

Lakeland The Heart of Finland

– *Product Manual*



Lakeland
The Heart of Finland

Lakeland East: Lake Saimaa, Northern Savo, North Karelia
Lakeland North - Arctic Lakeland : Vuokatti, Wild Taiga
Kuhmo-Suomussalmi, Hossa, Ukkohalla, Paljakka



Welcome to Lakeland

Finland isn't known as the land of a thousand lakes for nothing. The Lakeland is a geographical wonder, a blue labyrinth of lakes, islands and forests. It's the largest lake district in Europe with 200,000 cottages for slowing down and relaxing.

Lakeland East – Lake Saimaa, Northern Savo, North Karelia

Lake Saimaa is the largest of the lakes and a Finnish national treasure. A combination of national parks full of untouched green forests, pristine blue lakes and modern services makes for once-in-a-lifetime outdoor experiences.

Lakeland North - Arctic Lakeland : Vuokatti, Wild Taiga, Kuhmo-Suomussalmi-Hossa, Ukkohalla, Paljakka

The northernmost part of Lake Finland, where Lakeland meets Lapland. Visitors experience both the Southern and the Northern landscapes from grand lakes to imposing hills.

It's also one of the best locations in the world for photographing wildlife.

LAKELAND FACTS

- Lakes cover ¼ of Finland – most lakes & islands in the world (per km²)
- Half of the **Europe's biggest lakes** are in Finland
- Lake Saimaa has the **world's longest shoreline**: approx. 15 000 km
- Unique landscape **shaped by the Ice Age**
- 19 national parks
- 3 UNESCO sites
- Birthplace of national epic **Kalevala**

Lakeland Team

Arctic Lakeland

Vuokatti is one of the most popular all year round holiday resorts in Finland and the only Finnish resort offering winter activities all year round. Situated at the cross road of the Finnish Lakeland and Lapland, Vuokatti and the surrounding area offer to visitors a mixture of the highlights of the authentic Finnish experience in one package and a good mixture of nature and wellbeing activities all year round. Ukkohalla and Paljakka resorts offer high-quality accommodation as well as various winter and summer activities from saunaworlds and skiing to wakeboarding and biking. Wild Taiga, a DMO in Kuhmo and Suomussalmi regions, introduces small, artisan entrepreneurs who have collated their local traditions, culture, and knowledge to offer visitors unique experiences. As small, mainly family business they are dependable on high level of tourist satisfaction with meaningful experiences. As locals they are very aware of the impact tourism can bring to their area and work hard to keep a good balance with the nature in, their provider - In all the definition of sustainable tourism.



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Northern Savo and DMC for Lakeland East

Northern Savo is a unique destination in all seasons. It combines the best of holiday village, urban life and untouched nature. Capital of Lakeland, Kuopio, is known for its joyful activities, vibrant events, rich culture and friendly hospitality. Here you can experience nature and city life – all covered with savonian humor and lively attitude. Representatives of the region and a destination management company for the whole Lakeland East.



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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 2020-2021. For bigger groups and for more information, please contact the providers. We reserve the right to all changes.

Lake Saimaa

Lappeenranta, Imatra, Savonlinna, Mikkeli, Varkaus are located in south-eastern Finland. In the waters of Lake Saimaa, by far the greatest attraction is nature: archipelago with 14 000 islands, lake scenery and the clear water. Enjoy the beautiful and pure nature, magnificent views, intriguing cultural sights in addition to local food and people.



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Lakeland

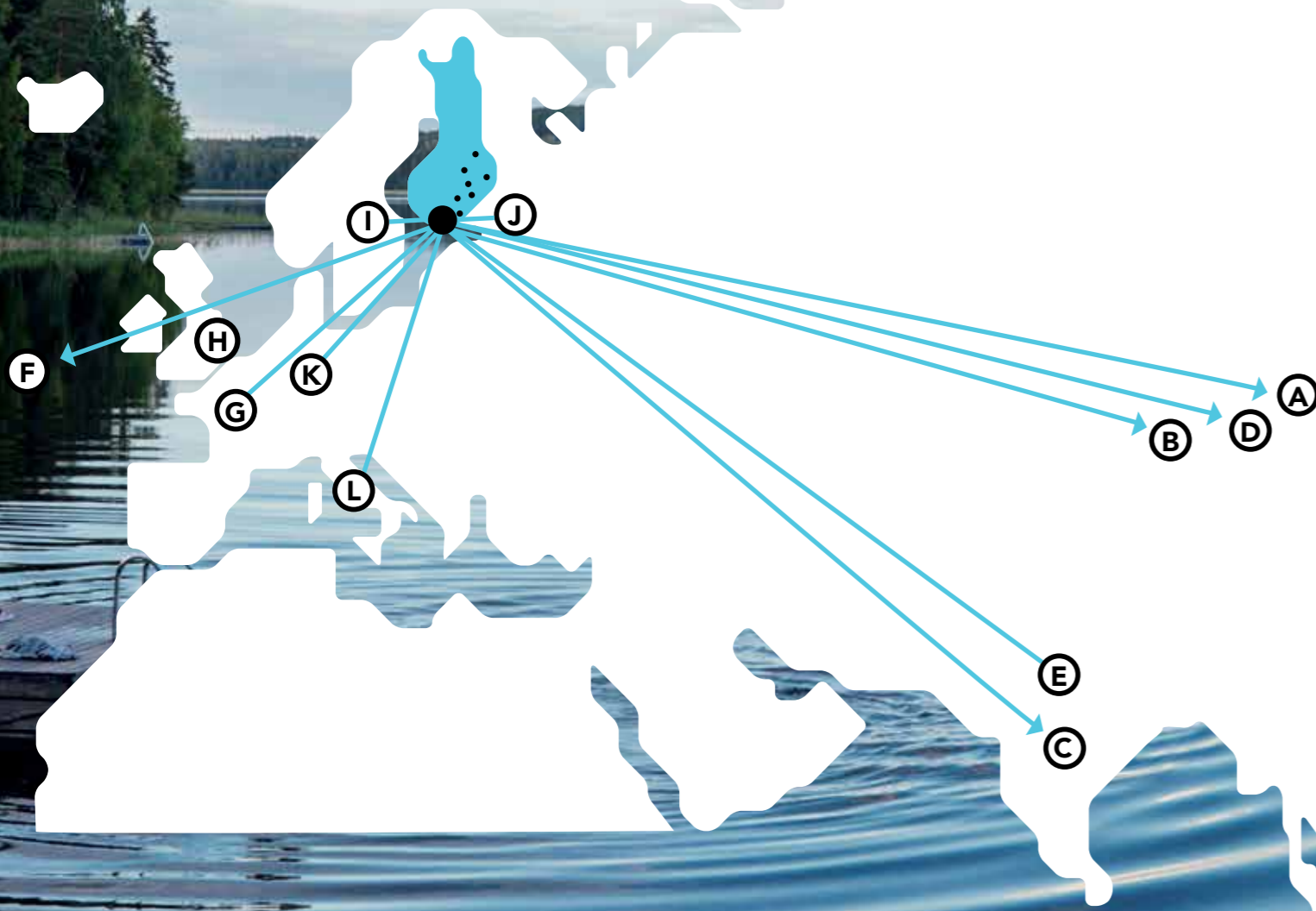
- A Arctic Lakeland
- B Northern Savo
- C North Karelia
- D Lake Saimaa

- 1 KAJAANI
- 2 KUOPIO
- 3 JOENSUU
- 4 SAVONLINNA
- 5 LAPPEENRANTA - IMATRA
- 6 MIKKELI
- 7 VARKAUS

Photo: Vastavalo / Juha Määttä

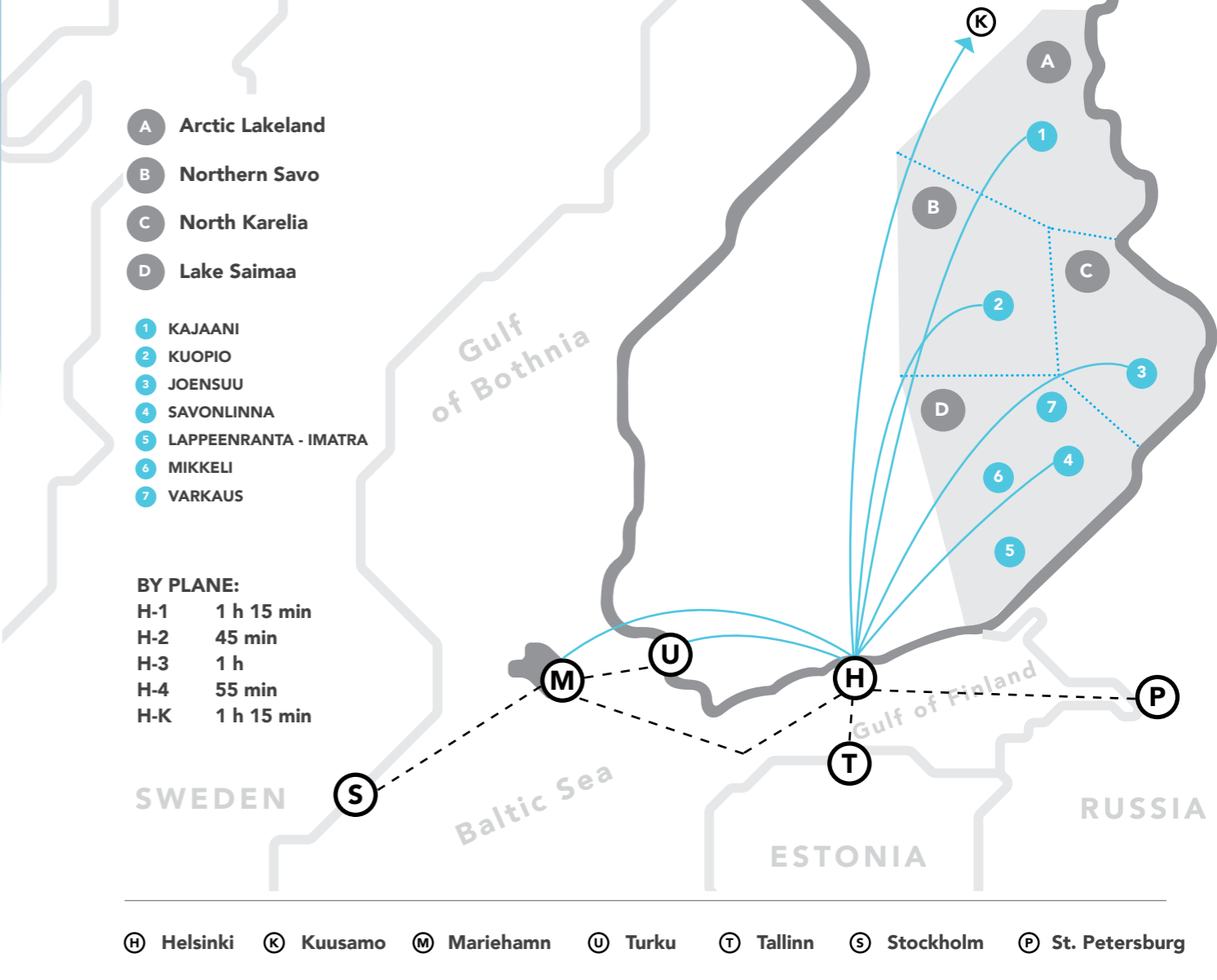
How to get to and around Lakeland

Lakeland can be reached best by air and is easily accessible.



A Tokyo	10,5 h	G Paris	3 h
B Beijing	9 h	H London	3 h
C Singapore	12 h	I Stockholm	1 h
D Seoul	9,5 h	J St. Petersburg	1 h
E Delhi	7 h	K Frankfurt	2,5 h
F New York	8 h	L Rome	3,5 h

STRAIGHT CONNECTIONS TO LAKELAND FROM:	
Berlin	2 h
Milan	2,5 h
Athens	3 h
Budapest	3 h (to Lappeenranta)
Thessaloniki	3,5 h



By ferry
An alternative way of reaching Finland from Stockholm, Sweden; Tallinn, Estonia; Travemünde, Germany or St. Petersburg, Russia is to take a ferry. Their Finnish harbours are located in Turku, Helsinki, Mariehamn and Vaasa.

BY FERRY:	
H-M	11 h 15 min
S-M	5 h 30 min
S-H	17 h
T-H	2 h 15 min
P-H	14 h

TallinkSilja - [Tallink.com](https://tallink.com)
Viking Line - [Sales.vikingline.com](https://sales.vikingline.com)
Finnlines - finnlines.com/ferry-trips
St. Peter Line - [Stpeterline.com](https://stpeterline.com)
Wasaline - wasaline.com/en

By train
You can also take the train from St. Petersburg, Russia - the fastest train reaches Helsinki in four hours. The fastest train reaches Lake Saimaa, Lakeland less than two hours.
Train timetables: [Vr.fi](https://vr.fi)

By car
Traffic in Finland is quite safe and main roads are in good condition. There are dozens of beautiful scenic roads in the Lakeland area, so an excellent option to get around is a rental car.

BY CAR:	
H-1	6 h 40 min
H-2	4 h 40 min
H-3	5 h 20 min
H-4	4 h 10 min
H-5	2h 15 min

Avis - avis.fi
Budget - budget.fi
Europcar - europcar.fi

Hertz - hertz.fi
Sixt - sixt.fi

BY TRAIN:	
H-1	6 h
H-2	4 h 10 min
H-3	4 h 15 min
H-4	4 h 45 min
H-5	2 h

Recommendations by locals

Arctic Lakeland

LOCAL FOOD

- **Art CAFÉ Hyyrylä**
www.artcafehyyryla.com/en
- **Restaurants Kultainen Kukko&Vanha Kurimo**
www.kultainenkukko.fi
- **Hossa Reindeer Farm**
www.hossanporopuisto.fi
- **Restaurant Kippo**
www.raflaamo.fi/en/sotkamo/restaurant-kippo
Traditional Kainuu restaurant serving local food in a warm and friendly atmosphere. Stepping into the candle light, smell and feel of a modern hotel environment is an experience in itself.
- **Haapala restaurant and brewery**
www.haapalabnb.fi
Serves lunch, a la carte and brunches from foraged and local ingredients in an old and renovated farmhouse. Brewery tours and tastings also available.
- **Hotel Paljakka**
Making delicious local dishes (food course)
www.hotelpaljakka.fi/en

MUST EXPERIENCE

- **Swamp Soccer World Championships**
www.suopotkupallo.fi/in-english
- **Cable Wakeboard Centre at Ukkohalla Resort**
www.ukkohalla.fi/en
- **Hossa National Park**
www.luontoon.fi
- **Kuhmo Visitor Centre Petola**
www.luontoon.fi
- **All year round winter Ski Tunnel is** Vuokatti's crazy innovation, which, however, gained recognition all around the world. High-standard conditions inside the tunnel allow winter fun all year round!
www.vuokattisport.fi/en/olympic-training-center/premises-exercise-places/indoor-training
www.vuokattisafaris.com/en/tour/huskies-in-summer/#winter-fun-in-ski-tunnel
- **The Snowboarding Tunnel** is designed for all the family to have fun, so for visitors young or old, there is always a possibility for snowtubing in the Tunnel.
www.vuokatti.fi/en/activities/snowboarding-tunnel

ACCOMMODATION

- **Hotel Ukkohalla & Sky Cabin apartments**
www.hotelukkohalla.fi
- **Hotel Paljakka**
www.hotelpaljakka.fi/en
- **Hossan Lomakeskus**
www.hossanlomakeskus.com
- **Arctic Giant Bird House Hotel**
www.arcticgiant.fi
- **Vuokatin Aateli** offers you something unique in all of Finland – The Aateli Island – a paradise island in the middle of a beautiful lake with breathtaking views of the scenery of Vuokatti.
majoitus.vuokatinaateli.fi/the-aateli-island-english
- **Hotel Vuokatti & Suites** is idyllic, high-standard hotel located by Lake Nuas in Vuokatti. Hotel Vuokatti offers a peaceful, high-quality and pleasant environment for spending your holidays.
www.hotellivuokatti.fi/en



North Karelia

LOCAL FOOD

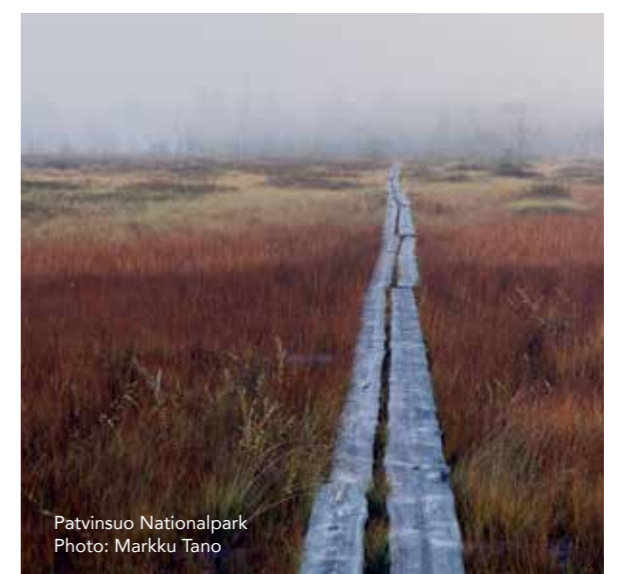
- **Arctic Blue Gin – Spirit of the year**
www.nordicpremiumbeverages.com
- **Have a taste of Arctic Blue Gin at Hermann wine tower**
www.hermannin.fi
- **Paksuniemi Brewery**
www.juomatehdas.com/paksuniemi-drinks-factory
- **Gastropub Kolin Ryyinänen**
www.facebook.com/kolinryynanen
- **Restaurant Parppeinpirtti**
www.parppeinpirtti.fi
- **Local Bistro**
<https://www.localbistro.fi/>

ACCOMMODATION

- **Guesthouse Puukarin Pysäkki**
www.puukarinpysakki.com
- **Guesthouse Laitalan lomat**
www.laitalanlomat.com
- **Puustilan maisematila**
www.puustilanmaisematila.fi/?lang=en
- **Ruunaan matkailu**
www.ruunaanmatkailu.fi/accommodation
- **Ruokkeen lomakylä**
www.ruokkeenlomakyla.fi/eng
- **Kolin Keidas**
www.kolinkeidas.com/english

MUST EXPERIENCE

- **Koli Nationalpark - Finnish National Landscape**
www.nationalparks.fi/en/kolinp
- **Valamo monastery**
www.valamo.fi/en
- **Ilosaarirock**
www.illosaarirock.fi
- **Patvinsuo Nationalpark**
www.nationalparks.fi/en/patvinsuonp
- **Parppeinvaara Bardic Village**
www.parppeinvaara.fi/en
- **Taitokortteli - Arts & Crafts Center**
www.taitokortteli.fi/w/?lang=en_US&page_id=36



Northern Savo

LOCAL FOOD

- **Koivumäen Kartano**
www.koivumaenkartano.fi
- **Sininen Helmi**
www.sininenhelmi.fi
- **Ravintola Raatihuone**
www.raatihuone.fi
- **Restaurant Pehku**
www.pehku.fi
- **Restaurant Rehti**
www.ravintolarehti.fi
- **Kuopio Market Hall**
www.kuopionkauppahalli.fi

ACCOMMODATION

- **Golden Dome**
www.goldendome.fi
- **Lohimaa Lodge Hotel**
www.lohimaa.fi
- **Golden Resort**
www.goldenresort.fi
- **Tahko Spa Suitet**
www.tahkospa.fi
- **Anna Apartments**
www.tahko.me
- **Sokos Hotel Puijonsarvi**
www.sokoshotels.fi/fi/kuopio/sokos-hotel-puijonsarvi

MUST EXPERIENCE

- **Traditional Lumberjack Evenings**
www.rauhalahti.fi
- **Moomin Ice Cave**
www.icecave.fi
- **Beer tasting in RPS Brewing**
www.rpsbrewing.fi/panimo
- **Paradise Sauna and Art Gallery & Café Luova Puu**, www.luovapuu.com
- **Orthodox Church Museum of Finland – RIISA**, www.riisa.fi
- **Finland Ice Marathon**
www.finlandicemarathon.com



Koivumäki Manor



Finland Ice Marathon

Lake Saimaa

LOCAL FOOD

- **Hotel Punkaharju**
www.hotellipunkaharju.fi
- **Tertti manor**
www.tertinkartano.fi
- **Sahanlahti resort**
www.sahanlahtiresort.fi
- **Le Biff restaurant**
www.holidayclubresorts.com/en/Resorts/Saimaa/restaurants
- **Lappeenrannan Upseerikerho – Lappeenranta Officers' Club**
www.lappeenrannanupseerikerho.fi/en-us
- **Lemin Särä - One dish restaurant**
www.sarapirtti.fi/?lang=en

ACCOMMODATION

- **Anttolanhovi**
www.anttolanhovi.fi
- **Okkola cottages**
www.okkolanlomamokit.com
- **Järvisydän**
www.jarvisydan.com
- **Imatran Valtionhotelli**
www.scandichotels.com/hotels/finland/imatra/scandic-imatran-valtionhotelli
- **Holiday Club Saimaa**
www.holidayclubresorts.com/en/Resorts/Saimaa
- **Imatran Kylpylä Spa Resort**
www.imatrankylpyla.fi/en

MUST EXPERIENCE

- **Olavinlinna castle**
www.visitsavonlinna.fi/en/olavinlinna
- **Kenkävero**
www.kenkavero.fi
- **The Mechanical Music Museum**
www.mekaanisenmusiikkin museo.fi
- **Saimaa Geopark**
www.saimaageopark.fi/en
- **Lappeenranta Fortress and Harbour**
www.bit.ly/2DfsY9A
- **Imatrankoski Rapids**
www.bit.ly/2PbHKmC



Hotel Punkaharju



Imatra Statehotel



Olavinlinna Castle

Outdoors

In the summer, Lakeland's blue waters and pristine forests offer activities from hiking, biking, kayaking and fishing to boating and cruises. During winter, the area transforms into a winter wonderland of white snow and icy trees, where visitors can go on dog and reindeer sleigh rides, ski, hike and much more.

The area is also home to unique outdoors opportunities that include photographing rare animals, visiting wine farms and experiencing the biggest rock paintings in the Nordic countries.

Photo: Marjaana Tasala

Outdoors Arctic Lakeland

EXPLORE NATURE BY CANOEING AND FAT BIKING

The round tour will start with a short introduction to the paddling technique and safe instructions. During the canoeing journey you can see tracks of beaver and lots of water birds. Lunch will served in Kota. The return will be by fat biking.

Duration: 8 hours

Location/Starting point: Hotel Paljakka

Group size: 4-8 persons

Availability: Summer (June-September)

Guided tour: English

Price: 197,00 € / person

What's included: Transportation, canoe and fat biking equipment, coffee or tea, lunch pack

Supplements: Airport transportations

Accessible for people with disabilities: No

How to get there: Kajaani, Kuusamo, Oulu, airports, Kajaani Railway & Bus Station, car rental

Bookings and enquiries: Hotel Paljakka
info@hotelpaljakka.fi | +3582074111009

www.hotelpaljakka.fi/en

EUROPE'S LARGE CARNIVORES LIVE ALL YEAR ROUND

The evergreen taiga forests of north-eastern Lakeland are filled with mammals, especially large carnivores which are either very rare or extinct elsewhere in Europe. This is one of the few areas in Europe where it is possible to watch and photograph rare majestic beasts in their natural environment. Wildlife tours are rooted in the long-standing indigenous culture of outdoor leisure pursuits like fishing, hunting and berry picking. It is strengthened by local expertise in nature photography and its requisite conditions. There is an extensive choice of wildlife programme including those for, amateur enthusiasts, naturalist and photographers, professional and keen spotters, to simply recreational. In addition to the carnivores such as brown bears, wolves and wolverines, you can see moose, wild forest reindeer, flying squirrels, beavers and some of our biggest birds of prey. The high season for seeing these exotic animals begins at the end of April, as the bears wake up from their winter hibernation, and continues until the end of the autumn. Under the light of the midnight sun, you can study nocturnal animals for 24hrs, should you so wish!

