

Finland

365 days of outdoor activities



Visit Finland

Product Manual

Table of contents

What makes Finland the country for sports?	4
Where we are and how to get here	12
How to get around Finland	13
Lahti region	14
Saimaa region	18
Tampere region	22
Jyväskylä region	26
Vuokatti	30
Ruka-Kuusamo	34
Pyhä Ski resort	38
Suomu region	42
Levi	46
Finnish Sport Institutes	50
2019 event	52
Useful contacts	55

Cover photo: Matt Cherubino

Experience Finland all year round



According to a survey by the European Commission in 2014, Finland takes the top spot on the podium when it comes to physical activity in the European Union. Finland also places among the most active nations in the world. Coincidence? We think not.

The stark contrasts between our four seasons are the main characteristics of the natural cycle in Finland. Different seasons provide a multitude of opportunities and Finland offers a wide variety of brisk activities for all tastes.

There are many reasons to exercise. You might have a competitive spirit or are trying to find your own limits. Maybe it's fitness and keeping yourself in shape. Perhaps you might simply want to blow off some steam and have fun with your family or a group of like-minded people. Most Finns stay active for a simple reason: sports and exercise promote health and wellbeing.

Our ski and sports resorts and sports institutes, including seven Olympic Training Centres, serve both professionals and recreational sports enthusiasts in sports education and leisure activities all year round. We can offer an unrivalled combination of expertise in winter and summer sports as well as clean and pure nature.

Finland is a natural choice when looking for active leisure holidays for families with children, exciting sports events or school and student camps with sports activities. Finland has many national parks, some of which are right next to our biggest cities, providing great opportunities for training and recreational sports.

This manual is brought to you by Visit Finland with the aim of helping you plan sports and activity experiences for your customers.





What makes Finland the country for sports?

Our love for winter sports starts very early: in Finland, every municipality is required by law to build sports facilities and to organize activities that promote wellbeing. This means that the whole nation puts on skis or skates at a very young age, sparking interest and creating a culture of sports early on. The Finnish education system places a lot of importance on physical activity: physical education is an official school subject starting from the first grade of elementary school.

With our northern location and climate, Finland is obviously a natural winter sports country. Ice hockey is our favourite sport, with about 75 000 registered players and 263 indoor rinks – for a population of 5.5 million.

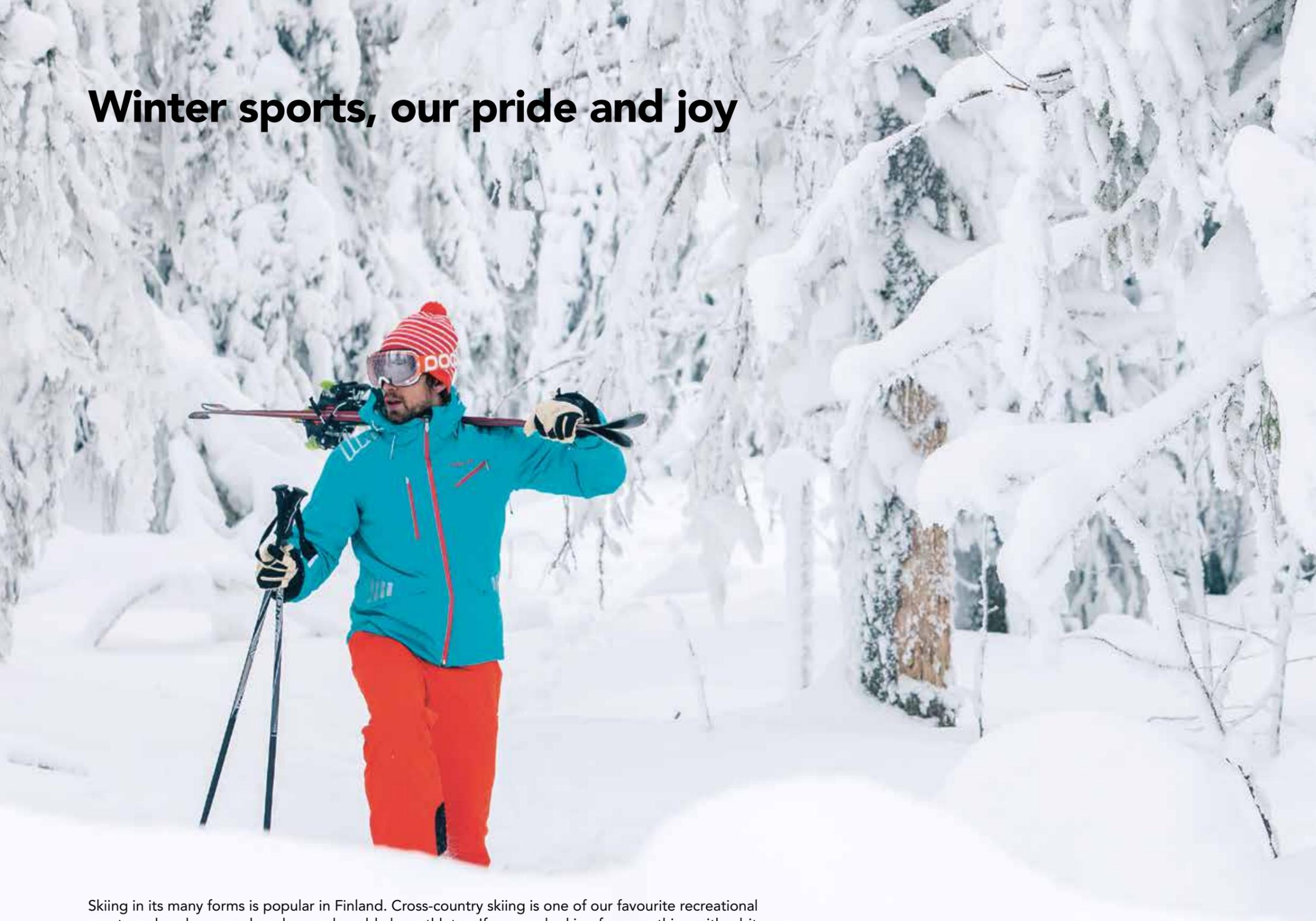
Winter sports are a part of our national identity. Since the beginning of the Winter Olympics in Chamonix 1924, we have won 161 Olympic medals – 11 of those in the very first Olympics. Finland has hosted more than 20 World Championship events in different sports. We know how to handle even the biggest events.

Our performance in Olympic winter sports and in organizing sports events is based on consistent long-term work for sports as a whole. Our success is enabled by Finland's efficient facilities and infrastructure. We take a scientific approach to training, with a holistic view down to the smallest detail.

Paralympic sports are practiced on both recreational and professional levels and Olympic Training Centres also provide high-class training for Paralympic athletes. Finnish T-54 sprinter and world record holder Leo-Pekka Tähti has dominated the Paralympic circuit for most of the 21st century.

Athletes from all over the world can train in Finland. Helsinki Airport is a hub between the east and west, providing the shortest route between Europe and Asia.

Winter sports, our pride and joy



Skiing in its many forms is popular in Finland. Cross-country skiing is one of our favourite recreational sports and we have produced several world-class athletes. If you are looking for something with a bit more speed, downhill skiing, snowboarding and freestyle skiing are also good options.

Almost every town in Finland has either an indoor or outdoor ice rink for skating. You can even find one right in the middle of Helsinki during winter, on the Helsinki Railway Square. Skating is a fun way to get exercise without even noticing.

Ice hockey is Finland's most popular sport, and the country is full of rinks. This fast-paced sport is played on skates with a puck – a small but rather heavy rubber disk which is handled with a bladed stick. Once you learn how to skate, the next logical step is to grab a stick and start shooting some goals.

Other winter sports, such as snowshoeing, ski jumping, snowmobiling, bandy and figure skating are very popular in Finland as well. Most recreational sport centres and sports resorts offer a wide variety of opportunities to practice these and many other winter sports.

Photo: Elina Sirparanta

75 ski resorts

Snow 100% guaranteed

Clean air and pure snow

Floodlighted slopes
and tracks in
excellent condition

Great variety of smooth
slopes and ski schools
for beginners

Hardly any lines and
no rush at the slopes

The ski areas are defined
very clearly and it's almost
impossible to get lost

There are no dangerous
drops or cliffs
in the ski areas

Famous for snow-how

Finland and China have
agreed to cooperate
in winter sports and
preparation for the Winter
Olympics. The countries
will launch a China-Finland
Year of Winter Sports in
2019.

24 hours a day for outdoor activities in Lapland during June and July

Clearly marked mountain biking trails are suitable for everyone

Finland is the world's cleanest and greenest country. (EPI index in 2016)

Finnish forests proven to lower blood pressure and aid recovery

Land of a Thousand Lakes is the perfect destination for water sports

Great paddling routes for beginners with hardly any waves

More than 80% of Finland's lakes have either good or excellent water quality

A prime destination for autumn colours

Northern lights can be seen already in early September



Running and cycling of all sorts

Finland is a country mostly covered by forests, and those forests are peppered with outdoor areas suitable for trail running and trekking. More advanced hikers often head to Lapland to hike among the fells and wilderness, with no human infrastructure in sight for days.

Cycling is also popular in the Land of a Thousand Lakes: opportunities for shorter or longer bike adventures can be found around the country. Finland offers opportunities for all kinds of cyclist, be it fat or mountain biking, downhill, BMX or cyclocross.

Finland also hosts a number of marathons and ultra runs for professional and recreational runners. There are marathon events all year round, even in the coldest winter season. Ultra runs also attract more participants due to the rising popularity of trail running.



Photo: Timo Oksanen

WATER IS GREAT FOR SPORTS

As mentioned before, Finland is the Land of a Thousand Lakes, so it's rather logical that we have plenty of opportunities for water-related sports as well. Swimming is one of the most popular sports, whether indoor or outdoor, summer or winter. Almost every town has an indoor pool where anyone can go take a dip.

Sailing and boating in their many forms are especially popular in the Coast and Archipelago area, but there are a lot of opportunities in Lakeland as well. Canoeing on rivers and lakes is a popular outdoor activity around the southern and middle parts of Finland, and the bravest can take their canoes to rapids as well.

The seaside and lakes also provide opportunities for surfing and windsurfing, which are also practiced year-round. In the summer, water scooters and wakeboarding are popular. SUP boarding is also gaining popularity, especially in the bigger cities.



Photo: Julia Kivela

THE NEED FOR SPEED

Finnish people love cars and motor sports. We are sometimes called the fastest people on the planet. Most notably, Finland has produced the most Formula 1 World Champions and podium finishes per capita – almost twice as many as the UK and New Zealand, who are second and third, respectively.

Finns love the small turbocharged speeders on the race track, but our heart and soul is rally. Young Finnish race car drivers usually start with carting and move on to larger vehicles as they get older. Finland has several rally schools where anyone can book a lesson – even from a 4-time rally world champion.

The biggest rally event of the year is the Rally Finland, which is among the largest annually organised public events in the Nordic countries, attracting hundreds of thousands of spectators each year.

Snowmobile safaris are also highly popular during the winter. This recreational sport is fun but can also be very physically taxing, so don't count it out even if you are looking for more strenuous activities. Winter also provides opportunities for ice track racing for those looking for an adrenaline rush.

