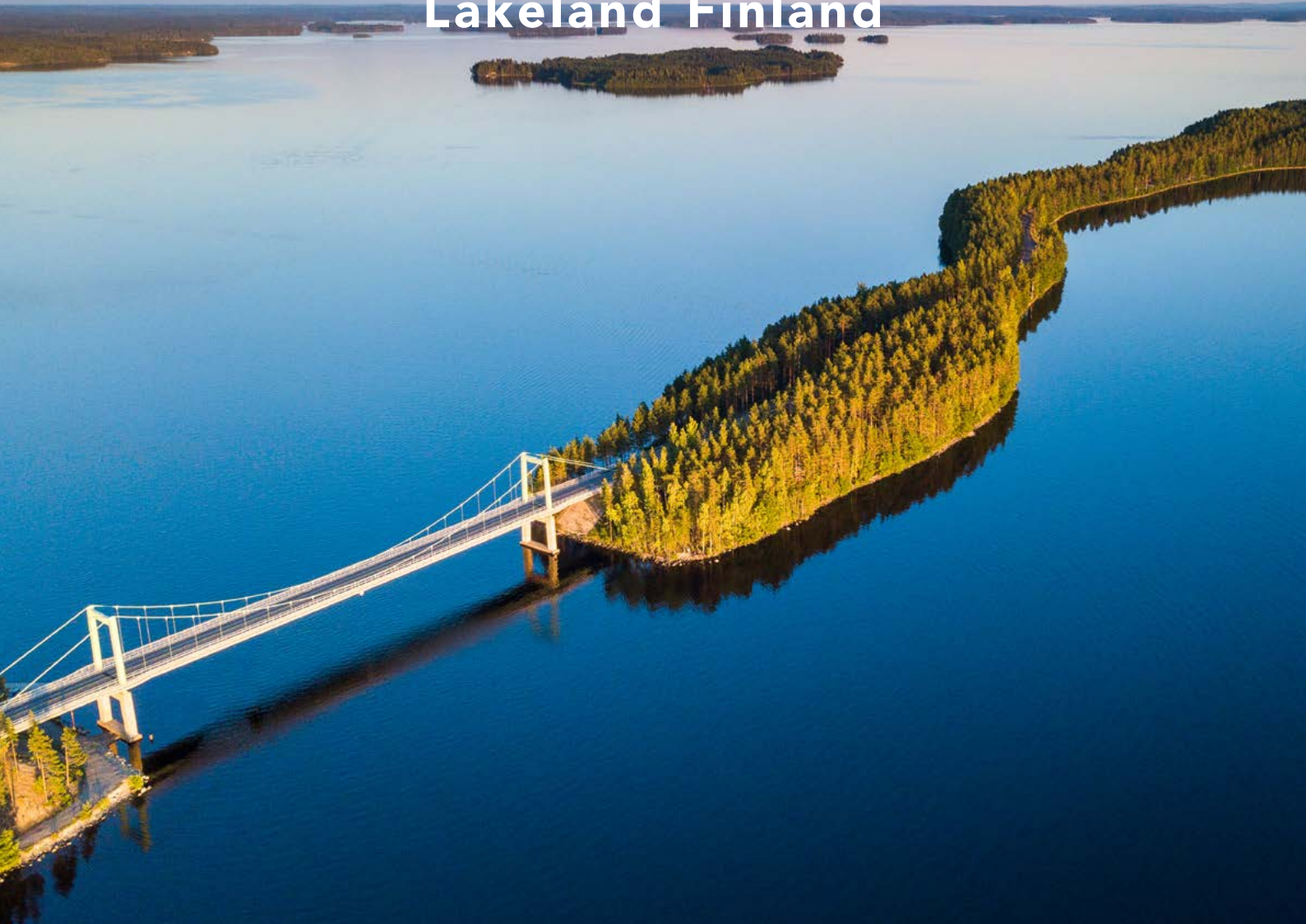


# LAHTI REGION

Lakeland Finland



FINLAND 2024



© Julia Kivelä



© Hannes Paananen



PRODUCT MANUAL FOR TOUR OPERATORS

Version 1: September 2023

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## Attractions, experiences, accommodation, sport venues, activities, educational travel, transportation

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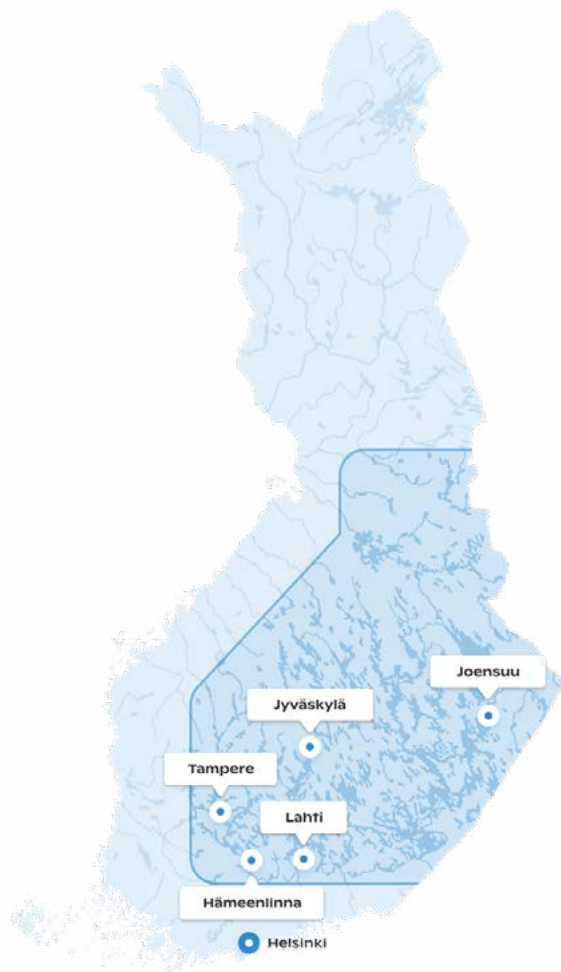
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# Accessibility - how to reach Lahti Region



## Lahti's USPs

- The closest to Helsinki Finnish Lakeland destination. Easily accessible from Helsinki city centre and international airport
- Salpausselkä UNESCO Global Geopark with its magnificent nature sites covers practically whole Lahti Region
- Lahti was the European Green Capital in 2021. Sustainability plays a key role in the region.
- Number one all year round sports destination in Finland. Finnish Winter Sports Capital.

### Airport:

Helsinki Airport (100 km)

### Transfer options:

Smooth train connection from the Helsinki airport to Lahti. Commuter train P to Tikkurila station and easy change to a train to Lahti.

### Train station:

Frequent daily service from Helsinki city centre to the Lahti railway station

## Päijät-Häme



## Lahti Region



# LAHTI REGION



© Julia Kivelä

# Lahti Region - Lakeland Finland

## The European Green Capital

**Lahti, the European Green Capital** is the first real lakeside city you come to after departing from the capital Helsinki. The Lahti region offers a wide range of activities and urban events in the surroundings of the unique Salpausselkä UNESCO Global Geopark area where the whole landscape is created by water.

The Lahti region offers a range of unique accommodations, including lakeside cottages, to make your visit unforgettable. With its easy accessibility from Helsinki the Lahti region is a perfect destination even for a short day trip.

The over 800 lakes of the Lahti region offer breathtaking scenery. **Päijänne** is the second-largest lake in Finland and the most significant source of clean water. The Asikkalanselkä part of the lake provides drinking water for more than one million Finns.

Lake Päijänne has plenty to offer. Surrounded by picturesque villages, rolling hills, and forests, Päijänne is a true haven for those seeking peace and relaxation. Päijänne is one of the best places around the year to experience the Finnish cottage culture and sauna. From hiking and biking to fishing and boating, there is a multitude of activities to keep you active and engaged.

Thanks to the Lahti Region's beauty and variety of outdoor offerings, it truly is a heaven on earth. Whether you're a seasoned athlete or just looking to get some exercise, you'll find everything you need.

For active movers the Lahti region is a heaven for sports and well-being. One of the biggest draws for active travellers is Salpausselkä, a stunning ridge that offers a wide range of outdoor activities, from hiking and biking to cross-country skiing. Two Olympic Training Centres Vierumäki and Pajulahti offer a huge variety of sports and wellness activities for active holiday makers and school camps.

### DETAILS - LAHTI REGION IN A NUTSHELL

**Number of hotels:**

9/ 2500 beds

**Number of cottages:**

~500

**Hiking trails:**

Hundreds of km forest trail network in the area. In Lahti/ Salpausselkä area 35 km marked hiking trails

**Bicycle paths:**

1000 km in Lahti region. In Lahti/ Salpausselkä area 200 km

**Skiing tracks:**

Messilä skiing resort: 10 slopes; Purnu skiing resort 5 slopes

**Snow season:**

First skiing tracks normally open mid-November and close mid-April. Best winter season December - March.

**Visit Lahti – Lakeland Finland** (officially Lahden Seutu- Lahti Region Oy) is the regional DMO of the Lahti region.

Our sales department LAKELAND FINLAND TOURS is a full-service DMC. We provide all tourist services in the Lahti region and the Finnish Lakeland from accommodation, activities, sports related holidays, transfers, local life experiences to themed guided tours & round trips. We also offer a variety of educational programs, event services, technical visits and all services for the MICE sector customers.

### SUSTAINABILITY

Visit Lahti - Lakeland Finland has joined the national Sustainable Travel Finland program and co-ordinates the sustainability work of the destination.

Our own company is committed to sustainability and has the national **Ekokompassi** certificate. We are a partner of the **"We Speak Gay"** community and since 2022 our company has also the **Sustainable Travel Finland label**. Visit Lahti - Lakeland Finland is also a signatory of the **Glasgow Declaration on Climate Action in Tourism**.



### Contact

Visit Lahti  
Arto Asikainen, Head of Production and Sales  
Salpausselänkatu 7  
15110 Lahti  
Tel. +358 40 579 4387  
[arto.asikainen@lahtiregion.fi](mailto:arto.asikainen@lahtiregion.fi)  
[www.visitlahti.fi](http://www.visitlahti.fi)  
[www.visitlakelandfinland.com](http://www.visitlakelandfinland.com)

# Salpausselkä UNESCO Global Geopark



## A landscape created by water

A geopark is an area that has sites and landscapes of international geological significance. The Salpausselkä UNESCO Global Geopark covers practically the whole Lahti region. The two Salpausselkä ridges are unique ice-marginal formations laid down by ancient meltwater streams at the end of the Ice Age. They reach across the entirety of southern Finland and are at their most spectacular in the area of Salpausselkä Geopark. The number of magnificent nature sites of the Salpausselkä UNESCO Global is huge. Visit Lahti recommends for instance the following:



### Pulkkilanharju

One of the most beautiful routes in Finland goes through the 8-kilometre-long Pulkkilanharju ridge from Vääksy to the municipality Sysmä by the route number 314. Part of Pulkkilanharju Esker belongs to Päijänne National Park, which was established in 1993. Visitors can explore the esker nature on a nature trail of about two kilometres that is mostly easy terrain. The nature trail begins at Karisalmi rest area by going under Karisalmi Bridge to the other side of the road and then heading up to the esker. Pulkkilanharju is also a popular destination for cyclists and it can also be reached by public transport from Lahti. In summer time there are two cafés – kiosks operating on the esker. (30 km from the Lahti city centre)



© Lahden Kaupunki

### Sports Centre and Häränsilmä Kettle Pond

With its unique, diverse landscape of ridges, kettle holes, steep slopes and raised beaches the Sports Centre is one of the most significant geosites within the Salpausselkä UNESCO Global Geopark. There are numerous outdoor tracks in this area. One of them the urban nature trail "Lehmusreitti", also runs by Häränsilmä which is a beautiful kettle pond in Lahti on the first Salpausselkä ridge, right next to the routes and trails of Lahti Sports Centre. The Lahti Sports Centre area has several kettle holes, which give it its distinctive terrain, great for winter sports. The kettles were formed some 12 000 years ago, at the end of the last Ice Age, through the melting of enormous ice blocks that had split off from the continental ice sheet. (1.8 km from the Lahti city centre)



© Ossi Saarinen

### Linnaistensuo mire

Linnaistensuo mire, located only seven kilometres from the centre of Lahti, is a nationally valuable raised bog. The tranquil mire landscape can be admired from the duckboard trail crossing it. Linnaistensuo mire can be reached along Korvenrannantie or Linnaistentie and Ilolantie roads. The paths leading to the duckboard trail are marked on the trees with yellow paint. Linnaistensuo mire is an ideal place for a very easy hiking trip. (8 km from the Lahti city centre)



### Pirunpesä Gorge (The Devil's Nest) and Tiirismaa

The monumental Pirunpesä Gorge is a cliff fissure cutting through the quartzite rocks of Tiirismaa. Pirunpesä, which translates literally as Devil's Nest, is one of the most important geosites of the Salpausselkä UNESCO Global Geopark. A marked hiking trail of 4.5 km passes by Pirunpesä. The trail can be reached from the parking area at Arvi Hauvosen tie (7 km from the Lahti city centre).



### Kelvenne Island

Located in Padasjoki, southern Lake Päijänne, Kelvenne Island provides hikers, boaters and paddlers with wonderful sandy beaches, pine forests and groves of leafy vegetation. Sheltered, deep kettle hole bays serve as natural harbours, and a 9-kilometre-long hiking trail runs through the island. In summer time there is a boat connection from the Padasjoki harbour to Kelvenne island. For individual travellers boat taxis are also available from Lehmonkärki resort and Padasjoki island. (40 km from Lahti city centre)

All nature sites in the Lahti region: [www.salpausselkageopark.fi](http://www.salpausselkageopark.fi)

# Top 5 Experiences in Lahti Region

Finnish sauna culture, pure water, 1000 lakes and sporty activities



## Visit the Finnish sauna

Finland's sauna culture has been added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity. Sauna culture in Finland is an integral part of the lives of the majority of the Finnish population. Most accommodation facilities in the Lahti region offer free sauna on daily basis for their customers. Besides hotels and cottages Visit Lahti recommends the sauna experience in the restaurant Nosturi in Lahti, Lehmonkärki sauna world (p. 16), the Infinity pool and sauna experience in Ilola Inn (p. 18) In summer season the public sauna in the Sports Centre and the openair pool at the foot of the ski jumping tower is a unique experience.

