

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

Enjoy a relaxing Finnish sauna experience at Sauna Restaurant Kuuma, located in the heart of Tampere. This modern urban sauna combines contemporary Nordic architecture, beautiful lakeside views and a vibrant restaurant atmosphere. After your sauna, you can stay for dinner and drinks at the restaurant or continue your evening in Tampere's vibrant city centre.

Sauna session 90 minutes

€20 per person

Session times

16:30–18:00

18:00–19:30

19:30–21:00

Up to 15 guests / sauna session

Guided walk tour in the city (60 min) + sauna session (90 min)

€35 per person

Walk tour+sauna session times

17:00–19:30

18:30–21:00

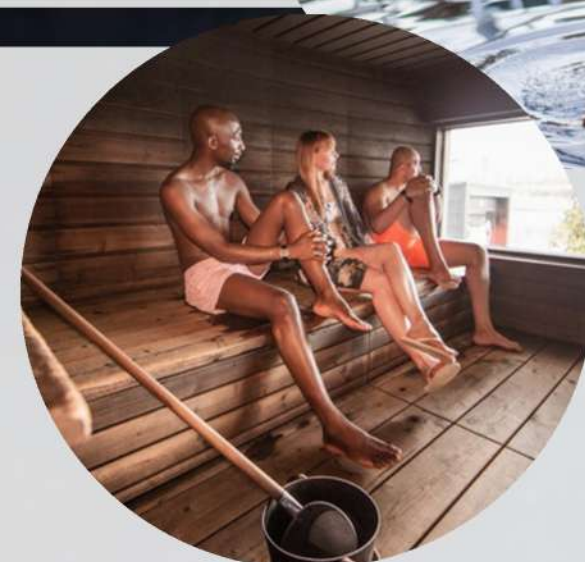
Up to 20 guests. Pre-booking only!

For an even deeper introduction to Tampere, begin your evening at Tampere Hall and join a guided walk through the city. The route leads from the cultural quarter into the vibrant city centre before reaching the historic Tammerkoski Rapids, where Tampere's story began. Along the way, discover striking red-brick factory buildings, former mill chimneys and beautifully restored industrial landmarks that now house museums, restaurants and cultural venues.

Whether you choose the sauna experience on its own or combine it with the guided walk, you'll enjoy an easy, memorable and authentic Finnish evening in the heart of Tampere.

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



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EXPLORE TAMPERE WITH BIKE

The very local way to experience Tampere

BIKE, SAUNA AND SWIM

3-hour scenic bike tour with local guide

Early Bird Offer €89 per person

From 1 August price is €99 per person.

Schedule: 18:00-21:00

Up to 10 guests

Combine Tampere's most beautiful cycling routes with one of Finland's most cherished traditions. Cycle through the historic district of Pispala and the scenic Pyynikki Ridge before relaxing in a traditional lakeside sauna and cooling off with a refreshing swim in Lake Pyhäjärvi. The tour starts and ends at Central Square in front of the City Hall.

Tour highlights include: Pispala wooden house district, Pispala Ridge viewpoints, Pyynikki forest trails & ridge scenery, local cultural landmarks & stories and 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 & Pyynikki ridges
- ✓ Local stories and cultural insights

Recommendations & Sauna Etiquette

Swimwear is required. There is no nudity on our tours, and swimwear must be worn if you wish to enter the sauna.

Stay hydrated. Finnish saunas can be very hot, so we recommend bringing your own water bottle and drinking regularly during the tour. Our guides also carry water, so please ask them if you need some.

Bring flip-flops. We recommend wearing flip-flops for hygiene reasons and to make walking between the sauna and the lake more comfortable.

Bring your own towel. Please bring a towel with you for the sauna and swimming. If you forget one, towels can be rented.



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SAUNARITUALS

Popular guided sauna tradition experience

TRADITIONAL FINNISH SAUNA RITUAL IN A YURT SAUNA

Early Bird Offer €59 per person

From 1 August, the regular admission price is €69 per person.

Sauna rituals and sessions:

16:30–18:30

18:00–20:00

19:30–21:30

Maximum 15 guests per sauna ritual. Pre-booking required.

Experience a deeply immersive wood-fired sauna in Tampere at Sauna Temple, a beautifully handcrafted yurt sauna renowned for its soft, oxygen-rich löyly and peaceful atmosphere.

