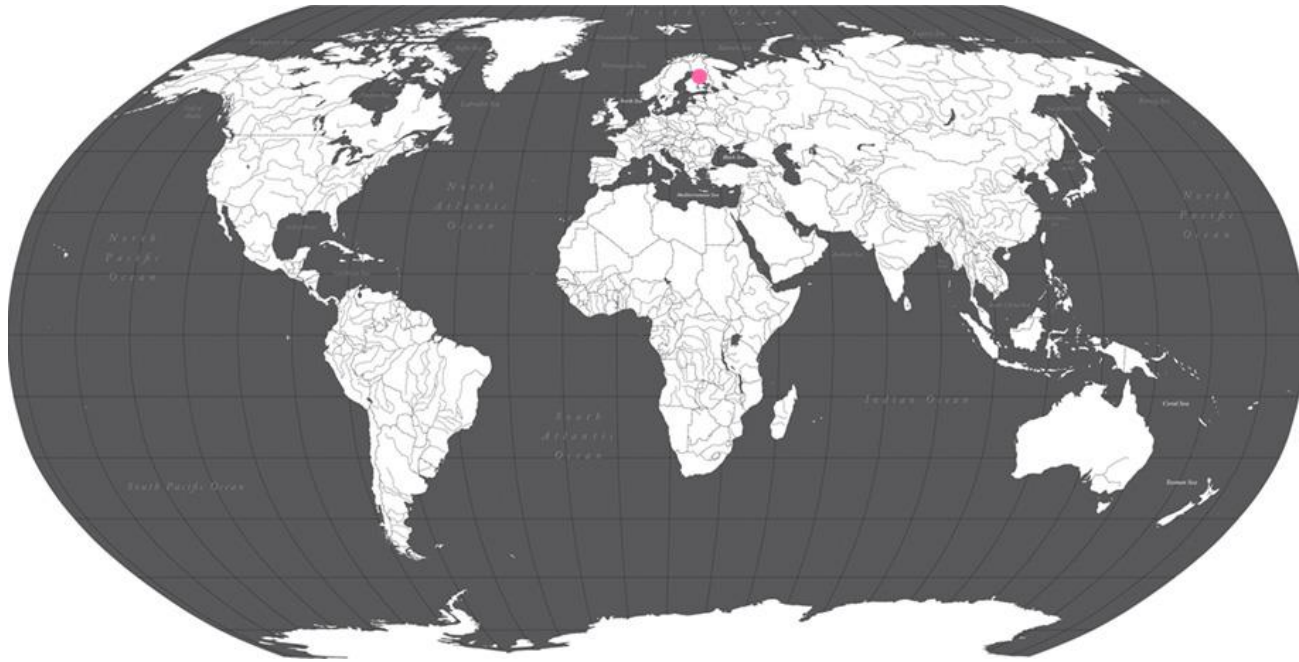


**Visit Finland**

# Finland

**A country full of contrasts.**

# On the top of the World



Visit Finland

**Total Area: 338,145 km<sup>2</sup>**  
**of which**  
**10% water**  
**over 70% forest**

Maximun length 1160 km  
Maximun width 540 km

**Neighbouring countries**  
**Sweden, Norway and Russia**

**Currency: Euro**

Language: Finnish 93%, Swedish 6%,  
Sami (about 1700 people)



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# Getting there.



