

ICIP 2026

14 September

FINNISH SAUNA EXPERIENCES IN TAMPERE

Sauna Programme for ICIP participants

GRUPPERI

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24.08.2026

TRUE GEM OF PIRKANMAA

Experience best rated sauna experience in Tampere region

TWO SAUNAS AND SWIM AT LAKE VEITTIJÄRVI

2-hour sauna session + Sauna shuttle

€47 per person

Sauna 20:00–22:00

Enjoy a two-hour sauna session at Veittijärvi Sauna in Ylöjärvi, just a 20-minute drive from Tampere. The experience includes access to two saunas: a traditional Finnish sauna and a smoke sauna, with sauna temperatures of approximately 90–100 °C. Between sauna sessions, you can cool off on the outdoor terraces or take a swim in the lake. A covered outdoor seating area is also available for relaxing and spending time together.

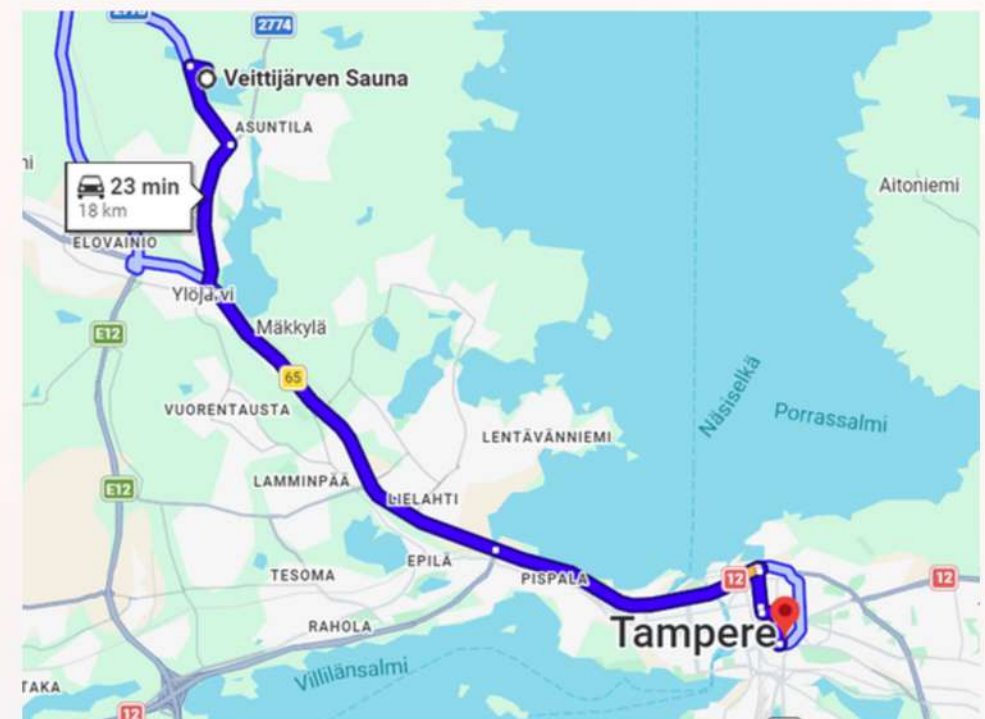
Non-alcoholic refreshments are available for purchase. You may also bring your own alcoholic beverages.

Private Sauna Shuttle

Route: Tampere Hall - Veittijärvi Sauna - Tampere Hall

Schedule

- 19:35 - Departure from Tampere Hall
- 20:00-22:00 – Sauna
- 22:05 - Departure back to Tampere
- 22:30 - Arrival at Tampere Hall



What's included?

- ✓ 2-hour sauna session
- ✓ Traditional Finnish sauna + smoke sauna
- ✓ Lake access for swimming and cooling off
- ✓ Private sauna shuttle transfer from Tampere Hall and back

Want to enhance your sauna experience?

See the next page for our optional 30-minute Sauna Ceremony.



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FINNISH TRADITIONAL SAUNA CEREMONY

PRE-BOOK YOUR ADD-ON AT VEITTIJÄRVI

TRADITIONAL FINNISH SAUNA CEREMONY AT VEITTIJÄRVI

€25 per person

Ceremony: 20:45-21:15

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 whisking (vihta/vasta)
- ✓ An authentic Finnish sauna culture experience rooted in centuries-old traditions



COMPLETE YOUR SAUNA EXPERIENCE WITH TRADITIONAL FINNISH SAUNA FOOD

A sauna evening is often best enjoyed with good food and good company. From grilled sausages by the fire to seasonal Finnish treats, local flavours are an essential part of the experience.