[www.ravintolanosturi.fi](http://www.ravintolanosturi.fi) | [www.lehmonkarki.fi](http://www.lehmonkarki.fi) | [www.ilolainn.fi](http://www.ilolainn.fi)



## Taste of the purest ground water

One of the largest groundwater areas in Finland is located in the Lahti region. Due to the excellent quality of groundwater, its flavour does not need to be masked. The pure ground water is a remarkable resource for the large beverage and food industry in the area. When visiting the Lahti region you can have a taste of this water just by enjoying a glass of tap water. The local ground water is also the secret of the excellent taste of award winning Teerenpeli (p. 32) whiskies, beers and siders as well as local Ainoa Winery (p. 33) wines. Or the traditional grey Finnish long drink Lonkero which is produced in the Hartwall brewery in Lahti. Don't miss the rye bread – national food of Finland - from the local bakeries such as Viipurilainen Kotileipomo, Pekan Leipomo, Sinuhe or Oululainen. [www.teerenpeli.com](http://www.teerenpeli.com) | [www.hartwall.fi](http://www.hartwall.fi) | [www.viipurilainen.fi](http://www.viipurilainen.fi) | [www.pekanleipa.fi](http://www.pekanleipa.fi) | [www.sinuhe.fi](http://www.sinuhe.fi) | [www.ouulainen.fi](http://www.ouulainen.fi) | [www.ainoawinery.com](http://www.ainoawinery.com) | [www.visitlahti.fi](http://www.visitlahti.fi) → Eat and Drink



## Experience the lakes

There are nearly 1000 lakes in the Lahti region. Most of the cities, towns, resorts and tourist attractions in our region are situated by the lakes which makes it easy to get a genuine Finnish Lakeland experience just by making a short walking trip or enjoying a cup of coffee in a café located by the lakeshore. An easy Lakeland experience is a cruise on one of our lakes. There are regular lake cruises departing from the Lahti and Heinola harbours. Water activities such as canoeing, fishing, sup boarding are organized by a few activity companies (see pp. 23-29). In mid-winter you can get a unique lake experience in Lahti by crossing the ice covered Vesijärvi lake by foot or by ski on the popular outdoor track.

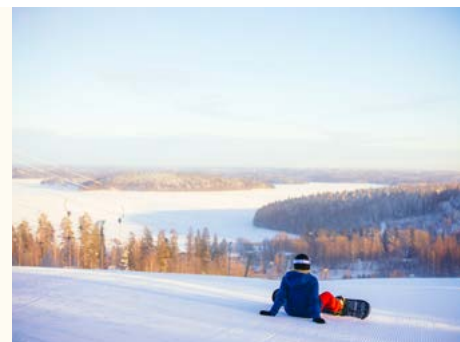
[www.visitlahti.fi](http://www.visitlahti.fi) → See and Do → Best of Lakeland Finland



## Finnish Winter sports capital

Lahti is the Finnish winter sports capital and has hosted already seven times the World skiing championships. The first skiing tracks are normally opened in November and the season lasts until April. Our skiing tracks are kept in excellent condition and they can easily be reached from the Sports Centre. All cross country skiing tracks are free of charge. The Messilä skiing resort just 15 minutes drive from the Lahti city centre is the largest skiing centre in Southern Finland. Besides downhill and cross country skiing Messilä has excellent snowboarding park. Ski Mac operates a big ski rental and service centre in Messilä. Snowmobile safaris are organized in the Lahti region for instance in Messilä (p. 25) and Lehmonkärki.

[www.messila.fi](http://www.messila.fi) | [www.jumpup.fi](http://www.jumpup.fi) | [www.lehmonkarki.fi](http://www.lehmonkarki.fi)



## Sport lovers' number one destination - a landscape created by water

Lahti region is well-known as an exceptional destination for outdoor sports. Some 12000 years ago, the continental ice sheet was melting and the glacial meltwater streams carried and deposited enormous amounts of sand and gravel, creating an outstanding geological wonder, the Salpausselkä ridge. The Salpausselkä area around the Sport Centre has a large trail network. The marked trails are meant for everyone: walkers, runners and cyclists. Whole Lahti region is also an exceptional cycling destination thanks to their varied, versatile terrain and various bodies of water. For gravel bikers there are a lot of options to build tours from a few hours to several days.

[www.visitlahti.fi](http://www.visitlahti.fi) → See and Do → Sports & Activities



# Top 5 Attractions in Lahti Region



Places to visit and discover



## Lahti Harbour

Lahti Harbour located only 10-15 minutes by foot from the city centre is the living room of the locals with a lot of cosy cafés, restaurants and bars. Here you can enjoy the atmosphere of the Finnish Lakeland by the shores of Lake Vesijärvi and make a cruise to Lake Päijänne. In the Lahti harbour you can also find the magnificent concert and congress centre Sibelius hall which is a modern piece of wood architecture. In the surroundings of the harbour you also find a few pieces of wooden monuments and constructions which together compose the Wood Architecture Park. One of them is the Piano Pavilion by the Sibelius Hall where you can enjoy the great view to the Lake Vesijärvi with a cup of coffee or glass of wine. The iconic wooden "Lahti" letters along the harbour promenade were erected in 2021 to commemorate Lahti as the European Green Capital.



## Lanu Sculpture Park and Musical Fountain

By the Lahti letters in the harbour promenade you can climb up to the Kariniemi park by the stairs with 180 steps. On the hill you can find the Lanu Sculpture Park with fifteen big sculptures created by the artist Olavi Lanu. The sculptures blend well into the scenery of the park and have gradually developed a coat of moss just like the artist wanted. The musical fountain, known as the Water Organ is situated in the Pikku-Vesijärvi park. The musical shows take place daily at 6 pm during the summer. The performance provides a fusion of music and art.



## Sports Centre of Lahti

Lahti known as the Finnish Winter Sports Capital has already seven times hosted the World Skiing Championships in the Lahti Sport centre. The Sports Centre is one of the most significant geosites within the Salpausselkä UNESCO Global Geopark. It lies on the First Salpausselkä Ridge, which was formed along the margin of the continental ice sheet during the melting phase of the last Ice Age some 12 000 years ago. The beautiful nature with diverse landscape of ridges, kettle holes, steep slopes and raised beaches suits perfectly for sports. The three iconic ski jumping towers in the sport centre are one of the most instagrammable places in the city. From June to August, the top of the large ski jump hill is open to the public every day. At the foot of the hill you'll find the popular outdoor pool in the summer season. In the Sport centre you can get a unique sauna experience in the summer time in the public saunas with the combination of pool.



## Art nouveau and modernism in the Lahti city centre

Two famous Finnish architects Eliel Saarinen and Alvar Aalto have left their mark in the city centre of Lahti. Lahti City Hall designed by architect Eliel Saarinen was completed in 1912. It represents the Late Art Nouveau, or Jugend-style. Church of the Cross, Ristinkirkko, designed by academician Alvar Aalto is the main church of the city. The church was built in 1978.



## Old Vääksy Village and Vääksy canal

The Vääksy canal, built in 1868-71, unites Lake Vesijärvi with Lake Päijänne. Situated only 30 minutes by car from the Lahti city centre the idyllic Vääksy village by the canal is an ideal destination for a day trip from Lahti. The village has many interesting boutiques, shops, cafés and restaurants and besides the beautiful nature around the canal you can also visit for instance the Päijännetalo which is a free time fishing museum offering a great overview of sweet water fishing and presenting the history of Lauri Rapala. By the canal you can find also Vesimyllymuseo - water mill museum and several summer arts exhibitions. A good idea is to hop on a lake cruise boat from Lahti and travel to Vääksy canal by water. Päijänne Cruises Hilden's (p. 28) boat on the route Lahti-Heinola stops also at Vääksy. You can spend the day in Vääksy and then take a local bus back to Lahti.

**All attractions in the Lahti region: [www.visitlahti.fi](http://www.visitlahti.fi)**



# Top 5 Museums in Lahti Region

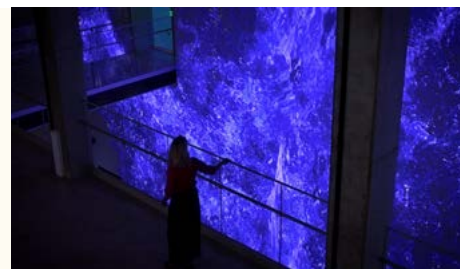
Local culture, art and unique themes



## The Malva Museum of Visual Arts

The Malva Museum of Visual Arts in Lahti located in the old Mallasjuoma factory building, Malski. It was opened in 2022. Malva unites two museums from Lahti – the Lahti Art Museum and the Poster Museum. The exhibitions offer top-notch design, art treasures, and cutting-edge digital art. At Malski, you'll also find a lovely museum shop, Kahiwa Wine & Cafe, restaurant Malskin Bistro and Ant Brew brewery pub.

[www.malvamuseo.fi](http://www.malvamuseo.fi)



## Motorcycle Museum

Finnish Motorcycle Museum is located on scenic view by the lake Vesijärvi at Niemi Harbour, just 2.5 km from Lahti city centre. It is the only Motorcycle museum in Finland and its collection offers a wide range of elegantly restored world-famous motorcycles and national race bikes and mopeds with their stories. The Motorcycle Museum hosts several events, gatherings, and concerts every year.

[www.moottoriporamuseo.fi](http://www.moottoriporamuseo.fi)



## Ski Museum

The Ski Museum is located in the Sports Centre, close to the ski jumps. The museum exhibits and studies winter sports-related artefacts. The winter sports collection includes old and modern material representing cross-country skiing, ski jumping, Nordic combined and biathlon as well as alpine skiing. The interactive section of the Ski Museum offers a possibility to try different winter sport disciplines, for instance in the ski jumping simulator.

[www.hihtmuseo.fi](http://www.hihtmuseo.fi)



## The museums in Heinola

Heinola, the second largest town of the Lahti region is an ideal day trip destination. This idyllic town by the Kymijoki river has three interesting museums.

**The Aschan House (Lääninkivalteri Aschanin talo)**, or the former home of the family of chief constable Aschan is an urban home milieu from the 18th century, which is unique in inland Finland.

**The Heinola City Museum (Heinolan kaupunginmuseo)** is located in a charming wooden building dating back to the year 1872. The story of the exhibition "Made in Heinola" takes the visitor from the prehistoric times of Heinola all the way to the post-WWII era.

**The Heinola Art Museum (Heinolan taidemuseo)** is located in an Empire-style museum building originally built in 1830 as the home of merchant Aleksander Toropoff's (1780–1852) family. The collection of the Museum consists of approximately 1,100 works of art. Most of them are Finnish art from the 20th and 21st centuries.

[www.visitheinola.fi](http://www.visitheinola.fi)



## Itä-Hämeen museo

Itä-Hämeen museo (The Eastern Häme museum) in Hartola, the northernmost municipality of the Lahti region is located in Koskipää Manor, on the green banks of the Tainionvirta River. The Itä-Häme Museum is the regional museum of seven local parishes and was opened in 1929. The Koskipää Manor has been one of the largest manors in the area, and its history extends all the way to the 16th century.

[www.ihmuseo.fi](http://www.ihmuseo.fi)



# ACCOMMODATION





## Solo Sokos Hotel Lahden Seurahuone

The history of the Hotel Lahden Seurahuone begins in the 1890's. Located in the heart of Lahti city with 183 hotel rooms, 4 restaurants and 10 conference rooms. Seurahuone Loft House on the other side of the street with 50 ( included in the 183 total ) luxurious rooms are truly unique. In October 2022 the hotel was selected as the most sustainable hotel of Europe in the competition World Luxury Hotel Awards.

### DETAILS

**USPs:** luxury in the middle of the city, hotel breakfast, Seurahuone Loft house

**Season:** year-round

**Language:** English

**Number & type of rooms:** 183 rooms total (119 standard rooms, 17 suites)

**Room facilities:** minibar, shower/ bath

**Spa & Wellness:** 4 saunas (2 in the main building, 2 in the Loft House)

**Packages:** packages available on demand

**Restaurants:** 4 restaurants: Trattoria (à-la-carte), Bar&Bistro, Kuja (street food bar) and Hämesali (breakfast + conference)

**Service for children:** special gift for children at the reception

**Note:** pets allowed in the main building, 2 garages (all together 100 parking places)

**Accessibility:** easily reachable by public transport, Lahti train station is 0.8 km away

**Sustainability:** Sustainable Travel Finland Label



## GreenStar Hotel Lahti

GreenStar Hotels is an ecological Finnish city hotel chain with five hotels, and Finland's first carbon-neutral hotel chain. GreenStar's core principles include putting sustainability and the well-being of our customers first, enabling our customers to live conveniently and ecologically, and having partnerships with local businesses that share our green values.

### Accommodation at GreenStar Hotel Lahti

GreenStar Hotel Lahti is a green city hotel with 138 rooms. We offer accommodation and breakfast with a great price-quality ratio and also restaurant and meeting services for groups.

### DETAILS

**USPs:** GreenStar Hotel Lahti is located right next to the Lahti railway & bus station, easy to reach with public transport or own car. All of our operations are based on being environmentally friendly and we are the first carbon-neutral hotel chain in Finland. We also have a great price-quality ratio.

