suurmäki Observation Deck: In the summer, you can enjoy the wonderful view from the observation deck at the top of the Lahti Ski Jump tower.
- Lahti City Museums

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

**DAY 4: Jyväskylä region and whitewater rafting**
After breakfast, drive to Varjola Guesthouse, located in Laukaa about 30 km from Jyväskylä (total driving distance from Lehmonkärki to Varjola is about 170 km). Accommodation in the cosy Riihi Villa for one night. After arrival it’s time to test your skills at whitewater rafting and crossing the rapids with a cable wire!

**DAY 5: The best of Jyväskylä**
After breakfast, drive to Jyväskylä, the city that follows in the footsteps of the world-famous architect Alvar Aalto. Time to explore the best sights of the town. Overnight stay at Hotel Verso in a double room with breakfast.

**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

More information about the Jyväskylä region: visitjyvaskyla.fi

**DAY 6: The best of the Tampere region**
After breakfast, drive to Tampere (about 180 km) via Mänttä-Vilppula. Visit to Serlachius Museums Gösta with the pearls of Finnish paintings and great works of international and national contemporary art! Enjoy a delicious lunch at restaurant Gösta or purchase a picnic basket from Autere Cottage. After your visit, drive to Tampere and check in at Sokos Hotel Villa.

**DAY 7: From locals with love**
After breakfast, it’s time to explore the best of Tampere. A couple of days are easily spent in the city and its surroundings.

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

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

**DAY 8: Departure**
Breakfast and drive back to Helsinki via Iittala village (optional visit to Iittala Glass Museum and Iittala Glass Factory and/or Hameenlinna town (optional visit to Hameenlinna Castle).

**Price:** 910,00 € per person

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

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

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

**Duration:** 7 nights/8 days

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

**Please note:** Clients should have their own travel insurance

**Contact information:** Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi
Share a taste of local life

Day 1: Fiskars - a tour of the area’s three beverage producers
After arrival, departure by rental car to Fiskars village, located about 100 km from Helsinki. Overnight in Hotel Tegel, which is located at the Old Cutlery Mill. Later in the afternoon, guided tour of the area’s three beverage producers: Fiskars Brewery, Ägräs Distillery and Kuura Cider.

Day 2: Tampere - the sauna capital of world!
After breakfast, departure to Tampere (about 200 km depending on chosen route). On the way, visits to Lepaa Winery and littala village including littala Glass Museum and small boutiques. Optional lunch at Restaurant Taika. Overnight at Original Sokos Hotel Villa.
Free evening to explore the city and try for example one of the many public saunas and eat dinner either at Plevna Brewery Pub and restaurant or Pyynikin Brewhouse Restaurant.

Day 3: The best artisan beers in the Tampere Region
After a well-slept night it is time to head out for tours in two breweries in the region: Nokia Brewery and Pyynikki Brewery. Both tours give you a special insight into the brewing process from the beginning, stories of the past and present and needless to say, tastings of the best beers. Free evening.
Please note: Both breweries can also be reached by public transportation.

Day 4: Tastes of Jyväskylä
After breakfast, departure to Jyväskylä (about 150 km). Overnight in privately owned Boutique Hotel Yöpuu or Hotel Verso at the city centre. Later in the afternoon, guided beer and delicacy walk in Jyväskylä with professional beer sommelier! During the tour you will eat and drink like a local: pure, honest bites packed with tasty stories!

Day 5: Lahti - fresh and clean water as a basis of local breweries and distilleries
Departure to Lahti (about 170 km) and on the way optional visits either Phamaa Vineyard and Winery or Finland’s biggest farm shop called Heila selling local and Finnish delicacies!
Accommodation at Solo Sokos Lahden Seurahuone at the city centre. After arrival, guided tour at Teerenpeli Distillery (Restaurant Taivaanranta) - also one of the oldest distilleries in Finland and currently a clear market leader in Finnish Single Malt Whiskies. During the tasting, you’ll hear about the traditions and use of local raw materials like fresh Salpausselkä ground water with over 20 years of expertise!
The distillery tour ends with an optional dinner with seasonal, rich and local flavours and the restaurant’s own brewery’s craft beers and ciders.

Day 6: Visiting local micro brewery and Hartwall Brewery Factory
Check-out and drive to Vääksy village (about 25 km). Visit at a local micro-brewery, Kanavan Panimo Brewery, where you learn about the art of brewing in a local micro-brewery. See brewing and fermentation vessels, try some malted barley and learn the differences between beers!
After the tour, departure to Helsinki and on the way, visit at Hartwall Brewery Factory’s new visitor centre. Finnish water is unique! And so is Hartwall’s ability to process different drinks from water, which is the unmatched basis of all their products! Hartwall is known for a wide product range including special flavoured waters, soft drinks, specialty drinks, beers, ciders and long drinks.

