

A low-angle, close-up shot of a person's legs and feet on a pebbly beach. The person is wearing olive green cargo pants and dark, rugged hiking boots. One boot is in the foreground, heavily coated in dark sand. Two red trekking poles with black grips are planted in the ground on either side of the person. The background shows a calm body of water meeting a shoreline with trees under a clear sky. The sun is low on the horizon, creating a warm, golden glow and reflecting on the water's surface.

LOVE IT IN
FINLAND



LOVE IT IN
FINLAND

Inspiration for mind and body

Nature Savour the aroma of the wilderness and breathe in its silent purity.

Adventure Feel the extraordinary. Escape to somewhere you haven't experienced before.

Action Free your mind and abandon yourself to the flow of nature. **Wellness** Find your inner balance and enjoy the art of relaxation.

LOVE IT IN FINLAND



Inspired by Nature

Heinola – sample the region's iconic superfood from the nearby forests, with a blueberry picking tour organized by Vierumäki leisure centre.



Kannus – peaceful and quiet nature is worth visiting during all four seasons. Extensive hiking trail network invites you to enjoy the Finnish summer and winter.



Kuusamo - foaming rapids, majestic hills and green forests have formed the breathtaking landscape of this region. The local food comes straight from the pristine environment. Kuusamo Lapland Wild Food is a guarantee of pure ingredients.

Kotka - Salpa Line, Southeast 135° is a popular place for hikers during the summertime. Throughout the hiking trails you can experience the diversity of nature and learn about local historical landmarks from information boards.



A woman and a young child are sledding down a snowy hill. The woman, wearing an orange puffer jacket and a black beanie, is sitting behind the child, holding them. The child is wearing a green puffer jacket and a grey beanie with a black and white checkered pattern. They are both smiling and looking towards the camera. The sled is blue. The background is a bright, snowy landscape.

LOVE IT IN
FINLAND

Inspired by Adventure

Imatra – hiking is the name of the game in the oldest National Park in Finland. Whether on foot, by bike, on horseback or by canoe – you will find it unforgettable!



Kotka – the wild and beautiful river Kymijoki is an excellent place to try shooting rapids or rapids swimming. Both are adventurous ways to experience something new.



Jämsä – strap on a pair of snowshoes and get inspired by the wintry landscapes. From sheltered forests to panoramic fells and even along routes across the frozen lakes.



Kuusamo – begin your winter adventure on a husky safari. As the four-legged fellas run you through the powder white scenery, you will know why they call it a winter wonderland.

Inspired by Action

The action seeker will find the ultimate choice of activities within and without the white wilderness. Cross-country skiing through idyllic forests, frozen lakes and snow-topped hills is perfect for everyone. Downhill enthusiasts can fulfill their passion on the slopes of Ruka and Himos, and those looking for thrills should try snowmobile riding or rock climbing. In Finland, you won't lack opportunities to bring your fantasies to life.



Jämsä – a ski resort for the whole family, Himos offers 21 slopes to conquer.



Kouvola – hike and make memories – bring your camera to capture the award-winning scenery of Repovesi National Park. You can also take a canoe tour to the Verla factory museum – a UNESCO World Heritage site.



Valkeakoski – enjoy sports all year round: skiing, skating and ice-hockey, or fishing, rowing and canoeing. Who's up for a football?



Kitee – if you like motor power, then come and visit the 30 hectare motor sports training center. Choose from: car racing, motor biking, snowmobiling and shooting.



LOVE IT IN
FINLAND

A scenic photograph of a lake in Finland. In the foreground, a woman in a blue patterned swimsuit is diving horizontally into the water, her legs kicked high. To the left, two other women are sitting on a dark, mossy rock. One woman is wearing a light green towel and looking towards the diver, while the other is partially visible behind her. The background features a dense forest of tall evergreen trees under a bright blue sky with scattered white clouds. The water is calm, reflecting the sky and the surrounding landscape.

LOVE IT IN
FINLAND

Inspired by Wellness

Länsi-Uusimaa – go for fishing, paddling or hiking along the nature trails. Enjoy the relaxing saunas with recreation pools, combined with local food and comfortable accommodation. What more could you ask for?



Imatra – in the Spa Taikametsä you can enjoy the warm waters even when it's freezing cold outside. Don't forget to visit the sauna to guarantee your wellbeing.



Heinola – choose your favourites from among the 140 training possibilities at Vierumäki leisure centre. Enjoy summer days canoeing, and make your winter dreams come true by skating, skiing, riding or taking a husky tour. Why not experience something unique with saunayoga or yoga in the forest?



Kuusamo – take an exclusive Sauna Tour of the Finnish wilderness, tailored to your own tastes: slow & silent, wild & free – or even strong & alive. Pamper yourself with bodily treatments from nature, spiced up with herbs, honey or peat. You will feel wonderful!

Inspiration for mind and body

HEINOLA

www.vierumaki.fi/en • www.kumpeli.fi • www.valolinna.fi • www.kailas.fi/eng/home
www.heinola.fi/en • www.heinolaresort.fi/fi/matkailu • www.visitheinola.fi

IMATRA

www.imatrabasecamp.com • www.gosaimaa.com
Tel. +358 400 772 007
imatra@gosaimaa.com

JÄMSÄ

www.jamsa.fi • www.jamsaan.fi
Tel. +358 40 571 6556

KANNUS

www.kannus.fi/vapaa-aika

KITEE

www.kitee.fi • www.kiteenaimo.fi • www.visitkarelia.fi

KOTKA-SOUTHEAST135°

www.southeast135.fi
Tel. +358 040 135 6588
info@kaakko135.fi

KOUVOLA

www.visitkouvola.fi

KUUSAMO

www.kuusamo.fi/english • www.ruka.fi/en/ • <http://wellbeinginwilderness.fi/en/saunatour/>
info@ruka.fi

LÄNSI-UUSIMAA

www.visitsouthcoastfinland.fi
info@visitsouthcoastfinland.fi
Tel. +358-44-7131753

VALKEAKOSKI

www.valkeakoski.fi
valkeakosken.kaupunki@valkeakoski.fi
Tel. + 358 3 5691100

