

## **Optional Activities for winter 2012:**

### **Rental:**

Cross country ski set (skies, shoes, poles) 10,-/day, 45,-/week  
Ice-skates 7,-/day, 28,-/week  
Nordic Walking poles 7,-/day, 28,-/week  
Winter fishing equipment 7,-/day, 28,-/week  
Thermal overall (hat, suit, clothes, socks) 25,-/day

During the winter season 1.12.2011 – 15.4.2012 Hotel Kalevala arranges extra programs on a daily or weekly basis.

### **SNOWMOBILE SAFARIS, min. 2 persons**

#### **2 HOUR SNOWMOBILE SAFARI**

Guided snowmobile safari for beginners. Incl. 20 - 25 km drive and thermal clothes.  
2 persons/1 snowmobile 98,-/person  
1 person/1 snowmobile 138,-/ person

#### **3 –4 HOUR SNOWMOBILE SAFARI**

Guided snowmobile safari, incl. coffee by an open campfire and equipment. 25-30 km  
2 persons/1 snowmobile 134,-/person  
1 person/1 snowmobile 189,-/ person

#### **4 - 5 HOUR SNOWMOBILE SAFARI**

Guided snowmobile safari incl. picnic lunch and coffee by an open campfire, safari equipment. Driving about 45 –55 km  
2 persons/1 snowmobile 167,-/person  
1 person/1 snowmobile 214,-/ person

#### **5 - 6 HOUR SNOWMOBILE SAFARI**

Guided snowmobile safari incl. picnic lunch and coffee by an open campfire, safari equipment. Driving about 55 –65 km  
2 persons/1 snowmobile 197,-/person  
1 person/1 snowmobile 252,-/ person

#### **SNOWMOBILE SAFARI AND NIGHT IN A FOREST CABIN 655,-/Person**

Two days snowmobile safari to the forest cabin will be made through the snowy forests along variable terrain and along the Russian border, which is also a borderline of the EU. Our guide will tell us history about the border of Russia and Finland, and also war history and about border guarding nowadays. Driving will be altogether 65 km. During the trip we will enjoy a lunch by an open fire. After arriving to the forest cabin, we will warm up sauna. Dinner and breakfast included. Next morning drive back to hotel appr. 65 km. At the cabin: gas lights, oven and stove heating with wood, outside toilets, bunk beds and a lot of room e.g. for dancing. Length approximately 130 kilometres altogether. For groups 4 – 10 persons.

#### **ICE-SCULPTING, min. 4 persons 65,-/person**

Guided ice-sculpting on the lakeside of the hotel. With a guide everybody builds a little bear from ice. Duration 2 hours. Afterwards independent carpentry also possible. We recommend this activity only for adults.

#### **SNOWSHOE TOURS, min. 4 persons**

##### **2 –3 HOUR SNOWSHOE TOUR, 42,-/person**

Guided tour for beginners, incl. hot juice

##### **5 – 6 HOUR SNOWSHOE TOUR 74,-/person**

Guided tour with pick nick lunch by an open campfire

**ICE FISHING IN LAKE LAMMASJÄRVI**, 65,-/person

Initial instruction for beginners, group goes fishing with snowshoes, skis or by walk. Incl. coffee by an open campfire, equipment for the rest of the day. Duration 2 – 3 hours.. min. 4 persons

**BIATHLON, min. 4 persons** 49,-/person

At the Kalevala ski centre, next to hotel you have possibility to practise biathlon. First we'll learn shooting with professional guide. After learning easy "competition" with 2 x 1 km skiing and 2 x shooting. Hot juice and diploma included.

**HUSKY SAFARI, min 2 persons** 202,-/person

Will be arranged at a Husky-Kennel near to the Russian frontier. Incl. transfers appr. 45min/direction , a presentation of the Husky-Kennel and a film, safari 25-35 km drive, picnic lunch

**CROSS COUNTRY SKI SCHOOL** min. 4 persons 25,-/person 2 h. Ski school, (also Ski-skating).

**CROSS COUNTRY SKI TOURS**, min. 4 persons

2 - 3 HOUR SKI TOUR 38,-/person

Suitable for everybody, Incl. hot juice

5 - 6 HOUR SKI TOUR 87,-/person

For more experienced skiers, approximately 25 km guided tour, incl. picnic lunch by an open campfire

**SKI TREK IN THE DUSK 2-3 HOURS** 42,-/person

Light cross-country skiing trek in the dusk, the route mostly on lake ice. Coffee by a campfire along the way. Length approximately 15 kilometres

**ICE-SKATING**, min. 4 persons 48,-/person

Guided ice-skating outdoors at the Kuhmo centre, incl. transfer, equipment, hot juice. Duration 2 hours. Extra charge for ice-skating indoors 39,-.

