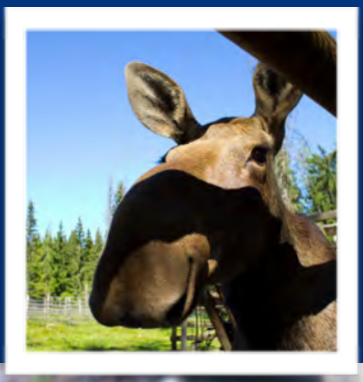
2020

HIMOS HOLIDAY

30 YEARS EXPERIENCE





WE SEE YOUR NEEDS



WHERE WE ARE ?

Himos is located ca 2,5 hours north from Helsinki, on the west side of Lake Päijänne.

LAND: Finland
REGION: Central-Finland, Lakeland West
COUNTY: Jämsä



© Jämsek Oy

AIRPORT:

JYV (ca 70 km)、 TMP (ca 90 km)、HEL(ca 220 km)

RAILWAY:

Helsinki - Tampere - Jämsä
Turku - Tampere- Jämsä

HARBOURS:

Helsinki Katajanokka / Helsinki Länsi-Satama ca 230 km
Turku, Turun Satama ca 260 km

SELFDRIVE:

- From Helsinki Airport approximately 224 km / 2,5 hours
- From Helsinki Katajanokka/Länsi-Satama ca 230 km /2 h 50 min Route 4/E75 Helsinki- Lahti, Route 24, past Padasjoki, Route E63，past Jämsä to Länsi-Himoksentie 4.
- From Turku, Turun Satama ca 260 km / 3 h, Route 9, Turku - Tampere- Jämsä

WHO WE ARE?

Himos Holiday is a family owned central booking company for accommodation and services in Himos area. We rent over 400 cottages, a motel and hotel and organize events and activities for small and large groups.

HIMOS HOLIDAY

WHAT DO WE HAVE

Himos Holiday















Himos, located in the in Southern Province of Central Finland, retains natural mountains and clear lakes, presenting a clean natural environment and incredibly fresh air.
Himos has the largest and most diverse ski slopes in the Central Region. Himos offers 21 different levels of slopes and 15 lifts for beginners and professionals for enjoying the fun of skiing. Because of the location, when the coldest temperature in winter comes, it is still very suitable for outdoor activities, and it will not feel uncomfortable. The traffic is very convenient in our location.

For 30 years, with its excellent natural environment, Himos has been committed to developing forest leisure activities such as hiking and exploring, golf, winter skiing, professional skiing training and Nordic skating in the resort. Siberian husky safaris, Natural Park and boat cruises are available in near distance.
Himos also provides high standard accommodation and up to 400 different kinds of Nordic style cottages for selection. We have 5 different styles of restaurants offering delicious dining such as Tupa kitchen & bar. Furthermore, the area provides a variety of leisure activities regardless of season such as health and wellness treatments, cultural and artistic exploration, not to mention modern and traditional sauna facilities, to fully satisfy your holiday needs meanwhile promoting health.

Besides we also provide venues for professional events and business meetings, and organize domestic music festivals and international concerts. The various international events in and outside of the resort and holiday guests from around the world makes Himos an international leisure resort.
In addition to business expansion, Himos still does not forget the social responsibility. We combine the activities with Jämsä and other cities, such as the Moose Manor Animal Park, Museums, Sauna Village and other selected visiting places to ensure the cultural variety in activities. Our well-preserved natural lake Heart of Himos – Yläinen Liesjärvi and pure environment is an excellent chance to enjoy the outdoors safely. The customized education camp programs which enhances the Finnish education concept provide unforgettable meetings with locals.

Himos also creates a happy working environment for all the working partners, making sure that our partners and staff can provide you with a joyful and unforgettable vacation time with a happy mood.
With 30 years experience, we have a very professional service team to provide you with all the activities and leisure time in Himos under the premise of safety.
We have served thousands of passengers, the feedback and demand of our passengers is the driving force for our growth and progress. We hope in the future, Himos is not only Himos. We will and we are creating more activities and services to fulfill your potential needs for holiday.

If you don't know Himos yet, now is a good moment for us to meet. Let Himos be one part of your journey. Welcome to Himos!

HIMOS Wellness MOUNTAIN
Lakeland Finland

Himos Holiday Ltd | www.himosholiday.com | tel. +358 20 7119 230 | himosholiday@himosholiday.com



Finnish Educational Travel

Why Himos Is the Best Choice



Diverse Courses

Finnish nature course, art, floral art, forest machinery, simulator operation, , 3D printing, etc. conducte in Finnish teaching method.



Combined with Himos Resort

Parents can enjoy vacation time at Himos Resort. Make parent-child trips richer and full of memories.



Study with Finnish Students

Not only study but also dine in the student canteen with local students to feel the atmosphere of actual Finnish students in class.



Arrange Seasonal Outdoor Activities

Kick-sled, Alaskan Dog sled, down hill skiing, ..in winter; fat bike and rowing to the forest and lakes.. in summer.



Excellent School Teachers

Integrate students into the curriculum and meet the academic needs of visiting students.



Stay in a Unique Nordic Cottages

Himos, with up to 400 villas to choose. And with wellness mountains and lakes around.



Fully Support from City Hall

Himos, authorized and supported by the local JÄMSÄ city hall, promotes educational travel activities to the world.



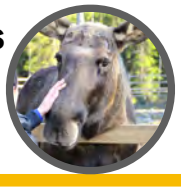
Enjoy a Safe & Natural Environment

The open environment is completely different from that of a regular hotel. Children can enjoy free running and activities in Himos.