Duration: from 6 hours to a week

Location/Starting point: Kuhmo and Suomussalmi, Wild Taiga

Group size: 1-

Availability: Any date according availability, all year round

Guided tour: English, German, French

Price: from 80 Euros per person

What's Included: All wildlife tours are accompanied by fully trained guides. Packages are tailor-made according client's hopes and season, wildlife species in question.

Supplements: You can combine landscape and Aurora Borealis photography to wildlife photography tours.

How to get there: Kajaani, Kuusamo, Oulu, Kuopio airports, Kajaani Railway Station Kuhmo and Suomussalmi Bus station

Accessible for people with disabilities: No

Bookings and enquiries:

Jaana Keränen / Wild Taiga Finland
sales@wildtaiga.com | +358505920505 |

Additional information: Products from
www.wildtaiga.fi/en/productcategory/wildlife-en

EXPLORERS' MULTIWEEK

Perfect package for those who want to have the best excursions and also a couple of days for skiing, winter fun with the family or just relaxing and enjoying the nature. Make friends with huskies, have fun on a snowmobile safari and hike with snowshoes – enjoy the very best of what Vuokatti has to offer for explorers. Perfect for families!

Duration: 8 days / 7 nights

Location/Starting point: Vuokatti

Group size: 2-16, larger groups available on request

Availability: Available on request, Winter season, arrival day can be any weekday

Guided tour: English & German

Price: From 948€ per person in a shared room

What's Included: Accommodation, airport transfers on daytime flights (Kajaani airport), 4 activities mentioned in the program (2 x huskies, 1 x snowmobile, 1 x snowshoe), transfers to the programs, full winter clothing. Depending on accommodation also breakfast, spa ticket etc. is included.

Supplements: Halfboard / Full board, Single room, Other excursions

How to get there: The nearest airport is situated in Kajaani (KAJ) approximately 40 km from Vuokatti. There are 2-5 daily flights in from Helsinki (HEL) to Kajaani. The flight time is 1 h 20 min. There is a shuttle bus service connecting Vuokatti and the airport. The driving time is 40 min. International car rental companies have also their service point at the airport of Kajaani. The nearest railway station is situated in Kajaani. There are a few daily trains connecting Kajaani with Helsinki (6 h via Lahti, Kouvola, Mikkeli and Kuopio) and Kajaani with Oulu (2 h). From Kajaani there is a local bus connection to Vuokatti.

Accessible for people with disabilities: No

Bookings and enquiries: Kimmo Laasonen, Vuokatti Safaris Ltd, info@vuokattisafaris.com | +358409115323

HUSKIES IN THE SUMMER AND WINTER

Vuokatti Safaris' husky kennel invites you to come and join in the magic of sled dog driving. Welcome to take part to one of our daily husky safaris, duration ranging from 1.5 h to 5 h. Always included introduction to our huskies day to day lives and visit to the husky kennel. Multiday husky packages also available. Come and meet our friendly dogs also in the summertime! Learn more about energetic world of the huskies in one of our husky excursions in the summer - tour in the husky arena, ride with a Huskymercedes or spend a day trekking with huskies.

Duration: From 1,5hrs to multiday tours

Location/Starting point: Vuokatti

Group size: 2-16 pax depending on the program, larger groups available on request

Availability: Daily year round

Guided tour: English, German (winter)

Price: from 19€ / adult depending on program

What's included: Depending on the excursion

Supplements: Other excursions, Accommodation, Meals

How to get there: The nearest airport is situated in Kajaani (KAJ) approximately 40 km from Vuokatti. There are 2-5 daily flights in from Helsinki (HEL) to Kajaani. The flight time is 1 h 20 min. There is a shuttle bus service connecting Vuokatti and the airport. The driving time is 40 min. International car rental companies have also their service point at the airport of Kajaani. The nearest railway station is situated in Kajaani. There are a few daily trains connecting Kajaani with Helsinki (6 h via Lahti, Kouvola, Mikkeli and Kuopio) and Kajaani with Oulu (2 h). From Kajaani there is a local bus connection to Vuokatti.

Accessible for people with disabilities: Yes

Bookings and enquiries: Kimmo Laasonen, Vuokatti Safaris Ltd, info@vuokattisafaris.com | +358409115323
www.vuokattisafaris.com/en



Outdoors North Karelia

RIVER RAFTING WITH A TRADITIONAL WOODEN BOAT

This rafting trip is done with a traditional wooden boat close to the Russian border, steered by an experienced skipper. We will shoot in total 6 different rapids in the Eastern most wilderness of Europe! The excursion includes a Karelian style outdoor lunch.

Duration: 3 hours

Location/Starting point: Ruunaan Tupa, Ruunaantie 129, 81750 Pankakoski.

Group size: Minimum 2 pax

Availability: 15.6.-15.8.

Guidance language(s): English

Price: 47 eur per person

What's included: Raincoats and safety gear / a diploma / Insurance / Karelian wilderness lunch at Murrokoski wilderness camp (smoked salmon, swede and pork pie, karelian pies with egg butter, rye bread, butter, sausage, salad, salad dressing, home brewed beer, juice, water and coffee & pastry.)

Supplements: Accommodation at Ruunaan Matkailu
How to get there: It is easiest to access Ruunaa recreational area with your own car. The driving time from Joensuu is ca. 1,5 hours.

Accessible for people with disabilities: No

Bookings and enquiries: Ruunaan Matkailu, info@ruunaanmatkailu.fi | +358400352307

**DAY AS A BIATHLON COMPETITOR,
KONTIOLAHTI**

There has grown many famous biathlon competitors in Finnish Lakeland area. They have got the best trainers and tracks in a pure nature with fresh air. Nowadays these tracks and venues are open also for guests, who just want to try this special sport under professional guiding. You will ski and shoot with a rifle at the same tracks, where for example Ms. Kaisa Mäkäräinen quite often trains and Biathlon Word Cup is held each year. Cooled ice track is open every day already starting from October, which makes it also a special for training and learning. The day starts with inside training with eco-rifle, where you will get the first idea, how the rifle works and what needs to be thought while shooting on a range. When moving outdoors, professional guides will give you equipment for cross-country skiing and each participant will have a skiing school with basic techniques. After skiing school the group will have an introduction to rifle shooting on the range. At the end of the day there can be a playful biathlon competition. Lunch will be served at the Biathlon Stadium during the day.

Duration: 4 hours
Location/Starting point: Napak ympintie 24, 81101 Kontiolahti
Group size: Minimum of 4 persons
Availability: 15.10. - 31.3. upon request
Guidance language(s): English
Price: 185 €/adult or child, minimum of 4 persons paying a full price
What's included: Guiding in English
Supplements: Transfers
How to get there: We recommend an organized charter transfer from Joensuu or by own car
Accessible for people with disabilities: No
Bookings and enquiries: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669

**INTO THE WILD: KARU SNOWSHOE
ADVENTURE TO HELLS GATE**

Step into your snowshoes and fallow us into the wild! Winter makes Easternmost frontier an outdoor heaven. In this half day trip you will experience one of the most beautiful location of North Karelia, Hells Gate, with experienced guides. North Karelia is known for its wildlife and we have a good chance to spot some animal tracks during our hike. Most common animals are hare, mink, lynx, wolverine and in some parts also wolf. Hike will be easy, but there are some hills on our trail. Hiking distance is approximately 4-6 km. During the hike we will enjoy small snack with cup of hot drink.

Duration: 5 hours (09:00am - 14:00am)

Location/Starting point: Pick-up from the center of Joensuu
Group size: 2-16 pax
Availability: From 1st of January to 29th of March
Guidance language(s): English
Price: 50€ / person (incl. VAT.10%)
What's included: Snowshoes and ski poles
Guide / 1 x snack / Transportation from meating point in Joensuu to starting point and backh
Supplements: Outdoor lunch for a group of 4-8 persons: +35€/person
How to get there: Meeting point at your hotel in Joensuu
Accessible for people with disabilities: No
Bookings and enquiries: Karu Survival, mikko@karusurvival.com | +358445100879

SUP BEGINNER TOUR

In SUP beginner tour you will learn all the basics of Stand-Up Paddling in a safe environment: standing up and getting on the board, how to use the board and the paddle and all the basic paddling techniques. Only way to really learn paddling is in the water, so after a short brief on the dry land we will go for a paddling tour on the beautiful and clean river Pielisjoki and lake Pyhäselkä. Our professional guide will help you through the tour and give you enough challenges on the board regardless if you are first timer or have done Stand Up Paddling before.

Duration: 2 hours
Location/Starting point: Länsiviitta 2, 80220 Joensuu
Group size: Minimun 2 pax
Availability: 1.5.-29.9.
Guidance language: English
Price: 42,50 eur per person
What's included: The price includes all equipment you need. We have wetsuits and shoes for cooler weather, and they are included too.
How to get there: We are located only 20 min walking distance of Joensuu city center.
Accessible for people with disabilities: No
Bookings and enquiries: Arctic Trainers, info@arctictrainers.fi | +358407513042



**Outdoors
Northern
Savo**

**DAY AT THE ALAHOVI
BERRY WINE FARM**

Alahovi Berry Wine Farm is located on the island of Vaajasalo. At Alahovi, you can enjoy their selection of wines and foods at the restaurant or explore the island for the beautiful scenery. We offer an “Alahovi cruise” package that includes the cruises to the island and back, a delicious meal on our ships, and wine tasting at the berry wine farm. For the most enjoyable experience to the farm, traveling on the beautiful Lake Kallavesi by ship is the best.

Duration: 4 hours
Location/Starting point: Kuopio Passanger Harbor
Group size: 1 pax or more, larger groups ask availability
Availability: June - August from Tuesdays to Saturdays, also Sundays in July

Guidance language(s): Finnish, English
Price: 35€/person (for 15+ people)
What's included: The cruises to the island and back / a delicious meal on ship / wine tasting at the berry wine farm
How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre. The harbor is located near the city centre.
Accessible for people with disabilities: No
Bookings and enquiries: Lakeland Lines, info@lakelandlines.fi | +358440266330

**FISHING TRIP FOR BEGINNERS;
JIGGING AT LAKELAND AREA**

The Lakeland area is known to have some of the purest waters in the world, allowing some of the best fishing opportunities for the enthusiastic fisherman. Couple this with the beautiful Lakeland as your backdrop this guaranteed to be a great experience. Lakeland's waterways are rich in fish and the area used to be, and still is, fished as a means of livelihood for many people of the area. To catch the fish on offer, Pike, Perch and Zander effectively and in the shortest time period we use a technique called jigging. In this 4 hour fishing trip, you will learn the basic steps and methods of fishing by jigging. We will spend several hours in good fishing areas, which offer you the best chance to catch fish. **Note!** Please wear comfortable sportswear depending on the weather. We recommend to bring dry clothes in case if you get wet.

Duration: 4 hours
Location/Starting point: Will be settled down with the customer, for example Kuopio and Tahko area. Please be at the meeting point 10 min before starting time
Group size: 1 - 5 pax
Availability: 15.05. - 30.10. daily upon request
Guiding language(s): Finnish, English
Price: 565€/boat (1 - 5 pax) + 15 €/pax for fishing licence
What's included: Life jackets / Rent of the boat and gears / Fuel used in the trip / Needed insurance / "Catch of the day to go / Professional guidance in English
How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.
Accessible for people with disabilities: No
Bookings and enquiries: Wild Nordic Finland / Lakeland, lakeland@wildnordic.fi | +358400678669
Additional information: You can book the fishing guide privately to your own cottage or anywhere in Lakeland area.

EXTRAORDINARY WINTER EXPERIENCE

With this tour you will get to know the lovely huskies and have a drive (10 km, 2 pax/sledge) with them. After husky ride the owner will tell you stories about her huskies and serves you a delicious soup lunch. In the afternoon you will visit Moomin Ice Cave (located 30 meters below the ground) and see 16 different Moomin ice sculptures made by the world famous ice sculptors. The ice sculpture exhibit is based on the Moomin novel by Tove Jansson. Moomin ice sculpture exhibit waits in the cave, but also lots of other wintry fun like sliding, tobogganing and pole sledding.

Duration: 5 hours (including transfers)
Location/Starting point: Kuopio city centre (for example your hotel reception)
Group size: Minimum of 4 persons paying a full price
Availability: 26.12.2019 - 31.3.2020
Guiding language(s): Finnish, English
Price: 260 €/person
What's included: Return transfers from Kuopio, Husky ride 10 km (2 pax/sledge), Soup lunch at the husky farm, Entrance fee to Moomin Ice Cave
How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.
Accessible for people with disabilities: No
Bookings and enquiries: Wild Nordic Finland / Lakeland, lakeland@wildnordic.fi | +358400678669

EASY E-FAT BIKE TOUR IN TAHKO AREA

This tour offers you the chance to discover the magic of an e-fat bike on magnificent forest trails of the Tahko area. Tahko is known as a ski centre during the winter, but during the summer it offers a wide range of great nature trails for one to enjoy. An e-fat bike, electricaly-powered fat bike, will let you enjoy the pleasures of hills in a whole new way. Thanks to this innovative bike, you'll get to see more of our scenic landscapes in less time. We're certain you'll be smiling throughout the entire ride, even on the climbs! Refreshing juice is served during a short break we make on this tour. **Please note!** The tour is not suitable for small children. The smallest bike size is for 160 cm. Please wear comfortable sportswear depending on the weather.

Duration: 2 hours
Location/Starting point: Nipasentie 2, 73310 Tahkovuori
Group size: Minimum of 2 persons paying a full price
Availability: Full year round, upon request
Guiding language(s): Finnish, English
Price: 80 €/person
What's included: E-fatbike and helmet, trail access fee / Juice is served during the break / Guiding service
How to get there: The nearest railway stations are located in Siilinjärvi (about 40 km) and in Kuopio (about 67 km).The connection from Siilinjärvi to Tahko by taxi takes about half an hour. The nearest airport is less than one hour drive away and it's easily accessed with taxi or pre-ordered flat-rate airport transfers.
Accessible for people with disabilities: No
Bookings and enquiries: Wild Nordic Finland / Lakeland, lakeland@wildnordic.fi | +358400678669





Outdoors Lake Saimaa

PADDLE IN THE BEAUTIFUL ARCHIPELAGO OF LUONTERI – SPOT THE RINGED SEAL OF SAIMAA!

The tour takes us on to the blue waves of Saimaa, in to the traditional water routes of Veskansa. A local guide will allow you to see and feel the beauty of the nature. And if luck is on our side, we might even see the Saimaa ringed seal. Luonteri is among the most beautiful archipelagos of Saimaa. The area is mostly labeled as a nature reserve and contains the breeding grounds of the near extinct Saimaa ringed seal. The nature in Luonteri is known for its roughness and the water is clear and pure. During the tour, we will become familiar with the archipelago and the Saimaa ringed seal through stories and sights.

Duration: 6 hours

Location/Starting point: Anttola
Group size: 1-20pax
Availability: 01.05 - 30.09
Guidance language(s): English
Price: 120€/person if 1-2 sign for the tour 85€/person if 3-10 sign for the tour For larger groups 75€/person Under 12- year old children get a 50%
What's included: Includes full paddling equipment, the snack (coffee/tee, and a sandwich) and the transportation of the canoes
How to get there: Own car transfer
Accessible for people with disabilities: No
Bookings and enquiries: Opas Guide Tiina, guidetiina@gmail.com | +358500380032

FINNISH WILD BERRIES TRIP

Taste the sweet wild berries. In this trip you will find the wild Finnish berries. You will learn about common Finnish edible wild berries. You will get useful tips for finding, picking and using of berries. Trip to pick the Finnish wild berries is possible to organize near your destination in Mikkeli. Season for the berries varies from the location and the type of the berries, from June till September.

Duration: 1,5 hours
Location/Starting point: Mikkeli
Group size: 5-12pax
Availability: June-September
Guidance language(s): English
Price: 28€/person
What's included: Experienced guide
 Trip to the Finnish forest
 Taste and pick the pure berries
Supplements: For extra charge: berry drink 3€/person, berry cookie 2€/person, berry pie 4€/person, packed lunch bread 5€/person, coffee 2€/person
How to get there: Own car transfer
Accessible for people with disabilities: No
Booking and inquiries: Miun Loma / Matleena Pulkkinen, matleena.pulkkinen@harkaniementuvat.fi, +358505943681

TAIGASAIMAA ACTIVITIES ON LAKE SAIMAA

TaigaSaimaa offers many kind of Activities on Lake Saimaa and surroundings nature. We operate on the lakes and in the forests of Lappeenranta and Imatra region. We are experts in fishing, mushrooms, berries, and wild herbs. You will be informed what can be gathered and where to do it. With our guests we do the same kind of activities as we do ourselves. Our mission is to give knowledge how nature contributes to human well-being and how to survive in nature.

Duration: As agreed
Location/Starting point: Lappeenranta, Imatra
Group size: 1-
Availability: Available on request.
Guidance language(s): English
Price: Rates on request
What's included: Tailor made packages
How to get there: Lappeenranta railway station. Imatra railway station. Lappeenranta international airport.
Accessible for people with disabilities: No
Bookings and enquiries: Tomi Varis / TaigaSaimaa, info@taigasaimaa.fi | +358458636024

EXPERIENCE OASIS PEARL OF HOSSUKKA

A spectacular sauna and meeting venue, where you can relax on the shores of beautiful lake Saimaa. It welcomes you and your friends to have a nice time in the "Saimaa style". Swimming in the lake, Finnish sauna, hot-tub on the porch and some great food that suits the atmosphere. Try floating in the lake, fatbiking and all other activities.

Duration: Starting from 3 hours
Location/Starting point: Imatra
Group size: 1-30, larger groups on request
Availability: Available on request
Guidance language(s): English
Price: Starting from 350 euros
What's included: Sauna and premises
Supplements: For additional fee: Special saunas / Hot-tub / Meals / Activities. Ask more!
How to get there: Imatra railway station. Lappeenranta international airport.
Accessible for people with disabilities: No
Bookings and enquiries: Mikko Airas / Tuplakasi, info@tuplakasi.fi | +358456353811



Culture

Lose yourself dancing outside or learn about the spirits and gods of Finnish mythology. The Lakeland area is full of historical sites to admire, from churches and monasteries to the Olavinlinna castle, but visitors can also participate in treasured Finnish traditions



Photo: Stefan Bremer

Culture Arctic Lakeland

EMBRACE OF THE MOTHER NATURE -LUNCH

Come in to the Lap of Mother Nature and The Silent People, taste the symphony of real flavours. Herbs are picked around the Meadow Cottage, drinks come from berries and leafs from the very nearest forest. All prepared with love, respect and imagination. Enjoy the meal in the cosy Meadow Cottage and The Silent People from the window. Even in winter, when the day is just four hours long, the lights brighten the silence and you can enjoy the whole environment.

Duration: 2 h

Location/Starting point: Viitostie 547, Suomussalmi, Wild Taiga

Group size: 15-50 persons

Availability: On request

Guidance language(s): English

Price: 16,90 Euros / person

What's included:

Salmon Soup with Fire twist

*Creamy Salmon Soup

*Dill and Sunflower seed stew

Bread Basket

*Rye bread, Barley flour pies, Organic bread of the House and Lingonberry Crisp bread & Butter shingle

Meadow

*Green sprout salad, Tomatoe with herb dipping of the day

*Cottage Cabbage dressed with Golden root sirup and **Cucumber by Grand Mothers way**

*Grated carrots with Lingonberry pearls

Camp fire

*Black Pot Coffee with suger cube in corner of the mouth

*Pancakes or Forest Berry Delicacy

Supplements: In summer Gift Shop with local and organic products and free overnight in hay barn for individuals. In early June, summer clothes are changed for The Silent People, everyone is welcome to dress some of the hay heads, just bring clothes you wish to recycle for them to wear.

How to get there: The Silent People is standing just by the Highway 5 (E63), 30 km north from Suomussalmi and 110 km south from Kuusamo. Kuusamo Airport 116 km, Kajaani Airport and train station 142 km. You have to have your own car to get there.

Accessible for people with disabilities: Yes

Bookings and comissions:

Ritva Huttunen/The Silent People, ritva.huttunen@kuutamokeikat.fi, +358503620609

NAAPURINVAARA DANCE HALL

Naapurinvaara is one of the biggest and best dance halls of Finland. Take part to a dancing evening, a piece of the deepest authentic Finnish culture. There is always live music and a guesting popular Finnish artist or orchestra playing during the evening. Up to 2000 – 4000 people can visit the pavilion when the performing artist is popular enough. You can hear traditional melancholic and modern Finnish dance music, see a mass of people enjoying the rhythm of the dance and of course visiting the “buffet” – the bar offering drinks and small snacks. From Naapurinvaara hilltop, an amazing view opens over the hill-flanked open lake waters of Southern Kainuu and Vuokatinvaara hills.

Duration: 2-8 hours

Location/Starting point: Vuokatti

Group size: 1-100 persons

Availability: Saturdays from March to November

Guide: Self-guided

Price: 16€ /person

What's included: entrance

Supplements: Transfers / Accommodation / Meals / Excursions

How to get there: The nearest airport is situated in Kajaani (KAJ) approximately 40 km from Vuokatti. There are 2-5 daily flights in from Helsinki (HEL) to Kajaani. The flight time is 1 h 20 min. There is a shuttle bus service connecting Vuokatti and the airport. The driving time is 40 min. International car rental companies have also their service point at the airport of Kajaani. The nearest railway station is situated in Kajaani. There are a few daily trains connecting Kajaani with Helsinki (6 h via Lahti, Kouvola, Mikkeli and Kuopio) and Kajaani with Oulu (2 h). From Kajaani there is a local bus connection to Vuokatti.

Accessible for people with disabilities: Yes

Bookings & enquiries: Naapurinvaaran Huvikeskus, tiedustelut@napi.com, www.napi.fi/index.php/in-english



KUHMO CHAMBER MUSIC - PARADISE OF CHAMBER MUSIC LOVERS

Kuhmo Chamber Music is a paradise for music lovers - in the middle of blue lakes and green forests over 100 events with 150 international artists every July since 1970. The strengths of the festival are cosy atmosphere and unique music.

Duration: Packages available through different hotels, for example Hotel Kalevala in Kuhmo, Break Sokos Hotel Vuokatti and Vuokatti Travel.

Location/Starting point: Kuhmo, Wild Taiga

Group size: Individuals, groups (maximum size in the concerts is 668)

Availability: July 11 – 25, 2020

Guidance language(s): Self-guided

Price: Concert tickets EUR 19,50 – EUR 38/person. Also weekly tickets including around 30 concerts.

What's included: The festival programme will be published in January 2020, but the Tour operators will get information already in December 2019. The festival office will help with all the necessary arrangements concerning the journeys.