OTHER SPORTS

Horse-back sports, such as dressage and horse racing, are both common in Finland. A number of famous race tracks are found around the country.

Football is the most popular sport when it comes to licensed players and is played all year round. Finland has a few creative spinoffs from the original sport, such as swamp football. Beach football is often played during the summer, and in winter you can actually play football in deep snow.

Nordic walking is a popular form of power walking and a great way to get regular exercise. Since nature is always close even in the biggest cities, it's easy to grab a pair of sticks and go for a relaxing and invigorating walk into town or the nearby outdoor areas.

Golf is played from early spring to late autumn, and multiple indoor training facilities provide services for enthusiasts even when the greens are covered in snow.

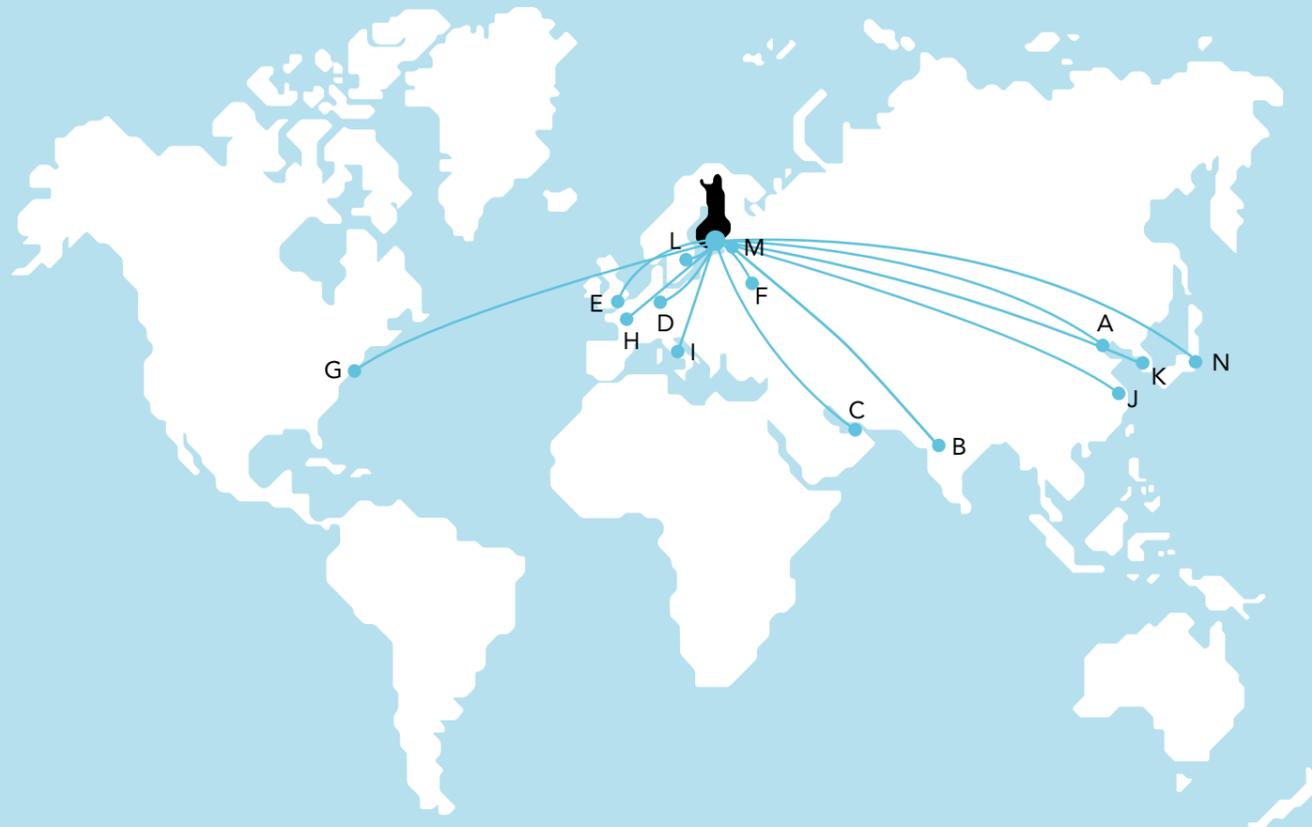


Photo: Olli Olinki



Photo: Juho Kuva

Where we are and how to get here



EASY ACCESS WITH THE SHORTEST ROUTE BETWEEN EUROPE AND ASIA

The main hub is Helsinki International Airport, also known as the Gateway to Asia. The city centre is a 30-minute bus or train ride from the airport.

Other international airports:

Ivalo, Kajaani, Kittilä, Kuusamo, Kuopio, Oulu, Rovaniemi, Tampere and Turku.

FAST ACCESS FROM RUSSIA BY TRAIN OR FERRY

Another interesting route to take is the train or ferry from St. Petersburg, Russia. The fastest train takes only 3½ hours to reach Helsinki while the ferry ride takes one night.

FLIGHT TIMES

A	Beijing	9 h
B	Delhi	7 h
C	Dubai	6½ h
D	Frankfurt	2½ h
E	London	3 h
F	Moscow	1½ h
G	New York	8 h
H	Paris	3 h
I	Rome	3½ h
J	Shanghai	10 h
K	Soul	9 h
L	Stockholm	1 h
M	St. Petersburg	1 h
N	Tokyo	10 h

How to get to our resorts



BY PLANE:

A-B	-
A-C	-
A-D	35 min
A-E	45 min
A-F	1 h 15 min
A-G	1 h 15 min
A-H	1 h 15 min
A-I	1 h 20 min
A-J	1 h 30 min

BY TRAIN:

A-B	1 h 3 min
A-C	2 h 2 min
A-D	1 h 30 min
A-E	4 h 10 min
A-F	6 h
A-G	10 h
A-H	9 h
A-I	12 h
A-J	11 h

BY BUS:

A-B	1 h 25 min
A-C	3 h
A-D	2 h 15 min
A-E	3 h 30 min
A-F	12 h 25 min
A-G	13 h 20 min
A-H	14 h 45 min
A-I	15 h 30 min
A-J	16 h 30 min

A. HELSINKI B. LAHTI C. LAPPEENRANTA-IMATRA D. TAMPERE E. JYVÄSKYLÄ F. VUOKATTI G. RUKA H. SUOMU I. PYHÄ J. LEVI

Getting around in Finland is easy and ecological. Finland's public transport is reliable and runs smoothly.

Transportation to/from Helsinki Airport

Finland has one of the densest and least expensive airline networks in Europe, with airports throughout the country, including in the far north.

Finnair - finnairgroup.com/en

Finavia - finavia.fi/en

The Helsinki Airport has excellent connections to the whole Helsinki region and to other destinations throughout Finland. You can continue your journey from Helsinki Airport by train, bus or taxi.

Train timetables

vr.fi/cs/vr/en/frontpage

Bus timetables

matkahuolto.fi/en

Ferry timetables

Alternative ways of reaching Finland from Stockholm, Sweden; Tallinn, Estonia; and Travemünde, Germany.

TallinkSilja - tallink.com

Viking Line - sales.vikingline.com

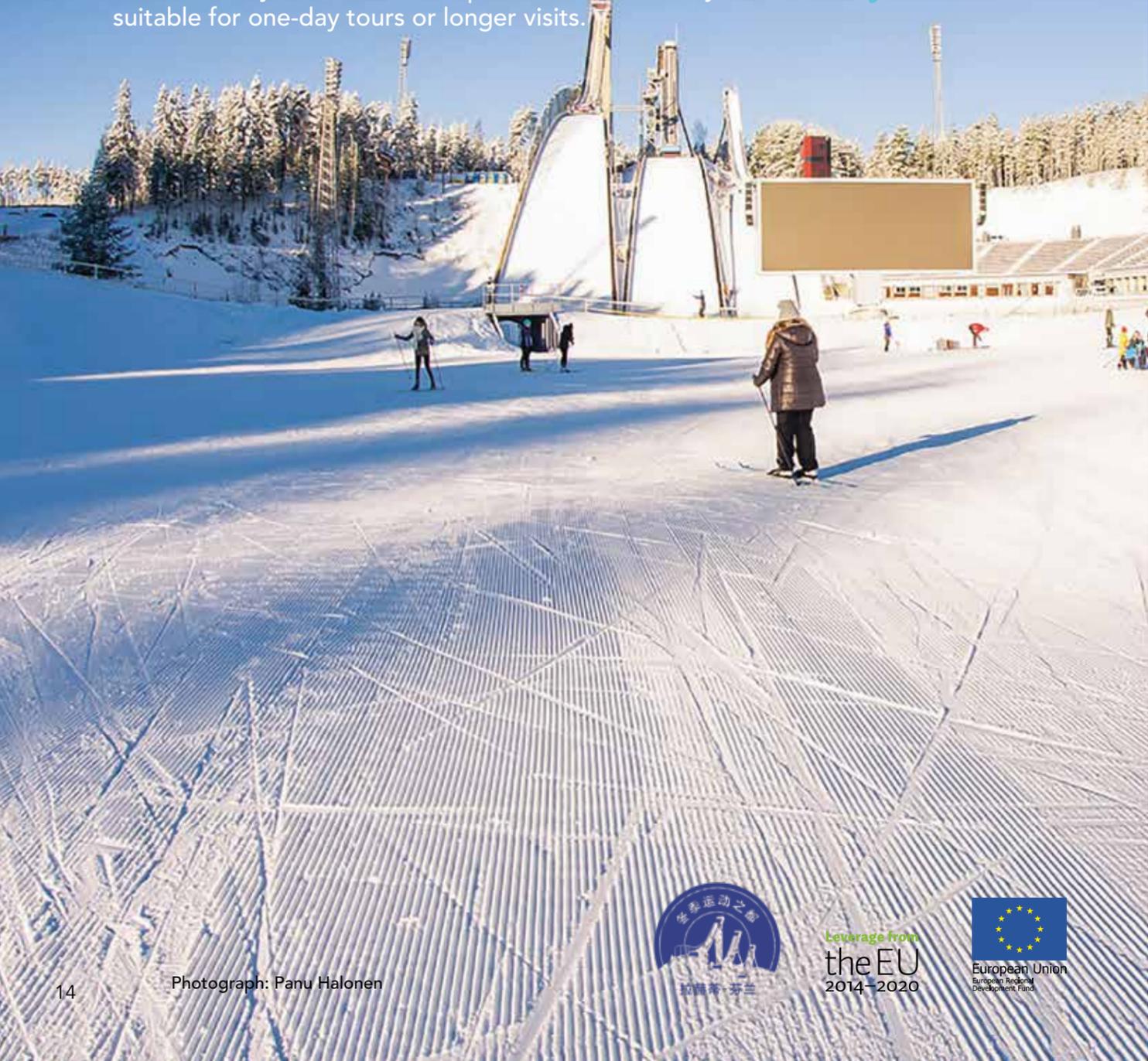
Finnlines - finnlines.com/ferry-trips

St. Peter Line - stpeterline.com

Lahti Region

Lahti combines an unparalleled location with unique winter sports knowledge, creating a truly spectacular experience for visitors. The city has over 100 years of skiing culture and has hosted a record-breaking seven FIS Nordic World Ski Championships.