**Opened:** 2019

**Season:** year-round

**Language:** English

**Number & type of rooms:** 138 rooms

**Room facilities:** free WiFi, desk, TV, electric kettle, fan, private bathroom with shower, hairdryer, toiletries

**Restaurants:** restaurant on request for groups

**Service for children:** cribs and extra beds

**Packages:** for groups on request

**Note:** pets allowed for a fee, 50 outdoor parking places with extra fee, not bookable in advance

**Other facilities and services:** rental bikes free of charge for guests

**Accessibility:** easily reachable by public transport, Lahti train and bus station is 50 m away

**Sustainability:** Sustainable Travel Finland Label

### Contact

Osuuskauppa Hämeenmaa/ Hotel Lahden Seurahuone  
Risto Turunen, Sales Manager  
Aleksanterinkatu 14, 15100 Lahti sales.hameenmaa@sok.fi  
risto.turunen@sok.fi, sales.hameenmaa@sok.fi  
www.sokoshotels.fi/en/lahti/sokos-hotel-lahden-seurahuone

### Contact

GreenStar Hotel Lahti  
Mikko Heinonen, Sales Manager  
Vesijärvenkatu 1, 15100 Lahti  
mikko.heinonen@greenstar.fi  
www.greenstar.fi/en/hotels/lahti



© Rebecca Watson

## Hotel Scandic Lahti City

A cosy hotel and spacious rooms in the best location in the city. Shopping, restaurants and all city services are easily accessible. Parking is easy in the hotel's parking garage and restaurant Torilla offers you a charming dinner.

### DETAILS

**USPs:** Located as a part of city center's biggest shopping mall. Easy indoor access to shopping mall. Spacious rooms and extensive room selection, rooms have comfortable beds and all you need for a good night's sleep, easy for even a bigger group to feel comfortable in our hotel. Shopping, restaurants and all city services are easily accessible. Parking is easy in the garage.

**Opened:** 1992

**Season:** year-round

**Languages:** English, German, Swedish

**Number & type of rooms:** in total 170 rooms - 131 standard rooms, 39 superior rooms

**Room facilities:** bathroom with shower, desk and chair, hairdryer, TV, wooden floor. Superior room also bathrobes, cosmetic mirror, kettle and coffee/ tea, minibar

**Spa & Wellness:** 2 saunas, separate for men and women.

**Restaurants:** Restaurant Torilla for breakfast and à-la-carte/ group dining. The lobby bar offers beverages and small snacks.

**Service for children:** Pancakes at breakfast during summer time. Play area at the restaurant.

**Packages:** packages available on demand

**Note:** pets allowed for extra fee

**Other facilities and services:** gym, bicycles and nordic walking poles for rental

**Accessibility:** easily reachable by public transport, Lahti train station is 1 km away

**Sustainability:** in the process joining the Swan label



## Hotel Kumpeli Spa

Spa and Conference Hotel in Heinola, where the beautiful Finnish Lakeland area starts.

### Accommodation at Hotelli Kumpeli Spa

We offer 4 different categories of accommodation: standard rooms, superior rooms, junior suite and suites.

### DETAILS

**USPs:** our wellness and spa area

**Season:** year-round except Christmas and New Year

**Languages:** English, German, Russian

**Number & type of rooms:** 119 hotel rooms, 4 different categories

**Room facilities:** bathroom, tv, balcony or terrace, coffee maker or kettle

**Spa & Wellness:** 4 different saunas, relaxing area, salt room, gym, platform to the lake, big spa terrace by the lake, infrared chairs

**Restaurants:** 1 restaurant, 1 lobby bar, 1 panorama restaurant terrace in summer

**Activities:** frisbee golf, padel, beaches, bicycling, skiing

**Packages:** travel packages with breakfast, spa and dinner can be arranged

**Note:** family run business, the hotel and its services is mostly made for adults, pets are allowed, free parking available for guests

**Other facilities and services:** rental of bicycles

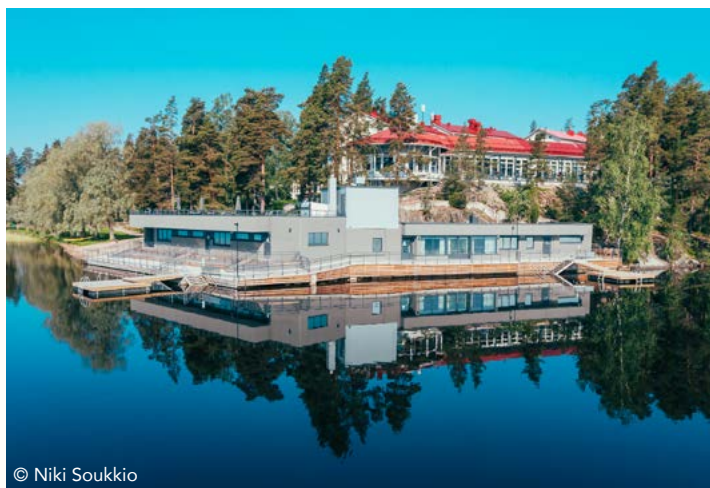
**Accessibility:** preferably reachable by customer's own car; Helsinki airport (135 km), Lahti train station (30 km)

### Contact

Scandic Lahti City  
 Group and conference sales  
 Kauppakatu 10, 15140 Lahti  
[sales.tampere@scandichotels.com](mailto:sales.tampere@scandichotels.com)  
[www.scandichotels.com/hotels/finland/lahti/scandic-lahti-city](http://www.scandichotels.com/hotels/finland/lahti/scandic-lahti-city)

### Contact

Hotel Kumpeli Spa  
 Miina Lerkkanen  
 Muonamiehenkatu 3, 18100 Heinola  
[hotelli@kumpeli.fi](mailto:hotelli@kumpeli.fi)  
[www.kumpeli.fi](http://www.kumpeli.fi)



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## Pajulahti Sports Centre

Pajulahti, an outstanding sports and leisure oasis is the only Olympic and Paralympic Training Center in Finland.

We offer high-standard education, coaching and training services, meeting and company wellbeing day facilities as well as refreshing experiences in sport and leisure.

For your convenience all accommodation, main services and sport venues are located within walking distance. Park your car for entire stay and enjoy a fresh walk instead.

### Accommodation at Pajulahti

Pajulahti offers accommodation for up to 900 persons, including extra beds for children, in comfortable sport standard and well-equipped hotel standard rooms. Room types for all needs: single, double and family rooms.

#### DETAILS

**USPs:** People with or without disabilities have equal access to our venues and activities.

**Founded:** 1929, run by Urheiluopistosäätiö Foundation

**Season:** year-round

**Language:** English

**Number & type of rooms:** 151 Hotel rooms, 106 Sport standard rooms

**Room facilities:** television, fridge, bed linen, towels; hotel rooms additionally have a microwave, a coffee maker and a kettle

**Spa & Wellness:** Pajulahti unique lakeside saunas is perfect place to relax, unwind and enjoy the view. There are 4 saunas for 15-30 person. In summer saunas are available for staying customers everyday between 18-22 h. Saunas can be booked for private use.

**Restaurants:** 1 restaurant and cafe

**Service for children:** Inside jungle gym, outside park, Adventure park

**Packages:** yes, e.g. sporty family holidays or theme holidays. There are various options to spend active, but also relaxing holidays in Pajulahti, for people of all ages.

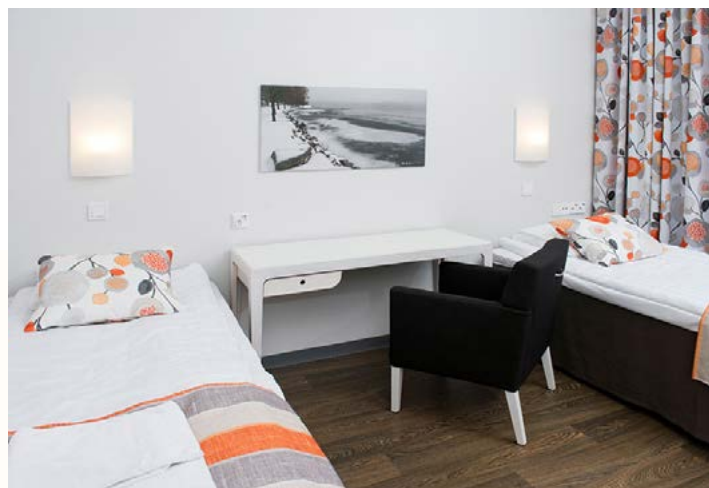
**Note:** pets are allowed in designated hotel rooms, parking available

**Summer activities:** minigolf, padel, SUP boarding, kayak, canoeing, beachvolley, Adventure Park etc.

**Winter activities:** cross-country skiing, snowshoeing, ice-swimming, ice skating, indoor curling etc.

**Year-round activities:** fatbike, tennis, swimming, archery, indoor wall climbing

**Other facilities and services:** rental of equipment for minigolf, tennis, padel, SUP board, kayak, canoe, beachvolley, fatbike/ electric fatbike; restaurant and cafe, swimming hall, auditorium, Adventure park, lakeside sauna



**Accessibility:** easily reachable by public transport, Helsinki airport (114 km), Lahti train station (19 km)

**Sustainability:** Ekokompassi certificate, participant of the Sustainable Travel Finland program, own sustainability program, Salpausselkä Geopark partner

### School camps and excursions

We offer excellent conditions and sport and leisure facilities for organizing successful school camps and excursions. We have the sole status of Olympic and Paralympic training center in Finland.

Pajulahti is located on the clean lake Iso-Kukkanen, surrounded by beautiful nature, just over an hour drive from the capital area and twenty minutes from Lahti city center. Year-round visits are made easy in Pajulahti – special programs for winter and summer!

#### DETAILS

**Season:** year-round **Language:** English

**Duration:** depending on the customers' wishes

**Participants:** depending on the customers' group size

**Services included:** depending on the package, equipment, overnight stay, guide and meals are included

**Optional services:** different kinds of activities and special meals

### Company kick-off

Pajulahti offers meeting facilities, recreational sporty events and occupational well-being. All our services are located in breathtaking surroundings by the lake of Iso-Kukkanen. Our restaurant serves healthy and local delicacies for our guests.

Start your day at our lakeside meeting room and pick your favorite activities to build up teamwork. Relax and have a great time with your team and let us take care of your comfort.

With our sales person you can create a package for your liking.

#### DETAILS

**Season:** year-round **Language:** English

**Duration:** depending on the customers' wishes

**Participants:** depending on the customers' group size

**Services included:** depending on the package, equipment, overnight stay, guide and meals are included

**Optional services:** different kinds of activities and special meals

#### Contact

Liikuntakeskus Pajulahti Sports Centre

Mira Puhlin

Pajulahdentie 167, 15560 Nastola

[mira.puhlin@pajulahti.com](mailto:mira.puhlin@pajulahti.com), [sales@pajulahti.com](mailto:sales@pajulahti.com)

[pajulahti.com/en](http://pajulahti.com/en)



## Vierumäki Sport and Holiday Resort

The Finnish Sports Institute located in Vierumäki was founded in 1927. Today, Vierumäki is Finland's leading training and practice center for athletes and for those who exercise. As the official training center of the Finnish Olympic Committee and in collaboration with Haaga-Helia University of Applied Sciences, we offer vocational training, elite sports coaching, leisure physical activity and well-being courses, as well as accommodation and restaurant services. Serving both consumer and business markets, we specialize in producing world-class professionals, experiences, and services. Our operations emphasize economic profitability, ethical standards, and ecological sustainability. Whether it's an emerging sports professional, an elite athlete, a leisure traveler, or a company - Vierumäki has the facilities and services for everyone.

### Hotel Fennada

Hotel Fennada offers a unique, world-class luxury stay on the shores of scenic Lake Valkjärvi. The views of the surrounding natural beauty will soothe travelers and evoke a wave of happiness. The modern, top-notch hotel is centrally located in Vierumäki, right next to a full range of restaurant and fitness services. It features a wide selection of room types (incl. pet rooms) and adaptable space solutions. Breakfast is included in the rate.

### DETAILS

**USPs:** Less than two hours from airport, Vierumäki is a serene forest gem perfect for training, relaxation, or vacation. This destination offers a mix of adventure, community, delicious dining, and soothing sauna sessions. Accommodation varies from modern hotels like Hotel Fennada and Sports hotel Pihkala to nature-close villas and holiday homes. Each caters to your needs with diverse activities and amenities nearby.

**Opened:** 2019 **Season:** year-round **Language:** English

**Number & type of accommodation:** Hotel Fennada, Sporthotel Pihkala, Country Club accommodation, Sport accommodations and apartments, Cottage's (lot's of different types), Chalet & resort-rooms

**Accommodation at Hotel Fennada:** 72 Standard, 18 Superior, 9 Junior suite, 4 Fennada suite, 2 DeLuxe, 1 President suite

**Room facilities:** vary depending on the room type but usually include air conditioning, drying cabinet, blackout curtains, TV, WiFi, high quality separate beds

**Spa & Wellness:** a swimming hall with a sauna and recreational pools, two saunas Kaski and Pihka by the lake, two smoke saunas Kammi and Karhunpesä and a sauna at the Country Club.

**Restaurants:** Restaurant V - á la carte restaurant, Jatkoaika Sport-bar - a sport bar with a terrace, Restaurant Puhti - buffet-restaurant, Cafe Pihkala - snacks, coffee, cakes, soups/ salads, Cafe Greeni - snacks, coffee, soups/ salads, Cafe and Bar Palmu - summer barbeque, drinks, cafe (also in Winter times can be booked for groups), 7 Minute Break Bar - refreshments, café products and savoury snacks (also takeaway) right next to golf court, Smokesaunas - Kammi and Karhunpesä (own menu's, bookings by groups)

**Service for children:** summer camps, Flowpark, playgrounds, children's menus, lots of guided children's active hours

**Packages:** meeting packages, camps, courses, seasonal packages

**Note:** pets allowed in some rooms, all parking areas are available and free of charge (exl. charging points)

**Summer activities:** SUP & kayaking, swimming, outdoor padel & tennis, forest yoga, Flowpark, nature trails, paintball, disc golf, golf, beachvolley - over 200 different types of sports in total.

