



Relaxing moments 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 dinner at the hotel's restaurant.

2. day

Breakfast is served at the restaurant. After breakfast it is time to hop in to a traditional wooden church boat and enjoy the breath of fresh air! This guided church boat rowing tour takes you at Lake Ruotsalainen. Part of the attraction is slow exercise and the other part is coordinating the row boat with the rest of the crew: challenging and rewarding! During the tour you will land to one of the beautiful islands and take a slow walk and nature based mindfulness exercise. Coffee and tea will be served around the open fire.



Later in the afternoon, arrival back to the hotel and free time: possibility to enjoy independent lunch at the hotel's restaurant, hire bikes or walk to the town centre.



Later in the evening dinner at the hotel's restaurant.

3. day

Before breakfast, **magic sunrise SUP tour!** Enjoy the early morning sun and summer's beauty in a unique way! Your guide will teach you how to paddle with stand-up board 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.



After SUP tour, breakfast is served at the hotel's restaurant. The rest of the day and the evening is your own 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 dinner at the hotel's restaurant.



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4.day

Breakfast at the hotel's restaurant. After breakfast, **1-hour slow exercise at the surrounding nature:**

- * Yoga
- * Tai chi
- * Foam Roller - relaxation
- * Full body stretching



The group should choose the same slow exercise for the whole group and in advance. After exercise, free time and independent lunch. After lunch transfer to Helsinki-Vantaa Airport.

Price: 695 € / 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, accommodation in renovated double rooms with half board, usage of the Spa, half -day church boat rowing tour with slow walk and nature based mindfulness exercise, coffee /tea and traditional Finnish pancakes made around open fire during the tour, sunrise SUP -tour and 1-hour relaxing exercise of your choice.

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 as well as casual outfit for relaxing exercises.

4. day: the whole group should choose the same slow exercise.