

## 【Nordic Winter Light Sports, Experience Camp - A fast dive into Finnish outdoors】

Is Downhill Skiing too exciting? But also you would like to experience the winter sports? Himos arranges interesting light winter sports such as the arctic floating on the hole in the ice, fishing on the icy lake, and the Alaska dog sledding. You will stay in a Nordic-style cottage and enjoy Finnish sauna. You can easily experience the best of the Northland Finland and combine these countryside experiences with city breaks for example in Helsinki

**Number:** TL-1904

**Price:** EUR / person

**Duration:** 5 days & 4 nights

**Valid:** January to April

**Age Group:** Adults or modified for children

**Number of Group:** Min. 10 people

**Timetable:**

	Morning	Afternoon	Evening
<b>Day 1</b>	<b>16:00 Arrival and Check in, dinner</b>		
<b>Day 2</b>	<b>9:00-12:00</b> <b>Alaska Dog Sledding with siberian huskies</b>	<b>13:30-16:30</b> <b>Snowboarding</b>	<b>19:00-20:00</b> <b>Alpine Curling Competition</b>
<b>Day 3</b>	<b>9:00-12:00</b> <b>Ice Fishing on the Icy Lake</b> <b>Finnish Tradition Sausage</b> <b>Roasting on the campfire</b>	<b>13:30-16:30</b> <b>Downhill Skiing</b>	<b>19:00-20:00</b> <b>Polar night walking tour in Jämsä town</b>
<b>Day 4</b>	<b>9:00-12:00</b> <b>Arctic Floating with flotation suits</b>	<b>13:30-16:30</b> <b>● Cross-country Skiing</b>	<b>18:00-20:00</b> <b>Traditional Sauna Night</b>
<b>Day 5</b>	<b>12:00</b> <b>Check-out</b>		

### **Camp Introduction:**

Himos is a well-known ski resort in Finland with the largest and most diverse ski slopes in the Finnish Central Region. We offer 21 different levels of slopes and 15 lifts for beginners and professionals for enjoying the fun of skiing. Himos is located in central Finland. When the coldest temperature in winter comes, it is still very suitable for outdoor activities, and won't feel uncomfortable.

This camp is for you to experience the light winter sports, as well as different cultures and city sightseeing in Finland. Every morning, there are different but most interesting Finnish winter events to start a beautiful day as a warm-up, such as Alaska Dog Sledding, Ice Hole Adventure with a Flotation Suit and Ice Fishing on the Icy Lake.

Afternoon we will learn the Snowboarding, Snowshoe Excursions and Cross-country Skiing & Finnish Tradition Sausage Roasting in the Wild. After dinner will have lighter but still fun activities, such as Alpine Curling Competition.

The fresh and delicious meals we offer are designed by the Himos' chefs, and the restaurant is stylish. The Nordic-style cottages are extremely comfortable, bringing you to have the coziest environment to rest after an exciting day. Finnish traditional sauna is heating up and waiting to relieve your tight muscles.

All the best local winter light sports can be fully experienced in couple of days. Himos has the best winter temperatures to enjoy all the sports freely, making your holiday the most memorable memories. Welcome to the Himos!

## Daily Suggested Itinerary:

<b>Day 1</b>	16:00	Arrival and Check in
	18:00 – 20:00	Dinner and welcome meeting – Himos Restaurant
<b>Day 2</b>	8:00 – 9:00	Breakfast – Himos restaurant with a variety of choices and a healthy breakfast
	9:00 – 12:00	Alaska Dog Sledding
	12:00 – 13:30	Lunch - Himos restaurant with Scandinavia nutrition and healthy lunch
	14:00 – 17:00	Snowboarding
	18:00 – 19:00	Dinner
	19:00 – 20:00	Alpine Curling Competition
	20:00	Rest in Nordic style cottage
<b>Day 3</b>	8:00 – 9:00	Breakfast – Himos restaurant with a variety of choices and a healthy breakfast
	9:00 - 12:00	Ice Fishing on the icy lake, drill own holes and fishing. Roasting sausages on the live campfire
	12:00 - 13:30	Lunch - Himos restaurant
	14:00 - 17:00	Alpine Skiing
	18:00 – 19:30	Dinner – Chinese Buffet in Jämsä Restaurant
	19:30	Polar Night Jämsä walking tour
<b>Day 4</b>	08:00 – 9:00	Breakfast –Himos restaurant with a variety of choices and a healthy breakfast
	9:00 – 12:00	Arctic Floating with flotation suits
	12:00 – 13:30	Lunch - Himos restaurant with Scandinavia nutrition and healthy lunch
	13:30 – 16:30	Cross-country Skiing
	18:00 – 20:00	Dinner
	20:00 – 22:00	Traditional Sauna Night
	22:00	Rest in Nordic style cottage
<b>Day 5</b>	8:00 – 10:00	Breakfast – Himos restaurant with a variety of choices and a healthy breakfast
	12:00	Check-out and depart from Himos

## Introduction to the Arranged Activities

### ◆ Husky Sledding

Have you only seen the Alaskan dog sled in the movie? Get ready for your warm clothing; let us go with a loyal and strong Siberian husky dog pulling a sled in the forest for a special experience. If you are brave enough to be the leader on a sled, we will also teach you how to control your dogs to turn, stop, etc. to accept your order. Or you and your companions are sitting on a sled and enjoying the pure fun of a fairy tale-like feeling. This is another very special and dream come true experience.