**Winter activities:** snowshoeing, indoor archery, skiing, ice-skating, indoor tennis, padel, badminton, pickleball, bubble football

**Year-round activities:** guided lessons (TRX, different trainings, Vieruyoga, games), two gyms, fitness test station, swimming hall, icehall, biking, curling, floorball, football, gymnastics, ice-hockey, water-training, figure skating, crosstraining

**Rental:** bikes (e-fatbike, trek-bikes, Jopo), frisbee, tennis-padel-squash-badminton racket's, lots of different balls, oce-skates and skis, snowshoes (normal & sliding), SUP & kayaks, maps, nordic walking poles

**Other facilities and services:** week program for FIT, massages, fitness test station, swimming hall/ spa, conference/meeting rooms, accommodation, education

**Accessibility:** preferably reachable by customer's own car etc, but also easily reachable by public transport, Helsinki airport (126 km), Lahti train station (31 km)

**Sustainability:** participant of the Sustainable Travel Finland Program, Salpausselkä Geopark partner

### Curling

Curling is one of the most popular games chosen by companies and groups in Vierumäki. It is an interesting team game played on ice, suitable for all fitness levels.

### DETAILS

**Season:** year-round **Language:** English **Duration:** 60 or 90 min.

**Participants:** 5-40 pax, minimum age 15 years

**Services included:** equipment, guide

### Guided mountainbike trip

Explore Vierumäki's forests on a mountain bike with a guide. The route takes you on a tour round the Institute's different trails, allowing you to test your physical fitness, balance and courage in a way normal cycling doesn't. We have two types of bikes to choose from: electrically assisted e-fatbikes or mountain bikes.

### DETAILS

**Season:** year-round **Language:** English **Duration:** 45 or 90 min.

**Participants:** 1-15 pax, minimum age 10 years

**Services included:** bikes, helmets, guide

### Contact

Vierumäki Sport and Holiday Resort

Teemu Sillanpää

Pihkalantie 3, Vierumäki

[teemu.sillanpaa@vierumaki.fi](mailto:teemu.sillanpaa@vierumaki.fi), [myynti@vierumaki.fi](mailto:myynti@vierumaki.fi)

[vierumaki.fi/en](http://vierumaki.fi/en)



## Holiday Club Vierumäki

Holiday Club Vierumäki is a dream resort for those who gain well-being and strength from comfort and physical activity. The excellent golf courses and opportunities for numerous sports are now supplemented with much more. A hotel with high-quality restaurants, extensive conference services and a relaxing day spa.

### Accommodation at Holiday Club Vierumäki

The Holiday Club Vierumäki hotel offers 190 rooms and 557 beds in six different room categories. Some of the Standard Twin and Standard Double Plus rooms are pet-friendly.

Accessible Standard Esteetön rooms meet accessibility requirements extremely well. There are 14 rooms in the category, and each can be connected to a Standard Twin room.

All hotel rooms are non-smoking.

### DETAILS

**USPs:** surrounded by beautiful Finnish nature, excellent golf courses and opportunities for numerous sports, Holiday Club Vierumäki Spa and Sauna World (will open 2024)

**Season:** year-round

**Language:** English

**Number & type of rooms:** 190 rooms and 557 beds. Room categories: Standard Twin, Standard Double Plus, Standard Esteetön (Accessible), Superior Double, Superior Double Family and Suite

**Spa & Wellness:** Two traditional saunas open 6 days a week. One for ladies, one for gentlemen. Day Spa (Spa opening in the end of 2024). Wellness room in hotel.

**Restaurants:** Holiday Club Vierumäki Hotel is complemented by two restaurants with taste experiences - Hill Grill and Pine Pub. One can easily enjoy great food through out the day starting from breakfast.

**Service for children:** miniature golf (summer) and bowling

**Packages:** packages available on request

**Note:** 31 pet-friendly rooms in Standard Twin and Standard Double Plus categories, free parking on the hotel site

**Accessibility:** preferably reachable by customer's own car; also easily reachable by public transport, Helsinki airport (120 km), Lahti train station (25 km)



## Premium Resorts

Premium Villas Vierumäki is located in the middle of Finnish Lakeland only just over an hour away from the airport and Helsinki. The villas are situated in an excellent location in Vierumäki, in the middle of Finland's most versatile well-being and sports services.

### Luxurious villa accommodation at Premium Resorts

Our stylish log villas offer luxury for families and groups of friends or workmates by the nature. Decorated in Scandinavian style, the villas with large panoramic windows and outdoor hot tubs guarantee an unforgettable break in the middle of everyday life.

### DETAILS

**USPs:** Premium Resorts was born out of a desire to bring together Finnish nature, the best domestic expertise and quality-conscious customers. We offer luxurious leisure accommodation in our carefully selected destinations. In our holiday villages, you take care of the well-being of your mind and body.

**Founded:** 2019, family owned company

**Season:** year-round

**Language:** English

**Number & type of accommodation:** 8 apartments in 5 different villas: 4 luxurious log Villas (Villas Wood, Mocca, Grey and Snow) and the large villa Mammutilinna that works great for larger parties and meetings

**Villas facilities:** excellent high-end brands home appliances: dishwasher, oven, stove, microwave and washing machine. A drying cabinet can be found in the Wood, Mocca and Grey log villas.

**Spa & Wellness:** all villas have own sauna and outdoor jacuzzi. In Mammutilinna there is a sauna area including indoor jacuzzi

**Note:** some villas are pets-friendly, each villa with own parking area

**Other facilities and services:** rental of bikes

**Accessibility:** preferably reachable by customer's own car. Shuttle transfer can be arranged at additional fee. Vierumäki can also be reached from Helsinki first by train to Lahti and from Lahti by bus to Vierumäki. Helsinki airport (125 km), Lahti train station (30 km)

**Sustainability:** Participant of the Sustainable Travel Finland program

### Contact

Holiday Club Vierumäki  
Jonna Rothberg-Maikkonen  
Urheiluoopistontie 400, 19120 Vierumäki  
jonna.rothberg-mikkonen@holidayclub.fi  
[www.holidayclubresorts.com/en/resorts/vierumaki](http://www.holidayclubresorts.com/en/resorts/vierumaki)

### Contact

Premium Resorts  
Marjukka Lemmetti, Jarno Purtsi  
Urheiluoopistontie 445, Heinola (cottages)  
Vesijärvenkatu 76, 15140 Lahti (postal address)  
[info@premiumresorts.fi](mailto:info@premiumresorts.fi), [www.vierumaki.fi/en](http://www.vierumaki.fi/en)



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## Lehmonkärki Resort

A high-quality Lehmonkärki Resort, offers luxury for all the senses. We offer stylish and high-quality meeting and accommodation facilities, a kitchen that offers delicacies made from local ingredients and, above all, individual and first-class service. Clean water, beautiful nature and silence come on top of the deal.

### Accommodation at Lehmonkärki

There are 15 different cabins and villas in the area, with a wonderful view of Päijänne. Our accommodation villas are located surrounded by beautiful nature. The villas are well equipped to meet the needs of even demanding customers. The modern wood-paneled cottages and villas have high-quality equipment, hotel-level beds, private saunas, outdoor jacuzzis and cozy terrace areas. For couples, who want luxury, we have Haasi Mirror Houses which are built on the lake.

### DETAILS

**USPs:** luxury accommodation in Haasi Mirror Houses on the lake and upscale accommodation villas.

**Opened:** business was founded in 1967, family business

**Season:** year-round

**Languages:** English, German, Swedish

**Number & type of accommodation:** cottages and villas, conference villas, Haasi Mirror Houses, Villa Vellamo boutique rooms. Beds for 140 people in hotel rooms and villas.

**Accommodation facilities:** The villas are well equipped to meet the needs of even demanding customers. The modern wood-paneled cottages and villas have high-quality equipment, hotel-level beds, private saunas, outdoor jacuzzis and cozy terrace areas.

**Spa & Wellness:** Each cottage has its own sauna and almost every cottage has an own outdoor jacuzzi. In addition, the Sauna World has own saunas and outdoor jacuzzis.

**Restaurants:** In summer time one beach restaurant. Other times restaurant by order.

**Service for children:** playground, billiards, table tennis

**Packages:** public holidays are packaged separately, e.g. Christmas, New Year's, Easter and summer weeks

**Note:** pets allowed in several cottages, own parking at each cottage



**Other facilities and services:** rental of Rowing boats, Jet skis, Electric mountain bikes, SUP-boards, Kayak, Frisbee discs, outboard motor, electronic fat bikes, snowmobiles, curling, tennis, fishing equipment and all equipment of the group activities. Summer cafe, catering, spa possibility, massages, recreational activities (tournaments, games and sauna world), events.

**Accessibility:** preferably reachable by customer's own car; Helsinki airport (140 km)

**Sustainability:** Green Key Certificate, Sustainable Travel Finland Label

### Electric mountain bike tour

Rental electric mountain bikes to explore the region and nature as a fun activity. Suitable for small groups and for solo bikers. Our route selection has different kind of terrains and length for everyone. One of the most popular destinations for bikers is the magnificent Pulkkilanharju ridge, part of the Päijänne National Park and Salpausselkä UNESCO Global Geopark.

### DETAILS

**Season:** summer, spring, autumn, winter (2 bikes)

**Language:** English

**Duration:** 3 h

**Participants:** 1-10 pax, minimum age 12 years

**Starting point & time:** Lehmonkärki Reception

**Services included:** helmet, locks, backpack if needed, phone holder, guidance at the reception (how to use bikes and route tips)

**Note:** self-guided activity

**Optional:** guide for a fee

### Kayaking trip

Rent Sit On Top -kayaks and go explore Päijänne! Kayaks are very stable and easy to steer. One kayak can accommodate 1-3 people. One of the most spectacular Salpausselkä UNESCO Global Geopark sites, the island Kelvenne in the Päijänne National Park can be reached by kayak in 1-2 hours. Camping on the island for the night also possible!

### DETAILS

**Season:** summer, early autumn and late spring

**Language:** English

**Duration:** 3-3.5 h

**Participants:** 1-10 pax, minimum age 7 years

**Starting point & time:** Lehmonkärki Reception

**Services included:** kayak, paddle, life jackets, instructions how to use kayaks and route tips

**Note:** self-guided activity

### Contact

Lehmonkärki Resort

Jenni Sumanen and Kirsti Simola

Lehmonkärjentie 180, 17320, Asikkala

[lehmonkarki@lehmonkarki.fi](mailto:lehmonkarki@lehmonkarki.fi)

[www.lehmonkarki.fi](http://www.lehmonkarki.fi)





## Yli-Kaitala Resort

Yli-Kaitala Resort is an idyllic lakeside retreat with well-equipped cottages, unique saunas and private restaurant for hire. Perfect also for family celebrations, company events, fishing vacations and serene getaways. Embrace nature's beauty and indulge in unforgettable experiences.

### Cottage accommodation at Yli-Kaitala

Well-equipped accommodation with internet connection in the middle of beautiful Finnish nature.

#### DETAILS

**USPs:** beautiful nature and lake, all cottages have their own shore

**Founded:** 1993, family run business

**Season:** year-round

**Languages:** English, German, Swedish

**Number & type of accommodation:** 4 apartments, 11 cottages

**Cottage facilities:** All cottages have modern conveniences, e.g. Auringonsilta is a luxurious two-story holiday lodge with 3 bedrooms each with own WC and shower, plus an additional bedroom in the lakeside sauna building.

Honkalinna is a handmade log cottage with 5 bedrooms, 2 saunas, 2 WCs, 2 showers and jacuzzi.

Säveltupa Grandma's cottage has 2 saunas, WC and shower.

**Spa & Wellness:** Sammalsauna is a unique sauna in the shape of a hemisphere, where you can enjoy a variety of scents, sounds and light and an outdoor jacuzzi.

Kettusauna is a renovated old lakeside sauna only one meter from Lake Kettujärvi. On the terrace beside the sauna there is a hot tub.

**Restaurants:** catering restaurant (for private hire)

**Note:** pets-friendly accommodation, parking available

**Activities:** cycling (e-fatbikes and normal bikes), fishing, canoeing, hiking, church boat rowing, short activity games for groups, cross-country skiing, snowshoe trips, cycling, snowmobile

**Other facilities and services:** rental of snowmobiles, bikes, snowshoes, canoes; conference, saunas, innovation sauna, hot tub (normal and movable)

**Accessibility:** preferably reachable by customer's own car, Helsinki airport (150 km), closest train station (22 km)

**Sustainability:** participant of the Sustainable Travel Finland program, own sustainability program

### Moss-sauna Sammalsauna

Sammalsauna (Moss-sauna) is a unique sauna, where you can enjoy a variety of scents, sounds and light, sing karaoke on sauna benches and sit in an outdoor jacuzzi. The moss sauna offers a unique sauna experience with hundreds of colour changing LED lights creating the atmosphere of your choice. In addition to enjoying the warmth of the sauna you can sing karaoke, choose your own 'sauna fragrance', listen to the music and even watch television.

#### DETAILS

**Season:** year-round

**Languages:** English, German

**Duration:** 3 h

**Participants:** the sauna accommodates 15-17 people comfortably, children have to be accompanied by adults

**Starting point & time:** at the reception, time flexible on demand

**Services included:** towels, shampoos, sauna hats and seat covers, guide, bathing in the Sammalsauna & outdoor Jacuzzi

**Optional services:** meals, accommodation

**Note:** in winter time possibility for a dip or a swim in a hole in ice of Lake Kettujärvi

### Trip with church boat

Enjoy rowing with a big church boat from Lake Kettujärvi through Kymenkööne towards the River Kymijoki. We will row totally about three kilometers. On the way back we stop on the Island Lakinsaari and have a nice cup of coffee with some tasty delicacies. Take along a lot of team spirit for this task, same strengths and rhythm for everybody!

#### DETAILS

**Season:** spring, summer, autumn

**Language:** English

**Duration:** 2-3 h

**Participants:** 8-14 pax, children have to be accompanied by adults

**Starting point & time:** Yli-Kaitala, time flexible on demand

**Services included:** guide, coffee and some tasty delicacies

**Optional services:** accommodation, sauna, restaurant

#### Contact

Yli-Kaitala Resort

Virpi Yli-Kaitala

Kaitalantie 323, 47490 Mankala

[info@yli-kaitala.com](mailto:info@yli-kaitala.com)

[yli-kaitala.com/en](http://yli-kaitala.com/en)

# ACCOMMODATION



## Radalla Resort

Radalla Resort is a multi-function lakeside travel destination in Iitti, Southern Finland. The resort offers comfortable accommodation, tasty food in the manor restaurant Balladi, relaxing sauna, recreation services and event planning.

