

WILDERNESS GET-AWAY: FOREST BATHING AND WILD FOOD

3 NIGHTS, MIN 2 PERSONS 375€/PERSON

Breathe freely and let Your senses to fullest!

Let the nature heal you, taste the purest, feel the silence.

We invite You to Suomenselkä, the "Lapland" of central Finland.

For three nights and 2 full days, You will relax at the accommodation with modern amenities, feel the healing powers of forest bathing , experience the finnish sauna, dine in our wild food restaurant Pikku Peura and choose from seasonal activities, like snowshoeing, forest yoga or wild food picking from the wilderness.

Your group size should be between 2 – 12 participants.

On a clear winter night, you might even catch the northern lights on the sky! Summer nights have a magical feeling, when sitting in 'laavu', watching the sun go down.

Day 1 Arrival

Unpack and make Yourself at home in cozy Karkausmäen Kammari B&B.

Relax or go out to the nature surrounded by pines and countryside landscape. Great opportunities to explore the hiking trails at Salamajärvi Nationalpark or lake front of Your accommodation.

Car rentals is available at the airport or we can arrange transportation for extra charge.

Day 2 Forest bath

After breakfast You will get a chance to explore the finnish nature.

Let the nature heal You! It is scientifically proven, that only 15 minutes in the woods, lowers Your blood pressure.

Our guide will take You to a forest trail by the lake.

You will be slowly walking through the woods, respecting the nature, tasting it, listening to it and one by one, opening Your senses to healing powers.

Our guide will tell You about finnish nature and seasons.

After forest bathing, there is dinner waiting for You.

Our gamerestaurant has prepared a three-course meal of Your choice.

Then it is time to head back to the accommodation.

You will relax Your mind and muscles in traditional finnish sauna and warm water tub heated with wood.

If visiting us wintertime, You might want to try rolling in the snow!

Sauna experience includes light evening snack. Duration approx. 7 hours.

DAY 3 WILD FOOD, SNOWSHOEING OR FOREST YOGA

You will start Your day with finnish country breakfast, home-made bread, eggs, oat porridge, jam and coffee/tea.

Then You are fully charged for an active day!

Want to try snowshoeing around the lake?

Or experience yoga session in the forest?

Have You ever picked berries from the woods? Or mushrooms?

We will take You to a wild food journey through the forest.

Depending on the season, one of these activities is available.

Ask Your guide for availability.

You will identify and pick herbs, berries or mushrooms or learn about how finnish have used different plants to food, selfcare and as medication for centuries.

Lunch is included in the program. Duration approx. 3 hours.

Day 4 See You again soon!

After breakfast it is time to pack and start Your travel back home.

We hope You enjoyed Your stay and will come back soon!





PRICE: 375€/ person

Includes: accommodation in Karkausmäen kammari B&B shared room for two, country breakfasts,

Forestbath and sauna experiences with snack, duration 6-7 hours

one forestactivity by choice: guided snowshoeing trip, forest yoga or wildfood trail duration 1-2 hours

Dinner with three courses at Pikku Peura gamerestaurant.

By extracharge: Transfers, extra meals at Pikku Peura Gamerestaurant or Karkausmäki B&B.

Location: Karkausmäen kammari B&B

Lestijärventie 375 43900 Kinnula, Länsi-Suomi

<http://www.karkausmaenkammari.net>

Bookings: Pikku Peura Gamerestaurant, Kinnulantie 695, 69450 Ylilesti, Länsi-Suomi +358 50 5141001

www.pikkupeura.fi


PIKKU PEURA
RIISTARAVINTOLA