Supplements: Different kinds of accommodation possibilities in Kuhmo and in nearby region (Vuokatti, Sotkamo, Kajaani, Nurmes).

How to get there: Kuhmo is located some 600 km north of the Finnish capital, Helsinki, not far from the eastern frontier with Russia. The closest railway station and airport are 100 km away in Kajaani. There is a taxi service from the airport to Kuhmo. Further information and taxi bookings from the Festival Office, tel. +358 8 652 0936. There is also a coach service from Kajaani to Kuhmo. Timetables: finnair.com, vr.fi (Finnish Railways), onnibus.com (long-distance buses), matka.fi (long-distance buses)

Accessible for people with disabilities: Yes

Bookings and commissions:

Sari Rusanen/Kuhmo Chamber Music Festival, sari.rusanen@kuhmofestival.fi | +358445445162

For festival programme, artists, accommodation, tickets etc. please look at the website

www.kuhmofestival.fi



JUMINKEKO – IN THE ORIGINS OF FINNISH CULTURE

Juminkeko is a cultural center, which preserves the heritage of national epic Kalevala and offers the oldest national cultural traditions in modern ways. The center presents multimedia programs in different languages about the birth of the Kalevala, karelianism, the Kajaani time of Elias Lönnröt and the Viena heritage of Belomorsk Karelia and Finland. Juminkeko provides several exhibitions a year and has one of the largest collections of the Kalevalas. The exhibitions relate to the Kalevala, its history, traditions or Fenno-Ugric cultures and their traditions in different perspectives. The building of Juminkeko is a modern wood architecture monument itself.

Duration: 1-2 hours

Location/Starting point: Kuhmo, Wild Taiga

Group size: 1-30 persons

Availability: All year round during opening hours

Guidance language(s): English

Price: 5 euros

What's included: Entrance to exhibition / Kalevala collection / Multimedia presentation / Guidance

Supplements: Kalevala related souvenirs, books and cd's.

How to get there: Kajaani airport and railway station Kuhmo bus station

Accessible for people with disabilities: No

Bookings and commissions:

Olga Zaitseva, olga.zaitseva@juminkeko.fi, +358447530670 | +358407419191

www.juminkeko.fi



Photo: Harri Tarvainen

Culture North Karelia

SPIRITS AND GODS OF KOLI NATIONAL PARK

Koli has always been a mythical place. It is the home of old gods and spirits, the place where upper world and underworld connects. Even though we live in modern world, many of the old customs live with us still. This half-day walk will take you back in time when nature was ruling every day life and people and spirits were living side by side. You will be taken to some of the holy places where you learn the stories of our ancestors and see the famous beauty of Koli.

Duration: 5 hours (including the return transfers, 3 hours for the program)

Location/Starting point: 1. Sale, Kolintie 94, 83960 Koli (if you arrive by your own car) 2. Botania, Joensuu city, Heinäpurontie 70, 80110 Joensuu 3.

Hotel in Joensuu city centre (to be confirmed upon reservation)

Group size: Minimum of 2 persons, maximum 8

Availability: 01.06. - 31.8. upon request

Guidance language(s): English, German

Price: 97 €/adult, 57 €/child (10 - 13 years old), Minimum of 2 persons paying a full price.

What's included: return transfers to Koli

Supplements: accommodation in Joensuu

How to get there: With a charter transfer from Joensuu or by own car

Accessible for people with disabilities: No

Booking and inquiries: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669

**GUIDED TOUR AT EVA RYYNÄNEN
ATELJEE AND PAATERI CHURCH**

In the scenic and beautiful landscape of Lieksa and on the shore of Vuonisjärvi Lake lies the sculptor Eva Ryyränen's (1915 - 2001) Atelier, Paateri Church, her former house and a cafe. All the buildings are designed by Eva and within them you can admire her work, sculptures, carvings and unique structures and furnishings. Her greatest work is the Paateri Church which was completed in 1991. Influenced by her work with wood, the benches are made with hard wood sourced from Russia, while the altar is made with Karelian Spruce. Her other great works are presented in her house, some even carved directly into the walls of her house for you to enjoy. Your local guide will show you around and tells stories about Eva Ryyränen, who was also a friend of Tove Jansson. You have also time to admire the wooden landscape Eva has created.

Duration: 2 hours
Location/Starting point: Paateri 21, 81560 Vuonisjärvi
Group size: Minimum 2 pax
Availability: 15.5. - 15.9. upon request (venue open from 10:00 until 18:00)
Guidance language(s): English
Price: 15 €/adult and 9 € child /(7 - 12 years old). Minimum of 2 persons paying a full price (other guests might join in the guided tour)
What's included: Guided tour
Supplements: coffee and snacks at the cafe
How to get there: By charter bus or own car. Distance from Joensuu 1,5 hours
Accessible for people with disabilities: No
Bookings and enquiries: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669



**TOUR AT VALAMO MONASTERY,
HEINÄVESI**

Valamo Monastery is a welcoming working monastery and an active centre of the Orthodox religious way of life and culture in Finland. Located in the beautiful surroundings of Heinävesi, the monastery welcomes visitors throughout the year. The peaceful atmosphere of the monastery and close proximity to nature offer the busy people of today's world a rare opportunity to relax – far from the bustle and noise of everyday life. All the visitors are heartily welcome!

During the tour, you can see both churches of the area and hear about the history of the monasteries past up to the present day with the help of a local guide.

Duration: 1 hour
Location/Starting point: Valamo Monastery reception (gift shop), Valamontie 42, 79850 Uusi-Valamo
Group size: Minimum 10 pax
Availability: upon request year round
Guidance language(s): English, other languages on request
Price: 10€/adult and 5€/child (4 - 12 years). Minimum of 10 adults paying a full price
What's included: guided tour at the Monastery
Supplements: Possibility to book accommodation / Lunch at the restaurant
How to get there: You can access Valamo monastery in less than an hour by car from Joensuu. From Kuopio the distance is 1,5 hours by car. From Joensuu there is a public bus connection to the monastery. Currently there is also a public bus connection from Helsinki to Valamo.
Accessible for people with disabilities: Yes
Booking and inquiries: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669



**GUIDED TOUR AT PARPPEINVAARA
BARDIC VILLAGE AND KANTELE MUSIC
AT THE BARD'S HOUSE**

On a hilltop amid the forests and fells of Eastern Finland and with views stretching for miles across the beautiful horizon, sits Parppeinvaara Bardic Village. It combines all aspects of Karelian culture; rune singing, kantele music, handicrafts, the Orthodox religion and traditional food in one beautiful village.

A guided tour at the Bardic Village includes an introduction to the Karelian lifestyle and architecture, fascinating kantele music and the history of rune singing in Ilomantsi. The village also contains history on war and conflicts which have struck the area, an essential part of the history of Eastern Finland, and the Mesikkä Animal Museum which illustrates the bond between human and nature.

Duration: 1,5 hours
Location/Starting point: Parppeintie 4 C, 82900 Ilomantsi (Bard's house)
Group size: Minimum 10 pax
Availability: full year, recommended visiting period 01.5 – 01.09.
Guidance language(s): English, other languages on request
Price: 25€ per adult. Minimum of 10 person paying a full price
What's included: guided tour at Bardic village / entrance fee / Kantele music moment
Supplements: Transfers by bus / Lunch at Parppeinpiirtti restaurant / Visit Hermmanni wine tower
How to get there: From Joensuu by bus transfer, 1 hour
Accessible for people with disabilities: No
Booking and inquiries: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669





Culture Northern Savo

JEWELLERY WORK SHOP – LEARNING BY DOING IN METSÄKARTANO

Once you arrive to Metsäkartano you will enjoy coffee/tea prepared on traditional style with the heat of open fire. After the smell of fresh air we move indoors and you can make your own jewelry / souvenir / good luck amulet from soap stone. World best quality soap stone will warm you with your own body heat. Soap stone is easy to work with and will give you ever lasting memory of your stay in Finland.

Metsäkartano's location in the heart of the vast Finnish woodlands gives you the opportunity to experience magnificent natural surroundings while enjoying all modern facilities you need for a perfect holiday. Cosy and quality accommodation, tasty local delicacies, friendly service and an assortment of outdoor and

indoor activities guarantee unforgettable experiences to you. Environmentally friendly service is a matter of course, Metsäkartano boasts of its Green Key award.

Duration: 3 hours
Location/Starting point: Metsäkartano, Metsäkartanontie 700, Rautavaara
Group size: Min. 8, Max 24 persons
Availability: All year round
Guiding language(s): Finnish, English
Price: 36 €/ person (Net price)
What's included: Guided work shop, material and coffee/tee with snack by open fire
How to get there: Nearest airport Kuopio (127km), nearest railway station Nurmes 38 km
Accessible for people with disabilities: Yes
Booking & commissions: Metsäkartano, myynti@metsakartano.com | +358408396352

MAKING OWN DESIGN WITH THE LOCAL ARTIST

Discover the extraordinary possibility to experience the art and magic of making beautiful glass designs in Kuopio. In this short course, you will get to see first hand the incredible process of making beautiful glass art pieces from our recycled glasses with experienced glass masters, who will guide you through the whole process. Also, visitors will get a chance to visit ESSIS glass showroom, where our team of passionate glass designers have created timeless glass designs. After making an own piece of design you will visit the Saurum factory. Saurum Oy is a Finnish company that has a long history in creating jewellery. Head of Design in Saurum Oy, makes the factory tour for you. After the tour a possibility to make some shopping in the factory (extra charge).

Duration: 3 hours
Location/Starting point: Your hotel reception at Kuopio city centre. Please be at the meeting point 10 minutes before the start.
Group size: Minimum of 10 persons paying a full price
Availability: full year around upon request
Guiding language(s): Finnish, English
Price: 86€/adult
What's included: return transfers / glass workshop and visiting ESSIS showroom / guided tour at Saurum factory
How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.
Accessible for people with disabilities: No
Booking & commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669

GETTING TO KNOW THE CAPITAL OF LAKELAND, KUOPIO

This walking tour introduces you the best parts of Kuopio city; local guide tells you about the life of Minna Canth, shows you the Old way of living in Lakeland area, leads you to the city park and Market Hall to taste local delicacy "Kalakukko" (fish pie). By this walking tour you will also visit RIISA, which is one of the most notable Orthodox church museums in Europe.

Duration: 4 hours
Location/Starting point: Your hotel reception at Kuopio city centre. Please be at the meeting point 10 minutes before the start.
Group size: Minimum of 10 persons paying a full price

Availability: full year around upon request
Guiding language(s): Finnish, English
Price: 65€/adult
What's included: guide / tasting a local delicacy / entrance fee at RIISA / guided tour at RIISA
How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.
Accessible for people with disabilities: No
Booking & commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669

FINNISH LIQUOR TASTING AND LUNCH IN HISTORICAL MANOR MILEU

Since 1792 In Koivumäki farm people have been living part of Finnish nature and culture, by seasons, enjoying of fresh food, beautiful atmosphere, peace, collected power of daily life. When Gustav Ranin was admitted to a farm in 1869, the manor was known as a mansion for business meetings and for celebration. Lignell & Piispanen (L&P) is a Finnish company from Kuopio, manufacturing alcoholic beverages. Its parent company Oy Gust. Ranin was founded in 1852 and the trademark and products of Lignell & Piispanen were merged into it in 1932. Nowadays the company is famous for its beverages such as liquors and dill vodka. L&P uses Finnish ingredients such as berries, when manufacturing beverages. You will be tasting 3 - 4 different liquors with staff of Lignell & Piispanen and get introduced with manufacturing beverages in Finland. After tasting you will enjoy a delicious lunch (3 courses) in a manor

Duration: 4 hours
Location/Starting point: Your hotel reception at Kuopio city centre
Group size: Minimum of 6 persons
Availability: 25.6. - 10.8.2019 upon request
Guiding language(s): Finnish, English
Price: 105 € / adult
What's included: return transfer from Kuopio city to Koivumäki Manor, liquor tasting, lunch of 3 courses
How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.
Accessible for people with disabilities: No
Booking & commissions: Wild Nordic Finland, lakeland@wildnordic.fi, +358400678669





Culture Lake Saimaa

ACCORDEON CRUISE IN VENICE OF SAVO

Varkaus town is called “Venice of Savo” thanks to the many canals located in town area. Varkaus is kind of split in many parts by canals. The big Taipale canal enables boating from lake Saimaa to the north and back along the Saimaa deep waterway. Electric ecoboat brings you on a comfortable sightseeing tour along the shores and canals in Varkaus. You may experience passing through the big canal, see and hear water flowing in via canal doors as the boat changes altitude by some 5 meters. Listen to captain stories about history and development of water routes, canals and Varkaus town. Enjoy live accordion music in the best lakeland scenery with friends. Excellent romantic evening cruise for couples, families and small groups.

Duration: 2 hours
Starting point: Varkaus
Group size: 6 - 10pax
Availability: 29.04 - 31.10
Guidance language(s): English
Price: 32 € / person Minimum 192 € (6 persons)
What's included: Price includes cruise, coffee, live accordion music, skipper stories
Supplements: No pets allowed
Accessible for people with disabilities: No
How to get there: City of Varkaus (bus)
Booking and inquiries: LakelandGTE outdoor company, arto.keinanen@lakelandgite.fi +358400966800

CRUISE TO HISTORICAL ROCK PAINTINGS OF ASTUVANSALMI

Experience the biggest and most impressive rock painting sites in the Nordic countries! Encounter the past and sense the historical environment as well as the great scenery along the way. The trip starts from Anttolanhovi, from where we follow the beautiful waterway thru narrow straits and open waters to Astuvansalmi. When arriving to the rock paintings, we take a look at them from the boat. Then we go ashore to have a closer look to the magnificent paintings . When cruising back, we take a 30 minutes break in Kallioniemi Restaurant. There you can buy drinks and snacks and get familiar with Villas history. After visiting Kallioniemi we return to the starting point.

Duration: 4 hours
Location/Starting point: Anttolanhovi / Anttola
Group size: 6 - 12pax
Availability: 25.06 - 17.08
Guidance language(s): English
Price: 50 € / per adult, 30 € / child under 12 years
What's included: life jackets, insurance, guiding service, vat 10%
How to get there: Own car transfer to Anttolanhovi
Accessible for people with disabilities: No
Bookings and enquiries: Saimaan saaristo- ja veneilypalvelut, harri.kerkela@ssvoy.fi | +358447051050

VISA FREE CRUISE FROM LAPPEENRANTA TO VYBORG RUSSIA

The cruise along the historic Saimaa Canal from Lappeenranta to Vyborg Russia on M/S Carelia is an experience itself. On board you can relax, enjoy the beautiful scenery or have a meal from a tasty buffet. The crew looks after you and arranges activities and entertainment during the cruise.

Duration: 1 day
Starting point: Lappeenranta
Group size: 1-
Availability: 17.5.-14.9.2019
Guidance language(s): English
Price: Starting from 59 euros + port fee. (+Service fee minimum 5 euros/reservation)
What's included: Cruise by M/S Carelia Lappeenranta-Vyborg-Lappeenranta & Services of a Finnish guide. An advance booking to the cruise is required. The booking should be made latest 3-5 days before the cruise, depending on the cruise day. Passport copy is required. **Don't forget to take your valid passport with you to the cruise!** Cruises to Russia by M/S Carelia are visa-free for citizens of all countries. Please notice that if you are a foreign

national requiring a visa to Finland, the visa has to be a double entry or multi entry visa in order to take part in a cruise to Russia. Please send us a copy of your Schengen visa with the passport copy.

Possible to book also 2-day trip and 3-day trip with different prices.

Supplements: Lunch/dinner onboard and city sight-seeing tour in Vyborg are available on additional fee.
How to get there: Lappeenranta railway station. Lappeenranta international airport.
Accessible for people with disabilities: Yes
Booking and inquiries: Kirsti Laine / Saimaa Travel, saimaatravel@saimaatravel.fi | +35855410100

VISA FREE CRUISE, 3 DAYS IN ST. PETERSBURG

Step on board M/S Carelia in Lappeenranta harbor and travel visa-free via the unique Saimaa Canal to Vyborg Russia and further by bus to magnificent St.Petersburg. On board you can enjoy beautiful scenery of Lake Saimaa and the Saimaa Canal.

Duration: 3 days
Starting point: Lappeenranta
Group size: 1-
Availability: 23.5.-5.9.2019 on specific dates
Guidance language(s): English
Price: Starting from 295 euros + port fee (+Service fee minimum 5 euros/reservation)
What's included: Cruise Lappeenranta-Vyborg-Lappeenranta on board M/S Carelia and Vyborg-St. Petersburg-Vyborg by bus, 2 nights in a shared twin room at the hotel in St. Petersburg, Breakfast at the hotel Neva and canal cruise in St.Petersburg (subject to change due to weather conditions), English-speaking guide. An advance booking to the cruise is required. The booking should be made latest 3-5 days before the cruise, depending on the cruise day. Passport copy is required. **Don't forget to take the passport with you to the cruise!** Cruises to Russia by M/S Carelia are visa-free for citizens of all countries. Please notice that if you are a foreign national requiring a visa to Finland, the visa has to be a double entry or multi entry visa in order to take part in a cruise to Russia. Please send us a copy of your Schengen visa with the passport copy.
Supplements: Single room supplement, Ballet, opera, theatre tickets in St.Petersburg, Accommodation in Lappeenranta, Lunch/Dinner onboard, Hermitage-tour
How to get there: Lappeenranta railway station. Lappeenranta international airport.
Accessible for people with disabilities: No
Booking and inquiries: Kirsti Laine / Saimaa Travel, saimaatravel@saimaatravel.fi | +35855410100



Local Life

Life in Lakeland Finland is lived close to nature. Visitors can get to know local living by visiting a lakeside sauna, learning how to bake the iconic food of the region, Karelian pasty, going berry and mushroom picking or by living like a local on a reindeer farm. The region is also famous for high-intensity games of the national sport, Finnish baseball, played in the area's numerous stadiums.

Local Life Arctic Lakeland

NATIONAL SPORT OF FINLAND – FINNISH BASEBALL

The Finnish baseball is very traditional sport in Finland – It's also our national sport! Especially in Sotkamo, people have lived and breathed the Finnish baseball for decades. There's also a well-known and legendary baseball stadium in Sotkamo which attracts tourists with its superb location and fantastic game performances throughout the summer. At the same stadium Sotkamon Jymy – which is the most successful Finnish baseball team in Finland – plays all of their home matches!

Duration: 2-3 hours

Location/Starting point: Vuokatti

Group size: 1-100

Availability: Summer, fixed game dates

Guiding language(s): Self-guided

Price: From 14€ per adult

What's Included: Entrance ticket to the game

Supplements: Accommodation / Meals / Transfers
Other excursions

How to get there: The nearest airport is situated in Kajaani (KAJ) approximately 40 km from Vuokatti. There are 2-4 daily flights in from Helsinki (HEL) to Kajaani. The flight time is 1 h 20 min. There is a shuttle bus service connecting Vuokatti and the airport. The driving time is 40 min. International car rental companies have also their service point at the airport of Kajaani. The nearest railway station is situated in Kajaani. There are a few daily trains connecting Kajaani with Helsinki (6 h via Lahti, Kouvola, Mikkeli and Kuopio) and Kajaani with Oulu (2 h). From Kajaani there is a local bus connection to Vuokatti.

Accessible for people with disabilities: Yes

Bookings: Olga Morozova / Vuokatti Travel,
olga.morozova@vuokattitravel.fi | +358104232522

LIFE IN A LOCAL REINDEER FARM

Visit a local reindeer farm where you will get a warm welcome and meet our lovely reindeer herder family. In the farm you will get familiarized with the local life of reindeer herders and have the opportunity to feed the reindeers. Every animal is owned by a herder. While listening to their stories about life on the farm, we will enjoy hot drinks by the campfire. Visit to a local reindeer farm offers a great possibility for taking photos and experiencing authentic wilderness life.

Duration: 3,5 hours

Location/Starting point: Hotel Paljakka

Group size: 8-16 persons

Availability: December-April

Guiding language(s): English

Price: 62€ per person

What's Included: Transportation, Reindeer farm visit, coffee or tea

Supplements: Reindeer sleigh ride (600 m) 25,00 € / person, Airport transportations

How to get there: Kajaani, Kuusamo, Oulu Airports, Kajaani Railway and Bus station, car rental services

Accessible for people with disabilities: No

Bookings: Hotel Paljakka, info@hotelpaljakka.fi, +3582074111009

www.hotelpaljakka.fi/en

PALJAKKAVAARA OBSERVATION TOWER

See the magnificent panoramic views over the Ukkohalla-Paljakka area. Guide takes the group towards the observation tower by the nature trail which goes through many hundred-year-old spruce forest. The tower is located at a height of 384 meters at Paljakkavaara. After enjoying a magical walk, fresh air and views, coffee is served and sausage is cooked in a warm Kota.

Duration: 2,5 hours

Location/Starting point: Ukkohalla Info

Group size: 4-8 persons

Availability: Year around

Guiding language(s): English

Price: 64 € per person

What's Included: Transportation, guiding, coffee or tea, sausages. In winter season price includes snowshoes and thermal clothing.

Supplements: Airport transportations

How to get there: Kajaani, Kuusamo, Oulu Airports, Kajaani Railway and Bus station, car rental services

Accessible for people with disabilities: No

Bookings: Ukkohalla Resort, info@ukkohalla.fi, +3588748500, www.ukkohalla.fi/en

WILDERNESS WEEK HOSTED BY HUSKIES

A week for spending time with huskies, exploring the nature, or just relaxing and enjoying the peace and quietness. The choice is yours, as you are the only guests at this small husky farm. The farm of about 20 dogs is located on a lakeshore and surrounded by taiga forests. It offers a great opportunity to experience the wilderness lifestyle: hiking in the nature, canoeing or rowing on a lake, fishing, picking berries, mushrooms & herbs, cooking, chopping firewood and heating up sauna etc. You can also take part in daily tasks with huskies and go hiking with them.

Duration: 7 days/6 nights

Location/Starting point: Kuhmo, Wild Taiga

Group size: 2-4(5)

Availability: Any date upon request May-September

Guided tour: English

Price: 1 300 euros per person from the first 2 in the group, the next persons 700 euros per person, minimum 2 persons

What's Included: Accommodation with full board, guided program for the whole week, airport transfers from/to Kajaani. (For extra price transfers from/to Kuopio.)

How to get there: Kajaani Airport and Railway station, Kuhmo Bus station

Accessible for people with disabilities: No

Bookings: Aki Käräjäoja/Routa Travel, info@routatravel.fi | +358442613389

Additional info:

www.wildtaiga.fi/en/product/hosted-by-huskies

Food that is served is based strongly on local ingredients; fish (usually caught from the own lake), mushrooms, game meat, vegetables and potatoes. Special dietary needs (gluten-free, lactose-free, vegetarian, vegan) are happily fulfilled if asked in advance.

All the dogs are friendly. There are Siberian- and Alaskan Huskies and some mix-breed rescue/home seeking dogs, which have found a new home at the farm. They live outside, usually two to three dogs per one cage. Occasionally some are staying inside. Most of the time they are very silent. They are only noisy when being excited: for example because of feeding or when they are taken out for hiking etc. Anyhow, no need for earplugs during the nights!