**WINTER EVENING BY A FIRE IN HARAKKASAARI ISLAND** 65,-/person

We will go to Harakkasaari island with cross-country skis, by walk or by snowshoes, distance approximately 1 kilometre. A lean-to with reindeer hides will be waiting for us. We will have typical Finnish campfire meal: sausages, salad and coffee with buns. The evening continues singing campfire songs and playing snow war. Duration 3 hours. Min. 8 persons.

**NORDIC WALKING** 25,-/person

Guided Nordic Walking tour near the hotel, during the walk you'll see the large area of Kalevala; Petola Nature Centre, Christmas Village, Winter War Museum, Kalevala camping area, Kalevala Ski centre, Harakkasaari island with fire places. Suitable also for children. Price includes Nordic Walking poles. Duration 2hours. Min. 2 persons.

**"HOTEL KALEVALA OLYMPIC GAMES"** 28,-/person

As in the real Olympic Games, we too will start the Hotel Kalevala mini Olympics by singing the Olympic anthem, taking the Olympic oath, hoisting the colours and lighting the Olympic flame. The Olympics in the Kalevala style may begin, events include: lie-down darts, tandem skiing, boring ice, downhill sliding relay, milking competition, kick-sledding, boot throwing... Duration approximately 2 hours. Min 12 pers.

**EXCITING SWIM IN THE PAJAKKAKOSKI RAPID**, min. 5 persons 175,-/person

The exciting swim takes place in the Pajakkakoski rapid in the centre of Kuhmo. The preparations for the swim include dressing in thermal underwear and a rescue suit with assistance from your guide. The first step is to get used to floating in the river and then the safety procedure and matters related to swimming down the rapid are explained. The participants swim down the rapid one by one. There are two rescuers at the bottom to make sure everybody gets out of the water safely. The experience is completed by having a warm toddy in a tepee below. Transfer hotel – Pajakkakoski – hotel included in the price.

## **WELLBEING PROGRAMMES**

### **HERB BUBBLE BATH** 26,-/pers.

20 minutes bath in a whirlpool with your favourite herb. 4 different herbs you can choose from; one with refreshing influence, one to give you strength, one for dry skin and one as a romance bath. Duration of the treatment 20 minutes. "Love bath" for two is possible.

### **PEAT SAUNA** 32,-/pers.

This treatment improves your metabolism, helps fluid to go off your body and cleans your skin. Skin will be covered by peat for 20 minutes, after the gentle heat of the sauna, skin is softer and body relaxed.

### **INFRA-RED SAUNA** 25,-/group 1-3 persons

Recommended those who suffer from allergies, acne, tiredness, depression and changing of mood. Loose weight and cellulite, Stimulates immune system, Improves circulation, Decrease stress, Cleans skin, helps in skin problems such as acne, rashes, scars.

### **CLASSICAL MASSAGE AND TRADITIONAL FINNISH BONESETTING**

45,-/half body massage (50 min)

57,-/full body massage (90 min)

### **SPORTS MASSAGE**

49,-/half body massage (60 min)

65,-/full body massage (120 min)

### **SALT ROOM TREATMENT** 24,-/pers. NEW

Will be organized in Kalevalan kuntoutuskeskus 700 meters from the hotel. Salt dust that is inhaled with air has the effect of easing the breathing process by mitigating infections, releasing mucus and thinning out excessively thickened mucous membranes in respiratory passages. Dry salt dust also reaches the fringe areas of these airways effectively

### **LAKE SIDE SAUNA** 45,-/group max 3 persons NEW

By the hotel shore, close to the ice-hole you have possibility to enjoy outdoor sauna. After guidance we recommend first a jump into the cool water in the ice-hole, after that tent-sauna is an great experience. Min. 2 persons

## **PLACES TO VISIT**

### **JUMINKEKO** 4,-/person/net

The cultural heritage embodied in the Kalevala is perpetuated by Juminkeko, a national information centre with international connections presenting the ancient Finnish heritage by such modern media as multimedia shows and exhibitions. It also has one of the largest collections of editions of the Kalevala in the world. It is an agency for pilgrimages to the villages of Viena Karelia where poetry was collected. Located in the centre of Kuhmo.

### **WINTER WAR MUSEUM,** 3,50/person/net

Many battles have been fought and military history made on Kuhmo soil. Winter War Museum next door the hotel is open all year round.

### **PETOLA VISITOR CENTRE**

The exhibition "Predators on the Prowl" offers versatile information on the brown bear, wolf, lynx and wolverine. It provides an insight into the life of these species, the legislation and research concerning them. Free entrance. Located 300 meters from the hotel.