



【 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, Excursion 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.

Activity object: Adults over 18 years old
Number of Group: Min. 10 people

Days of Camp Trip: 7 days & 6 nights
Timetable: Could customized by request

	Morning	Afternoon	Evening
Day 1	16:00 Arrival and Check in		
Day 2	9:00-13:30 Excursion in Isojärvi National Park	15:30-17:30 Team Competition & Swimming in Toijalanranta	18:30-20:00 Nordic Walking and Stretching Instructions
Day 3	9:00-12:00 ● Lahtiset Felt Factory Outlet ● Juveninkoski Waterfall	13:30-16:30 Canoeing and Rowing –Listen to the Sound of River	18:00-20:00 Polar Day Night Golf
Day 4	9:00-12:00 Fat Bike Adventure in the Forest	13:30-16:30 Boat Trip to Lake Päijänne	19:00-20:00 Polar Day Night Walking in the Town - Jämsä
Day 5	9:00-12:00 Paintball in the Wild	13:30-16:30 Outdoor Cooking with Wilderness Guide	18:00 – 21:00 Traditional Sauna night & Swimming in the Lake
Day 6	9:00-12:00 ● Organic Farm Uusi-Yijälä Farm ● Moose Manor Animal park	13:30-16:30 Fishing in the Lake – A Lazy Afternoon	18:00-20:00 Final Dinner and End Ceremony
Day 7	12:00 Departure		

Camp Introduction

Himos has the most natural mountains and clear lakes, showing the cleanest natural environment and the incomparably fresh air, so we have confident to provide various summer forest activities, to bring you to have the natural experience away from the busy urban life. At the same time, you can also promote your physical and mental health.

On the first day we will start to know the nature of Finland. We arranged an outdoor activity in the "Isojärvi National Park". Every day after that, there are fun and exciting activities in the forest, such as: Fat Bike Adventure, Canoeing and Rowing, Paintball in the Wild and Polar Day Night Golf.

In addition to forests, nature in Finland has also lakes and animals. We arranged for the summer fishing, letting you experience the lazy summer afternoon, and we will take a boat trip to visit the pure and quiet Finnish river. We also will go to see the Moose Manor Animal Park that is now protected by the law and learn about Finnish forest animals, as well as organic farm, to taste famous and very healthy Finnish wild berries juice. A variety trip leads you to know the different aspects of Finland.

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

We understand your desire for experience different kinds of meal while traveling, so we also arranged a delicious buffet in a Chinese restaurant in Jämsä. After dinner, we will also lead you to have a night trip in the Nordic town in the near-polar daytime. One of the lunches, will be in a very characteristic old mill restaurant that is from an old mill factory in the early age.

All the best summer trips can be fully experienced in a week, making your holiday the most memorable memories. Natural and healthy Himos welcomes you.

Daily Trip Planning

Day 1	16:00 18:00 – 19:00	Arrival and Check in Welcome meeting, dinner – Himos Restaurant
Day 2	8:00 – 9:00 9:00 – 13:30 13:30 – 15:00 15:30 – 17:30 17:30 – 18:30 18:30 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Excursion in Isojärvi National Park Lunch – Jämsänkosken Vanha Mylly Restaurant Team Competition & Swimming in Toijalanranta Dinner – Himos restaurant with energy supplement Nordic Walking and Stretching Instructions Rest in Nordic style cottage

Day 3	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices ● Lahtiset Felt Factory Outlet ● Juveninkoski Waterfall Lunch - Himos restaurant with Scandinavia nutrition Canoeing and Rowing- Listen to the Sound of the River Dinner – Himos restaurant with energy supplement Polar Day Night Golf Rest in Nordic style cottage
	9:00 – 12:00	
	12:00 – 13:30	
	13:30 – 16:30	
	17:00 – 18:00	
	18:00 – 20:00	
20:00		
Day 4	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices Fat Bike Adventure in the Forest Lunch - Himos restaurant with Scandinavia nutrition Boat Trip to Lake Päijänne Dinner – Chinese Buffet in Jämsä Polar Day Night walking in the Town - Jämsä Rest in Nordic style cottage
	9:00 – 12:00	
	12:00 – 13:30	
	13:30 – 16:30	
	17:00 – 19:00	
	19:00 – 20:00	
20:00		
Day 5	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices Paintball in the Wild Lunch - Himos restaurant with Scandinavia nutrition Outdoor Cooking with Wilderness Guide Dinner – Himos restaurant with energy supplement Traditional Sauna night & Swimming in the Lake Rest in Nordic style cottage
	9:00 – 12:00	
	12:00 – 13:30	
	13:30 – 16:30	
	17:00 – 18:00	
	18:00 – 21:00	
21:00		
Day 6	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices ● Organic Farm Uusi-Yijälä Farm ● Moose Manor Animal park Lunch - Himos restaurant with Scandinavia nutrition Fishing in the Lake – A Lazy Afternoon Final Dinner and End Ceremony Rest in Nordic style cottage
	9:00 – 12:00	
	12:00 – 13:30	
	13:30 – 16:30	
	18:00 – 20:00	
	20:00	
Day 7	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices Departure
	12:00	