Local Life North Karelia

KARELIAN DINNER

Dinner is set at Puukarin Pysäkki - Welcome to enjoy food made with love! The Karelian Dinner is prepared of pure, local and organic ingredients that are harvested from nearby lakes, forests and farms. The main dishes, bread and pies are baked in a traditional wood-heated oven. This dinner is a culinary feast portraying traditional dishes from Karelia, everything is hand-made. The menu includes for example mushroom salad, home made rye bread, salted fish, oven roasted vegetables and potatoes accompanied with Karelian roast or fish.

Duration: 2 hours
Location/Starting point: Guesthouse Puukarin Pysäkki, 844 Kajaanintie, Valtimo, Finland

Group size: 2 - 20 persons
Availability: year round, upon request
Guiding language(s): English, German
Price: 48 eur per person
What's included: Karelian dinner and non-alcoholic drinks
Supplements: alcoholic drinks (wine, beer) / transfers
How to get there: The restaurant is easiest to access with an organized charter transfer or by own car. The restaurant is located North from Nurmes, between Joensuu and Kajaani.
Accessible for people with disabilities: Yes
Booking and enquiries: Puukarin Pysäkki, majatalo@puukarinpysakki.fi | +358503443824

HUNTER-GATHERER EXPERIENCE

Hunting and gathering have always been a significant part of life in Finland and especially in North Karelia. For centuries, traditional survival skills have passed through generations and created a strong heritage of living off the land. You have a rare opportunity to take part in a journey to this way of life. During the journey you will be introduced to traditional and modern survival skills, you will learn the most important rules of living off the land and you will get the opportunity to have a deeper connection with the nature. Our guides will lead you through history through stories, workshops and traditional frontier food that is prepared on an open fire. In the evening, we will enjoy the warmth of a camp fire, herbal tea and the sound of Mother Nature as we go to sleep in her arms in a "loue" shelter like generations before us.

Duration: 2 days, 1 night
Location/Starting point: Meeting point in Joensuu. Pick-up from Botania or your hotel.
Group size: 2-8 persons
Availability: From 1st of May to 31st of October
Guiding language(s): English
Price: 375€ per person
What's included: Guides, transportation to the destination from Joensuu, catering (all food is made from organic and local ingredients if possible. Food is always seasonal. Breakfast x 1, Lunch x 2, Dinner x 1, snack (coffee/tea, bread, fruit, sweet pie), fresh drinking water, cutlery, puukko-knife, all the gear for activities, laavu-shelter (and tent for 3 persons if needed)
Supplements: Sleeping mattress +10€, Sleeping bag +40€, Backpack 30 l +10€
How to get there: You may access Joensuu by train or by flying from Helsinki.
Accessible for people with disabilities: No
Booking and enquiries: Karu Survival, mikko@karusurvival.com | +358445100879

KARU FOREST SKI ADVENTURE

Forest skies have a special place in Finnish outdoor culture. There is something peaceful and relaxing when you step in to the arctic wilderness of North Karelia with traditional forest skies and let the mother nature take you in. Magnificent views of the eastern-most frontier will give you memories of life time. Our trip starts in the morning when our guides will pick you up from your Hotel or pick up location. After fitting the skies and some basic exercises, we will start our journey in to the wild. We have a good chance to spot some animal tracks during our hike. Skiing distance is approximately 3-4 km.

Duration: 5 hours (09:00am - 14:00am)
Location/Starting point: 1. Hotels in Joensuu 2. Botania, Botanical Garden In Joensuu 3. Hotel Koli
Group size: 2-8 persons
Availability: From 1st of January to 29th of March
Guiding language(s): English
Price: 50€ / person (incl. VAT. 10%)
What's included: Forest skis and ski poles, Guide, 1 x snack, Transportation from meeting point in Joensuu to the starting point and back
Supplements: Outdoor lunch for a group of 4-8 persons +35€ per person
How to get there: You may access Joensuu by train or by flying from Helsinki.
Accessible for people with disabilities: No
Booking and enquiries: Karu Survival, mikko@karusurvival.com | +358445100879

CARELIAN PIE WORKSHOP

The delicious Karelian pies made by the owner of Guesthouse Männikkölän Pirtti are famous throughout Finland. These unique pies are an important part of the region's food culture, and at this workshop you get the chance to prepare them together with the true "grand old lady" of Karelian cooking. At the same time you can experience the local culture. Your hostess Ritva bakes both traditional and gluten-free Karelian pies, as well as sultsinas and vatrushka, with over 30 years of experience.

Duration: 3 hours
Location/Starting point: Männikkölän Pirtti, Pellikanlahdentie 1, 75530 Nurmes
Group size: 2 - 10 persons, larger groups on request
Availability: upon request year round
Guiding language(s): English, other languages on request
Price: 2-4 persons: €75/person, 5-10 persons: €55/person
What's included: Welcoming coffee, a short lecture on Karelian pies, the Karelian Pie Workshop, and lunch/supper
Supplements: Transfers upon request
How to get there: Nurmes is located about 1,5 hours from Joensuu and Kuopio. You may reach by car or bus. Please ask for transfer prices from Kuopio or Joensuu.
Accessible for people with disabilities: Yes
Booking and enquiries: Äksyt Ämmät, aksyt@aksytammat.fi | +358400877085



Local Life Northern Savo

VISIT THE HOME OF FINNISH ARTIST

During this program you will get a chance to meet famous Finnish artist at her own home. Her home is a design heaven with a cosy atmosphere and she will tell her story to you while having a cup of coffee/tea in her kitchen and listen to Finnish music in the background. This artist has got inspiration to her work from the wild nature of the North, among other things.

Duration: 1,5 hours

Location/Starting point: Your hotel reception at Kuopio city centre. Please be at the meeting point 10 minutes before the start.

Group size: Minimum of 6 persons paying a full price

Availability: full year around upon request

Guiding language(s): Finnish, English

Price: 55€/adult

What's included: return transfers, home visit with a possibility to buy Finnish design, coffee/tea and pastry

How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.

Accessible for people with disabilities: No

Booking & commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669

BERRY AND/OR MUSHROOM PICKING EXCURSION AT TAHKO AREA

The berries and mushrooms that grow in Finnish forests are part of the traditional Finnish gastronomy and, when within season, are found on food tables across Finland. Growing conditions in Finnish Lakeland are quite harsh but productive with all kinds of delicacies foraged from the forests. Nowadays they are coveted by gourmet chefs, and are increasingly exported from Finland. Now is your chance to get to know these Finnish treasures such as blueberries, lingonberries and raspberries or cep and chanterelle mushrooms (depending on the season). You will get your own basket to fill before we head out into the forest. Please wear comfortable sportswear and shoes (rubber boots are recommended during autumn) depending on the weather.

Physical difficulty level / suitable for: easy, suitable for children also

Duration: 2 hours

Location/Starting point: Nipasantie 2, 73310

Tahkovuori. Please be at the meeting point 10 min before starting time of the tour

Group size: Minimum of 2 persons paying a full price, max. 20 pax

Availability: 1.7. - 30.9.2020 upon request

Guiding language(s): Finnish, English

Price: 45 €/pax

What's included: - Professional guidance in English
- Equipment for the activity

How to get there: The nearest railway stations are located in Siilinjärvi (about 40 km) and in Kuopio (about 67 km). The connection from Siilinjärvi to Tahko by taxi takes about half an hour. The nearest airport is less than one hour drive away and it's easily accessed with taxi or pre-ordered flat-rate airport transfers.

Accessible for people with disabilities: No

Booking & commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669



TASTING LOCAL DELICACIES AT KUOPIO MARKET HALL

Northern Savo area and its capital Kuopio has announced to be an European Region of Gastronomy for 2020. With the local host, you will taste local delicacies at Kuopio Market Hall (or at Kuopio Market place depending on the season), where local producers are present full year round.

Duration: 1 hours

Location/Starting point: Kuopio Market Hall (main entrance)

Group size: Minimum of 6 persons paying a full price

Availability: full year around upon request

Guiding language(s): Finnish, English

Price: 55€/adult

What's included: guiding, small taster plate of Finnish products

How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre.

Accessible for people with disabilities: No

Booking & commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669





Photo: Vastavalo/Teuvo Juvonen

Local Life Lake Saimaa

SAIMAA RINGED SEAL WATCHING SAFARI

The Saimaa Ringed Seal is an endangered species which lives only in Lake Saimaa. While the beginning of the summer tends to be the best time to spot the seal (as they can often be seen laying on the rocks), with the expertise of our professional guides, you'll have a good chance of seeing the seal anytime during the open water season. Our Saimaa Ringed Seal Watching Safari's wooden boat moves slowly and smoothly through the waters of Linnansaari National Park, seeking out the secret hiding places where our beloved Saimaa Ringed Seals live. Along the way we will also have the opportunity to observe Osprey nests and other birds.

Duration: 3 hours
Location/Starting point: Rantasalmi / Järvisydän resort
Group size: 1-10
Availability: 15.05-31.10
Guiding language(s): English
Price: 79 € / 39,50 € (child 4-12 years)
What's included: tour guide, life jackets, coffee and snacks
Supplements: Accommodation in Järvisydän resort
How to get there: Transfer from train or bus
Accessible for people with disabilities: No
Booking & commissions: Hotel & Spa resort Järvisydän, jarvisydan@saimaaholiday.net, +358207291760

FARMWIFE'S PIE WORKSHOP

In Okkola farmwife's pie workshop you'll discover the old art of making tasty karelian pies! The hostess, Paula, will guide you through the knicks and knacks of baking these traditional delicacies with old family recipes. Visitors to the pie workshop will also experience a genuine Finnish country home. At the Okkola farmwife's cottage, visitors will learn about rural entrepreneurship, local flavours and genuine Savo hospitality. The farmwife's pies have all the scents and flavours to get the mouth-watering and the mood lifted.

Duration: 3 hours
Location/Starting point: Puumala
Group size: 5 – 10 persons
Availability: all year round
Guiding language(s): English, German, Finnish
Price: 65 € / person, minimum charge 325 €
What's included: Learn to bake the traditional Finnish pies. Get familiar with a life in a countryside of Finland
Supplements: Baking sweet berry pies Berry-picking trips to a nearby forest
How to get there: You can reach Puumala from Mikkeli, Savonlinna or Imatra. Daily bus connections to Puumala centre, c. 10 km from Okkola. Taxi from Puumala available. Car rental in Mikkeli, Imatra and Savonlinna, or own car transfer.
Accessible for people with disabilities: Yes
Booking & commissions: Okkolan lomamökit, Paula Okkola, +358 500 259378, okkolanlomamokit.com

GUIDED TOURS TO NATURAL WONDERS

Do you still remember all those fairytales, which started with the words "Once upon a time, far, far away..."? Well, we offer you a chance to visit "far, far away" and to experience the mythical atmosphere of the nature! Here, in the middle of nowhere, you can have an unforgettable excursion to the true Finnish nature, hear something of our history, mythology, old stories and fairytales and feel the calming effect that only the wilderness can give. We can also customise our excursions for different kinds of themes, groups and ages, so please, just tell your wishes to us!

Duration: 1 day
Location/Starting point: Ruokolahti
Group size: 1-
Availability: Available in request
Guiding language(s): English
Price: Rates on request
What's included: Tailor made packages
How to get there: Imatra Railway station. Lappeenranta international airport.
Accessible for people with disabilities: No
Booking & commissions: Virve Niiranen, CreativeKaiku Ky – Nature Saimaa, toimisto@kulttuuripalvelukaiku.fi | +358505901583

SAUNA BOAT AT LAKE SAIMAA

Welcome to enjoy the traditional Finnish sauna with a little twist. Our floating sauna offers you a great experience at Lake Saimaa. Floating Sauna cruise will depart from Lappeenranta harbor and cruise at Lake Saimaa while you can enjoy smooth and relaxing traditional Finnish wood burning sauna.

Duration: Starting from 3 hours
Location/Starting point: Lappeenranta
Group size: 1-12
Availability: 5.5.-12.10.2019
Guiding language(s): English
Price: Starting from 480 euros
What's included: Boat captain, free use of gas grill, gasoline, organic soap, life jackets and use of sauna
Supplements: Additional fee: Meals onboard.
How to get there: Lappeenranta railway station. Lappeenranta international airport.
Accessible for people with disabilities: No
Booking & commissions: Teemu Virtanen / Saimaa Naturally, teemu@saimaanaturally.com, +358405880738



Photo: Elina Sirparanta



Wellbeing

The peace and quiet of Lakeland Finland are ideal for wellbeing. And the area is also home to spas full of high-quality services that include outdoor pools, sauna worlds and more, as well as unique experiences from forest bathing and sauna yoga to local super foods and wild herb picking.

photo: Tobias Meyer

Wellbeing Arctic Lakeland

HOLIDAY CLUB KATINKULTA

Holiday Club Katinkulta provides you with the opportunities to enjoy practically any kind of recreation, from golf to fitness training or bowling. The resort offers a wealth of activities throughout the year. Summer is golf season, and the three Katinkulta courses are sure to please players of all skill levels. Meanwhile, the diverse selection of other services ensure that those not as interested in the sport never have a dull moment. The spa has more than 20 pools: an outdoor pool, Jacuzzis, counter-currents, massaging showers, a fountain and a waterslide. There is also a 25-meter pool for swimming. Sauna World has got several saunas separately for men and women. Smoke sauna is located next to the outdoor pool.

Duration: Any

Starting point / location: Vuokatti

Group size: Any

Availability: Daily, year around

Guiding language(s): Self-guided

Price: From 22€ / adult

Included: Entrance ticket to the Spa

Supplements: Accommodation / Transfers / Meals / Excursions

How to get there: The nearest airport is situated in Kajaani (KAJ) approximately 40 km from Vuokatti. There are 2-5 daily flights in from Helsinki (HEL) to Kajaani. The flight time is 1 h 20 min. There is a shuttle bus service connecting Vuokatti and the airport. The driving time is 40 min. International car rental companies have also their service point at the airport of Kajaani. The nearest railway station is situated in Kajaani. There are a few daily trains connecting Kajaani with Helsinki (6 h via Lahti, Kouvola, Mikkeli and Kuopio) and Kajaani with Oulu (2 h). From Kajaani there is a local bus connection to Vuokatti.

Accessible for people with disabilities: No

Bookings: Riikka-Maria Kääriäinen, Holiday Club Katinkulta, +358300870970 | +358438501489

www.holidayclubresorts.com/en/resorts/katinkulta

WELLBEING IN LAKESIDE HOTEL KALEVALA

Hotel Kalevala surroundings offer your mind and body perfect time to relax and enjoy your holiday. Activities in fresh air, swimming in pure water lake, fresh local food and calming sceneries will take your mind away from stress and everyday life.

Duration: 4 days, 3 nights

Starting point / location: Kuhmo, Wild Taiga

Group size: minimum of 2 persons

Availability: 03.01.– 19.12.2020

(excluding July 11 – 25, 2020)

Guiding language(s): English

Price: 679 Euros in double room

Included: 3 night accommodation in chosen room type / Halfboard: breakfast and 4 course wellbeing dinner (in summer season 3 course wellbeing dinner) / Use of the evening saunas with indoor and outdoor jacuzzis daily / Peat sauna / Guided tour: bicycling and hiking tour in summer, snowshoe tour in winter / Traditional Finnish bone setting (50 min) / Guided fishing or ice fishing trip / Nordic walking tour

Supplements: 761 Euros in single room 720 Euros in superior room (for two), Airport transfer Kajaani-Hotel-Kajaani 100 Euros/person, Lunch 25 Euros/person/day, Optional activities and treatments

How to get there: Kajaani airport and railway station

Accessible for people with disabilities: No

Bookings: Tarleena Ylönen/Hotel Kalevala, sales@hotellikalevala.fi | +35886554100



SEVEN HERBS SAUNA OF KALEVALA

What is better than an authentic sauna experience after outdoor pursuits in the taiga wilds. The hostess of the sauna, sauna guide, first explains how to take a proper sauna bath and about the effects of sauna. During this herbal sauna you whip with a sauna vasta made of "seven local herbs", which relax muscles and care the skin. After sauna follows a herbal foot bath and a cup of refreshing tea.

Duration: 2 hours

Starting point / location: Kuumu Village, Kuhmo, Wild Taiga

Group size: 2-15 persons

Availability: Upon request

Guiding language(s): English

Price: 80 € per person

Included: Welcoming drink and guidance

Supplements: Accommodation in lakeside, peaceful cottages.

How to get there: Kajaani Airport and Railway Station, Kuumu Village is reached by own car.

Accessible for people with disabilities: No

Additional info: After the treatment you should relax and rest. Drink a lot of water, tea or juice.

Bookings: Tanja Pyykkönen/Kalevala Experience, info@kalevalaexperience.fi | +358442755288

UKKOHALLA'S SAUNAWORLD & SPA

SaunaWorld&Spa offers the opportunity to experience nine different saunas everything from the always genuine vapors of the Finnish steam bath to the more exotic adventures provided by the Western and Eastern traditions. In the pool section and jacuzzies you can pamper all senses with the refreshment provided for both body and mind in the picturesque landscapes along the shores of Lake Syväjärvi. Purely for the enjoyment is also swimming in refreshing lake in summertime or a dip in an icy lake in winter.

Duration: 2 hours

Starting point / location: Ukkohalla info

Group size: Min. 1 person

Availability: Year around

Guiding language(s): Self-guided

Price: Entrance fees: 20,00 € / adult, 10,00 € / children (4-12 years), 45,00 € / family (2+2 persons)

Included: Entrance fee

Supplements: Supplements: Sauna experience Basic (group size 4-10, duration 1 h) 27 € / adult and 13,50 € / children (4-12 years), Sauna experience Delux (group size 4-10, duration 2 h) 34 € / adult and 17 € / children (4-12 years). Sauna experiences includes guiding, refreshments and foot bath. Guided sauna yoga lesson (group size 4-10, duration 30 min) 15 € / adult and 7,50 € / children (4-12 years). Swimming suit 5 € / person. Towel 5 € / person. Accommodation and airport transportations.

How to get there: Kajaani, Kuusamo, Oulu airports, Kajaani Railway Station and Bus Station, car rental services

Accessible for people with disabilities: Yes

Additional info: Ukkohalla Resort, info@ukkohalla.fi, +3588748500, www.ukkohalla.fi/en



Wellbeing North Karelia

HERB FORAGING AND COOKING ON AN OPEN FIRE EXPERIENCE

Experience what fresh bread baked over an open fire tastes like. Learn to identify and pick seasonal herbs and other treats from the Finnish forests. We will prepare a hot meal over an open fire using the highest quality local ingredients, including as much as we can pick from the forest. If it should rain, you can sit in a cosy Lapp hut and prepare the meal there. Spend an educational and delicious half day with a professional guide in the wonderful forests of the area. This course is suitable also for families.

Duration: 5 hours

Location/Starting point: Botania, Joensuu city, Heinäpurontie 70, 80110 Joensuu or your hotel in Joensuu

Group Size: Minimum 2 pax. Please ask for an offer for big groups

Availability: 01.06 - 31.08. upon request

Guiding language: English

Price: 135 €/adult and 55€/child (10 - 13 years old)

What's included: Transfer from the starting point and back, professional guiding in English, wilderness lunch

Supplements: accommodation in Joensuu

How to get there: You can reach Joensuu by train or by flying from Helsinki.

Accessible for people with disabilities: No

Booking and commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669



JUST HANGING OUT - A NIGHT OF FOREST BATHING

Become one with nature, feel how the wind blows, experience how a dewdrop feels on your skin, taste the sunset! Close your eyes and sense, taste and breathe in sync with nature. When you're just hanging out you can enjoy the rain like nature's shower or curl up in a hammock under a shelter and listen to the rain dance on the roof. Spend a night in a private nature reserve in hammocks (a Finnish lean-to and small cabin also available, if needed) near a lake / campfire site. Possibility for fishing with rods, canoeing, walking on silence trail and extra days.

Duration: 1 night (18 hours)
Location/Starting point: Häikänniementie 45, 82310 Rääkkylä
Group Size: Minimum 1 pax
Availability: 1.6.-31.8. request for guaranteed departure dates
Guiding language: English, German
Price: 90 eur per person
What's included: A walk together to the camp / a hammock (Ticket to the Moon) with tree-friendly ropes and separate insect and rain protection / instructions (manual) for setting up a hammock / packed breakfast for you to enjoy by yourself firewood for your campfire, or - in case of forest fire warning use of a Trangia stove / vessels for boiling water for coffee and tea, sausage sticks or holder / fresh drinking water / towels / eco toilet / headlamp / safety instructions
Supplements: Available for additional fees: Breakfast ready prepared for you in the forest 15€ person / Sleeping bag hire 15€ person and camping mat 5€ person / Picnic basket: sausages (meat or vegetarian), sandwiches, tea 8€ person / canoe hire with safety belts and instructions 50€ / marked hiking trails (where available) – map rental 2€
How to get there: The location can be reached by car or by organized charter transportation. Address: Häikänniementie 45, Rääkkylä. We recommend arriving via Liperi's Arvinsalmi ferry. Meeting at the car parking lot along the Häikänniementie street.
Accessible for people with disabilities: No
Booking and commissions: Karelia Cottages, info@kareliacottages.fi | +358442716095

SLEEPING HILLS – SUNSET EXCURSION TO THE HILLS OF KOLI

Experience the white summer night in Koli, how the nature prepares for the night, see magnificent sunset and feel the dusk arriving to the forest. Your local guide knows the area and its nature and knows the most in-

teresting places to visit: forests where birds are singing before the sunset, meadows with blooming flowers or forests where elks live. This tour is very relaxed, and we walk at an easy pace so there is plenty of time for photographing, slowing down and experiencing the nature.

Duration: 2,5 hours
Location/Starting point: Nature Center Ukko, Ylä-Kolintie 39, 83960 Koli, Finland
Group Size: minimum 2 pax
Availability: 1.6.-30.9.
Guiding language(s): English, German
Price: 25 eur per person
What's included: The client needs to bring own hiking boots and suitable outdoor clothing.
How to get there: Follow the signs to Ukko-Koli Hill and Nature Centre Ukko from the main road 6 (between Joensuu and Kajaani). In Ahmovaara at Kolinportti, turn to road 504. Ukko-Koli Hill is located 12 km and Koli village 9 km from the main road. There are signs from the village of Koli leading up to Ukko-Koli. Koli Shop Retkitupa, starting place for the tour, is located in Nature Centre Ukko. Leave your car at parking areas P1 or P2 and take the railcar (free) or walk up to upper yard where the Nature Centre and Break Sokos Hotel Koli are located.
Accessible for people with disabilities: No
Booking and commissions: Feel Koli, info@feelkoli.fi | +358400184267



SAUNA YOGA AND HEALING

Sauna is traditionally considered to be a healing place in the Finnish culture. The warmth of the sauna relaxes the muscles, gives boost to the blood circulation and – most of all – calms down your mind.

In sauna yoga we will do some yoga-based simple asanas and stretching together with breathing exercises and finally a relaxation in a mild sauna temperature (50C). At the end of the session you will enjoy a relaxing foot bath made from fresh wild herbs and flowers together with some aromatherapeutic oils. Sauna yoga is held in the traditional wooden-heated sauna on Mattila yard, within Koli Nationalpark.

Please bring your own swimsuit and water bottle.

