

# ICIP 2026

14 September

# FINNISH SAUNA EXPERIENCES IN TAMPERE

*-the Sauna Capital of the World*

**GRUPPERI**

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# RELAXING SAUNA MOMENT IN THE CITY

**A modern city sauna**

## SAUNA-RESTAURANT KUUMA

**20 € / person – Sauna**

16:30–18:00

18:00–19:30

19:30–21:00

*Up to 15 guests / sauna session*

**35 € / person – Sauna + guided walk tour in the city**

17:00–19:30

18:30–21:00

*Up to 20 guests. Pre-booking only!*

A relaxing sauna experience in the heart of Tampere at Sauna-Restaurant Kuuma. Let the evening unfold at your own pace in a modern lakeside setting, where traditional Finnish sauna culture meets contemporary design.

Optionally, you can begin your experience at Tampere Hall and set off on a guided walk heading towards the city centre. The route follows the rhythm of Tampere itself - moving from the open cultural surroundings of Tampere Hall into the heart of the city, where streets gradually tighten and the urban pulse grows stronger. The walk continues towards the Tammerkoski rapids, where the city's identity was born. Along the shores of Tammerkoski, you'll circle the historic industrial landscape: red-brick factory buildings, old mill chimneys, and modern cultural spaces side by side.

Both options offer an easy, memorable and hassle-free way to enjoy a Finnish evening!

### What's included?

- ✓ 90-minute sauna experience in a modern city sauna
- ✓ Independent arrival and departure
- ✓ Optional guided walking tour before the sauna (45–60 min)
- ✓ A relaxed and authentic Finnish sauna atmosphere



# SAUNA RAFT ON LAKE PYHÄJÄRVI

**The ultimate Nordic Experience**

## SAUNA RAFT FLOU

Step aboard a traditional Finnish sauna raft on Lake Pyhäjärvi and experience Tampere from the water. The gently floating sauna offers a peaceful setting where steam, calm lake views, and open nature create a unique and memorable atmosphere.

During the experience, guests can enjoy the heat of the sauna, take refreshing dips directly into the lake, and relax on the deck surrounded by the stillness of Finnish nature.

The location is easily accessible by public transport, just a short ride from Tampere city center.

**23 € / person**

16:45–18:30

18:30–20:15

20:15–22:00

*Up to 50 guests / sauna session. Pre-booking only.*

Step aboard a traditional Finnish sauna raft on Lake Pyhäjärvi and experience Tampere from the water. This gently floating sauna offers a calm and memorable setting, where warm steam meets open lake views and surrounding nature.

Relax in the heat of the sauna, cool off with a refreshing dip directly into the lake, and unwind on the deck as the landscape drifts quietly around you. The experience combines movement, stillness, and nature into a uniquely Nordic atmosphere.

Easily accessible by public transport, this experience is just a short journey from the city center—yet feels worlds away.

### What's included?

- ✓ 90-minute floating sauna experience
- ✓ Lake access for swimming and cooling off
- ✓ Unique lakeside setting in the Pyynikki area
- ✓ Towels included
- ✓ Easy access by public transport



# VARALA SAUNA EXPERIENCES

Traditional sauna in the beautiful Pynikki nature area

## EXPERIENCE VARALA SAUNAS AND COOL DOWN IN PYHÄJÄRVI

**38 € / person**

17:30–19:30

20:00–22:00

*Up to 30 guests. Pre-booking only.*

An authentic Finnish sauna experience in the scenic Pynikki ridge area at Varala Sports Institute, just minutes from the center of Tampere. Surrounded by forest and overlooking Lake Pyhäjärvi, this experience combines traditional sauna culture with a peaceful natural setting.

Relax in a private lakeside sauna, take a refreshing dip in the lake, and enjoy unhurried moments in good company. The setting offers a perfect balance of nature, comfort, and authentic Finnish atmosphere.

You can enrich your evening with optional pre-booked experiences, including a Finnish dining experience prepared by a private chef or a guided tour in Tampere before the sauna.

