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MULTI-ACTIVITIES IN THE HEART OF THE TAÏGA

Discover a world of calm blue lakes, towering trees and impressive Arctic landscapes - If you love nature and outdoor activities, this Finnish adventure, in the heart of the taiga, is for you. This trip features a range of outdoor activities which have been practiced in this region for centuries and includes a 4 day canoeing expedition through the untamed wilderness of Hossa National Park... An innovative itinerary and a unique chance to fully explore this beautiful region through a range of invigorating activities.

Region	Hossa
Activity	Canoeing Discovery Multi-activités été Summer
Duration	11 days
Group	2 to 12 people
Code	A4
Price	From €1,850
Level	3/5
Comfort	3/5
Language(s)	French / English

ITINERARY

Day 1 Welcome to Finland



Arrival at Kuusamo airport and coach transfer to Hossa village located at the entrance to Hossa National Park (about 1 hour) - we will escort you to your accommodation where you can enjoy dinner together with your guide.

Dinner at the hostel

Accommodation: hostel or cottage

Day 2 Hiking



Today we will hike around the stunning Canyon Lake of Julma Olkky. The lake has fantastic views of the gigantic Russian Taiga and this hike is ideal for a first day immersion in this unique location.

Activities: 4 - 5 hours of hiking

Accommodation: hostel or cottage

Days 3 to 6 Canoeing Expedition



Today, we leave for a 4-day canoeing expedition. We will spend each night sleeping in tents next to the water, by the fire enjoying total wilderness immersion in one of the last unspoiled natural areas in Europe... Our journey begins in the North of the park with a visit to the impressive stone age cave paintings of Värrikallio; we will paddle southwards, across the lakes, to Laukkujärvi cabin and Lake Hossanjärvi. A real adventure in a stunning area with a range of flora and fauna and a particularly rich variety of birds. We will explore Karelian forests where brown bears and moose roam, forage for arctic berries and mushrooms and fish for trout to fill our plates.

Accommodation: 3 nights in tents - night of day 6 back in the hostel

Day 7 Free day



After four days of canoeing, today is a day to relax. We have lots of optional activities available for your free day... you can go fishing and swimming in the lake, enjoy the sauna and go hiking or discover our kennels with our 164 lovely dogs...

Optional yoga courses:

- Forestyoga: the perfect way to connect with the Finnish nature, breath in the pure refreshing air and calm your body and mind. The beautiful ridges and pine forests of Hossa offer a spacious and luminous yoga hall, where the nature traveller can find a tranquil spot for a moment to enjoy yoga

exercises for all abilities.

Duration: 1hour

- Saunayoga: Together the slow rhythm of movements, the silence and dimness of sauna and the gentle warmth create a sensation of deep relaxation. Saunayoga increases circulation and enhances metabolism, which contributes to detoxification and purification of the body.

Duration: 1hour (30 minutes yoga)

- Finnish Wilderness bath: This interesting excursion is a lovely dive into Hossas own 'Green Spa' with magnificent views of the lakes and ridges. You can experience the invigorating health effects of the natural environment and the sauna whilst doing easy yoga and concentrating on mindfulness.

Duration: 2,5hours

Accommodation: *hostel*

📍 Day 8 **Dog walking**

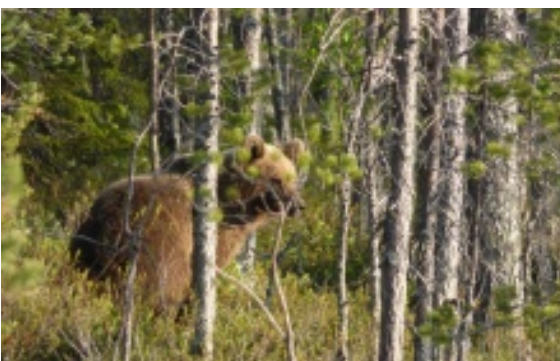


Today we will go hiking with the dogs in the beautifully preserved National Park. Try Inuit dog walking techniques, harness up to one of our energetic huskies and feel their energy as together you explore this stunning wilderness area - an intimate and unforgettable experience. Today is a real opportunity to learn more about these typical animals from the Far North and this evening we will enjoy a dinner cooked on a wood fire at the edge of the lake.

Activities: 4 - 5 hours of walking

Accommodation: *hostel*

📍 Day 9 **Optional bear-watching**



Today is a free day with the opportunity to join a bear watching tour in the South of the boreal forest, close to Russia. This area has more brown bears that anywhere else in Europe and the bear watching conditions are second to none. For those who do not want to take part to this activity we have lots of other recommendations including a visit to a nearby museum about predators.