Duration: 1,5 hours
Location: Kolin Keidas/ Mattilan tila, Ylä-Kolintie 12b, 83960 KOLI, Finland

Group Size: 3-5 pax
Availability: 18.6.-25.8., every Wednesday and Saturday, 15:30-17:30
Guiding language: English
Price: 38 eur / person
What's included: Towel, Foot bath, Shampoo/ Shower gel
Supplements: Lunch, Accommodation
How to get there: From Joensuu 1 hour by car. Drive towards Koli Nationalpark from the center of Koli village (turn to the right and follow the signs). After approximately 1 km take to the left by the sign Kolin Keidas.
Accessible for people with disabilities: No
Booking and commissions: Kolin Keidas, kolinkeidas@gmail.com | +358408650466





Wellbeing Northern Savo

SKI – SAUNA – SUPERFOOD – WINTER PLEASURES FROM METSÄKARTANO

The hectic bustle of the cities is far away. Small wonders of the nature are present right from your doorsteps. Explore winter wildlife with snowshoes or try out the real off-track skis. After an overdose of fresh air and outdoor exercise relax in sauna and enjoy delicious salmon meal in a turf cabin.

Metsäkartano's location in the heart of the vast Finnish woodlands gives you the opportunity to experience magnificent natural surroundings while enjoying all modern facilities you need for a perfect holiday. Cosy and quality accommodation, tasty local delicacies, friendly service and an assortment of outdoor and indoor activities guarantee unforgettable experiences to you. Environmentally friendly service is a matter of course, Metsäkartano boasts of its Green Key award.

Duration: 3-4 hours

Location/Starting point: Metsäkartano, Metsäkartanontie 700, Rautavaara

Group Size: Min. 10, Max 30 persons

Availability: Winter time (January – April)

Guiding language: Finnish, English

Price: 118 €/ person (Net price)

What's included: Guided tour and equipment, Sauna and swimming in an ice hole, salmon meal in a turf cabin.

How to get there: Nearest airport Kuopio (127km), nearest railway station Nurmes 38 km.

Accessible for people with disabilities: Yes

Booking and commissions: Metsäkartano, myynti@metsakartano.com | +358408396352

Additional info: Please wear outdoor clothes and bring your own swimming suit/pants.

PUBLIC FINNISH TRADITIONAL SMOKE SAUNA EVENINGS IN JÄTKÄNKÄMPPI LUMBERJACK LODGE IN RAUHALAHTI, KUOPIO

Public Finnish traditional smoke sauna evening in Jätkäkämpä Lumberjack Lodge in Rauhalhti. Jätkäkämpä offers you the opportunity to experience the traditional lumberjack atmosphere of the 1950s in an authentic setting. Bathing in the gentle heat of the smoke sauna combined with refreshing dips in the lake offers total relaxation. In winter you can try a truly invigorating dip in an opening cut in the lake ice. Jätkäkämpä has its own menus for traditional dinner buffet that also feature provincial specialties. Live accordion music, light-hearted humour and fantastic lumberjack shows in summer time - all reflecting lumberjack heritage, give a blast from the past. In summer Jätkäkämpä can also be reached by a passenger boat from Kuopio City Harbour.

Duration: 3-6 hours

Location/Starting point: Spa Hotel Rauhalhti, Jätkäkämpä, Kuopio - the authentic lumberjack's lodge with smoke sauna

Group Size: 1-130 persons

Availability: every Tuesday year around and in June-August also every Thursday

Guiding language: Self-guided

Price: individuals 37 € / adult, 18,50 € / child 4-14 yrs old, ask for group discounts

What's included: smoke sauna visit (sauna towel), traditional dinner buffet, live accordion music in Jätkäkämpä, in June- August huge lumberjack's demonstration at 18 and 20

Supplements: sauna drinks, alcohol drinks for dinner buffet, extra towels

How to get there: Train and bus station in Kuopio city centre, Kuopio Airport 14 kilometres from city centre. Spa Hotel Rauhalhti situates 5 km south from Kuopio city centre and Jätkäkämpä with smoke sauna 600 metres behind the hotel.

Accessible for people with disabilities: Yes

Booking and commissions: Spa Hotel Rauhalhti, myynti@rauhalhti.fi | +3583060830, +358306083474



WILD HERBS PICKING EXCURSION

Growing conditions in Finnish Lakeland are quite harsh but productive with all kinds of delicacies foraged from the forests. Now is your chance to get to know these Finnish treasures called wild herbs. You will get your own basket to fill before we head out into the forest. The professional guide has a Herbs picking card (VIPK) and he leads you to the best and the most beautiful places to find these herbs.

Please wear comfortable sportswear and shoes (rubber boots are recommended during autumn) depending on the weather.

Duration: 3 hours

Location: Sport & Spa Hotel Vesileppis, Vokkolantie, 79100 Leppävirta. Also other meeting points possible upon request

Group Size: min. 7 pax

Availability: 1.5. - 30.6.2020, upon request

Guiding language(s): Finnish, English

Price: 57€/pax

What's included: Guidance in English, equipment for the activity, return transfer to forest from starting point

How to get there: Distance to nearest airport is 80 kilometers and nearest train station 55 kilometers.

Accessible for people with disabilities: No

Booking and commissions: Wild Nordic Finland, lakeland@wildnordic.fi | +358400678669





Wellbeing Lake Saimaa

SAUNA YOGA

Feel the stress of everyday life melt away. Sauna yoga is a comprehensive and relaxing exercise done seated in a warm sauna of 50°C. Yoga movements release tension and soothe the mind. The yoga session lasts for half an hour, with six positions that strengthen and stretch your muscles, increasing mobility of the spine and hips. Sauna yoga also stimulates your metabolism, increases circulation and improves quality of sleep. No earlier experience in yoga is required to try it out. Suitable also for elderly people.

Duration: 45 minutes

Location/Starting point: Hotelli Punkaharju
Group Size: 1-8 persons
Availability: All year around
Guiding language(s): English
Price: 35 € / person, minimum charge 138 €
What's included: Instruction, small towels, water bottle, refreshing herb drink after yoga
Supplements: Accommodation in hotel Punkaharju
Accessible for people with disabilities: No
How to get there: Train or own car
Booking: Hotelli Punkaharju, welcome@hotellipunkaharju.fi | +35815511311

NATURAL LUXURY SMOKE SAUNA EXPERIENCE

Experience a traditional Finnish sauna with a guide. The healing effects of smoke saunas have been used in Finnish culture for centuries. There is plenty of research data pointing to the positive effects of the sauna on well-being. The sauna is heated from the early morning onwards. The heat is even, relaxing and smooth. In the summer, a swim in the lake – and in the winter, a dip in an ice hole in the lake – provide refreshment between sauna sessions. The traditional kota hut has an open fire for grilling and we prepare a small supper depending on the season. The sauna is accompanied by the traditional Finnish drink: beer.

Duration: 2 hours
Location/Starting point: Ristiina
Group Size: 1-6 persons
Availability: 01.09 - 15.06
Guiding language(s): Self-guided
Price: 590 €
What's included: Smoke sauna for 2 hours, towels, bathrobes, sauna slippers and sauna hat, refreshing drink and a supper, sauna diploma
Supplements: Accommodation possibility in a cottage Kaidan Kunkku
How to get there: Own car transfer
Accessible for people with disabilities: No
Booking: Kaidan Kiho, info@kaidankiho.com, +358505278814

LUXURIOUS SPA HOLIDAY AT HOLIDAY CLUB SAIMAA

Holiday Club Saimaa is a gorgeous spa hotel with 229 rooms, unique Cirque de Saimaa spa, ice arena and restaurant world. There are three separate hotel wings, Villas holiday apartments and holiday houses in Saimaa.

Duration: From 1 night to as many as you wish
Location: Lappeenranta, Rauha region
Group Size: 1-
Availability: All year round
Guiding language(s): Self-guided
Price: Rates on request
What's included: Tailor made packages.
Hotel rooms are located in three separate hotel wings, which all have their own unique atmosphere. You can choose between a Castle hotel which is in a hospital building from 1920's, intimate Gant hotel and family friendly and spacious Club hotel. There are also holiday homes in the premises of Holiday Club Saimaa. The holiday homes are built with the latest technology to meet modern demands for energy ef-

ficiency and environmental friendliness. Anttilankaari holiday homes have 2 bedrooms, living room, kitchen, sauna and both balcony and terrace.
Supplements: Additional fees: Single room supplement
How to get there: Imatra railway station. Lappeenranta international airport.
Accessible for people with disabilities: Yes
Booking: Nina Fagerlund-Anttila / Holiday Club Resorts Oy, Holid, nina.fagerlund-anttila@holidayclub.fi | +358400015580

RELAXING SPA HOLIDAY IN IMATRAN KYLPYLÄ SPA RESORT

Enjoy your Lake Saimaa holidays at Imatra Spa Resort! Our spa "Magic Forest" welcomes you to pamper yourself all year round. We have 16 pools and huge waterslide which offer fun for entire family. You can stay in at our hotel or you can also rent a holiday apartment or villa.

Duration: 1 night to as many as you wish
Location/Starting point: Imatra
Group Size: 1-
Availability: All year round
Guiding language(s): Self-guided
Price: Rates upon request
What's included: Tailor made packages. All holiday packages include accommodation in a double room, use of the gym, access to Spa Taikametsä, and leisure time activities. All packages are available with half or full board. Half board includes breakfast and dinner buffet, full board includes breakfast, lunch and dinner buffet. To some packages also includes spa treatments and to Romantic holiday for two three-course dinner.
Supplements: Additional fees: Single room supplement
How to get there: Imatra railway station. Lappeenranta international airport.
Accessible for people with disabilities: Yes
Booking: Kati Ikävalko / Imatran Kylpylä Spa Resort, myynti@imatrankylpyla.fi | +358300870502



Tours

Visitors can join bigger or smaller groups, enjoy personal guidance or seek adventure on their own with the help of detailed directions. It's easy to move around Lakeland Finland by car, trains, bikes or boats, and the activities range from wilderness hikes, camping and wildlife safaris to midnight golf, cuisine tours and the world-famous opera festival.

Tours across the whole Lakeland Area

CULTURE AND WILDLIFE BY HIKING AND BIKING IN WILD TAIGA

Guided hiking and biking tour from Rokua Geopark to Wild Taiga is a great way to learn about Finnish nature and culture! Day routes follow sandy forest roads and lead us through taiga forests, wilderness lake shores and tiny villages. Wellness and adventure meet in this nature-based holiday!

Take a tour in wild nature, feel the fresh summer of Finland and explore cultural sites in Kainuu area with a local expert. You have an unique opportunity to participate once in the lifetime experience, bear and wildlife observing trip! It's more than usual that you meet magnificent brown bear, king of the forest in its own territory. Also wolverines, wolves and eagles might be sometimes seen from safe hides.

Near the Russian border warm hospitality of people is an experience never to forget. Local guides will help you to enjoy your unforgettable active holiday with all of your senses. Welcome to see, feel and taste the nature of Finnish Midnight Sun!

Duration: 7 days/6 nights

Location/Starting point: Oulu-Rokua-Paltamo-Kuhmo-Kajaani

Group Size: 2-8 persons

Availability: On request 1.6.-30.9.2020

Guiding language(s): English, Swedish

Price: 1890€ / person when 2-4 pax, 1780€ / person when 5-8 persons

Accommodation type: Shared rooms in hotel, bird house and tent.

What's included: Good quality bike, helmet, guide services, breakfast, lunch, dinner, accommodation, sauna every evening, tent, mattress, sleeping bag, transportation from Oulu airport to starting point and back to Kajaani airport, luggage transportation during the tour.

Supplements: Single room supplement 120€.

Supplement for return transfer from Kuhmo to Oulu airport 180€ / taxi. Extra nights in the end of the holiday.

How to get there: Meet your guide at Oulu Airport

Accessible for people with disabilities: No

Booking and commissions: Janne Autere / Hikes, sales@hikesntrails.com | +358405535469

www.hikesntrails.com/culture-and-wildlife-in-lakeland



Photo: Valtteri Mulkahainen



Photo: Asko Kuittinen



Photo: Marjaana Tasala

FINNISH NATIONAL PARKS SELF-DRIVE

A self-drive for nature lovers! Travel from Kuopio in Lakeland to Rovaniemi on the Arctic Circle through sparsely populated taiga forests of Finnish eastern border area. There are even five national parks with their hiking, canoeing and fishing possibilities easily accessible from the route. Close to the Russian border you can participate in bear or wolverine observation tours which give you a unique chance to watch and photograph these animals safely in their natural habitat.

Day 1 | Arrival at Kuopio

Kuopio–Metsäkartano, approx. 130 km.

Arrival at Kuopio airport where you will collect your hire car. For the first night you will drive to Metsäkartano outdoor centre situated in a tranquil spot in the heart of nature. Dinner and possibility of a sauna.

Day 2 | Hiidenportti and Tiilikkajärvi national parks

Today you can choose between two national parks that are both within easy reach of Metsäkartano. Tiilikkajärvi national park offers quite easy routes, beautiful lake-side scenery and beaches. By contrast, the scenery

at Hiidenportti national park is quite rugged; trails include more hills and are a bit more demanding. For the evening, it's possible to book a wolverine observation excursion, if you opt for that, you'll spend the night in a wilderness hide instead of Metsäkartano.

Recommended self-guided trails: Hiidenkierros 3-5 km, Kitulankierros 10,5 km, Uiton kierto 7 km

Day 3 | Karelian culture

Metsäkartano–Kuhmo, approx. 105 km.

It's time to say goodbye to Metsäkartano and head via Nurmes in Karelia to Kuhmo. In Nurmes you can visit the Karelian Bomba House and the Karelian village around it. Bomba House might be a good place to enjoy lunch as well. By the end of the day you'll arrive at Kuhmo which is a small village where you can see the Finnish national epic Kalevala reflected in the architecture, events, research, museums and the food. You can learn more about Kalevala and Karelian culture at the Kalevala Information Centre Juminkeko.

Day 4 | Brown Bears and Winter War history

Kuhmo–Juntusranta, approx. 170 km.
In the morning you will have the opportunity to visit Petola Visitor Centre which is an information center on Finland’s large carnivores – bear, wolf, lynx and wolverine. From Kuhmo the route goes toward north through some very sparsely populated areas following the Russian border. Your accommodation for the next night will be in the tiny village of Juntusranta just beside the Russian border. Arola, Helena and Eero’s former dairy farm, is well-known for its delicious local food. The farm is surrounded by remote woodland inhabited by European brown bears. In the evening you can take part in a bear safari (extra charge) and observe these majestic animals from the purpose-built log cabins.

Day 5 | Hossa national park

Juntusranta–Kuusamo, approx. 135 km.
Heading north again you will first arrive at Hossa national park – the newest national park in Finland – known for its crystal-clear lakes and ponds and handsome pine heathlands. In Hossa you can walk in the footsteps of Finland’s Stone Age settlers, who made mysterious shamanistic paintings on the cliffs at Värrikallio thousands of years ago.

Your base for the next two nights will be Ollila Holiday cottages, hosted by Tuomo and Marjo. You can spend the afternoon relaxing in the cabin, heating up sauna and rowing on the lake, or you can walk a 5 km circle route to Muovaara hill.
Recommended self-guided trails in Hossa: Hossa nature trail 3 km, Ölödyn ylitys trail 5 km, Värrikallion kaarros trail 8 km

Day 6 | Kuusamo – Oulanka national park and Ruka

Today you can head to Oulanka national park or Ruka, which is one of the most popular skiing resorts in Finland. Oulanka national park’s heart is the crystal-clear River Oulankajoki. Steep sided ravines and river valleys, which traverse the park, ensure that the views are unforgettable. If you prefer canoeing, there are rental canoes as well as guided tours on River Oulankajoki. You could also try rafting, tours vary from easy family tours to speedy tours that will make your heart race!
Recommended self-guided trails: Small Bear’s Trail 12 km, Hiidenlampi nature trail 5 km, Valtavaara nature trail 8 km. Recommended canoeing route: Oulanka canoeing route 7-23 km

Day 7 | Arctic Circle and Riisitunturi national park

Kuusamo–Rovaniemi, approx. 210 km.
This will be your last and longest day of travelling, ending at Rovaniemi on the Arctic Circle. If you are still willing to do some hiking you can easily visit either

Riisitunturi national park or Korouoma nature reserve which both offer the opportunity of some nice daytrips. Recommended self-guided trails: Riisin Rääpäsy trail 4 km, Riisin Rietas trail 10,5 km, Koronjää trail 5 km

Day 8 | Departure

Rovaniemi airport, approx. 7 km
Breakfast and drive to the airport of Rovaniemi where you will leave your hire car.

Duration: 8 days / 7 nights
Location: Kuopio – Rautavaara (-Lieksa) - Kuhmo – Kuusamo - Rovaniemi
Group Size: Min. 2 persons
Accommodation type: Apartment, hotel, cabin
Availability: Departures on request 1 May–30 September 2020 (no departures 10–24 July)
Guiding language(s): Self-guided
Price: 835 € p/p in twin room 785 € p/p in triple room Child 4-11 years sharing a triple room with two adults 670 €

What’s included: *7 nights accommodation: On days 1, 2 and 4 in apartment, on days 3 and 7 in hotel room and on days 5 and 6 in cabin. All accommodations with private facilities.
*Breakfast daily
*6 x dinner (dinner on day 7 is not included)
*Sauna daily
*Exclusive travel documentation package including personalised maps, itinerary and driving directions
Supplements: *Overnight wolverine observation excursion 115 €
*Bear watching, prices 12-hour overnight safari 120 €, 6-hour safari 85 €.
*Husky trekking, Husky farm visit, Rapid swimming, Paddling excursion, Rafting-Prices to be confirmed later.

How to get there: By air:
Arrival: Kuopio airport or optionally Kajaani airport, both serviced by Finnair
Return: Rovaniemi airport, serviced by Finnair and Norwegian
It’s also possible to get to Kuopio (or Kajaani) by train and bus from Helsinki and from Rovaniemi back to Helsinki.

Accessible for people with disabilities: No
Booking and commissions: Niina Jämsén / Upitrek Ltd, sales@upitrek.com | +358405238866
Note: Car hire is not included in the tour price and Upitrek is not in a position to take care of car hire.
www.upitrek.com/english/self-drive



MIDNIGHT GOLF SELF-DRIVE IN THE ARCTIC LAKELAND

This golf package offers 3 great golfing venues for couples or anyone seeking a relaxed holiday. Midnight sun makes it possible to play even all night long as summer days are light. Accommodations vary from manor house to a spa hotel and even a perfect hide away, the Bird House Hotel.

Day 1
Arrival to Kajaani airport and picking up rental car. Drive to Karolineburg Manor House Hotel and check-in to a Manor Suite.

Day 2
Breakfast. Golfing at Kajaani Golf course. Drive to Vuokatti, to Holiday Club Katinkulta and check-in to superior-class double room with bathroom and balcony.

Day 3
Breakfast. Golfing at Katinkulta Golf. It has three courses that are sure to please players of all skill levels. The championship level Nuas course of 18 holes extends over the beautiful scenery of lake and hills at Vuokatti. The Tenetti club course of 9 holes and the Vuokatti Par 3 course are also part of Katinkulta Golf.

Day 4
Breakfast. Golfing at Katinkulta and drive to Paltamo (76km) and accommodation Arctic Giant Bird House. Accommodation in the luxury birdhouse apartments featuring picture windows that give you a great view of the sunsets. Dinner.

Day 5
Breakfast. Golfing at Paltamo Golf course. Course is the full 18-hole course is designed to provide a challenge for a skilled player, but is also easy enough for a

beginner. “At the same time, there is both beauty and real excitement in the field,” says Ronald W. Fream, an internationally acclaimed California-based golf architect. Paltamo Golf has been selected among Finland top 5 golf courses several times. Dinner.

Day 6
Breakfast. Drive to the Kajaani Airport.

Duration: 6 days/5 nights
Location: Kajaani airport
Group Size: Minimum 2 persons
Accommodation type: Hotel and apartment
Availability: 1 June- 30 September
Guided: Self-guided
Price: 1100 Euros in a double room
What’s included: -5 night accommodation in a double room / 5 breakfast / 2 dinner (in Paltamo) / 4 Green fee
Supplements: Single supplement 500 Euros. Rental car and golf car. Numerous outdoor activities like bear watching, hiking, cycling, canoeing, experiencing winter in Ski Tunnels, pampering wellbeing treatments.
Hot to get there: Arrival to Kajaani airport. Tour can also be tailor-made.
Accessible for people with disabilities: No
Booking: Suvi Koistinen / Kalevala Tours-Hotel Kalevala, sales@hotellikalevala.fi| +358407078911,



WINTRY OVERLAP OF LAKELAND AND LAPLAND

Experience the best parts of Finnish winter by visiting icy sea town of Kemi, Santa’s hometown Rovaniemi, ski resort Ruka and peaceful Kuhmo. Take your time to admire wintry sceneries while driving in a fairytale-like landscapes.

Day 1 | Arriving at the airport Kuusamo

Check in the wilderness hotel Isokenkäisten Klubi

Day 2 | Kuusamo - Kuhmo 285 km

Breakfast. Drive to Kuhmo, on the way visit at the Hossa Reindeer Park, incl. lunch. Check-in to lakeside Hotel Kalevala. Peat sauna and dinner.

Day 3

Breakfast. Snowmobile safari 2h, Sauna and indoor and outdoor Jacuzzi, dinner. Optional activities available.

Day 4 | Kuhmo- Kemi 355km

Breakfast. Drive to Kemi, check in the hotel Merihovi, dinner

Day 5

Breakfast, visiting The Snow Castle, dinner.
Optional: Sampo 4-hour Icebreaker cruise

Day 6 | Kemi - Rovaniemi 120km

Breakfast, drive to Rovaniemi, visiting Santa Claus Village. Check in Lapland Hotel Ounasvaara, dinner

Day 7 | Rovaniemi- Kuusamo 226km

Breakfast in the hotel. Optional: Visiting Arktikum or Ranua Zoo. Drive to Kuusamo. Check in the wilderness hotel Isokenkäisten Klubi. Dinner.

Day 8

Breakfast in the hotel. Drive to the Kuusamo airport

Duration: 8 days/7 nights

Location: Kuusamo (or KAJ/OUL/ROI)

Group Size: Minimum 2 persons

Accommodation type: Hotel

Availability: 15 January - 30 March 2020

Guiding language(s): Self-guided

Price: 1300 Euros per person

What's included: 7 nights accommodation

7 breakfasts

7 dinner

1 lunch (Hossa Reindeer Park)

1 Snowmobile safari 2 hours (Hotel Kalevala)

1 Peat sauna (Hotel Kalevala)

1 Entrance to the snow castle (Kemi)

Supplements: Single supplement 400 Euros

How to get there: Tour can start from Kajaani, Kuusamo, Rovaniemi or Oulu airports.

Accessible for people with disabilities: No

Booking and commissions: Suvi Koistinen / Kalevala Tours-Hotel Kalevala, sales@hotellikalevala.fi, +358407078911



MAMMALS OF THE FINNISH TAIGA

When it comes to wildlife, Finland has a lot to offer: Brown Bear, Wolverine and Wolf can be seen in their natural environment. In addition to the large carnivores there is a lot more to see - including the secretive Flying Squirrel and the endemic Saimaa Ringed Seal! No wonder many wildlife lovers return to Finland year after year for another wildlife watching tour.

Day 1 | Helsinki airport - Rantasalmi

Arrival to Helsinki airport and meeting with Finnature guide. Drive to Rantasalmi (about 3,5 hours). Evening walk to see and listen to Finnish bat species. Visit a Flying Squirrel forest. Dinner and accommodation in Rantasalmi.