Fully Support from Local Schools

With the support of JÄMSÄ, local primary and secondary schools, vocational school, etc., fully cooperate and plan suitable courses.



Enjoy the Purest Finnish Elements

All itineraries are included educational travel, Finnish elements, culture and city sightseeing, making kid's trips full of unforgettable memories.

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Finnish newspaper reported the first Chinese educational travel camp at Jämsä and Himos.



Eight-year-old Kevin (left) and Andy tasted blueberries under Essi Holmala, 14 years old guidance. Xie Leyi with pink coat (7 years old).

Finland
Educational Travel
HimosLomat
At Your Service

Jämsä sells school experiences abroad: the first group of students came from China

Educational travel: The pilot group is now in Finland. We want to continue to sell Finnish education experiences.

– Is this blueberry? Can I taste?
8-year-old Chinese Kevin waved blueberries in his hand and asked, with a smile on his face then put blueberries in his mouth.

Kevin and his group members are the tourisms of educational travel group. As well as the first group to HimosLomat Oy, Jämsek Oy and Jämsä City Hall.
- Before, our way was to go abroad to promote Finnish education and to train teachers abroad. Now we believe that promoting Finnish education can also be achieved in Finland. And we are the first one to make this change. Minna Kinnunen, principal of Kuorevesi School, said.

In August, the school will host two educational travel groups from China. The first group came to Jämsä with a total of 29 members, 11 of whom were children and adolescents of primary school age. The youngest members were 5 years old, the oldest was 15 years old, and the rest were their parents, teachers, guides and photographers.

THE PURPOSE OF THE EDUCATIONAL TRAVEL is to promote Finnish education to the world, as well as to introduce Finnish school life and Finnish scenery to travelers from all over the world.
The event held in Jämsä has aroused the interest of the parents of the group, including the arrangement of school breaks and diversified teaching. The most important thing is the way teachers teach and the way they treat students.

Parents who participate in the event are surprised by the special care of the students who are unable to keep up with the progress of the class. Principal Minna Kinnunen said that our teachers will immediately notice these students, which is a matter of course in the Finnish school system, but according to their parents, in China, teachers spend more time on talented students.



Chinese parents are interested in the way Finnish schools teach. In the picture, the parents and children are engaged in forest activities. From left to right: Zhou Qiming (10), Sun Wenqian(5), Zhao Xiaolei and Xiao Lijun.

- Discussion and interaction with parents are very important, which is inspiring for both parties.

THE FOLLOWING GOAL of the Jämsä City Hall is to continue to receive visitors to the educational travel group.

- For more than a year, we have continuously explored the development potential of educational travel from a legal and economic perspective. In some places in Finland, only one-time educational promotion is offered, but our goal is to perpetuate the promotion of educational tourism and provide such services to students all over the world, said principal Minna Kinnunen.

In fact, the Jämsä City Hall authorized the education and tourism service to Jämsek Oy Development Company, and then the event was undertaken by HimosLomat Oy.
- However, we must pay special attention to the process of promotion and service of this educational travel, and will not interfere with primary and secondary education or high school. According to principal Minna Kinnunen, this is not just a question of marketing education.
- Looking at the promotion of educational tourism from a multicultural perspective, our own students and teachers will also benefit. Principal Minna Kinnunen said

IN ADDITIONAL TO THE SCHOOL EXPERIENCE COURSES, the itinerary includes boating, hiking in the forest, and a traditional lakeside sauna.

- During the visit, we made some adjustments to the itinerary. We are very grateful to the local companies for their assistance, so that the trip can be successfully concluded. As a pilot of education travel experience group, everything went very well. Tiina Mäntyharju, CEO of HimosLomat Oy, said

HimosLomat Oy is in contact with the Chinese delegation and is led by the Finnish Education Learning and Development Centre, which has many years of experience in planning winter and summer camps in Europe.


Takasivu
Jämsä houkuttelee ulkomaisia oppilaita
RUOHONJUURI

HIMOS Wellness MOUNTAIN
Lakeland Finland



Winter

Finnish Education In-depth Exploration and Finnish Culture and Winter Sports Experience Children Camp - the Memory of Timeless

Day			
1		Arrival and Check in	Welcome Dinner – Tupa Restaurant
2	● Alpine Curling ● Kick Sled on the Icy Lake	Downhill skiing (Beginner level)	Dinner - Himos Tupa Restaurant
3	Mänttä, Serlachius Museums	Mänttä, Serlachius Museums	Dinner - Himos Tupa Restaurant
4	● Petajävesi Old Church ● Rantapirtti Inn	● Husky Sprint Ride with Alaskan Dogs ● Ice Fishing on the Icy Lake	Polar Night Tour + Chinese Buffet - Walking in the Town
5	Study at Finnish school (Lunch @ School)	● Study at Finnish school ● Visit Moose Manor Moose Park	Dinner - Himos Tupa Restaurant
6	Study at Finnish school (Lunch @ School)	● Study at Finnish school ● Visit Nurmolandia Family Farm	Dinner - Himos Litteri Restaurant
7	Study at Finnish school (Lunch @ School)	Cross country skiing experience, winter fun	Final Dinner and End Ceremony
8	Departure		



Number: TL-1951

Learning in Happiness

Himos

Finnish Educational Travel

HIMOS HOLIDAY

Summer

Finnish Wellness Forest Sports Experience and Finnish Education Learning and Culture Discovery Children Camp – A Full-scale Finnish Learning Experience

