



GOSAIMAA.COM

HOLIDAY GUIDE TO LAPPEENRANTA AND IMATRA REGION



EXPERIENCE AUTHENTIC SAIMAA

IN THE LAPPEENRANTA AND IMATRA REGION

Here there's just one rule: you should have a good time. Finland's largest lake is a paradigm of nature at its finest and most inspiring. No one here expects anything of you and so you can just relax for once.

Everyday life is often hectic, programmed and taken up with various activities. This is why when you go on holiday, you sometimes feel you want to balance all this. With us travellers can lower their heartrate, look within and notice something fundamental: a new feeling.

Of course, you'll also find plenty of activities. Numerous events and spas beckon, as does the urban culture of South Karelia. Comprising nine municipalities, headed by Lappeenranta and Imatra, the region warmly welcomes you with open arms. In winter you can fish, ski, go snowshoeing or even float in a dry suit in icy waters. During the summer, you can hop onto a cruise ship and admire the unique views of the Lake Saimaa.

Lake Saimaa's almost 15,000 kilometres of shoreline and some 13,000 islands make it unique. Here, if anywhere, there is room to enjoy, be inspired and fascinated by the most important thing of all – life itself.

Pullervo, the Saimaa ringed seal also knows all this. You can see him basking on a rock, looking at you deeply in the eye with his big round eyes. At that moment, you can almost see Pullervo's nod of approval and deep understanding – just now this is a great place to be.

Welcome to Saimaa!



*Help us to preserve the pure nature and clean air of Finland.
Take the Sustainable Finland Pledge at visitfinland.com*

GO



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Welcome to the Lake Saimaa area

Lappeenranta and Imatra region is only a couple of hours away from the Finnish capital Helsinki. From Helsinki you can easily get here by train, bus or car within just a few hours. Public transport is easy and affordable way of travelling in Finland.

BY TRAIN FROM HELSINKI



If you take an express train from Helsinki, you will be in Lappeenranta or Imatra in a couple of hours. The well-maintained railway network also enables travelling to other parts of Finland.

BY CAR



Main roads 6 and 13 will take you towards Lappeenranta and Imatra. From the Helsinki metropolitan area, the drive to the Saimaa

region takes only about 2.5 hours, so the distance is also convenient for weekend trips. A car is also the best option for touring around in the Lakeland area.

BY PLANE



You can reach Lappeenranta and Imatra region in a couple of hours when flying to Helsinki. Lappeenranta International Airport is located only two kilometres from the city centre: check the latest flight connections on lppairport.fi.

THE NINE MUNICIPALITIES OF SOUTH KARELIA

The region of South Karelia includes a total of nine municipalities: Imatra, Lappeenranta, Lemi, Luumäki, Parikkala, Rautjärvi, Ruokolahti, Savitaipale and Taipalsaari. Of these, Imatra and Lappeenranta are cities.

SAIMAA RINGED SEAL

The Saimaa ringed seal (*Pusa hispida saimensis*) is one of the world's rarest seals, appearing only in the Saimaa waterway in Finland. The Saimaa ringed seal is highly endangered and was given protected status by the WWF in 1979.

Lake Saimaa Finland's largest lake

Surface area	4,460 km ²
Maximum length	194 km
Maximum width	138 km
Shore length	14,850 km
Number of islands	13,710

Distance between cities (in kilometers)

From Helsinki to Lappeenranta	220 km
From Helsinki to Imatra	255 km
By train	
From Helsinki to Lappeenranta	2 h 2 mins
From Helsinki to Imatra	2 h 33 mins

Timetables
online

www.vr.fi (trains)
www.lppairport.fi
(Lappeenranta International Airport)

www.saimaatravel.fi (cruises)
www.matkahuolto.fi (buses)

Experience the best sides of Saimaa



Saimaa is one of Finland's most popular tourist destinations. The easiest way to experience its full enchantment is to take a tour of the cities on the shores of Lake Saimaa. There is at most one hundred kilometres from one city to another, so take a relaxed trip to Imatra, Lappeenranta, Mikkeli, Savonlinna and Varkaus!

1. IMATRA - RAPIDS AND SPAS

Imatrankoski is one of Finland's oldest and best-known tourist destinations, and rightly so. Its rapid shows are an experience you won't forget! The luxurious Kruununpuisto park is a memory of the region's history as a tourist destination and the Ukonniemi-Rauha area has diverse and modern sports and leisure attractions. There are Imatran Kylpylä Spa Resort, Holiday Club Saimaa and other properties as well as many companies offering entertainment. The Salpausselkä ridges follow Lake Saimaa and there are plenty of routes, tracks, fields and arenas for athletes and nature tourists. Remember to also stop by the uniquely excellent Parikkala Sculpture Park!

2. LAPPEENRANTA - KARELIAN HOSPITALITY

One of the things Lappeenranta is known for, are the fast food delicacies of its local marketplace: the Vety meat and egg pie and the Atomi pie which has either egg or meat inside. Another local delicacy is Lemin särä, a traditional lamb meat dish. In Lappeenranta, time passes on a fortress walk and a Saimaa lakeside cruise. Friends of the Finnish TV series Sorjonen can take an exciting tour of the filming locations.

3. MIKKELI - DELICACIES AT THE MANOR AND PARSONAGE

The food experience on the shores of Lake Saimaa continues in Mikkeli, for example, at the Tertin Kartano manor, which has been in the same family for hundreds of years. Time flies when you taste the delicacies of the manor's own garden. In the fascinating garden of the Kenkävero parsonage, you can enjoy local flavours in the midst of flowers.

4. SAVONLINNA - CASTLE, OPERA AND NATURE

Savonlinna is, of course, known for Olavinlinna Castle and its Opera Festival, but nature is also close by. The Linnansaari and Kolovesi national parks are easily accessible by water, and you can also admire nature on a cruise along the archipelago. At the local marketplace you can taste Lörtösy pastries with various fillings and vendace of the Lake Puruvesi.

5. VARKAUS - THEATRE, VISUAL ARTS AND MECHANICAL MUSIC

Cultural experiences in the old industrial city of Varkaus include the Varkaus theatre, which is known throughout the country, and the Väinölä Art Centre, where you can admire the gems of visual art. The city's specialities include the unique instruments of the Mechanical Music Museum. Varkaus also offers food culture - it is, for example, the caviar capital of Finland!

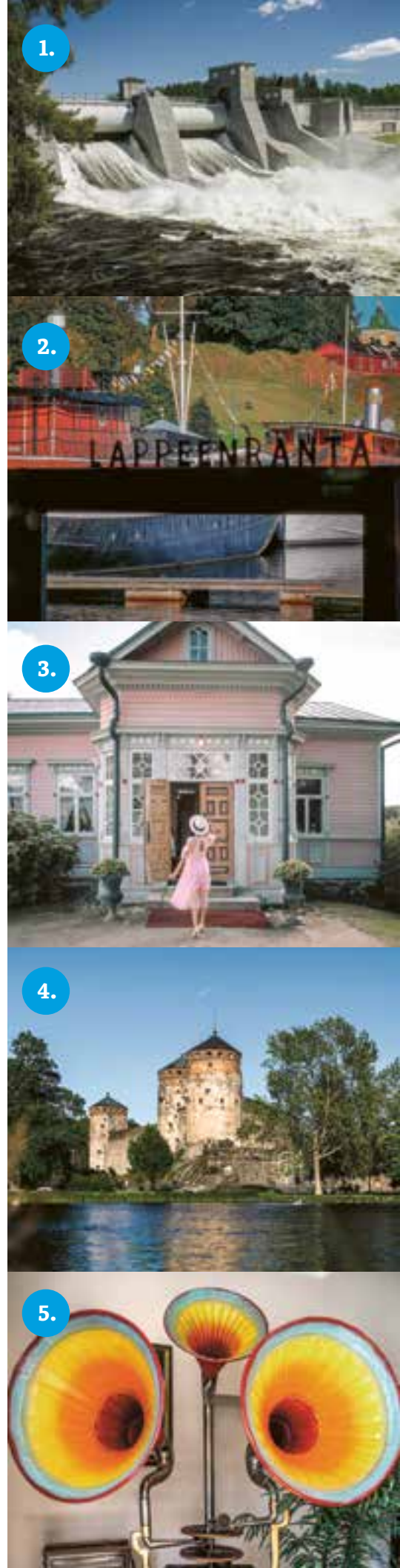
1.

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3.

4.

5.



The 4 seasons of Lake Saimaa

4 DISTINCTLY DIFFERENT TRAVEL EXPERIENCES

DEC - JAN - FEB WINTER -35°C...10°C

Contrary to the popular belief, the temperature isn't always freezing here in Finland. But it does get quite cold in here during winter - which is great! During winter the snow and frost create amazing opportunities for skating, cross country skiing, downhill skiing, snowshoeing, snowmobiling and winter fishing. Also, remember to listen to the silence of the wintertime nature, gaze at the pure white snow, build a snowman - or if you're feeling especially courageous, try ice swimming.

MAR - APR - MAY SPRING -20°C...20°C

Alright, don't think that us Finns treat Spring like an afterthought,

just some empty space between the icy winter and steamy summer. No, no, no my friend, Spring is the season we appreciate the most. Why? - well the retreating ice, sparkling waves and budding nature are all reasons to be extra cheerful. Also while we're being boastful, Lake Saimaa is at it's best during this time of the year, especially if you're looking to do some hiking, camping or fishing trips.

JUN - JUL - AUG SUMMER 17°C...35°C

What you first may notice is that the quoted temperatures might be slightly exaggerated. While we certainly sometimes may have even 35°C, it is a safe bet that on most days it's closer to the lower end of aforementioned scale... or even lower. But who cares

right? Summertime in Saimaa is full of steamy activities to keep you warm enough: golfing, fishing expeditions, canoeing, hiking, horse riding and tennis, just to name a few.

