



## Media release

23 June 2004

# Finncentric fun in Helsinki

*“These must Funs you need to experience with Finns in Helsinki”*

**Famous for their vigorous activities, Finns are the most active during their summer when the Nordic Sun shines all night and day. Seaside Helsinki offers various possibilities for fun and sometimes unusual local activities for visitors such as Nordic Walking tours with poles and a Smoke Sauna experience in Sauna Island in Helsinki archipelago.**

Nordic Walking with specially designed poles (like skiing poles) is one of the most popular aerobic exercise in Finland and also rapidly growing internationally. It is very effective, easy and suitable for all fitness levels and ages. Helsinki Expert runs guided **Nordic Walking tours in Helsinki** on Mondays and Saturdays at 2 .30 pm between July and August. You will be guided by a personal trainer who will give a short introduction and warm up before taking you to a 2-hour walk around the beautiful Töölönlahti Bay. You will be passing famous Finlandia Hall and The Finnish National Opera and hear stories about Helsinki and Finns before finishing the walk and enjoying refreshments. You will even get your own Nordic Walk diploma! The cost of the walk is AUD \$ 54 /adults (min. 2 persons) AUD \$ 32 / children.

The smoke sauna (pronounced with **“a” sauna** in Finnish not **“soona”**), heated by a large stone stove, is the original type of Finnish sauna originated over 1000 years. The Finns believe that the heat of the smoke sauna cleanses both physically and mentally and relaxes the muscles and calms down the mind. The locals are very convinced about it - there are more than 2 million saunas for a population of 5.2 million. You can take a **Guided Smoke Sauna Tour** during Wednesdays and Saturdays (which are the traditional sauna days for locals) on selected departures during May and September. The 4-hour tour departures by boat from the Helsinki Market Place to Sauna Island which is 20 minutes boat ride away from the Helsinki Harbour. There are separate saunas and pools for men and women (if spite of the stories you might have heard). After the sauna you can either take a swim in the Baltic Sea or refresh yourself in a heated wooden pool – and admire the beautiful Finnish archipelago, which lays in front of you. Towels and shower gel, snack and soft drinks are included, but take your own swimsuit with. The cost of the tour is AUD \$ 65 / adult. Children under 17 years free of charge when travelling with two adults.

Bookings and more information for the above tours in Australia call Bentours on 02 – 9241 1353 or visit the Helsinki Expert tour shop at [www.helsinkiexpert.fi](http://www.helsinkiexpert.fi). For more general information about the Nordic Walking please visit [http://www.nordicwalking.com/portal/nordic\\_walking/english/](http://www.nordicwalking.com/portal/nordic_walking/english/). For more information about Helsinki and Finland please visit [www.hel.fi/tourism/EN](http://www.hel.fi/tourism/EN) and [www.finland-tourism.com](http://www.finland-tourism.com)

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