The city offers activities for the whole family and all the activities are within easy reach from the city centre. You can experience different winter and summer sports during the daytime and enjoy cultural events during the evening. Lahti is also a gateway to the Finnish Lake District. Only 50 minutes by train from the capital, Helsinki, the city is suitable for one-day tours or longer visits.



Leverage from
the EU
2014-2020



VISITLAHTI
FINLAND

The Lahti region is full of activities for travellers. A wide range of different sports, nature activities, outdoor areas with skiing tracks, the many lakes in the area and comprehensive sports services provide the active individual with options all year round. All the services are easy to reach – on a guided tour or at your own pace.

The region's activity providers will help with planning any kind of nature activities from snowmobile safaris to biking, complete with equipment rental and guidance.

The region offers a wide selection of restaurants – whether you prefer fine dining or a more relaxed atmosphere. The region boasts local bakeries, farmers' markets and breweries. One of the key components of our excellent produce is the fresh and clean water that comes from natural springs.

BED CAPACITY:

Getting a good night's sleep is an important part of your travel experience. Book a room in one of the hotels in the Lahti region, or, if you are into a more romantic atmosphere, you can choose a real manor house. In the Lahti region, we have accommodation in all categories, from upscale hotels such as Solo Sokos Hotel Lahden Seurahuone to affordable budget hotels and other options. Hostels and B&Bs are a good alternative to the more expensive hotels. The total capacity in the Lahti region is 2095 rooms and 5997 beds.

MAIN VENUES FOR SPORTS:

Lahti Sports Centre

Lahti Sports Centre hosts the annual FIS World Cup event among several other major events. When visiting the ski museum, you can experience what it feels like to be a real ski jumper. In the winter, the surrounding area is great for cross-country skiing on the illuminated tracks. In the summer, you can explore nature along running tracks and dip in the swimming pool under the ski jumping hill!

Ski Resort Messilä

At Messilä, everything is only a few steps away. Experienced staff are here to assist skiers with equipment hire, equipment maintenance, ski lessons and slope safety. Several restaurants and cafés are conveniently located right next to our slopes. Enjoy a quick snack at the Bistro or sit down for dinner at the Kartano Restaurant.

Messilä has several accommodation options to choose from, be it a hotel room, log cabin or cosy old store room. These options are conveniently located close to the slopes.

Pajulahti Olympic Training Centre

- Sports facilities: gym, dance studio, indoor venues for football, tennis, squash, basketball, floorball, gymnastics, martial arts, track and field and ice sports
- Outdoor sports facilities: miniature golf, frisbee golf, beach volleyball, tennis courts, football pitches, orienteering, geocaching and an outdoor gym
- Swimming pool with saunas and a jacuzzi
- Lakeside saunas
- Canoes and kayaks
- Adventure park: 11 full-length zip lines and 142 challenges make it the largest park in Finland (2016). The total length of our rope adventure is 1.9 km! The park was built with an emphasis on nature and functionality
- Buffet restaurant
- Accommodation capacity over 800 beds

Finnish Sports Institute Vierumäki

- Sports facilities: indoor and outdoor sports facilities, ice skating rink, ski tracks, bowling alley, swimming pool, gym, horse riding, mountain biking, equipment hire
- Weekly activity programmes for the whole family available all year round
- Sport courses for the whole family
- Flowpark, adventure theme park
- Day spa & massage
- Wide range of restaurants and cafes
- Accommodation capacity over 2000 beds

HOW TO REACH:

The Lahti region is located less than an hour's drive from Helsinki-Vantaa airport and there are also trains departing hourly from the airport to the city of Lahti. The city is easy to reach from all over the world without worrying about connecting flights from Helsinki to other parts of Finland.

WEBSITE:

visitlahti.fi/en

visitlahti.fi/zh

weibo.com/visitlahti

Visit Lahti | Lahti Region Ltd. is a regional DMC offering leisure, MICE, sports and educational travel services in the Lahti region.

Lahti products

SNOWMOBILE SAFARI ON A FROZEN LAKE

Experience the charms of the snowy forest and frozen lakes on a guided snowmobile safari in the Lahti region. The trail follows easy terrain through the paths of Messilä Ski Centre. The route is planned according to the customer's skill level. The price includes equipment and a one-hour guided snowmobile safari where the customer can drive their own snowmobile. At least 18 years of age and driving license required.

Availability: Jan–March

Group size: 2–20

More information: book.visitlahti.fi

Contact: sales@visitlahti.fi



TANDEM SKYDIVING CLASS | SKYDIVE HÄME

Experience the joys of free fall! After an hour of training, you will fly to an altitude of 2400–4000 metres, giving you approximately 30 seconds of free fall. You can choose between three different options: either the basic course without photos, with a photoshoot or a deluxe version that includes a photoshoot with two cameras and an extra photographer. The price includes training, a tandem skydive and the photoshoot of your choosing.

Availability: April–September

Group size: 4–10

More information: book.visitlahti.fi

Contact: sales@visitlahti.fi



WINTER DAY ON PRIVATE ISLAND WITH SNOW SHOES

Spend an unforgettable winter day on a private island! We walk to a private island on snow shoes and spend the day enjoying the snowy nature. You can try ice fishing, sliding with a sled or simply walking around the island. The highlight of the day is a picnic lunch cooked on open fire. You need to wear warm winter clothes and shoes. You will be joined by a wilderness guide who will teach you all you need to know about Finnish nature in the winter. Duration 3 or 5 hours.

Availability: Winter season

Group size: 4–20

More information: book.visitlahti.fi

Contact: sales@visitlahti.fi



GUIDED CITY SIGHTSEEING TOUR ON FAT BIKES

Explore the beautiful nature of Salpausselkä Ridge and the most important sights of the sports city Lahti on fat bikes. Fat bikes provide good grip on the trails as well as mobility in any terrain. Duration 3 h. The price includes a professional-level fat bike and guide. City sightseeing tours with a local guide are available as well!

Availability: All year round

Group size: 2–12

More information: sales@visitlahti.fi

Contact: sales@visitlahti.fi



Lake Saimaa, Lappeenranta – Imatra Region

Lappeenranta-Imatra on Lake Saimaa is a classy holiday destination focused on the outdoors, sports and wellness – a safe choice for Chinese visitors. The region provides diverse, high-quality facilities of international standards for training camps.



Photo: goSaimaa Oy/Mikko Nikkinen

KEY FACTS:

- Proven track record of successful camps and excellent customer feedback.
- Easily reachable and compact.
- High-level training facilities for beginners, hobbyists and top professionals.
- Nature & safety – clean air and fresh waters in the beautiful Lake Saimaa area.
- Vast range of top-level accommodation – spa hotels, villas, small boutique hotels and other accommodation options close to the tracks, indoor and outdoor stadiums and halls.

The destination offers a wide range of services, such as rental equipment, guided tours, coaching services, restaurants, consulting and counselling services, including team and infrastructure management and financial education and consulting. There are excellent opportunities for peer-to-peer games and tournaments. Chinese teams can also train and have matches and games with local sport clubs and teams.

Supporting services include transportation from/to airport, interpreter, laundry service, ice hockey equipment services (skate sharpening etc.), accommodation and catering, various levels of accommodation options within walking distance from sport facilities, fresh and tasty food suitable for an athlete's diet, catering (also available in locker rooms), recreational / team building activities, possibility for recreational activities such as: Lake Saimaa cruise, Finnish lakeside sauna experience with BBQ dinner, adventure park, sightseeing tour, nature trail, etc.

BED CAPACITY:

A good night's sleep and good accommodation are things you should not compromise on during your holiday, as they make up an important part of the experience as well as training. There are plenty of options to choose from, depending on the type of trip, your travel companions and personal preferences. You can stay at a spa hotel, hotel, cottage, family room or farm, or even choose tailor-made accommodation for teams and small groups. The area is one of top holiday destinations for outdoor, sports and wellness travel for both domestic and international tourists. There are 2000 rooms and over 5500 beds in the region.

ACTIVITIES:

- Modern dual rink ice hockey arena
- Ice hockey arena inside spa hotel
- Indoor multisport arena
- Track and field stadium and natural grass football pitch
- Artificial turf football pitch
- Tennis courts
- Frisbee golf course
- Holiday Club Golf Saimaa 18-hole course + training centre
- Ukoniemi Stadium for biathlon and Finnish baseball
- 3.3 km of roller ski tracks
- 5-km first snow ski track (opens in October)
- Vast network of trails and ski trails for walking, running and orienteering
- MTB pump track and vast network of trails
- Beautiful beaches
- Swimming pools and indoor sports arena
- Wellness and doctoral consulting service also available in the hotels
- Equipment rental, storage and maintenance in the stadium areas.

HOW TO REACH:

- Lappeenranta Airport, Finland: 30 km, 30 minutes by rental car, bus, taxi or train
- Helsinki Airport, Finland: 200 km, 2 h 15 minutes by rental car, bus, taxi or train
- Pulkova Airport, St.Petersburg, Russia: 200 km, 3 hours by rental car, bus, taxi or train

WEBSITE:

ENGLISH: gosaimaa.com/en
CHINESE: gosaimaa.com/china

WeChat Miniprogram "Lake Saimaa, Lakeland Finland" (to be published in May 2019)

Youtube channel: youtube.com/gosaimaa

Imatra Base Camp Ltd is a local sports camp operator, 100% owned by the town of Imatra, which helps Chinese travel agencies, teams and delegations organise sports camps in the region. More info: gosaimaa.com/en/Groups/Sport-camps

GOSAIMAA.COM



Tencent 腾讯

Saimaa products

ICE HOCKEY TRAINING CAMP FOR TEAMS, COACHES AND MANAGEMENT

- Top-level coaching according to Finnish Ice Hockey Association's training program
- Programmed and themed training schedule, tailored to suit your team's skill levels
- 1 or 2 on-ice sessions and 1 or 2 off-ice sessions per day
- Games against local teams can be arranged
- Workshops and educational elements for coaches

Availability: Year-round

Group size: 20–80

More information: imatrabasecamp.fi

Contact:

Contact Information of Imatra Base Camp Ltd
imatrabasecamp.fi
For Travel Agencies, tour operators and OTAs:
gosaimaa.com

Enquiries in Chinese:
Ms. Wei Cui
Manager of China Operations
Email: wei.cui@gosaimaa.com
Phone: +358 400 590 698



SKI/BIATHLON TRAINING CAMPS

- Training facilities for international competition standards
- During summer: 3.3 km of roller ski tracks, built to meet international competition standards
- From October to spring: minimum 5 km of ski tracks, built to meet international competition standards
- Tracks have a unique automatic self-timing system (with 6 split points) giving real time data for coaches and athletes
- 30-lane biathlon stadium built in 2015
- Gym in Imatra Spa Arena

Availability: Year-round

Group size: 10–100

More information:
imatrabasecamp.fi

Contact:

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gosaimaa.com

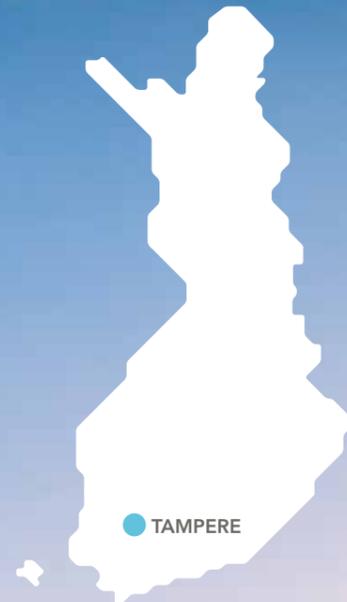
Enquiries in Chinese:
Ms. Wei Cui
Manager of China Operations
Email: wei.cui@gosaimaa.com
Phone: +358400590698



Tampere

TAMPERE – LAKE CITY

The location of Tampere, between two beautiful lakes, gives you endless possibilities to enjoy an active holiday both during winter and summer. High-quality jogging and skiing tracks, disc golf courses, swimming pools and other public services are available for everyone.