Day 2

Rantasalmi Early morning trip to Southeast Finland's countryside to look for Elk, Roe Deer and Whitetailed Deer, Red Fox and Raccoon Dog. Midday rest and some free time. In the evening, we make a boat trip to see the Saimaa Ringed Seal and the many Ospreys of the area. Dinner and accommodation in Rantasalmi.

Day 3 | Rantasalmi - Lieksa

Morning excursion to the beautiful forest area, which hold birds like Blyth's Reed Warbler, White-backed Woodpecker, Black and Grey-headed Woodpecker, Red-breasted Flycatcher and Hazel Grouse. Drive to Lieksa in Northern Karelia region in the easternmost Finland (about 3,5 hours). Check-in to the hotel in Lieksa. Evening in Wolverine hides in Kontiovaara. Accommodation in hotel in Lieksa.

Day 4

Lieksa Early morning excursion to look for Flying Squirrel, Beaver and Elk. Lunch. Evening in Wolverine hide in Lieksa. Accommodation in hotel in Lieksa.

Day 5 | Lieksa - Viiksimo

Drive north to Viiksimo in Kuhmo. Here we are very close to Russian border - actually the watching hides are situated in the border zone. We look for Wild Forest Reindeer and other wildlife on the way. We will have rooms at the lodge for luggage and for some rest, but we stay overnight in the cabin hide to look for Brown Bears and Wolves.

Day 6

Viiksimo After the night in the hide, breakfast is served at the lodge. After the breakfast we will again look for Wild Forest Reindeer and Elk in the surrounding forests. In the afternoon a well deserved rest. Night in the hide for Brown Bears and Wolves.

Day 7 | Viiksimo - Kajaani airport

After the night in the hide, breakfast at the lodge. Transportation to Kajaani airport

Duration: 7 days/ 6 nights

Location: Helsinki - Rantasalmi - Lieksa - Viiksimo - Kajaani

Group Size: 4 – 6 pax

Accommodation type: Hotel

Availability: 3-9 August 2020, other times on request

Guiding language(s): English

Price: 3675 Euros per person

What's included: Finnature guiding throughout the journey, land transportation from Helsinki airport to Kajaani airport, clean and comfortable hotel, cabin and lodge accommodation with double occupancy and with shared facilities, all meals, boat cruise in Saimaa lake, use of professional viewing hides.

How to get there: We recommend to arrive in Helsinki and to depart from Kajaani airport in the afternoon.

Accessible for people with disabilities: No

Booking and commissions: Leena Laitinen/Finnature Oy, info@finnature.fi | +358451294264

www.shop.finnature.com/?product=mammals-of-the-finnish-taiga-wildlife-watching-tour-august-2020

Pictures taken on this tour: www.flickr.com/photos/finnature/albums/72157666312511604



SPECIAL MAMMALS OF FINLAND

During the week you will have many possibilities to discover, observe and photograph the mammals of the wilds in Finland. Guided wildlife safaris take you to observe brown bear, wolverine, wolf, elk and wild forest reindeer.

Day 1 | Arrival in Kajaani

Transfer to the accommodation near the Russian border, dinner.

Day 2 | Hike in a bear forest and bear watching

After breakfast, we will discover the Finnish forest having a nature and culture walk of about 2-3h. Dinner will be served at 4 pm. Around 5 pm, information about the hide and about the bears. Departure for the comfortable bear hide night (hiking 700 m through the forest). All night in the hide.

Day 3 | Morning rest and bear hide

After breakfast you can enjoy a short bird trip, have some rest before the next night for bear watching. Departure after early dinner to the bear hides

Day 4 | Wild forest reindeer and european elk (moose)

Today we will discover the life of the wild forest reindeer, and the environment of beaver as well as the way the moose lives. We will leave for an evening trip to observe moose and wild forest reindeer. We will come back during the night for the accommodation

Day 5 | Predator hide

You will enjoy the quietness of the accommodation or

discover the Lentiira village, after meal a new night for bear and wolverine watching

Day 6 | Kuhmo, Petola predator information center

After the breakfast and some time for resting we will have one hour reserved for Petola predator centre visit, a beautiful exhibition with lots of information about the predators of Finland. In the evening we will go for a new safari to observe elk. Accommodation– arriving late in the night.

Day 7 | Predator hide

After returning late last night we will have a day for resting/checking the photos taken during the week. Hoping for one more beautiful night with the predators around the hides, after the meal we will go once more to the hide. Perhaps this time, if not already before, a wolverine and wolves arrive...

Day 8 | Departure to Kajaani Airport

After breakfast transfer to Kajaani Airport.

Duration: 8 days / 7 nights

Location: Lentiira, Kuhmo

Group Size: 1-6 persons

Accommodation type: B&B

Availability: Upon request in May-August

Guiding language(s): English, French

Price: 1475 Euros

What's included: Accommodation, meals (breakfast, picnic lunch, warm evening meal), possibility for sauna or shower daily

- Transfers (about 1h to max 3h, stops on the way)
- Guidance
- 4 nights in the hides (bears, wolverine, with some chance also wolves)
- Wild forest reindeer and moose observation (evening)
- Visit to Petola Large Carnivore Information Centre in Kuhmo
- Nature walk on day 2
- Bird watching on day 3 (depending the season, best time is May/June)
- Transfer from/to Kajaani airport.

How to get there: Kajaani Airport or Railway Station

Accessible for people with disabilities: No

Booking and commissions: Sabrina Logeais/Taiga Spirit, info@taigaspirit.com | +358407468243

www.wildtaiga.fi/en/product/special-mammals-8-days-7-nights-2/

Program can be subject to changes depending on the season and the weather conditions. To get the best possible opportunities to see the animals we might make changes in programme. Animals are totally wild and move freely. Most of the observation happens from the car (elk and reindeer) or hides (bears), but also by being outside and hiking, this is why warm clothing is recommended.



Photo: Danny Laredo

HIGHLIGHTS OF BEAR PHOTOGRAPHY – TWO CENTRE'S SELF DRIVE

Make a most of your nature photography tour and visit two Wildlife Centres to get excellent pictures of the wild predators; Bear, Wolf, Wolverine and Eagles. In Martinselkonen you will see many different ages of bears, maybe also the playful bear cubs. In Boreal you have better chance to see the wolverine and wolf. You will watch and photograph these wild predators in their natural habitat inside a wooden hide. The hides are specifically built to photographers need. The animals are near to the hide. You can take pictures in different backgrounds (swamp, forest, pond and gorge) during the bright summer nights. During the day you can rest in a comfortable room or photograph birds at the Centre's bird feeder.

Program in both Centre's:

Day 1

Room in your use from 14.00, main meal at 15.00, leaving for a night at the photography hide at 16.00, evening snack to the hide is included

Day 2

Return from the hide to the basecamp before 8.00 for breakfast, room in your use for resting, main meal at 15.00, leaving for the second night at the photography hide, snack included.

Day 3

Return from the hide before 8.00 for breakfast, room in your use until 12.00. Self drive or transfer to the second Centre approx. 2 hours.

Same daily timetable in the second Centre.

Duration: 5 days/4 nights

Location: Martinselkonen Wilds Centre, Suomussalmi and Boreal Wildlife Centre, Kuhmo

Group Size: minimum 2 persons – maximum 20 persons

Accommodation type: Twin rooms

Availability: 15th of April – 15th of August

Guiding language(s): English

Price: 940€/person in shared twin room as a self drive package.

What's included: 2 nights in a bear photography hide at Martinselkonen and 2 nights in bear, wolf and wolverine hide at Boreal Wildlife Centre, accommodation for 4 days in twin room (including linen and towels), daily breakfast, dinner, evening snack and guiding. The transfer package includes also transfers Kajaani – Martinselkonen – Boreal Wildlife Centre – Kajaani.

Supplements: Package price is 1300€/person in shared twin room when transfers are included.

Single room supplement 140€/person.

How to get there: The nearest airport and train station are in Kajaani. In the package that includes transfers, the transfers are from and to Kajaani.

Accessible for people with disabilities: No

Booking and commissions: Riina Nilsson-Määttä

/ Martinselkonen Wilds Centre,

sales@martinselkonen.fi | +358401817570

www.martinselkonen.fi/en/guided-activities



Photo: Tobias Meyer

THREE NATIONAL PARKS & FINNISH WILDLIFE BY FOOT

Come and join our unforgettable hiking week in Kainuu wilderness!

During these seven days you will get to know not just hiking trails in Vuokatti area but also in three different National Parks nearby Vuokatti. And not to forget once

in a lifetime -experience to meet Brown bear in the wild on our Bear watching evening. Our professional guide will be with you the whole week telling stories of the area and not forgetting tar history and shaman culture that can be still seen in the area. Listen to the stories how people used to live in this area in the older days and how the forest was key for their living.

Day 1

Flight Helsinki – Kajaani, transfer from the airport to your accommodation and check-in. Time to explore the resort, go shopping or just have a ride with your bike.

Day 2

Breakfast. After breakfast pick up to your first hike. A relaxing hiking tour via the scenic route across the hills. Local guide tells you stories about Vuokatti region, while you get to enjoy the Finnish nature at its best – beautiful lake views, hill scenery and fresh forest. Drinks and delicious snacks included. Your guide will also tell you about multiple hiking routes we have in Vuokatti area – easily over 100km where you can choose the best ones for you for the optional days. Duration of hike 3 hrs.

Day 3

Breakfast. After breakfast it is time to head out to first National Park for this week. Tiilikajärvi National Park lovely lakeshores include the beautiful beach of Venäjänhiekkä (Russian Sands) is waiting for you. This National Park has interesting history as it is one of the borders which divided these lands between Sweden and Russia (1595). An old border stone in Lake Tiilikajärvi still bears a crown and a cross symbolising the two countries. Today you will hike the park's most popular trail, the Uiton kierto circular trail (7 km) which runs through easy terrain around lakes Sammakkojärvi and Autiojärvi. Approximately halfway of the hike stop for picnic lunch and some snacks while admiring beautiful scenery. Duration of hike around 4 hrs and total duration of excursion 6 hrs.

Day 4

Breakfast. Today you will need your camera, so remember to load up the battery. You will head out to Hiidenportti National Park already in the morning. The canyons of Hiidenportti alone are an impressive sight but you will be also astonished by shady spruce forests and flowery meadows. The park has many fascinating places and local guide will tell you about the nature and interesting story about a demon called Hiisi who has given his name to the National Park. Drinks and delicious snacks included. Route length approximately 3 km and duration of hike around 2 hrs. After the hike drive to Kuhmo for well deserved lunch.

Time for the shot of a lifetime from the comfort and safety of our specially designed hides. Drive from Kuhmo to bear hide across beautiful Finnish forests. You'll be escorted to a wooden hide where you can safely wait for the appearance of the bears. There is one seat for everyone with a camera hole and the hide has a dry toilet. Packed picnic food is provided for the evening. After magical evening accompanied by bears, at 9.30 pm you will be escorted back to our bus and transfer back to Vuokatti.

Day 5

Breakfast. This day is optional in Vuokatti – maybe you'll have another hike in one of our beautiful trails or have a relaxing day biking around Vuokatti. Another possibility is to take part to one of the optional activities like Husky farm visit, canoeing or fishing.

Day 6

Breakfast. After pick up and transfer to the newest National Park of Finland. The magnificent wilderness of Hossa National Park is an excellent destination: the trails running along pine heaths invite you to hike with some ups and downs making this hike a bit demanding. You will be amazed by the rock paintings of Julma-Ölkky and Väräkallio depict stories of shamanism, dating back thousands of years. Approximately halfway of the hike stop for picnic lunch and some snacks while admiring beautiful scenery. Duration of hike around 4 hrs, length 5 km and total duration of excursion 7 hrs.

Day 7

Breakfast. This day is the last day in our nature paradise – another hike or bike trail is waiting for you, one of our optional activities or why don't you spend the day at Katinkulta Spa relaxing.

Day 8

Breakfast. Unfortunately it is time to head home. Check-out and transfer to the airport.

Duration: 8 days / 7 nights

Location: Vuokatti

Group Size: 6-16pax, larger groups available on request

Accommodation type: Break Sokos Hotel Vuokatti, double/twin rooms

Availability: Fixed departure dates + availability on request

Guiding language(s): English

Price: From 1379€ per person

What's included: Accommodation in a double room, airport transfers on daytime flights (Kajaani airport), buffet breakfast, free use of gym, free spa ticket for one day, 4 hikes as on program (1 x with snacks, 3 x with lunch), bear watching evening with picnic dinner, use of bike for 7 days at Vuokatti.

Supplements: Other excursions

How to get there: The nearest airport is situated in Kajaani (KAJ) approximately 40 km from Vuokatti. There are 2-5 daily flights in from Helsinki (HEL) to Kajaani. The flight time is 1 h 20 min. There is a shuttle bus service connecting Vuokatti and the airport. The driving time is 40 min. International car rental companies have also their service point at the airport of Kajaani.

The nearest railway station is situated in Kajaani. There are a few daily trains connecting Kajaani with Helsinki (6 h via Lahti, Kouvola, Mikkeli and Kuopio) and Kajaani with Oulu (2 h). From Kajaani there is a local bus connection to Vuokatti.

Accessible for people with disabilities: No

Booking and commissions: Kimmo Laasonen, Vuokatti Safaris Ltd, info@vuokattisafaris.com, +358409115323



A WEEK IN KAINUU WILDERNESS

Experience the best of Kainuu region on this self-driving tour. 5 different destinations in 8 days. Break the everyday stress with the combination of wellbeing treatments, healthy local food and outdoor life.

We have picked you 8 best activities in our Northern Lakeland area and your days will be spent fishing,

meeting huskies, canoeing and watching magnificent wildlife. We have selected the best accommodation alternatives in the area, you will enjoy both luxurious chalet accommodation as well as high-quality hotel accommodation with buffet breakfast in the morning.

Day 1 | Wednesday - Arrival

Arriving at the chosen airport: Kajaani, Oulu or Kuusamo. Check in the local hotel.

Day 2 | Thursday - UKKOHALLA

Breakfast in the hotel. Drive to Ukkohalla and check in the Hotel Ukkohalla Chalets. 3h mountain biking tour via the scenic route across the hills. Sauna World and Spa

Day 3 | Friday - PALJAKKA

Breakfast in the hotel. Drive to Paljakka (appr. 30 min). Fishing park, max 3 hours includes 1 Rainbow trout. Release other ones. Other than rainbow trouts have no quotas. Check in the Paljakka Ski Villas. Fishing trip to the nearest lakes with guide, 3-5 hours. Catching the northern pike and the zander

Day 4 | Saturday - KAJAANI

Drive to Kajaani (appr. 50 min). Free time to spend in Kajaani. Visit for example the Kainuu museum, Kajaani Town Theatre, Kajaani Castle Ruins, Tar Canal, Kajaani Evangelical Lutheran Church and Kajaani Orthodox Church. Check in the hotel Karolineburg. Accommodation in Manor Room. Picnic in the Manor Garden of Karolineburg. Free time to spend in Kajaani before Dinner in the restaurant Anorak

Day 5 | Sunday - VUOKATTI

Breakfast in the hotel Karolineburg. Paltaniemi Trip. Paltaniemi Church of Paintings. Drive to Vuokatti (appr. 40min). Check in the hotel Sokos Hotel Vuokatti. Holiday Club Katinkulta Spa

Day 6 | Monday - VUOKATTI

Breakfast in the hotel. Husky Farm Visit. A relaxing 2 hour hiking tour via the scenic route across the hills. Haapala visit. Brewery tour. Finnish beer tasting.

Day 7 | Tuesday - KUHMO

Breakfast in the hotel. Free time in Vuokatti and Sotkamo village. Drive to Kuhmo (appr. 55min). Check in the Hotel Kalevala. Bear Watching Night. Start from the Hotel at 15.00. Meeting the "Wild Brown Bear" in its natural environment, the wild taiga, is an unforgettable experience and an opportunity to take the picture of a lifetime from the comfort and safety of specially designed Bear hides. Early dinner at the bear center before going to the hides

Day 8 | Wednesday - KUHMO

Back to the hotel in the morning, breakfast. Free time in Kuhmo city. Visit for example the Visitor Centre

Petola, Juminkeko - the information center for the Kalevala and Karelian Culture, Winter War Museum and Tuupala Museum. Paddling Tour on Lake Lammasjärvi. Peat Sauna.

Day 9 | Thursday: GOING HOME

Breakfast in the hotel. Drive to the airport. Kajaani appr. 1h 30 min

Duration: 9 days / 8 nights

Location: Kajaani / Kuusamo / Oulu

Group Size: 2-10pax, larger groups available on request

Accommodation type: Hotel / Chalet / Cottage / Bear watching hide

Availability: Summer season. Available on request.

Guiding language(s): Self-guided

Price: From 1 729 € / person

What's included: Accommodation for 8 nights

7 breakfasts

2 dinner

1 picnic basket

Mountain biking tour

Fishing tour

Husky farm visit

Brewery tour

Beer tasting

Bear Watching Night

Paddling tour

Peat sauna

Access to 2 different spa

Supplements: Other excursions, Meals, Car rental from 250€ + fuel

How to get there: There are several daily flights from Helsinki to Kajaani, Oulu and Kuusamo airports.

Accessible for people with disabilities: No

Booking and commissions: Olga Morozova / Vuokatti Travel, olga.morozova@vuokattitravel.fi, +358104232522





Photo: Johanna Kokkola

LAKELAND IN A NUTSHELL WITH NATURE EXPERIENCES AND KARELIAN CULTURE

Eastern part of Lakeland offers guests special experiences combined with pure and authentic nature, service with the local “touch”, nature-based activities and a hint of Karelian culture. Karelian hospitality is not only a word but it follows the guests all the way during the tour. Landscapes and terrains have been formed during the Ice Age and are nowadays the playgrounds for the activities but with a lot of stories to tell.

Day 1

Drive from Helsinki, arrival in Lappeenranta and checkin Lappeenranta Spa Hotel. Lappeenranta Spa Hotel is located in the city centre of Lappeenranta, in the harbour close to cultural experiences.

Optional: Dinner at Restaurant Kippurasarvi (Lemin Särä). Prepared from a thousand-year-old recipe, this traditional lamb roast is delicious beyond compare! In line with local custom, Särä should be savoured slowly

- there are no limits on portions!

Accommodation at Lappeenranta Spa Hotel

Day 2

Optional: A visa-free day cruise to Russia, Vyborg through historic Saimaa canal.

The Saimaa Canal connects the Saimaa water area Saimaa Lakeland from Lappeenranta to the Gulf of Finland via Vyborg in Russia. Its total length is 43 km and it has eight locks, 5 of which are located in the Russian territory. On board you can relax, enjoy the beautiful scenery or have a meal from the tasty buffet. In Vyborg you will have a couple of hours to see the lively atmosphere of the Market Hall, enjoy refreshments in the historic Round Tower restaurant or visit the famous Alvar Aalto Library.

Accommodation at Lappeenranta Spa Hotel

Day 3

Optional: Visiting Imatrankoski

Imatrankoski rapids were formed 5000 year ago, when land rose after the Ice Age. Imatrankoski was a famous tourist attraction already 300 hundred years ago and already in 1772 the Empress Catherine II of Russia and her retinue came to admire this magnificent play of the water. A dam nowadays blocks rapids, but during the summer there are daily shows, when dam is opened.

Drive to Punkaharju

Punkaharju ridge is the crown of Punkaharju. Russian Emperor Alexander I gave an order already in 1803 to protect the ridge area because of its exceptional beauty. Both sides on the ridge there is a lake and the highest point is 31 m above the the Saimaa water level

Accommodation at Hotelli Punkaharju

The beautiful Hotelli Punkaharju has an interesting history as a Forester’s house and State hotel. Hotel kitchen is focused on local and fresh food and some of the ingredients come from the closest forest and lake.

Day 4

Drive to Savonlinna and exploring the city or staying at Punkaharju area

Optional: Mushroom picking at Punkaharju area

“Kaikki paitsi sienestys on turhaa” (Everything else is vain except mushroom picking) they say at Punkaharju, a destination famous for its passion for mushroom picking. With experienced guide you will learn where to hunt mushrooms and how to learn to recognize them. Besides picking mushrooms during the excursion you get a chance to breathe in the fresh and clean forest air and enjoy the beauty and silence of Finnish lake nature.

Optional: Steamboat cruise

Whilst traveling on these traditional, Finnish made, steamboats S/S Paul Wahl and S/S Punkaharju you have a glimpse of what travel in the steamboat era was like. The tour departs from Savonlinna harbour allowing you to enjoy beautiful scenery throughout the cruise, crucially taking in the sight of Savonlinna’s famous medieval Olavinlinna castle. There are bar services and snacks available onboard for an extra charge.

Optional: Guided tour at Olavinlinna Castle

On this tour of the castle it is possible to learn not only about the castle, but visit its grand halls, various rooms and its imposing towers. The castle also houses two small museums and three courtyards which can be visited without a guide when the castle is open.

Optional: Visiting Forest Museum Lusto (in Punkaharju, close to Hotelli Punkaharju). Lusto is a national muse-

um and science centre focusing on the Finnish forest culture and illustrating the interaction between man and the forest from the past to the future. Lusto’s exhibitions, events, work demonstrations and theme days provide a diverse and illustrative insight into the significance of forests in the life of Finns.

Accommodation at Hotelli Punkaharju

Day 5

Drive to Joensuu, activity day or day visit to Bardic village or Valamo Monastery

Optional: Visiting Taitokortteli

Taitokortteli is a handcraft and culture quarter in an old wood house quarter the center of Joensuu. The diverse services include a café, multiple boutiques and shops and a craft centre as well as high-quality exhibitions and other events that are arranged at the premises.

Optional: SUP paddling in Joensuu area

You will learn all the basics of Stand Up Paddling in a safe environment on the beautiful and clean river Pielisjoki and lake Pyhäselkä. The skills will include getting on the board and standing up, how to use the board and paddle, and basic paddling techniques.

Optional: Karelian pie workshop

The delicious Karelian pies made by local ladies are famous throughout Finland. These unique pies are an important part of the region’s food culture, and at this workshop you get the chance to prepare them together with the true “grand old lady” of Karelian cooking. Each workshop is held in a Finnish home and you will get into the local life at the same time while you are learning to bake the Karelian pie.

Optional: Visit to Valamo Monastery, Heinävesi

Valamo Monastery is a welcoming working monastery and an active centre of the Orthodox religious way of life and culture in Finland. Located in the beautiful surroundings of Heinävesi, the monastery welcomes visitors throughout the year. The peaceful atmosphere of the monastery and close proximity to nature offer the hurried people in the busy world of today a rare opportunity to relax – far from the bustle and noise of everyday life. All the visitors are heartily welcome!

Optional: Visit to Parppeinvaara Bardic village, Ilomantsi

On a hilltop amid the forests and fells of Eastern Finland and with views stretching for miles across the beautiful horizon, sits Parppeinvaara Bardic Village. It combines all aspects of Karelian culture; poem singing, kantele music, handicrafts, the Orthodox faith and traditional food in one beautiful village. A guided tour at the Bardic Village includes an introduction to the

Karelian lifestyle and architecture, fascinating kantele music and the history of rune singing in Ilomantsi. The village also contains history on war and conflicts which have struck the area, an essential part of the history of Eastern Finland, and the Mesikkä Animal Museum which illustrates the bond between human and nature.

