



**SUSTAINABLE
NATURE
EXPERIENCES IN
LAKE SAIMAA**

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BOAT TRIP TO LAKE SAIMAA AND WILDFOOD BY THE OPEN FIRE

EXPERIENCE THE ENCHANTING YÖVESI (part of Lake Saimaa) AND THE FLAVOURS OF SAIMAA!

Our charming fishing boat Juno takes us to the lovely little island location to where we sail through the beautiful lake nature of Saimaa. When we reach the destination, you have some time to tour the island with your host or just sit down on the cliffs to enjoy the lake scenery. If you are lucky you might even see a ringed seal of Saimaa!

In the meantime, a delicious wild food meal is prepared by the fireplace. Meal consists the best flavors of the season. Ingredients are sourced locally and sustainably. A large part is collected and grown by ourselves and the fish comes from the nearby waters. In addition, we use high-quality ingredients from small producers in the surrounding area. Ask more about seasonal servings when booking.

There is a toilet on the site. Campfire place is covered and the eating takes place outside. The excursion has a weather reservation. If the weather does not allow going out on the lake, we either reschedule or enjoy the meal in our old atmospheric log house.

Wildfood experience by the fire can be done also on land. Ask more when booking.

AVAILABLE: May – September (October)

OPTIMAL GROUP SIZE: 4 - 12 persons

DURATION: c. 4 hrs, starting time of the trip can be arranged according to the season and wishes.

PRICE: 155 € / person, minimum billing 4 persons

Food 55 € (inc. VAT 14%), rest of the experience 100 € (inc. VAT 10%)



BOAT TRIP TO ASTUVANSALMI ROCK PAINTINGS AND SEASONAL LIGHT MEAL IN THE NATURE

EXPERIENCE THE NATURE AND FLAVOURS OF SAIMAA IN THE MIDDLE OF AN ANCIENT ART EXHIBITION AND HEAR THE FASCINATING STORY OF THE ROCK PAINTINGS!

Join us a boat trip through beautiful Lake Saimaa views to explore the 6000-year-old rock art. The magnificent Northern Europe's largest rock paintings tell their ancient story with many different images. At the same time the guide tells the birth story of the paintings.

It takes about an hour to get to the site and welcome drink is enjoyed on the boat. Handmade seasonal meal with dessert using local ingredients is served on the site. Meal consists the best flavors of the season. Ingredients are sourced locally and sustainably. A large part is collected and raised by ourselves, The fish comes from the nearby waters. In addition, we use high-quality ingredients from small producers in the surrounding area.

There is a toilet on the site. The excursion has a weather reservation. If the weather does not allow going out on the lake, we either reschedule or enjoy the meal in our old atmospheric log house.

AVAILABLE: May – October

OPTIMAL GROUP SIZE: 4 - 12 persons

DURATION: c. 4 hrs, starting time of the trip can be arranged according to the season and wishes.

PRICE: 145 € / person, minimum billing 4 persons

Food 45 € (inc. VAT 14%), rest of the experience 100 € (inc. VAT 10%)



EVENING PADDLE AND SAUNA IN LAKE SAIMAA

EXPERIENCE LAKE SAIMAA PADDLING IN AN OPEN CANOE. THE EVENING ENDS WITH SAUNA IN THE WONDERFUL LANDSCAPES OF LAKE NATURE.

The group meets at our farm, gather for a little initial information and enjoy a welcome drink. After that, we are heading towards the lake. The total paddling distance is approx. 10 km. We try to keep the pace calm and take small breaks on the water and also pull the canoes to the shore and take a longer break in an island. There we have time to enjoy lunch, take a little walk or even a refreshing dip in the Lake Saimaa.

The route goes through the beautiful landscapes of Saimaa, following shoreline and small islets. It's also possible that we'll see ringed seal of Saimaa during the trip if we are lucky. After paddling a pre-heated sauna and evening meal awaits the adventurers.

This trip is suitable for people who has some paddling experience over the age of 15. You can get the paddling equipment from us, so all you need to bring with you is clothes suitable for the weather and change after sauna, drinking water and energy-rich snacks while paddling. Towels included.

Hand-crafted seasonal local food lunch on the go and an evening meal after the sauna includes the price. Often we serve fish and vegetables straight from the grill with side dishes. Safety instructions are followed and trained staff will guide you throughout the excursion.