Are you into cycling, skating, hiking or paddling? Our professional activity providers will take you on paddling tours, short hikes in the forest or teach you the secrets of cross-country skiing. The perfect end to an active day is, of course, a visit to a genuine Finnish sauna. The warmth will relax your tired muscles and guarantee a good night's sleep.

WINTER ACTIVITIES:

- 130 km of cross-country ski tracks, depending on the amount of snow (85 km illuminated)
- 16 indoor ice rinks and over 100 outdoor ice rinks for skating and ice hockey
- Tour skating tracks: 20 km on two lakes in the city centre, Saarikylät tour skating tracks (30 min drive)
- Hervanta ski centre in Tampere: 4 slopes, sled hill, café
- 9 winter swimming locations
- Safaris with snowmobile or husky-drawn sled
- Curling on natural ice
- Ice fishing

SUMMER ACTIVITIES:

- Hundreds of kilometres of cycling trails around the lakes
- Four national parks and other nature reserves with hiking trails and services
- 12 golf courses in the region
- 4 disc golf courses, including the world-class Tampere Disc Golf Center with 27 holes
- Canoe and SUP board rental and courses
- Flowpark Adventure Park

SLOPES:

Sappee – all-year travel destination

- Diverse all-year travel destination, excellent for winter sports
- 12 illuminated slopes, 8 lifts
- 120 metres of elevation, longest slope 850 m

**VISIT
TAMPERE**
VISITTAMPERE.FI ... FINLAND

- 14 km of cross-country ski tracks
- Ski shop, equipment rental and service
- Services: Werner's Ski School (great for children), snow park, family parks, sled hill, skate rink, horseback riding, fishing, motor safaris, disc golf park, bike park, nature and hiking trails
- Rental cabins, chalet apartments, caravan park
- 3 restaurants and programme services
- 50 km from Tampere and 160 km from Helsinki

Ellivuori Ski Center

- Largest ski centre in Western Finland
- 6 illuminated slopes, 6 lifts
- 4 illuminated cross-country ski tracks
- Equipment rental and service, ski school, Ski Café
- VuoriSport climbing park
- Glow bowling, minigolf, SUP boarding
- Nature and hiking trails
- Accommodation at Ellivuori Resort: 56 hotel rooms, apartments and VuoriCaravan camp site
- Restaurant and programme services
- 50 km from Tampere and 222 km from Helsinki

VARALA SPORTS INSTITUTE

- High-performance training centre
- Variety of tests and training follow-up, guidance for proper nutrition and services in sport physics, sport psychology and injury rehabilitation
- Sports camps for children, training for coaches
- More than 50 different options in sports and fitness
- Modern, diverse, high-quality teaching

UKK INSTITUTE

- Promotes healthy lifestyle, health-enhancing physical activity, training and public awareness
- Tampere Research Center of Sports Medicine
- Research and development
- Owned by the Urho Kekkonen Fitness Institute Foundation

BED CAPACITY:

More than 3000 hotel rooms in the city and numerous holiday cottages in the region.

HOW TO REACH:

Tampere-Pirkkala Airport, 17 kilometres (25 min) from the city centre. Can be reached by public bus 1A or by shuttle bus from select hotels. Train connection to Helsinki Airport (1½ hours).

WEBSITE:

visittampere.fi

Tampere products

TOUR SKATING OR CLASSIC STYLE CROSS-COUNTRY SKIING

Have you ever tried skating on natural lake ice? Or wanted to try skiing? Take a 2-hour course on either and master the most popular Finnish winter sports. You will learn the basics of Nordic skating and have a chance to skate on lake Näsijärvi. Or you can get a taster of skiing, the Finnish national sport. For skating, some experience is recommended.

Availability: winter season (skating depending on the ice condition)

Group size: min 4

More information: hikingtravelhit.fi

Contact:
hikingtravel@hikingtravel.fi
tapio.tyllila@hikingtravel.fi



NIGHTLESS NIGHT SUP TOUR

Stand-up paddling (SUP) on beautiful Lake Pyhäjärvi. This is a perfect way to soak up a little bit of Finnish summer night magic. You will paddle slowly around nearby small islands and along the Pyynikki ridge with the midnight sun hovering at the horizon.

Availability: summer months (Jun–Aug)

Group size: max 8

More information: suppaatampere.com

Contact:
suppaatampere@gmail.com



VARALA SPORTS CAMPS

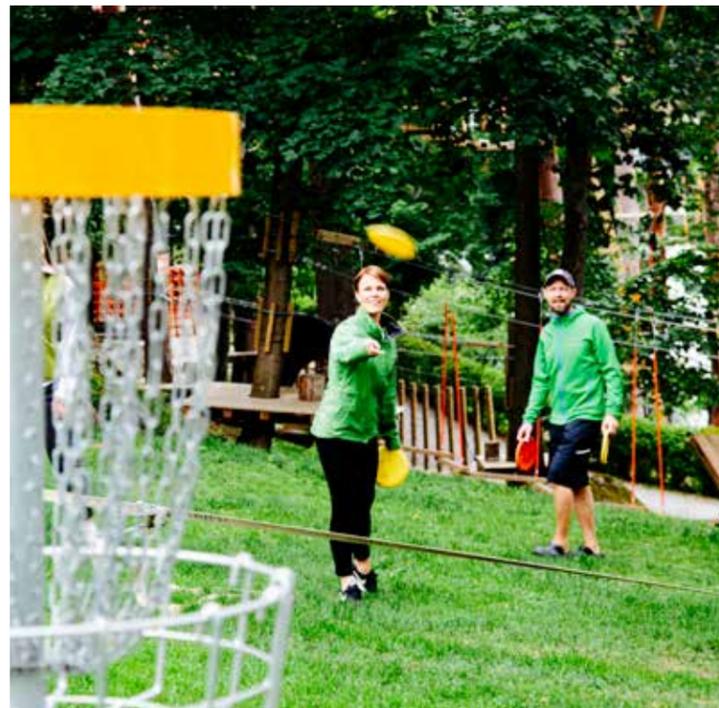
The oldest sports institute of Finland offers modern, high-quality education in sports and PE. Varala also offers sports camps and sport-specific camps led by top athletes and coaches. Our camps offer a memorable visit, no matter what time of the year you come. Varala offers a diverse range of different activities from which you can put together a phenomenal camp that you will remember for a lifetime! Try a sport you have never tried before! Come and enjoy our top-quality camps and unique location by the lake, just 10 minutes from the centre of Tampere.

Availability: All year round

Group size: 20–150 persons

More information: varala.fi

Contact:
info@varala.fi



GUIDED SAUNA AND SWIMMING TOUR

In the sauna capital of the world, a steam after an active day is mandatory. A sauna with a dip in the lake makes a nice day perfect – no matter the weather, in summer and winter. This relaxing, unique experience will refresh your mind and body and have you sleeping like a baby afterwards.

Availability: All year round

Group size: 5–10

More information: adventureapes.fi

Contact:
heidi@adventureapes.fi



Jyväskylä

THE CAPITAL OF SPORTS AND PHYSICAL ACTIVITY IN FINLAND

The city of Jyväskylä is a young and dynamic capital of sports, physical activity and sport sciences right in the heart of Finnish Lakeland. It will challenge you to get moving – easily, enjoyably and in a whole variety of ways!

Whether you are a fan of fresh air, prefer getting some exercise indoors or look for facts about your wellbeing, Jyväskylä is your number one choice all year round.

Explore the urban outdoors right next to the city centre and enjoy the silence of unspoilt nature – just like the locals.



Photo: Visit Jyväskylä/Julia Kivelä

Jyväskylä is a Northern centre of competence in top-class sports. The city is home, for instance, to the country's only Faculty of Sport and Health Sciences, KIHU – Research Institute for Olympic Sports and LIKES Research Centre for everyday physical recreation.

ALL YEAR ROUND:

- Harju Ridge – legendary outdoor area
- Rantaraitti – Finland's largest outdoor gym and a popular pedestrian and cycle route around Lake Jyväsjärvi
- Hippos area – a venue for a diverse range of sports and home of KIHU
- 500 km of fitness and cross-country trails (50 km illuminated)
- 230 sports clubs, personal training, fitness tests and measurements
- 4 swimming halls and spas

WINTER ACTIVITIES:

- Over 100 km of cross-country ski tracks (50 km illuminated)
- 140 km of cross-country ski tracks on natural lake ice
- Tour skating on the natural ice of Lake Jyväsjärvi
- 6 ice hockey rinks and arenas in the region
- Two ski centres:

Laajavuori

- 12 slopes (4 green, 3 blue, 4 red, 1 black + 3 slopes for beginners), 6 lifts
- Longest slope: 914 m
- 4 snowparks and Laajis Snowland
- Ski shop, ski rental, ski service
- Laajavuori Ski School, Best Ski School of 2017 (Visit Finland)
- Longest natural downhill ice cross track in the world

Visit
JYVÄSKYLÄ

- Snowshoe rental and guides
- 1 Urban Kitchen restaurant
- Ski-in, ski-out hostel

Häkärinteet

- 14 slopes (2 green/children/beginners, 5 blue, 3 red, 3 black, 1 off-piste), 5 lifts
- Longest slope 800 m
- Häkä Snow Park and Finland's biggest wallride
- Ski rental, ski school
- Tour skating on natural pond ice
- Snowshoe rental
- Merry-go-round on ice (napakelkka)
- 1 restaurant and 1 cafeteria with a view

SUMMER ACTIVITIES:

- Bike rental, guiding, Finland's cycling municipality of the year 2016, downhill bike park
- 4 golf courses
- Over 15 beach volley courts
- 13 nature trails with lean-tos
- Paddling on four different lakes
- 15 sports parks, Adventure Park Laajavuori
- Disc Golf tracks
- Freestyle skiing summer training (jumps)

WEBSITE

visitjyvaskyla.fi



Photo: Visit Jyväskylä/Ingmar Wein

Jyväskylä products

SNOW SHOE WALKING SAFARI

This two-hour off-trail activity will take you to the middle of a silently sleeping forest, moving through slopes and valleys, possibly crossing swamps, marshes, maybe even frozen lakes and rivers. By choosing alternative routes, the physical demand of the programme can be adjusted to all ages and abilities.