### What's included?

- ✓ 2-hour traditional sauna experience
- ✓ Lake access for swimming and cooling off
- ✓ Unique forest and lakeside setting
- ✓ Access to shared spaces for relaxation and socializing
- ✓ Easy arrival by public transport, bike, or on foot
- ✓ Sauna drinks and refreshments available for purchase

### Optional add-ons (next page)

- ✓ Finnish dining experience at 18:30 or 20:00
- ✓ Traditional 15 minutes Finnish saunarituals



# FINNISH SEASONAL DINING AND SAUNA RITUALS IN VARALA

## PRE-BOOK YOUR EXPERIENCE ADD-ONS

### TASTE OF FINNISH NATURE – A SEASONAL DINING EXPERIENCE BY AN AWARD-WINNING PRIVATE CHEF

**38 € / person**

18:00–19:15

19:30 – 20:45

Up to 30 guests / dining experience

A curated multi-course Finnish dining experience by an award-winning private chef, inspired by Nordic nature and seasonal ingredients.

Expect a refined evening of forest mushrooms, root vegetables, berries, grains, traditional Finnish flavours and seasonal desserts.

#### What's included?

- ✓ Welcome non-alcoholic aperitif
- ✓ Multi-course seasonal menu
- ✓ Seasonal dessert
- ✓ Herbal tea
- ✓ Still water included during the experience
- ✓ Additional drinks available for purchase

\*Please find *menu at the end*.



