

Lake Saimaa, Sauna and local delicacies

Feel like a Finn



Calm down and get more vitality. Breathe fresh air and eat the world's purest food in Karelian style. This trip is for you, who are interested in food, nature and relaxing.

Package for groups of 6-15 people.
Available: all year round.



PROGRAM

Day 1

Arrival to Salpalinjan Hovi after 14.00 o'clock. Settling into the rooms.

Take a refreshing walk along the village trail and discover the neighbouring saw and war history sites.

Experience a traditional, forest aroma sauna. Sauna is the oldest and the most traditional healing and relaxing wellness element in Finland. In our sauna you will experience the calming aroma of juniper.

Dinner in traditional Karelian style.



Day 2.

Breakfast in Karelian style

Our guide leads us **to the world of wild herbs and fishing or to the world of berries and mushrooms.** Depending of the season, we are picking wild herbs, blueberries, lingonberries, cranberries, different kinds of mushrooms or we go fishing. Ice fishing at winter time. While picking or fishing you can feel how natural forest calms you down.

After picking this Finnish superfood, we relax and have a well-earned lunch break by an open fire. Together we make tea and coffee, fry sausages, prepare traditional pancakes with fillings and salad.

Afternoon there is free time to explore the sights of the area by your interests. We will be happy to give you tips on interesting sights. We may also arrange additional services by your wishes with additional cost.

Dinner at the hotel. The menu contains what we pick from the forest.
If you wish, you can take part the cooking.

In the evening, we will go out to dark Finnish forest and listen to the silence. We have a **Mystical walk** in the light of our own headlamps. We take it easy, and use all our senses and feel the magic off the forest.



Day 3.

Breakfast in Karelian style.

Church rowing boats are part of Finnish culture. Before cars, people used the waterways and church boats to gather in churches. Using this classical Finnish rowing boat, we can explore the **Saimaa GeoPark** and beautiful islands of Lake Saimaa. We row this 12 meters long boat and explore how the ice age has shaped the rock.

Duration of the trip is about 3 hours.

When it is too cold to row, we go to Lappeenranta Fortress by car and have a **drama tour about the fortress history** and visit the County museum.

A fabulous lunch with historical stories at the Lappeenranta Officers' Club.

Since 1890, officers and gentlemen have enjoyed good food at the Officer's Club.

Afternoon there is free time about 2-3 hours to explore the sights of Lappeenranta. For example, the old army area, Lappeenranta harbor, artisan workshops, Lehmus roastery, Saimaarium etc.

SAUNA beside a lake. You have an opportunity to swim in Lake Saimaa.

SPECIAL "SÄRÄ" DINNER. We will go to Lemi and have Särä, which is a lamb-dish made using an over 1000 years old recipe.



Day 4.

Breakfast in Karelian style.

Apartment hotel Salpalinjan Hovi is a former village school built from logs. We offer you an opportunity to enjoy the historical and cosy atmosphere of our mansion-like hotel in Lappeenranta.

Duration: 3 nights.

Physical difficulty level: easy.

Price: 672 euros/person. Taxes included.

What's included:

- Accommodation in double room or in familyroom, linen and towels, free tea, coffee, fruit and snacks in the rooms. Single room extra 150 €.
- meals
- tours and activities mentioned in the programme
- transportation from the city centre to the sauna and Lemi, at the 3th day.

Pax: 6-15 persons. Suitable for families.

Guidance languages: English.

Sustainable product.

www.salpalinjanhovi.com

Contact and inquiries: Anne Sorsa-Vainikka, Hotel Manager, Salpalinjan Hovi. Tel +358 50 336 0986, email: info@salpalinjanhovi.fi

Address: Vanha Mikkeliintie 125, Lappeenranta. 9 km from city centre, 220 km from Helsinki.

