

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 20 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.

Enhance your evening with optional pre-booked experiences, such as a Finnish dining experience prepared by an award-winning private chef or traditional 15-minute sauna ritual.

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-minute finnish saunaritual(s)



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

19:00-20:00

20:00 – 21:00

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 non-alcoholic drinks available for purchase

*Please find *menu at the end*.



TRADITIONAL FINNISH SAUNARITUAL IN VARALA

18 € / 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 19:00 with taste of Finnish nature -dining. Continue with sauna at 20:00 and join the sauna ritual(s). Enjoy free sauna time until 22:00.

Experience Package 2: Start with sauna at 17:30. Join the sauna ritual(s). Finish evening with seasonal dining from 20:00.

EXPLORE TAMPERE WITH BIKE

3-hour experience with local guide

SCENIC BIKE TOUR AND SAUNA EXPERIENCE

109 € / person

18:00-21:00

Up to 10 guests

Explore two of Tampere's most picturesque and beloved neighbourhoods on this scenic and culturally rich bike tour. Ride through the historic wooden houses of Pispala, then continue into the forests and ridge trails of Pyyrikki -one of the city's most iconic natural areas. Expect breathtaking lake views and local stories along the way. The tour starts and ends at Central Square in front of the City Hall.

Tour highlights

- Pispala wooden house district
- Pispala Ridge viewpoints
- Pyyrikki forest trails & ridge scenery
- Lake views throughout the route
- Local cultural landmarks & stories
- Sauna experience in a natural setting

What's included?

- ✓ Local guide (language: english)
- ✓ City bike and helmet
- ✓ Sauna experience in a peaceful natural setting
- ✓ Lake access for swimming and cooling off
- ✓ Scenic route through Pispala & Pyyrikki ridges
- ✓ Local stories and cultural insights



VISIT SUOLIJÄRVI JUTTUSAUNA

Public Wood-Fired Sauna

SUOLIJÄRVI SAUNA

18 € / person

18:30–19:30

19:30–20:30

Up to 13 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; please note changing rooms close at 21:00)
- ✓ Lockers for valuables available on-site

Each session includes time for changing and showering before and after your sauna. Please note that the sauna has public changing facilities with separate areas for men and women. If capacity allows, you may extend your stay. The sauna is mixed-gender, and swimwear is required. The surrounding area also offers scenic nature trails around the lake - perfect for combining sauna with outdoor activities.

Please note that the sauna is best reached by public transport, and travel time should be taken into account when planning your visit.



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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

19:00–20:00 Up to 30 guests

20:00 – 21:00 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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