### Accommodation at Radalla Resort

Radalla Resort offers lakeside accommodation in hotel and manor house and lakeside suites. The lakeside hotel has 25 twin rooms, of which some can also fit an extra bed. The recently renovated manor house has 2 twin and 1 triple room as well as 2 suites with double beds with a balcony facing the lake. The 10 Scandinavian style lakeside suites for two persons were finished in summer 2022.

### DETAILS

**USPs:** semi secluded location surrounded by the most beautiful lakeside views & nature, but still easily accessible; over 1 km shoreline; personal service

**Founded:** 2019, the business is run by a small family-owned company Balladissa Oy

**Season:** year-round **Language:** English

**Number & type of rooms:** 25 hotel rooms, 5 manor house rooms, 10 lakeside suites

**Room facilities:** en suite bathroom with shower, two single beds (90 cm)/ one double bed (160 cm) with (double) spring mattress and bed side tables, flatscreen tv, free WiFi. More details on the website.

**Spa & Wellness:** currently 3 saunas - a traditional log cabin sauna, a dark, stylish sauna in the cellar of the manor house and a sauna and barbeque hut on the lakefront. 2 new saunas (lakeside sauna & floating sauna) currently being built & expected to be ready by autumn

**Restaurants:** 1 restaurant

**Other facilities and services:** rental of SUP boards, rowing boat, bikes, nordic walking sticks

**Note:** some pet friendly hotel rooms and lakeside suites; free parking is available

**Accessibility:** preferably reachable by customer's own car; Lappeenranta airport (106 km), Helsinki airport (133 km)

**Sustainability:** participant of the Sustainable Travel Finland program



## Ilola Inn

Ilola Inn is a boutique hotel that has been renovated to a 138-year-old post office/ guesthouse. We are surrounded by beautiful nature. The hotel is open all year round. Summer cafe and port for 20 boats are open in summer time. Two years in a row, boaters have voted Ilola Inn as the guest marina of the year 2021 and 2022. Two different saunas and an outdoor infinity pool. We customize family parties and meeting events.

### Accommodation at Ilola Inn

Ilola Inn has eight rooms or suites. There are options from double rooms to four-person luxury suites. All our facilities are decorated with style and quality. Your pleasure is crowned by the magnificent setting and views of Lake Päijänne.

### DETAILS

**USPs:** luxury suites, saunas and year-round warm infinity pool.

**Season:** hotel and restaurant are working year round, summer cafe only June-August

**Language:** English

**Number & type of rooms:** 8 rooms in total: 4 regular rooms, 2 suites and 2 luxury suites. Accommodation for 20 people.

**Room facilities:** common in all room types: beds are Unikulma™ quality, the bedding is cotton satin and the duvets are down, bathrooms have a rain shower, allergy-friendly, flat-screen tv, hairdryer and iron. Most rooms have a great view of lake Päijänne. The luxury suites have a large private terrace. More details on the website.

**Spa & Wellness:** modern landscape sauna and traditional wooden sauna. Morning sauna from 8 am to 10 am is included in the room price. At other times rental according to the price list.

**Restaurants:** 1 restaurant

**Note:** pets not allowed, parking places available

**Other facilities and services:** rental of fat-bikes, saunas, SUP boards and kayaks

**Accessibility:** preferably reachable by customer's own car; Jyväskylä airport (135 km), Helsinki airport (185 km)

**Sustainability:** participant of the Sustainable Travel Finland program

### Contact

Radalla Resort  
Elina Tikkanen  
Uimarintie 1 47400 Kausala  
[elina.tikkanen@radallaresort.fi](mailto:elina.tikkanen@radallaresort.fi), [sales@radallaresort.fi](mailto:sales@radallaresort.fi)  
[radallaresort.fi/en](http://radallaresort.fi/en)

### Contact

Ilola Inn Oy  
Caris Kamar  
Suopellontie 703, 19700, Sysmä  
[info@ilolainn.fi](mailto:info@ilolainn.fi)  
[ilolainn.fi/en](http://ilolainn.fi/en)



## Manor Virtaan Kartano

Manor was built in the late 1790s and is part of the valuable cultural landscape in Sysmä. It is located at the river Tainionvirta. The partly two-storey Virtaa Manor is known for its amazing ceiling paintings. At the moment it is owned by the fifth generation of the same family.

### Cottage accommodation at Virtaa Manor

Virtaa Manor offers comfortable cottage accommodation in a beautiful historical milieu.

Väentupa Cottage is located on a beautiful manor house estate. The well-equipped house (80.0 m<sup>2</sup>) is available for year-round use. Renovated in 2018. Accommodation for 8 persons.

The well-equipped small log cabin Virtavilla is located by the river. Virtavilla was built in 2015 and offers accommodation for 6 persons. Beautiful river landscape, campfire place and a large terrace area. High-quality interior.

The modest but atmospheric cabin Saunamökki is situated by the river. Accommodation for 2 persons. Beautiful river landscape.

### DETAILS

**USPs:** Virtaa Manor is part of the valuable cultural landscape, located nearby lake Päijänne and the river Tainionvirta and surrounded by breathtaking nature. National Park trails are nearby.

**Built:** in late 1790s, family run business in fifth generation

**Season:** year-round

**Language:** English

**Number & type of cottages:** three cottages and additionally traditional log sauna

**Spa & Wellness:** Virtavilla and Saunamökki have sauna with fireplace. Väentupa has sauna and hot tub. Additionally an unique traditional riverside sauna.

**Service for children:** highchair and travel bed

**Note:** no pets allowed, parking available

**Other facilities and services:** rental of SUP boards, bicycles and rowing boats

**Accessibility:** preferably reachable by customer's own car or public transportation from Helsinki or Lahti by bus, Helsinki airport (176 km), Lahti train station (63 km)



## Tervalepikon Torpat

Tervalepikon Torpat offers accommodation in two log cottages and in a holiday house only two hours by car from Helsinki. The owners provide outdoor activities and rent equipments in every season of the year, for example cross-country ski.

### Cottage accommodation at Tervalepikon Torpat

The cottages offer quality accommodation amidst beautiful and tranquil lakeland scenery. They are only a 10-minutes drive from the shops, and the local activities are within easy to reach. The comfortable log cottages Tainan Tupa and Vesa Villa as well as the smaller Villa Ebba holiday house offer lots of space for families and travellers to stay, relax and enjoy the peaceful countryside. Every cottage has its own yard and is situated without near neighbours.

### DETAILS

**USPs:** location near a lake and are surrounded by woodland, National Park trails Päijätsalo and Kammiovuori are nearby

**Opened:** 2004, the owner family Blomqvist runs the business

**Season:** year-round **Language:** English

**Number & type of cottages:** 3 cottages: Tainan Tupa and Vesan Villa are log houses, Villa Ebba is a holiday house

**Cottage facilities:** Tainan Tupa and Vesan Villa: 3 bedrooms, living room, two toilets, sauna, chimney, kitchen, facilities; Villa Ebba: one bedroom and kitchen-livingroom, sauna, toilet, facilities

**Spa & Wellness:** Tainan Tupa and Vesan Villa have sauna with fireplace, Villa Ebba has electricity heated sauna. Additionally, a log sauna on the shore of the lake and a hot tub to rent

**Service for children:** beds and chairs for children

**Note:** pets allowed in Vesan Villa and Ebba, parking available, bikefriendly services (welcome cyclist certificate)

**Activities:** different guided activities e.g. cross-country skiing lessons

**Outdoor trails:** 8 km trails and 16 km (cross-country) skiing trails

**Other facilities and services:** rental of rowing boats, canoes, bikes (standard, mountain-, fatbikes, ebikes), nordic walking poles, cross-country skis, snowshoes, sliding snowshoes, kick sledge, fishing sets

**Accessibility:** preferably reachable by customer's own car, Helsinki airport (180 km), Lahti train station (75 km)

**Sustainability:** Sustainable Travel Finland Label, ECEAT Finland certificate (European Centre for Ecological and Agricultural Tourism), Salpausselkä Geopark partner

### Contact

Virtaan Kartano  
Tiina Stjernvall  
Kymärintie 44, 19700 Sysmä  
[virtaankartano@gmail.com](mailto:virtaankartano@gmail.com)  
[www.virtaankartano.fi](http://www.virtaankartano.fi)

### Contact

Tervalepikon Torpat  
Taina Blomqvist  
Leppäkorventie 410, 19700 Sysmä  
[taina@tervalepikontorpat.fi](mailto:taina@tervalepikontorpat.fi)  
[tervalepikontorpat.fi](http://tervalepikontorpat.fi)



## Heinola Camping

Heinolan Heinäsaari - Holiday and Camping is surrounded by clean and clear water of Lake Ruotsalainen. This privately owned, small resort offers cottages, camping, RV pitches and four saunas for travellers in a picturesque atmosphere only less than 2 hours from Helsinki area. In summer time it is wonderful to swim and in winter time there is the possibility to experience dipping in icy water.

### Cottage and cabin accommodation at Heinola Camping

Heinäsaari Resort has six year-round cottages and 11 traditional summer cabins. Five cottages have a small kitchen and a toilet and they are suitable for maximum 4 persons. One of the cottages is a little bit bigger and it has an open kitchen, a living room sofa area and a shower.

Summer cabins are small traditional old fashioned cabins and they are available from beginning of May until late autumn.

#### DETAILS

**USPs:** location on an island surrounded by crystal clear water, private sauna rental at the shore of the island

**Opened:** Heinäsaari Camping has over 60 years of operation. New owners are operating since January 2021.

**Season:** year-round, but some cabins in summer only

**Language:** English

**Number & type of accommodation:** 6 year-round cottages, 11 summer cabins, 55 caravan/rv-pitches

**Cottage facilities:** open kitchen with fridge, stove, oven, coffee maker, water kettle, toilet, shower and TV

**Spa & Wellness:** 4 saunas located on the shore of Lake Ruotsalainen

**Restaurants:** one café-restaurant

**Service for children:** Games, minigolf

**Note:** pets allowed (for a charge), parking available in front of the cottages and additionally at the reception and café

**Other facilities and services:** rental of rowing boats, bikes, snowshoes, SUP boards, kayak

**Accessibility:** preferably reachable by customer's own car; also easily reachable by public transport, Helsinki airport (133 km), Lahti train station (35 km), bus station (1.5 km)

**Sustainability:** Participant of the Sustainable Travel Finland program, own sustainability program



## Guesthouse Lomakivi Hostel

The tourist farm Lomakivi is situated in Iitti, since 2005. In the yard of a farmhouse at 1868, you can find nowadays accommodation in quality holiday houses for 40 guests.

Lomakivi offers authentic rural experiences in the pure nature of the countryside. The services of Lomakivi are suitable for families, sport and business groups and couple or individual travelers.

### Accommodation at Lomakivi

Lomakivi farm offers accommodation for up to 40 people in 5 log houses. They were built between 2005-2009.

There are four cozy log houses named Kuusitupa, Riihitupa, Vaahteratupa and Apilatupa with own sauna and the hostel Tammitupa with four double rooms, shared two bathrooms and a kitchen-living room. All houses are equipped with their own kitchen.

#### DETAILS

**USPs:** unique log houses, Finnish way of living

**Founded:** 2005, family run business

**Season:** year-round

**Language:** English

**Number & type of log houses:** 5 cottages, each of them has 3-4 bedrooms, suitable for 2-10 guests

**Room facilities:** full kitchen facilities, washing machine, dryer, sauna, living room, 2 bathrooms and satellite-tv

**Spa & Wellness:** sauna in four houses

**Service for children:** baby travel cot, baby chair, trampoline and ponies; nearby (500 m) is safe local beach only 500 metres (the municipality of Iitti cares for it, there are all facilities common beach needs)

**Note:** pets are allowed, (nice surrounding for dogs), parking available

**Other facilities and services:** rental bikes, activities with horses and ponies

**Accessibility:** preferably reachable by customer's own car, Helsinki airport (140 km), Kausala train station (5 km)

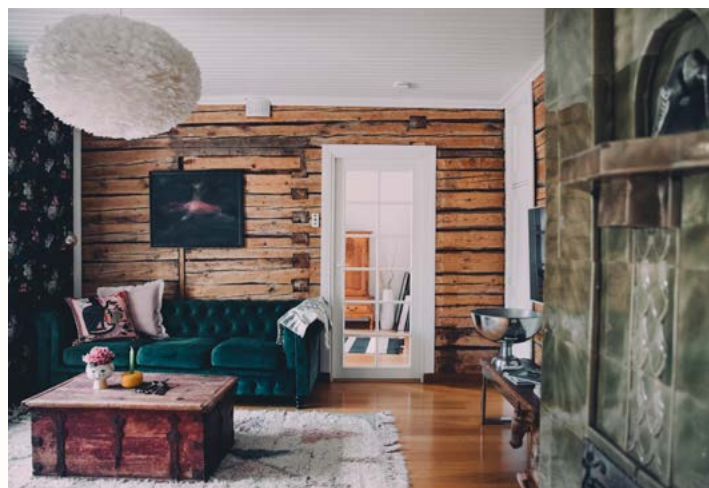
**Sustainability:** certified hostel awarded with the HI Quality & Sustainability (HI-Q&S) certificate, in addition own sustainability program

#### Contact

Heinolan Heinäsaari - Holiday and Camping  
Elina Hynninen  
Heinäsaarentie 101, 18100 Heinola  
[elina@visitheinasaari.fi](mailto:elina@visitheinasaari.fi)  
[www.visitheinasaari.fi/en](http://www.visitheinasaari.fi/en)

#### Contact

Lomakivi Oy  
Virpi Kivinen  
Lomakiventie 4, Kausala  
[info@lomakivi.fi](mailto:info@lomakivi.fi)  
[www.lomakivi.fi/en](http://www.lomakivi.fi/en)



## Apteekinmajoitus

Apteekinmajoitus is an atmospheric and unique small hotel in Old Vääksy right by the Vääksy canal, Asikkala. The wonderful building is over 100 years old and has been renovated with respect for the old. Our customized services in a beautiful milieu guarantee the comfort of the guests.