Food and drinks are available for purchase on site throughout the evening and are served by our local partner.



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VISIT 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.

Good to know

The sauna is mixed-gender and swimwear is required.

The public changing facilities, showers and toilets are located at the Suolijärvi Outdoor Lodge, approximately 100 metres from the sauna.

The changing facilities are open until 9 PM and can be used before and after your sauna session.

Lockable lockers are available in the changing area. Please ask the sauna attendant for a locker key if you would like to use one.

Getting there

We recommend using public transport when travelling to Juttusauna.

🚌 Bus number 4 runs directly to the “Suolijärvi” stop.

The sauna is located on the lakeshore at **Suolijärvenkatu 5**. Please allow enough time for your journey so that you arrive relaxed and ready for your sauna session.

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



GUIDED WALK TOUR

60 min walk tour + 90 min sauna in the city

GUIDED WALK TOUR IN THE CITY + SAUNA AND SWIM IN THE LAKE

Price: €37 per person

Schedule: 18:30-21:00

The walk tour starts at Tampere hall.

Start your evening at Tampere Hall and explore the city centre on a 60-minute guided walking tour. The route takes you through Tampere's historic and cultural landmarks and continues along the Tammerkoski rapids towards the waterfront.

Along the way, you'll hear about Tampere's history and the development of the city around the rapids and its industrial heritage. The tour ends at Sauna-Restaurant Kuuma by Lake Pyhäjärvi.

After the walk, enjoy a 90-minute sauna experience in a modern lakeside setting. This is an easy way to combine a short introduction to Tampere with an authentic Finnish sauna experience.

Practical information

Meeting point: Tampere Hall. Tour starts at 18:30.

Walking tour: 60 minutes

Sauna: 90 minutes (19:30-21:00)

Total duration: approximately 2.5 hours

Please note:

Swimwear is required in Finnish public saunas. You can make an advance reservation for a towel and swimsuit rental when booking.



SAUNA AND SWIM IN THE CITY

A modern, nordic city sauna

90-MINUTE CITY-SAUNA EXPERIENCE

Enjoy a relaxing Finnish sauna experience located in the heart of Tampere. This modern urban sauna -Kuuma (which mean HOT)- 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

€22 per person

Session times

16:30–18:00

18:00–19:30

19:30–21:00

Up to 15 guests / sauna session

What's included?

- ✓ 90-minute sauna experience in a modern city sauna
- ✓ Independent arrival and departure
- ✓ A relaxed and authentic Finnish sauna atmosphere
- ✓ Access to lake for swim

Please note: Swimwear is required in Finnish public saunas.

You can make an advance reservation for a towel and swimsuit rental when booking.



EXPLORE TAMPERE WITH BIKE

The very local way to experience Tampere

CYCLE, SAUNA AND SWIM

3-hour bike tour with local guide

Price €99 per person

Schedule: 19:00-22:00

Up to 10 guests

Combine Tampere's scenic cycling routes with one of Finland's most cherished traditions. Cycle through the city centre and along the waterfront before continuing towards Hatanpää and Pereensaari.

The route combines Tampere's urban and industrial history with green spaces and lakeside scenery. Along the way, you'll see historic landmarks and former industrial sites before arriving at Pereensaari Sauna.

Tour Highlights

The cycling tour starts at Central Square in front of Tampere City Hall and follows the waterfront through Laukontori and Kehräsaari. Along the way, you'll see the Tammerkoski rapids and former industrial sites, including the old Sarvis factory. The route continues through the scenic Hatanpää Arboretum and past Hatanpää Mansion before stopping at the Viima prototype. The tour ends at Pereensaari Sauna, where you can relax in a traditional Finnish sauna and take a swim in Lake Pyhäjärvi.

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 city, arboretum and along lake Pyhäjärvi
- ✓ 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.

