



[Adult winter camp – A Fast Dive Into Finnish Outdoors]

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. .

Activity object: Adults over 18 years old

Number of Group: Min. 10 people

Days of Camp Trip: 5 days & 4 nights

Timetable: Could customized by request

	Morning	Afternoon	Evening
Day 1	16:00 Arrival and Check in, Dinner		
Day 2	9:00-12:00 Dog Sledding with Siberian Huskies	14:00-17:00 Snowboarding	19:00-20:00 Alpine Curling Competition
Day 3	9:00-12:00 ● Ice Fishing on the Icy Lake ● Finnish Tradition Sausage Roasting on the campfire	14:00-17:00 Alpine Skiing	19:00-20:00 Polar Night Tour - Walking in the Town Jämsä
Day 4	10:00-12:00 Arctic Floating with Flotation Suits	13:30-16:30 Cross-country Skiing	19:00-22:00 Traditional Sauna Night
Day 5	12:00 Check-out		



Lakeland Finland

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 famous Finnish winter events to start a beautiful day as a warm-up, such as Dog Sledding with Siberian Huskies, Arctic Floating with Flotation Suits and Ice Fishing on the Icy Lake. We won't miss the profound tradition roast Finnish sausage in the wild.

Afternoon we will learn the Snowboarding, Cross-country Skiing and Alpine skiing. 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.

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 nighttime. 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 Trip Planning

Day 1	16:00 18:00 – 19:00	Arrival and Check in Dinner and welcome meeting – 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 Alpine Curling Competition Rest in Nordic style cottage
Day 3	8:00 – 10:00 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 Ice Fishing on the icy lake, drill own holes and fishing innish Tradition Sausage Roasting in the Wild Lunch - Himos restaurant with Scandinavia nutrition Alpine Skiing Dinner – Chinese Buffet in Jämsä Restaurant Polar Night Jämsä walking tour Rest in Nordic style cottage

Day 4	8:00 – 10:00	Breakfast –Himos restaurant with a variety of choices
	10:00 – 12:00	Arctic Floating with flotation suits
	12:00 – 13:30	Lunch - Himos restaurant with Scandinavia nutrition
	13:30 – 16:30	Cross-country Skiing
	18:00 – 19:00	Dinner – Himos restaurant with energy supplement
	19:00 – 22:00	Traditional Sauna Night
	22:00	Rest in Nordic style cottage

Day 5	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices
	12:00	Check-out and depart from Himos

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.

◆ 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.

◆ 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.



Introduction to the Arranged Activities

◆ 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.

◆ Finnish Tradition Sausage Roasting on the campfire

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 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.

◆ 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.





◆ 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.

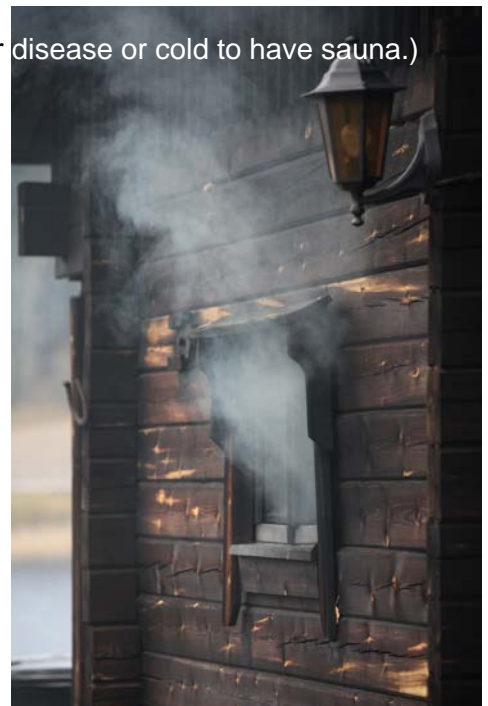
◆ Cross-country Skiing)

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.

◆ 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.)



Expense Description

◆ Fee included

All arranged trip fees and tools, accommodation and meals (4 nights for accommodation, 4 times for breakfast, 3 times for lunch, 4 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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