Check-in and accommodation at Sokos Hotel Vaakuna

Day 6
Drive towards Koli, Finnish National Landscape

When you take in the marvellous view over Lake Pielinen from the top of Ukko-Koli hill, it's easy to see why this spot has attracted so many Finnish artists, photographers and nature-lovers over the centuries. The splendid scenery with its hills and lakes always instills a sense of serenity and wonder in visitors.

Optional: Bushcraft and hiking at Koli area (incl. lunch) This course will take you back to the days of trappers and lumberjacks. You will learn some of the basic traditional bushcraft skills, that are still commonly used in wilderness. You will learn how to build a campfire, basics of building a shelter, navigating and of course open fire cooking.

Optional: Visiting Eva Ryynänen's Atelier and Paateri church
In the scenic and beautiful landscape of Lieksa and on the shore of Vuonisjärvi Lake lies the sculptor Eva Ryynänen's (1915 - 2001) Atelier, Paateri Church, her former house and a cafe. All the buildings are designed by Eva and within them you can admire her work, sculptures, carvings and unique structures and furnishings. Her greatest work is the Paateri Church which was completed in 1991. Influenced by her work with wood, the benches are made with hard wood sourced from Russia, while the altar is made with Karelian Spruce. Her other great works are presented in her house, some even carved directly into the walls of her house for you to enjoy. Your local guide will show you around and tells stories about Eva Ryynänen, who was also a friend of Tove Jansson. You have also time to admire the wooden landscape Eva has created.

Optional: Koli Relax Spa
Dip in cold water like Lake Pielinen in April or in the warm water of a tropical lagoon in different pools of the spa. And pick your favourite of our three saunas: from the hottest, Finnish sauna to the mild and humid steam sauna.

Accommodation at Sokos Hotel Koli

Day 7
Drive to Tahko via Nurmes and Valtimo

Optional: Lunch at Puukarin Pysäkki, Karelian guest-house
Welcome to enjoy food made with love! The lunch is prepared of pure, local and organic ingredients that are harvested from nearby lakes, forests and farms. The lady of the house cherishes Karelian food culture and plays the national instrument "Kantele".
Optional: Visit to Laitala Shop
This small shop is full of local delicacies and handicrafts and its lovely owner will also serve you a cup of coffee/tea at her house. The surroundings are really beautiful with fields, countryside landscapes and rivers.

Optional: Guided tour at Karelian village at Bomba area
Hearing the stories of the past and the future of this Karelian village. In the summertime this is also a lively market place, where you could find small souvenirs or buy fresh made Karelian pies.

Arrival in Tahko / Tahko is a lively holiday resort with lakes and hills for an active holiday.

Accommodation at Sokos Hotel Tahko

Day 8
Optional: E-bike tour at Tahko area
You will enjoy the pleasures of hills in a whole new way on this innovative, electrically-powered fat bike and you'll get to see more of our scenic landscapes in less time.

Optional: In Tahko there are 2 golf courses and what would be more exciting than play golf in a midnight sun.

Drive to Kuopio
"Capital of Lakeland", Kuopio, is known for its thousands of lakes, joyful activities, beautiful nature, vibrant events, rich culture and friendly hospitality.

Check-in and accommodatio at Sokos Hotel Puijonsarvi

Optional: Lumberjack's Lodge sauna and dinner
Accompanied by music from the accordion and a delicious buffet meal featuring local delicacies, you will be enchanted by stories of the traditional lumberjack life from the 1950. During the evening you can watch the Lumberjack show on the lake, demonstrating the old age skills of moving the logs down river, bathe in the gentle heat of the smoke sauna and refresh yourself in the lake.

Day 9
Optional: Guided walking tour at Kuopio city (incl. Riisa)
A local guide tells you about the best sights of the city, shows you the old way of living in Lakeland area, leads you to the city park and Market Hall to taste local delicacy "Kalakukko" (fish pie). You will also visit RIISA, which is one of the most notable Orthodox church museums in Europe.

Optional: Lunch at Koivumäki Manor
Since 1792 In Koivumäki farm people have been living part of Finnish nature and culture, by seasons, enjoying of fresh food, beautiful atmosphere, peace, collected power of daily life.

Evening flight to Helsinki / staying one more night ✈
driving to Helsinki (app. 4,5 hours)

Duration: 9 days / 8 nights
Location: Lappeenranta / Imatra, Punkaharju, Savonlinna, Joensuu, Koli, Nurmes, Tahko, Kuopio
Group Size: min. 2 pax, package is available also for bigger groups
Accommodation type: Each night at the hotel in twin/double rooms. Each hotel has something special to offer (location, unique sauna department or food)
Availability: 1.5. - 30.9. upon request (some optional services available only 1.6. - 30.8.)
Guiding language(s): Self-guided
Price: 885 €/pax in shared twin/double room
What's included: Accommodation (8 nights) in twin /double rooms with breakfast
Supplements: Single room supplement, 515 €/pax / 8 nights
All mentioned activities / optional services with extra charge.
How to get there: Lappeenranta is easy to reach by train, bus or plane from Helsinki
Package requires a rental car / own car (also private transfers possible with extra charge)
Accessible for people with disabilities: No
Booking and commissions: Wild Nordic Finland / Lakeland, lakeland@wildnordic.fi | +358400678669
Please note! This package covers the whole Eastern Lakeland area, not only Northern Karelia.



**FROM GUESTHOUSE TO GUESTHOUSE
CROSS COUNTRY SKIING**

Set out for a ski tour in the idyllic countryside of North Karelia, in Lakeland. Snow, white forests and frozen lakes are waiting for you. February and March are the best times for skiing in North Karelia. The sun is shining, the snow glistens, the frozen lakes and hills are covered with a thick coat of snow.

Day 1
Arrival at Karelian Guesthouse Puukarin Pysäkki, in Valtimo (about 150 km transfer from airport Kuopio, 1,5 hours driving time). Dinner and getting to know the fellow-skiers.

Day 2
Getting to know the skis, skiing tour around Paalajanvaara in the afternoon, 6 km. Accommodation in Puukarin Pysäkki.

Day 3
Starting the tour by skiing through forests and fields and along lakes, 21 km. We grill sausages by the campfire on our break. Accommodation in Laitalan Lomat.

Day 4
The house ski track of Laitalan Lomat, 15 km. Accommodation in Laitalan Lomat.

Day 5
Skiing along variable terrain to Guesthouse Pihlajapuu, 25 km. We'll have a break inside in a farmhouse. Our host and hostess in the farmhouse are very nice and genuine Finnish persons. Accommodation at Pihlajapuu.

Day 6
Skiing in the surroundings of Pihlajapuu 15-25 km. Accommodation at Pihlajapuu.

Day 7
We make a short skiing tour to Nälkömäki (10 km).

In the evening smoke sauna at Minna's and dinner (glow-fried salmon) at Pihlajapuu. Accommodation at Pihlajapuu.

Day 8

Group transfer to the airport. Time to say hei, hei!

Duration: 8 days / 7 nights (6 days of skiing)

Location: Meeting point at Kuopio airport, from where starts the organized transfer to Guesthouse Puukarin Pysäkki

Group Size: 4-12 persons

Accommodation type: Guesthouse (B&B), toilets and showers are shared

Availability: 1.-8.2.2020 8.-15.2.2020 15.-22.2.2020 22.-29.2.2020 7.-14.3.2020 14.-21.3.2020

Guiding language(s): English, German

Price: 1150 EUR

What's included: On the arrival day, Saturday; one group transfer from airport Kuopio at 18.00. Return on Saturday one group transfer to airport Kuopio at 12.00 (for the flight of 14.30). (All extra transfers from/to airport 320 EUR).

Accommodation at various guesthouses (Puukarin Pysäkki, Laitalan Lomat and Pihlajapuu) in double rooms, full board, sauna every day, luggage transport, guiding. The group is an international group. One or two guides per group.

Supplements: Single room: 20 EUR/day

Rental skiing equipment: 80 €/person

Additional days: 72 EUR with full board and skies, transfers not included.

Extra transfers to the airport 320 EUR

How to get there: You arrive at the Kuopio airport, a short flight from Helsinki with Finnair. Helsinki is well served by European and international carriers. Alternatively, you can travel to Helsinki via ferry from Tallinn, Stockholm, Travemünde and Rostock.

Accessible for people with disabilities: No

Booking and commissions: Äksyt Ämmät Oy, aksyt@aksytammat.fi | +358400877085

Additional info: Daily skiing tour is between 15 and 30 km and 6 to 8 hours with breaks. You should already be able to ski and have a good condition, you also get fitter every day! We'll eat sandwiches and chocolate and drink hot tea or berry juice on the breaks. Please bring your own rucksack and thermos bottle with you.

In the evening you can relax in sauna and cool-off in the snow.

Physical condition needed:

Skiing experience and good condition to ski max. 30 km/day. We advice you to ski in your home country or

elsewhere before you take part in our skiing tour. A lot of team spirit!

Our skiing track is a nature track made by snow-mobile. In case of a hard wind and snow storm we cannot guarantee the track stays open all the time. Sorry about the inconvenience! We reserve the right to changes in the program due to weather conditions.



FROM GUESTHOUSE TO GUESTHOUSE FINNISH CUISINE TOUR

Experience a culinary journey from guesthouse to guesthouse in the heart of Lakeland. During this tour you get to know more about Finnish cuisine, Finnish culture and local life. You learn to cook like a local in various cookery workshops. And not to forget about sauna - you may enjoy the gentle heat of the Finnish sauna and dip into a lake or river. The highlight of the tour is an excursion to Koli national park where you can enjoy breath taking landscapes.

Day 1

Welcome to Puukarin Pysäkki guesthouse. Arrival at the Kuopio airport and transfer to Puukarin Pysäkki guesthouse.

Day 2

Baking workshop by Anni. You learn to bake traditional Finnish rye bread. This real super food!

Day 3

Bike tour or transfer to the next guesthouse and sauna by the river. Today you learn to bake delicious Finnish cinnamon buns, called "korvapuusti" in Finnish.

Day 4 | Baking cake and peat sauna

Day 5

Discover the town of Nurmes and learn to bake traditional Karelian pasties. Karelian pasty (karjalanpiirakka) is a traditional Finnish dish made from a thin rye crust with a filling of rice. Here you at the homeland of these famous pies!

Day 6

Visit Koli national park. In the morning there's a pie workshop and later we drive to Koli nationalpark and visit the hill top. Hiking distance is 8 km.

Day 7

Biking tour or transfer to Pihlajapuu guesthouse and picking berries and mushrooms.

After breakfast you cycle with our guide to guesthouse Pihlajapuu, 15 km. In the evening there is a smoke sauna at Minna's. After the sauna, you can enjoy glow-fried salmon by the campfire.

Day 8 | Good-bye!

Duration: 8 days/7 nights

Location: Kuopio airport from where transfer is organized to Puukarin Pysäkki.

Group Size: 4-10 persons

Accommodation type: Accommodation in double rooms in guesthouses (B&B). Toilets and showers are shared.

Availability: Guaranteed departures 2019: 08.06., 20.07. Guaranteed departures 2020: 30.5., 22.08.

Other times on request.

Guiding language(s): English, German

Price: 1200€ / person

What's included: Group transfers from/to airport (on arrival day about at 18:00, on departure day from Pihlajapuu about at 12:00 hours, the flight at 14.30) Accommodation in double rooms in guesthouses Full board (breakfast, picnic lunch, dinner), Sauna every evening, Baking workshops, Programme, Guide Bicycles; biking from guesthouse to guesthouse (or by taxi)

Supplements: Single room supplement 20€/person/night

How to get there: You arrive at the Kuopio airport, a short flight from Helsinki with Finnair. Helsinki is well served by European and international carriers. Alternatively, you can travel to Helsinki via ferry from Tallinn, Stockholm, Travemünde and Rostock.

Accessible for people with disabilities: No

Booking and commissions: Äksyt Ämmät Oy, aksyt@aksytammat.fi | +358400877085



8-DAY BICYCLE TOUR THROUGH NORTH KARELIAN LANDSCAPES

During this tour you may experience the impressive Finnish nature and beautiful rural areas with breath taking lake landscapes. While cycling you discover small, picturesque villages with idyllic shops and cafés. Finnish summer is best enjoyed from the saddle of your bike or from kayak while paddling on a lake and river. Every day you get to taste homemade Karelian food and various regional delicacies.

Day 1 Arrival at Guesthouse Puukarin Pysäkki.

Day 2 Bike tour to the house museum Murtovaara /Circular tour around the village Rasimäki, 40km/25km

Day 3 From guesthouse Puukarin Pysäkki to guesthouse Laitalan Lomat Inn, 25 km

Day 4 Day 4: Paddling and cycling - 8 km paddling on the nearby lakes and along the Valtimonjoki River. Or cycling in the surrounding area.

Day 5 Laitalan Lomat – Nurmes – Männikkölän Pirtti, 40 km

Day 6 Männikkölän Pirtti – Pihlajapuu, 15 km

Day 7 Nature reserve area Raesärkät, 40 km

Day 8 Departure

Duration: 8 days, 7 nights. 6 days of cycling

Location: Starting point is in Valtimo, at Guesthouse Puukarin Pysäkki

Group Size: 2 -10 persons

Accommodation type: Guesthouse (B&B), shared toilets and bathrooms

Availability:

Availability 2019: 25.05. - 01.06.2019 23. - 30.06.2019 27.07. - 03.08.2019 31.08. - 07.09.2019 /

Availability 2020: 06. - 13.06.2020 13. - 20.06.2020 20. - 27.06.2020 18. - 25.07.2020 25.07. - 01.08.2020 12. - 19.09.2020

Guiding language(s): Self-guided

Price: 945 €/ person in a shared twin room

What's included: Accommodation in guesthouses in a twin room for 7 nights, / Full board: Breakfast, Lunch package or lunch, Dinner / Tour information +Map

Supplements:

1. Bicycle, helmet and bicycle bags 150 € / Person
2. Additional day: 72 €/ person/ day
3. Single room surcharge: 20 €/ person/ day
4. Arrival, departure: Airport transfers: price on request

How to get there: To access Valtimo from Helsinki you may either fly to Joensuu or Kuopio. Kuopio airport is located 137 km from Valtimo and Joensuu airport 173 km. There is also a train connection from Helsinki to Joensuu and further train connection to Nurmes. From Joensuu you may take a coach bus directly to Guesthouse Puukarin Pysäkki. Upon request we pick you up from Kuopio or Joensuu airport.

The best way to get to Helsinki is by air, and it is easily accessible, no matter from where you are travelling from. At the airport there are various rental car companies available. If you want to travel with your own car, you can reach Helsinki via ferry from Tallinn, Stockholm, Travemünde and Rostock.

Accessible for people with disabilities: No

Booking and commissions: Äksyt Ämmät Oy, aksyt@aksytammat.fi | +358400877085

Additional info: Starting point Valtimo, North Karelia. The tour ends in Nurmes, North Karelia

Physical requirements: The total length of the tour is 150-170 km. You cycle through hilly terrain on asphalt and firm gravel roads. Normal fitness and endurance is required.

In order to protect nature and save water and electricity, the bed linen from the first guesthouse is taken along and used throughout the tour! The bag with the bed linen goes with luggage transfer. Fresh towels are available in every guesthouse.



LAKELAND'S WATER AND WILDLIFE ACTIVITIES, COZY RESORTS AND BEAUTIFUL MANOR HOUSES

This tour through the central part of Eastern Lakeland shows the guests the many faces of the activities combined with lakes and waters as well as gives the guests a glimpse into a typical Finnish way of spending summer at cottage resorts. As an interesting contrast there are en route many beautiful and historical manor houses which can be visited. And not to forget one of the most unique wildlife activities: spotting the Saimaa ringed seal!

Day 1 | Arrival in Kuopio

"Capital of Lakeland", Kuopio, is known for its thousands of lakes, joyful activities, beautiful nature, vibrant events, rich culture and friendly hospitality.

Check-in and accommodation at Sokos Hotel Puijonsarvi

Optional: Kuopio Scenery Cruise Including Lunch

A lake cruise is an excellent way to discover Kuopio city which has lakes on three sides of it. Cruises start from Kuopio passenger harbour, which is easy to find and located close to the centre. The delicious lunch served onboard.

Dinner and evening at leisure (recommendations for the dinner)

Day 2 | Drive to Lohimaa Lodge Hotel**Optional: Fishing program including lunch/dinner made of your catch**

Lohimaa Lodge Hotel is located with a great view to "Äyskoski" rapids. This area is famous for fishing; either on the rapids or on the small lake located in the area. You can have a guided fishing trip or just rent equipment and try traditional way of fishing with a rod. Lohimaa restaurant is specialized in fish dishes and the cook can make you a lunch/dinner out of your own catch.

Accommodation at Lohimaa Lodge Hotel

Day 3 | Drive to Rantasalmi**Optional: Visiting on the way in Varkaus the Mechanical Music Museum**

Experience how music has been played before the mp3-player, compact discs, mini-discs or hifi-systems. With our guide's action-packed show, playing and singing you will travel through the halls of our museum and the different eras of music to enjoy the mechanical music.

Optional: Visiting on the way in Leppävirta the Moomin Ice Cave (open until 31.5.)

Journey to the Moominland Midwinter and see Moonminvalley's inhabitants in 16 beautiful ice sculptures!

Check-in and accommodation Hotel & Spa Resort Järvisydän (scenery suites)

It was the year 1658, when the first members of the Heiskanen Family began to serve travelers in the Porosalmi area on the shores of Lake Saimaa. A key reason was because the Tsar of Russia and the King of Sweden made a deal that there should be an ice road going via Finland. Along the road they agreed that there should be feeding places for the horses and places to rest for the men every 30 km. For this reason Järvisydän was born.

Optional: Lake Spa Experience at Järvisydän

Rugged rock walls, natural stone tiles, pools with natural rock bottoms and candle lights bring the ancient times into the present day. With the outdoor pools meandering quietly down to the beach, you can also relax on the shore of the lake.

Day 4**Optional: Saimaa ringed seal watching safari** (during the day)

Saimaa ringed seal are among the most endangered seals in the world, having a total population of about 380 individuals. During this exciting cruise by a traditional wooden boat you will see also osprey nests and other birds living in the area.

Optional: SUP Tour for Beginners in Linnansaari National Park Area

You will learn all the basics of Stand Up Paddling in a safe environment: standing up and getting on the board, how to use the board and the paddle and all the basic paddling techniques.

Accommodation Hotel & Spa Resort Järvisydän (scenery suites)

Day 5 | Drive to Sahanlahti Resort

The scenic holiday resort Sahanlahti is located at the lake and has a breathtaking hillside view.

Optional: Hiking and/or biking at Sahanlahti**Optional: Visiting Puumala village**

Accommodation at Hotel Saha

Day 6 | Drive to Mikkeli via Juva**Optional: Visiting Teahouse of Wehmais on the way**

"Not just a small bit of England but a whole experience". Mrs Anna Grotenfelr-Paunonen was the second Finn, who accomplished the tea sommelier examination of Internation Tea Master Association in May 2018. Anna hosts a Teahouse in her family-owned manor, which is located in a atmospheric countryside milieu.

Optional: Visiting Tertti Manor on the way

A working farm, a gourmet haven and a cosy manor hotel offers the charms of bygone years with the conveniences of the modern world nicely packaged together in this exquisite place.

Optional: Visiting Kenkävero parsonage on the way

This meticulously restored parsonage milieu of Kenkävero prides itself on being the biggest and most beautiful parsonage in Finland. With a handicrafts and art exhibition, a well-stocked gift shop and the wonderful Parsonage Restaurant, you are guaranteed to find something of interest. In the summer when the flowers are in full bloom, you can admire more than five hundred species of plant in the famous parsonage garden.

Check-in and accommodation Anttolanhovi Art & Design villas

The Art & Design Villas on the shores of Lake Saimaa allow you to enjoy the privacy and peace of the surrounding nature. The villas boast their own sauna, fireplace and 5* hotel standards. Each villa has been assigned its own artist who has integrated his/her art into the villa's distinctive environment and its utilities making the villas truly unique in terms of their design and colour scheme. These uniquely designed villas are also uniquely in balance with the environment in that the villas have been made using materials sourced from Finland that are designed to have minimal impact on the surrounding area

Optional: Late evening canoeing trip**Day 7 | Heading back to Helsinki (app. 3 hours)**

Duration: 7 days / 6 nights
Location: City of Kuopio / Kuopio, Tervo, Rantasalmi, Puumala, Juva, Mikkeli
Group Size: min. 2 pax, package is available also for bigger groups
Accommodation type: Each night at the hotel in twin/double rooms, except last night at the luxury villa. Each hotel has something special to offer (location, unique sauna department, story/history or food)
Availability: 1.5. - 30.9. upon request (some optional services available only 1.6. - 30.8.)
Guiding language(s): Self-guided
Price: Beg. 980 €/pax sharing a twin/double room

What's included: Accommodation (6 nights) in twin /double rooms with breakfast
Supplements: Single room supplement, 1150 €/pax / 6 nights (includes own villa (1 night) and own scenery suite 2 nights)
All optional activities/programs with extra charge
How to get there: Kuopio is easy to reach by train, bus or plane from Helsinki. Package requires a rental car / own car (also private transfers possible with extra charge)
Accessible for people with disabilities: No
Booking and commissions: Wild Nordic Finland / Lakeland, lakeland@wildnordic.fi | +358400678669



**STOP OVER SAVONLINN
OPERA FESTIVAL**

Experience the best of Savonlinna and its must-see sights with ease during a two-day Stop Over trip! The Savonlinna Opera Festival is one of the world's best-known opera festivals, and it takes place in the unique setting of the medieval Olavinlinna Castle, located in the centre of Savonlinna. During the summer stop over you visit the Savonlinna Opera Festival and enjoy the Lake Saimaa by cruising with 100-year old steamship. On other times let the spa and sauna refresh the body and mind and get familiarized with the main cultural sights and history of Savonlinna.

Savonlinna is situated in the middle of the Lakeland area, only 50 minutes' flight from Helsinki. The transportation from airport to city takes only 15 minutes. The city itself is built on several islands. For four summer weeks, Olavinlinna castle (built in 1475) hosts the Savonlinna Opera Festival, the most famous international cultural event in Finland. You will enjoy one opera performance in the evening in the castle. During the day time you will visit the Olavinlinna castle and nearby Olavinlinna the Savonlinna Provincial Museum. You will also have a scenic cruise on the beautiful lake by old nostalgic white-hulled ship. If you are lucky you can even see a Saimaa ringed seal, a Finnish "norppa", during the cruise. During your stay you are accommodated at the center hotel.