Day			
1		Arrival and Check in	Welcome Dinner – Tupa
2	Canoeing and Rowing –Listen to the Sound of River	Excursion in Isojärvi National Park	Dinner - Himos Tupa Restaurant
3	Climbing wall and harnessed tree climbing	Archery, Task competition, Outdoor cooking together	Polar Day Night + Chinese Buffet Walking in the Town - Jämsä
4	Mänttä, Serlachius Museums	Mänttä, Serlachius Museums	Dinner - Himos Tupa Restaurant
5	Study at Finnish school (Lunch @ School)	● Study at Finnish school ● Visit Moose Manor Moose Park	Dinner - Himos Liiteri Restaurant
6	Study at Finnish school (Lunch @ School)	● Study at Finnish school ● Visit Nurmolandia Family Farm	Dinner - Himos Tupa Restaurant
7	Study at Finnish school (Lunch @ School)	Various Activities at Upper secondary vocational school Gradia	Final Dinner and End Ceremony
8	Departure		

Number: KL-1950





Customized requirements
Or more itinerary plannings
Please contact Himos

Winter

Nordic Winter Sports, Finnish Art and Featured Farm Experience Camp – Fulfill All Your Dreams

Day			
1		Arrival and Check in	Welcome Dinner – Tupa Restaurant
2	Dog Sledding with Siberian Huskies	Snowboarding	Kick Sled on the Icy Lake
3	Arctic Floating with a Flotation Suit	● Snowshoe Excursion to the Forest ● Finnish Tradition Sausage Roasting in the Wild	Alpine Curling Competition
4	Downhill Skiing	● Visit Felt Factory Lahtiset ● Crafting a Souvenir out of Felt Fabric with Own Hands	Polar Night Tour + Chinese Buffet - Walking in the Town Jämsä
5	Nordic Skating on the Lake	● Visit Moose Manor Moose Park ● Visit Patapirtti Organic Farm, Restaurant and Winery	Traditional Sauna Night
6	Visit in Art Gallery and Design Workshop Höyry-Galleria	Ice Fishing on the Icy Lake	Cross Country Skiing
7	Departure		



Number: TL-1901

Fulfill all your Dreams

Himos

Adult Winter & Summer Camps

HIMOS HOLIDAY

Summer

Finnish Wellness Forest Sports Summer Camp – A Week of Nature and Excitement

Day			
1		Arrival and Check in	Welcome Dinner – Tupa
2	Excursion in Isojärvi National Park	Team Competition & Swimming in Toijalanranta	Nordic Walking and Stretching Instructions
3	● Lahtiset Felt Factory Outlet ● Juveninkoski Waterfall	Canoeing and Rowing –Listen to the Sound of River	Polar Day Night Golf
4	Fat Bike Adventure in the Forest	Boat Trip to Lake Päijänne	Polar Day Night + Chinese Buffet Walking in the Town - Jämsä
5	Paintball in the Wild	Outdoor Cooking with Wilderness Guide	Traditional Sauna night & Swimming in the Lake
6	● Organic Farm Uusi-Yijälä Farm ● Moose Manor Animal park	Fishing in the Lake – A Lazy Afternoon	Final Dinner and End Ceremony
7	Departure		

Number: KL-1901





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Number: TL-1901

Adult Winter Camp

【Nordic Winter Sports, Finnish Art and Featured Farm Experience Camp – Fulfill All Your Dreams】

Finland's winter is not only thick snow, but also full of surprises. In addition to the unique scenery and full of winter activities, Himos brings you winter camp that you have never been experienced, the dog sledding with Siberian huskies, Alpine curling competition, Snowboarding and even rare Arctic Floating etc.., and visits to the Moose Manor and organic farms and winery, as well as the famous Finnish art gallery, stay in Nordic style wooden cottage, enjoy the Finnish sauna, let your precious holiday have the best memories. Don't hesitate! Come join us and feel the Northland Finland Scenery.

Number: TL-1902

Adult Winter Camp

【Nordic Winter Light Sports Experience Winter Camp – A Fast Dive into Finnish Outdoors and Away from the Urban World】

When you arrange a Nordic city tour, why not add a short Nordic winter sports experience camp, while staying away from the hustle and bustle, experience the quiet life of the Finnish town ! Himos offers fun Nordic snow sports such as Arctic Floating, Fishing on the Icy Lake, Siberian Huskies Dog Sledding, Snowboarding, Alpine Skiing etc.. You will stay in a Nordic-style cottage and enjoy Finnish sauna. So easy way in your short holiday to experience the best of the Northland Finland and combine these countryside experiences with city breaks for example in Helsinki.

Number: KL-1901

Adult Summer Camp

【Finnish Wellness Forest Sports Summer Camp – A Week of Nature and Excitement】

Finland is famous for its forests and lakes. In the summer, Finns spend a rare warm summer time in forests and lakes. We arrange the most interesting and exciting activities in the summer in a week, such as Fat Bike Adventure in the Forest, Canoeing and Rowing, Hiking in the Nature Park, etc., and will take you to the centuries-old felt factory, featured organic farm and visit the Moose Manor. Stay in the Nordic style wooden cottage and enjoy Finnish traditional sauna to relax your muscles after the exciting adventure, let you still be full of energy at the end of the holiday.

Number: TL-1950

Educational Camp

【Nordic Winter Sports and Finnish Education Experience Children Winter Camp - Learning in Happiness】

Finnish education is famous all over the world. Himos is a famous ski resort. We have planned these two famous strengths for a special Children winter camp. Children will experience the most popular winter sports in Northern Europe such as snowboarding, downhill skiing and Siberian husky sledding. In addition, we will visit the Finnish school and attend classes with Finnish children to participate in the Finnish teaching method, so that children can get the best learning results in a subtle way. The variety of winter camp lets children to experience a lot of winter sports, but also to learn and communicate with Finnish children, enhance international friendship, such a happy trip, children will love it !