AVAILABLE: June – September (October), starting time of the trip can be arranged according to the season and wishes

OPTIMAL GROUP SIZE: 4 - 8 persons

DURATION: 6 hrs, paddling c. 3,5 h with breaks

PRICE: 245 € / person, minimum billing 4 persons

Food 75 € (inc. VAT 14%), rest of the experience 170 € (inc. VAT 10%)

The length of the route can also be customized according to the wishes and skill level of the group, so the paddlers of all abilities can take part. There are also shorter routes near. For example paddling around nearby little island (about 1 hr paddling) or paddling to 'Vuolteen kanava', which is a beautiful old canal (about 2 hrs paddling). We are happy to prepare food for these trips also. Ask about pricing.



ROCK PAINTING HIKE TO ASTUVANSALMI

EXPERIENCE THE NATURE OF SAIMAA IN THE MIDDLE OF AN ANCIENT ART EXHIBITION AND HEAR THE FASCINATING STORY OF THE ROCK PAINTINGS!

Hike starts at the Astuvansalmi parking lot (Suurlahdentie 2039), from where we calmly set off along the path towards the rock paintings. Route goes through the forest and it takes about an hour to get there and explore the 6000-year-old rock art. The magnificent Northern Europe's largest rock paintings tell their ancient story with many different images. At the same time, the guide tells the birth story of the paintings and stories from Saimaa.

A fresh or warm drink depending on the season is included. You can order handmade seasonal packed lunch using local ingredients for extra fee. This excursion is suitable for all levels. You need clothes suitable for the weather, good shoes and drinking water to go.

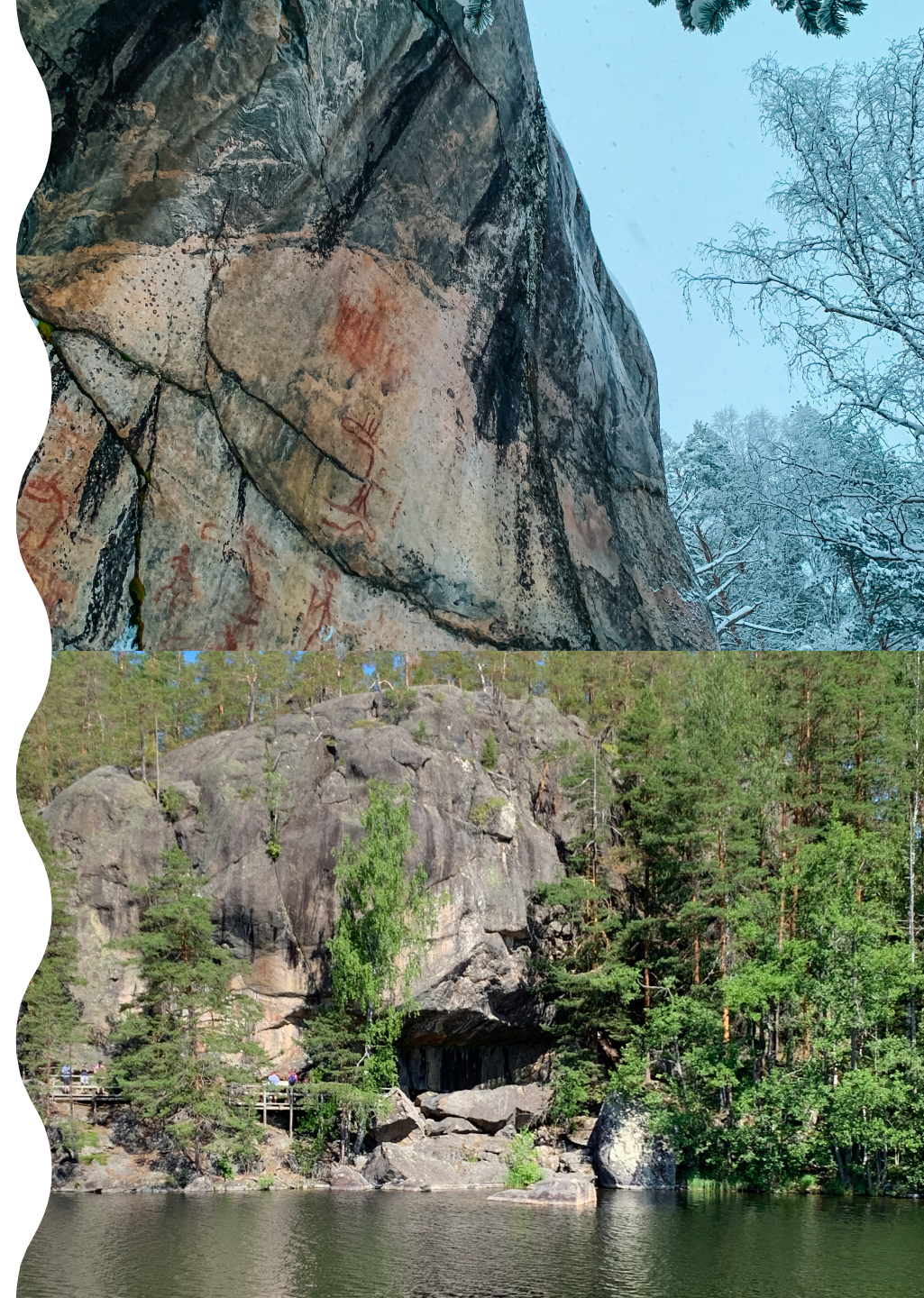
AVAILABLE: All year round. When the ground is molten, hike is done by foot. In winter we take snowshoes with us if necessary.