Duration: 3 days/ 2 nights
Location: Savonlinna
Group Size: from 1pax
Accommodation type: Accommodation for 2 nights with breakfast buffet im Hotel Totti
Availability: 04.07.- 03.08.2019
Guiding language(s): Self-guided
Price: 800 €/ person in twin room 970 €/ person in single room
What's included: Flights Helsinki-Savonlinna-Helsinki Airport transfers in Savonlinna Accommodation for 2 nights with breakfast buffet in Hotel Totti Ticket to Savonlinna Opera festivals Steam ship cruise Guided tour in medieval Olavinlinna Castle Guided tour in Savonlinna Provincial Museum Riihisaari
How to get there: Train or own car
Accessible for people with disabilities: No
Booking and commissions: Marko Riabkov / VisitSaimaa, marko.riabkov@mikseimikkeli.fi, +358447945004

EXPERIENCE THE SAIMAA REGION IN THE LOCAL WAY

This Tour leads small groups through the landscapes of the Lake Saimaa region and gives them the opportunity to get to know the local people as well as the local lifestyle. Learn on a farm how to cook jam, visit a local home in the Saimaa archipelago, prepare Finnish delicacies with your hostess, and hear, what it is like to live in the countryside and in the archipelago of Saimaa. You will visit the beautiful city of Savonlinna with its medieval castle Olavinlinna, plant your own tree in Finnish forest and participate in a craft workshop, where you learn dye the yarn with natural colours. Enjoy the pure tastes of regional Finnish cuisine and, of course, the pleasant heat of a traditional Finnish sauna. During the trip you will get a nice insight into the life and culture of the region by the lovable locals.

Day 1 | Welcome to region Saimaa and Okkola Holiday Cottages

We suggest you to arrive to Mikkeli environmentally friendly by using public transport. There are several daily train and bus connections from Helsinki to Mikkeli and you reach the Lake Saimaa region just in two-three hours. The first station of your trip is Raijan Aitta. Raijan Aitta is a farm with long tradition in berry growing. The ladies of the house, Katariina and Pauliina really enjoy their work as farmers & gardeners. These two ladies are very good in preparing berries for pastries, jams and desserts. Welcome to an interesting jam cooking course to this real farm! Thereby you are going to make delicious berry jam from berries from the plantation or from the forest. We pick up strawberries, raspberries or blackcurrants from the plantation, blueberries and lingonberries from the nearby forests. In the summer season we use fresh raw materials, other seasons traditionally frozen berries. The jam is made out of berries and sugar by cooking according to a traditional recipe. The delicious taste of berries is well presented in a sweet jam. Berry jam is used in desserts, pastries, porridge, ice cream and also as part of main dishes. Each participant gets their own jam with a label. After this course you will enjoy a home-made lunch prepared by these local women. They use by cooking as many ingredients as possible from nearby producers. After the lunch you are full of power and will join the local shaman Tiina for a very special and eventful nature trip at Pienniemi farm. Tiina has done a great job in saving this farm and in preserving cultural historical values of the farm. During the summer she even has lambs here! You are now entering the archipelago-area of the huge Saimaa Lake and we can assure you will not meet anyone like Tiina or see this kind of a unique farm. Here you can feel the sounds of nature and wildlife and you can see the huge rocks of mother earth. In these waters you can see Saimaa seals as well.

Here you will get the touch of those healing powers of Saimaa nature: get to know the mythology stories of the Saimaa people; their traditions and how they used surrounding waters and forest to be able to live here. You will definitely be a lot richer after this experience. But this is not all, now you have met three strong local women and you are about to meet one more in archipelago called Niinisaari. There is a lady called Paula and she welcomes you to stay at her villas Okkola Holiday homes, like locals do. Finnish people love to spend time at their holiday villas and cottages and Paula will tell you about it. In the end of the day, you can jump into the Lake Saimaa from your own villa's pier. Enjoy!

Day 2 | Baking carnelian pastries or a berry pie with Paula

Waking up at lakeside villa and having a nice breakfast is a great way to start your day! You will have some time for yourself to get to know the archipelago, maybe to visit a winery or blacksmith's smithy nearby. Neighbouring farm rents also Canadian canoes and kayaks – there is also a 1,5km forest trail, which you can walk independently as well. Paula, the hostess of Okkola Holiday Homes, invites you to her own home for a farmwife's pie workshop. Paula and her family are living in an old house, where the parents of Paula's husband used to live as well. Her home is cosy and traditional Finnish home. You will bake either traditional Finnish carnelian pastries or a berry pie, when it is berry-season. After the baking, you will taste the pie with coffee or tea.

Day 3 | Salmon soup with Raija and tree planting with Jukka

After a nice breakfast at the villa, your journey continues to your next holiday Villa of Tynkkylä Lomaniemi, which is also a family owned company offering hearty service in the middle of the Finnish countryside. Jukka and his mother Raija, will make sure your stay will be memorable. You will stay in one of the newest villas by the Lake Saimaa. In these villas you have two different saunas to try for! One electrical sauna inside and one traditional sauna separately. Jukka will advise you how to warm up the sauna. Tynkkylä is situated in a small peninsula surrounded by lake and dense forest area as well. Finnish people love creamy salmon soup and Raija prepares fantastic soup Here you have the opportunity to learn to prepare fish soup together with Raija. This tasty Finnish soup is also the favourite meal of many visitors as well. After this cooking course you will enjoy the soup as a lunch. Later Jukka will take you to a forest walk and tree planting trip. During this trip he will tell you about the surrounding forest, what kind of meaning the forest has for the Finns as well as about the importance of forest for our health and also our economy. You will learn how to find out the age of the

trees and how for example the trees and mushrooms are connected together. At the end of the forest trip tour you will plant your own sapling (young tree) and you will receive an email with photo yearly from Jukka to see how your own tree has grown.

Day 4 | Dye the yarn with natural colours with Raija

After your breakfast at the cottage you will meet Raija and she will teach you how to dye yarn with natural colours. First you collect together plants and mushrooms from the forest, which are used for the natural dyeing. Wool dyeing with natural plants such as lichens, grasses, thorns, flowers, and wood peels is an ancient way that was already overlooked, but the interest in this way of dyeing has again increased. The dyeing with plants makes the yarn glow in beautiful and soft hues. The colours are also very individual, because you will never know exactly what kind of colour comes out at the end, even if you follow the instructions carefully. Once again you have learned a new skill with a local!

Day 5 | Savonlinna and Loikansaari Island

After breakfast it is time to say goodbye to Jukka and Raija and head towards to town of Savonlinna. On the way you can drive along the Punkaharju Ridge Road, which was voted by the Finns as the Road of the century. This Road follows the ridge area and you can admire the beautiful lake landscapes on the both sides of the road. The city of Savonlinna is built on islands, so Lake Saimaa is never far away. The medieval castle of Olavinlinna is one of the most important cultural and historical sites in the city. It was built to repel Russian attacks from the east and to guarantee the control of the Savo region for the Swedish Crown. Short walk from the castle, there is a nice restaurant, Saima, which is situated in the Savonlinna old town with a lot of old wooden buildings. There you get served a very tasty local delicacy: vendace with smashed potatoes. As a dessert there are delicious rye-lingonberry cake and coffee. Subsequently you continue to the Loikansaari Island, where you will spend the last few nights in a holiday villa. Once there you will meet your hostess, Pirjo, who will give you another example about how to live local way. You can enjoy the rural scenery, refresh yourself in the nature and discover the soul of Saimaa. The villas are representing Finnish log construction at its best. Many products of Finnish designers were used in the interior design of the houses.

Day 6 | Craft Workshop with Pirjo

After a breakfast at the cottage you will attend a craft workshop with Pirjo. She will teach you how to prepare a small art textile with natural materials. You will begin the workshop with a trip to the surrounding nature to collect materials. After that, you start weaving together at Pirjo's home, in the cosy main room of the farmhouse. If the weather is good, the whole

workshop can be held outside. After the workshop you will enjoy mushroom-vegetable soup and dessert from Finnish berries as lunch at Pirjo's home.

Day 7 | Departure

Breakfast and transportation to Savonlinna. With train or bus back to Helsinki.

Duration: 7 days/6 nights

Location: Savonlinna

Group Size: 6-10

Accommodation type: Traditional accommodation

Availability: 01.05-30.06 & 01.08-30.10.2019

Guiding language(s): Self-guided

Price: Starting from 925,40 €/ person

What's included: 6 nights' accommodation in room for 2 persons in a villa

Breakfast ingredients in the villa

Jam cooking course

Forest Finns – nature trip

Farmwife's pie cooking course

Salmon soup cooking course

Wool dyeing – course

Forest Walk & Planting a tree – trip

Craft workshop

4 x lunch with dessert

How to get there: Own car transfer

Accessible for people with disabilities: No

Booking and commissions: Marko Riabkov / VisitSaimaa, marko.riabkov@mikseimikkeli.fi, +358447945004





SAIMAA PHOTO TOUR – GREEN WAY

Located in eastern Finland, Lake Saimaa is Finland's largest lake and the fourth largest natural freshwater lake in Europe. To understand how large Saimaa is, it's best to imagine its islands – there are almost 14,000 of them. On this tour you will have the opportunity to experience the fascinating and beautiful nature of the Saimaa Lake Area and to take some amazing nature photos!

1. Experience during a guided tour through the nature of Lake Saimaa more than 100 lake views and endless pure forests
2. Walk and conquer Neitvuori mountain, the highest hilltop by the Lake Saimaa
3. Discover small and picturesque villages, Vilkkaharju ridge area and the ancient hill fort
4. Enjoy the breath taking view from Puumala bridge over the Lake Saimaa and hear stories about the region
5. Explore the amazing Niinisaari island and enjoy delicious lunch made of locally produced food

Tour description:

In Mikkeli, you will find the perfect mix of nature experiences and local life. Varied events, shopping opportunities and fresh, local food can be found here. Take a breather in the city's many urban parks. During this trip you will stay in Original Sokos Hotel Vaakuna in Mikkeli incl. breakfast

railway station. Sokos Hotel Vaakuna is committed to respect the wellbeing of the environment. As a prove of this Sokos Hotel Vaakuna has received Green Key certificate. Green Key is a voluntary eco-label, which stands for the promise to its guests that by opting to stay with the Green Key establishment, they are helping to make a difference on an environmental level.

The transportation for this tour is carried out by an Adventure bus, which can take up to eight persons for this tour. Travelling together with others, also saves the environment. Comfortable photo tour with a minivan (Adventure Bus) and local guide is the easiest way to take photos and explore the best sceneries of Saimaa area around Mikkeli. Guide will pick you up at your hotel, drive you through the local hotspots via forests and scenic roads and return to hotel after tour. You can just relax and enjoy the ride! Along the way you will see hundreds of lake views and forests from the serpentine like country roads. Guide will stop for photos in all the best places and serve tea in a select place. Half-way we take a ferry to Niinisaari island where we enjoy delicious lunch in restaurant Niinipuu in Finnish archipelago. After the trip you can enjoy the guest sauna at Sokos Hotel Vaakuna.

Duration: 3 days, 2 nights
Location: Mikkeli

Group Size: 5-8 persons

Accommodation type: 2 nights' accommodation in double room for two persons in Original Sokos Hotel Vaakuna in Mikkeli incl. breakfast

Availability: March-October

Guiding language(s): English

Price: Starting from 188€/ person

What's included: 2 nights' accommodation in double room for two persons in Original Sokos Hotel Vaakuna in Mikkeli incl. breakfast

Evening sauna

Local guide on tour day

Transportation on tour day

Tea, Lunch in Niinipuu

Supplements: Single supplement 72 €

How to get there: Train or own car

Accessible for people with disabilities: No

Booking and commissions:

Marko Riabkov / VisitSaimaa,

marko.riabkov@mikseimikkeli.fi | +358447945004



A CULINARY JOURNEY THROUGH THE SAIMAA REGION

The region Saimaa is not only the cleanest and purest region in Finland regarding of nature, it is also known for its excellent Finnish cuisine. In the lake landscape of Saimaa, you will find accommodation and restaurants to suit every taste and budget, from traditional manors with atmospheric ambience, to stylish design villas and modern city hotels. The raw ingredients are very fresh – wild herbs, berries and mushrooms can be gathered and picked from the forests. In addition, the clean and fresh air, pure soil and a short but intensive growth phase, increase the intensity of the ingredients. Local fishermen know the waters and they know where are the best fishing spots. Freshwater fish such as salmon, grayling and Muikku (small whitefish) are very popular. The locals of the Savo region are a hardworking people – life at the archipelago of Saimaa Lake is not always easy, but it is a very worthwhile life. The locals really know how to cook and bake. Enjoy or learn how to bake traditional pirogi in one of the local bakerys. The food of the region around the Saimaa Lake is very healthy, ethical and delicious. Enjoy the

best delicacies of the region and make an unforgettable culinary journey through the breath taking lake landscapes of Saimaa.

Itinerary:

During this culinary journey you will be able to taste typical regional food in several different places:

Day 1 | Arrival and wine tasting with Finnish tapas

Wine tasting and Finnish tapas in Ollinmäki winery

Three-course dinner at Sahanlahti Resort

Day 2 | Pirogi workshop and outdoor lunch

Breakfast at Sahanlahti Resort

Pirogi workshop in Okkola cottage

Lunch in the wilderness with the guide Arto Keinänen

Three-course dinner at Hotel Punkaharju

Day 3 | Tea-tasting session, brunch and departure

Breakfast in Hotel Punkaharju

Tea tasting session at TeaHouse of Wehmais

Brunch in Tertti manor

Duration: 2 days

Location: Mikkeli

Group Size: Self-drive tour form 2 persons

Accommodation type: DBL

Availability: June-August

Guiding language(s): English

Price: Self-drive tour: price starting from 366,40 €/ person Guided tour: price starting from 769 €/ person

What's included: Includes on a self-drive tour: 2 nights in double room (incl. Breakfast) at Sahanlahti Resort and Hotel Punkaharju

2 x three-course dinner

Wine tasting with Finnish tapas

Tea tasting session

Brunch

Includes on a guided tour:

Transfers

Guide (depending on the season, the service includes a tour to picking berries, herbs or mushrooms)

2 nights in double room (incl. Breakfast) at Sahanlahti Resort and hotel Punkaharju

2 x three-course dinner

Wine tasting with Finnish tapas

Pirogi workshop, Lunch in the wilderness

Tea-tasting session, Brunch

Supplements: Excludes on a self-drive tour:

Visit of the truffle centre 30 €/ person

Pirogi workshop min. 475 € / group

Excludes on a guided tour:

Visit of the truffle centre 30 €/ Person

How to get there: Self-drive or guided

Accessible for people with disabilities: No

Booking and commissions: Marko Riabkov

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FOUR NIGHTS WELLBEING TOUR
IN LAKELAND FINLAND

Wellness means taking care of yourself and your well-being, staying healthy and maximizing your potential. Nowhere is better for a restful, rejuvenating holiday than Lake Saimaa in Finland. In Saimaa, enjoy the serenity of the lakes, the beauty of the forests, the delicious and nutritious wild-grown food, and the warmth of the Finnish sauna. Saimaa, the heart of Finland's enormous lake district, is a tableau of open sapphire lakes and emerald forests, quiet beaches and, ideal for a wellness holiday. In fact, Finland has one of the lowest population densities in Europe and a phenomenal amount of space. With virtually no-one around, you can experience peace and quiet in a way that you may never have experienced before. Add to that the Finns' laid back manner and tendency to give you your own space, and you can be guaranteed a calm, restful holiday.

Day 1 | Anttolanhovi

Arrival in Anttolanhovi in Mikkeli and accommodation for 2 nights in Hillside Villa. Possibility to use pool area with saunas. At Anttolanhovi, you can enjoy the surrounding nature around the year. Our pool centre, saunas and Day Spa treatments refresh the body and mind. Excellent way of letting go and make your trip enjoyable and unforgettable. The surrounding nature and Lake Saimaa provide a good framework for well-being. For many years, we have relied on the local food culture and clean raw materials acquired from local producers. We acquire our meat from a private small butchery, fish from local fishermen, vegetables and root vegetables from nearby farms. The berries and mushrooms we use are also picked from the clean nature of the Saimaa area.

Day 2 | Berry/ mushroom picking or snow shoe trip

After breakfast berry/ mushroom picking snow shoe trip (depending on the season). Afterwards sauna by the lake with a guide explaining the Finnish sauna experience. Possibility to use the salt room.

Day 3 | Hotel Punkaharju, sauna yoga and sauna by the lake

After breakfast check out and travel to Hotel Punkaharju (100 km). For many centuries Punkaharju ridge area one of the world's oldest nature reserves has been a place for both locals and famous Finnish artists to get life and work inspiration, recharge themselves mentally and exercise physically. We invite you to do the same and get to know the area that also CNN Travel has chosen to be one TOP Natural Wonder in the World.

Hotel Punkaharju's old wooden walls and the peace of green forests and beauty of blue waters around starts to calm you down instantly as you arrive in this Finland's oldest hotel. Besides luxurious surroundings we have prepared your accommodation in our high class boutique hotel rooms. Also gently relaxing sauna yoga in our lakeside sauna is waiting for you. Our hotel breakfast is full of local delicacies from Saimaa lake nature. Take extra time to enjoy it with the morning sunbeams and Finnish national landscape in front of you. Besides all this we recommend to add A'la Carte dinners for your stay as our guest, winning restaurant is famous for its dishes that brings the best out of delicacies of nature. Also, feel free to add some guided nature activities to your Punkaharju wellness package. The better you feel, the more you spend time in the forest and on the lake during your holiday!

After Arrival to Hotel Punkaharju Sauna yoga and Sauna by the lake.

Day 4 | Historical hiking tour in Finnish Lakeland landscape

After breakfast historical hiking tour in Finnish Lakeland landscape - For many centuries Punkaharju ridge area has been a place for both locals and famous Finnish artists to get inspiration, recharge themselves mentally and exercise physically. We want to offer you the same chance by taking you to do hiking in the ridge forests and on the shores of Lake Saimaa. Our local guide plans the winter hiking based on the weather and your group. During the hiking you discover the most beautiful places in the ridge area and hear about the history and nature of Punkaharju and Lake Saimaa. Breathing in fresh winter air and peace of snowy forests is also natural luxury that you can enjoy during the hiking.

Day 5 | Departure

Breakfast and check out.

Duration: Duration: 5 days, 4 nights

Location: Mikkeli

Group Size: 2 nights' accommodation in the Hillside Villa in Anttolanhovi with breakfast 2 nights in boutique hotel room in Hotel Punkaharju with breakfast

Accommodation type: 2 nights accommodation in the Hillside Villa in Anttolanhovi with breakfast 2 nights in boutique hotel room in Hotel Punkaharju with breakfast

Availability: All year around

Guiding language(s): Self-guided

Price: 2 persons 893,50 €/ person

What's included: 2 nights accommodation in the Hillside Villa in Anttolanhovi with breakfast 2 nights in boutique hotel room in Hotel Punkaharju with breakfast

Anttolanhovi:

Lakeshore sauna with sauna guide

Guided trip to the forest to pick up mushrooms and berries or a snowshoe trip

Wellbeing: salt room

Hotel Punkaharju:

Sauna yoga and sauna

Historical hiking tour in Finnish Lakeland landscape

Supplements: Anttolanhovi:

Guided fishing trips: starting from 490€ / boat

Sauna yoga: starting from 240€/ group

Baking traditional Finnish pies: starting from 175€/ group

Hotel Punkaharju:

Mushroom Picking Excursion in Finnish National Landscape

2 persons 125 €/ person

6 persons 42 €/ person

Snowshoeing Safari in Punkaharju Winter Wonderland

2 persons 100 €/ person

6 persons 35 €/ person

Boating Safari on Lake Saimaa & Campfire picnic

2 persons 120 €/ person

6 persons 60 €/ person

Saimaa Ringed Seal Lake Safari with the Most Famous Finnish Seal Conservationist

2 persons 300 €/ person

6 persons 150 €/ person

How to get there: Own car transfer

Accessible for people with disabilities: No

Booking and commissions: Marko Riabkov / VisitSaimaa, marko.riabkov@mikseimikkeli.fi, +358447945004



Photo: Juho Kuva

SAIMAA ARCHIPELAGO BY BIKE

A tour of the Lake Saimaa archipelago by bicycle – stunning scenery, local stories and delicious local food. You will get to know the landscapes of the archipelago road, the local way of life and tales of ringed Saimaa seals. Along the way you will experience ferry trips, the sandy beaches of Lake Saimaa and the historical Pienniemi farm. In addition to cycling, you will get to feel how it is to canoe in the Finland's biggest lake, which has over 14 000 islands - very unique landscape! Total length of the cycling route is 60 km.

Day 1 | Welcome to a cycling tour to Lake Saimaa archipelago!

In the afternoon, you will arrive at the historical surroundings of Sahanlahti Resort on the shore of Lake Lietvesi, which is part of Lake Saimaa. Breathe the clean lake air and enjoy a visit to the sauna in the evening. If you wish, you can also take a trip out with the owner to make a birch whisk for the sauna. The evening will

be crowned with a dinner of local food and a stunning view of Lake Saimaa in the Koskivahti restaurant.

Day 2 | The landscapes of the archipelago road, the local way of life and tales of ringed Saimaa seals

The day will begin with a relaxing and nourishing breakfast where you will also hear about the area's colourful history. The cycling route on day 2 takes in the village of Puumala and Niinisaari island, with sites to see and scenery to admire. The archipelago road will also take you onto a cable ferry. In the evening you will arrive at your next overnight stop, Nestorinranta, where you can visit the sauna and grill some food. The owner's family will also tell stories of archipelago life and the ringed Saimaa seals that inhabit the area. During the day, you will cycle 32 km (20 miles)

Day 3 | Guided wellness path, a ferry boat trip and the historical Pienniemi farm

After an archipelago breakfast at Nestorinranta, you will learn about the island's cultural heritage and stunning nature with its healthy benefits on a guided tour. After a lunch, the ferry will take you over the waves of Lake Saimaa from the island of Lintusalo to Hurissalo, where you will jump back into the saddle. At the end of the day, you will arrive at the historical Pienniemi farm, nestled within the rugged rocks, where you will be met by Guide Tiina. The evening will be spent visiting the sauna, sitting by the fire and enjoying a delicious dinner of organic food. During the day, you will cycle 12 km (7.5 miles)

Day 4 | Canoeing or forest trip, cycling along beautiful lake scenery

After breakfast, the day will begin with a trip into the wilderness to admire the natural surroundings, with your choice of a guided trip into the forest or a canoe trip in the natural surroundings of Pienniemi. Back on your bicycle, you will soon be in the midst of some of the most beautiful landscapes on your trip from the bridges that cross Lake. Back in Sahanlahti you can just enjoy the relaxing evening after the cycling tour. During the day, you will cycle 16 km (10 miles)

Day 5 | Thanks for the journey!

Enjoy a peaceful breakfast in Sahanlahti. Have a nice journey home!

Duration: 5 days / 4 nights

Location/Starting point: Puumala

Group Size: 2 – 10 persons

Availability: 15.06 - 31.08

Guiding language(s): English

Price: from 550€ / person

What's included: Accommodation and breakfast, dinners and lunches/picnics as stated in the programme, bicycles, helmets and maps, guided tour in Lintusalo, ferry to Hurissalo, taiga forest trip or canoe trip.

Supplements: Coffee breaks and lunch in Puumala/ Niinipuu and the 4th day's dinner are not included.

Accessible for people with disabilities: No

How to get there: By bus from Mikkeli to Puumala or own car transfer

Booking: Savonlinna Tours, sales@savonlinnatours.fi +358 50 548 4004



Photo: Juho Kuva

A man with a beard, wearing a grey sweater, is smiling and holding a glass plate with several small fish. He is standing by a body of water, with a bright sunset in the background. The sun is low on the horizon, creating a warm, golden glow and reflecting on the water. The background shows some trees and a distant shoreline.

See you in Lakeland!

Photo: Harri Tarvainen

2019



Leverage from
the EU
2014–2020







**The European Agricultural
Fund for Rural Development**
Europe investing in rural areas



Photo: Mikko Nikkinen

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