Price: 935,00 € per person
Price includes: Accommodation for five nights in mentioned hotels in superior twin/double rooms with breakfast, guided brewery tour in Fiskars, guided brewery tours in Tampere, guided beer and delicacy walk with professional beer sommelier in Jyväskylä, guided tour at Taivaanranta distillery, guided tour at Kanavan Panimo micro-brewery and guided tour at Hartwall Factory’s visitor centre.
Price doesn’t include: Rental car, meals, optionals
Single supplement: 385 € per person / 5 nights
Group size: Min. 4 persons. Please ask an offer for bigger groups.
Duration: 6 days / 5 nights
Availability: On request and according to availability (best season May-September)
Service language: English
Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

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

DAY 1
Arrival to Tampere and check-in at the chosen hotel. Later on, lunch and guided city sightseeing tour. The tour includes, for example, visits to Tampere Cathedral, Finlayson Old Mill area, Finlayson factory outlet, Old Stable yards, Pispala housing area, Pyynikki observation tower, coffee and doughnut at the observation tower café. Later on, visit Näsinneula Observation Tower, including special Lakeland menu dinner.

DAY 2
Breakfast at the hotel and visit to the world’s only Moomin museum with special themed Moomin Menu lunch in Restaurant Tuhto. After lunch, guided Design in Tampere tour, including the best designs of young Finnish designers. Later in the evening, dinner at the hotel.

DAY 3
Transfer to Jyväskylä via Mänttä-Vilppula. Visit to Serlachius Museums – Gösta, offering memorable experiences to lovers of art, history, good food and nature. Lunch in a traditional Finnish cottage before continuing to the felt factory and outlet shop “Lahtiset” that manufactures felt boots and to Moose Manor where you can meet a moose close up. From Moose Manor the trip continues to Jyväskylä. Overnight at Hotel Verso. Dinner at a local restaurant.

DAY 4
After breakfast, guided bus tour “Aalto Bravo” through Alvar Aalto’s architectural destinations. Tour ends with lunch and a guided visit to Toivola Old Courtyard with lovely handicraft shops. Dinner at a local restaurant.

DAY 5
After breakfast, check-out and go on a guided tour at the Panda Chocolate and Liquorice factory and design shop Puttipaja. Before continuing to Lahti, lunch at Naissaari Café. Check-in at Solo Sokos Lahden Seurahuone and dinner.

Price: 1.325,00 € per person
Price includes: Accommodation in good local hotels in double rooms with full board (6 x lunch, 6 x dinner), guided tours in Tampere, Moomin Museum, Serlachius Museum Gösta, Jyväskylä and Lahti, entrance fees, baking gingerbread programme.
Price does not include: Transfers
Single supplement: 435,00 € per person
Group size: min. 10 persons
Availability: Upon request May–September. During special events, fairs and holidays limited availability may apply
Duration: 7 days/6 nights
Guide language: English and Japanese
Please note: Clients should have their own travel insurance
Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi

DAY 6
Guided city and wooden architecture tour in Lahti, including Sibelius Hall, Pro Wood Gallery and shop 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 a local restaurant:
- Small design and handicraft boutiques in Lahti city centre
- New LAD, art, poster and design museum opens 2021

DAY 7
After breakfast, departure.
Wellbeing Holiday in the Häme 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 a 3-course dinner.

DAY 2
After breakfast, day trip to the Häme 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 Littala village, including visits to Littala 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. Visit at Museum Centre Vapriikki which offers things to see and do for the whole family. Vapriikki offers dozen exhibitions each year with varied themes including history, technology and natural sciences. Before continuing to the airport, we will visit the world’s only Moomin Museum.

Price: 470,00 € per person
Price includes: 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.
Single supplement: 90,00 €/person
Group size: Min. 20 persons and max. 50 persons
Duration: 3 days/2 nights
Availability: June-August, arrival on Monday or Wednesday
Please note: 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.
Contact information: Vekka Tours, Tel. +358 20 730 2790, tours@vekkatours.fi
Finnish summer magic - Helsinki-Turku-Tampere tour

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

DAY 1
Arrival in Helsinki and train to Turku (train will be chosen according to your flight schedules), historic city and the old capital of Finland. Accommodation in a renovated new boutique hotel in town (about a 10 min. walk from the railway station to the hotel).