We cherish local food and individual well-being, and we also offer it to our guests. You always get a full, comprehensive and smooth experience from us. Only one group at a time as our guest.

### Accommodation at Apteekinmajoitus

We have 7 atmospheric double rooms and a sauna room. All rooms have a private bathroom, a refrigerator and a flat-screen TV.

#### DETAILS

**USPs:** The harmonious atmosphere of the house and customized services in a beautiful milieu guarantee the comfort of our guests. We also offer local foods and organic coffee and tea from small farms, soft drinks and ecological wines from Europe.

**Founded:** originally around the year 2008, family-run business

**Season:** year-round

**Languages:** English, Swedish

**Number & type of rooms:** 7 atmospheric double rooms

**Room facilities:** all rooms have a private bathroom, a refrigerator and a flat-screen TV

**Spa & Wellness:** we implement wellness activities for groups, garden sauna planter's herbal baths, and sound bowl relaxation in a landscape shaped by water

**Restaurants:** terrace café is open in summertime

**Packages:** wellbeing packages, overnight meetings, weekends of hormone yoga, geopark package, travel and enjoy a UNESCO heritage site and a landscape shaped by water. For FITs and groups.

**Note:** free parking space in the yard

**Other facilities and services:** company meetings, wellness events and local food events

**Accessibility:** preferably reachable by customer's own car, but pick up service is also offered for a fee, Helsinki airport (115 km), Tampere airport (133 km), Lahti train station (25 km)

**Sustainability:** own sustainability program

### Strength and harmony for the body on the rocks of Asikkala by the water

The wellness instructor takes you and your group to the edge of nature. Ground yourself in nature, and get strength from the rock and the sounds of water.

Let's do calm, stretching warm-up movements. If the group wishes, strength exercises can also be included. Duration with transitions approx. 1.5 h.

#### DETAILS

**Season:** 01.05.-30.09.

**Languages:** English, German, Swedish

**Duration:** 1.5 h

**Participants:** 4-12 pax

**Services included:** guide

### Sound bowl relaxation in the landscape shaped by water, on the wonderful ridges of Salpausselkä

Feel the connection of sound bowls and nature in your body. Indulge in meditative relaxation by nature. Duration with transitions approx. 1.5 h.

#### DETAILS

**Season:** 01.05.-30.09.

**Languages:** English, German, Swedish

**Duration:** 1.5 h

**Participants:** 4-12 pax

**Services included:** guide

**Note:** Each time of the year has its own unique activities for relaxing and giving perfect experiences to the body and mind. We tailor all unforgettable moments for our guests.

### Herbal baths of the garden sauna and a sauna massage from Kalevala

Herbal baths and massages.

#### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 1 h

**Participants:** 2-8 pax

**Services included:** guide

**Note:** Each time of the year has its own unique activities for relaxing and giving perfect experiences to the body and mind. We tailor all unforgettable moments for our guests.

#### Contact

Apteekinmajoitus Vääksy  
Nina Laitiainen  
Vääksyntie 18, 17200 Asikkala  
[info@apteekinmajoitus.fi](mailto:info@apteekinmajoitus.fi)  
[apteekinmajoitus.fi/en](http://apteekinmajoitus.fi/en)

# A C T I V I T I E S





## Best Lake Nature Adventure

Nature trips, activities and nature education in Lahti region since 2016. We take customers to forests, lakes and mires all year round safely and sustainably. We offer activities mainly for small groups. Nature education for school camps and students.

### DETAILS

**Founded:** 2016, owner-run company

**Season:** year-round

**Language:** English

**Summer activities:** wild food trips, hiking, kayaking

**Winter activities:** snowshoe walking, ice fishing

**Year-round activities:** forest walks, forest mindfulness

**Other services:** nature education programs

**Rental:** snowshoes

**Note:** no own accommodation but cooperation with several local accommodation companies

**Sustainability:** participant of the Sustainable Travel Finland Program, Salpausselkä Geopark Partner

### Lake kayaking trip

Enjoy lake nature with this relaxing kayak trip. Depending on the weather your guide will choose the best route for the day. You will get safety instructions and short technique lesson before the trip. We have a break with nice view to lake. After snacks and relaxing we continue our paddling. For this kayaking trip you need slight kayaking experience and you have to be able to swim.

### DETAILS

**Season:** June-September

**Language:** English

**Duration:** 2 h

**Participants:** 2-6 pax, minimum age 12 years

**Starting point & time:** Pajulahti sports institute at a chosen time

**Services included:** all kayaking equipment, snack, guide



### Wildherbs and berries

We walk through forest and pick wild herbs, flowers and berries. Your guide will tell you about these healthy plants and traditions to use them. You will also taste some delicacies made of berries and herbs when we have a break by a small beautiful lake.

This product is suitable also for families with small children.

### DETAILS

**Season:** June-September

**Language:** English

**Duration:** 3 h

**Participants:** 2-10 pax, minimum age 5 years

**Starting point & time:** Pajulahdentie 167, 15580 Nastola (also possible to arrange other places close to customers accommodation), time flexible on request

**Services included:** basket for picking the herbs and berries, snacks and tastes, guide

**Note:** Suitable shoes and clothes for forest walks recommended

### Heart of the swamp

We start our trip from the gate of the local recycling centre. From recycling centre we walk about 1.5 km to Linnaisten suo, one of the largest nature reservation areas in Lahti. There is a wooden path through the swamp. Spruce trees and pine forest are surrounding the swamp area and there are living many birds in these forests. In the middle of the swamp, you will feel like in the real wilderness.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 2.5 h

**Participants:** 2-10 pax (bigger groups on demand), minimum age 7 years

**Starting point & time:** Recycling centre, Sapelikatku 7, 15160 Lahti time flexible on demand

**Services included:** drink and snack, guide

**Note:** bus stop only 300 m from starting point

### Contact

Best Lake Nature Adventures

Annukka Linninen

Pensuontie 65, 15540 Villähde

[info@bestlakenature.com](mailto:info@bestlakenature.com)

[www.bestlakenature.com](http://www.bestlakenature.com)



## Nature Escape

Nature Escape offers unforgettable experiences in the nature for all kinds of groups. Our activities are offered in many different locations and we can even move them to the spot that fits best for you.

### DETAILS

**Founded:** 2018

**Season:** year-round

**Language:** English

**Summer activities:** human foosball

**Year-round activities:** nature escape game, lake floating

### Nature Escape Game

Nature Escape Game is an escape game in the nature, in beautiful Finnish forest. The goal is to solve many different tasks during the game as a team.

To move ahead in the game you need to use your cleverness and logical understanding but most important is cooperation with your team. The game includes light physical activities.

With bigger groups it's possible that teams are competing against each other and see who are the fastest ones to reach the goal!

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** total 75 min., game time max. 60 min.

**Participants:** 2-10 pax/ game, possibility to arrange multiple games simultaneously for up to 80 pax, the recommended age is 10 years

**Starting point & time:** multiple locations for example Vierumäki and Pajulahti, time is flexible but recommended during the day

**Services included:** game instructor

**Optional services:** food, sauna, accommodation etc. with our partners



### Lake floating

Nature floating is a relaxing experience in the middle of wonderful nature. While floating, you can relax and enjoy the feeling of weightlessness as you are kept above the surface by a flotation suit but also have fun with the whole group while making some funny figures together. Nature floating is a great activity for team building and recreational days, bachelor parties and family gatherings.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 75 min., of which 45 min. is floating

**Participants:** 5-10 pax at the same time. Bigger groups are also possible. No age limit but the minimum height to participate is 150 cm.

**Starting point & time:** multiple locations possible

**Services included:** guide, floating suit and other needed equipment



### Contact

Nature Escape

Milla Palvanen

Koulutuskeskuksentie 2, 19120 Vierumäki

[info@naturescape.fi](mailto:info@naturescape.fi)

[www.naturescape.fi](http://www.naturescape.fi)





## Kitetirri Outdoors

Outdoor activities in a unique way. Lessons, rentals and guided trekking tours. We also offer a wide program for team building activities. We are located directly in Salpausselkä UNESCO Global Geopark. Our gear consists from high quality gravel bikes, e-mountainbikes, e-fatbikes, SUP-boards, snowkite, wing ski and skin based short forest skis.

### DETAILS

**Founded:** 2003, owner-run company **Languages:** English, German

**Season:** year-round, but availability varies according to the activity

**Summer activities:** e-biking, gravel biking, SUP-boarding

**Winter activities:** skin based short forest skiing, snowkiting, wing skiing

**Year-round activities:** e-fatbiking

**Rental:** e-fatbikes, e-mountainbikes, gravel bikes, SUP-boards, skin based short forest skis, snowkites, wings, snowshoes

**Other services:** team building with mixed sports, sauna. Cooperation with partners at Salpausselkä Park, therefore Padel and Cross Fit can be added to the mixed sports program

**Sustainability:** participant of the Sustainable Travel Finland program, Salpausselkä Geopark partner

### Full suspension e-mountainbike rental Lahti - Salpausselkä

Cube's with full suspension and 2,6" wide tires are suitable especially for trails and touring. They are equipped with a big 625w battery and you can reach up to 120 km without loading. Tires are good for trails on a forest and for paved road tours. Bikes are equipped with lights in dark season. GPS device to rent for a fee.

### DETAILS

**Season:** 01.04.-30.11. **Languages:** English, German

**Duration:** from 3 h to a full day

**Participants:** 1-14 pax, minimum age 18, kids with adults 12 years

**Starting point & time:** Kitetirri Outdoors between 10-18 h

**Services included:** e-mtbs with full suspension, helmets and goggles, instruction and driving practice for e-mtb's

**Optional services:** guided tour led by an experienced guide

**Note:** some e-mtb knowledge required

### Contact

Kitetirri Outdoors  
Pekka Tirkkonen  
Hämeenlinnantie 59, 15800 Lahti  
[kietetirri@gmail.com](mailto:kietetirri@gmail.com)  
[www.kietetirri.fi](http://www.kietetirri.fi)



## Jump up

Jump up is a high quality safari company offering snowmobile and all-terrain vehicle safaris. During winter season, we offer snowmobile safaris, sport equipment and other experience services in Lahti.

### DETAILS

**Founded:** 1993, owner-run company

**Season:** year-round

**Language:** English

**Summer activities:** quad safari

**Winter activities:** snowmobile driving, snowshoe trips

**Year-round activities:** horseback riding

**Rental:** winter clothing for adults, snowshoes

**Note:** private fireplace for grilling places; no own accommodation but cooperation with several local accommodation companies

**Sustainability:** own sustainability program

### Quad driving

Quad driving on roads and fields in a private area.

### DETAILS

**Season:** May-December

**Language:** English **Duration:** max. 2 h

**Participants:** 2-5 pax, minimum age 18 years

**Starting point & time:** at Messilä at a flexible time

**Services included:** guided drive

**Optional services:** equipment, safari snacks and transportation

### Snowmobile driving

Driving snowmobiles on roads and fields in a private area.

### DETAILS

**Season:** end of December-end of March

**Language:** English **Duration:** max. 2 h

**Participants:** 2-5 pax, minimum age 18 years

**Starting point & time:** at Messilä at a flexible time

**Services included:** guided tour

**Optional services:** equipment, safari snacks and transportation

### Contact

Jump up Oy  
Jyrki Helminen  
Messiläntie 318, 15860 Messilä  
[jumpupoy@gmail.com](mailto:jumpupoy@gmail.com)  
[www.jumpup.fi](http://www.jumpup.fi)



## Salpausselkä Pro Fishing

We offer guided fishing tours and accommodation in Salpausselkä area. Activities and relaxation in Lakeland Finland.

### DETAILS

**Founded:** 2022, owner run business

**Season:** year-round

**Language:** English

**Summer activities:** guided fishing trips and boat cruising in lake nature, jig fishing

**Winter activities:** ice fishing

**Note:** four accommodation partners for packages: Ilola Inn, Iso-Naappila, Virtaan Kartano and Yli-Kaitala Resort

**Sustainability:** We are Salpausselkä Geopark partner company and follow sustainable principles.

### Jig fishing for up to 4 persons

Jig fishing with a modern, high end electrical equipped fishing boat.

### DETAILS

**Season:** 01.05.-30.10.

**Language:** English

**Duration:** 4-5 h

**Participants:** 1-4 pax

**Starting point & time:** the boat can be moved to almost any lake, time negotiable

**Services included:** fishing guide, a fishing boat with fuel and the necessary fishing equipment, as well as life jacket

**Optional services:** by agreement, lunch break by an island campfire/ lunch package, transfer



### Jig fishing for groups up to 8 persons

Guided jig fishing tour with a modern electrical equipped fishing raft. Flat floor ensures unobstructed wheelchair access.

### DETAILS

**Season:** 01.05.-30.10.

**Language:** English

**Duration:** 4-5 h

**Participants:** 1-8 pax

**Starting point & time:** lake Vesijärvi, Niemi harbour (Kipparinkuja 1, Lahti), time negotiable

**Services included:** fishing guide, a fishing boat with fuel and the necessary fishing equipment, as well as life jacket

**Optional services:** by agreement, lunch break by an island campfire/ lunch package

### Cruise on lake Vesijärvi

See Lahti silhouette from lake Vesijärvi. Compact cruise for up to 8 persons.

### DETAILS

**Season:** 01.05.-30.10.

**Language:** English

**Duration:** 3 h

**Participants:** 1-8 pax

**Starting point & time:** at any harbour at lake Vesijärvi, time negotiable

**Services included:** guide, life vest

**Optional services:** campfire meal on an island can be arranged on request



### Contact

Salpausselkä Pro Fishing

Janne Suhonen

[info@profishing.fi](mailto:info@profishing.fi)

[www.profishing.fi/en](http://www.profishing.fi/en)



## Jounin Kalakeikka Fishing Tours

Jounin Kalakeikka arranges fishing tours in Lahti Region. We took hundreds of happy fisherman on unforgettable fishing tours.