### ◆ Snowboarding

The coach will guide us through the most basic safety knowledge, such as how to put on ski boots, how to check if the ski boots are firmly connected to the skis board, and how to fall to reduce the injuries etc.. Later, coach will teach how to balance, press the snowboard, etc., so that you can move flexibly on the field. We will start with a flat slope and after you have confidence, you can also challenge a higher slope.

### ◆ Ice Fishing on the Icy Lake and Roasting sausages on the campfire

Maybe you have had the experience of fishing, but the cool thing is to experience the fun of cold ice fishing. The coach will show how you drill a hole on the frozen lake, put on the fishing tackle, and guide everyone how to observe if the fish is hooked and how to pull the hook. We will prepare the hot tea for the cold day. Even if the lake has been frozen to a thick layer, but you will still have the tense illusion of standing on the thin layer of the lake. And Finnish tradition is that after spending time on open ice, we will rest in a small open wooden house and the campfire will be started. The Finnish sausage will be roasted on the spot to replenish the energy. It is very delicious and interesting.

### ◆ **Cross-country Skiing & Finnish Tradition Sausage Roasting in the Wild**

Cross-country skiing is a very traditional Nordic skiing sport and one of the winter Olympics events. We will put on the skis and use the poles. Under the guidance, we will cross the ski slopes, enter the forest to carry out cross-country skiing. This activity requires physical strength, but don't worry we will wait for you. After all the way, you will definitely burn a lot of calories, but at the same time you can enjoy the fun of sweaty.

### ◆ **Floating & Swimming in the Lake**

This is an irresistible winter experience. We will wear a special made full body warm and moisture-proof swimsuit, floating and stress-free swimming in the winter lake, especially for those who can't swim, it's a new experience and don't miss it. Lying on the lake hole that was drilled by the coach, looking up, with the snowy earth and the white sky, an indescribable coziness feeling was born.

### ◆ **Finnish Smoke Sauna**

When you come to Finland, you must not miss the experience of the world-famous Finnish smoke sauna. A sauna that is rich in history has been smoked into brown and black, which is built on the shores of Himos Lake. When temperature is right, you can experience the expansion and contraction of the blood vessels by the stimulation of the hot steam in the sauna. The waste is discharged by a large amount of perspiration. And during the sauna break, you can swim in the cold lake, through the cold and hot stimulation; strengthen your cardiovascular function to increase blood circulation. Light snacks will be available in the fireplace room to replenish water and energy. When you experience the sauna, you need to keep swimsuit on all the time. We will provide bathrobes. In the Finnish way, men, women and children are all together at the same time in the sauna.  
(It is not recommended for people who have cardiovascular disease or cold to have sauna.)

### ◆ **Walking with Snowshoes in the Forest**

Unlike summer time in Finland, the air in winter in addition to clean, has special piercing cold and dry. The trees in the forest are covered with thick snow; the trails are also full of snow, stepping on the snow and making a squeaking sound. The world is white everywhere, just like the fairy tale we read when we were young, as fascinated as it is. We will wear special snowshoes or outdoor boots to experience and realize the fantasy of the forests of Northern Europe. Welcome, follow us to the forest!

### ◆ **Alpine Curling Competition**

Knowing the local cultures due to the climate, the Alpine curling is one of the oldest and most interesting group ice activity that can't be missed. The alpine curling we play in Himos is easier but still fun. The game is divided into several teams and standing at the two ends of the game line. Each person slides the stone along the game line one at a time to hit the big stone at the center point and try to push the opponent's curling stone away. In the central area, the team with the most stones will win. The most interesting thing in the game is that all the teams are trying all the ridiculous way to slide the stone to reach the center. It is a very exciting and worthwhile team activity.

### **Expense description:**

#### ◆ **Fee included:**

All arranged trip fees and tools, accommodation and meals (6 nights for accommodation, 6 times for breakfast, 5 times for lunch, 6 times for dinner, 1 time for afternoon tea or coffee), entrance tickets for the trips, necessary transportation costs for the round-trip from sites to Himos, cleaning service fee after check out and the administrative arrangements, etc.

#### ◆ **Fee does not include:**

1. Round-trip fly tickets, airport pick-up fee, transportation fee to the airport after leaving Himos, visa fees, insurance fees, all private expenses: such as internet, phone bills, laundry, warm clothing and other private expenses.
2. Airport pick-up and transportation to the airport after leaving Himos can be provided on request but need to pay and must be agreed upon before signing the contract.

### **How to pay:**

1. Please contact the contact person first to confirm whether there are still have any vacancy and exact time schedules of the camp, as well as the items need to be adjusted and the final price.
2. After all the discussion and reach the agreement, we will provide relevant remittance information and sign the contract.

**Reminding:**

1. Please bring swimwear for sauna and enough warm clothing for outdoor activities.
2. If you have special physical health conditions or need to pay attention to food, please let us know in advance.
3. The accommodation arrangement during the trip is to live in a Nordic style wooden cottage with the partners of the camp. If need a single room or other special requirements, need to agree before the trip, and the price will be adjusted according to the needs.
4. The first day can be checked in at 16:00 PM. and the last day before 12:00 PM. needs to leave the cottage.
5. Towel and bath towel are available in the cottage. Please bring your own bath gel, shampoo, toothbrush and toothpaste.
6. Dishwasher, coffee machine, electric stove, refrigerator, sauna etc. are available in the cottage. Please follow the instructions.
7. The camp date is for reference only. The specific time of the trip may be adjusted according to the situation. If there is any adjustment, it will be notified in advance.
8. The daily schedule may be adjusted optimally according to factors such as weather; the adjustment will not harm your interests and adjust will be the same level of planning.
9. After the contract, any expenses incur due to personal factors during the trip will be charged.

**Contact and Appointment Staff:**

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