

# EXPLORE!



## Family Finland Summer Adventure

FINLAND - TRIP CODE FSF

FAMILY

### Why book this trip?

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Finland is a wonderland country packed with adventure and exciting activities. Based in Kylmaluoma in the north-eastern Finland, known for its dramatic scenery and untouched wilderness. Enjoy an action packed week of canoeing, rafting, visiting a reindeer farm and watching brown bears in their natural habitat. The perfect opportunity to reconnect with nature and spend quality time together as a family, round the campfire.

- **Wilderness activities** - Experience white water rafting and a wilderness canoe trip in the endless lakes and forests
- **Brown bears** - Observe bears in their natural habitat, one of Europe's most impressive and elusive mammals
- **Wild swimming** - swim in one of the lakes around the cabins then relax with a traditional Finnish sauna

**INCLUDED MEALS**

Breakfast: 6  
Lunch: 5  
Dinner: 6

**TRIP STAFF**

Explore Tour  
Leader  
Activity Guide(s)  
Driver(s)

**TRANSPORT**

Bus  
On Foot

**ACCOMMODATION**

6 nights standard  
cabins

**TRIP PACE:**

Moderate

**GROUP SIZE:**

10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip at Kuusamo airport

After arriving at Kuusamo airport, we drive 70km to our base near Kylmäluom and check into our cabins.

**ACCOMMODATION:**

Kylmaluoma Cabins (or similar)

Grade: Standard Cabins



MEALS PROVIDED: DINNER

### DAY 2 - River rafting, reindeer farm visit and lassoing

After breakfast, we drive for around 1 hr 30 mins to try out our morning's white water rafting in the Oulanka National Park. After meeting our guides, picking up the rafting gear and practicing our rafting skills, we start our adventure which includes experiencing seven different rapids which are classed from grade one to three. The final rapid, named Harjakoski, is the highest graded rapid of the day and everybody will need to work together to manoeuvre over the rapid although invariably it will provide a nice refreshing splash of water! The raft is large enough for seven adults/teenagers and two children who sit in the middle of the raft. We also walk to an area close by to see some larger rapids. After lunch, we set

off to visit a reindeer farm which includes trying out our lassoing skills on a wooden reindeer figure and meeting and feeding these charming animals. Before leaving the farm, we have a break in a tipii, which is a wooden building with an open fire, and where we enjoy some drinks and delicious pancakes. Each evening we can relax in a Finnish sauna by our accommodation and for those who dare, swim in the fresh lake with temperatures are around 15-20 degrees in the summer.



ACCOMMODATION:  
Kylmaluoma Cabins (or similar)

Grade: Standard Cabins



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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### DAY 3 - Wilderness trail in the Finnish countryside

The area where we are staying is well known for its walking with over 54 kilometres of marked trails in the area and our guided walk through pine forest allows for a greater insight into the beauty of this pristine region. During the 4 to 5km walk which we do in a loop from and to our accommodation, we are able to learn more about the habitat of the local wildlife and have a picnic lunch around an open fire before returning to our cabins. There are further opportunities for additional walks in the area on the numerous trails or you can simply relax and enjoy the surroundings.



ACCOMMODATION:  
Kylmaluoma Cabins (or similar)

Grade: Standard Cabins



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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### DAY 4 - Canoe and wildlife search with afternoon free for walking

Today we take a gentle canoeing trip on the lakes and rivers which is a short walk near our accommodation. We use an open 2 man Canadian canoe to meander along the 10km route that takes us downstream via numerous tributaries and inlets which allow us to pass by the local wildlife on the river banks including birdlife, reindeer and the occasional elk (life vests are provided). There are plenty of well-marked hiking trails for you to explore later today with dinner being cooked tonight on an open fire by your Explore Leader.



ACCOMMODATION:  
Kylmaluoma Cabins (or similar)

Grade: Standard Cabins



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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### **DAY 5 - Drive towards the Russian border and watch brown bears in their natural habitat**

We head south-east towards the Russian border to Arola where we find a former dairy farm that is well-known for its delicious local food plus something else that is quite exciting. The farm is surrounded by remote woodland and Eero, the farmer, has built several log hides from which you can observe the majestic European brown bears that inhabit the area. Located in a small open wetland area, the hides have been designed to offer the best opportunity to observe the bears - each hide can accommodate up to eight people and is equipped with comfortable viewing chairs and a toilet. Although predominantly a solitary animal, bears do congregate in numbers within popular areas where food is plentiful. As with all wildlife, viewing cannot be guaranteed but in the last 2 years at this time of the year, bears have been seen on 100% of the allocated days at this site.