Introduction to the Arranged 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. It is hard to see now, in early age, in order to repay the post-war compensation, Isojärvi National Park was cut down in large numbers of trees, but they are now fully under protected. The representative animal in the park is American beaver. The Isojärvi National Park is a beautiful environment with two exclusive hiking trails. We will absorb the clean and fresh air of Finnish forests under the guidance of professional guides. You will also find that there are huge stones in the forest next to you, which are scattered among the forests. Why is this? In what season can you pick and taste the forest wild berries directly? Which Finnish wild mushroom can we eat? There are still a lot of forest stories, we are waiting to tell you.

Introduction to the Arranged Activities

◆ Competition & Swimming in Toijalanranta

In the summer, the Finnish lakes are incomparably clean and blue, forests surround them, and the sky is so called Finnish blue, so beautiful as paradise will be the place, we will take you. The Toijalanranta swimming beach is from shoal to deep and is safe place for those who can't swim. We will swim in the clean lake and relax. Then the coach will lead us to do some games or competitions to let the team members to know each other better. You must have no experience swimming in the lake! Welcome to try with us! (This is not a Swimming-teaching course.)

◆ Nordic Walking and Stretching Instructions

Nordic walking is very common in Finland. Regardless of the season, you can often see people walking on the road or in the forest with Nordic Stick. This fitness exercise has made a great contribution to the health of the Finns. Nordic walking is famous for its help with walking sticks, achieving balance during walking, reducing injuries to the knees, increasing training for upper body muscles, and sweating more. We will hike on a Nordic walking in the Himos Resort. You can decide how fast you can walk at your pace and with your breath.

◆ Juvéninkoski Waterfall

The terrain of Finland is relatively flat compared to other countries, and the undulating terrain of the mountains is relatively rare. We will take you to the Juvéninkoski waterfall, the highest and steepest waterfall in central Finland. The Juvéninkoski Waterfall is located on the Nytkymenjoki River. There are 9 waterfalls, but the Juvéninkoski Waterfall, which is nearly seven meters high, is the most impressive. The waterfall is located in the bushes and deciduous forest, with different fascinating views as the seasons change. The Juvéninkoski Waterfall does not have a magnificent waterfall landscape, but its bijou scenery and located in a tranquil forest, will also bring you a special peaceful feeling.

◆ 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 in front of it. It attaches great importance to safety protection and often holds cross-national competitions. It is a very professional company. Although the paint used in the paintball competition is easy to clean, it may be stained because of the different materials of the clothes and shoes. Therefore, it is recommended that bring the older clothes to participate in the paintball competition. This is a very exciting activity to experience the rain of bullets. The action-minded one can act as pioneers, and the calm one can be acted as cover hands, winning the final victory by team cooperation and mutual trust and mutual assistance.



Introduction to the Arranged Activities

◆ 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. The weather in Finland in summer is not hot and is ideal for outdoor activities. 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.

◆ Polar Day Night Golf

This is the experience course of golf. You don't need to know how to play golf in advance. We will learn to swing and hit the ball under the guidance of the golf coach and enjoy the fun in the green. The Himos Golf Course has a natural environment that is highly appreciated by visitors; we used the existing natural height differences to design and landscape. The temperature in Finland is very comfortable in summer, making it the best place to learn golf skills. And we will swing under the polar day night without any light; the special environment will definitely make you unforgettable.

◆ Fat Bike Adventure in the Forest

Fat bike is a very popular bicycle activity. It 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. Under the leadership of the coach, we will wear a helmet throughout the entire trip; enter the healthy forest of Himos to explore the forest. What kind of forest animals will we meet along the way?

◆ Polar Day Night Walking in the Town - Jämsä

When the night is at 7 or 8 pm, the outside days are as bright as at 2 pm, and there is no difference between day and night. This strange time interlacing is very special. We will take you to the night trip to experience the unique style of the Nordic town of Jämsä on this nearly polar day night. Just a kilometre walking distance, you can get to know the town's activities. Jämsä is a quiet but very kind town. In the summer, there is an Ice cream stop next to the square that kids have been expected for the whole winter. The young couple are off work and walking with the stroller, to obtain the sunlight in the night. This leisure life is in the town. Come with us to experience the summer night of the Finns.