SAUNARITUALS

Popular guided sauna tradition experience

TRADITIONAL FINNISH SAUNA RITUAL IN A YURT SAUNA

Price €89 per person

Sauna ritual and session:

16:00–18:00

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

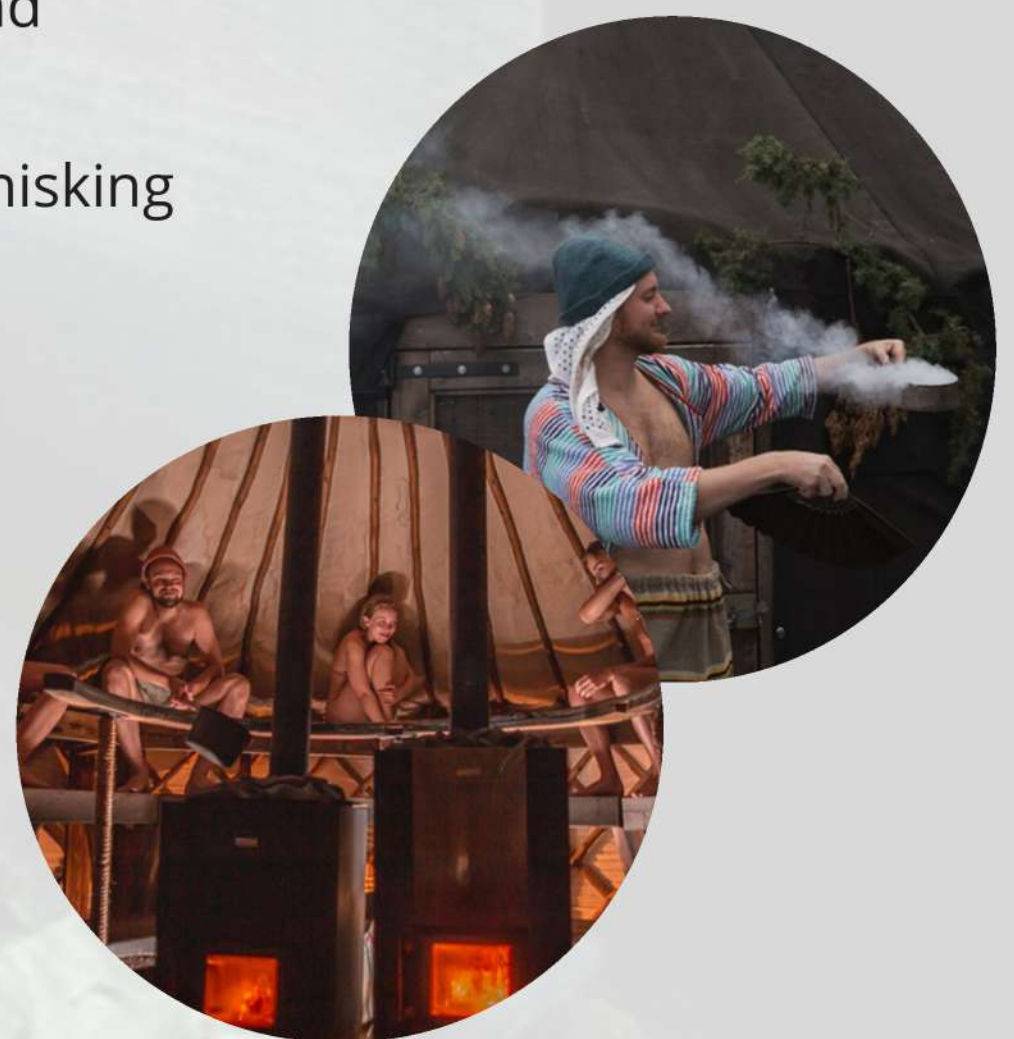
What to Bring?

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

How to get there?

For public transport, bus line 11 (Petsamo) stops at Koljontie, or lines 13 (Lintuhytti), 14 (Särkänniemi), and 38 (Lentävänniemi) stop at Ensitie. The Tays tram stop is also within reasonable walking distance.

Address: Kaupinpuistonkatu 1A, 33500 Tampere



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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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LAKESIDE SAUNAS AT VARALA SPORTS INSTITUTE

Five traditional saunas in the beautiful Pyynikki nature area

EXPERIENCE VARALA SAUNAS AND COOL DOWN IN PYHÄJÄRVI

2-hour sauna session - €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 Pyynikki 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



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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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