DAY 2
After breakfast, departure to Naantali on an old steamship at 10:00 am! Ukkopekka is an authentic steamship making the smooth, dream-like voyage perfectly nostalgic. It heads directly from the centre of Turku to where the footbridge over to Moominworld begins, in the Old Town of Naantali, which is a stunning sight in itself. When you jump aboard the Steamship S/S Ukkopekka at the River Aura archipelago ferry harbour, you will be in Naantali in less than two hours! There is also the possibility to eat a delicious lunch on board! After arrival, you have approximately 3 ½ hours to spend at the official home of the Moomin characters, the famous Moomin World. At 4:00 pm, Departure back to Turku with Ukkopekka steamship or by special Moomin bus (also later departures with bus available).

DAY 3
After breakfast, morning train to Tampere. Short walk to the hotel, located at the vicinity of the railway station and Moomin Museum. Later in the afternoon, visit and go on a guided tour of the World's only Moomin Museum. Free evening.

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

DAY 4
After breakfast, morning train to Helsinki. After arrival, private transfer to a chosen hotel located at Helsinki city centre. Later in the afternoon, visit the Helsinki Art Museum with the works of Tove Jansson (1914–2001), which are amongst the most cherished pieces in the HAM collection. HAM has dedicated some of its galleries to an exhibition of the artist’s life and works.

Optional:
• City sightseeing tour by bus
• Guided city tour (different themes available)

DAY 5
Free day to do shopping, explore the many sights of Helsinki, visit at Suomenlinna, UNESCO World Heritage Site or try Allas Sea Pool, a garden-like oasis in the heart of Helsinki with a large Southern Finland pool area and magnificent saunas. In addition to swimming, bathing in the saunas and good food.

More information about what to see & do: myhelsinki.fi/en

DAY 6
Departure or extra days at lakeside cabin at Lahti region (1-hour from Helsinki) with guided or self-guided nature activities. More information about accommodation and what to see & do: visitlahti.fi

Price: 880,00 € per person
Price includes: Train ticket Helsinki Airport-Turku in economy class, accommodation in chosen hotels with breakfast for five nights, return ferry/bus ticket from Naantali to Turku, admission fee to Moomin World, train ticket Turku-Tampere in economy class, admission fee and guided tour at Moomin Museum, train ticket Tampere-Helsinki in economy class, private transfer from the railway station to the hotel, admission fee to the Helsinki Art Museum.

Price doesn’t include: Meals, alcoholic or soft drinks during meals, optionals, extras
Single supplement: 385 € per person/5 nights
Group size: Min. 2 persons
Duration: 6 days/5 nights
Availability: On request

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

Language: English
Contact information: Lahti Region/Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi
Choose programmes of your interest and deepen your understanding of Finnish nature, culture and traditions. The idea is that, over five-ten days, you do relaxing things and fill your body and mind with pure air and positive thoughts and you have left stresses of real life far behind you. Once you’ve spent a few days exploring… go offline and slip into a meditative state!

**DAY 1:**
Arrival at Helsinki-Vantaa Airport and transfer either by rental car or coach to Lehmonkärki Resort. Accommodation in a well-equipped log cabin located by the lakeshore. After arrival, a tasty lunch made from local ingredients is served. Later in the afternoon, a slow walk to the forest where you will gather herbs for your foot baths as well as branches of the trees for your personal energising Power Whisks. You will learn about the importance of the nature in Finnish culture, Finnish folklore as well as herbal medicine and the powers of the herbs and plants. In the forest, you’ll also experience the powers of the nature with nature-based mindfulness exercises. After arriving back, you will start your sauna ritual with body scrubs, facial masks and foot baths followed by an aromatic herbal sauna bath with one’s own energising Power Whisk. Later in the evening, dinner is served either in your cabin or at the restaurant.

**DAY 2:**
Country style breakfast and guided walk through the forest where you will enjoy the enchanting greenness of Finnish summer, pure and fresh air, and get some gentle exercise while learning about the traditional use and benefits of the marvellous plants that grow wild in our woods and meadows. Together we’ll wildcraft some plants, which you can afterwards use either in herbal sauna, cooking, making simple natural cosmetics or make arts & crafts depending on your choice of programme! In the afternoon, either free time to enjoy the surroundings or optional activities:
- Traditional Finnish massage treatments which have long-standing roots in the cultural heritage of Finnish healing techniques.
- Berry- or mushroom picking depending on the season
- SUP paddling tour or sauna yoga at Viernumäki Resort
- Secret of Island trip starting from Pajulahti Resort

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

**DAY 3:**
Departure to Revontuli - Northern Lights Resort located at Central Finland. Accommodation in unique All Sky Aurora glass igloo which offers an unforgettable relaxed form of accommodation in nature with a beautiful lake view. After arrival and settling down, it is time to catch the soul of sauna on The Northern Lights Sauna Trail! You will get familiar with two different kinds of Finnish saunas: electric sauna and tent sauna, which you will heat together with the guide! After heating up the sauna, relaxing stretching lesson and possibility to enjoy the silence, relax in an outdoor hot tub and refresh yourself by dipping in fresh lake water! After sauna, a special sauna dinner under the theme “Forest & Lake” is served.