### DETAILS

**Founded:** 2019, owner run business

**Season:** year-round

**Language:** English

**Summer activities:** fishing and boating trips

**Sustainability:** We are Salpausselkä Geopark partner company and follow sustainable principles.

### Half day OR Full day fishing tour on lake Vesijärvi

Half day (3-4 hours) or full day (6-8 hours) fishing tour on lake Vesijärvi in Lahti. Fishing style is jigging. You don't need previous fishing experience. We can arrange the fishing license for you. Available also for larger groups, up to 25 person (or even more). Reservations for larger groups at least two weeks in advance. Our fishing vessel are fishing boats and fishing ferries.

### DETAILS

**Season:** May-October

**Language:** English

**Duration:** 3-4 h (half day) or 6-8 h (full day)

**Participants:** 1-40 pax

**Starting point & time:** Vesijärvi, Niemi harbour (Kipparinkuja 1, Lahti), time negotiable

**Services included:** professional fishing guide, all fishing equipment and lifejackets, soft drinks

**Optional services:** small campfire picnic lunch on the island (incl. coffee/ tea and salmon sandwiches), fishing license for the day



### Fishing tour

Full day (6-8 hours) fishing tour on lake Vesijärvi in Lahti. Fishing style is jigging. You don't need previous fishing experience. We also can arrange a fishing license for you. We also can take a larger group (up to 25 persons or even more) for a fishing tour. Reservations for larger groups at least two weeks in advance. Our fishing vessels are fishing boats and fishing ferries. Welcome to fishing with us and enjoy beautiful and pure Finnish nature!

### DETAILS

**Season:** May-October

**Language:** English

**Duration:** 6-8 h

**Participants:** 1-40 pax

**Starting point & time:** Vesijärvi, Niemi harbour (Kipparinkuja 1, Lahti), time negotiable

**Services included:** professional fishing guide, all fishing equipment and lifejackets, soft drinks

**Optional services:** small campfire picnic lunch on the island (incl. coffee or tea and salmon sandwiches), fishing license for the fishing day.

### Boat tour on lake Vesijärvi in Lahti

Welcome to our boat tour on lake Vesijärvi in Lahti. We are boating around on the lake and enjoy beautiful Finnish nature and magnificent views. We can make a stop on the island and prepare lunch at a campfire.

### DETAILS

**Season:** May-October

**Language:** English

**Duration:** flexible, according to the customer's wish

**Participants:** 1-25 pax

**Starting point & time:** Vesijärvi, Niemi harbour (Kipparinkuja 1, Lahti), time negotiable

**Services included:** guide

**Optional services:** small campfire picnic lunch on the island (incl. coffee or tea and salmon sandwiches)

### Contact

Jounin Kalakeikka

Jouni Niiranen

[jouni@kalakeikka.com](mailto:jouni@kalakeikka.com)

[www.kalakeikka.com/fishing-in-finland](http://www.kalakeikka.com/fishing-in-finland)



## Päijänne Cruises Hilden

Päijänne-risteilyt Hilden runs cruises on Lake Päijänne since 1963. Boat Trips and Fun Cruises on Lake Päijänne Area. Cruises from Lahti, Heinola, Jyväskylä. Also Charter Cruises for groups of 10-175 passengers. All boats have restaurant services.

### DETAILS

**Founded:** 1963, family run business

**Season:** May to September

**Language:** English

**Summer activities:** scheduled boat trips and pleasure cruises, charter cruises

**Sustainability:** own sustainability program

### Lunch cruise from Lahti to Vääksy Canal

Relaxing summer cruise with family or friends on Lake Vesijärvi and beautiful Vääksy Canal.

### DETAILS

**Season:** June-August

**Language:** English

**Duration:** 4 h

**Participants:** 1-175 pax

**Starting point & time:** Lahti Passenger Harbour; address: Satamankatu 5, Lahti (nearby the Sibelius Hall) at 13 h

**Services included:** 4-h-cruise, the boat captain is guiding the scenery and stories on the way

**Optional services:** Finnish lunch buffet

**Note:** restaurant and bar are open during the cruise

### Summer evening cruise from Lahti

Summer Evening Cruise from Lahti on Lake Vesijärvi and to the beautiful Vääksy Canal including dinner buffet on board.

### DETAILS

**Season:** June-August

**Language:** English

**Duration:** 4 h

**Participants:** 1-175 pax

**Starting point & time:** Lahti Passenger Harbour; address: Satamankatu 5, Lahti (nearby the Sibelius Hall) at 18 h

**Services included:** 4-h-cruise, dinner buffet, the captain is guiding on the boat during the cruise

**Note:** restaurant and bar are open during the cruise

### Two canal route Lahti-Heinola-Lahti

A fascinating all day cruise route on southern Lake Päijänne: two canals and three different lakes.

### DETAILS

**Season:** June-August

**Language:** English

**Duration:** 10 h

**Participants:** 1-175 pax

**Starting point & time:** Lahti Passenger Harbour; address: Satamankatu 5, Lahti (nearby the Sibelius Hall) at 9 h

**Services included:** 10-h-cruise, Finnish lunch buffet, the captain is guiding on the boat during the cruise

**Note:** restaurant and bar are open during the cruise



### Contact

Päijänne-risteilyt Hilden Oy - Päijänne Cruises Hilden  
Eija Hilden

Pellonpääntie 23 A, 40820 Haapaniemi (Jyväskylä)

[info@paijanne-risteilythilden.fi](mailto:info@paijanne-risteilythilden.fi)

[www.paijanne-risteilythilden.fi/en](http://www.paijanne-risteilythilden.fi/en)



## M/S Happy Days

The Happy Days ship is a tugboat built in 1886. Charter cruises for a maximum of 12 people from Lahti harbour on Lake Vesijärvi. Spend a team sauna evening, a meeting or a staff recreation day at Lake Vesijärvi!

### DETAILS

**Founded:** 2011, family run business

**Season:** April-September

**Languages:** English

**Summer activities:** charter cruises, sauna, swimming, fishing, SUP

### 3-hour sauna and swimming cruise

A 3-hour swimming and sauna cruise at Lake Vesijärvi. Upon request, the cruise can be extended (hourly fee).

### DETAILS

**Season:** May-September

**Language:** English

**Duration:** 3 h

**Participants:** max. 12 pax

**Starting point & time:** at Lahti harbour, time can be prearranged

**Services included:** guided cruise, use of sauna, rental towels

**Optional services:** possibility to extend the duration of the cruise

**Note:** guests are allowed to bring own food and drinks



## EW Dive Travel

EW Dive is a leading swimwear and diving centre in the Lahti area. EW Dive is a PADI Five Star Center. We also are Travel Agency: We organize sport and wellness trips in Finland and abroad. We support sustainable development tourism. We are a certified Travelife agency.

### DETAILS

**Founded:** 2002, family run business

**Season:** year-round **Language:** English

**Summer activities:** swim courses

**Winter activities:** ice dive courses

**Year-round activities:** scuba dive courses

**Rental:** scuba dive gear (dry suits not included)

**Other services:** other activities with partner companies, for example bike tours, yoga and pilates

**Sustainability:** We are a Travelife certified company, so our operations in whole are sustainable.

### Ice diving holiday in Lake Päijänne

Welcome to Lahti area for an active holiday scuba diving under the ice. EW Dive organizes 2 ice diving courses in February 2024 in Lake Päijänne.

You must have AOWD and dry suite certificates. The minimum number of participants for the course is 4 people.

### DETAILS

**Season:** starting in Feb. 2024, two courses (7.2. and 21.2.2024)

**Language:** English

**Duration:** 5 days/ 4 nights

**Participants:** 4-12 pax, minimum age 18 years

**Services included:** Padi's Ice Diving course (2 days), certification card, local area transportation (Lahti-Vääksy), equipment (tanks (air) and weights), snacks and beverages during diving days, guide during dive excursions. The price includes 4-day accommodation incl. breakfast in Apteekinmajoitus.

**Optional services:** airport transportation from and to the airport. Other meals. Dry suit, under suit, mask, regulator, BCD and fins.

### Contact

M/S Happy Days

Esa Mykkänen

Proomukatu 2 a 2, 15140 Lahti

[esa.mykkanen@phnet.fi](mailto:esa.mykkanen@phnet.fi)

[www.happydayslaiva.fi](http://www.happydayslaiva.fi)

### Contact

EW Dive Travel / Enterprising Wave Oy

Tanja Laine

Hämeenlinnantie 59, 15800 Lahti

[tanja.laine@ewdive.com](mailto:tanja.laine@ewdive.com)

[www.ewdive.com](http://www.ewdive.com)



## Riding School Okeroisten Talli

We are a small quality certified riding school in Lahti, only 10 minutes from the city center. We offer a variety of lessons for beginners and advanced riders and have the possibility for trail rides in a beautiful nature or riding our original Finn horses in inside and outside arenas.

### Accommodation at Okeroisten Talli

Small B&B housing with air conditioner, kitchen and beds. The guesthouse is right next to the stable with a wonderful view to the fields.

#### DETAILS

**USPs:** beautiful view

**Founded:** 2007, owner run business

**Season:** year-round

**Language:** English

**Number & type of rooms:** guesthouse for two persons

**Room facilities:** kitchen, beds, air conditioner

**Note:** pets not allowed, parking places available, the guesthouse does not have running water, so the shower and the bathroom are in a different building

**Activities:** trail riding, riding lessons

**Other facilities and services:** rental of a helmet, no-shout device and earpeace

**Accessibility:** preferably reachable by customer's own car, but also easily reachable by public transport, pick up service is also offered for a fee, Helsinki airport (approx. 100 km), Lahti train station (5.6 km)

**Sustainability:** own sustainability program

### Private beginner riding lessons

Riding lessons for beginners. Half of the lesson we practice grooming and tacking up the horse and the other half we'll be focusing on the basics of riding.

#### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 1 h

#### Contact

Riding School Okeroisten Talli  
Suzanni Bebek  
Kunnantie 133, 15820 Lahti  
[okeroistentalli@gmail.com](mailto:okeroistentalli@gmail.com)  
[www.okeroistentalli.fi/en](http://www.okeroistentalli.fi/en)

**Participants:** 1-3 pax, minimum age 10 years

**Starting point & time:** Riding school Okeroisten talli at a flexible time

**Services included:** riding helmet, riding instructor

**Note:** comfortable clothing according to the weather required. Needed are gloves, riding pants, boots with a little heel (no flat-bottomed shoes) and a cap or a scarf to put under the helmet

**Optional:** transportation can be arranged for extra cost

### Trail riding lesson

We have experienced horses for riding outside on trails, fields, forests and roads in a private area. For this lesson you should already know how to tack up a horse and be able to handle horses in different speeds and gaits.

#### DETAILS

**Season:** year-round if the weather allows

**Language:** English

**Duration:** 1 h

**Participants:** 1-6 pax, minimum age 12 years

**Starting point & time:** Riding school Okeroisten talli at a flexible time

**Services included:** riding helmet, riding instructor

**Note:** comfortable clothing according to the weather required. Needed are gloves, riding pants, boots with a little heel (no flat-bottomed shoes) and a cap or a scarf to put under the helmet

**Optional:** transportation can be arranged for extra cost

### Dressage lesson

A riding lesson focused on improving the riders seat, aids and contact with the horse. The lessons can have different themes and are always personalized for the rider and their riding skill.

#### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 1 h

**Participants:** 1-6 pax, minimum age 12 years

**Starting point & time:** Riding school Okeroisten talli at a flexible time

**Services included:** riding helmet, riding instructor

**Note:** comfortable clothing according to the weather required. Needed are gloves, riding pants, boots with a little heel (no flat-bottomed shoes) and a cap or a scarf to put under the helmet.

**Optional:** transportation can be arranged for extra cost



## Guides in Lahti Region

The guide association is a marketing channel and a network where the guides are working as individual entrepreneurs. We offer guided tours around the Lahti region and the Salpausselkä UNESCO Global Geopark. Culture tours and technical visits are the most popular tours. Accessible tours are available.

### DETAILS

**Founded:** 1975, large network of individual guide entrepreneurs working together

**Season:** year-round

**Languages:** individual guides can serve in English, Finnish, Swedish, German, Russian, Estonian, Italian, French, Spanish, Slovak/Czech, and Hungarian

**Year-round activities:** various guided tours around the Lahti region and the Salpausselkä UNESCO Global Geopark

### Cultural sightseeing in Lahti Region

This tour can be arranged on foot or by bus.

During the walking tour, you will get to know internationally known sculptor Olavi Lanu's sculptures in various locations.

On the bus tour, you will see the major sights around Lahti. Enjoy the pristine nature in the Sports Centre, see Lake Vesijärvi, and hear stories about the Wood Architecture Park. The old industrial past of the city is intertwined with the present and future Lahti.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 2-3 hours

**Participants:** min. 6 pax, if there are more than 20 pax on the walking tour, there will be 2 guides

**Starting point & time:** on request of the customers

**Services included:** guide services

**Note:** an accessible walking tour is possible to arrange when informed in advance.



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### Tour to the fascinating Salpausselkä UNESCO Global Geopark

This tour can be arranged on foot or by bus.

During the walking tour, you will get to enjoy the pure air and pristine nature. There are several starting points.

On the bus tour, you will see the nature sights around the Salpausselkä Geopark. Enjoy the stories about how the ice age has molded the area and how people have settled here. Possibility to drive to Pulkkilanharju esker and see Finland's 2nd biggest lake with awesome views.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** 2-4 h

**Participants:** min. 6 pax

**Starting point & time:** on the request of the customer

**Services included:** guide services

**Note:** an accessible walking tour is possible to arrange when informed in advance.

### Circular economy in Lahti Region

This tour is for professional groups with an interest in the circular economy.

The tour can be tailor-made to suit the group's interests. Recommended attraction is Salpakierto Ltd, where 99% of all municipal waste is utilized.