### TRADITIONAL FINNISH SAUNARITUAL IN VARALA

**16 € / person / 15 minute ritual**

19:15 – 19:30

19:45 - 20:00

20:00 – 20:15

20:45 - 21:00

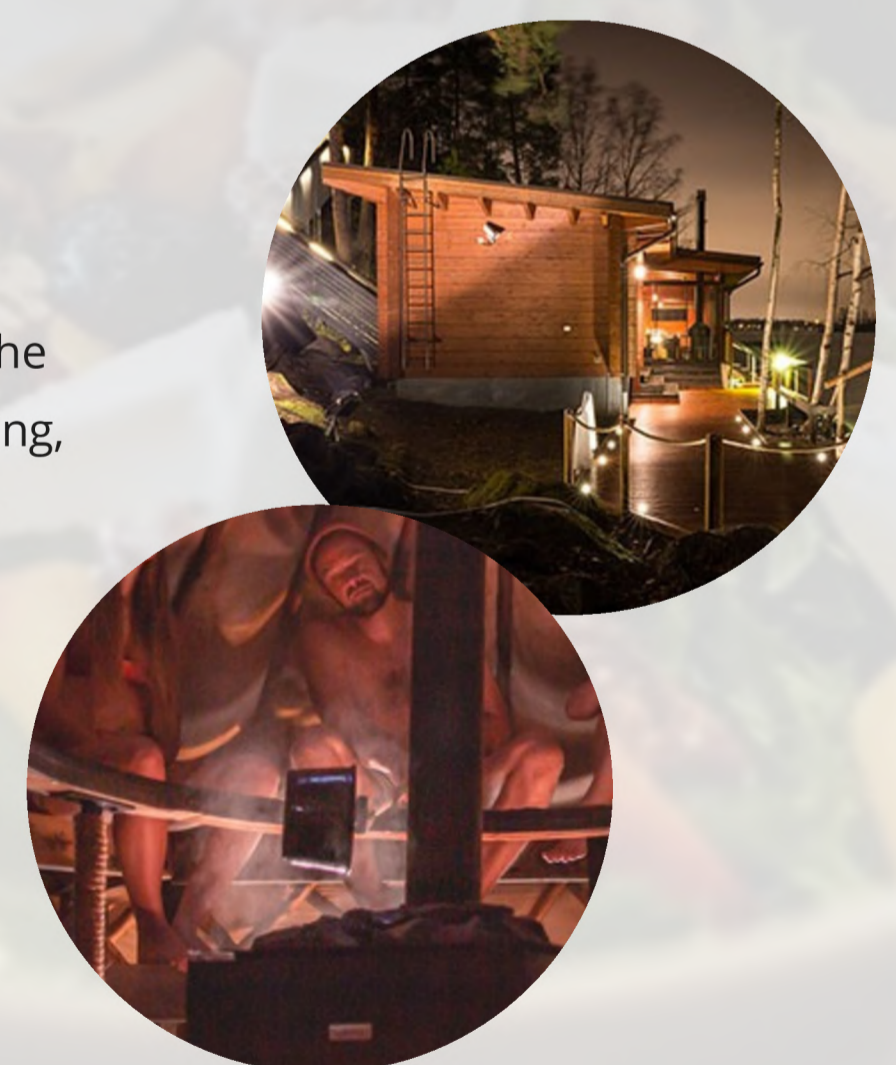
Up to 12 guests / session

Duration: 15 min guided ritual

A guided 15-minute sauna experience invites you to slow down and settle into the warmth of the sauna. You leave everyday thoughts behind and focus on breathing, presence, and the calming rhythm of the steam (*löyly*). The experience is held in silence, allowing space for deep relaxation, grounding, and quiet rest, guided by sauna hosts Juha & Matti.

#### What's included?

- ✓ 15 minutes silent guided ritual experience
- ✓ Beautiful Pyhäjärvi lakeside nature setting



### OUR RECOMMENDATIONS FOR A FULL FINNISH EXPERIENCE IN VARALA:

**Experience Package 1:** Start at 18:00 with seasonal dining. Continue with sauna at 19:30 and join the sauna ritual at 19:45. Enjoy free sauna time until 22:00.

**Experience Package 2:** Start with sauna at 17:30. Join the sauna ritual from 19:15–19:30 and finish with seasonal dining from 20:00.

# VISIT SUOLIJÄRVI JUTTUSAUNA

**Public Wood-Fired Sauna**

## SUOLIJÄRVI SAUNA

**12 € / person**

16:30–17:30

18:00–19:00

19:30–20:30

21:00–22:00

*Up to 15 guests / sauna session*

A peaceful public sauna experience by the lake at Suolijärvi, located in the tranquil Hervanta nature area of Tampere. This traditional wood-fired sauna offers an authentic Finnish way to unwind -surrounded by forest, fresh air, and calm waters.

Step into a cottage-style sauna, embrace the gentle heat, and cool off with a refreshing dip in the lake. The setting invites you to slow down and reconnect with nature in a simple, genuine way.

### What's included?

- ✓ 60-minute access to a traditional wood-fired lakeside sauna
- ✓ Public sauna experience in a peaceful natural setting
- ✓ Lake access for swimming and cooling off
- ✓ Access to changing rooms, showers, and toilets (located ~100 m from the sauna)
- ✓ Lockers for valuables available on-site

Each session includes time for changing and showering before and after your sauna. If capacity allows, you may extend your stay. The sauna is mixed-gender, and swimwear is required.

Easily accessible by public transport, the area also offers scenic nature trails around the lake -perfect for combining sauna with outdoor activities.



# SAUNARITUALS

Popular guided sauna tradition experience

## TRADITIONAL SAUNA RITUAL & LÖYLY IN A YURT SAUNA

**59 € / person**

16:30–18:30

18:00–20:00

19:30–21:30

*Up to 15 guests / sauna ritual. Pre-booking only.*

A deeply immersive sauna experience at a wood-fired public sauna in Tampere. Set in a beautifully crafted yurt-style sauna space, Sauna Temple offers soft, oxygen-rich löyly and a calm atmosphere rooted in Finnish sauna tradition.

This experience is hosted at Sauna Temple, a unique wood-fired yurt sauna designed by a local master builder, honoring the spirit of traditional Finnish sauna culture.

The evening begins with a guided traditional sauna ritual led by Matti and Juha. The ritual creates a slow, meditative space through sauna folklore, old Finnish sauna songs and spells, and the use of healing sauna whisks. It is designed to deepen your connection to the experience and the surrounding nature.

After the guided ritual, you are free to continue enjoying the löyly at your own pace and fully unwind in the peaceful setting.

### What's included?

- ✓ 2-hour sauna experience including guided ritual and free sauna time
- ✓ Traditional Finnish sauna ritual with songs, spells, and sauna whisks
- ✓ Unique yurt-style wood-fired sauna setting
- ✓ Authentic, intimate sauna experience rooted in Finnish heritage
- ✓ Access by public transport or bike. 15 minutes from the city.



# SAUNA TRIP BY BUS

Experience best rated sauna in Tampere region

## TRADITIONAL SAUNA & SMOKE SAUNA AT LAKE VEITTIJÄRVI

**45 € / person**

17:00–20:00

19:30–22:30

*Up to 30 guests / sauna trip. Pre-booking only.*

Escape the city and travel by sauna bus to the peaceful surroundings of Lake Veittijärvi, where still waters and traditional sauna culture come together.

