

Campfire at national park



The forest is never far in Finland. And in the forest, you can find peace and quiet; an opportunity to leave stress behind and take a deep breath. Our guide will show you how the Finns became the happiest nation in the world.

GUIDE: Sirle | **TRANSFERS:** Included | **MEALS:** Coffee on open fire

A trip to the forest is well within everyone's reach, for the stillness of nature is only half an hour's drive from the bustle of the Capital. Sirle leads you on an easy walk on a footpath through the soaring trees of the national park.

The Ice age that formed the Finnish landscape left behind rolling hills, steep ravines and deep woodland ponds. Trekking in the versatile forest terrain has been proven to lower the blood pressure, cleanse the system from toxins and lift the spirits.

Hike through the forest is a step towards mental healing for a busy city-dweller. When your mind is rejuvenated and your thoughts have stilled, the stories Sirle tells you about the Finnish forest and nature will help you find your inner freedom.

And since no trip is perfect without a campfire, you will gather together around the fire and enjoy a refreshing cup of coffee in the stillness of the forest.

AVAILABILITY: All year round

GROUP SIZE: 1-9 people

DURATION: 4 hours