SEP - OCT - NOV AUTUMN -15°C...20°C

Oh Autumn, the season which many claim to love, but only like it because the spectacular colors make for an awesome background for selfies.

Well we're about to tell you that Autumn in Finland is so much more than just finding the perfect spot to snap a new picture on your Instagram. While the Fall colours, or Ruska as we say in here, are truly a delight, why not try berry and mushroom picking.

Sights and attractions in Saimaa



Saimaa is home to unrivalled, impressive natural surroundings. There are traces of history and the region serves as a place to stay for magnificent ringed seals. The natural surroundings of Saimaa were here long before us, but welcome us like old friends.

IMATRANKOSKI RAPIDS AND THEIR HISTORY

Imatrankoski rapids were the first tourist destination in Finland and a true national sight. People have been coming even from abroad to admire the foaming rapids since back in the late 18th century. Imatrankoski rapids were formed around 6,000 years ago when the land rose and the waters of Lake Saimaa tore the Salpausselkä ridge apart. In the 19th century, when the rapids became an increasingly popular tourist destination, Finland's first nature park, Kruununpuisto (Crown Park), was created around them.

UNIQUE STORY OF THE LAKE SAIMAA AREA

Lake Saimaa has open stretches of water, a labyrinthine archipelago, sandy beaches, clear water and ancient rock formations. The foundation of Saimaa took place some 1,885 million years ago when the Earth's lithospheric plates collided to create an ancient mountain range. The Salpausselkä ridges were created some 11,500-12,500 years ago and are a reminder of the most recent Ice Age. Rock paintings dating from more

than 6,000 years ago tell about the life of ancient hunters in the Saimaa area. The mighty cliffs on the shores feature paintings of people, boats and animals.

KUMMAKIVI

What is that massive rock in the middle of nowhere, the one that tourists come great distances to admire? The non-initiated might think of Uluru in Australia, but this rock is much nearer home in South Karelia. This spectacular boulder of Kummakivi (strange rock) left precariously balancing on another rock is one of many traces of the Ice Age in the area. The boulder has been in place for centuries even though attempts to dislodge it have been made using various means. Kummakivi can be found alongside other interesting nature trails. For example, Suvorov's military canal in Käyhkää is in the vicinity.

SAIMAA RINGED SEAL, A CUTE, TUBBY CREATURE

The Saimaa ringed seal is a subspecies of ringed seal found only in the Saimaa lake basin in Finland. The species remained trapped and iso-

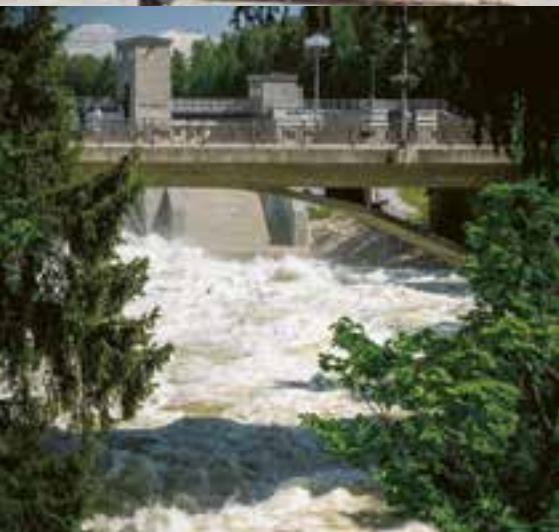
lated in Lake Saimaa after the Ice Age and adapted to life there. Even though it is rare to see a ringed seal, when you do see one basking in the sun on a rock, you know the trip was worth making.

SALPA LINE

The Salpa Line is a defence structure dating from WW2, extending from the Gulf of Finland in the south to Salpa in the north. The Salpa Line comprises 1,200 of reinforced concrete installations, wood, barbed wire and rocks and originally stretched from the Gulf of Finland to the Arctic Ocean.

The restored Salpa Line bunker areas at Luumäki, Lemi, Ruokolahti and Ylämaa are worth a visit. If you fancy a hike in the forest, you can visit the Salpa Line on the Salpa Trail.

We definitely recommend those interested to book a guide, who can give an in-depth account of the history of the area. In addition, there are many different trails, some easily accessible, others deep in the wilderness.



Imatra is full of events

In Imatra, the roar of motorcycles exceeds the rumble of the rapids show. Laughs fill the air at the summer theatre while rock'n'roll takes over at Fortum park.

IMATRA BIG BAND CAMP

The annual Big Band Camp, which is organised in late June - early July, offers several free concerts along the boulevard at Koskenparta. National top artists perform at the concerts together with musicians playing on the course.

bigbandcamp.imatrabigband.fi

IMATRANAJO - INTERNATIONAL ROAD RACE CHAMPIONSHIP

In July a head-spinning national event shall be experienced once again in Imatra when the track motorcycles race along a fast-paced street track in the vicinity of the city centre.

imatranajo.fi

POWER FESTIVAL

In connection with the Imatranajo road race, a music festival is held at Fortum park, and a large number of Finnish top artists take the stage.

powerfestival.fi

SAIMAA CYCLE TOUR

A cycling event held in July, which is open to bicyclists of all levels. The route runs through the nightless night amidst the world's most beautiful lake sceneries.

saimaacycletour.com

KARJALAN KOVIN

Finland's largest and hottest CrossFit event, which is held during July's hot weather, is full of action. Come and follow the competition of 150 participants at Imatra's Ukkonniemi and cheer the best to victory.

karjalankovin.fi

BLACK AND WHITE THEATRE FESTIVAL

An annual festival, held at the end of July, convenes professionals of the theatre industry around the world and presents diverse international theatre, which will not leave you feeling cold.

blackandwhitetheatre.fi

RAPIDS SHOWS

Finland's oldest tourist destination, the great Imatrankoski rapids, continues to powerfully foam at the rapids shows of the summer season.

Detailed schedules and additional information:

Imatrankoski.fi

Traditional, sign-posted walking tours to the surroundings of Imatrankoski rapids and the historical Kruununpuisto park.

imatratours.fi

More detailed event dates and more information on the events' own website.



The national wonder of Finland

Imatra is a special place, a downright wonder. Located in the best song lands of Karelia, the city is a magnet for events and attractions that alone draw your attention. Imatra has accumulated several of them.

kansallisihme.com



Evergreen Lappeenranta

SUMMER HOLIDAYS FOR FAMILIES

Lappeenranta offers families with children lots of events as well as things to see and do. There is plenty to experience by the beautiful Lake Saimaa in both the city centre and its surroundings – all of it closer than you might think.

Summer starts at the Sandcastle for families with children, and with a new castle theme every year, it is sure to grab the attention of the whole family. The Sandcastle is part of the Harbour and Fortress area that is everybody's favourite, and the street train route begins and ends there. The service offering of this comfortable oasis for the whole family is complemented by a bouncy castle park operating in the area.

The Myllysaari Family Park offers activities and recreation for the whole family. You can take a dip in the refreshing waters of the sandy Myllysaari beach or relax on Halkosaari point, among the hustle and bustle of the Harbour. The children's traffic park is a popular place to visit on beautiful summer days, regardless of age. The traffic park has enough activities to last you the whole day, with children learning about traffic manners at the wheel of a pedal car.

CULTURAL HOLIDAYS IN LAPPEENRANTA

Lappeenranta's cultural landscapes are steeped in history and provide a wonderful setting for enjoying an almost Central European atmosphere. Lappeenranta offers great

opportunities for shopping, culture, and relaxation. The longest shoreline boulevard in Finland, summer events, guaranteed activities, and the Lake Saimaa archipelago provide things to do for the whole family.

The enchanting Fortress and its museums, shops, cafés, and summer theatre invite you to enjoy the modern Karelian spirit. What would a summer trip to Lappeenranta be without a canal or dinner cruise in the Lake Saimaa archipelago? Choose your preferred vessel in the Harbour and jump aboard.

ACTIVE HOLIDAYS IN LAPPEENRANTA

Lake Saimaa, known for its beautiful scenery and pure nature, starts from Lappeenranta. Lake Saimaa has unique geological, archaeological and cultural history sights awaiting visitors in the areas surrounding the city. There are nine geosites and twelve nature and cultural sites in the Saimaa UNESCO Global Geopark area in Lappeenranta. The equipment rental shop in the Sandcastle area offers basic camping equipment to help tourists get to know and spend the night in nature. In the summer, you can take a combined canoeing-floating sauna or cycling-floating sauna tour as well as go fishing from the Sandcastle. There is plenty to do in Lappeenranta for every day of the week, so just stay for longer! Check out the weekly programme – its multiple experiences are guaranteed, even if there is only one participant! Further information:

[visitlappeenranta.fi](https://www.visitlappeenranta.fi)



LAPPEENRANTA IS FULL OF EVENTS

Hundreds of different events are held in Lappeenranta every year, with festivals, summer concerts, sports and street events extending from the heart of the city to the shores of Lake Saimaa.

In the summer of 2022, the Lappeenranta Summer Theatre will feature the fast-paced romantic music comedy 'Krokotiilirock' (Crocodile Rock). The International Grand Markets bring flavours from all around the world to the city in June, with traditional horses and riders providing entertainment in July at the Lappeenranta Fortress and around the City Bay (Kaupunginlahti Bay) area. Old Town Days at the Fortress will be celebrated in connection with the City Lappeenranta's birthday in Au-

gust. Old Town Days is a joyful and eventful weekend for the whole family at the Lappeenranta Fortress and its surroundings. The Harbour Lights event for the whole family ends the summer season of Lappeenranta every year in late August. The occasion features music, circus and dance performances as well as stunning light installations. The atmospheric Christmas Market offers fun for the whole family and brings a Christmas mood to the whole of Lappeenranta. At the Christmas Market, you can shop, enjoy the entertaining programme, and look forward to Christmas.

