

# Sauna by the sea

FINN  
GURU

*We Finns are a sauna nation. But what is the Finnish sauna experience? This is what you will find out at the seaside sauna at Furuviik. Welcome to 'löyly'!*

**SAUNA HOST:** Pekka | **TRANSFERS:** Included | **MEALS:** Drinks and sausage

An old fishing shed right by waterline on a sandy beach has been turned into a fully functioning sauna. The public city beach of Helsinki is available to all, but the Furuviik sauna and its dock are fenced off in a secluded area.

Everyone gets to experience the healing qualities of the heat in this atmospheric seaside sauna. The towels and bench covers are ready and waiting for you, and the covered patio is the perfect place to cool off and sip a cold sauna-drink. As customary, the sausages are roasted on the stove of the sauna.

You can dip into the sea directly from the sauna! Nothing beats chilling out on the patio while admiring the seaside view. During the winter you can experience the invigorating effects of ice swimming through a hole in the ice. The sea is at your disposal all year round!

Your sauna host Pekka is always present to guide you through your Finnish sauna experience. This is the safest possible way to get your introduction to the most Finnish activity in the world!

**AVAILABILITY:** All year round

**GROUP SIZE:** 1-10 people

**DURATION:** 5 hours