Your evening begins with a guided traditional sauna ritual led by Matti and Juha. Through Finnish sauna folklore, traditional songs, ancient spells, and vihta (birch whisking), you'll discover the customs and beliefs that have shaped Finnish sauna culture for generations.

Following the guided ritual, enjoy free sauna time at your own pace. Relax in the gentle warmth, embrace the löyly, and unwind in the tranquil surroundings.

What's included?

- ✓ 2-hour sauna experience: 1-hour guided sauna ritual and 1 hour of free sauna time
- ✓ Traditional Finnish sauna songs, folk spells and birch whisking
- ✓ Handcrafted wood-fired yurt sauna
- ✓ A unique Finnish sauna cultural experience

What to Bring

- ✓ Seasonal outdoor clothing
- ✓ Swimsuit
- ✓ Towel
- ✓ Water bottle



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LAKESIDE SAUNAS AT VARALA SPORTS INSTITUTE

Five traditional saunas in the beautiful Pynnikki nature area

EXPERIENCE VARALA SAUNAS AND COOL DOWN IN PYHÄJÄRVI

Early Bird Offer:

2-hour sauna session - €28 per person

From 14 August price is €38 per person

Sauna sessions

17:30–19:30

20:00–22:00

Maximum 30 guests. *Pre-booking only.*

Experience Finnish sauna culture at Varala Sports Institute, nestled in the scenic Pynnikki Ridge nature area, just a 10-minute bus ride from the centre of Tampere. Surrounded by pine forests, lakeside cliffs, and panoramic views over Lake Pyhäjärvi, Varala offers a peaceful setting to relax and discover one of Finland's most cherished traditions.

Your sauna evening includes access to five traditional Finnish saunas. Between sauna sessions, cool off with a refreshing swim in Lake Pyhäjärvi, unwind in the spacious shared indoor and outdoor lounge areas, or simply enjoy the beautiful lakeside views from the terrace.

Non-alcoholic refreshments are available for purchase on site. You are also welcome to bring your own alcoholic beverages.

Facilities

- Separate changing rooms for women and men
- Shared shower facilities
- Five traditional Finnish saunas
- Spacious, shared indoor lounges with panoramic lake views
- Large lakeside terrace and covered outdoor seating areas
- Direct access to Lake Pyhäjärvi

What's included?

- ✓ 2-hour sauna experience with access to five traditional Finnish saunas
- ✓ Swimming and cooling off in Lake Pyhäjärvi
- ✓ Beautiful forest and lakeside setting
- ✓ Access to indoor lounges and lakeside terraces
- ✓ Non-alcoholic refreshments available for purchase

Optional add-ons (next page)

- ✓ Taste of Finnish nature dining experience at 18:30 or 20:00
- ✓ Traditional Finnish saunacereemony (30 minutes)



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FINNISH SEASONAL MENU AND SAUNA CEREMONIES PRE-BOOK YOUR ADD-ONS IN VARALA

TASTE OF FINNISH NATURE – A SEASONAL MENU CRAFTED BY AN AWARD-WINNING PRIVATE CHEF

€38 per person

Dining at 19:00 and 20:00

Up to 30 guests / dining experience

Prepared by an award-winning private chef, this seasonal menu brings together the finest flavours of the Finnish harvest and carefully selected ingredients from local producers. Designed to complement the unhurried atmosphere of a Finnish sauna evening, the menu celebrates the changing seasons through forest mushrooms, root vegetables, berries, and whole grains, bringing together the timeless flavours of Finnish cuisine with a modern twist.

What's included?

- ✓ Welcome non-alcoholic shot
- ✓ Seasonal tasting menu
- ✓ Freshly brewed herbal tea
- ✓ One non-alcoholic sauna drink (Choose from alcohol-free beer, Nokia Brewery mocktails, soft drinks or sparkling water)
- ✓ Still water included during the experience

**Please find menu at the end.*



TRADITIONAL FINNISH SAUNA CEREMONY IN VARALA

€19 per person

Ceremony times: 18:00-18:30 and 20:15-20:45

Up to 12 guests / session

Duration: 30 min

Experience a guided Finnish sauna ceremony where centuries-old traditions and wellbeing come together. Led by Kata, an experienced traditional sauna guide, the ceremony combines gentle steam, native Finnish plants, herbs, and natural aromas to create a deeply relaxing atmosphere. Traditional Finnish songs, runic singing, and ancient incantations introduce the rich cultural heritage of the Finnish sauna. A memorable experience that invites you to slow down, reconnect with nature, and discover one of Finland's most treasured traditions.