The event offering is constantly being updated, check current events on the Lappeenranta Events website.





Original Sokos Hotel Lappee

HEARTFELT SERVICE AT THE SHORE OF SAIMAA

LOCATION

Original Sokos Hotel Lappee is located in the centre of Lappeenranta, surrounded by services, in the city's busiest shopping center, IsoKristiina. We are only a stone's throw away from the charming port and the shore of Saimaa. The Fortress of Lappeenranta is also nearby. The location is just perfect!

IT IS EASY TO REACH US:

- Station 1 km (train, bus)
- airport 3 km
- port 0.5 km

For those arriving by car, there are plenty of parking spaces in the hotel and shopping centre.

ACCOMMODATION

The hotel has 260 rooms in standard, superior and suite classes. The superior rooms have a Saimaa-themed interior design, and are additionally equipped with e.g. bathrobes, slippers and a minibar selection. Our family rooms are spacious and a suite offers pampering e.g. a private sauna.

ALL ROOMS INCLUDE:

- shower/bath
- kettle & coffee and tea selection
- ironing equipment
- fridge/minibar
- cooling system

The Original breakfast is always included in the room price. It is tasty and considers special diets. Breakfast is served at the bright and pleasant Restaurant Saga.

Everyday luxury can be found in the additional services, such as sparkling wine or roses and chocolate in the room.

SAUNA & GYM

The sauna department at Lappee is

an experience. We have a small, compact gym. The residential saunas are heated at the same time for men and women (separate saunas) and there is a pleasant lounging area at the swimming pool.

The private sauna is available upon order. It has its own pleasant lounging area, which is suitable also for dining.

HOTEL RESTAURANTS

We have 5 restaurants: the familiar Rosso IsoKristiina, VENN Lappeenranta, which is the city's largest and most cosy lounge; fastfood restaurants Hesburger and Fafa's IsoKristiina, Fafa's is particularly popular among vegetarians. Also we have café Coffee House IsoKristiina.

CONFERENCE AND EVENT VENUES

The hotel has 5 well-equipped conference rooms, which provide the framework for meetings of 5-150 people. Hybrid meetings for even larger groups can also be arranged through us. Kehruuhuone, located in the Fortress, can seat up to 250 customers.

Restaurant Saga Event Venue and Kehruuhuone allow for various meetings and celebratory events. The professional sales service will customise an entity suitable for your needs, which its service-oriented staff will big-heartedly implement. Programme for your event, such as leisure, entertainment and cultural activities are effortlessly arranged through partners.

SHOPPING CENTER ISOKRISTIINA

The location of the hotel in the shopping center serves customers in many ways. Diverse services are near you; in addition to shops, e.g. movie theatre Finnkino Strand and the City Theatre of Lappeenranta as well as Lappeenranta Tourist information center.

SUSTAINABILITY

We are a sustainable tourism producer. It is important to us that the hotel's operations are built on a sustainable foundation. We also support WWF's work to protect Saimaa ringed seals, since we are at the shore of Saimaa. We have been granted the Green Key eco-label as acknowledgement of the environmentally influential work that has been carried out.

WE RECOMMEND

In addition to our own services, there is a lot to offer in Lappeenranta and its surroundings, whether you are on a business or leisure trip.

HERE ARE A FEW TIPS:

- The Fortress of Lappeenranta, its museums, boutiques and cafes
- The Rantaraitti beach promenade, where you can refresh yourself with a hike while Saimaa breathes next to you
- Sled hill at the Fortress - we will provide you with sleds and a thermos bottle with warm juice
- Myllysaari beach and leisure area
- Children's traffic park, free admission
- Satamatie 6, Lehmus Roastery's awarded cafe
- Saimaa Cruises - new destination Ilkonsaari island and Orthodox chapels
- Etelä-Saimaa Golf, a pleasant and challenging golf course at the shore of beautiful Lake Saimaa
- Pulsan Asema - a stunning old milieu at a train station, fantastic cafe and interior design boutique (approx. 20 km)
- Kotkaniemi, President P.E. Svinhufvud's home museum at Luumäki (approx. 20 km)
- Lemin Särä/ Säräpirtti Kippurasarvi or Museosärä (approx. 18 km)



Refresh yourself and enjoy your stay!

- 260 hotel rooms, 5 restaurants
- Original breakfast is included in the room price
- Gym, swimming pool and saunas are included in the room price
- Conference rooms for 5 - 150 people
- We are located at shopping center IsoKristiina
- All the services of the city centre are in your vicinity
- Unique opportunities to spend time outdoors at the shore of Saimaa
- Our partners enable activities in the local surroundings, e.g. fat bike, canoeing, sauna ferry
- Golf and cruise tickets

Follow us on social media and receive topical tips and ideas for your stay.

#ORIGINALSOKOSHOTELLAPPEE



We welcome you warmly to Lappee! ❤️



Scandic hotels



Scandic Imatran Valtionhotelli and Scandic Patria provide great services for a relaxing holiday.

SCANDIC IMATRAN VALTIONHOTELLI, IMATRA

This unique castle hotel enjoys the best location in the city center in Imatra. The hotel is right on the edge of the Vuoksi rapids, so you can admire the magnificent river landscape and rapids. We are easy to get to and there is a large free car park next to the hotel. The services of the city center are only a hundred meters away and the train station is 3 km away.

HISTORIC AND MODERN HOTEL ROOMS

The hotel's diverse range of rooms offers options for every need, from modern Standard Rooms to the luxurious Presidential Suite. Some of the rooms are located in the castle building, providing a historic setting for a visit, and some selected rooms also have great rapids views. In a sepa-

rate building, other more modernly furnished hotel rooms are located close to the sauna and pool area.

START FOR A GOOD DAY

With us you can enjoy a hotel breakfast in the atmospheric Linnasali according to your own taste. Our carefully selected breakfast products offer delicious options for different preferences and special diets.

RESTAURANT SERVICES

The hotel's restaurant Linnasali has a historic feeling. There is also a casual and cozy lobby bar. In the hotel's spectacular, historic setting, you can also host successful meetings, events and other celebrations; facilities can be found for up to 250 people.

SAUNAS AND POOLS

Pamper yourself in the peaceful sauna and pool area. In the comfortable saunas, jacuzzi and pool both the mind and the body calm down. In addition to traditional Finnish saunas, we have a cooler oriental sauna, where it is nice to relax before taking a dip in the swimming pool.

FITNESS AND OUTDOOR ACTIVITIES

Working out is possible in the hotel's gym and on the nearby outdoor routes. Right next to the hotel you can experience the magnificent river views of Vuoksi with its great walking routes. The nature trail and giant's kettles of Muinaisuoma and Kruununpuisto invite you to take in the historic national landscape.



Follow us!



#SCANDICHOTELS



SCANDIC PATRIA, LAPPEENRANTA

Lappeenranta offers a variety of nice activities to do and experience. Located in the city center, close to the harbor and the Linnoitus district, Scandic Patria offers a wonderful base for your stay in the area. The hotel has convenient parking facilities in the garage and in the courtyard. Lappeenranta Travel Center is less than 2 km from the hotel.

A GOOD NIGHT'S SLEEP

Enjoy a good night's sleep in our comfortable and cozy rooms. In the Superior Rooms you can relax in the privacy of your own sauna. Some rooms also have a balcony or patio. For some

special pampering, choose the spacious Junior Suite.

BREAKFAST

Scandic Patria serves an abundant hotel breakfast every morning. Here you will find carefully selected classic hotel breakfast favorites. Our selection always includes organic products, local delicacies and seasonal flavors, as sustainability is an important part of our everyday life.

RESTAURANTS

At the end of the day, enjoy a tasty meal in the hotel's modern Torilla restaurant, where Nordic classics are

brought to this day with casual recipes. During the summer, our guests have access to a cozy terrace, while a nice lobby bar serves guests all year round.

SAUNAS AND WELL-BEING

The hotel's cozy sauna area is a great place to relax in both the sauna and jacuzzi. Working out is possible in the hotel's modern gym. In addition, the magnificent nature of Saimaa with its jogging terrain is very close by. Or maybe you would like to borrow the hotel bike and take a trip around the surrounding areas!

Environmentally-friendly hotel operations

You can stay, dine and organize meetings with us with a good conscience. Scandic Patria has been granted the Nordic Swan ecolabel and Sustainable Travel Finland label.



Learn more at scandichotels.fi
You are warmly welcome to stay with us!



Treat yourself to some nights in a hotel



Few things beat the feeling of putting your suitcases down on the floor of a hotel, taking off your shoes and lolling on the bed. Turning the television on, pouring yourself a glass of something nice and treating yourself. This is why a hotel is an excellent choice - an investment in itself.

The hotel is just a short way from the theatres, shopping centres as well as smaller idyllic boutiques and cafés.