Availability: Dec–Mar

Group size: max 20 persons, minimum charge applies

More information: tavinsulka.com

Contact:

Tavinsulka – Experiences in Nature
+358 400 899 280
info@tavinsulka.com



PURE ACTION & GOGO

Explore new activities and train for your preferred sport with pro athletes or instructors. Test your condition. Enjoy the pure flavours of local produce. Sleep well. Enjoy the spa and sauna. Feel the essence of being Finnish in Peurunka Sport & Family Spa Hotel and Resort in Lakeland.

Availability: All year round

Group size: 12–50

More information: peurunka.fi

Contact:

Peurunka Sport & Family Spa Hotel and resort
peurunka@peurunka.fi
+358 20 751 6300



TWO-DAY CANOE TOUR IN A NATIONAL PARK

This two-day tour introduces you to the magnificent Arctic summer nights of Finland's Lakeland region. The adventure takes you to pristine nature, where in addition to paddling, you will also try some hiking, fire craft, camp building, gourmet cooking and swimming in natural waters. If you're lucky, you can find some berries, mushrooms or herbs with your guide and use them for cooking.

Availability: May–October

Group size: max 9 persons, minimum charge applies

More information: tavinsulka.com

Contact:

Tavinsulka – Experiences in Nature
+358 400 899 280
info@tavinsulka.com



PURE, NATURAL AND RELAXING – SAUNA YOGA AND PEAT TREATMENT IN THE FINNISH HEARTLANDS

Melt away your tensions and fatigue. Feel the gentle heat of our infrared sauna and a pure peat treatment. Combine modern and traditional Finnish ways to alleviate the symptoms of stress. Based on various types of yoga, Sauna Yoga is a 30-minute exercise done in our 50 °C infrared sauna, one of the licensed sauna fitness systems developed by Saunayoga International Ltd.

Availability: All year around

Group size: 2–8

More information: peurunka.fi

Contact:

Peurunka Sport & Family Spa Hotel and resort
peurunka@peurunka.fi
+358 20 751 6300



Vuokatti

Vuokatti is one of the most popular year-round holiday resorts in Finland. Situated at the crossroads of Finnish Lakeland and Lapland, Vuokatti offers visitors a blend of highlights and authentic Finnish experiences in one place. Vuokatti is the perfect place for those who appreciate sports and an active lifestyle.

Vuokatti Sport is an Olympic Training Centre for the Nordic skiing disciplines, which means that the outdoor and indoor training facilities are always kept in perfect condition for both professional athletes and active holiday-makers. Vuokatti is the only Finnish resort offering winter activities also in the summer time, thanks to its unique skiing tunnel and snowboarding tunnel. The ski season starts every year on 10th of October at 10 AM.

The Chinese national teams for cross-country skiing, biathlon, Nordic combined, half-pipe and ice hockey train regularly in Vuokatti.



DOWNHILL SKIING AND SNOWBOARDING

13 different slopes with 8 lifts which suit beginners as well as more experienced athletes – who can choose from the Olympiakatti, SuperPipe and SlopeStyle slopes that meet all international competition standards.

The only snowboarding tunnel in the world offers the possibility to train all year round.

Rental and maintenance service (full equipment) and ski school instructors available.

Services:

- Equipment rental service available
- Ski school available
- Various lift tickets (from 3 hours to multiple days)
- Ski bus (free of charge) in winter season
- Number of restaurants: 12 (including seasonal restaurants)
- Weekly activity program available

CROSS-COUNTRY SKIING

- The skiing season starts every year on 10 Oct at 10 AM. 150 km of ski tracks in the winter (32 km illuminated)
- Ski equipment rental, maintenance and instructors available
- The ski tunnel is open all year round

HIKING AND NORDIC WALKING

150 km of well-marked hiking routes

FAT BIKING, SNOWMOBILES:

Rentals available

ICE ARENA

Skating, ice hockey, curling

GOLF

- Katinkulta has three courses that are sure to please players of all skill levels.
- The championship-level 18-hole Nuas course extends over the beautiful scenery of lakes and hills of Vuokatti. The Tenetti club 9-hole course and the Vuokatti Par 3 course are also part of Katinkulta Golf.

BED CAPACITY:

- 6 hotels, of which is ski-in ski-out
- 850 cottages
- 8500 beds in total

HOW TO REACH:

Kajaani (KAJ), 40 km from Vuokatti. Shuttle bus connects Vuokatti and the Kajaani airport (40 min)

WEBSITE:

vuokatti.fi/en
vuokatti.fi/zh-hans

Vuokatti winter:

[youtube.com/watch?v=B_uGnFxjuE](https://www.youtube.com/watch?v=B_uGnFxjuE)

Vuokatti general with Chinese text

[youtube.com/watch?v=fgW3hC8RNjE&t=6s](https://www.youtube.com/watch?v=fgW3hC8RNjE&t=6s)

Vuokatti Products

WINTER FUN IN SKI TUNNEL

Any day of the year – we always have snow in Vuokatti! Try cross-country skiing, take a spin driving a kick sled or take a snowshoe walk in the tunnel. Hop in a husky sled and experience the magic of dog sled driving. This is the excursion to do – summertime fun in the snow!

Availability: All year round

Group size: 6–30 persons

More information: vuokattisafaris.com

Contact: info@vuokattisafaris.com



KAINUU GOLF

This 5-night self-drive package includes three different golf courses in the Kainuu region. Endless summer days and midnight sun allow you to stay on the course until early morning. Accommodation options vary from manor hotel to bird house! Halfway through the tour, you can also rest at the spa hotel Holiday Club Katinkulta.

Availability: 1 Jun – 30 Sep 2019

Group size: min 2 persons

More information: hotellikalevala.fi

Contact: sales@hotellikalevala.fi



WINTER SPORTS CAMP

Vuokatti Sport is an Official Olympic Training Centre and a polestar for winter sports. Besides sports, Vuokatti Sport has taken active holidays and educational travel to a whole new era. Our school camps offer a visit that is bound to be memorable, no matter what time of the year you come. Vuokatti offers a diverse range of different activities from which you can put together a phenomenal camp that you will remember for a lifetime!

Availability: All year round

Group size: 10–40 persons

More information: vuokattisport.fi

Contact: sales@vuokattisport.fi



ACTIVE DAY IN SUPERPARK VUOKATTI

The indoor activity park SuperPark Vuokatti provides an exciting experience for the whole family. SuperPark is an entertainment centre which delivers a unique experience of joyful play that excites and unites people from all around the world – no matter their age or fitness level. We want our customers to focus on fun while we work on research and development – in order to serve the world even better.

Availability: All year around

Group size: No min/max

More information: superparkunited.com

Contact: info.vuokatti@superpark.fi



Ruka-Kuusamo

Ruka-Kuusamo is one of Finland's most popular ski and holiday resorts. The ski season lasts from October until May. The resort is one of the most snow-secure destinations in Europe.

Ruka Ski School offers a wide range of courses in alpine skiing, snowboarding, telemark, cross-country and skiing for the disabled, beginners and experts alike. Special attention is given to safety and inspiring ski experiences. Ruka also offers World Cup level training and competition facilities in alpine skiing, freestyle skiing, snowboarding, ski jumping, cross-country and Nordic combined.

Other adventures: northern lights, snowmobiles, huskies, reindeer, snowshoeing and visits to Santa in the winter. Rafting, canoeing, biking, hiking and fishing during the summer. Shopping, delicious wild food and relaxing saunas year-round.



SLOPES:

- 35 slopes, of which 30 illuminated and 18 suitable for children and beginners. 22 lifts, of which 4 are fast chairlifts and 1 gondola.
- 5 black slopes, 12 red slopes, 17 blue slopes and 1 green slope/transition
- Greatest height difference 201 m
- Longest slope 1 300 m

Slopes are open daily 9.30 –19.00 (October–May), night skiing on Fridays until 23.00 (December–April). Children under 6 years ski for free with parents (helmet required).

OTHER ACTIVITIES:

- 180 km of well-maintained cross-country ski trails
- 500 km of snowmobile routes
- 160 km of hiking trails
- 100 km of biking trails

All cross-country, snowmobile, hiking and biking trails and canoeing routes are free of charge.

Ruka Ski Resort is surrounded by six unique national parks: Oulanka, Riisitunturi, Paanajärvi, Hossa, Isosyöte and Pyhä-Luosto. The parks offer easy access to beautiful nature year-round.

SERVICES:

- Ski school: 180 instructors for alpine skiing, snowboarding, cross-country and telemark
- 4 ski/snowboard rental shops
- 3 ski pass sales points
- Free ski bus in Ruka area
- 3 snow parks
- Several rental shops for snowmobiles, snowshoes, bikes and ATVs.
- Over 60 restaurants in the Ruka-Kuusamo area, of which 25 within walking distance from the slopes
- The year-round Ruka-Kuusamo Weekly Programme includes approximately 15 different adventures and a seasonal weekly programme at Ruka during winter

BED CAPACITY:

Approximately 12 000 beds including 12 ski-in-ski-out hotels & apartment hotels and 22 glass villas.

HOW TO REACH:

Nearest airport is in Kuusamo city (KAO), 30 minutes from Ruka Ski Resort, airport bus from/to all scheduled flights.

WEBSITE: www.ruka.fi/en

Ruka Products

DISCOVER ALPINE SKIING AT THE COORDINATES OF SNOW

Beginner-level courses are designed for those who are on snow for the first time. Ruka Ski School welcomes you to learn something new and to get a perfect skiing experience. Available snow sports: alpine skiing, snowboarding, telemark and cross-country. Come and enjoy an easy, safe and fun experience!

Availability: October–May

Group size: 1–100 (instruction in groups of 1–10)

More information: new.ruka.fi/en/ski-school

Contact: sales@ruka.fi



Photo: Ruka-Kuusamo Tourist Association

WHITE WATERS OF OULANKA NATIONAL PARK

Experience the beautiful nature and pure waters of Oulanka National Park on a memorable white water rafting safari. Several options for route and action levels allow you to enjoy this fun trip safely. Our Family Route is suitable for kids from 5 years up.

