

TRAVEL  
IN FINLAND!

2019

BROADEN YOUR MIND...

Your Local Travel Partner in Metropolitan Finland

= **UUDENMAAN-SEURAMATKAT-OY** =

# EXPERIENCE FINLAND WITH THE HELP OF FULL SERVICE DESTINATION MANAGEMENT COMPANY

## **EXPERT IN FINNISH DESTINATIONS**

Uudenmaan Seuramatkat has 50 years of experience in travel agency and tour operations in Finland. We are a Finnish family run company and take pride in our work. When it is about Finnish travel destinations, we know what we are talking about and want to offer the best for our clients.

We have IATA rights and we are a member of The Association of Finnish Travel Agents (SMAL /AFTA). We are a registered packaged travel organizer in Finland. The register is maintained by the Finnish Competition and Consumer Authority.

In decision-making and governance, our company complies with the Finnish legislation, taxation rules and company regulations as well as labour agreements regarding our employees.

Our focus is on tailor made travel plans for groups of all kinds, whether young or elderly, business, students, incentive or leisure group, we will have good ideas, latest trends and authentic destinations for you to choose from.

We have plenty of fantastic itineraries and suggestions for where to go and what to do in Finland. We also have a brilliant network of reliable partners and colleagues we work with. Our valued partners are bus companies, airlines, cruise operators, hotels and other destination agencies in all over Finland. We know what is going on here and therefore we can offer competitive prices and high quality services.

## **SUSTAINABLE TOURISM**

We value Finnish nature, environment and cultural heritage and want to commit to enhancing the welfare of people at the same time protecting our nature and embracing ecological aspects in tourism.

We seek to provide our clients with an exciting and educational holiday that is also of benefit to the local

people. When ever possible, our aim is to use local Finnish ingredients, workforce, products and services. We also aim to choose methods of transportation which reduce the ecological footprint. In 2018 we signed the Helsinki Declaration for Sustainable Tourism in order to support the greener and more responsible tourism development.

## TRANSFERS AND CHARTER COACHES

Transportation services are available throughout the whole Finland. Taking a motor coach is the most environmentally friendly way to travel. We provide safe and reliable, high quality coaches and our charter bus fleet features very well equipped 9-60 seat coaches with stylish interiors, air-conditioning, toilet, radio/CD/DVD player, digital TV, coffee maker, fridge, adjustable seats as well as large luggage compartments.

The coaches are equipped with the latest safety features and the obligatory Finnish traffic insurance. For our experienced professional drivers passenger safety is the number one priority.

In March 2017 we changed to use fully renewable fuel made from 100% of leftovers and garbage. This fuel reduces the greenhouse gas emissions born during the lifecycle of the fuel up to -90%. The fuel is used in all our local service buses and charter coaches.

## FINRELAX, WELLBEING & ECOTHERAPY

Walking in Finnish nature not only refreshes and relaxes the brain, but also frees the spirit. Spending regularly time in the forest is proven to lower blood pressure, detox your body and improve your overall mood.

In Finland you can make the most of these health benefits as Finland is voted as the cleanest country in the World. We have plentiful of forests to explore and every man's rights to make it possible. Finnish people are well educated and invest large sums on environmental policies and conservation work.

Water quality is rated excellent in most of the Finland's lakes. Also the tap water is drinkable, and berries, mushrooms and herbs are edible straight from the forest. The air is clean, clear and fresh. Welcome to enjoy it with us!



## WANDERING IN THE FORREST DOES HAVE HEALTH BENEFITS

***Pick your favourites and we will make a package for you. A guided Nature Course Finnish style, Ice Hockey or Curling with experienced teachers or a combination?***

**Tour durations:** 3 hours to 24 hours, or days

**Season:** Check when your tour/activity is available

**Group size:** from 8 persons to 15 persons or bigger groups divided into smaller groups

**Languages:** English, German, Chinese and Russian

**Price includes:** transfers from/to your hotel in Hyvinkää, a tour guide in chosen language, the programme with a specialist guide and all the required equipment.

Ask for a full 1-7 day package with meals and accommodation.

