

# Destination Fact Sheet: Finland

Worldwide region:	Northern Europe
Capital City:	Helsinki (GMT + 2-3hrs)
Environment:	Wetlands, lakelands and forests
When to go:	Dec – Sept
Itineraries:	Base Camp, Adventure, Winter Adventure
Highlights:	Hossa, Martinselkonen Nature Reserve
Essentially:	A scenic country with excellent opportunities to experience a wilderness environment in tranquil forest and lake surroundings.



## About the country

Finland is a stunning summer destination that transforms over winter into a wonderland for arctic adventurers. The country is a beautiful wilderness which has one of the continent's best developed outdoor adventure infrastructures, providing a remote environment ideal for passing through pristine nature reserves by canoe, or adding a sense of mystery by trekking beneath the watch towers of the Russian border or experiencing an exciting and fulfilling arctic encounter.

## Base Camp Programmes

Designed as an introduction of travelling to new countries, experiencing new cultures and learning new skills, our Finland base camp itineraries offer a range of activities for young groups to enjoy including rafting, kayaking, canoeing, trekking, climbing and archery. Best suited to a five-day itinerary, activities can be adapted and incorporated according to the desires and ability of each group, to ensure maximum fun and personal discovery.

## Adventure Programmes

Combining multi-day trekking amongst the watery mires of the Martinselkonen Nature Reserve and the remote forests of the Hossa hiking area, as well as overnight canoe trips on the extensive network of waterways of the Thousand Lakes Region, an Adventure Programme in Finland allows you to experience the true silence that only comes from being in such a remote and idyllic environment.

## Winter Adventure Programmes

Located just south of the Arctic Circle, the Kainuu region provides excellent opportunities for a winter adventure where groups will learn traditional Finnish wilderness skills such as igloo building and cross-country skiing before embarking upon a two-day snowshoeing trip through snow-covered pine forests and beside frozen lakes.

## In summary

Offering extensive activities for most ages and abilities, Finland is an excellent destination for developing a summer or winter adventure. Groups should undergo a fitness programme in order to physically prepare for the itinerary.



**To discuss the variety of options for tailor making a trip to Finland for your group, please telephone us on **0845 634 4670** or visit our website at **[www.schoolsworldwide.co.uk](http://www.schoolsworldwide.co.uk)****