LAPPEENRANTA REGION

HOTELS

Holiday Club Saimaa
www.holidayclub.fi

Original Sokos Hotel Lappee
www.sokoshotels.fi

Scandic Patria
www.scandichotels.fi/patria

Salpalinjan Hovi
www.salpalinjanhovi.com

Hotel Rakuuna
www.rakuunahotelli.fi

Hotel Salpa
www.hotellisalpa.fi

Olkkolän Hovi
www.olkkolanhovi.fi

INDOOR PLAY PARK

Angry Birds Activity Park
www.holidayclub.fi

ATTRACTIONS

Kotkaniemi - the home museum of President P.E. Svinhufvud
www.kotkaniemi.fi

CULTURE & EVENTS

Nuijamies event venue
www.nuijamies.fi

SHOPPING

Shopping center Galleria
www.gallerialappeenranta.fi

Shopping center IsoKristiina
www.isokristiina.fi

Särä traders
www.sarapirtti.fi

Pulsan Asema - interior design boutique
www.pulsanasema.fi

Prisma Lappeenranta Myllykeskus
Sokos Lappeenranta
www.eekoo.fi

IMATRA REGION

HOTELS

Imatran Kylpylä Spa Resort
www.imatrankylpyla.fi

Scandic Imatran Valtionhotelli
www.scandichotels.fi/imatranvaltionhotelli

SHOPPING

Iloisen Pässin Maalaispuoti
www.iloinenpassi.fi

Prisma Imatra
www.eekoo.fi



Cruises on Saimaa



A cruise is an excellent way to admire the unique views of the Lake Saimaa, relax in good company and enjoy an unforgettable holiday. There are numerous cruises available that take you around the waterways of the island labyrinth or all the way to Savonlinna and Puumala. Step on board - Saimaa is calling. You can also explore the archipelago in your own boat.

LAPPEENRANTA HARBOUR

In Lappeenranta Harbour, you can board Finland's largest boat operating in inland waters, the 350-capacity M/S Camilla with scheduled cruises to the archipelago and the Saimaa Canal. The waters of Saimaa, 76 metres above sea level, are connected to the Gulf of Finland by the 43 km-long Saimaa Canal, which extends from Lappeenranta to the Gulf of Finland. There are eight locks in the canal, and on a scheduled canal cruise you can experience the Mälkä lock with a water level difference of almost 13 metres.

CRUISES TO PUUMALA AND SAVONLINNA

In the summer M/S Carelia cruises on Lake Saimaa. You can book a cruise from Lappeenranta to Puumala and Savonlinna. There are several cruise options available - day cruises, bus & ship, ship & bus combinations, and also hotel packages. You can also book just a one-way cruise ticket as part of your holiday tour and combine the cruise for instance with a cycling trip at Lake Saimaa.

TAKE YOUR OWN BOAT

Set your eyes on the Saimaa coastline, which offers beautiful views of the archipelago and numerous places to anchor your boat. Scattered with more than 14,000 islands, the Lake Saimaa coast is an ideal destination to explore in your own boat. The numerous guest harbours in the South Karelia region provide high-quality services for boaters. Lappeenranta Harbour Office is situated next to the passenger harbour. There are also several excursion harbours and numerous beaches, huts and lean-to shelters awaiting hikers.

Also a private boat tour is possible eg with Wooddream, private tours to be booked in advance.

SAUNABOAT EMMA

Former tugboat m/s Emma cruises scheduled and theme cruises from Imatra harbor. Emma's sauna can be heated on request and in winter Emma transforms into an ice sauna taking into account the weather conditions.

VUOKSI FISHING PARK

M/S Vuoksetar, which departs on a cruise along Vuoksi River from Vuoksi Fishing Park in Imatra, is ideal for small groups and also suitable for

those with physical disabilities. In addition to scheduled cruises, Vuoksetar is also suitable for chartered cruises.

CHARTERED CRUISES

It is a great idea to take a cruise with your friends or family, and the harbours in the area organise customised cruises. For example, you can board a boat from Rauha harbour beside Holiday Club Saimaa to take a tour of the magnificent lakeside scenery, or hire one from Imatran Kylpylä Spa Resort to admire the unforgettable summer landscape.

More information about the cruises:

M/S Camilla
www.karelielines.fi

M/S Carelia
www.saimaatravel.fi

M/S Vuoksetar
www.vuoksenkalastuspuisto.fi

M/S Emma
www.ms-emma.net



GO

LOCAL DELICACIES

Other local delicacies

THERE ARE MANY LOCAL DELICACIES WORTH TASTING IN THE SAIMAA AREA.

Vety and Atomi ('Hydrogen and Atom')

Lappeenranta has the best quick snacks in Finland. You can taste the hearty traditional treat, served for more than 40 years, at the Market or Harbour Square. Originally, the meat pies were called atom or hydrogen bombs; the atomi (atom) consists of a meat pie filled with either smoked or boiled ham or a boiled egg, while vety (hydrogen) has both ham and egg. Options for additional fillings include raw onion, garlic mayonnaise, pickled cucumber salad, ketchup and mustard. No visit to Lappeenranta is complete without this local delicacy.

Panteri & Marianne sweets

Did you know that these sweet tooth's favourites have been made in Lappeenranta for decades? And they still are!

Lehmus Roastery

Taste the coffee of Finland's best roasting factory, Lehmus Roastery, at Satamatie 6, which has been selected as Finland's best cafe.

Särä

ONE OF THE SEVEN WONDERS OF FINLAND

Restaurant Säräpirtti Kippurasarvi in Lemi has served the mouth-watering roast lamb with Lemi potatoes for 40 years.

Särä is a delicious lamb dish made according to a 1000-year-old tradition. It takes at least nine hours to cook, and the slow roasting guarantees a mouth-watering experience. In the traditional Lemi way, Särä is enjoyed slowly, and you are welcome to have as many servings as you like.

Kippurasarvi is the only restaurant in Finland that specialises in this one dish. Särä is served with bread, butter, low alcohol home brew and water – and don't forget the mixed fruit soup served for dessert. The restaurant has set serving times, which need to be booked in advance. Tables for groups of more than ten people can, however, be reserved for slots outside the set serving times. Särä can also be purchased at Lappeenranta's K-supermarket Rakuuna and the Särä shop at K-supermarket Lehmus to take home. It is also available from the online store and can be delivered anywhere in Finland.

RESTAURANTS AND CAFÉS

LAPPEENRANTA REGION

Holiday Club Saimaa
Le Biff
Easy Kitchen
O'Learys
Classic Pizza
Beach House Saimaa
by Robert's Coffee
www.holidayclub.fi

Scandic Patria
Torilla Restaurant
www.scandichotels.fi/patria

Angus Steak & Wine
Amarillo
Rosso IsoKristiina
Café Restaurant Kanuuna
Coffee House IsoKristiina
Hesburger
Café Mylly
FAFA's IsoKristiina
Kehruhuone
Saga Event Venue
Pizza & Buffa
Presso
www.raflaamo.fi

Satamatie 6
www.satamatie6.com

Wanha Makasiini Bistro
www.ravintolawanhamakasiini.fi

The Kitchen
www.ravintolakitchen.fi

Tang Capital
www.tangcapital.fi

Restaurant Willhelmiina
by Kolme Kiveä & Co
www.kolmekivea.fi

Säräpirtti Kippurasarvi
www.sarapirtti.fi

Lappeenrannan Upseerikerho
www.lappeenrannanupseerikerho.fi

Taipalsaaren Wanha Kunnantupa
Ulla's Bistro
www.wanhakunnantupa.fi

Olkolan Hovi
www.olkolanhovi.fi

Savitaipaleen Helmi
www.savitaipaleenhelmi.com

Nuijamies event venue
Restaurant Nuija
www.nuijamies.fi

Hotel Salpa
Jalo
www.hotellisalpa.fi

Pulsan Asema café
www.pulsanasema.fi

Café Ellen
www.kotkaniemi.fi

Ship restaurant
Prinsessa Armaada
www.prinsessaarmaada.fi

S/S Suvi-Saimaa
@suvisaimaa

Pizzeria don papa Satama
Katto by don papa
www.donpapa.fi

Kattava Catering
Restaurant Saimaa
Restaurant Centre
Restaurant Konttori
www.kattavacatering.fi

Restaurant Sahrani
www.sahrani.fi

ABC Viipurinportti
www.abcasemat.fi

IMATRA REGION

Imatran Kylpylä Spa Resort
À la Carte Kastanja
Pistaasi
Lobby Bar Helmi
Pizzeria-café Akseli G
Bowling bar
www.imatrankylpyla.fi

Scandic Imatran Valtionhotelli
Restaurant Linnasali
www.scandichotels.fi/imatranvaltionhotelli

Rosso
Pub Vahti
Aino café and restaurant
Hesburger
www.raflaamo.fi

Karelian Gourmet
Restaurant Voima
Villa Malmi (catering)
www.kareliangourmet.fi

Wanha Virveli
www.vuoksenkalastuspuisto.fi

Iloisen Pässin Maalaispuoti
www.iloinenpassi.fi

ABC Imatra
ABC Särkisalmi
www.abcasemat.fi

PUBS AND BARS

LAPPEENRANTA

Birra
Lamppu
VENN
Kasinoterassi
www.raflaamo.fi

IMATRA

Pub Vahti
www.raflaamo.fi

NIGHTCLUBS

LAPPEENRANTA

Amarillo
Las Palmas
www.raflaamo.fi

IMATRA

Club Tähtitaivas
www.imatrankylpyla.fi





There is nothing more Finnish than sauna

Ok, so you have arrived in Finland and you are most likely a little worried or even terrified about the prospect of going to a sauna. Although the worry is understandable, you really needn't to – it's just a few people sitting in a boiling hot room almost naked.

Did you know? Per capita, Finland has the highest number of saunas in the world. If you don't get to know any locals during your visit, a good way to experience sauna is to rent a cottage or visit one of the spas in the area. The latter choice offers various different choices as the former is more traditional.

So surely you want to try one of the most important traditions of Finland? But before you do here are a few facts and tips so you can get the most out of the experience.

1 Just kick back and take it easy. While we may seem to take the concept of extreme sweating seriously, we go there to enjoy ourselves.

2 Getting invited to a sauna is an honour. It is said that in Finland, more important decisions get made in saunas than in meetings.

3 Yes, Finns go to sauna nude even

with strangers. In groups, women and men go to sauna separately, but families go together. Don't worry, Finns will understand if you want to wear a swimsuit or a towel.