Availability: May–October

Group size: 2–100 (in rafts with 8–10 persons)

More information: ruka.fi/en/rafting

Contact: info@ruka.fi

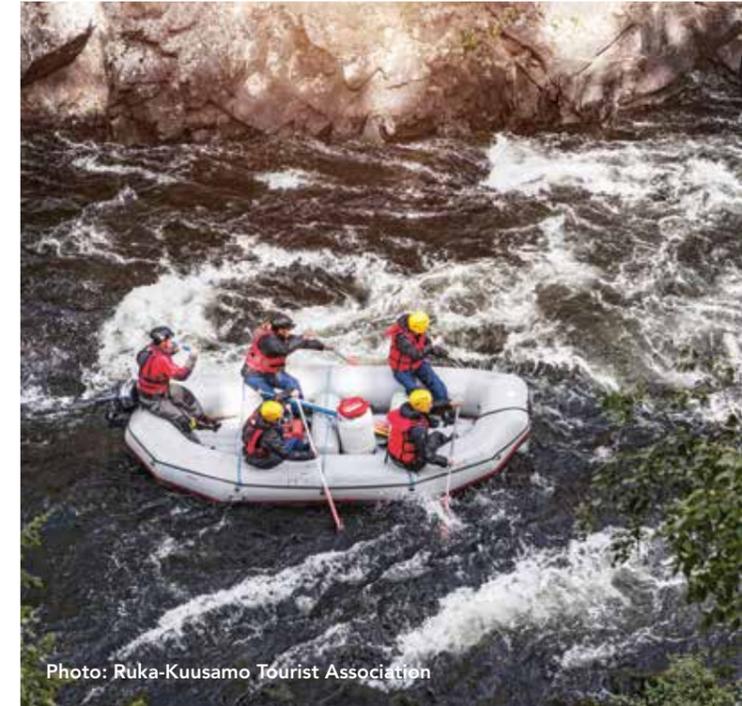


Photo: Ruka-Kuusamo Tourist Association

JUMP IN THE GONDOLA, HAVE FUN IN THE BIGGEST SNOW PARK IN FINLAND

Rosa & Rudolf Family Park is a place for everyone to experience the joys of snow! There are five different beginner lifts (magic carpets), a super fun snow tubing slope, playgrounds and a hut for snack breaks. Ruka Ski School offers beginner-level lessons in the park. The easiest way to reach the park is the new scenic gondola from Ruka village.

Availability: December–April

Group size: 1–100

More information: ruka.fi/en/family-park

Contact: sales@ruka.fi



Photo: Ruka Ski Resort

MEET THE KING OF THE FOREST: BEAR WATCHING

Join us on an exciting yet totally safe bear watching trip. Our bear watching huts are surprisingly comfortable and we'll enjoy a snack supper in the evening. Possibility to see several bears as well as eagles. Our bear watching huts are especially equipped for photography.

Availability: June–September

Group size: 2–8

More information: ruka.fi/en/bearwatching

Contact: info@ruka.fi



Photo: Ruka-Kuusamo Tourist Association

Suomu

In the middle of forests and open wilderness in Finnish Lapland, you will find Suomutunturi, a peaceful luxury ski resort. Suomutunturi is a 410-metre fell in Kemijärvi. The Suomu ski centre opened in 1965, making it one of the first ski centres in Finnish Lapland and above the Arctic Circle.



OTHER ACTIVITIES:

The wind-sheltered ski slopes of Suomutunturi are rightfully known to as some of the best in Finland. There are different slopes for all skill levels, from the beginners' green to the masters' black level. At Suomu, you will also find wide slopes for carving and a snow park.

SLOPES:

The ski centre, designed for the whole family, has a total of 10 ski slopes, of which the longest is 1700 metres long.

- 3 black slopes: Kisarinne, Pukkelikko and Martti
- 4 challenging red slopes: Keskirinne, Välihinne and snow park, Revontuli (Northern Lights) and Suomurinne.
- 1 blue slope: Kotarinne
- 2 green slopes: Assärinne and Uuno.
- Snow park for children.
- 75 kilometres of cross-country ski trails in the Suomutunturi area, of which 17 kilometres are illuminated.

SERVICES:

- The ski rental shop is equipped with the latest Rossignol gear
- Racing room for ski teams training at Suomutunturi
- Snow Park
- Ski School

- Three restaurants
- Weekly program during high season.

BED CAPACITY:

Ski-inn Ski-out hotel located just 20 metres from the ski lift. The stylish Hotel Suomutunturi with great views was opened in December 2015.

If you want to make the most out of your holiday, choose the 70-m² Suomu suite, equipped with a sauna and stunning views of the slopes. Alternatively, you can choose a spacious and elegant 35-m² De Luxe room, some of which are handicap accessible.

As a third option, we have well-equipped 80-m² holiday apartments with two bedrooms downstairs and a loft bedroom. Each apartment has its own sauna, a living room with a fireplace and an outdoor terrace.

HOW TO REACH:

- Rovaniemi, 124 km, 1½ hours
- Kuusamo, 100 km, 1 hour
- Kemijärvi train station, 44 km, 40 minutes

WEBSITE: suomutunturi.fi

Suomu Ski Resort Products

AURORA HUNTING

After the sun has set, ride a snowmobile to a place where you have a good view of the night sky – and a chance to see the northern lights. We will also cook some delicious Lappish cuisine over the campfire. Enjoy nature without any light pollution and take a look at the amazing Milky Way and shooting stars. Includes full safari gear, driving instructions and insurance. Duration 3 hours.

Availability: December–February

Group size: 5–40

More information: suomutunturi.fi

Contact: info@suomusafaris.fi



“GREENLAND DOG” HUSKY SAFARI

The huskies are waiting! At the husky farm, you will learn about the life of a husky. Next, you will learn how the musher controls and drives the sled and then you will ride with a team of huskies through the peaceful forest (2 persons per sled). You will warm up with coffee and sausages in a Lappish hut. Duration: 1 to 6 hours depending on the selected program.

Availability: December–April

Group size: 5-40

More information: suomutunturi.fi

Contact: info@suomusafaris.fi



SNOWMOBILE SAFARI TO THE TOP OF SUOMU FELL

Enjoy the stunning snowy scenery as you ride through the forest to the top of the fell where you can take amazing wintery photos of the beautiful Finnish landscape. Go up to the top of the ski slopes with our trained guides and enjoy coffee prepared over the campfire in traditional Finnish style.

Availability: November– May

Group size: 5-40

More information: suomutunturi.fi

Contact: info@suomusafaris.fi



REINDEER FARM AND SAFARI

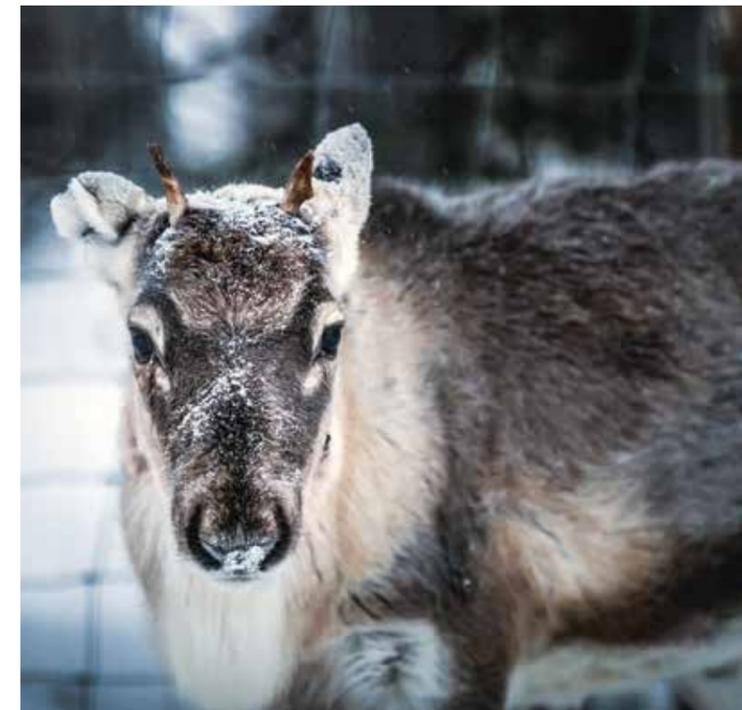
Reindeer, also known as Santa’s flying helpers, will take you on a serene trip through the wintery forest. Reindeer have a long history in Finnish culture and they are still important for the people of Lapland. So why not get to know the most traditional and peaceful way to explore the silent Lappish nature!

Availability: –

Group size: –

More information: –

Contact: –

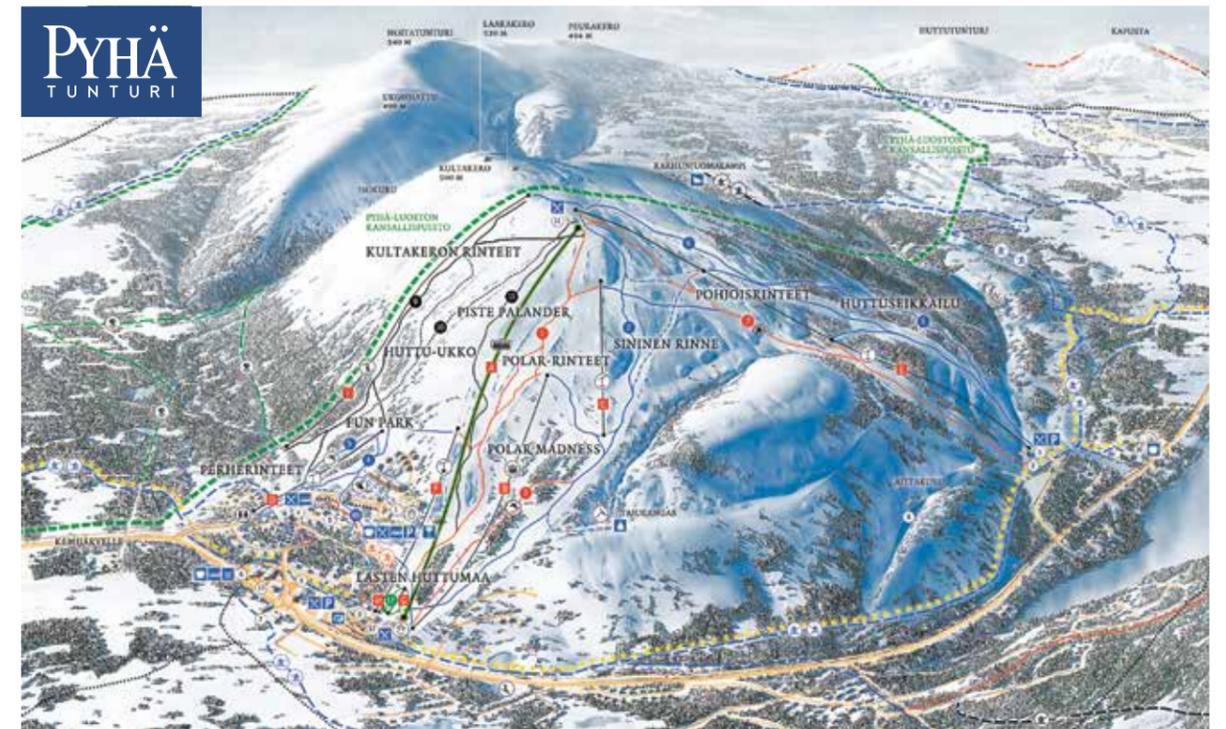


Pyhä Ski Resort

Let your heart roam free and discover the true nature of Lapland at Pyhä Fell and the surrounding Pyhä-Luosto National Park. At Pyhä Fell, the wilderness is truly just behind your doorstep and everything is easily accessible by walking or skiing. If you want to experience real downhill skiing, the slopes and off-piste routes at Pyhä satisfy the needs of both beginners and more experienced adventurers. Let the friendly villagers guide you to the adventure of your lifetime.



