



## **【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, 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.

**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

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Day 1</b>	16:00 Arrival and Check in, Dinner		
<b>Day 2</b>	9:00-12:00 Dog Sledding with Siberian Huskies	14:00-17:00 Snowboarding	19:00-20:00 Kick Sled on the Icy Lake
<b>Day 3</b>	10:00-12:00 Arctic Floating with a Flotation Suit	13:30-16:30 ● Snowshoe Excursion to the Forest ● Finnish Tradition Sausage Roasting in the Wild	19:00-20:00 Alpine Curling Competition
<b>Day 4</b>	9:00-12:00 Downhill Skiing	13:30-18:00 ● Visit Felt Factory Lahtiset ● Crafting a Souvenir out of Felt Fabric with Own Hands	19:00-20:00 Polar Night Tour - Walking in the Town Jämsä
<b>Day 5</b>	9:00-12:00 Nordic Skating on the Lake	13:30-16:30 ● Visit Moose Manor Moose Park ● Visit Patapirtti Organic Farm, Restaurant and Winery	19:00-22:00 Traditional Sauna Night
<b>Day 6</b>	9:00-12:00 Visit in Art Gallery and Design Workshop Höyry-Galleria	14:00-16:00 Ice Fishing on the Icy Lake	16:00-18:00 Cross Country Skiing
<b>Day 7</b>	12:00 Check-out		

## 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 Southern Province of Central Finland. When the coldest temperature in winter comes, it is still very suitable for outdoor activities, and won't feel uncomfortable.

Every morning, there are different but most interesting Finnish winter events to start a beautiful day as a warm-up, such as, Dog Sledding with Siberian Huskies, Famous Arctic Floating, Downhill Skiing, Nordic Skating on the Lake. On the last morning, we will visit the famous Finnish gallery to learn about Finnish design and art.

After lunch, we will experience the Snowboarding, Snowshoe Excursion to the Forest and Ice Fishing. And visit Moose Manor and special organic farms to taste the organic berry juice of great nutritional value. After visiting the famous wool felt century-old shop in Finland, use your creativity to make your own hand-made wool products to give yourself a special gift. After dinner, enjoy a more relaxed activity such as a Kick Sled, Alpine Curling Competition. These diversified activities will make your days full of surprises.

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.

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 take you to have a night trip in the Nordic town in the near-polar night-time. Finnish traditional sauna is heating up and waiting to relieve your tight muscles.

All the best winter activities, Finnish art and featured farm can be fully experienced in a week. Beside Himos has the most suitable deep winter temperature for you to enjoy all kinds of snow sports outside freely. Welcome to the Himos!

## 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 – 12:00 12:00 – 13:30 14:00 – 17:00 18:00 - 19:00 19:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Dog Sledding with Siberian Huskies Lunch - Himos restaurant with Scandinavia nutrition Snowboarding Dinner – Himos restaurant with energy supplement Kick Sled on the Icy Lake Rest in Nordic style cottage

Day 3	8:00 – 10:00 10:00 – 12:00 12:00 – 13:30 13:30 – 16:30  18:00 – 19:00 19:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Arctic Floating with a Flotation Suit Lunch - Himos restaurant with Scandinavia nutrition Snowshoe Excursion to the Forest Finnish Tradition Sausage Roasting in the Wild Dinner – Himos restaurant with energy supplement Alpine Curling Competition Rest in Nordic style cottage
Day 4	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 13:30 – 18:00  18:00 – 19:00 19:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Downhill Skiing Lunch - Himos restaurant with Scandinavia nutrition Visit felt factory Lahtiset out-let shop, to know why felt is important in Jämsä. Return to Jämsä town center for felt fabric workshop Dinner – Chinese Buffet in Jämsä Polar Night Tour - Walking in the Town Jämsä Rest in Nordic style cottage
Day 5	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 13:30 – 16:30  18:00 – 19:00 19:00 – 22:00 22:00	Breakfast –Himos restaurant with a variety of choices Nordic Skating on the Lake Lunch - Himos restaurant with Scandinavia nutrition Visit Moose Manor estate moose park Visit Patapirtti Organic Farm, Restaurant & Winery. Dinner – Himos restaurant with energy supplement Traditional Sauna Night Rest in Nordic style cottage
Day 6	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 14:00 – 16:00 16:00 – 18:00 19:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Visit Art Gallery and design outlet Höyry-Galleria Lunch - Himos restaurant with Scandinavia nutrition Ice-Fishing on the Icy Lake, drill own holes and fishing Cross Country Skiing Dinner - Himos restaurant with energy supplement Rest in Nordic style cottage
Day 7	8:00 – 9:00 12:00	Breakfast –Himos restaurant with a variety of choices Departure