4 Don't be alarmed when people start throwing water on the hot stove, since that is the single most enjoyable aspect of the sauna. What follows is the löyly – hot steam that makes people in the sauna make weird grunts and funny faces. But, once you get used to it, it feels straight up heavenly.

5 There are no rules for how often you should throw more water on the stove. Whenever you feel like another wave of steam, go for it. If it gets too hot, just sit on the lower bench or go outside for some cool air.

6 The Finnish sauna tradition is not complete without the sauna whisk made of birch twigs, with which you can give your skin a refreshing work-over during a sauna.

7 Another big favourite is the scents sold in various shops, for putting into the sauna water basin. These will fill your sauna with aromas such as tar and birch.

8 You will be sweating heavily in a sauna, so be sure to drink plenty. Water is probably best for you, but beer and cider is what Finns enjoy the most.

9 Finns might not be the most talkative bunch, but if you get the chance, you should try and open a conversation between löyly. There's something about the temperature and steam that gets us to open up.

10 Sauna is best enjoyed with the cool-down breaks. When it gets too hot, cool down in the shower, lake or snow. One of the best feelings in the world is diving into the cool lake after hot sauna.

Saunas

Prinsessa Armaada,
Lappeenranta
prinsessaarmaada.fi

Floating sauna boat,
Lappeenranta
saimaanaturally.com

Hossukan Helmi,
Imatra
tuplakasi-action.fi

Saunaboat m/s Emma,
Imatra
ms-emma.net

Vuoksi Fishing Park
Imatra
www.vuoksenkalastuspuisto.fi

Smoke saunas,
Rautjärvi
savusaunat.fi



GO

SPA HOLIDAY IN SAIMAA

Holiday Club Saimaa



FAMILY HOLIDAY FULL OF ACTIVITIES

Holiday Club Saimaa is one of the largest leisure centres in Finland. It includes Cirque de Saimaa spa, Harmony Spa and a multi-purpose arena. The holiday resort is the perfect venue for both a laid-back, action-packed family vacation and a business meeting or event.

ACCOMMODATION

In addition to spa hotel accommodation, Holiday Club also offers high-quality holiday home accommodation, even for larger groups. The area includes close to 300 holiday homes and Villas apartments, the largest of which accommodate up to eight people. The holiday homes are well-equipped and located in the immediate vicinity of the spa.

CIRQUE DE SAIMAA SPA AND SAUNA WORLD

The spa features fountains, slides, massage stations, a game pool and a diving pool with bridges. The youngest guests enjoy their own, safe children's pool and igloo sauna. Sauna World includes all manner of saunas. Harmony Spa provides high-quality pampering treatments.

SUMMERTIME ROOFTOP TERRACE

The Sun Deck rooftop terrace features a padel court, outdoor pool, wooden bathing tub and log sauna. The Sun Deck can be accessed directly from the spa. The log sauna on the rooftop terrace is open all year round, the bathing tub and outdoor pool only during the summer.

ANGRY BIRDS ACTIVITY PARK

The indoor Angry Birds Activity Park for the whole family boasts loads of features: a downstairs adventure area for young children, upstairs Xbox game zone, bag jump tower, slap shot radar, parkour track and a skateboarding area. The park also includes the Angry Birds Shop and a café.

WINTER ACTIVITIES

Holiday Club Saimaa delights skiers with its well-maintained network of skiing trails. Dipping into the warm spa pools after sports is simply divine.

RESTAURANTS

At the O'Learys family restaurant, you can enjoy hamburgers, sports, karaoke or a game of pool. Classic Pizza serves excellent pizzas and salads. Breakfast and lunch are served at the Easy Kitchen. The pool bar offers refreshing drinks. Beach House Saimaa by Robert's Coffee is located by Lake Saimaa and, in addition to harbour services, it provides first-class café and restaurant services. Exquisite dinners are served by Le Biff, our à la carte restaurant boasting a Chaîne des Rôtisseurs plaque.

GOLF

Holiday Club Golf Saimaa is located in the vicinity of an 18-hole golf course, range, par-3 course, putting greens and clubhouse. In addition, Saimaa offers a training centre that welcomes all golf enthusiasts: no green card or club membership is required at the training centre.

SUMMERTIME ADVENTURES

Enjoy summertime water activities at our private beach, where we rent out boats, stand-up paddle boards, mountain bikes and fat bikes as well as tennis and miniature golf equipment. Fishing trips, paddling, stand-up paddling and parasailing are among the activities offered in the Lappeenranta and Imatra region, and cruises and boat and bike rentals are also available.

EXCELLENT FACILITIES FOR HOSTING EVENTS

The round tables of the Alexander Hall at the Paviljonki venue seat up to 120 guests, and the eight deluxe rooms upstairs offer a good night's sleep. Conference facilities are also available at the main building of the spa hotel. Holiday Club Arena offers an outstanding setting for hosting conferences, celebrations and even trade fairs.



Services and activities

- 229 hotel rooms, close to 300 holiday homes and Villas apartments
- 5 restaurants: Easy Kitchen, Le Biff, O'Learys, Classic Pizza and Beach House Saimaa by Robert's Coffee
- Cirque de Saimaa Spa and Sauna World
- Harmony Spa treatment section
- Multi-purpose arena at the heart of the hotel
- Padel court on the rooftop terrace
- Gym
- BowlCircus bowling centre
- Karaoke and pool table
- Tennis
- Golf course and practice range
- Angry Birds indoor activity park
- Gant Shop
- Around-the-clock R-kiosk at the hotel reception

Imatra Spa



AN EXCELLENT HOLIDAY DESTINATION FOR FAMILIES, COUPLES AND FITNESS ENTHUSIASTS.

Relax, exercise and enjoy yourself at one of the most popular holiday destinations in the region of Saimaa. The numerous pools and brilliant services of the extensive spa and the surrounding nature make Imatra Spa an excellent holiday destination, particularly for families, couples, fitness enthusiasts and nature lovers.

IN THE MIDDLE OF LAKE SAIMAA NATURE

One reason for Imatra Spa's attractiveness is its location. In the middle of the naturally beautiful area of Ukonniemi, at the shore of Saimaa, it is a brilliant holiday destination for nature lovers all year round. Another reason is the large spa's various services. In addition to many different pools, you can pamper yourself with beauty treatments or go and exercise at the gym or outdoors. There are taste experiences at the restaurants for everyone, and there is plenty of entertainment too. There are also different activities for children and young people. Stay at the hotel connected to the spa or book a more spacious holiday apartment or villa and enjoy the vicinity of nature, which is within walking distance from the spa's services. The hotel also has pet rooms.

SEVERAL POOLS AND A MAGICAL ATMOSPHERE

The 1,500 m² pool world of the Adventure Spa Taikametsä is every spa visitor's dream. There are 16 different pools, and their temperature varies from a chilling +8 degrees to a gentle +38 degrees. The water slide is 80 m long, so that it will provide fun for both children and adults. The spa has refreshing pools and jacuzzis, cold, hot and walking pools, a water-running pool with a backflow device, massaging water jets and jacuzzi seats. In addition, there is a

20 m pool at Taikametsä for fitness swimmers and a toddler pool for the family's youngest members. The heated outdoor pool is a fantastic experience throughout the year, particularly in the autumn and winter. Throughout Taikametsä, the visible theme of the spa is Saimaa's nature and its underwater world. The indoor premises flood with natural light provided by the large windows. Thunder, rain, fog and other light and sound effects create a magical atmosphere, which is also why it is named "Taikametsä" (=Magical Forest). The spa also has a waterfall, a bridge of rain, Louhi's cave and a water curtain.

PAMPERING TREATMENTS

In addition to stunning pools, you can pamper yourself at Beauty Spa Wellamo, which offers relaxing beauty treatments, baths, massages and foot, face and body therapies, which crown a refreshing holiday. There are deep-relaxing pamper sessions and treatment-based entities for both men and women. Beauty Spa Wellamo is also open on Saturdays, and its services are worth booking in advance.

DELICACIES AND ENTERTAINMENT

When visiting Imatra Spa, you can choose your meal according to your taste from several restaurants. Romantically eat à la carte dishes, treat yourself at the buffet and try out

some street food. There are also separate meals available for children, and we have also ensured that there is a sufficient number of tasty dishes for special diets. There is naturally a pool bar connected with the spa, and in the summer, you can admire Saimaa's views from the terrace. Restaurant Tähtitaivas and Bar Helmi provide entertainment, live music, dancing and karaoke.

EXERCISE AT THE SPA AND IN NATURE

Would you like to enjoy an active holiday? A fitness enthusiast's holiday involves a spa with a fully-equipped gym, sports halls, guided group exercise lessons, badminton court, disc golf, or playing tennis or floorball. When you are looking for more casual activities, solve the puzzles at Escape Room Imatra or knock over pins at the modern eight-track bowling hall. Children can get the most out of their holiday in the playroom and outdoor playing grounds. Older children will enjoy the game arcade. There are activities for fitness enthusiasts and slower-paced walkers in the stunning outdoor terrains of Ukonniemi. Nature trails tour the beaches, and there is a child-friendly sandy beach near the spa. The landscape is excellent for skiing, snow-shoeing, and dog sledge rides in the winter. And, already in October, an illuminated first-snow track, made of the previous year's snow, is opened.