### BERRIES AND MUSHROOMS ARE WAITING FOR YOU!

**Price:** starting from 80 eur/person

**Duration:** 3-4 hours

**Season:** August - September

Learn about the forrest, berries, herbs and mushrooms with an experienced guide. Some berries are so tasty that you just cannot stop picking and eating.

### GET LOST IN THE FOREST (safely)

**Price:** starting from 80 eur/person

**Duration:** 4-5 hours

**Season:** All year round

Learn survival skills like reading a map and compass, finding your way in the woods, cooking on real fire and many other exciting things you can do in the wilderness. The activities will be directed by an experienced nature guide and the required equipment will be provided.

### COOKING CLASS IN THE FOREST

**Price:** starting from 100 eur/person

**Duration:** 6-8 hours

**Season:** All year round

Make fire and cook your own meal! You will learn all these necessary skills in the forest. The activities will be taught by an experienced naturalist guides in the forest and the required equipment are provided.

### CAMPING UNDER THE STARS

**Price:** starting from 160 eur/person

**Duration:** 24 hours

**Season:** All year round

This is a chance to experience overnight camping in Finnish wilderness. You will go for a guided hike in the forest, learn about flora and fauna, set up a camp, learn to make knots and many other essential skills with an experienced nature guide.



Team Building



Gone Fishing



Adventure Park

## DID YOU KNOW FINLAND IS ONE OF THE BEST ICE HOCKEY COUNTRIES IN THE WORLD!

### LEARN TO PLAY ICE HOCKEY

**Course for beginners 4-6 hours or more**

**Season: all year round**

This is an ultimate chance for getting into the game of ice hockey in Finland. We teach you the rules of the game and you will learn all you need about the equipment like skates, pads, stick and a helmet. When you are stuffed up with all the pads and gear you are ready to go on ice and make the GOAL!

### LEARN TO PLAY CURLING

**Course for beginners 4-6 hours or more**

**Season: November - March**

Curling is an interesting game which has to be tried! We teach you the secrets of this Olympic sport and show you how to slide a rock on ice. You will also take part on a little competition to see who has the sharpest aim.

### LEARN DIFFERENT WINTER SPORTS - SKATING, SLEDDING OR SNOW SHOEING

**3-4 hours courses for beginners**

**Season: January - March (depending on snow situation)**

This is a fantastic chance to learn winter sports with a professional instructor. It is not so easy as it looks like. With these activities you will have great fun!

### LEARN TO BUILD A SNOWMAN, SNOW CASTLE OR SNOW SCULPTURE

**3-4 hours course for beginners**

**Season: December - March** (depending on snow situation)

Snow is an exiting (and cold) element to build things out of. With this activity you can try to build yourself a snow house or craft a beautiful ice sculpture.

### SKI SCHOOL

**Tailor made courses**

**Season: January - March (depending on snow situation)**

Want to learn skiing or snowboarding with an instructor? Private or group, children or adults. Small and easy slopes to start with. The equipment can be rented at the skiing centre.

### GOLF, CYCLING, HORSE RIDING, CANOEING, HIKING OR OTHER ACTIVITIES

**Pro guides available**

**Season: May - September**

In Finland there are plenty of different types of good cycling routes, in the forest or countryside however you prefer. One of the best golf courses in the country is located in Hyvinkää and many horse stables if you wish to take some lessons. We are surrounded by lakes and rivers for canoeing to go with an experienced guide.

### FINNISH EDUCATION SUCCESS STORY

In Finland we have high standard of education. Should you be interested in learning about the educational system and visiting a Finnish school, we have many options for you to choose from...



Shopping

Ice Skating

Husky ride



## STOP OVER OR POP IN FOR LONGER

Hyvinkää is a city of healthy, pine-scented air, pure nature and safe environment close to Helsinki airport. Here you have time for your thoughts and the chance to slow down for a moment. Right next to the city centre you'll find a wilderness area where you can hike with experienced guides and learn some scouting skills in a beautiful landscape.