◆ Cooking on open Fire with Wilderness Guide

Food always tastes better outdoors and when prepared by live fire! Finns like campfire barbecues very much, especially throughout the summer, whether it's grilled traditional sausages or BBQ, Finns enjoy it a lot. We will set up a campfire in Himos own camp to show you Finnish barbecue. The campfire is lit by wood, and the thick iron grill is served with a prepared salmon or chicken set to taste the delicious from the flames. The Finns' diet is inseparable from pancakes and coffee. When it comes to baking pancakes by flames, the unique taste is even more expected. Add a cup of coffee brew on a campfire, so that a leisurely Finnish summer afternoon can be felt here. After open fire barbecue, you will enjoy the traditional Finnish sauna and let the Finnish sauna wash away the tiredness of your travels.





◆ Felt Factory Lahtiset – Unique Felt Products

Wool products have been in Finland for hundreds of years. Near the Himos, there is a very famous felt factory, Lahtiset, where we will visit their factory and outlet. Lahtiset's produces has a wide range of felt products and all wool come from Finland, such as the special style Finnish domestic wool slippers, the Nordic-style wool outdoor boots, and the warm wool insole, stylish wool bags, wool mobile phone cases, wool caps and other products. Lahtiset's unique style of wool has stood for more than 100 years and is Finland's oldest felt factory, and many products have won international awards for their outstanding design. If you want to bring back to yourself or dear family special gifts, this trip will definitely satisfy you.



◆ Boat Trip to Lake Päijänne

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. The river is very stable and not easy to seasick. On the boat, we will also prepare delicious refreshments and coffee; this trip will give you a special Nordic-only memory. Remember to bring your summer hat or beautiful silk scarves for taking pictures.

◆ Get to Know An Organic Farm and Restaurant Patapirtti - Uusi-Yijälä Farm

The restaurant Patapirtti is working in a farmhouse which belongs to one of the oldest estates of Jämsä. The current farmhouse dates back to 1700's but the first records of a farm in the same location are from the 16th century. Different berries and oat are grown at the farm. Some of the berries are used for making wine. Under the current owners Uusi-Yijälä Farm started to operate in 1987, and began to work on organic production in 1997. In addition to the grazing of horses and sheep, the farm produces berries with high health value, especially the aronia and sea buckthorn. During the visit, we will enjoy the juice or tea made from aronia and sea buckthorn (Seasonal) and we will not miss the delicious berry pie made from the farm. You can also buy wine made from farms berries. The pure taste from the earth, you must try it.

◆ 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.)



◆ Moose Manor Animal Park

Does Santa Claus ride a reindeer or a moose? What is the difference between the two? What is the special about feeding and living? The Moose Manor Animal Park, just 10 km away from Himos, let you learn about the common animals in Finnish forests. There are animals such as reindeer, roe deer and moose in the manor. You cannot only see the animals what you read only in the storybook, but also feed and pet them, and even take a cute selfie with them! The dream of realizing a fairy tale is as simple as that. The Finnish decree has been amended and this Moose Manor Animal Park is the only place where you can get close to the reindeer, roe deer and moose, so this trip is very precious.

◆ Fishing in the Lake – A Lazy Summer Afternoon

The Finnish summer life is often connected to the lake. Summer fishing is one of them. We will walk to the clean Himos Lake. The beautiful nature is surrounding, the breeze is blowing, the birds are singing, you are wait for the fish. There is no more relaxing time than this. If we catch any fish, we will prepare them directly from the lake by an open fire. We will also prepare the salmon, nail those on a wooden board, and barbecue along the campfire to let you experience the Finnish tradition way of enjoying the salmon.

◆ Final Dinner and End Ceremony

It is always hard to say goodbye! At the farewell dinner party, we will enjoy the delicious food prepared by Himos. The camp partners have been together for a week, at this moment, everyone can share the feeling of this trip, tell the story what you had in this week. So that the farewell is no longer in a hurry! So warm arrangement, let this trip draw a beautiful ending, and look forward to see you again!



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), entrance tickets for the trips, necessary transportation costs for the round-trip from sites to Himos, cleaning service fee after check out and all 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 your swimming suit for sauna, and older clothing to participate in the paintball. Participants in a fat bike journey need to be able to ride the bike. If you have serious seasickness, please bring your own seasickness medicine.
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. Not all cottages have Wi-fi. If need, please let us know in advance and the price may be adjusted.
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 will be charged.

Contact and Appointment Staff

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