## Introduction to the Arranged Activities

### ◆ 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 Siberian Huskies 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.

## Introduction to the Arranged Activities

### ◆ 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 ski 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.

### ◆ Kick Sled on the Icy Lake

Kick sled is the mildest winter activity, but it is also the most traditional and childlike skating sport in winter. The traditional kick sled, welded by iron, can accommodate one person sitting in the front seat, while one is kicking the sled behind, enjoying the relaxed and comfortable, but also a little exciting skating activity. We will take you to the icy lake for sledding and enjoy the special fun on the frozen lake.

### ◆ 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. 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.

### ◆ Walking with Snowshoes to 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!

### ◆ Finnish Tradition Sausage Roasting on the campfire

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.

### ◆ 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.





#### ◆ Alpine Skiing

We will start with the most basic safety concept under the guidance of the coach, such as how to put on the ski boots, how to check the connection between the ski boots and the ski board, how to walk with the ski boots, how to choose to fall to reduce the injuries, how to hold ski stick, etc.. Later, you will be taught basic skiing techniques, such as how to turn, turn around, stop, how to move in parallel. We will start learning and practicing from the flattest and safe slopes, and you will be able to challenge higher slopes after you learn.

#### ◆ 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.

#### ◆ Felt Yourself – Give Yourself an Unforgettable Finnish Gift

If you like hand-made work, you must come to feel the joy of changing raw felt materials from your hands to different products. We will invite a teacher who has been engaged in felt products for more than 30 years to guide you how to make soft, incomparable wool raw materials into flowers, earrings, necklaces, etc. Just use the most basic tools such as wool felting needles, water and soap. Before you leave Finland, make yourself an unforgettable Finnish gift!

#### ◆ Polar Night Tour - Walking in the Traditional Finnish Town

The traditional Finnish town of Jämsä, only 7 km from Himos, can be seen just in one-kilometer walking distance. In the deep winter in the polar night, on the road almost every house took Christmas bulbs to decorate their home, yard and the darkness. A town has been covered by the thick snow brings you a fairy tale-like scene and warm feeling in the deep winter.

#### ◆ Nordic Skating

Himos has a natural skating trail in winter, ideal for skating training. Coach will start with the most basic concepts of safety, such as how to wear skate shoes, how to balance, how to fall to reduce injuries. Then teach simple skating techniques, such as how to skate, slide in and coordinate with the whole body to perform periodic movements to get the fastest taxi speed.

#### ◆ 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 – To See the Animals in a Fairy Tale

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! We will also enjoy traditional Finnish berry juice and traditional Finnish buns in the manor. 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.

#### ◆ 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.

#### ◆ Visit Art Gallery and Design Workshop Höyry-Galleria

Höyry-Galleria is a unique Finnish-style gallery located on the shores of Lake Päijänne. It is co-chaired by enamel artist Ulla Huttunen and carpenter Arto Salminen. There are different exhibits every month. In addition to the novelty and unique style of Finnish creation, the most important thing is practicality. Inspired by life and nature, they present a simple but functional Nordic style that is perfect for home use and decoration. There is a small art shop in the gallery, with a variety of Finnish local products, accessories, etc., for you to buy and collect. Come here, you can learn about the unique style of the Nordic art, it is worth visiting.



**◆ 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.

**◆ Cross-country Skiing**

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.

**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 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. 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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