

# 2024 GUIDED ACTIVITIES FOR SUMMER

Prices are per person. Extra cost for private excursion + 70 €.

Single supplement + 100 %.

During the summer season May - September Hotel Kalevala arranges guided activities on a daily or weekly basis.



## TO THE FORESTS

### BIKING & HIKING TOURS

City bike tour 2h 49 €

Fatbike tour 2h 59 € / 3h 80 €

Hiking tour 3h 65 €

Hiking & biking tour 3h 65 € / 5h 95 €

### HIIDENPORTTI NATIONAL PARK 6h 195 €

Did you know that Finland has a very wide mythology? Hiidenportti means "Goblin's gate" and there are interesting mythical stories related to the park. On this 6 hour tour we will hike to see the Hiidenportti gorge. Hike is 5km and halfway we will stop to cook coffee/tea and snacks on fire. Price includes transfers and campfire snacks. Soup lunch +20 €/person.

### HEALING FROM THE NATURE 3-4h 139 €

Enjoy the nature and learn interesting stuff about the healing power of our clean forests. You get also a self made resin cream jar to take home with you. Tour starts with 15min transfer to the forest. We will look for spruce trees and their resin. We will collect the resin and head to the fireplace to cook resin cream. Snacks are enjoyed while waiting for the cream to heat. The cream can be used to clean wounds, cure rash, mosquito bites and other skin problems. And it smells incredible. Price includes transfers, campfire snacks and jar of resin cream

## LOCAL LIFE

### LIFE IN BEARLANDS 3-4h 179 €

Local guide invites you to visit her house in the middle of an area where bears and other wild animals are roaming! House is located 25km from centre of Kuhmo, in the middle of forest where you can observe animal tracks, signs of ice age and in summertime berries and mushrooms. We will have a small walk in the area, max 4 km. Afterwards coffee/tea and snacks are enjoyed inside the house. Guide will tell you about interesting local lifestyle that connects traditions with modern technology. Perhaps you will learn why Finnish people are the happiest in the world? Price includes transfers and snacks. Note: there is a cat in house, not suitable of allergic people. Tour is available all year round.

## ON WATER

### PADDLING TOUR ON A LAKE 2h 69 €

Relaxing paddling tour with canoes on lake Lammasjärvi starts straight from the hotel shore. Price includes coffee break with refreshments and small snacks on an island. Suitable for beginners.

### EXCITING RAPID SWIMMING 2-3h 140 €

The exciting swim takes place in the Pajakkakoski rapid in the centre of Kuhmo. The preparations for the swim include dressing in thermal undergear and a rescue suit. The participants swim down the rapid one by one. The experience is completed by having a hot drink and diploma.

## WILDLIFE

### BEAR WATCHING

255 € night in hide (16h)

199 € evening in bear house (8h)

619 € luxury cabin (16h, dinner included)

Meeting the "Wild Brown Bear" in its natural environment is an unforgettable experience and of course photography enthusiasts an opportunity to take the shot of a lifetime from the comfort and safety of specially designed bear hides. Possibility to also see wolverines or even wolves. Price includes transfers and snacks.

Early dinner +38 €

### HIKING ON BROWN BEAR'S TRACKS 2-3h 70 €

During a nature walk of 2-3h in the Finnish taiga, you will discover with the guide the secrets and tracks of brown bear: foot prints, droppings, marks on trees. Guide will tell you the story of a Finnish bear. Price includes transfers, coffee.

### ELK SAFARI 2-3h 119 €

We invite nature enthusiasts to the evergreen forests to look for the European Elk (Alces alces), the largest member of the deer family found throughout Europe. On the tour you might also see the rare Wild Forest Reindeer, the wild cousin of the semi-domestic reindeer "Santa's Rudolf" as well as birds. Price includes transfers and coffee. Starting time approx at 19:00.

## WELLBEING

### PEAT SAUNA 20 min/30 €

This treatment improves your metabolism, helps fluid to go off your body and cleans your skin.

### TRADITIONAL FINNISH BONESETTING

The method is based on very old tradition of Finnish folk medicine and has been found quite efficient in treating physical problems.

Half body treatment (50 min) 60 €

Full body treatment (90 min) 79 €

### RELAXING MESSAGES

50 min 70 € / 90 min massage 85 €