In Hyvinkää there is an Adventure Park with a zipline, one of the best golf courses in Europe and variety of accommodation options with a new Sveitsi Hotel opened in August 2018. The Willa shopping centre has big department stores as well as unique specialty shops. The gem of sights to visit includes the bold modern church which resembles a frozen pyramid. The Finnish Railway Museum has an exhibition of the fascinating railway history in a genuine railway station setting. Or fancy snow boarding or downhill skiing? Try Sveitsi Skiing Centre only 5 minute drive from the city center!

Visiting Hyvinkää will give you an insight on Finnish nature, culture, culinary delights, design and outdoors activities, all in one. After just half an hour drive from the airport you will be enjoying the green city. Our Hyvinkää tours are well suited for groups who wish to experience Finland in a compact "nutshell".



**Become an ice sculptor**



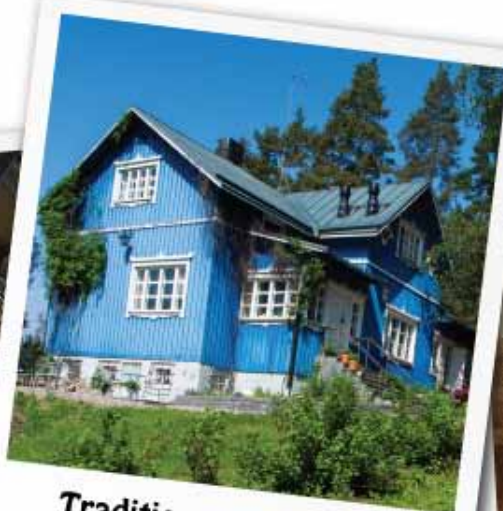
**Enjoy organic food**



**Learn ice hockey**



**Railway museum**



**Traditions and culture**



**Culinary delights**

## DAY TRIPS FROM HELSINKI AIRPORT/PORT/HOTEL

### ADVENTURE PARK - PRESIDENTIAL FOOD TASTING - SHOPPING

**Duration:** from 8 to 12 hours

**Season:** all year round

**Languages:** English, German, Chinese and Russian

From Adventure Park Sveitsi you'll find several different adventure trails built in trees. You will be instructed and guided by a professional staff on how to make the most of the park. For lunch indulge your taste buds with the special President's Lunch or some other traditional Finnish dishes made of fresh local ingredients served in a local farm house Neilikka.

On a walking tour in Hyvinkää city centre you will see the symbol of Hyvinkää, a pyramid-shaped white church, and other interesting sights. We will introduce you to Finnish design products in one of the largest shopping centres in Finland. Here you can find Marimekko, Arabia, Pentik, Aalto, Fiskars and many other high-quality brands for your home before we take you back to the hotel or the airport in Helsinki.

**Price:** from 97 €/person (group of 30)

**Price includes:** transfers from/to Helsinki, a tour guide, the programme with meals and entry fees as mentioned.

### ADVENTURE PARK WITH THE FINNISH RAILWAY MUSEUM

**Duration:** from 6 to 8 hours

**Season:** from May to September

**Languages:** English, German, Chinese and Russian

From Adventure Park Sveitsi you'll find several different adventure trails built in trees. You will be instructed and guided by a professional staff on how to make the most of the park. We will enjoy a buffet lunch before going to the interesting Finnish Railway Museum where we will have a guided tour taking us through the history of railways. The coach will drive back to the pick up point.

**Price:** from 88 €/person (group of 30)

**Price includes:** transfers from/to Helsinki, a tour guide, the programme with meals and entry fees as mentioned.



## **TASTE OF THE FINNISH COUNTRYSIDE**

**Duration:** from 8 to 12 hours

**Season:** all year round

**Languages:** English, German, Chinese and Russian

Start your day with local superfood at Knehtilä farm, the most nature friendly organic farm in the Baltic region. Here you will learn about modern organic farming as well as about sustainable practices in food production.

Depending on the season you will do some outdoor activities like vintage tractor rides, countryside walks, ice sculpting or sledding.