Imatra Spa has excellent services

- 171 hotel rooms
- Holiday homes and Villas holiday apartments
- A cafe, three restaurants and two bars
- 16 pools and an 80-metre water slide at Adventure Spa Taikametsä
- Beauty Spa Wellamo's pampering and spa treatments
- Physical treatment services
- 8-track bowling hall, Escape Room Imatra
- Sports halls and gym
- Ukonniemi's sports activities within walking distance
- Access the ski track and hiking terrains from the door of the spa
- Taiga Activities equipment hire, dog sled rides
- Experience and programme services
- Conference services



GO

RELAXING COTTAGE HOLIDAY

Your cottage awaits you



The pure nature of South Karelia is an attraction in itself and best enjoyed in a holiday cottage. Wake up to the sound of birdsong, be next to the water, in the shade of a forest or in the peace of the wilderness. Peaceful nights and fresh mornings have a certain appeal. Breathe in. Breathe out. You've arrived.

There are plenty of holiday cottages and villas in the Imatran Kylpylä Spa Resort and Holiday Club Saimaa area that can comfortably accommodate also larger groups. Besides holiday villages, there's a choice of quality holiday villas and more traditional individual cottages complete with their own peace and quiet and a beach. You can enjoy a cottage holiday at any time of the year and it's just as easy to hit the ski trail as it is the hiking trail from just outside your door.

If lakescapes attract you time and again, your own timeshare might be the best form of accommodation on your holiday. You can occupy Imatra Spa Villas and Imatra Spa Chalets holiday homes on the shore of Lake Saimaa in Ukonniemi when you want and at other times Imatran Kylpylä Spa Resort can let the place out. There are also quality timeshare homes in Rauha, Lappeenranta in the area of Holiday Club Saimaa.

The camping sites in Saimaa will delight campers and caravaners alike with their stunning lake vistas and pleasant amenities. A boat will conveniently ferry you one of Lake Saimaa's numerous islands, where you can spend the night in a hammock under the starry skies.

COTTAGES AND CAMPING

LAPPEENRANTA REGION

Holiday Club Saimaa holiday apartments
www.holidayclub.fi

Camping Lappeenranta
www.campinglapeenranta.fi

Saimaa Gardens
www.saimaagardens.com

Maamiehen majat
www.maamiehenmajat.com

Askon ja Maijan Maatilamajoitus
www.rantatupa.net

Tapion huvilat
www.tapionhuvilat.net

Saalastin lomamökit
www.saalasti.net

Wooddream
www.wooddream.fi

Villa Lummelahti
www.villalummelahti.fi

Caravan park, Hotel Salpa
www.hotellisalpa.fi

Olkolan Hovi, resort & camping
www.olkolanhovi.fi

IMATRA REGION

Imatran Kylpylä Spa Resort, holiday apartments
www.imatrankylpyla.fi

Vuoksi Fishing Park, camping & cottage Karhunpesä
www.vuoksenkalastuspuisto.fi

Saimaa Lakeside
www.setl.fi

Kiiverin lomamökit
www.kiiverinlomamokit.fi

Hugon Huvilat
www.hugon.fi

Papinniemi camping
www.papinniemicamping.fi

OTHER ACCOMMODATION

LAPPEENRANTA REGION

**Farmhouse holidays
Tuhannen Tarinan Talo**
www.tuhannentarinantalo.com

Pulsan Asema B&B
www.pulsanasema.fi

**Taipalsaaren
Wanha Kunnantupa**
www.wanhakunnantupa.fi

IMATRA REGION

Villa Malmi
www.villamalmi.fi

M/S Emma
www.ms-emma.net

STEP-koulutus, Ruokolahti
www.step.fi

AuroraHut
www.aurorahut.fi

Enchanting nature excursion



HIKING, CYCLING OR CANOEING

The heaths of Salpausselkä ridge have smooth nature trails, and you can also climb higher to admire the lake scenery. Spend a few hours hiking across the nearby terrain or bring a tent and go camping. Take the Imatra Geo Trail and experience the impact of history on nature. The historic Salpalinja fortifications are also an interesting day-trip destination, and going with a guide ensures that you will hear the best stories. There are also several geocaches in the South Karelia region.

BIKING

In the environs of Lappeenranta
Admire the shores of Saimaa on the Lappeenranta shore route. As well as urban areas, there are several great cycling trails in the Saimaa Canal and Taipalsaari areas.

In the environs of Imatra
The Vuoksi Culture Trail follows the Vuoksi river along pedestrian and bicycle paths and bridges. You can bike part of the trail, 7 or 4.5 kilometres, or cover the whole distance, 11.5 kilometres. The trail is also suitable for walking.

The official trail of the Imatra MTB event is ideal for mountain biking, as it offers paths of various lengths. The 10-kilometre trail is also suitable for beginners.

Island tour

This 170-km route goes around southern Saimaa and includes one or two boat rides. Another option is the 180-kilometre Western Saimaa Tour, which you can also combine with the Kyläniemi island tour.

HIKING

In the environs of Lappeenranta
The section of the Lappeenranta shore route from Rakuunamäki to Skinnarila is a picturesque oasis on the shores of Lake Saimaa.

The Saimaa Canal Culture Trail (1.5 km) starts at the Canal Museum. QR codes offering information in English can be found on Finnish-language guidance boards along the path.

Explore the nature of Finnish fens by walking on duckboards in Hämmäuteensuo and taking a break at a lean-to shelter.

In the environs of Imatra
Kruununpuisto Park, is the starting point for both the Muinaisuoma Nature and Culture Trail (1 km) and the Mellonlahti Nature Trail (3 km).

The Lammassaari Shore Trail near Imatran Kylpylä Spa Resort is 3 km long.

On the Imatra Geo Trail, you can feel the history from the Ice Age to the present day, and admire the Salpausselkä ridge.

River Hiitolanjoki

Head for the River Hiitolanjoki to take in the river environment and old power plants. Follow a managed hiking trail, stairs and duckboards for 1-4 km along Highway 6.

More demanding trekking

The most stunning stretch of the European long-distance path, E10 (over 100 km in South Karelia), runs from Imatra via Ruokolahti and Rautjärvi to Parikkala. Legs of 2-10 km, ideal for day trips, can be found in Savitaipale, Joutseno, Ruokolahti and Parikkala.

Nature treks and birdwatching

One of inland Finland's best nature sites is Siikalahti's wetland in Parikkala. There are also excellent birdwatching spots on the Vuoksi river in the centre of Imatra, Lake Pien-Rautjärvi and Konnunsuo Fen.

CANOEING

In the environs of Imatra
In the vicinity of Ukkonniemi Imatra and Rauha in Lappeenranta you can canoe along the shores, admiring the boathouses, or around nearby islands.

The Ruokolahti Canoe Trail is 110 kilometres long. It first follows small lakes, then runs along a river, through historical canals and the open waters of Saimaa, and ends in the centre of Ruokolahti.

In the environs of Lappeenranta

If you canoe in Lappeenranta town bay, you can take a break at a lean-to shelter on Karhusaari Island. Remember to watch out for boats and ships.

The Alajoki Trail is about 19 km long and includes five rapids. You can paddle this trail in early summer when the water is high.

Pien-Saimaa is a perfect destination for a brisk day paddle, as there are several places for landing along the trail.

The Väliväylä Canoe Trail from Lappeenranta to Kouvola takes 4-8 days to paddle. You can spend the nights in lean-to shelters. Väliväylä is also a great day-trip destination. The Kanuskoski area, in particular, offers lovely trails and lots of rest points.



Where to rent a bike or canoe?

You can rent a kayak, canoe, bike, SUP board or rowing boat from the Lappeenranta Sandcastle in summer. Canoes, rowing boats and motor boats can be rented from the Vuoksi Fishing Park in Imatra. Many hotels also have bikes available for their guests to hire. Don't forget the city bikes of Lappeenranta and Imatra.

More information about routes

- Descriptions and directions:
www.ekvas.fi
www.retkikartta.fi

Landing points in Saimaa

- Karhusaari, near the Lappeenranta harbour: a pier and a lean-to shelter.
- Ruohosaari, Lappeenranta: a lean-to shelter and a beach.
- Satamosaari, between Imatra and Joutseno: saunas and campfire place.
- Muukonsaari, Joutseno: a trekking centre with a campfire place.
- Ilkonsaari: piers and campfire place and five chapels as an attraction.
- Rastinniemi: campfire place and a long beach.
- Huuhanranta: a lean-to shelter and a spectacular shallow sandy beach.
- Ruuhonsaari: a pier, campfire place and a sauna.

GO

ACTIVE HOLIDAY

Adventures, activities and fishing trips:

LAPPEENRANTA REGION

Tuhamen Tarinan Talo
tuhamenarintalo.com

Room Escape Lappeenranta
roomescapelappeenranta.fi

Saimaan Palju Events
www.saimaanpalju.fi

DRAKKARsport
drakkarsport.com

Karelian Water Power
karelianwaterpower.fi

IMATRA REGION

Tuplakasi Action
tuplakasi-action.fi

Vuoksi Fishing Park
vuoksenkalastuspuisto.fi

Kulttuuripalvelu Kaiku
creativekaiku.fi

Escape Room Imatra
imatrankylpyla.fi

Lakeland Kayaks
lakelandkayaks.com

Discover Saimaa
discoversaimaa.fi



The perfect place for active holidays

Summer in Lappeenranta and Imatra is a great time to relax on the beach or at a cottage, but it also offers a wide variety of activities for nature lovers, hikers, water sports enthusiasts and adventurers.

Many athletics and sports events, camps, tournaments and games are held in the Lappeenranta and Imatra region. If you enjoy testing your limits or watching the skills of others, Saimaa's diverse training facilities, quality places to play and ancillary services are made for you - whether you're a junior, professional or just thinking about taking up a sport.

The Salpausselkä ridge area is home to a host of training facilities: gyms, jogging tracks, football pitches, tennis courts and golf courses, ice rinks, a multipurpose hall, baseball, ski and biathlon stadium. Team-specific changing rooms, as well as equipment maintenance, cleaning and storage facilities ensure the smooth running of training and tournaments. Meals, with diets adapted for athletes, can be arranged according to wishes either in different halls, accommodation establishments or in nearby restaurants. Also physiotherapy, muscle care and medical services are first class.