Photo: Raija Lehtonen



SLOPES:

- 15 slopes, 9 lifts
- 3 black slopes
- 3 red slopes
- 7 blue slopes
- 1 green slope/transition
- 1 slope for children & beginners
- Greatest height difference 280 m
- Longest slope 1 800 m

OTHER ACTIVITIES:

- 150 km of cross-country skiing trails.
- 300 km of snowmobile tracks nearby and future connection for trails all the way to the Arctic Sea.
- 12 km of fat biking trails.
- 150 km of summer trails in Pyhä-Luosto National Park, most of which are suitable for hiking and biking.
- Approximately 70 km of trails for biking outside the national park.

SERVICES:

- 2 rental shops, Upper and Lower, for downhill skiing, snowboarding, freeride, telemark, cross-country skiing, snowshoe hiking and backcountry excursions.
- Pyhä Ski School
- Snow park
- Ski passes from afternoon to 15 days or for whole season. The Pyhä Ski Pass is valid at Ruka as well.
- 14 restaurants & cafés
- Service for downhill and cross-country skiing equipment

- Weekly programs offered by Pyhä Safaris and Call of the Wilderness. Weekly programs include snowmobile safaris, reindeer and dog sleigh safaris, snowshoeing, northern lights programs, ice fishing etc.
- Possibility for ice climbing with Bliss Adventure.
- Possibility for ice karting by Pyhä Safaris.
- Pyhä Shuttle in the centre of Pyhä 1.1.–1.5.2019
- Visit Arctic North (DMC)

BED CAPACITY:

- Bed capacity circa 5 300.
- Ski Inn Hotel Pyhäntunturi with 46 beautiful, modern twin rooms, 5 superior rooms and 1 panorama room.
- Ski Inn Pyhä Suites Apartments with 210 beds.
- Ski Inn PyhäLinna Apartments with 150 beds.
- Pyhä Igloos with 7 igloo apartments, each apartment is suitable for 2+2 persons.
- Holiday Village Pyhän Asteli with 5 Aurora huts, 10 Aurora Suites and 14 apartments
- 5 Snow Igloos at Lucky Ranch, for 2 persons each

HOW TO REACH:

The nearest airport is in Rovaniemi, a 1 h 30 min drive. The nearest train stations are in Rovaniemi and Kemijärvi. Bus connections all year round from the airport and train stations to Pyhä.

WEBSITE:

pyha.fi

Pyhä Ski Resort Products

EXPERIENCE PYHÄ SLOPES

Get your ski passes and come to Pyhä, a Lappish ski resort with a FIS-classified slope. For off-piste enthusiasts, Pyhä and the surrounding national park are ideal places to have fun. For beginners, it's a great idea to get familiar with Pyhä's slopes with an instructor from the Pyhä Ski School for alpine skiing, snowboarding, telemark and cross-country. Guided off-piste trips to Pyhä's backcountry are also available.

Availability: Mid-November – 1st of May

Group size: No maximum

More information:
pyha.fi/en/products/skiing-easy

Contact: hihtokoulu@pyha.fi



PYHÄ TOP ADVENTURE – FEEL THE PEAK

Hop on the chairlift, breathe in the vast natural scenery and let your eyes explore the wilderness of Finnish Lapland. You can take the lift up and explore the top, then travel back down by chairlift or alternatively walk down on the Top Adventure Route.

Availability: December – 1st of May

Group size: No maximum

More information:
pyha.fi/en/ski resort/top-adventure

Contact: myynti@pyha.fi



ICE CLIMBING AT TAJUKANGAS

A safe opportunity to try ice climbing with professional guides at Tajukangas. Our guides will take you step by step through climbing on ice and each climber will have at least two full climbs on the wall. Everything you need is included in the price, from climbing boots to ice axes.

Availability: December–April

Group size: 2–20

More information:
pyha.fi/en/products/ice-climbing

Contact: info@blissadventure.fi



TUNTURIAAPA'S NATURE TRAIL HIKING

This is a great opportunity to experience the wild nature of Pyhä-Luosto National Park. This trail goes through beautiful forests and continues over an aapa mire, where you can climb a birdwatching tower and watch the bird life on the bog.

Availability: 1st of May – 1st of October

Group size: 1–50

More information:
pyha.fi/en/products/tunturiaapa-nature-trail

Contact: kairankutsu@gmail.com



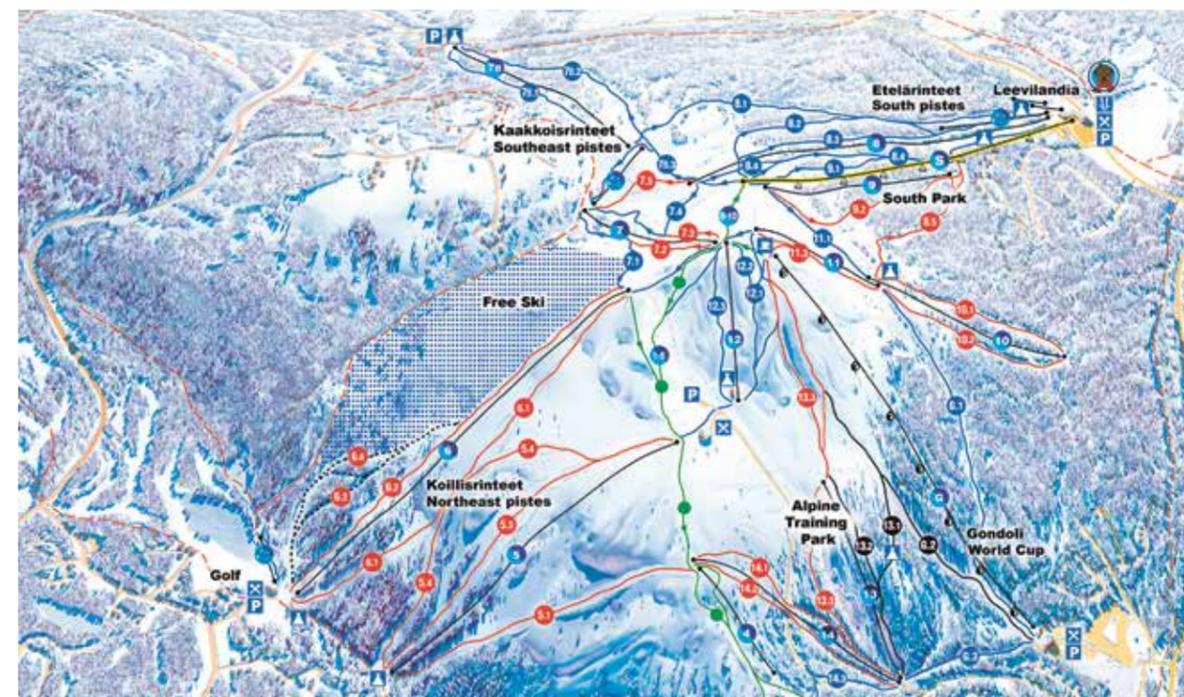
Levi

The Levi holiday resort offers a wide range of different sports and nature activities year-round. The resort is compact and modern with easy-to-reach services.

The winter season lasts from November to early May. Levi offers excellent conditions for downhill skiing, snowboarding and cross-country skiing. The ski school arranges courses for all skill levels as well as adaptive skiing lessons. Levi is Finland's only ski resort with Alpine World Cup races. The resort is in Western Lapland, where the purest air in the inhabited world has been recorded. The average snow depth is 70 cm and the northern lights can be seen approximately 200 times per year.

Summer is a unique time in Levi: the sun doesn't set for 45 days.

We do our absolute best to make your visit memorable. You are warmly welcome!



- Daily Finnair flights HEL-KTT all year round
- Extensive weekly activity programs for FITs
- Great variety of tailor-made programs for groups
- Northern lights season lasts from late August until early April, nearly 200 nights annually
- Easy to combine a visit to Sweden or Norway
- Skiing, snowboarding, cross-country skiing, telemark, freeskiing
- Snowmobiling, husky and reindeer safaris, ice fishing, fat biking, snowshoeing, winter rally driving and ice karting, visits to Santa Claus, 3 gyms, 2 bowling alleys, northern lights safaris, Lappish ceremonies

OTHER ACTIVITIES:

- Unique Adventure Park with 10 full-length zip lines and tracks with 70 challenges
- 230 km of free cross-country ski tracks
- 900 km of snowmobile routes
- 20 km of winter walking and biking trails
- Weekly summer activity programs, cabin lifts for sightseeing, summer sledging, disc golfing, biking, golfing under the midnight sun, fishing, canoeing, hiking, berry picking, Nordic walking with poles, river rafting, horse riding, visits to National Park etc.

SLOPES:

- 43 slopes and 27 lifts
- Longest slope 2 500 metres
- Greatest height difference 325 metres
- 18 blue, 22 red, 2 black slopes and 1 transfer route
- South and Junior Parks, Street, Alpine Training Park
- 9 slopes for children + Kids Land and Leevilandia with weekly programmes
- 2 cabin lifts for sightseeing tours

SERVICES:

- 2 large rental shops with 3 500 pieces of equipment
- Ski bus service between slopes and major accommodation areas
- Ski passes from 3 hours to 21 days
- International ski school with over 100 instructors for private and group lessons as well as weekly programs
- 60 restaurants
- Shops, spa, pharmacy, 3D movie theatre, medical centres, massage and yoga, wellness services, 3 grocery stores
- Levi offers a wide variety of tours and excursions all year round.

BED CAPACITY:

25 000 beds in 8 hotels, 4 apartment hotels, over 900 cottages, 24 glass igloos, 10 aurora huts, 6 northern lights suites and 44 ice hotel rooms.

HOW TO REACH:

- Flight time from Helsinki (HEL) to Kittilä (KTT) is 1 hour 30 minutes. Kittilä airport is only 20 minutes by car from Levi, airport buses and taxis follow each scheduled flight
- Rovaniemi airport (RVN) is a two-hour drive from Levi

WEBSITES:

levi.ski
levi.fi



Levi Products

SKIING TASTER FOR BEGINNERS

A taster is a gentle introduction to the sport and designed for those with no downhill skiing experience. Our taster lessons last for 90 minutes and are a great, safe way to experience skiing on real snow for the first time. For beginners and first-timers.

Availability: 15 Nov – 30 Apr

Group size: 4–12 persons/instructor

More information: levi.ski

Contact: skischool@levi.fi, leviskiresort@levi.fi



ADVENTURE PARK

This park charms you with 10 unique zip lines and high-rope courses that offer both easy and challenging tasks. You will visit Santa's secret hut at the height of 10 metres. The longest zip line is over 100 metres long. You will be given safety gear and instructions. This is a fun and safe activity which does not require any experience of climbing.

Availability: 1 Jun – 15 Oct, early Feb – Apr

Group size: 1–40

More information: levi.ski

Contact: activitypark@levi.fi
leviskiresort@levi.fi



EXPLORE THE SLOPES OF LEVI

Get to know the skiing areas and see unique views of Lappish nature. Join the group and let our guide show you the best runs for the day. The tour even leads you to Santa's cottage and the Levi Black race slope, as long as the weather and snow conditions are favourable. This program is suitable for skiers, snowboarders and telemark skiers who are comfortable on all types of terrain.