The culture tour will take you to an interesting home of a famous Finnish sculptor where you will be hosted by his daughter who will tell you the story of the two houses. After lunch, we will take a Hyvinkää tour and visit the Finnish Railway Museum where you can see the royal train of the Russian Emperor. These rare carriages you cannot see anywhere else in the world.

Now it's time for a feast! The Knehtilä farmers invite you to a traditional Finnish feast, listen to traditional live music played with a violin, kantele or even a saw! After a Finnish folk dance performance you can learn it yourself!

**Price: from 198 €/person (group of 30)**

**Price includes:** transfers from/to Helsinki, a tour guide, the programme with meals and entry fees as mentioned.

## **RELAXING NATURE & THE FINNISH SUMMER COTTAGE AND SAUNA**

**Duration:** from 8 to 12 hours

**Season:** all year round

**Languages:** English, German, Chinese and Russian

We will take you to relax in peaceful forests with professional crew. During the walk you will experience the clean Finnish nature and have a break with lunch enjoyed by the log fire. The paths will be chosen according to the group's wishes. There is no need to be in athletic shape since it is all about relaxing.

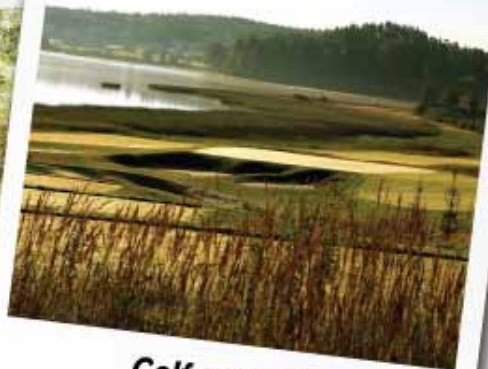
After "bathing" in the forest air, we will go and bathe in a real Finnish sauna, so bring your bathing suit with you! We will spend the afternoon at a summer cottage and learn about the Finnish traditions and the sauna culture. When you have passed the sauna course, you can try the sauna yourself. We will have a traditional summer cottage meal and just enjoy the scenery. At the end of the day, the coach will take you back to your hotel or the airport.

**Price: from 159 €/person (group of 20)**

**Price includes:** transfers from/to Helsinki, a tour guide, the programme with meals and entry fees as mentioned.



**Adventure parks**



**Golf courses**



**Smoke saunas**

# INTERESTING FESTIVALS AND CELEBRATIONS

## POPULAR FESTIVALS

Rock Festivals, Pop Festivals, Film Festivals, Beer Festivals... Finnish people love going to festivals and you should try it too whilst you are here. There is plenty of different types of festivals. Please ask us advise regarding the themes and dates.

## EASTER HOLIDAYS

### In April

Finnish Easter traditions mix religion and rites of spring. Willow twigs are cut and decorated by kids to give as gifts when they go door to door as Easter witches driving away the bad spirits of the house. Easter is also about celebrating the coming spring, chocolate easter eggs, mämmi, roasted lamb, pasha and other seasonal treats and dishes. You have to try MÄMMI!

## VAPPU - MAY DAY CELEBRATION

### In May

This spring festival is a popular carnival that has traditionally been celebrated by workers and students. The celebrations continue throughout the cities; parties, carnivals, donuts, sima-drink and sausages with potato salad. The following morning everyone gathers in parks for a picnic and some sparkling wine. Parades and other events are also held around town.

## MIDSUMMER FESTIVAL

### In June

Midsummer is a main national holiday in Finland. Originally a celebration of the summer solstice, it is typically spent with friends and family at a summer cottage away from the city, either partying or relaxing. Barbecued meat, fish and vegetables are being cooked and spells are being made under the magical midnight sun that does not set at all for few days. Fishing, sailing, playing, dancing, swimming, sauna and eating well with lighting up the Midsummer bonfire are popular traditions.

## KEKRI HARVEST FESTIVAL

### In November

Kekri, the ancient Finnish celebration of the end of the harvest season in Autumn. The great feast to celebrate Kekri was prepared before bathing in the sauna, so the dead of the family could come in and sample the offerings while the others bathed. Today the celebration includes feasting with food and drinks and honouring the rituals of the harvest and the departed.