The Rauha area in Lappeenranta and Ukonniemi area in Imatra boast more than 70 different different sports for you to try, meaning visitors are spoilt for choice. The Saimaa area provides many ways for you to get moving. Improve your lung capacity on the ski track, perfect your backhand on the tennis court and recover from training on the massage table. Make local experts part of your sports holiday and get even more out of your own efforts. Coaches and instructors in different sports have access to the best

technological and technical solutions to support training.

Since local guides know the fishing waters in the area, they can help you find the best fishing spots. Vuoksi Fishing Park offers a range of excursions including a trolling trip to Lake Saimaa, instruction in longline fishing, a gigging trip to Vuoksi and crayfish trips at the end of July.



Imatra Base Camp can help you to organise sports camps, tournaments or other sport-related events in the South Karelia region.
Get in touch!

info@imatrabasecamp.fi

The Kyykoski lure fishing area in Kannuskoski is an excellent place to fish.

Stay conveniently near the sports venues. You can book affordable Sport Camp and Sport accommodation at Imatran Kylpylä Spa Resort. The Sport rooms can accommodate as many as six juniors affordably and the Sport Camp hostel even more affordably.

Here are some of the sports you can practice in the Saimaa region

- Mountain biking
- Boating
- Canoeing
- Frisbee golf
- Orienteering
- Roller skiing
- Skiing
- Biathlon
- Ice skating
- Tour skating
- Ice hockey
- Curling
- Football

Fun in the winter snow



THE DARK SEASON BRINGS OUT THE INNER GLOWING LIGHTS.

Enjoy fresh below-zero temperatures in the Lappeenranta and Imatra region with cross-country and down-hill skiing, ice fishing, ice skating, floating or adventure seeking.

DRY-SUIT FLOATING

Imagine lying on your back with ice floating around you and the frost nipping at your cheeks.

Dry-suit floating can be practised all year round, as the dry suit keeps you dry and allows you to wear warm clothes underneath. Tuplakasi Action offers dry-suit floating in Lake Saimaa and in Vuoksi River in Imatra; get carried away with the stream.

SKIING AND SKATING

Everyone can find a suitable track from the hundreds of kilometres of ski tracks. The first-snow track attracts skiers to Imatra's Ukkonniemi every year. Go tour skating and discover the beautiful island scenery with fresh eyes. There are also a number of free skating rinks and ice hockey rinks in the area. If you pre-

fer to skate indoors, head for the Lappeenranta UK Arena, Holiday Club Arena at the Holiday Club Saimaa Spa and the Imatra Spa Arena in the Ukkonniemi area.

ICE FISHING AND HIKING ON THE ICE

It is worth trying fishing in winter, as ice fishing is a very meditative experience. Try your luck at the Vuoksi Fishing Park or local waterways where fish can be caught from the wild waters. You can go trolling in the middle of the town all year round. You're more likely to catch something with the help of a local fishing guide, who can also customise your trip according to your requirements. Walking on Saimaa's ice in the winter is also a worthwhile experience and very popular among the local people.

WINTER SWIMMING

Fancy a dip in a hole in the ice? The lakeside sauna on Lappeenranta's Myllysaari is one of the places to go; there are separate sessions for men and women. If you are in Imatra, you can try winter swimming in Varpasaari.

ICE HOCKEY MATCHES

Feel the atmosphere hit the roof when Lappeenranta plays a home game. The team plays in the Finnish Elite League, and the audience comes from all over South Karelia to cheer them on.

Imatra's Ketterä plays in the Mestis league, and you can see it play its home games at the Imatra Spa Arena in Ukkonniemi.

Summer activities for all ages



YOU'LL NEVER BE BORED ON THE SUMMER SHORES OF SAIMAA.

There has been no place for boredom on this latitude over years - there are plenty of activities for every day.

MYLLYSAARI, LAPPEENRANTA

Myllysaari Family Park features activities such as a playground, football fields and a parkour course. There is also a beach, diving towers and a beach café, all awaiting visitors.

LAPPEENRANTA SANDCASTLE

Sandcastle is packed with activities throughout the summer.

CHILDREN'S TRAFFIC PARK

This is a classic summertime favourite of families with children. Little ones can practice their driving skills on pedal cars in the traffic park.

BOWLING

STRIKE! Bring some playful competition to your family holiday at the bowling alleys of Holiday Club Saimaa and Imatran Kylpylä Spa Resort.

FISHING

Vuoksi Fishing Park offers activities such as guided fishing trips and fishing equipment rental. There is also a salmon pool and smokehouse, restaurant, sauna and a camping and caravan site.



gosaimaa.com



Ukonniemi

Holiday paradise on the Saimaa lakeside

Ukonniemi is one of the most beautiful holiday destinations in Finland. It is located on the shores of the clear waters of Lake Saimaa, a few kilometres from the centre of Imatra, and only a couple of hours by train from Helsinki. Its harbour can also be reached directly by boat.

The wooded area of Ukonniemi provides the perfect setting for the most varied of holidays. The area's activity parks and outdoor trails and sports venues on the ridges on the Saimaa shore make it the perfect year-round holiday spot for the whole family. Golf and disc golf courses open for the summer. For winter sports lovers,

Ukonniemi offers the longest – about 5 kilometres long – first-snow trail in Southern Finland, which means that the skiing season commences at the middle of October and continues well into spring. When natural snow falls, skiers can also use the extensive ski track network in Ukonniemi. To counterbalance so many energetic

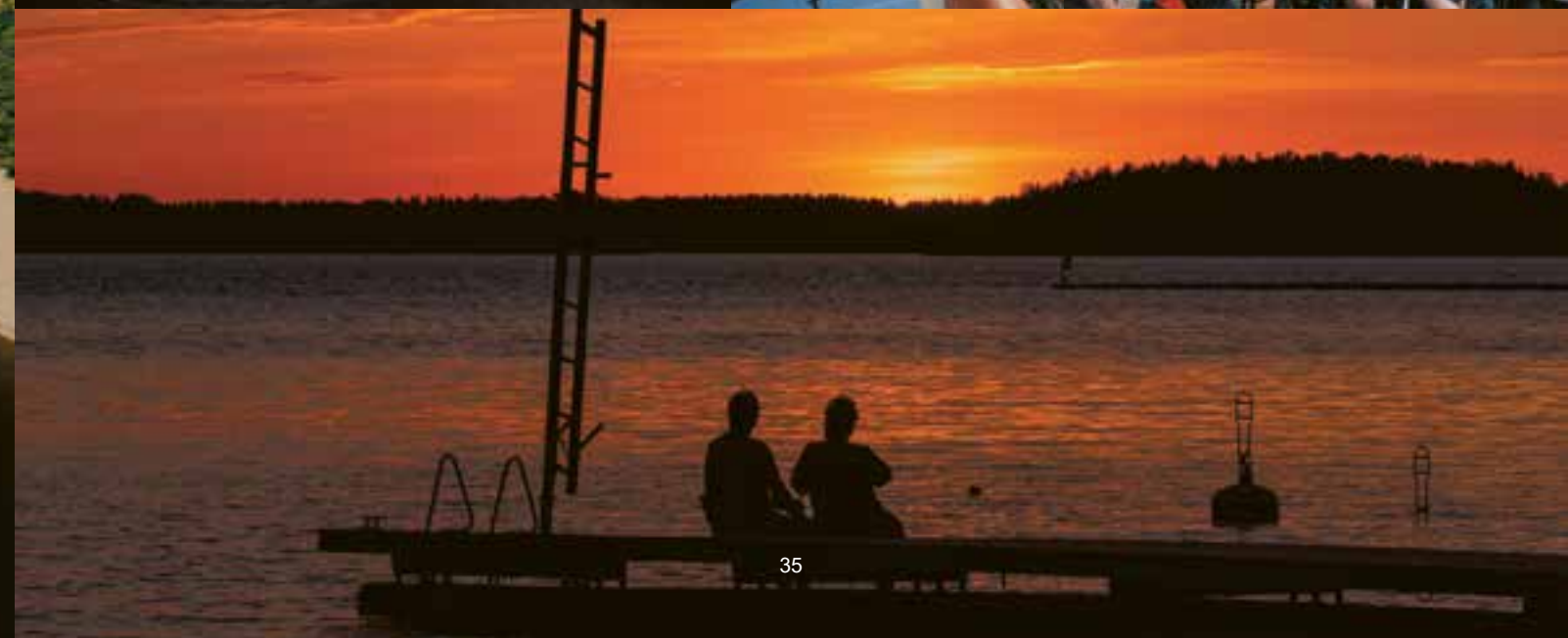
activities, why not relax on a beautiful sandy beach or enjoy the warm pools and pampering treatments at one of the spas? The Ukonniemi area offers accommodation options ranging from spa suites to holiday villas and cosy cottages.



Ukonniemi offers:

- Two large adventure spas and hundreds of high-quality villas
- Wonderful beaches
- Island cruises
- Passenger and marina services
- Versatile trekking and skiing tracks
- Indoor and outdoor adventure parks
- Bowling alley, ballgame and ice sports halls
- Golf and disc golf
- Finland's longest pump track for mountain biking and a 100-kilometre path network

ukonniemi.fi



Savitaipale – nature and exercise



Savitaipale occupies a gravel esker between two lakes, Saimaa and Kuolimo, and has a wide variety of activities to offer in the natural environment and at purpose-built recreation facilities. The region boasts hiking trails in unspoiled nature and a well-equipped Sports Park along highway 13. There are plenty of things to see and experience.