Number: TL-1951

Educational Camp

【Finnish Education In-depth Exploration and Finnish Culture and Winter Sports Experience Children Camp - the Memory of Timeless】

Education has always been the topic of concern to parents. Finnish education method has demonstrated the positive impact of learning through various tests. With the support of Jämsä City Hall, Himos presents an in-depth exploration of Finnish educational travel camp. We arranged 2.5 days in Finnish school, let children from all over the world can join the courses with Finnish students under Finnish education method, to inspire the interesting of learning and enhance the international point of view. Besides that, we will take children to Serlachius Museums to know the story of power of change, not mention the funniest Husky Sprint Ride with Alaskan Dogs, Ice Fishing on the Icy Lake and visit Moose Manor estate and moose park. So special and interesting itinerary will surely give children to have an unforgettable holiday.

Number: KL-1950

Educational Camp

【Finnish Wellness Forest Sports Experience and Finnish Education Learning and Culture Discovery Summer Camp – A Full-scale Finnish Learning Experience】

Finland's education system and teaching methods have been longing for the world, and the teaching methods that have been updated with the times are reviewed every year to propose the learning methods that are most suitable for today's students. We arranged a 2.5 days trip to the Finnish school to study with local children. The inspiring learning method will definitely bring different learning experiences to the children. We have even arranged to the famous Gradia Vocational School. This is a rare arrangement that allows children to experience the learning content of different occupations under the guidance of elder friends and inspire children's interest in future career choices. In addition to school courses, children are also taken to the Isojärvi National Park for hiking, boating in Himos lake, and other outdoor activities. We will also lead children to a Selachius Museum that profoundly influences Finnish culture and economy, and learn the story of the power of change. A wonderful and healthy summer camp with educational and cultural implications, don't miss it!

Customized requirements or more itinerary plannings, please contact Himos !

HIMOS HOLIDAY

PLACES TO SEE AND EXPERIENCE



Felt Factory Lahtiset – Unique Felt Products

Wool has been felted for hundreds of years. We make our own felt work in Himos and we will visit Lahtiset felt factory and its factory outlet. Latest is Finland's oldest operating felt boot factory and its products are worldwide, even the Canada and Japan. http://www.lahtiset.fi/en/



Moose Manor Animal park – To See the Animals in a Fairy Tale

This interesting restaurant serves delicious Finnish game food, but it has also a farm with real living moose., fallow deer, and reindeers. The most inquisitive moose are so brave that you might even get a kiss ! The farm is located within only 10 minutes from the Himos Holiday Resort. By request it's possible to visit Moose Manor by guided ATV-safari and have a spin in the forest on the way. http://www.hirvikartano.fi/



Serlachius Museum - the Power of Change

Born in 1830, Seracius Gustaf, after many failures in business and feeling the changes in the world, he believes that the future of Finland is education and culture. Therefore, with the efforts of three generations, this museum has been created. The museum's collections and architecture are extraordinary. Let us tell you more about his stories and arts.
http://www.serlachius.fi



Boat trip – Päijänne River

We will sail from the port of Seppola, next to the centre of Jämsä, with a five-generation, stable shipping company to take us on the purity and beauty of the Päijänne River. Along the road you can also see the different size islands, seagulls flying around, you will have an illusion of sailing on the sea. This trip will give you a special Nordic-only memory. Remember to bring your summer hat and beautiful silk scarves for taking pictures.
http://www.paijannematkat.com



Pump Track- Bicycle Trick Track – Exciting Game for Kids

There is one of Finland's biggest children's pump track-bicycle trick track playgrounds in the center of Jämsä. In the undulating road, children can experience the intense, adventurous and exciting cycling activities. Pump track- bicycle trick track is very popular in Europe. Finnish children often play in the training track and enjoy their own social time.