OPTIMAL GROUP SIZE: 4 - 12 persons, minimum billing 4 persons

DURATION: 3 hr

PRICE: 65 € / person (inc. VAT 24%), Food 20 € (inc. VAT 14%)

Ask also about boat and canoeing trips to the paintings! When approaching from the water, you can also see the amazing human profile of the rock. In wintertime if ice is thick enough, we can walk further onto the ice to look the profile.



FOREST FORAGING AND COOKING EXPERIENCE WITH LOCAL HOST

EXPERIENCE EDIBLE TREASURES OF THE FINNISH FOREST!

We meet in Uhkua's farm and head to a little foraging trip to the nearby forest. Along the way your host tells you about the Finns relationship to forest and we fill our baskets with berries and mushrooms. Depending on the season we get different ingredients for our meal and with the help of the guide you'll know what to pick.

Findings are used as part of the dinner which you cook with our local chef Ilkka respecting the seasonal ingredients. The menu usually focuses on vegetables and fish and uses also other fresh ingredients from the season. Fish is caught nearby waters and in addition we use quality local products from small producers.

After cooking we eat all together either outside or in our old atmospheric log house depending on the weather. Meal includes non-alcoholic drinks, wine suggestions given if wanted.

AVAILABLE: July – October

OPTIMAL GROUP SIZE: 4 - 8 persons

DURATION: 4 hr

PRICE: 185 € / person, minimum billing 4 persons

Food 55 € (inc. VAT 14%), rest of the experience 130 € (inc. VAT 24%)



TRADITIONAL FINNISH SAUNA WITH LOCAL HOST

EXPERIENCE TRADITIONAL LAKESIDE SAUNA AND MAGNIFICENT NATURE OF LAKE
SAIMAA!

The Finnish sauna is a place where the mind rests and the body relaxes. Throughout the ages, the Finns have cared for their health in the sauna. Enjoying a sauna is holistic, preventing and vitalizing self-care. We Finns still believe in old saying that sauna is a poor man's pharmacy.

This sauna experience is the joint result of several senses. It connects authentic natural elements, such as wood, water, fire, and traditional natural materials. For example, a sauna whisk made of birch branches and its smell, hissing sound when the water hits the sauna stoves, steam spreading in the air and the warm touch of 'löyly' – spirit of the finnish sauna, surrounds you gently.

Sauna is also a social event where everybody can join. A good sauna experience is like a little journey and we are guiding you through the whole experience. From chopping the wood to finally going to 'löyly' and enjoying a tasteful meal after sauna. During the heating and dinner you'll hear stories about finnish sauna culture and how to enjoy sauna comprehensively. After sauna it is lovely to cool down on the terrace, admire the sunset or take a last cooling dip into the clear lake water. When autumn comes and evenings are darker the terrace is illuminated with thousands of stars.

SAUNAS: Traditional lakeside sauna and floating raft sauna made mainly from recycled materials. Depending on a group size one or both are heated.

EXPERIENCE INCLUDES: Towels and washing liquids, sauna whisk or one other nature based treatment (such as peat mask, peeling, footbath or warm wraps for shoulders), refreshing drinks throughout the experience, sauna-dinner using the best seasonal ingredients straight from the surrounding nature.

AVAILABLE: May – October

OPTIMAL GROUP SIZE: 4 - 8 persons

DURATION: 4 hrs

PRICE: 185 € / person, minimum billing 4 persons

Food 55 € (inc. VAT 14%), rest of the experience 130 € (inc. VAT 24%)

