

Winter nature escape (3 days) **From € 1 295/person**

A restorative winter retreat combining snowy landscapes, gentle outdoor activities, and deep relaxation. Designed for small groups seeking calm luxury, Nordic winter nature, and wellbeing-focused experiences.

DAY 1 – ARRIVAL & WINTER GROUNDING

15:00 Arrival and warm herbal welcome drink

16:00 Forest Mind Walk (Winter Edition)

A guided mindful walk based on the ForestMind method. The experience supports mental clarity, relaxation, and sensory awareness through gentle movement, mindfulness exercises, and guided presence in the winter forest.

18:00 Sauna Ritual

A guided Finnish sauna program introducing traditional sauna culture and hygiene practices. Includes preparation, wood-heated sauna, electric sauna, hot tub, jacuzzi, and outdoor cooling. The ritual highlights recovery, hot-cold contrast, and the importance of being present.

20:00 Five-Course Nordic Tasting Dinner

A seasonal dinner inspired by winter ingredients. Dietary requirements are accommodated. Water included drinks at extra charge.



DAY 2 – SNOW, STILLNESS & RECOVERY

08:30 The Terwa Breakfast

A wholesome Nordic breakfast with berries, oats, and eggs.

10:00 Snowshoeing Tour

A guided snowshoeing experience through silent winter forests, suitable for beginners. Participants learn basic techniques while enjoying the calm rhythm of winter nature.

13:00 Lunch

Seasonal lunch served indoors.



15:30 Relaxation Session (guided)

An indoor wellbeing session focusing on stress reduction and recovery. Includes a short lecture, breathing exercises, gentle stretching, and guided relaxation.

18:30 Sauna & Evening Calm

20:00 Open Fire Dinner

Dinner is prepared in the rustic Karsina space among the guests, over an open fire and glowing embers, using the finest seasonal Finnish ingredients. A unique experience combining deep smoky flavors with a relaxed, shared dining atmosphere.



DAY 3 – DEPART REFRESHED

08:00 The Terwa Breakfast

10:00 Short Winter Nature Walk (self-guided)

11:00 Light Picnic at the Lakeside Viewpoint

Includes tips and insights from a Rotisseur-level chef.

13:00 Light Lunch & Departure



Good to know :

Categories / Themes: Winter / Nature / Wellbeing / Private Experience / Group-friendly

Physical Difficulty Level: Easy

Season: Winter (December–March)

Duration: 3 days

Participants / Group Size: Minimum 8 guests

Minimum Age: 15 years

Languages: English

Rotisseur-Level Cuisine Included: Full board (excluding drinks)



Overnights Included in the Price: Two nights at The Terwa / Overnight in double room (high hotel standard)

Guide Included in the Price: Yes

Transportation: Activities usually start from the courtyard, but transportation to the activity location is always included. Separate transport services are available.

Optional Services:

- Airport transportation: 4 people or less €215 per direction / 4–16 people €380 / More than 16 people €490
- Massages
- Drinks

Sustainability Aspect: Nature-based wellbeing activities, small group sizes, and seasonal food support sustainable winter travel and respectful interaction with the Nordic environment.

Price: €1,295 / person (minimum 8 guests), incl. VAT
Includes full board (excluding drinks), activities, and guides.