ACCOMMODATION:  
Kylmaluoma Cabins (or similar)

Grade: Standard Cabins



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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### **DAY 6 - Try out Wilderness 'Olympics'**

Our last day of the trip includes learning about numerous wilderness skills such as fire making using only the natural elements that are in the woods, orienteering around your surroundings and fishing on a nearby lake as part of a Finnish Wilderness 'Olympics'! The games will also include some exciting and fun activities such as molkky, which is a traditional Finnish throwing game where the players try to knock over wooden pins, tandem skiing which involves a group of people strapped on to wooden skis where they have to work together to move forward and Finnish darts which involves throwing darts onto a dartboard that has ten circles with each one giving varying scores.



ACCOMMODATION:  
Kylmaluoma Cabins (or similar)

Grade: Standard Cabins



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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### DAY 7 - Trip ends at Kuusamo airport

We drive to Kuusamo airport which takes around 45 minutes. The trip ends at the airport.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Finland

##### Climate

Finland's summer is generally warm and bright, with temperatures often reaching mid-20s. The days are long during the summer months of June and July as Finland is home to the Midnight Sun. The winter is often snowy and very cold with short days. Temperatures can drop well below freezing sometimes getting as low as -20.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Evangelical Lutheran	Finnish

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### Budgeting and packing

#### Clothing

The evenings/nights can be cold so bring a warm jacket/fleece and a raincoat.

#### Footwear

Waterproof walking boots with a good tread and ankle support. Trainers for relaxing.

## Luggage

20kg

## Luggage: On tour

One main piece of baggage and a daysac for personal items.

## Equipment

Bring a water bottle, torch, binoculars, camera, sunglasses and suncream.

## Tipping

### Local crew

Local Representative - At your discretion you might also wish to consider tipping your local representative in appreciation of the efficiency and service you receive.

## Finland

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10	£20	£6	£1.3

### Foreign Exchange

#### Local currency

Euro.

#### Recommended Currency For Exchange

We recommend that you take Euro cash with you to Finland as on this tour there is little opportunity to change money.

#### Where To Exchange

The tour leader will advise.

#### ATM Availability

ATM machines are available only in Helsinki, Helsinki airport, Kajaani (no ATM in Kajaani airport or in Paljakka). If you need money, it is important to mention this to the Explore Leader/driver at the airport and they will stop at the ATM in Kajaani before driving straight to Paljakka.

#### Credit Card Acceptance

Hotels do accept credit cards.

#### Travellers Cheques

We do not recommend that you use travellers cheques as they can be difficult to exchange

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## Transport, Accommodation & Meals

### Transport Information

Bus, On Foot

### Accommodation notes

We stay in comfortable log cabins within the camping area of the Kylmaluoma Hiking area. The cabins have a kitchen and dining/lounge area which has a single bed plus a bedroom-alcove with two bunk beds (total of 5 beds per cabin although some have six beds). Facilities include; heating, a refrigerator, TV, microwave oven, coffee maker, water heater, electrical stove, toilet and shower. There are also some separate apartments, a restaurant and reception area plus a traditional Finnish sauna which is available every night. Wi-Fi is available in the restaurant and reception.

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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Finland: Visas are not required by citizens of the UK, US, Australia, New Zealand and Canada. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the



United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Ability to swim**

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in canoeing then we insist that you are able to swim.

## **Finland**

### **Vaccinations**

Nothing compulsory though we recommend protection against tetanus and polio. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Family information**



Finland wilderness

**Finland's great wilderness:** The summer months are a truly magical time to experience the wilderness of northern Finland with its endless lakes and forests, carpets of wildflower meadows, wild berries in abundance and reindeer trotting around the campsite.

You will be guaranteed the warmest of welcomes as our experienced Explore leaders showcase the best the Finnish great outdoors has to offer with forest hikes, swimming in lakes, taking a traditional Finnish sauna, wood cutting and fire making; white water rafting and a wilderness canoeing trip. We also have the chance to see bears in their natural habitat, heading towards the Russian border. Here we spend the afternoon in a specially constructed hide to watch Brown Bears, one of Europe's most impressive and elusive mammals.

**Cabin information:** Our base for the week are comfortable rustic cabins which can accommodate up to 5 people per cabin. Each cabin has its own bathroom, TV, fridge and kitchenette, families of 6 or more will be split over two cabins. Please ask our Sales team for further information.

**Average Age:** As a guide we have identified the actual average age of the children who have travelled on this trip over the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 11 years old; this trip is suitable for children of all ages from 7 upwards.

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### **Additional Information**



## Why book this trip

This adventure has been especially designed with kids in mind. Daily activities are easy and walks can be shortened or extended if needed. With a range of wilderness activities that include white water rafting in Oulanka National Park, visiting a reindeer farm, paddling on crystal-clear lakes plus bear watching, this trip is perfect for families wanting to discover a country and area that is well known for its beauty and with most of the meals and activities all included.



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**