### DETAILS

**Season:** year-round

**Languages:** English, Russian

**Duration:** variable

**Participants:** variable

**Starting point & time:** on the request of the customer

**Services included:** guide services

**Note:** Lahti was the European Green Capital 2021. Lahti is a city of bold environmental actions. The nature conservation work regarding Lake Vesijärvi has been ongoing for decades, bringing with it unique environmental expertise to the city

### Contact

Lahten seudun oppaat ry / Authorized Guides in Lahti Region  
Päivi Oksanen

c/o Oksanen, Patosillankatu 3, 15700 Lahti

[lahti.oppaat@gmail.com](mailto:lahti.oppaat@gmail.com)

[lahdenseudunoppaat.yhdistysavain.fi/inenglish](http://lahdenseudunoppaat.yhdistysavain.fi/inenglish)



## Travellamo

Travellamo is specialized in Traditional Finnish Sauna Treatment services. Travellamo's Traditional Sauna Experiences are authentic, hospitable, safe, inclusive, sustainable and professional.

### DETAILS

**Founded:** 2008, owner run business

**Season:** We operate all year around, main focus is on summer season. The sauna experiences are facilitated at the location, where customers are having their accommodation, whether it is a lake side cottage or resort.

**Language:** English

**Year-round activities:** Finnish sauna experiences

**Sustainability:** participant of the Sustainable Travel Finland program

### Traditional Finnish sauna treatments

Finnish Sauna traditions date back thousands of years. Sauna is a natural place for overall wellness and revival. Traditional Sauna Treatments present the rich Finnish Folklore and Finnish Folk Healing combined with recent knowledge of health benefits of Sauna bathing. The program includes stories of old traditions and performance of traditional sauna spells, guidance to the usage of sauna whisks and skin care with natural treatments and how to wash oneself with sauna whisks and soap.

### DETAILS

**Season:** May-September **Language:** English **Duration:** 2 h

**Participants:** 2-10 pax (mostly depending on the capacity of the sauna facilities), minimum age 18 years, but also treatment for small children with their families is possible

**Starting point & time:** at the sauna of the customer's place of accommodation in Lahti Region, time upon request after 16.30 h

**Services included:** individual sauna whisks, soap and natural skin care products, a traditional woolly sauna hat (to own)

**Optional services:** rent of the sauna facilities, heating and cleaning of the sauna

### Contact

Travellamo  
Maaria Alén  
Rentukankatu 8, 15240 Lahti  
[maaria@travellamo.fi](mailto:maaria@travellamo.fi)  
[www.travellamo.fi](http://www.travellamo.fi)



## Teerenpeli

Teerenpeli Group is a restaurant, brewing and distilling company and covers also franchising business. It was found in 1994 as a family company owned by Anssi and Marianne Pyysing. The main office and management are located in Lahti where the business was first established.

### DETAILS

**Founded:** 1994, family run

**Season:** year-round **Language:** English

**Year-round activities:** tastings, guided brewery & distillery tours

**Note:** week program for FIT available

**Sustainability:** We have reduced our carbon footprint with our own wood pellet power plant since 2015 and use the closest possible ingredients in our production. Most of the malted barley we use has grown within 150 km from the distillery since the beginning in 2002. Teerenpeli Brewery & Distillery had a carbon footprint calculation project at the end of 2021. The results revealed the carbon footprint of our products. These results work as a guideline for us to work all the time with more sustainable way.

### Teerenpeli Brewery & Distillery guided tour and tasting

Welcome to visit Teerenpeli Brewery & Distillery's guided tours and tastings at the Visitor Center and shop at the Brewery Shop in Lahti!

At the guided tours you will get to know about the history of Teerenpeli company and have a walk inside the brewery and distillery. You will learn how the brewery and distillery products are made and after the tour it is possible to participate to a guided distillery tasting to deepen your understanding of our award-winning products.

### DETAILS

**Season:** year-round **Language:** English

**Duration:** 1 h 45 min.

**Participants:** 6-40 pax, minimum age 18

**Starting point & time:** Teerenpeli Brewery & Distillery (Liimajankatu 5, 15520 Lahti)

**Services included:** guide, distillery tasting

### Contact

Teerenpeli Group  
Jussi Oinas  
Rautatienkatu 13 B 7, 15110 Lahti  
[sales@teerenpeli.com](mailto:sales@teerenpeli.com), [office@teerenpeli.com](mailto:office@teerenpeli.com)  
[www.teerenpeli.com](http://www.teerenpeli.com)





## Ainoa Winery

### Wines from the forest

We make internationally recognized, award winning wines from Finnish berries and other high quality ingredients from the forest. We strive to capture the essence of the berries, and the spirit of the land where they grew in every bottle.

### DETAILS

**Founded:** 2014, owner run business

**Season:** Ainoa Winery is open year round. Outside the summer high season most visitors book reservations before coming. We cater to both leisure and MICE, although our maximum capacity limits us to small group sizes of a single bus or less.

**Languages:** English, Spanish

**Year-round activities:** tour, tasting, shopping, special events, terrace, free bike usage

**Other services:** terrace open in summer, free bike usage, wine tasting with or without accompanying food tastes

**Sustainability:** Most of our wines are made from wild berries, which offer significant sustainability advantages over wines made from farmed grapes.

### Wine tasting

Get to know our award-winning wines in a tasting. Options for wine-only, wine and cheese or wine and chocolate. A tour of our production facility can be added to any tasting to learn how our unique fruit wines are produced.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** typically 1.5 to 2 h

**Participants:** 1 to 25 pax at a time, groups of 10 or more require reservations in advance. Minimum age 18 years

**Starting point & time:** at the Winery, during regular opening hours or as agreed upon in advance

**Services included:** tasting of wine-only, wine and cheese or wine and chocolate as agreed in advance



### Shopping

Buy internationally awarded wines directly from the producer. In Finland this experience is only available at Ainoa Winery. In addition to our products, we have a small selection of other high-quality locally produced products.

Gift packaging and wrapping suitable for travel is available.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** no set duration

**Participants:** limit of 25 people in our shop at once, minimum age 18 years

**Starting point & time:** at the Winery, any time during regular open hours, or by appointment

### Special Event, meeting venue

Special events and venues for meetings can be arranged.

Events offered could include wine & cake tastings, winemaker's dinner (prepared by a professional chef), cocktails classes, wine & paint classes or others. Inquire for specifics. Events must be booked well in advance to ensure availability.

### DETAILS

**Season:** year-round

**Language:** English

**Duration:** variable depending on the event

**Participants:** 10-25 pax, minimum age 18 years

**Starting point & time:** at the Winery, time as arranged

**Services included:** as agreed upon in advanced

### Contact

Ainoa Winery

Paola Guerrero de Cohen

Rekolanpolku 65, 15700 Lahti

[paola@ainoawinery.com](mailto:paola@ainoawinery.com)

[ainoawinery.com](http://ainoawinery.com)



## Educational Travel and Technical Visits

Lahti region is an ideal destination for school camps and educational travel. Two Olympic training centres in the region Vierumäki (p. 14) and Pajulahti (p. 13) are located at beautiful Salpausselkä UNESCO Global Geopark sites. Both resorts offer interesting natural learning environment, well trained professional instructors, a large variety of indoor and outdoor activities and excellent variety of accommodation from high standard hotel rooms to larger spaces suitable for school groups. Both centres can design weekly programs which contain accommodation, activities full board meals specially designed for the needs of children. For instance following elements can be included to the programs of the school camps in the Lahti region.

### Finnish School Day

The Finnish School Day program is organised in one of the Lahti region schools, which provides teaching according to the national core curriculum for grades 1–9. Some schools provide teaching for all grades, others only for grades 1–6, for instance. The aim is to organise the Finnish School Day program so that the visitors and the Finnish schoolchildren are as close in age as possible.

In the Finnish School Day program, the group learns more about the everyday life and learning environment of Finnish schoolchildren. Diverse learning packages are created together with the Finnish class hosting the visitors, offering both parties the opportunity to learn more about, for instance, the geography, nature, culture, music, society, customs and language of their respective countries. The Finnish education principle of “learning by doing” is emphasized: everyone can participate in the program and English skills do not play a key role in the activities. Physical education, music, handicrafts or home economics may also be part of the day’s program.

### DETAILS

**Season:** During the school year (excluding two weeks in August at the beginning and in May at the end of semester and general holidays).

**Duration:** 4–5 h

**Participants:** 5–20 pax (groups of more than 20 people will always be divided into two groups, max. 40 people)

**Services included:** tailored guided program

**Optional services:** school lunch in the canteen not included, but can be purchased separately

### Sustainability-recycling program

In this program the participants learn how to recycle waste and understand that the waste is valuable new material. The program includes a short lesson and introduction to recycling and a recycling memory card game inside/ outside. The group learns about the importance and terms of recycling via both classical methods and physical activity in positive environment.

The recycling program can be united with one or two separate modules:

- guided tour to a modern recycling centre in Kujala. During the visit the participants see in practice how the waste is recycled and taken into secondary use
- guided tour to one of the Salpausselkä UNESCO Global Geopark sites.

### DETAILS

**Season:** all year round

**Duration:** 1.5 hours, united with one additional module 3 hours; with two modules 5 hours

**Participants:** 1-20 pax (bigger groups possible up to 40 persons but need a second guide)

**Services included:** guided program

**Note:** transfer not included. Transfer needed if united to one of the modules.

### Contact

Visit Lahti

Arto Asikainen, Head of Production and Sales

Salpausselänkatu, 15110 Lahti

Tel. +358 40 579 4387

[arto.asikainen@lahtiregion.fi](mailto:arto.asikainen@lahtiregion.fi)

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

[www.visitlakelandfinland.com](http://www.visitlakelandfinland.com)



### Cook like a Finn

The Finnish food is famous for being healthy, sustainably produced and very natural. Seasonal availability of different ingredients makes the Finnish kitchen very special and local. The ingredients are often picked and taken from a nearby forest. In summer and autumn the arctic wild berries such as bilberries, lingonberries, raspberries and others are distinctively featured in the Finnish cuisine with their strong flavor and high nutrient content. Different mushrooms are also very commonly used. During this program the participants will get an introduction to the natural ingredients in the Finnish kitchen and learn how to make a typical simple and delicious Finnish cooking such as a mushroom pie (sienipiirakka), bilberry pie (mustikkapiirakka) or a large pancake on fire (muurin-pohjalettu).

#### DETAILS

**Season:** all year round

**Duration:** 2-4 hours

**Participants:** max 20 pax

**Services included:** cooking class with instructor, all ingredients

### Finnish Early Childhood Education/ Finnish School for Professionals

Programs destined to the professionals of the education sector.

In the program, teaching professionals get an overview of the Finnish early childhood education / school system and the national core curriculum and teaching methods and also get to see the learning environment, observe differences in teacher-student communications, and can have a Finnish school meal (at additional charge).

#### DETAILS

**Season:** early childhood education: all year round

Finnish comprehensive school: During school year August-May

**Duration:** approximately 2 hours

**Participants:** 5-20 pax



### Technical Visits in the Lahti Region

Lahti was nominated as the European Green Capital in 2021 and has prominent expertise in environmental solutions, clean tech and sustainability. Visit Lahti organizes technical visits to clean tech companies and meetings with the experts in the Lahti Region. In addition to clean tech and the environmental sector, Lahti also has prominent know how for instance in the sports sector and the grain and food industry. You can also inquire about company visits or expert talks in other fields.

#### DETAILS

**Season:** all year round

**Duration:** 1-2 h

**Participants:** up to 40 pax

**Services included:** tailored expert speech or site inspection with an expert

**Note:** technical visit and expert speech must requested preferably at least one month before intended visit

# T R A N S F E R





## Lakkapää Charter

We are a young charter company. Our offices are located in Lahti and Rovaniemi. During the winter, we also operate in the Fell Lapland area.

Together with our partners, we are able to arrange a comprehensive travel package taking into account the customer's needs and requirements.

Game trips, theater trips, class trips and even slightly longer trips are organized through us.

Even for large groups, the Charter runs are handled through us with high-quality and clean equipment. Our drivers are professional and customer service minded.

### Charter coach services

High level charter service. We do have vehicles of various sizes for small and large groups.

Our high-quality charter vehicles and professional drivers at your disposal. Our fleet includes well-equipped coaches of different sizes: 8-seater minivan, 16-seater minibuses, tourist buses with 50 seats, tourist buses with 58-62 seats, we also provide buses for disabled guests.

In our coaches, standard equipment is USB plugs and WiFi.

### DETAILS

**Area of operation:** Helsinki - Lahti - Rovaniemi - Levi

**Season:** year-round

**Language:** English

**Capacity:** Coaches from 8-seater mini van up to 62-seater charter coach

**Services:** WiFi



## Reissu Ruoti

Our high-quality charter coach equipment and professional drivers at your service.

### Charter coach services

A suitable coach for every trip. Whether your trip is short or long, your group big or small our equipment and service will match all your needs.

Possible products can be charter services to any destination desired, sightseeing in Helsinki or shuttle services to and from events.

### DETAILS

**Founded:** 1957, a family-owned Finnish motor coach business

**Area of operation:** we offer services nationwide

**Season:** year-round

**Language:** English

**Capacity:** our coaches range from 20 seaters to 62 seaters

**Services:** charter, WiFi, USB, air conditioning, lavatories etc.

**Optional services:** We offer food, beverages and accommodation via our partners. Ask for services when booking your travels.

**Sustainability:** own sustainability program, e.g. we use renewable Diesel in our Euro 6 buses and run a fleet of electric buses in our local traffic teams

### Contact

Bus Travel Oy Reissu Ruoti

Katri Kaitainen

Kaasukatu 4, 15520 Lahti

[asiakaspalvelu@reissuruoti.fi](mailto:asiakaspalvelu@reissuruoti.fi)

[www.reissuruoti.fi/en](http://www.reissuruoti.fi/en)

### Contact

Lakkapää Charter

Kristiina Vedenpää, [kristiina.vedenpaa@lakkapaamatkat.fi](mailto:kristiina.vedenpaa@lakkapaamatkat.fi)

Nina Lakkapää, [nina.lakkapaa@liikennelakkapaa.fi](mailto:nina.lakkapaa@liikennelakkapaa.fi)

Kyläkunnantie 33, 15700 Lahti

[www.lakkapaamatkat.fi](http://www.lakkapaamatkat.fi)



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