



# Nature activities and relaxation at Spa Hotel Kumpeli 2017-2018



## 1. day

Arrival to Helsinki -Vantaa Airport and transfer to Heinola, Hotel Kumpeli. Privately owned family and Spa Hotel Kumpeli is located in naturally beautiful Heinola, half an hour drive from Lahti city centre. Hotel is nearby the Heinola town centre and has stunning view to Tähtiniemi bridge. Hotel's spa is designed especially for adults' needs and offers relaxing moments with sauna selection that includes infrared-, aroma-, steam- and traditional Finnish sauna.



Accommodation in renovated double rooms and independent dinner.

## 2. day

Breakfast is served at the restaurant. After breakfast it is time to pack up the backpacks for whole day **walking trip to surrounding nature** (length c. 12 km)! During this walking trip you can enjoy forest landscapes with small and clear ponds and delicious snack lunch around open fire!



Late afternoon, arrival back to the hotel and free time: **you can relax in different saunas, swimming/therapy pool, jacuzzi, both cold and hot foot massaging tubs, relaxing area with heated resting chairs, salt room, fitness centre or the spa's outside terrace right by the river!**

Later in the evening independent dinner.

## 3. day

After breakfast, **guided canoeing tour to explore Heinola from the lake and river!** Enjoy the morning sun and summer's beauty in a unique way! Your guide will teach you how to handle the canoe and after a short exercise you'll start paddling along the shore... during the tour you get touch with the silence and pureness of Finnish nature. Snack lunch around open fire.



After paddling / kayaking tour, our **kick-bikes will be waiting for you upon arrival.** After a small practice lap to awaken your kick bike muscles, you will be ready to hit the streets and head to the **local husky farm** with real Siberian Huskies! At the farm, you get acquainted with the huskies, reindeers and other animals at the farm. After the visit, transfer back to the hotel.



Later in the evening independent dinner.



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## 4.day

Breakfast at the hotel's restaurant. After breakfast, transfer to Helsinki-Vantaa Airport.

**Price:** 680 € / per person, min. 10 persons in a group. Kindly ask quotation for bigger or smaller groups.

### Price includes:

Charter bus transfers from and to the airport, transfers to the activities, accommodation in renovated double rooms with breakfast, usage of the Spa, whole-day walking trip with snack lunch, half-day paddling / kayaking tour with snack lunch, kick-bike tour and visit at the local husky farm.

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

**Single supplement:** 120 € / 3 nights

**Availability:** Summer seasons 2017-2018

**Guiding language:** English

### Optional extras:

- \* **“Evening in the forest”- trip:** This 3-hour walking tour takes you in the forest with last lights of the day. During the tour you can experience the silence falling in to the forest around you...  
**Price:** 56 € / per person, min. 10 persons in a group.
- \* **Making your own candle!** This 2-hour workshop takes you in the secrets of making your own candle! **Price:** 78 € / per person, min. 10 persons in a group. Price includes English tuition and needed materials.
- \* **Making your own souvenir from willow!** During this 2 - hour workshop you will learn to handle willow as a material and make a souvenir with you. **Price:** 105 € / per person, min. 10 persons in a group. Price includes English tuition and needed materials.

### Please notify:

The clients should have proper outdoor clothing and shoes.