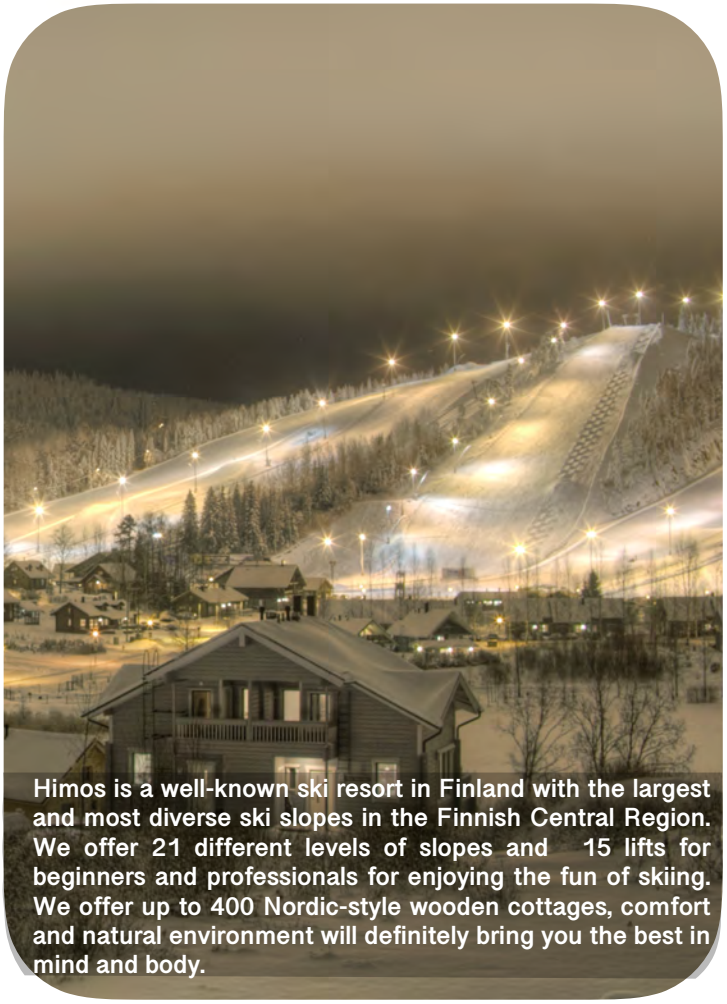


Paintball in the Wild

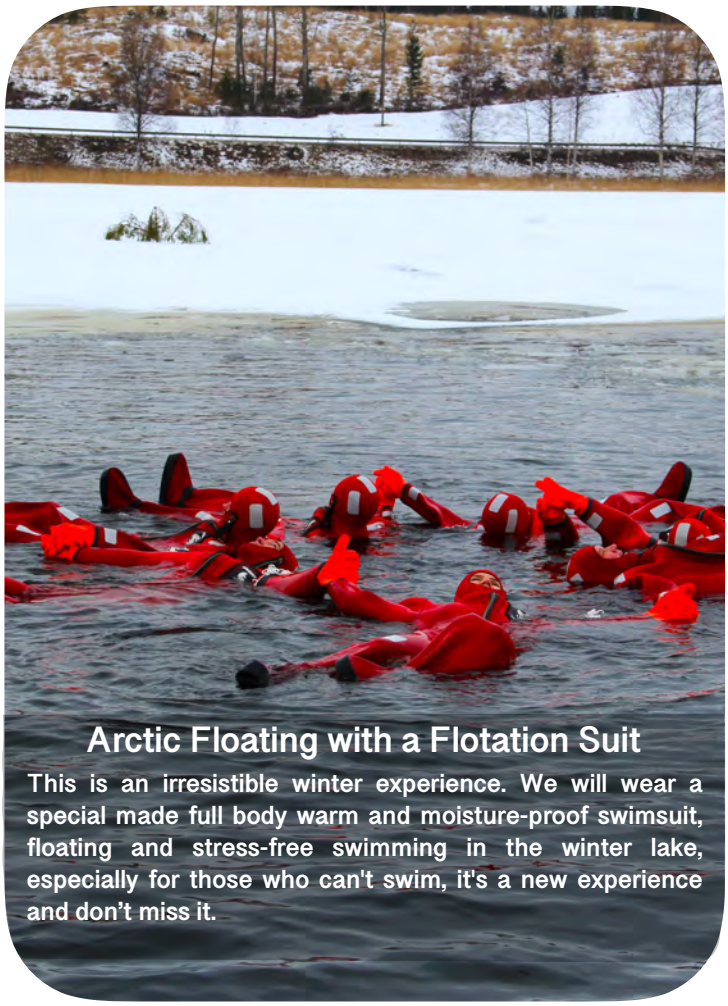
We will go to Finland's largest paintball shooting site. The company has been working in the past 20 years. There are more than 10 paintball competition areas and often holds cross-national competitions. This is a very exciting activity to experience the rain of bullets.
https://www.jamsanpaintball.fi/jamsan-paintball/hinnasto

HIMOS HOLIDAY

WINTER ACTIVITIES

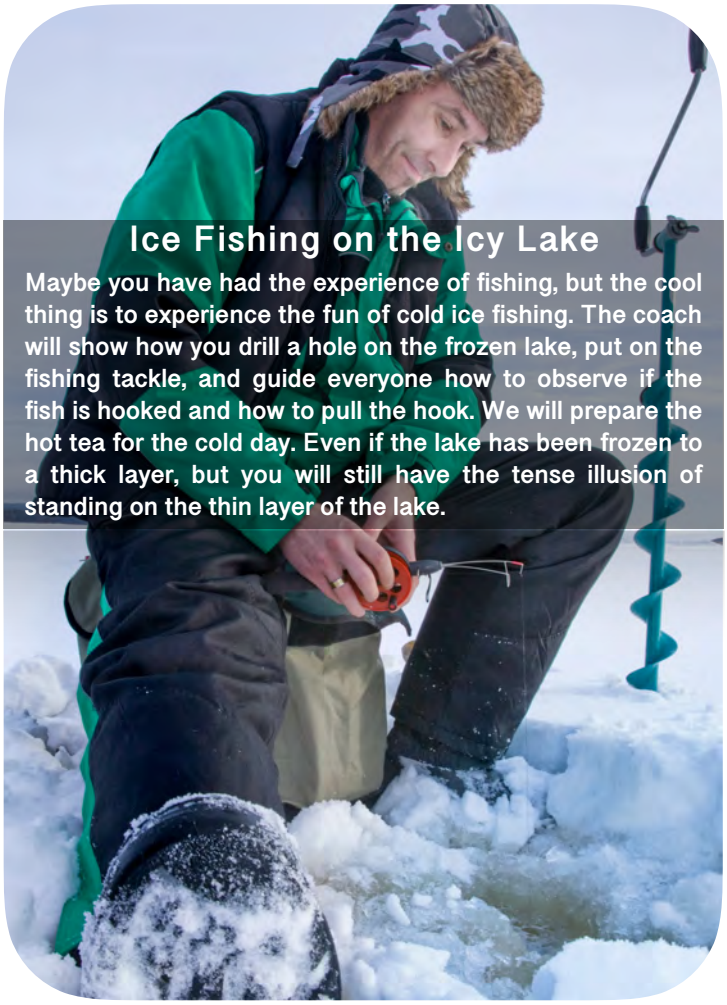


Himos is a well-known ski resort in Finland with the largest and most diverse ski slopes in the Finnish Central Region. We offer 21 different levels of slopes and 15 lifts for beginners and professionals for enjoying the fun of skiing. We offer up to 400 Nordic-style wooden cottages, comfort and natural environment will definitely bring you the best in mind and body.