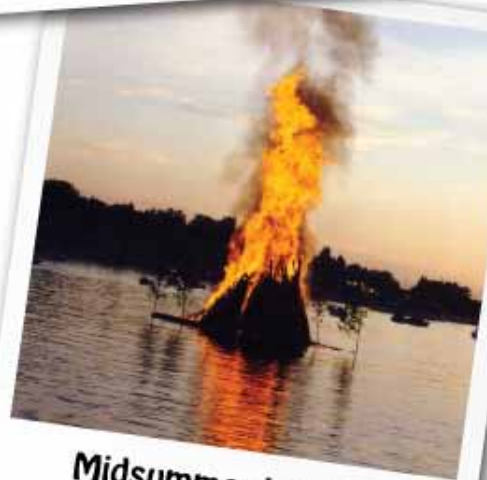
## CHRISTMAS HOLIDAYS

### In December

Christmas time is magical in Finland with the little lights twingling in the windows, gingerbread cookie's and glog wine's odour drifting in the air. Numerous Christmas dishes, shopping for Christmas gifts and meeting the Santa Claus are parts of this important celebration in Finland...



Kekri feast



Midsummer bonfire



Easter eggs



## MAGICAL MIDSUMMER - The sun does not set for days!

### MIDSUMMER FEST IN THE COUNTRYSIDE OF LAKE DISTRICT SAIMAA, 3 Days, June Price: starting from 350,-/person

This traditional Finnish Midsummer celebration in the most beautiful lake landscape of Saimaa must be experienced! This is a good insight on how to spend midsummer in Finland. Festive dinner, traditional dancing, bathing in the sauna and swimming in the lake. The most important is the moment when the Midsummer bonfire will be lit. Tasty Scandinavian cuisine and cruising along beautiful Saimaa lake region with old motor ship Kaunis Veera will crown your holiday in Finland.

This 3 day package includes transfers, accommodation in lakeside hotel Anttolanhovi, program and services as mentioned, tasty breakfast served every morning, festive dinner on Midsummer eve and buffet lunch on Midsummer day. The hotel sauna and spa area are also free for you to use.

### TRADITIONAL MIDSUMMER IN ÅLAND - BEAUTIFUL AND PEACEFUL ARCHIPELAGO 3 Days, June Price: starting from 280,-/person

Midsummer is one of Åland's most popular festivals. You can now join Ålanders in this extraordinary festivity and see the decorative maypoles, traditional dancing and local culinary experiences.

Price includes transfers, ferry from/to Turku, accommodation in Mariehamn, a tour in this capital of Åland and also different islands nearby. The traditional festival will be held in Jan Karlsgården museum area where you can see the tallest of all maypoles. We will also visit the Kastelholm Castle and other important sights in Åland, not to mention Eckerö which is said to be the sunniest place in the whole Nordic region.

## ARCHIPELAGO - CRUISING AND FOOD CULTURE

### AUTUMN HARVEST FESTIVAL IN ÅLAND 3 Days, September, Price from 340,-/person

Farms and restaurants all around Åland welcome visitors to enjoy the Harvest Festival. During this guided trip you get to taste local produce like cheeses, apples, berries, beer, freshly baked bread and pies. Enjoy a local harvest meal. See the farms and the farmers with their cows and sheep. An experience you will not forget.

Price includes bus transfers from, ferry from/to Turku, accommodation in Mariehamn with breakfast, farm tour and a harvest meal.

We can organise different kinds of combinations, just ask. From Åland it is also easy to cruise over to Sweden if you like..



## SUMMER OPERA FESTIVAL!

### SAVONLINNA OPERA FESTIVAL

**See for example Don Giovanni - The great seducer by Mozart**

**2 Days, July, Price: from 370,-/person**

The City of Savonlinna is located in the middle of scenic lake district of Saimaa in eastern Finland. Saimaa is a labyrinth of blue lakes and green islands that forms the largest lake district in Europe. It is a breathtakingly beautiful destination for your truly unforgettable opera visit.

In addition to the stunning natural environment, you have a possibility to enjoy world class opera inside the walls of the medieval castle of Olavinlinna. Olavinlinna Castle is famous for it's amazing, natural acoustics.