NB: Bear-watching is only available until mid-august

Replacement recommended activity: Museum visit

Accommodation: *hostel*

📍 Day 10 **Mountain biking through the Taiga**

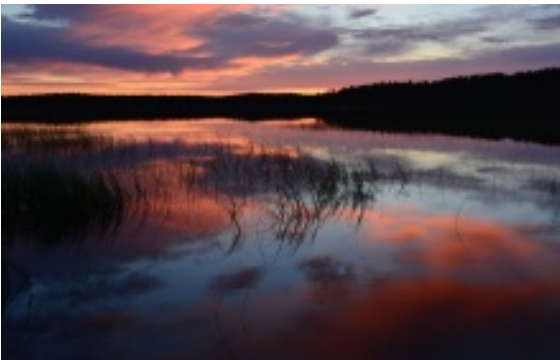


Today is a chance to go mountain biking in the National Park... cycle along bright blue lakes and across rocky ridges - there are lots of varied and accessible routes here and it is a fantastic way to explore the taiga! We will have lunch on a fireplace and continue our way through the boreal forest.

Activities: mountain biking

Accommodation: hostel

📍 Day 11 Flight back home



Transfer to Kuusamo airport and flights back.

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the programme may be made.

Other trips you may like



Multi-activities under the midnight sun: Go canoeing, mountain biking and hiking; observe reindeer, moose and bears -this multi-activity summer trip is one to remember and includes overnight mountain biking and canoeing trips in the heart of Hossa National Park...

DATES & PRICES

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
07/06/2025	17/06/2025	€1,850	Yes	
21/06/2025	01/07/2025	€1,850	Yes	
06/07/2025	16/07/2025	€1,850	Yes	
16/07/2025	26/07/2025	€1,850	Yes	
30/07/2025	09/08/2025	€1,850	No	
20/08/2025	30/08/2025	€1,850	No	

International departures:

No departure for now

Trip code: A4

Included

- Transfers from/to Kuusamo airport
- Hiking in the National Park & hiking with dogs
- A 4 day canoe expedition
- All accommodation: 3 nights camping plus hostel/cottage accommodation
- All technical equipment needed including camping gear
- A bear-watching opportunity
- Mountain biking in the taiga
- Full board from D1 dinner to D8 breakfast
- Activities supervised by our expert guides (bear-watching is run by an English-speaking local)

Not included

- Flights

Additional Options

Please let us know if you would like to reserve any of the following optional activities/supplements:

- Accommodation upgrade - hotel/cottage options possible depending on availabilities: prices vary
- Reindeer farm visit: €10 or farm visit with dinner €40
- Bear-watching: prices vary
- Museum visit: payable locally
- Yoga lessons: prices vary

Notes

Comfort: 3/5 Various

Some of our trips involve a mixture of accommodation options. These trips often include several nights of camping interspaced by guesthouse stays and often with hotel accommodation for the first and last nights. This trip includes 3 nights in tents, hostel and optional cottage accommodation.

Level: 2/5 Moderate ; 3/5 Challenging

In general no previous experience in the specific activity is required but you should be in good physical shape and prepared to participate in 4-6 hours of activity per day. This trip includes a 4 day canoeing expedition which may include 6+ hours of activity

per day. You should have a sense of adventure and a positive attitude to join this trip. Please note that our difficulty ratings may vary depending on the weather.

Canoeing: No previous canoeing experience is necessary but we ask that you can swim at least 100m

Mountain biking: To join our mountain biking day you should be able to ride a bike

Minimum age: 8 (please [contact us](#) for more information)

International flights

Flights are not included but this trip includes airport transfers to/from Kuusamo airport - please [contact us](#) if you require transfers to/from somewhere different.

Terms and conditions

Booking conditions

Booking a trip with Norwide implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Norwide reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Norwide require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date we receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Norwide may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the

rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Norwide as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Finland team know the country inside out. All activities are lead by our qualified guides who are English speaking outdoor practitioners with a passion for everything Finnish. Please note that our optional activities like yoga classes and bear-watching may not be run by Norwide guides but will be run by qualified English speaking professionals. It is possible that your group could be international, therefore several languages might be spoken by your guide.

Food

This trip includes full board from dinner on day 1 to breakfast on day 8. You will have the chance to try some traditional Finnish meals like smoked fish, salmon soup, reindeer stew and traditional cakes - please be aware that fresh fruit and vegetables are rare in our isolated northern location.

- At the Hotel: A generous buffet breakfast is served at the hotel restaurant each morning and three course dinners are provided in the evenings.
- Lunches: Picnic lunches are provided on our activity days including hot food cooked on wood fires
- On expedition: We like when the whole group work as a team to cook a traditional style dinner with their guide during our nights in tents - it creates a pleasant atmosphere as we reflect on the days adventures together. We will have the chance to forage for berries and mushrooms and to go fishing to add to our meals.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

Accommodation

Our basecamp is located in the heart of Hossa National Park, more than 60 miles (+100kms) away from a village or shop - no mass tourism hubs or Santa Claus Village here with us! There are 23 inhabitants in and around Hossa, most of them are reindeer farmers and yes, there are more bears here than people! We live here peacefully and we work closely with authorities to protect and preserve this stunning National Park. During your stay, you will not have many opportunities to meet local people since there are very few of them but you may cross paths with ice fishers or Nordic skiers and visit local reindeer farms.

This trip includes 7 nights in hostel accommodation and 3 nights in tents. Cottage options available.