Arctic Floating with a Flotation Suit

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.



Ice Fishing on the Icy Lake

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.



Dog Sledding with Siberian Huskies

Have you only seen the Siberian Huskies sled in the movie? Get ready for your warm clothing; let us go with a loyal and strong Huskies pulling a sled in the forest or field for a special experience. This is another very special and dream come true experience.

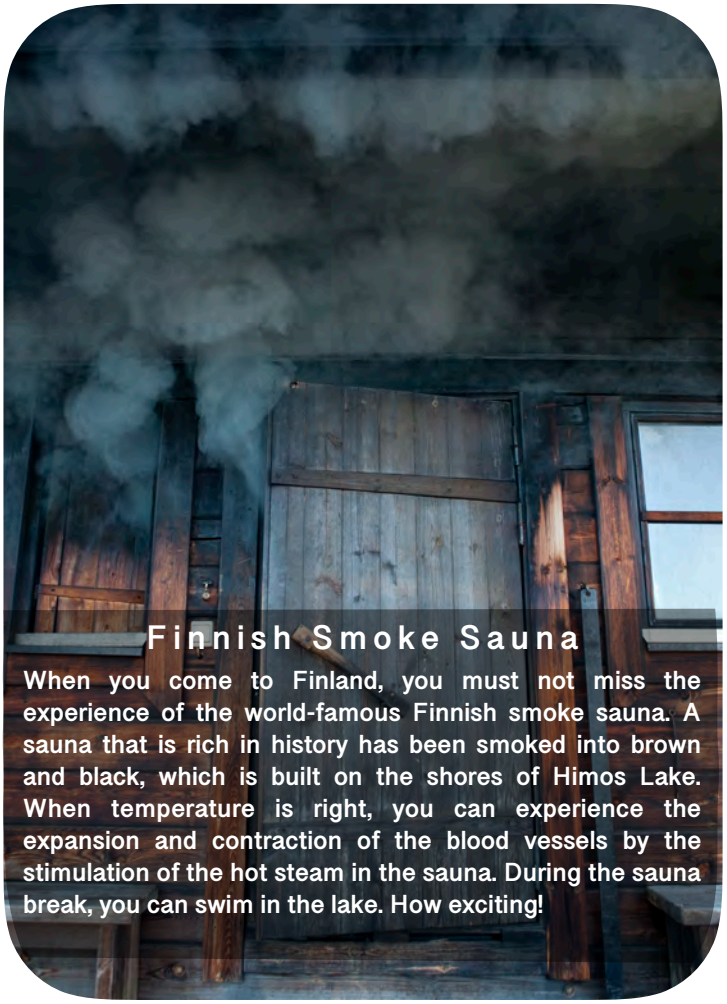
HIMOS HOLIDAY

SUMMER ACTIVITIES



Excursion in Isojärvi National Park

Isojärvi National Park is located in the Central Region of Finland, environment is very beautiful and peaceful, with its great natural landscape, attracting thousands of travelers who love nature and hiking. We will absorb the clean and fresh air of Finnish forests under the professional guidance. You will also find that there are huge stones in the forest next to you, which are scattered among the forests. Why is this? There are still a lot of forest stories, we are waiting to tell you.



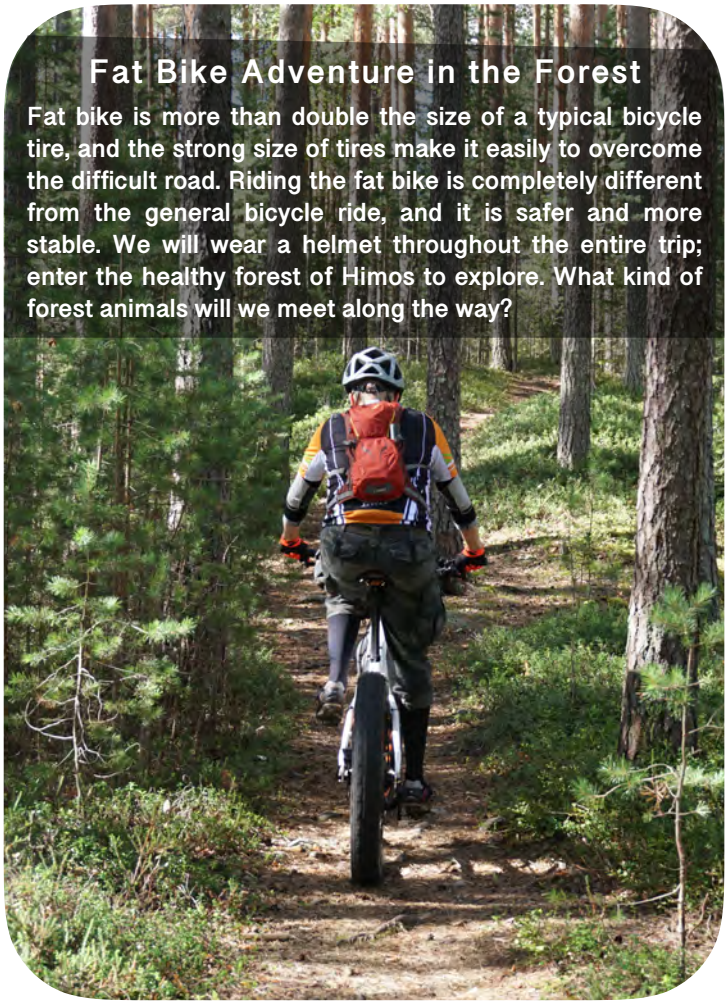
Finnish Smoke Sauna

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. During the sauna break, you can swim in the lake. How exciting!



