

## Nature adventure tours in Finland

Examples of nature tours that provide exciting experiences in Finnish nature with expert guides.

### 1. LAKE PUULA IN THE HEART OF THE LAKE DISTRICT

Tours organized by PUULATOURS: <https://www.puulatours.fi/puula-tours-in-english/>

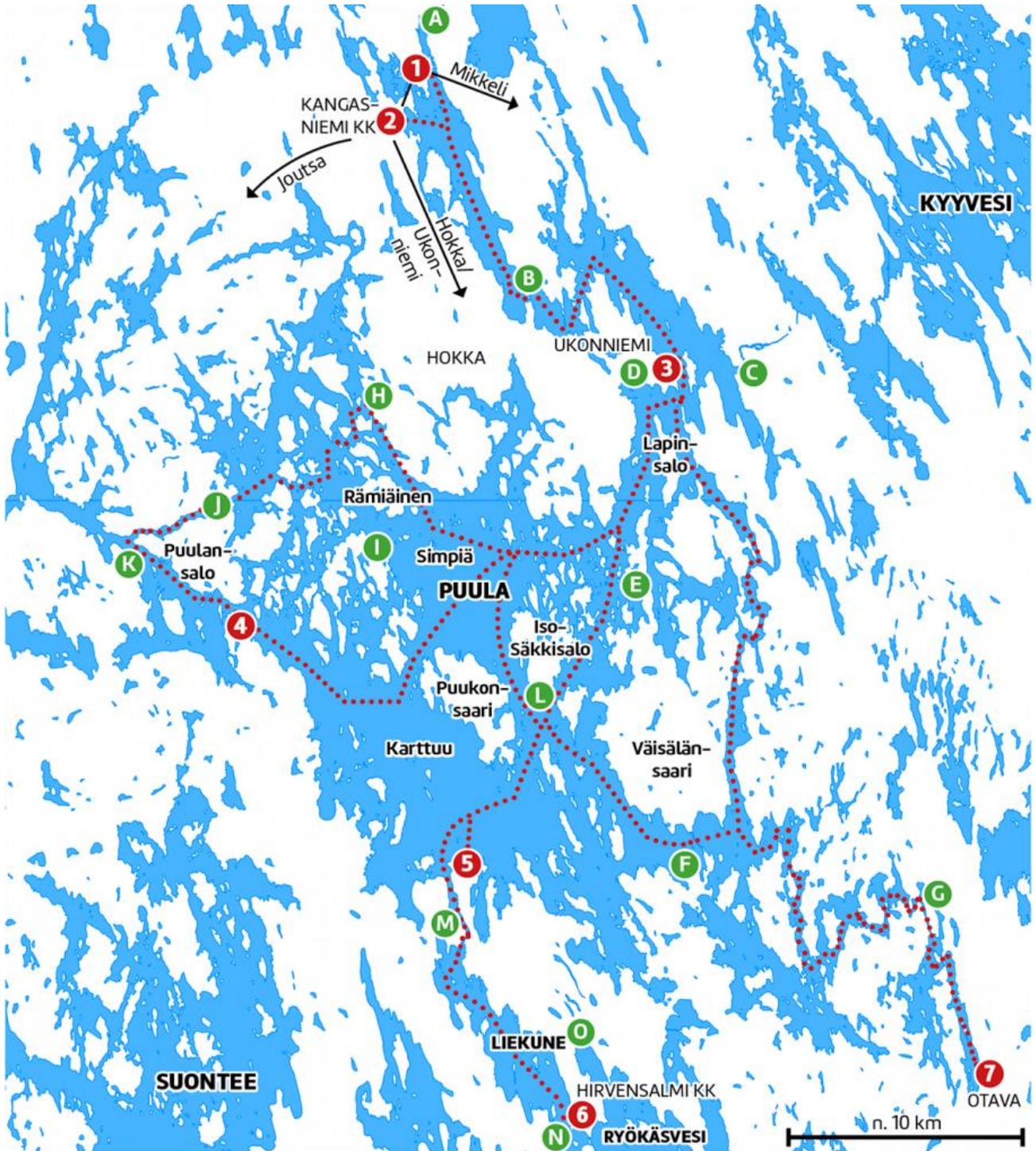
Lake Puula is the 8<sup>th</sup> largest lake in Finland, located about 250 km North/North-East of the capitol Helsinki. The focal place for Puula Tours is the town of Kangasniemi, easily reachable by road (e.g., buses) from Helsinki. Puula Tours organizes cruises on the unique Lake Puula, where you can admire the beautiful nature, visit the harbour restaurants and cafés or explore the various sights and campsites along the lake.

The cruises usually depart from the Kangasniemi harbour or Ukoniemi, but other departure points can also be arranged.

Themed cruises allow individual passengers to also take a cruise without the need to reserve the entire ship or boat. Check Puula Tours Facebook page or contact the captain for more information. Themed cruises are usually 4 hours in duration, and they include food or coffee. Prices 50 – 70 € per person depending on catering.



Map below shows the routes for some of the lake cruises. It also is typical of the maze of lakes and interconnected waterways in the Lake District, offering fantastic environment for boating, canoeing, sailing, rowing ... Routes with length of hundreds of kilometers can easily be composed.



Watch videos:

Sorella, celebration and meeting ship <https://vimeo.com/649496247/eea7ffe110>

M/S Sisko, old steel ship <https://www.youtube.com/watch?v=BE0wQ4NHso>

Sinikka boat <https://youtu.be/GStr6mdVJIe>

## 2. Opportunity for various outdoors activities

Take the opportunity for pre- and post-congress activities involving sports such as biking, hiking, golf, tennis, kayaking, canoeing, rowing, sailing, horse-back riding. Advance planning pays off!! Below we give one example: golfing opportunity negotiated for participants of ICE2022Helsinki.

**HIRSALA GOLF** see <https://hirsalagolf.fi/in-english/>

Hirsala Golf is located about 30 km from the Helsinki city center. The beautiful forest course is carved to fit the naturally beautiful landscape and is proudly taken care of in an environmentally friendly way. Hirsala is the only golf course in Finland to receive the Finnish Golf Union's Environment Award multiple times, in 2010, 2019 and in 2021. As the first golf course in Finland, Hirsala Golf received the international GEO certification of sustainable golf course maintenance in 2010 and has featured on Mother Nature Network's list of five greenest golf courses in the world.

We have negotiated a special offer to ICE2022Helsinki attendees to play golf at Hirsala Golf:

- Green fee (18-hole round) 59 € (normally 78 €)
- One full week right to play unlimited golf: 149 €

These offers apply to registered ICE2022 participants and their family members

Hirsala Golf is collaborating with Finnish entomologists to support rare and declining insects including pollinators, by providing suitable habitats at the edges of the golf areas. See photo below!