Your accommodation will be in Hotel-Restaurant-Spa which is situated in a beautiful natural setting beside Lake Puruvesi in Kerimäki. The price includes bus transfers, 2 lunches, opera ticket, accommodation with breakfast and a scenic cruise along the lake.

## MEET THE SANTA CLAUS

### ARCTIC CIRCLE, ROVANIEMI

**All year round**

As we all know, the Santa Claus lives in Lapland, in a city called Rovaniemi. Thousands of visitors from all over the world come to meet Santa Claus on every day of the year. A place where the fairytale becomes true.

You can also experience a real reindeer sleigh ride at the Arctic Circle!

## EXPERIENCE LAPPLAND IN AUTUMN!

### KILPISJÄRVI - ÄKÄSLOMPOLO - YLLÄS

**7 days, August - September**

**Price: starting from 850,-/person**

Untouched wilderness and an interesting border area of Finland, Sweden and Norway. Some of the largest fells in Lapland can be found from Kilpisjärvi area.

The guided tours will take you to see the best sights and destinations. Listen to the silence and breath fresh air.

On this journey you will also go to Norway and visit Tromsø city, "the Paris of Nordic" for some sight seeing. Includes transfers from the airport or Helsinki, accommodation, meals and guided tours.

### SAARISELKÄ AUTUMN RUSKA

**8 days, September, Price: 915,-/person**

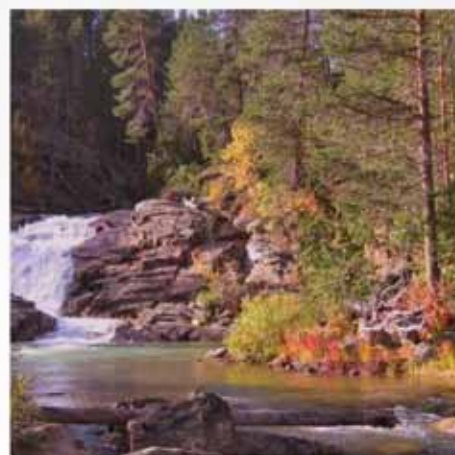
See the beautiful Ruska time in Lapland! The leaves and ground are covered with bright yellow and red colors.

We will do some guided hiking, relax and enjoy the scenery and fresh clean air, learn gold panning and visit the famous reindeers of Lapland.

After spending a day outdoors, it is nice to chill out in spa hotel's sauna and pools and even take some wellness treatments if you will. Traditional dishes and learning about the culture as well as guided tours to the most interesting places in the area are included in this itinerary with transfers and high quality accommodation.



Kilpisjärvi



Ravadas



Saariselkä



## CRUISING THE BALTIC SEA

*All the cruises from Finland to Estonia, Sweden, Åland or even Germany can be booked straight from our office. Let us help as we know all the right cruiselines, routes and ships.*

### **ECKERÖ LINE: m/s Finlandia**

Route: Helsinki - Tallinn

Cosy atmosphere and friendly, service-minded attitude with Finnish live music, shopping and tasty food. This vessel has six restaurants, two shops and conference facilities. It takes 2 000 passengers and the spacious vehicle deck has room for more than 650 vehicles.

### **TALLINK SILJA: several vessels**

Routes: Helsinki - Tallinn, Helsinki - Stockholm, Helsinki - Åland, Turku - Stockholm, Turku - Åland and Special Visby cruises in summer.

Large ships cruising to Stockholm have many restaurants, shops and entertainment for all tastes. Silja Serenade has lovely Moomin Family cabins.

### **VIKING LINE: several vessels**

Routes: Helsinki - Tallinn, Helsinki - Stockholm, Helsinki - Åland, Turku - Stockholm, Turku - Åland Whether you prefer a beautiful cruise on the Baltic Sea or a one-way trip. The Viking Line cruises and route traffic to all of our destinations with some of the best ships.