Availability: 15 Nov – 30 Apr

Group size: 4–12 persons/instructor

More information: levi.ski

Contact: skischool@levi.fi, leviskiresort@levi.fi



FINNISH SKIING TASTER

Cross-country skiing is a traditional Finnish way of skiing. This 90-minute taster lesson requires no previous skiing experience. We search for balanced positions and learn to slide with skis. We learn basic beginner skills and methods on flat ski tracks. For beginners and first-timers.

Availability: 15 Nov – 30 Apr

Group size: 4–12 persons/instructor

More information: levi.ski

Contact: skischool@levi.fi, leviskiresort@levi.fi



Finnish Sports Institutes

Sports institutes are centres of excellence serving sporting people around Finland and athletes around the world. Sports Institutes provide a wide variety of sports, activities, educational opportunities and excellent facilities for professionals and amateur sports enthusiasts. They are high-quality training centres for sports and centres of excellence in sports education, leisure time activities and company sports and wellbeing. All institutes are similar, yet each have their individual features, specialities and flavour.

EERIKKILÄ

Eerikkälä hosts the national coaching centres for football and floorball, provides training courses for coaches, sports professionals and nature and wilderness guides and arranges active holidays.

eerikkila.fi

KIHU – RESEARCH INSTITUTE FOR OLYMPIC SPORTS

KIHU – Research Institute for Olympic Sports, works for Finnish sports. Its mission is to promote Finnish top-level sports through advanced, innovative and ethically responsible applied research and development and expertise activities.

kihu.fi

KISAKALLIO SPORTS INSTITUTE

Kisakallio Sports Institute is one of the training and educational centres of the Finnish Ice Hockey Association. Today, it is one of the biggest training and education centres in Finland and Europe, with 700 beds and almost 15 000 m² of sports facilities.

kisakallio.fi

THE KUORTANE OLYMPIC TRAINING CENTER

The Kuortane Olympic Training Center offers great facilities for ice hockey, figure skating and synchronized skating year-round. 65 years of experience qualify the facility to serve international top-level athletes.

kuortane.com

SANTA SPORT

Santasport is an Official Olympic Training Centre for alpine skiing, cross-country skiing, ice hockey, figure skating and ski jumping. It's situated in Rovaniemi, close to the Arctic Circle. Accommodation, dining and varied exercise and recreational services are all offered at the same facility, located at the Ounasvaara fell in the middle of picturesque northern nature.

santasport.fi

PAJULAHTI OLYMPIC TRAINING CENTER

The Pajulahti Olympic Training Center is a physical education, training and recreational leisure centre that meets the demands of international athletes. Pajulahti is also an official Paralympic training centre. Beautiful nature and versatile services make your stay enjoyable around the clock in any season.

pajulahti.com

VARALA SPORTS CAMPS

The oldest sports institute of Finland offers modern, high-quality education in sports and PE. Varala also offers sports camps and sport-specific camps led by top athletes and coaches. Our camps offer a memorable visit, no matter what time of the year you come. Varala offers a diverse range of different activities from which you can put together a phenomenal camp that you will remember for a lifetime!

varala.fi

VIERUMÄKI SPORT INSTITUTE

Vierumäki Sport Institute is the country's leading sports training centre. It collaborates closely with a variety of sports associations and international partners to develop and implement athletes' and coaches' training and education programmes. Vierumäki is also the official training centre of the Finnish Olympic Committee.

vierumaki.fi

TANHUVAARA SPORTS INSTITUTE

Tanhuvaara Sports Institute is an attractive service centre for sports, recreation and physical training. Vocational physical training education in Tanhuvaara is operated under the Finnish education system, where well-trained teachers and high-quality teaching equipment are valued. In terms of competitive sports, Tanhuvaara's focus lies on track and field events, ice sports, indoor ball games and shooting.

tanhuvaara.fi

VUOKATTI OLYMPIC TRAINING CENTER

Welcome to Vuokatti Olympic Training Center, one of the world's finest all-year-round ski centres focusing on Nordic skiing, from snowboarding to ski jumping. The world's first skiing tunnel and the only snowboarding tunnel in the world are located in Vuokatti. We also offer excellent training facilities for other sports and athletes of all ages, from juniors to professionals.

vuokattisport.fi

2019 events

WINTER EVENTS

24.–26.1.2019

Arctic Lapland Rally, Rovaniemi
arcticrally.fi
Sport: Rally

2.2.2019

Ice Cross Downhill, Jyväskylä
crashedice.redbull.com
Sport: Downhill Skating

2.2.2019

Ruthless Raja, Kainuu
ruthlessraja.endurancekainuu.fi
Sport: Cross-country skiing, Fatbiking

20.–23.2.2019

Kuopio Ice Marathon, Kuopio
finlandicemarathon.com
Sport: Skating

8.–10.2.2019

Lahti Ski Games, Lahti
lahtiskigames.com/en
Sport: Cross-country skiing

22.–23.2.2019

Rovaniemi Arctic Winter Races
rovaniemi150.com
Sport: Trail race

23.–24.2.2019

Finlandia Ski Marathon, Lahti
english.finlandiahihto.fi
Sport: Cross-country skiing

2.3.2019

Tervahiihto, Oulu
tervahiihto.fi
Sport: Cross-country skiing

6.3.2019

Arctic Challenge Winter, Levi
arcticchallenge.fi
Sport: Race

7.–10.3.2019

Mimmi Free'Kend, Pyhä
pyha.fi
Sport: Downhill skiing, snowboarding

9.3.2019

Jyväskylä Ski Marathon
jyvaskylaskimarathon.fi
Sport: Cross-country skiing

13.–15.3.2019

FIS Alpine Skiing Slalom, Ruka
ruka.fi
Sport: Alpine skiing

15.3.2019

Vuokatti hiihto, Vuokatti
vuokattihiihto.endurancekainuu.fi
Sport: Cross-country skiing

26.–31.3.2019

World Para Snowboard Championships, Pyhä
pyha.fi
Sport: Snowboarding

28.–31.3.2019

The Original Free'kend & Junior Free'kend Pyhä
pyha.fi
Sport: Downhill skiing

13.4.2019

Visma Ski Classics, Ylläs-Levi
yllaslevi.com
Sport: Cross-country skiing

13.–14.4.2019

24-hour Skiing Competition, Ylläs
yllas.fi
Sport: Downhill skiing

15.–17.11.2019

FIS Alpine Ski World Cup, Levi
worldcuplevi.com
Sport: Alpine skiing

29.11.–1.12.2019

FIS Ruka Nordic, Ruka
rukanordic.com
Sport: Ski jumping, cross-country skiing, Nordic combined

SUMMER EVENTS

6.4.2019

Winter Warrior Finland, Ylläs
winterwarrior.fi/
Sport: Obstacle course racing

13.4.2019

Helsinki Spring Marathon
helsinkispringmarathon.ne
Sport: Marathon running

10.–12.5.2019

West Coast Salsa Festival, Pori
porkkabadass.fi
Sport: Dance (salsa)

5.5.2019

Pyynikki-Juoksu Race, Tampere
tu-38.sporttisaitti.com
Sport: Running

18.5.2019

Likkojen lenkki, Tampere
likkojenlenkki.fi
Sport: Running (women)

18.5.2019

Helsinki City Running Day
helsinkicitymarathon.fi
Sport: Running

24.–25.5.2019

NUTS Ultra Trail, Kuusamo
nutskarhunkierros.fi
Sport: Running

6.–7.6.2019

Tampere International Rowing Regatta, Tampere
takonsoutajat.fi
Sport: Rowing

9.6.2019

The 42st Pirkka Cycling Event, Tampere
pirkankierros.fi
Sport: Cycling

10.6.2019

Midnight golf, Vierumäki
vierumaki.fi
Sport: Golf

11.6.2019

Paavo Nurmi Games, Turku
paavonurmigames.fi
Sport: Track and field

14.6.2019

Pirkka Night Cycling Event, Tampere
pirkankierros.fi
Sport: Cycling

15.–16.6.2019

Kangasala Jukola 2019, Kangasala
jukola.com
Sport: Relay race

29.6.2019

Nokian Tyres IRONMAN 70.3, Lahti
eu.ironman.com
Ironman

29.6.2019

Salla Midnight Trail Run and Orienteering, Salla
sallankarhut.nettisivu.org
Sport: Trail run, orienteering

30.6.–5.7.2019

Kainuu Orienteering Week, Sotkamo
rastiviikko.com
Sport: Orienteering

12.–13.7.2019

NUTS Ultra Trail, Ylläs-Pallas-Hetta
nuts.fi
Sport: Trail running

11.–14.7.2019

52. Sulkavan Suursoudut, Sulkava
suursoudut.fi
Sport: Rowing

19.–21.7.2019

Päijänne sailing race, Päijänne
paijannepurjehdus.fi
Sport: Sailing

20.7.2019

Finntriathlon, Joroinen
finntriathlon.fi
Sport: Triathlon

20.7.2019

Arctic Challenge Summer, Levi
arcticchallenge.fi
Sport: Race

1.–4.8.2019

Neste Rally Finland, Jyväskylä
nesterallyfinland.fi
Sport: Rally driving

2.–4.8.2019

Finnhorse Coronation Trott, Lahti
visitlahti.fi
Sport: Trotting

3.8.2019

Helsinki Twilight run and walk, Helsinki
twilightrun.fi
Sport: Running

3.8.2019

Syöte MTB, Pudasjärvi
syotemt看b.fi
Sport: Mountain biking

9.–11.8.2019

Pyhä Tunturimaraton, Pyhä
tunturimaraton.fi
Sport: Marathon running

10.–12.8.2019

Challenge Turku, Turku
challenge-family.com
Sport: Triathlon

17.8.2019

Paavo Nurmi Marathon, Turku
paavonurmimarathon.fi
Sport: Marathon

18.8.2019

Valtteri Bottas Duathlon, Lahti
valtteribottasduathlon.com
Sport: Duathlon

24.8.2019

Raate Marathon, Raate
raateenmaraton.endurancekainuu.fi
Sport: Marathon running

6.–8.9.2019

Halti Outdoor Weekend, Vuokatti
outdoorweekend.fi
Sport: Hiking, trail running, fat biking

7.9.2019

Ruskamarathon, Levi
ruskamaraton.com
Sport: Marathon running

13.–14.9.2019

Finlandia marathon, Jyväskylä
finlandiamarathon.fi
Sport: Marathon running

Follow us and learn more about Finnish outdoor activities:

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visitfinland.com

SOCIAL MEDIA

weibo.com/ourfinland (China)



WeChat, VF China

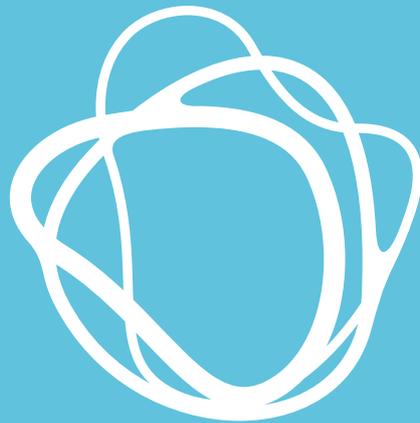


Youku (China)



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