Your experience begins with a comfortable 20-minute private bus transfer from Tampere. Upon arrival, unwind with 2 hours of sauna time by the lake, enjoying both a classic wood-fired sauna and a traditional smoke sauna.

Cool off with a refreshing swim, relax in the quiet natural setting, and take in the calm atmosphere before returning smoothly back to the city by bus.

### What's included?

- ✓ 2-hour sauna experience (traditional sauna + smoke sauna)
- ✓ Lake access for swimming and cooling off
- ✓ Round-trip transportation by private bus from Tampere
- ✓ Authentic and intimate Finnish sauna experience
- ✓ Non-alcoholic drinks available for purchase
- ✓ Option to bring your own snacks and drinks



# TASTE OF FINNISH NATURE

## A SEASONAL DINING EXPERIENCE BY AN AWARD-WINNING PRIVATE CHEF

### MENU

*A welcome shot of crowberry juice ( non-alcoholic)*

*Green salad with Finnish fresh corn and cherry tomatoes, finished with sea buckthorn vinaigrette*

*Bean and potato salad with herb yoghurt mayonnaise*

*Roasted root vegetables with oat grains and feta cheese*

*Wild mushroom pie bites with chanterelle and funnel chanterelle*

*Archipelago-style rye bites topped with smoked vendace mousse*

*Mini potato flatbreads with smoked reindeer, lingonberry mayonnaise and wood sorrel*

*Baked apple and plum crumble served with vanilla sauce*

*Brewed herbal tea*

**38 € / person**

18:00–19:15 Up to 30 guests

19:30 – 20:45 Up to 30 guests

*Still water is available throughout the experience. A selection of high-quality local non-alcoholic beverages is available for purchase. Guests are also welcome to bring their own alcoholic beverages.*

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# PLAN AHEAD, GUARANTEE YOUR SPOT AND MAKE THE MOST OF YOUR SAUNA EXPERIENCE.

## SECURE YOUR PLACE IN TAMPERE'S MOST SOUGHT-AFTER SAUNA EXPERIENCES BY BOOKING IN ADVANCE.

*Pre-booked experiences with limited availability are essential, especially for intimate, small-group saunas and unique settings. The most popular options often sell out well ahead of time-so early booking (ideally 1-3 months in advance) is highly recommended.*

### BOOKING SUMMARY & TERMS

#### RESERVATION & AVAILABILITY

All offers are subject to availability at the time of booking and are non-binding until confirmed. Prices are based on current availability, and we reserve the right to make changes. Booking opens on Monday 1 June, 2026.

#### PAYMENT TERMS

Full payment (100% of the experience price) is due at the time of booking. A booking is confirmed only once payment has been successfully received.

#### PARTICIPANT INFORMATION

Participant information is collected during the booking process. The customer is responsible for providing accurate and complete details.

#### TERMS & CONDITIONS

General travel terms and Gruupperi's specific terms and conditions are available on our website. By completing the booking, the customer confirms acceptance of these terms.

#### CANCELLATION & RESCHEDULING

All bookings are non-refundable. Bookings may be converted into a credit or rescheduled to another available experience, subject to availability. Requests must be made at least 7 days prior to the scheduled experience.

**Transfer of Booking:** The booking may be transferred to another participant free of charge.

The original customer is responsible for ensuring that the new participant complies with all terms.

#### TRAVEL DOCUMENTS & INSURANCE

Participants are responsible for ensuring they have any required identification documents for the experience.

**We strongly recommend valid travel insurance.**

**Participants are responsible for any damage caused during the experience.**

#### LIABILITY

The organizer is not liable for indirect damages, delays, or changes caused by circumstances beyond reasonable control (force majeure).

#### BOOKINGS OPEN ON MONDAY 1 JUNE.

*Book your sauna experience on our website and find the perfect moment for your visit. If you have any questions or would like help choosing the right experience, we are always happy to assist.*

*We hope our sauna experiences invite you to unwind and enjoy the essence of Finnish sauna culture - right here in Tampere, the sauna capital of the world.*

Warm regards,

**Miina Riitijoki**

CEO & Founder

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