HIKING IN UNSPOILED NATURE

Savitaipale, nestling on an esker in the lakeland, is heaven for hikers. The area is criss-crossed by hiking trails ranging from the child-friendly and obstacle-free to the seriously challenging. Eskers, dells and varying vistas of forests and lakes show the environment of South Karelia at its finest, in varying shades across the seasons.

From the church village or from the public beach at Lepänkanto, hikers may follow the terrain sculpted by the Ice Age on foot or on mountain bikes. Beyond Partakoski rapids you can find the Orrainpolku trail, with the Luotolahti outlook as its great culmination. The Säänjärvi trail takes you around Valkjärvi lake, while the Kärnäkoski fortress trail introduces you to the namesake fortress, an old mill and a barge port. Art is also available to enjoy alongside nature and history: the Raitala art

trail starting in the church village features a collection of ten artworks that blend into nature.

Some of the hiking trails can be accessed by mountain bike, and there are some steep challenges for bikers. The clear waters of Kuolimo lake can also be navigated by canoe, and there are several sites where you can make landfall for a picnic, for instance. Kuolimo is also a destination in winter: a 5-km tour skating track is cleared on the ice of the lake when ice conditions allow.

SWEAT IT OUT AT THE SPORTS PARK

In recent years, Savitaipale has invested considerably in diverse, high-quality sports facilities. The Sports Park on highway 13 includes a multi-purpose hall, a gym building, an ice rink (with a curling pitch), an astroturf pitch and a brand new athletics field. There is an outdoor exercise complex in the yard of the school

next to the Sports Park and a frisbee golf course and tennis courts along the running trail starting beside the astroturf pitch.

Savitaipale thus has plenty to offer in both indoor and outdoor sports. At the Sports Park, you can indulge in floorball, futsal, tennis, basketball, ice hockey, curling, football and frisbee golf. You can also sweat it out in the long jump or other track events, or by jogging or skiing along the running trail in the undulating landscape

Thanks to its wide range of activities, the Sports Park has things to do for people of all ages and can cater to quite large groups. The Sports Park has great potential for practice retreats too, since all the sports and exercise facilities are within a short walk of each other, and the swimming baths in the church village are also close at hand.



Saimaan palju

EXPERIENCES TO TREASURE

Saimaa is Finland's largest lake, sprawling all across South Karelia. Its shores and waters offer a wide range of activities for anyone interested in exercise, nature and beautiful landscapes.

BIKE SAFARI

Mount an electric bike in Lappeenranta for a guided two-night trip to Puumala. The bikes will take you from the busy town to Sarviniemi in Taipalsaari, where while waiting for the ferry you can gaze on the terrain shaped by the last Ice Age. The ferry will take us to the municipality of Puumala. Embraced by lake Saimaa on all sides, Puumala boasts dazzlingly beautiful scenic routes and excellent accommodation opportunities.

If a long bike safari with overnight stays is too long for you, we also have shorter treks that will introduce you to the eskers and dells of South Karelia. Electric bikes make the going smooth even in challenging terrain. Our outings range from the easy to the gritty, and you can choose according to your fitness and preference.

SAUNA ON THE WAVES

A sauna floating on the lake – now there's an idea for a birthday party, a bachelor or hen night or a company outing. Before going out on the lake, you can indulge in paintball or bubble football. There is a forest range for paintball in Savitaipale, and another with more challenging obstacles in Lappeenranta. We arrange for a professional instructor to guide your group in the ins and outs of paintball and to ensure that everyone stays safe.

Bubble football is a great way to foster team spirit. When every player is wearing a massive plastic bubble, the game begins to resemble ice hockey, because tackling is allowed. But as always in football, the team that scores the most wins, so passing and shooting are just as important as bumping into others.

After paintball or bubble football, the party can continue with a meal and sauna on a barge. Having worked up an appetite, your group can enjoy food that we've arranged according to your wishes and relax in our special sauna. The best end to a busy day in the summer is to enjoy Saimaa.

You can skip the sporty part and go straight to the sauna just as well. Invite your friends or coworkers to the sauna barge and head out onto the lake for a great evening out: it's rare to be able to enjoy a sauna and great scenery at the same time. Sunset, the calm lake and the twilight of a summer evening add up to a memorable experience.



We also rent out bikes for independent trekking for up to a week.

For the slightly more active, we can offer canoeing before boarding the sauna barge.

And food for the body can be provided by our very own barbecue chef.

DISCOVER THE HIDDEN TREASURES OF LAKE SAIMAA

Saimaa Geopark has become an international geopark, that has been accepted to be a part of the UNESCO Global Geopark network. The Geopark is a nature tourism concept that combines the important geological heritage, landscapes and attractions of the area. Cultural and natural heritage is also featured in facilities, events and tourism products. In the embrace of Lake Saimaa, you will find our hidden treasures, they are literally under your feet and surround you everywhere, they are within reach of your hands and eyes.

Business partners of Saimaa Geopark offer their products and services for the travellers within the traditional Savo-Karelian mentality. You

can get acquainted with the products and services of the Saimaa Geopark partners at the link: saimaageopark.fi/en/partners and on the outdoor active tourism portal outdooractive.com (Saimaa Geopark).

Saimaa Geopark partners' services have a variety of activities, gastronomic tourism, water tourism and guided tours. The partners, of course, act in accordance with the principles of responsible tourism.

Saimaa Geopark offers beautiful sandy beaches, famous boulders and mystical rocks. If you are wondering what geosites are, the answers can be found on our website saimaageopark.fi/en/.

Come to us – to enjoy and be with us!



saimaageopark.fi

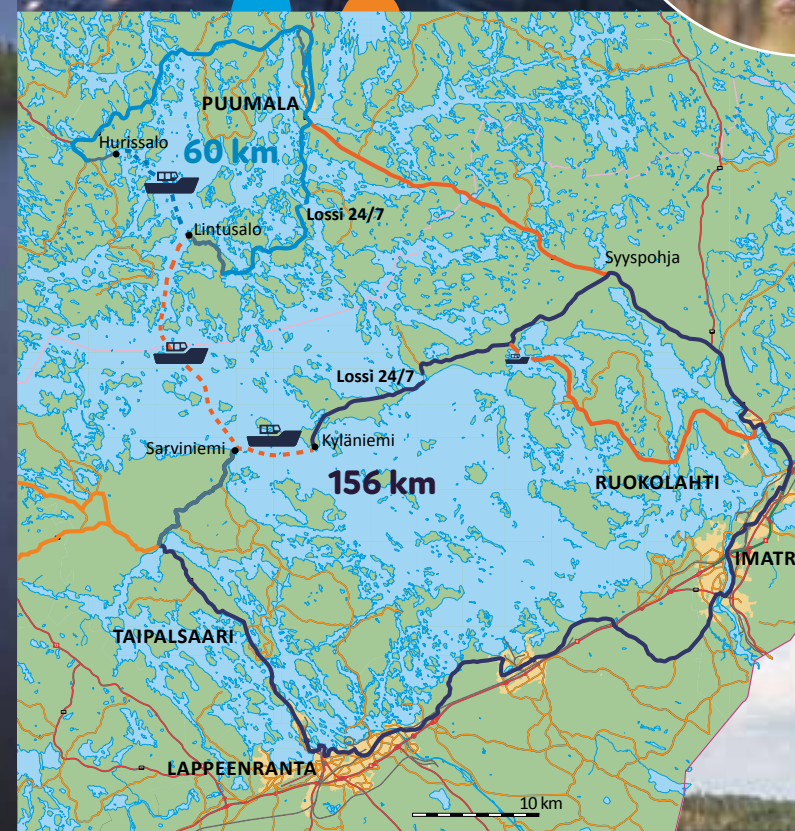
SAIMAA
ARCHIPELAGO ROUTE



PUUMALA
ARCHIPELAGO ROUTE

EXPERIENCE LAKE SAIMAA BY BIKE!

SAIMAA ARCHIPELAGO ROUTE
AND PUUMALA ARCHIPELAGO
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THE BEST OF LAKE SAIMAA.



Sisältää Maanmittauslaitoksen Maastotietokannan 1/2020 aineistoa. Pohjakartan valmistus Karttatiimi Oy.
Photos: Juho Kuva/Visit Finland, Robert Seger, Mikko Nikkinen.


Admire the stunning archipelago scenery, cross the open waters by bike ferries, and take a dip in the sparkling water of the finest sandy beaches. Enjoy the relaxed atmosphere, sauna experiences and local delicacies along the way.

The Saimaa Archipelago Route offers 156 km and the Puumala Archipelago Route 60 km of pleasant cycling through islands, bridges and eskers. Along these routes you will find fascinating Saimaa Geopark sites, exciting stories, cozy accommodation and relaxed camping destinations to explore. By bicycle ferries, you can get around the lake and combine both routes. There's a lot to see and explore on the road – it's really worth planning a several days trip. On the back of the bike, you truly experience the lake Saimaa through all of your senses.

Check out the local services, routes
and timetables, and get ferry tickets:
[SAIMAACYCLING.FI](https://saimaacycling.fi) [VISITPUUMALA.FI](https://visitpuumala.fi)



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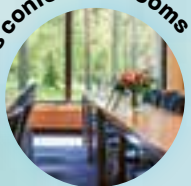
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Magnificent nature trails



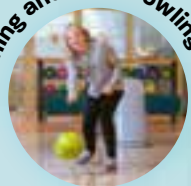
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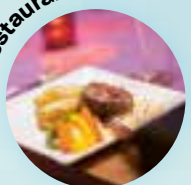
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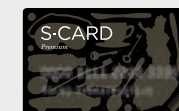
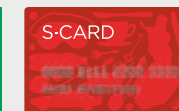
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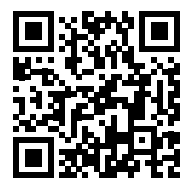
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