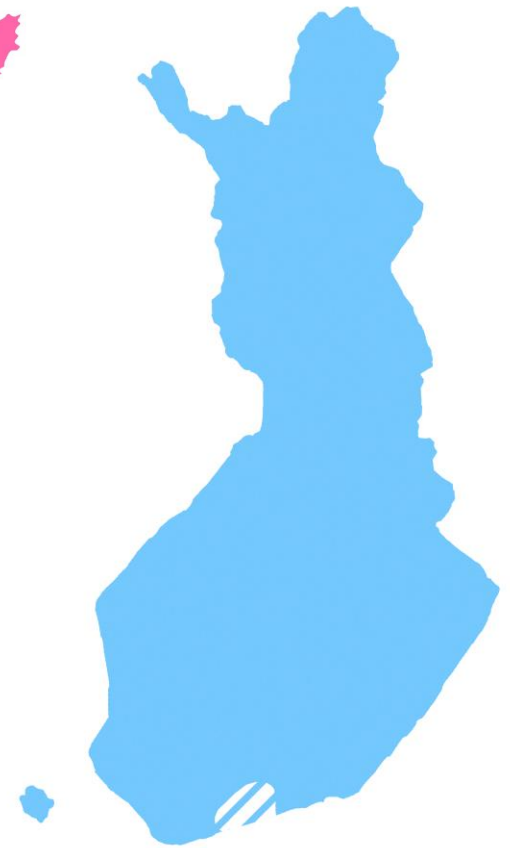
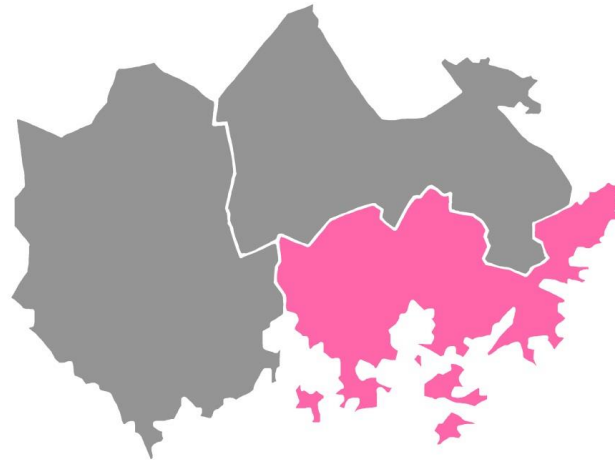
# Helsinki

## Helsinki

Capital city

App. 1 million inhabitants

in the Helsinki Metropolitan area



# Helsinki

Influences from both the East and the West are evident in everyday Helsinki;

Architecture, cuisine, design, customs and even street slang.

All bare evidence of a past under Russian and Swedish rule.

[Visit Finland](#)





# Helsinki

Situated by the Baltic Sea,  
Helsinki's shoreline is about 100 km long  
and has about 300 islands.

Possessing a strong maritime heritage,  
it is said that the sea gave birth to Helsinki  
and the harbours raised her.



# Helsinki

Compared to major metropolises, the beat of Helsinki is laid-back and relaxed.

Most of the city's tourist attractions are within walking distance from each other.

# Helsinki



Visit Finland



**The score of urban events,  
restaurants, bars and nightclubs  
make Helsinki a vibrant capital**

**with cultural offerings,  
ranging from punk rock  
to classical and modern art.**



# Green Capital

**A third of Helsinki is covered in green areas.**

**Great possibilities for sports, outdoor activities and relaxation.**

**Central Park and a number of forests just outside the city centre.**

**The number of parks and waterside hangouts are ideal for a bit of downshifting in the heart of the city.**

[Visit Finland](https://www.visitfinland.fi)





# Public transport

The public transport system is comfortable and reliable, and has been ranked among the best in Europe.

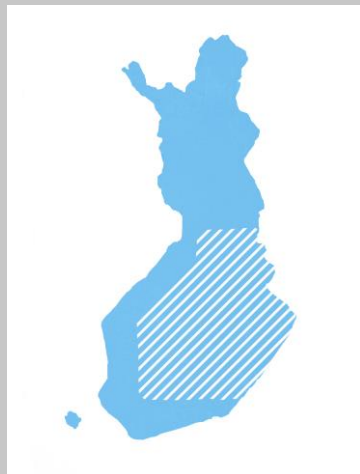
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# Lakeland



# Lakeland



Lakeland is covered by more water than land. The heart of the region is Saimaa, the largest lake in Finland. Saimaa is home to the endangered Saimaa ringed seal.



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# Cottage

In Finland we have 200,000 lakes,  
half a million cottages  
and one midnight sun.

Your perfect view is yours for the  
choosing.



Visit Finland



# Cottage Life



Visit Finland



# Cottage Life





# Sauna



Visit Finland



## Sauna

It is an honour to be invited to a Finnish sauna. The best saunas can be found in summer cottages.

The usual Finnish way is for families to go in the sauna together. Or the women go together first, and then the men. The way it's generally done in larger groups.

Men and women who don't know each other don't go in the sauna together. And no – in a Finnish sauna you normally don't wear a swimsuit or a towel.