Canoeing and Rowing – Listen to the Sound of River

Finnish lakes are uniquely clean and azure, and the best way to experience the Finnish lakes and waters is to follow us on a canoeing or rowing trip. Under the guidance of the coach and wearing a life jacket all the way, we will take you on a canoeing or rowing, marching in the tranquil waters, let you experience and listen to the sound of the lake.



Fat Bike Adventure in the Forest

Fat bike is more than double the size of a typical bicycle tire, and the strong size of tires make it easily to overcome the difficult road. Riding the fat bike is completely different from the general bicycle ride, and it is safer and more stable. We will wear a helmet throughout the entire trip; enter the healthy forest of Himos to explore. What kind of forest animals will we meet along the way?



KIHU The Research Institute of Olympic Sports Help You to Improve Your Fitness

KIHU, the Research Institute for Olympic Sports, promotes Finnish competitive and top-level sports through ethically responsible and high-quality applied research, development and expert activities. KIHU works in close cooperation with its key partners, the Olympic Committee, the Paralympics Committee and the University of Jyväskylä. KIHU's activities support the strategic core of successful top-level sports, with its goals being international success, hight-quality expertise, and respected sports.

An important task of KIHU is to ensure the best and latest knowledge, expertise and support for top athletes, their coaches, different sports and other top-level sports actors. A purpose of this activity is to produce hight-quality and efficient research, expertise, and training functions for the entire path of a sports person.

SRD Oy / Sports Lab Jyväskylä is a KIHU-owned company that produces and sells research or sample-based expert services to sports people of all ages and levels, as well as prospective enthusiasts. In addition to these, Sports Lab Jyväskylä carries out by commission product testing studies for companies.

ACADEMIC GROUP

Training 3–5 times per week (1.5h)
- Endurance training
- Gym / Strength training
- Mobility / Body control

Expert Lectures (1 小时)
- Nutrition
- Loads and recovery
- Development of endurance
- Strength development

Tests and Feedback Lecture
- UKK – walking test (for walkers)
- Level test run 6x1000 米 (for runners)
- Muscular strength tests
- Feedback lecture for groups in Jyväskylä

Load Monitoring and Feedback Lecture
- Firstbeat heartbeat analytics 3 days

TARGET LEVEL

Specialist Lectures (1h)
- Nutrition
- Loads and recovery

Tests and Feedback Lecture
- Appropriate endurance tests
- Appropriate power & speed tests
- Feedback lecture for groups in Jyväskylä

Load Monitoring and Feedback Lecture
- Firstbeat heartbeat analytics 3 days

LEISURE LEVEL

Training 3–5 times per week (1.5h)
- Endurance training
- Gym / Strength training
- Mobility / Body control

Specialist Lectures (1h)
- Nutrition
- Loads and recovery

Tests and Feedback Lecture
- UKK – walking test (for walkers)
- Muscular strength tests
- Feedback lecture for groups in Jyväskylä

Load Monitoring and Feedback Lecture
- Firstbeat heartbeat analytics 3 days

HIMOS HOLIDAY

For details and price, please contact Himos !

KESKI-SUOMEN LIITTO Regional Council of Central Finland

JÄMSEK BEHIND THE SUCCESS STORIES

SPORTS LAB Jyväskylä

KIHU

Himos, in cooperation with KIHU and SRD Oy / Sports Lab Jyväskylä, while you obtain various professional services for physical fitness, meanwhile stay in Himos Nordic style cottage for rest, good and comfortable accommodation environment will decently bring your body and mind in the best condition.



The World Champion Skier and 6 times Olympic Medallist Harri Kirvesniemi Winter Ski Camp

Himos Wellness Mountain's Ski School program includes Harri Kirvesniemi Winter Ski Camp. The Ski camp provides a good base for both the most demanding participants, as well as for beginners.
The instructor for the camp is **the World Champion Skier and 6 times Olympic medallist** Harri Kirvesniemi and his team. The ski school is very goal-oriented, where each skiing skill will be developed during the ski camp. The participations in the group should be at the same level.



- Training Hours：Practice 3 hours per day
- Camp Group：min. 10 persons
- Duration：7 days / 14 days / 21 days (one free day per week)
- Language：English
- Camps take place during：1.12. - 15.4.





Levels

- **Competitive or academic level**
- **Goal-oriented, some amount of experience in the activity, but not competitive participant**
- **Beginners, i.e. no previous skiing skills or limited**

We also have Alpine Ski School for Academic, Target and Leisure level. And Alpine Ski Camp afternoon is suitable to linked with, for example, our various educational programs.

For details and price, please contact Himos.

