

Polar nights and fresh outdoor activities with Sauna culture



Take it easy in the world's purest country. Breathe fresh air, enjoy the silence and experience the healing effect of the sauna. Or try a variety of extreme activities regardless of the weather. Dry suit floating in the river, winter biking, snowshoeing, ice fishing, etc. Experience something completely new.

Package for groups of 6-15 people.
Availability: September – April.

Program:

Day 1

Arrival to Lappeenranta Travel Centre, by train or by bus. Transportation to hotel Salpalinjan Hovi after 14.00 o'clock.
Settling into the rooms and coffee with sandwiches.

If you wish you can explore the surroundings either on foot or by bicycle or maybe you go fishing. (Bicycle rental, Nordic walking sticks and fishing equipment are included in the price.)

Traditional Finnish sauna experience. Sauna is the oldest and the most traditional healing and relaxing wellness element in Finland. In the winter it is "a must" to take a refreshing snow wash outside the sauna.

Dinner in traditional Karelian style. Includes meat stew, pies, casserole, roots, salad, etc.

Day 2.

Breakfast buffet in Karelian style

Guided tour round the sights of Lappeenranta. For example Lappeenranta fortress from 17th. Century. Visit to the County Museum, old army area Rakuunamäki etc.

Fabulous lunch with historical stories at the Lappeenranta Officers' Club. Since 1890, officers and gentlemen have enjoyed good food at the Officer's Club.

Free time in Lappeenranta city centre.

Option 1 for the group activity in the evening.

In the evening, we go out to dark Finnish forest and listen to the silence. We have a **Mystical walk** in the light of our own headlamps. We take it easy, and use all our senses and feel the magic off the forest. We calm down by watching the stars and the Milky Way.

Option 2

Sauna by the lake and possibility to swim in a lake (maybe a frozen gold water).

Dinner at the hotel. The menu contains traditional Finnish dishes. If you wish, **you can take part the cooking.**



Day 3.

Breakfast

We go hiking to the forest with snowshoes if needed. We Explore Saimaa Geopark sites, enjoy the Arctic nature and experience the peace and tranquillity of it with all your senses. With the guide, we walk slowly, breathe fresh air and enjoy the beauty of pure, white winter nature. We also visit the big bunker cave next door to the hotel and there we meet hibernating bats.

Karelian lunch buffet.

Trip to Imatra

In Imatra we take a guided tour. We experience the unique cultural landscape by the river Vuoksi and Imatrankoski rapids. We visit the fantastic Jugend castle Imatran Valtionhotelli, which is the most beautiful building in Finland, a true architectural gem.



Option 1 for the group activity

Visit to Holiday Club Saimaa SPA

Holiday Club Saimaa sauna World's five different saunas make sure your visit is memorable. You can enjoy the dance of the fountains in time with music twice an hour. This luxury spa has a variety of hot tubs, saunas and water slides. Spa is also a visual experience.

Option 2

Dry-suit floating

Dry-suit floating allows you to enjoy the embrace of Saimaa or the flow of River Vuoksi during all seasons. The suit keeps you warm and dry despite the temperature of the water. Floating is a very relaxing and pleasant experience.



Special "Särä" dinner. We will go to Lemi and have Särä, which is a lamb-dish made of over 1000 years old recipe. One of Finland's seven wonders.

Day 4.

Breakfast

Departure from the hotel.

Transportation to the Travel Centre or to the city centre.

Hotel Salpalinjan Hovi is a former village school built from logs. We offer you an opportunity to enjoy the historical and cosy atmosphere of our mansion-like hotel in Lappeenranta. We have six apartment suites, which have been beautifully renovated according to different school subjects. Salpalinjan Hovi is situated in the middle of South Karelia's beautiful nature and next to Saimaa GeoPark and Salpa line war history sites.

Duration: 3 nights.

Availability: September – April.

Price: 679 euros/person, Taxes included.

What's included:

- Accommodation in double room or in a family room for four persons, linen and towels, free tea, coffee, fruit and snacks in the rooms.
- Meals, tours and activities mentioned in the programme.
- Transportation.

Pax: 6-15 persons.

Guidance language: English.

Prices are valid until the end of 2022. 20% travel agency commission included.



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9 km from city centre, 220 km from Helsinki.