**DAY 4:**
Departure to Varjola Estate, located in Finnish countryside and by the lake! Accommodation in beautiful Rihi Villas with a lake view.
Day continues with “Taste the country life” day trip including sheep farm tour and making handicrafts from wool, forest walk and 3-course menu at Varjolas’s Bistro Sylvi.
DAY 5:
Departure to Hämeenkyrö. On the way, visit at Serlachius Museums. This relaxing stop gives you sights to dramatised history, interesting contemporary art, and art of the Golden Age in magnificent lake landscape. Possibility to enjoy an exquisite lunch at an award-winning restaurant!
After the break, drive to Frantsila Wellbeing Centre located in the beautiful Finnish countryside. Accommodation in an old, well-kept farm house.

DAY 6:
After breakfast, it is time to experience what a true relaxation is really all about! You can wander along a herb path, which will take you through forest, herb fields and meadows and by a forest stream. On the way, you can stop and enjoy the fragrance from the herbs, hear the birds singing and the wind whispering through the trees... The sounds and scents and the natural beauty washes away all of your cares and worries!
After the walking tour, lunch made from mainly organic ingredients is served.

DAY 7:
In the afternoon, you can choose something from the large selection of natural treatments, special saunas or Hot tub experiences.
After a well-slept night and breakfast, departure to Vaihmalanhovi Manor House, located amidst the Finnish countryside by Lake Vanaja. Accommodation in idyllic double/twin room with breakfast. Free afternoon or optional activities:
- Kayaking at Lake Vanaja and other guided nature activities
- Golf (Vaihmalan Hovi Manor House is located next to golf courses)
- Day Spa treatments

DAY 8: departure
Breakfast and drive back to Helsinki-Vantaa Airport

Price: On request and depending on chosen services
Group size: min. 2 persons, max. 15 persons
Duration: 7 nights / 8 days
Availability: On request year-round (on winter time, the walks will be with lanterns to the surrounding nature or with snowshoes), during special events, fairs and holidays, limited availability.
Please note: Also, longer stays at one place and longer tours available
Language: English
Contact information: Lahti Region / Visit Lahti, sales@lahtiregion.fi, www.visitlahti.fi
Tours
Western Lakeland Sauna Tour

**DAY 1**
Arrival to Helsinki and transfer to Asikkala. Accommodation in an individually decorated log cabin by Lake Päijänne, the second largest lake in Finland. After arrival, slow walk in the nearby forest where you’ll learn about the traditional use and benefits of plants that grow wild in our woods! After the tour it is time to heat up your cabin’s sauna and learn about the importance of the nature in Finnish culture and hear stories of the traditional Finnish beliefs as well as effectiveness of sauna. Individual and relaxing whisking treatment at a sauna includes two different types of whisks followed by whole body massage with birch whisks and honey/clay with herbs. After the sauna, it is time to enjoy genuine tastes of Finnish sauna menu of your choice.

**DAY 2**
After breakfast, departure to Hankasalmi, Revontuli Resort – a holiday centre in Central Finland. Accommodation in unique All Sky Aurora Igloo which offer an unforgettable relaxed form of accommodation by the nature with beautiful lake view! Later in the afternoon, you will have a wellness sauna programme including two different kinds of Finnish sauna and guided relaxation session. Afterwards, you can enjoy the silence, relax in an outdoor hot tub and refresh yourself by swimming in a lake before eating a delicious dinner at the restaurant.

**DAY 3**
Departure to Tampere – The Sauna Capital of the World! Tampere has over 30 public saunas in the region for anyone to relax in, throughout the year. After check-in, guided public sauna tour with local sauna experts including the oldest public sauna in Finland, a hidden sauna gem in the heart of a working class neighborhood and a true local way enjoying magical combination of sauna and lake!

**DAY 4**
Departure to Hämeenlinna and check-in to Petäys Resort located by the lakeside. After arrival, possibility to try different activities before entering traditional Finnish Smoke Sauna.

**DAY 5**
Departure to Helsinki. Optional Helsinki Sauna City Tour including city tour, boat cruise to Saunasaari “Sauna Island” – a nameless island lying surprisingly near the city offering astonishing sceneries and surrounded by the Baltic Sea! In Saunasaari, you may relax in three different smoke saunas, bath in warm hot tubs and swim in the sea. A perfect ending to the tour!

**Price:** 1,285,00 € per person

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

**Price does not include:** Rental car, options

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

**Duration:** 5 days / 4 nights

**Availability:** May-November

**Language:** English

**Clothing:** Casual outdoor clothing, swim suit

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

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

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