HIMOS HOLIDAY · KESKI-SUOMEN LIITTO Regional Council of Central Finland · JÄMSEK BEHIND THE SUCCESS STORIES · SPORTS LAB Jyväskylä · KIHU

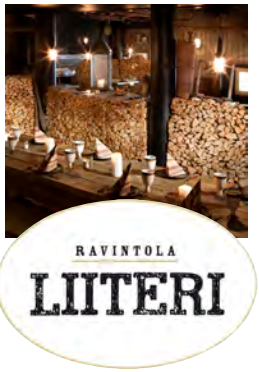
Himos is a well-known ski resort in Finland with the largest and most diverse ski slopes in the Finnish Central Region. We offer **21** different levels of slopes and **15** lifts for **beginners** and **professionals** for enjoying the fun of skiing. While you are focused on improving your skills, staying in the Himos Nordic-style wooden cottages, comfort and natural environment will definitely bring you the best in mind and body.

RESTAURANTS @ Himos



Himos's main restaurant, which offers buffet breakfast, lunch and the menu with options.

Restaurant Tupa for 130 people



The Liiteri delights in its rugged interior and quaint collection table.

Restaurant Liiteri for 30- 200 people



Mono Pub & Pizzeria with relaxed after-ski atmosphere all year round. Karaoke hours open from 8pm.



In the haze of spruce trees of the Troll Forest and Himos Theatre, you will find this enchanting cave restaurant.

Luola restaurant only by order for 10- 20 people



Larger groups for cocktail-style dining for up to 600 people, table setting for 300 people. During the winter season, Finland's top artists will play on Friday and Saturday.

Meeting Venues @ Himos

The quaint historic school of Säyrylä has been reconstructed to work as a functional meeting centre. The School is next to Himos Hotel and Himos Areena.
The School has a variety of sixes of meeting rooms, which can be flexibly rearranged for different purposes. Larger groups can occupy several rooms in both floors and regroup to use the rooms as studies.







The personal meeting rooms – or classrooms as we call them, are decorated and named after the old village school style but equipped with modern technique. Audio assistance by request.

Saunas @ Himos

Don't miss the world famous sauna when you come to Finland. Himos has traditional smoke sauna, lakeside sauna, and sauna yard with a variety of different sauna equipments. Diversified choices make your holiday more enjoyable!

You can order a casual meal to the sauna sitting room and enjoy the night by the fireplace.









Himos Events in 2020

HIMOS HOLIDAY



01 JAN
1.-6.1. New Year Holiday Program
17.-18.1. Winter Trail Trail Running Event
31.1. Head Cup International Alpine Skiing Competition

02 FEB
15.1.-15.2 Camp Season
14.2.-1.3. Finnish Ski-Holiday Weeks

03 MAR
2.3.-9.4. High Season Weeks

04 APR
1.-9.4. High Season Weeks
17.-18.4. Leitner Ski-competition

05 MAY



06 JUN
12.-13.6. Midsummer Poprock Festival
18.-21.6. Iskelmä pop Festival

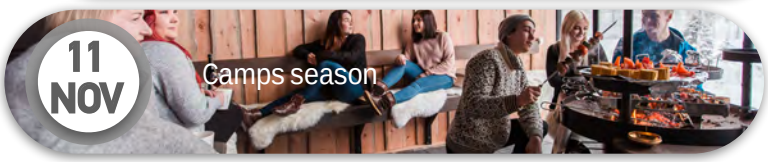
07 JAN
2.-5.7. Jysäri 90's Eurodance Festival
8.-12.7. New Wine Congregation Summer Gathering

08 AUG
6.-9.8. Neste Rally WRC Competition
14.-15.8. Namaste Yoga Festival
21.-23.8. Himos Trail Trail Running Event
15.8.-31.12. Camp season

09 SEP
2.-5.9. FinnMetko Forestry Exhibition
25.-27.9 Oktobefest
1.11-30.4.2021 Areena Party Season

10 OCT
2.-3.10 Iskelmä Pop Weekend
23.-25.10. Kultakurkku Karaoke-competition

11 NOV



12 DEC
23.-27.12. Finnish Christmas
30.12.-4.1. New Year Holiday Program

We have lengthy experience in hosting different size of events around the year.

Welcome to join the international events with us.

Himos Holiday Ltd | www.himosholiday.com | tel. +358 20 7119 230 | himosholiday@himosholiday.com



ACCOMMADATION AS YOU WISH

OVER 400 COTTAGES, BUNGALOWS AND CHALETS IN HIMOS HOLIDAYSPARK.

24 h
ONLINE BOOKING FOR AGENCIES

ONLINE CODES FOR AGENCIES: himosholiday@himosholiday.com

Example of cottages and chalets on different price groups











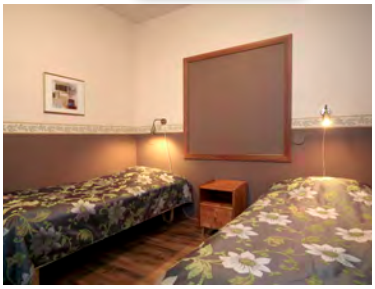






Himos Hotel





Patalahti Motel





More options, please visit the website

http://www.himosholiday.com

1 Laaksotuuli
2 Villa Presidentti
3 Rantavilla
4 Villa Birdie
5 Himoshaapana
6 Alppihimos
7 Himoskotka
8 Himoseasy

Himos Central Booking Center

Katja Minkkinen
Tel. +358 (0) 20 711 9230
himosholiday@himosholiday.com
service in English

Minna Kuivanen
Tel. +358 (0) 20 711 9230
sales@himosholiday.com
service in English

HIMOS Wellness MOUNTAIN
Lakeland Finland

We welcome you to enjoy Himos Holiday, the most popular tourist centre in Central Finland !