Throw some water on the stove and enjoy the warmth.



Visit Finland





The Finnish sauna is for relaxation.

Throw some water on the stove whenever you want and enjoy the warmth.

Cool yourself in a lake afterwards and enjoy a cold drink.

A 'vasta' or 'vihta' is a bundle of fresh birch twigs and the best thing that can happen to your skin. You'll feel the benefits of smooth skin after the combination of sauna and vasta. Mother Nature knows best.



Visit Finland

## SUMMER FACTS

# Summer

Temperature:  
**+15°C – +25°C**

Duration:  
**Around 90 days**

Top 5 Summer Experiences:

**Swimming**

**Going to a cottage**

**Festivals**

**Camping**

**Cycling**

We recommend:

**Swimming under the Midnight Sun.**



Visit Finland



# Coastal Area & Archipelago



The area boasts several cities, old wooden towns, historical manors and stone churches, lighthouses, national parks stretching over land and sea, and ferries bridging islands together, as well as a variety of sea life and wildlife.



# Coastal Area & Archipelago



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# Coastal Area & Archipelago



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# Hiking

**National Parks with wide range of varied landscapes, from fells to vast forested areas.**

**Large selection of marked trails that make it easy for inexperienced hikers to explore the huge parks.**

**The wilderness areas are perfect for longer and more demanding hikes.**



**Visit Finland**



# Wildlife

Appr. 80 % of Finland is covered with forest.

Experience nature.

Genuine wilderness experiences by excellent travel services.

Walk in the forest with a wilderness guide or wait for animals in a photography booth.

Admire the animals in a zoos and wildlife parks.







# Wildlife



Visit Finland

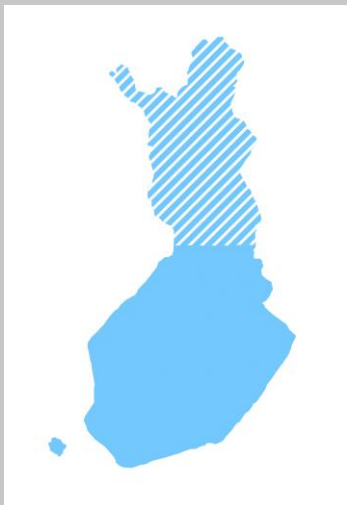
# Wildlife



Visit Finland



# Lapland



In Lapland you will find  
203,000 reindeer  
183,000 inhabitants  
200 nights/year Northern Lights  
6 national parks  
1 Santa Claus (the one and only)



# Summer in Lapland



Visit Finland

# Midnight sun

In Lapland, the Midnight Sun makes up for the light deprived by the Polar Night during the winter.

At the Arctic Circle, where Lapland's capital Rovaniemi lies, the Midnight Sun graces the horizon from early June until early July.

In Nuorgam, Finland's northernmost tip, the sun stays up for more than 70 days.





In the rush and crush of modern life,  
the rarities are what we value most.

Such as space, quiet and time.

The space to breathe, a time to  
dream...

You can find these treasures in Finland,  
where the lakes are many and the  
people are few.



# Lapland

## The Land of Northern Lights



Visit Finland



# Lapland

On clear winter nights, the Northern Lights dance across the sky in green waves, lighting up the silent snowy landscape.



Visit Finland



# Wild and Free





## Wild and Free

Several ski resorts boast well-maintained slopes and snow parks, as well as extensive cross-country trails.



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# Finnish tastes



Visit Finland





# Finnish Tastes



Visit Finland

# Sami Culture

The Sami are the only indigenous people in the European Union area.

In Finland, the Sami population is approximately 9 000 strong, and the preservation of their endangered language and culture is governed by an autonomous parliament in Inari, Finland.

The Sami possess a rich cultural heritage and are known for their close connection to the land they live on.







# Snow

Snow is guaranteed in Finnish Lapland.  
It stays on the ground for up to  
6 months a year.



Visit Finland

# Snow



Visit Finland



# Santa's Secrets

Ever wondered  
how long  
Santa's beard is?

Find out in Santa's  
real home,  
in Finnish Lapland.



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**More about Finland**

**[www.visitfinland.com](http://www.visitfinland.com)**





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