## 188 000 LAKES AND THE OLD STEAMBOATS

### **A recommended way to enjoy the Finnish summer and sceneries is on a lake and on a boat!**

A steamship cruise is an exotic and popular way to travel through some beautiful lake areas in Finland. As there are many lakes, there are also many different routes and ships to choose from. It is also possible to rent the whole ship for your own group.

In winter time the lakes are frozen so the right time to do this is between June and August.

## FLIGHTS WITHIN FINLAND!

FINNAIR has been awarded the Best Airline in Northern Europe and it flies an eco-smart and modern fleet. It is also the airline we co-operate with and a reliable partner for us.

## ESTONIA - Tallinn

### **TALLINN OLD TOWN AND SIGHTS**

In Tallinn, the capital of Estonia there is plenty to see and to do. Vibrant culture and historical architecture in beautiful medieval old town. It is easy to take the ferry from Helsinki which takes only about three hours to cross the sea and you are in Tallinn.

### **SPA AND PAMPERING IN ESTONIA**

Stay in one of the luxurious wellness spa hotels in Pärnu which has long traditions and spa history. Try peat, mud or mineral water treatments which are known for their healing qualities. Pärnu is also the summer capital of Estonia with its long sandy beaches and relaxed atmosphere.

### **HIIUMAA, SAAREMAA & MUHU**

#### **The paradise islands of Estonia**

The islands are the most popular tourist destinations in Estonia. Friendly people and untouched nature invite you to relax in some of the island's traditional fisherman's villages. Picturesque beaches, windmills and thatched cottages are definitely worth seeing.



## SWEDEN - Stockholm

### Cruising to Stockholm

Ferries Silja Symphony or Serenade which are also known as swimming hotels, will take you to Stockholm from Helsinki over night. On board there is good food, shopping and entertainment for all tastes. In Stockholm the sights worth seeing are the King's Palace with its treasury, famous Abba museum, Nobel museum, old town and Gröna Lund Tivoli.

## NORWAY - Oslo

### Experience the fjords, the mountains and impressive sceneries

Oslo is the capital and largest city in Norway with major attractions such as Vigeland Sculpture Park and the Munch Museum.

## DENMARK - Copenhagen

### Wide range of entertainment, culture and shopping

A good reason to travel to Copenhagen to visit the famous Tivoli amusement park and Copenhagen Zoo...

## WHAT WE CAN DO FOR YOU

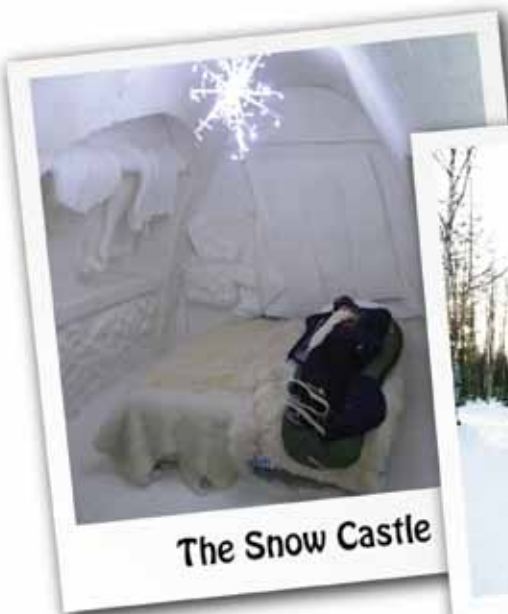
We can arrange all the ground services you will need in Finland:

- Transfers and Charter coaches
- Flights, International and Domestic
- Accommodation
- Guides who speak your language
- Sight seeing, tours and trips
- Activities (sports, games, visiting events and festivals, well-being, team-building, nature etc.)
- Cultural activities, sauna ecotherapy, relaxation programs and Finnish home visits
- Business visits
- Educational tours and School Visits
- Summer and Winter camps with Finnish phenomenon based curriculum. Also other educational concepts can be applied on request

**Please feel free to ask us more!**

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The Snow Castle



Rudolf the Rednose



Finnish Design

**FULL SERVICE TRAVEL AGENCY IN FINLAND**

**= UUDENMAAN-SEURAMATKAT = OY =**

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