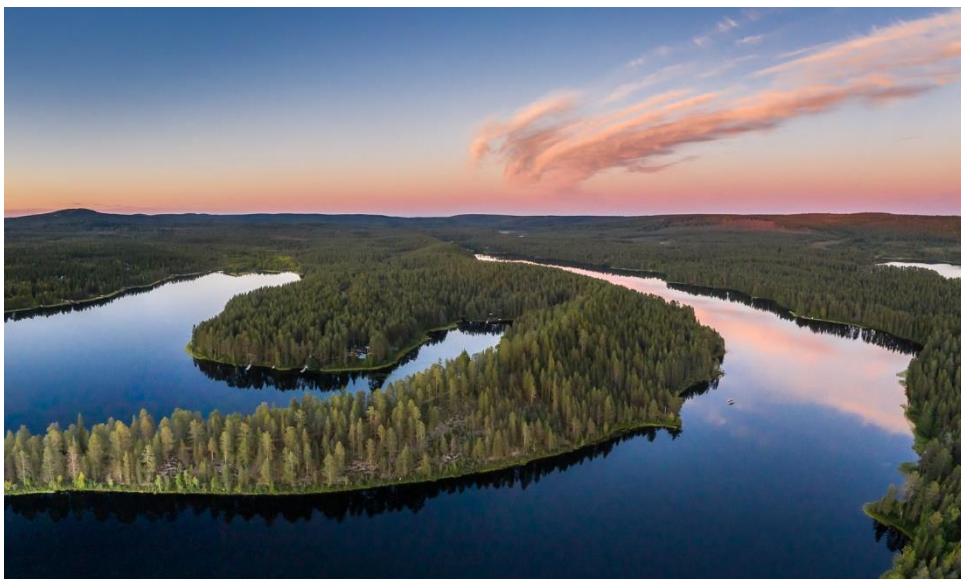


Finland, Wellness Kayak Tour in Posio 6 days / 5 nights From € 1885 vat included Summer 2024

Finland's safe and healing nature surrounds us on this kayaking trip in Posio, on Lake Livo, and on Lake Kitka. These lakes are beautiful nature reserves, rugged, wild, and quiet lakes in South Lapland. There are a lot of beautiful islands with old forests. That's why it fits perfectly for using the Forest Mind methods on this trip. Forest Mind is a program of mental skills exercises designed to utilize and intensify the natural healing effects of forests. Kayaking itself can be a very intensive, calming, and meditating.

During this kayaking tour you can enjoy quietness on the wilderness lakes as well as authentic tent accommodation in beautiful lake and forest scenery. You can also enjoy the cleanest air in the world and the magical Midnight Sun if you prefer the midsummer for the time of your adventure! Kayaking on the rugged and beautiful lake is a unique experience if you like kayaking in an extraordinary and culturally rich environment!



Facts of the trip

Location : Lake Livo, Lake Posio and Lake Kitka, Posio, Finland.

Availability : On request 1.6.–30.9.

Dates : 03-08/08/24.

Number of participants : Min 4 persons, max 8 persons.

Accommodation : In cabins, tents or hammocks.

Distance : Total approximately 50 km.

Equipment: Participants have their own outdoor clothing due to the weather. Please ask the whole list of equipment after booking.

Equipment included in the price: Sea kayak or twin kayak, paddling equipment, tent, mattress, sleeping bag, liner.

By additional cost : Paddling clothing 90 €/tour.

Tour level: Intermediate. Participants are required to have a good basic fitness and basic kayaking skills. Participants should be able to paddle in moderate waves with a sea kayak minimum 15 km/day. Swimming skills are obligatory.

Language : English

Insurance : We require participants to have their own insurance for outdoor activities in Finland.

DAY 1 | PARIS / OULU



Finnair flights to Oulu. Two hours of transport from Oulu to Syöte and Taigalampi cabin. Welcoming dinner, short briefing, the introduction of the group, maps, and a week program after dinner. Safety issues and discussion about sustainable tourism and how we put it into practice during our trip. Hot sauna and sweet dreams surrounded by peaceful, fresh, and quiet South Lapland nature. Before going to sleep, the taste of Forest Mind exercises in nature.

DAY 2 |

A complete Finnish breakfast with many local delicacies, after that tour begins with a one-hour transport. The wonderful kayaking experience starts from the shore of Lake Livo to the west towards Hirsiniemi, to the wooden shelter. Lovely picnic lunch on the lakeshore. The kayaking route takes us via Säikänsalmi Cafe to our accommodation place at Hirsiniemi wooden shelter. Many wonderful sights appear during the day's trip. Building up the tents, relaxing and refreshing, making the dinner together. Accommodation in tents. Day's distance is approximately 15 km.



DAY 3 |



After breakfast, we start kayaking again. The first task is to pull our kayaks to the other side of the esker and continue kayaking after this small physical exercise. The kayaking route leads us first to the sheltered part of the lake and gives us a wonderful sight of the nature around us. After a few kilometers of paddling the environment changes and the route goes

between islands and follows the coastline to the Livohka holiday center. Our car is waiting for us after lunch.

Lunch break in the village and relaxing with a mindfulness style exercise near the forest after lunch.

Transport to Lake Kitka and Himmerki Holiday village. The kayaking tour continues approximately 5,5 km towards our exciting accommodation place on the remote island, called Karhusaari. Setting up the tents next to an old wooden cabin. Relaxing and refreshing, making the dinner together.

Accommodation in tents. The day's distance is approximately 12 km.

DAY 4 |

After breakfast, we start kayaking towards the island hopping area of the lake! There are a lot of islands, eskers, and hills which open up around the lake. The landscape is also characterized by ridges, clean sandy beaches, and beautiful rocky shores. We stop by the tar graves, Stone Age settlements, and pitfalls, traps for animals, made by Finnish ancestors. Lunch break on some beautiful spots and relaxing with a mindfulness-style exercise in the forest. Kayaking to our next accommodation place to the nice sandy beach. Building up the tent village next to the fireplace on the beach. Relaxing and refreshing, making the dinner together. Stretching the muscles after the paddling day. Accommodation in tents. Day's distance is approximately 12 km.



DAY 5 |



After breakfast, we start our last kayaking day. A great tour continues between famous cultural sites and ends up at the forest beach. Lunch before transport. Transport back to Syöte and Taigalampi cabin. Fairwell dinner, sauna, swimming in the small lake, and relaxation. Reflection and thoughts about the experiences after the nature well-being tour. Accommodation in the cabin. Day's distance is approximately 9 km.

DAY 6 | OULU/ PARIS

Departure day. After a nice and nutritious breakfast transport by car to the Oulu Airport/railway station.

Finnair flights to Paris.

End of our services

We reserve all the rights to change the itinerary, order of the activities, or the program's content due to the weather or other conditions.

Wellness Kayak Tour in Posio
Summer 2024

Price per person in Euros vat included	Cabin
Adult	1885 €

OUR RATES INCLUDE :

- Finnair flights Paris/Oulu/Paris in economic class
- Airport taxes 95 euros to date, subject to change
- Return transport from Oulu Airport
- Guide services
- Accommodation mentioned on the tour
- Equipment needed on the tour
- Full board (breakfast, lunch package and dinner)
- Premium O-Nord assistance 24/7 outside office hours
- Complimentary assistance insurance provided

OUR RATES DO NOT INCLUDE :

- Comprehensive "PREMIUM" Cancellation Insurance (please inquire for details)

Good to know :