What's included?

- ✓ 30-minute guided sauna ceremony led by traditional sauna guide Kata
- ✓ Traditional Finnish sauna songs, runic singing and ancient incantations
- ✓ Gentle steam enhanced with native Finnish plants and herbs, creating a unique sensory and aromatic experience
- ✓ Traditional birch whisking (vihta/vasta)
- ✓ An authentic Finnish sauna experience rooted in centuries-old traditions



OUR RECOMMENDATIONS FOR A FULL FINNISH EXPERIENCE IN VARALA:

Experience Package 1 – Dinner & Sauna Evening (€85)

Begin your evening at 19:00 with a **Taste of Finnish Nature** dining experience. Continue with a relaxing **Sauna ceremony** at 20:15 and enjoy free sauna time until 22:00.

Experience Package 2 – Sauna & Dinner Evening (€85)

Start your evening with a **sauna** at 17:30 and take part in the traditional **sauna ceremony** at 18:00. After sauna, enjoy a seasonal **Taste of Finnish Nature** dinner served from 20:00.

TRUE GEM OF PIRKANMAA

Experience best rated sauna in Tampere region

TRADITIONAL SAUNA & SMOKE SAUNA AT LAKE VEITTIJÄRVI

Early Bird Offer

2-hour sauna session €16 per person

From 1 August, the regular admission price is €19 per person.

Sauna sessions: 17:00–20:00 and 19:30–22:30

Up to 30 guests per sauna session

During your two-hour sauna session, you can enjoy the gentle heat of both a traditional Finnish sauna and a smoke sauna, take a refreshing swim in the waters of Lake Veittijärvi, and unwind in the peaceful surroundings of Finnish nature. Spacious outdoor terraces invite you to cool down between sauna sessions, relax, and spend quality time with your group. A covered seating area provides a comfortable space to gather and enjoy the lakeside atmosphere in all weather conditions.

A selection of non-alcoholic refreshments is available for purchase. You are also welcome to bring your own alcoholic beverages if you wish.

What's included?

- ✓ 2-hour sauna experience (traditional sauna + smoke sauna)
- ✓ Lake access for swimming and cooling off

Veittijärvi is located in Ylöjärvi, just a 20-minute bus ride from Tampere. As public transport connections are limited, we recommend booking our sauna bus for the easiest and most convenient way to reach the venue.

Private Sauna Bus transfer

€18 per person (round-trip)

Route: Tampere Hall - Veittijärvi Sauna - Tampere Hall

Sauna bus schedules

Sauna Session 1 (17:30–19:30)

- 17:00 - Departure from Tampere Hall
- 17:30–19:30 - Sauna
- 19:30 - Departure back to Tampere
- 20:00 - Arrival at Tampere Hall

Sauna Session 2 (20:00–22:00)

- 19:30 - Departure from Tampere Hall
- 20:00–22:00 - Sauna
- 22:00 - Departure back to Tampere
- 22:30 - Arrival at Tampere Hall



Complete Your Sauna Experience with Traditional Finnish Sauna Food

In Finland, food has always been an important part of the sauna tradition. Whether it's grilled sausages by the fire or a seasonal meal shared together, good company and local flavours complete the experience.

Menu options and advance booking will be available soon and found from our website . We recommend booking in advance to ensure your preferred meal is available and to help us minimise food waste.

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SAUNA RAFT ON LAKE PYHÄJÄRVI AT ROSENDAHL

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 per 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, only 10 minutes bus trip from the city center.

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



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VISIT SUOLIJÄRVI JUTTUSAUNA

Public Wood-Fired Sauna

SUOLIJÄRVI SAUNA

€18 per person

Sauna sessions

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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VARALA SEASONAL DINING EXPERIENCE BY AN AWARD-WINNING PRIVATE CHEF

A TASTE OF FINNISH NATURE MENU

Welcome shot of crowberry juice (non-alcoholic)

*Green salad with fresh finnish sweetcorn and cherry tomatoes, dressed
with sea buckthorn vinaigrette*

Bean and potato salad with herb yoghurt dressing

Roasted root vegetables with oat berries and feta cheese

Wild mushroom tartlets 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*

Warm 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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