Our cottages:

- The Classic Cottage option has a living room/kitchen area with twin or bunk beds plus a private bathroom and sauna
- The Premium Cottage has a separate bedroom with a double bed, a living room, kitchen, a private bathroom and sauna

Hostel accommodation: shared kitchen and bathroom facilities, sauna access

Camping: we provide tents, mattresses and sleeping bags. We always set up camp near a fire - an ideal way to get closer to nature and to enjoy this beautiful wilderness environment

Bedding and towels are provided by Norwide but we recommend that you bring another towel for the saunas.

Transportation

This trip includes transfer by coach and 4x4

Budget & exchange

The currency in Finland is the euro. Please budget for the following:

- Personal expenses and drinks
- Any additional activities/supplements

Supplied equipment

We will provide you with all technical equipment needed. We will supply you with the following for the duration of your trip:

- Bedding and towels
 - linen for hotel/cottage accommodation and warm sleeping bags & sleeping mats for camping
- Tents and group camping equipment
- Bike helmets for mountain biking
- Canoeing gear including Personal Protective Equipment (PPE)
- Protective waterproof bags for your belongings during our canoeing expedition

Vital equipment

You must bring with you:

- A sleeping bag liner
- Sturdy walking boots
- Sunglasses (minimum UV 400)
- Sun cream
- Any personal medication
- A headtorch with spare batteries (from August)
- A suitable water bottle/flask (min 1L)

Material

We prefer that you do not wear any cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm

Winter in Finland can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, including underwear and gloves
- Wear multiple layers including:
 1. A warm breathable base layer
 2. A second thermal layer
 3. Wind and waterproof protective out layer (we provide a quality jacket and over trousers for activities)

Helpful equipment

We recommend packing:

- A pair of rubber boots or water shoes for canoeing and to cross rivers
- Wool socks
- A wind and waterproof jacket with a hood
- A warm jacket
- Warm fleece/jumper
- Suitable underwear and thermals
- Waterproof trousers
- A swimsuit
- Suitable t-shirts, trousers & shorts
- A hat or cap
- A towel for the sauna
- Appropriate pyjamas
- A pair of gloves
- Slippers or comfortable shoes for in the cottage/hostel
- Bug spray/mosquito net

You may also consider packing:

- Wetwipes
- Blister plasters
- A camera (and suitable protective case)
- Plastic bags for wet/dirty clothing
- A knife
- Toilet paper + lighter
- A Notepad and pencil

Luggage

You may bring a hold bag (up to 20kg) as well as a cabin bag.

For you hold luggage please bring a soft bag like a ruckack rather than a hard cased suitcase because it is more practical. We also recommend that you pack your clothes in plastic bags inside your rucksack so that they stay dry in the event of bad weather.

Do not forget to bring a small rucksack to use as a day bag (25/30L). You can bring this as hand luggage on the plane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag.

Medicine

Your guide is trained first aider and will carry a full appropriate first aid kit. We recommend that you bring with you a small first aid kit as well as any medication you may need with you such as inhalers, plasters and painkillers.

A valid [European Health Insurance Card \(EHIC\)](#) will insure that you can access state-provided healthcare for free or at a reduced cost.

Passport

You will need a passport that is valid for at least three months after your return date.

Visa

UK passport holders do not require a VISA to visit Finland which part of the Schengen cooperation.

The [Ministry for Foreign Affairs of Finland](#) lists the accepted travel documents and visa requirements for every country.

Mandatory vaccines

There are no specific health risks

Weather

Between early June and early August, temperatures reach +20°C (+68°F) in the day and sometimes even +30°C (+86°F) (37°C (98.6°F) in Joensuu in July 2010!).

The summer is relatively warm but also very bright - Finland enjoys long sunny days. In the far north, the sun does not set from mid-May to the end of July. In the center and the south, the summer sun shines for 18 to 20 hours.

The temperature of the lake water is between 18 - 24°C, the waters are shallow and warm up quickly with the long sunny days and the good Finnish summer temperatures. The midnight sun is visible in summer in Lapland and in the regions above the Arctic Circle.

Electricity

Finland uses the standard Europlug socket with two round prongs (50Hz/230 volts)

Local time

Finland uses Greenwich Mean Time (GMT)+2 and observes Daylight Saving Time making it GMT+3 during the summer months

Topography

Area:+130502 square miles (+338,000 km²) which consists of around 10% water, 69% forest and only 8% cultivated land

Size: It is the seventh largest country in Europe,+720 miles (1160km) North to South and +335 miles (540km) East to West

Borders: Sweden, Norway, Russia and the coast

There are said to be 187888 lakes here in Finland and 179584 islands including a concentration of islands off the South West coast which forms the largest archipelago in Europe.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

Here in Finland we work in partnership with Metsähallitus to protect Finnish waters and forests - an exclusive agreement which enables us to use the roads of Hossa National Park. Our kennel is cleaned daily and subject to regular veterinary and we work with MyClimate to offset all carbon emissions produced by snowmobiling activities and transfers.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during ourtrip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates. Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.