

# IT'S IN OUR NATURE

JOIN US TO EXPLORE THE TRUE NORTH

**FINLAND, SEPTEMBER 2018**



**THE LOCAL WILD FOOD CHALLENGE: FINLAND - 11.09 - 16.09.18**

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# KrapiHovi & hotel, host of the Local Wild Food Challenge 2018







Day 1 - 11.09.18 (D)

We suggest that guests arrive the day before, or on a morning arrival. Should Clients arrive later, we will make sure they can join the program on arrival.

Meet and Greet in Helsinki during afternoon. Sightseeing of the major sights in Helsinki, including the Cathedral, Senate Square, views of Uspenski Cathedral, Finlandia Talo and the Finnish Parliament.

Time to wander in the famous Old Market Hall where your guide will point out local and regional flavours, including some tastings from the vendors, such as meats, cured and salted fishes and more.

Dinner at Restaurant Aito or similar. 3 Courses with pairing wines.

Overnight at 4\* Hotel Kluuvi right in the heart of the city centre in Comfort Rooms.





Day 2 - 12.09.18 (B, L, D)

Meeting your guide in the morning, at the lobby of the hotel, you'll walk through the outdoor market area to the Harbour. Travelling by ferry, you arrive at Suomenlinna Fortress Island.

This UNESCO world Heritage site is an active Fortress, as well as a popular place to take walks with locals and visitors alike.

After walking the island, we'll head over to Suomenlinna Brewery for lunch. Here we will have a selection of tastes to share from the Famous Brewery Sausages, Toast Skågen (Shrimp and Roe with lemon and dill) and Carelian Pies with Salmon Pastrami and smoked Vendance, or perhaps a warming bowl of Salmon Soup. Naturally, we'll enjoy a beer from the brewery!





## Day 2 Continues:

On arrival back to the mainland during the early afternoon, you'll continue by bus to Helsinki Distillery for a tour of the small distinctive Distillery, followed by a tasting of 3 Spirits + a Helsinki Dry Gin and Tonic.

Returning back to the hotel around 5pm, some free time before dinner.

The Hotel is adjacent to the main shopping streets and market area.

Meeting with your guide for the short walk to dinner.

Sharing Starters, main course and dessert at a Traditional Finnish Restaurant, Savotta or similar.

Dinner includes 3 courses and half a bottle of wine per person.

Return to Hotel Kluuvi for overnight.



Day 3 - 13.09.18 (B, D)

Breakfast at the hotel. We advise checking out and placing luggage in the luggage room at the hotel.

Free morning to revisit Helsinki centre area or explore some new districts! We recommend trying a casual lunch at Restaurant WILD - your guide will offer you other suggestions!

Meeting the guide and bus early afternoon at the hotel, to take guests out of Helsinki towards lake Tuusula. Arriving at Krapi's Homestead within an hour of the Capital, guests check into the hotel (the Cow Shed at this former Dairy).

There will be a short walk around the location, with an introduction to each of the buildings on the site, followed by a welcome to the Manor House, which was once the original Family Home of the previous owners.

Extensive buffet in the Manor house, including home cured sausages, Fish dishes, Roe, Salads, Meats, Homemade Breads, Dessert, 2 glasses of wine and coffee / tea.



Day 4 - 14.09.18 (B, L, D)

Morning Departure with local nature guide to the Forests.

The Finnish people have a strong connection with the forests and it's wild food. It is written into the Laws of Finland that everyone has the right to roam and pick the wild food from the forests, for their own personal consumption. This is called "Everyman's Right".

Late Summer and Autumn is an excellent time for Mushrooms such as Chanterelles, Black horn-of-plenty, Yellowfoot, Ceps, Russulas and Milkcaps. Your guide will help you identify them and we hope there are some to take home.

We might find some berries as well, such as Lingonberries and Bilberries.

Guests will enjoy a snack lunch around the open fire, of Rye bread sandwiches, Finnish Gravaglax, cheese, salads, Finnish Sausages, Cardamom "Pulla" bread and warm drinks. Good walking shoes and outdoor clothing are recommended to bring from home, as regretfully we can't provide them. The tour will go ahead in almost all weathers!

Day 4 Continues:

No trip to Finland would be complete without the chance to try out an authentic Finnish Sauna!

This Smoke Sauna is one of only a few in the Capital Region and lies next to the hotel on the shores of Lake Tuusula.

Spruce Logs are burned whole underneath the building for 7 hours to heat up the interior as it fills with smoke. Shortly before guests arrive, the smoke is released from the Sauna area and replaced with fresh air from the outside. This leaves the inside smelling of the aroma of burnt wood and with dark smoke tinged walls, giving a unique sauna heat. Guests are welcome to take turns or wear bathing suits in the sauna and we will make sure everyone is shown the etiquette.

Dip in the cool lake between saunas for the complete experience. 2 Sauna drinks are included (beer, cider or sparkling gin drink “ Lonkero”).

Home cooked dinner in the program kitchen and private dining area at Krapi with 2 glasses of wine.





Day 5 - 15.09.18 (B, D)

Free morning to explore on foot, or rent a bicycle from reception, visit the local museums (Jean Sibelius former home, burial place & Museum is a short taxi ride or a walk away)

### LOCAL WILD FOOD CHALLENGE!

Participate or watch and enjoy the event!

On this night, you will receive vouchers for Street food + 2 house wine or beer at the event area next to the hotel.

Overnight as previous night.





Day 6 - 16.09.18 (B)

After breakfast at the hotel, guests say goodbye to new friends and to Finland.

Independent taxi to the airport or back to Helsinki (taxis can be arranged at the hotel reception)

From Helsinki, it is possible to extend your trip in many ways, including:

- \* Tallinn, Estonia (2 hour ferry ride)
- \* Stockholm, Sweden (overnight ferry ride)
- \* Lapland (no snow in Autumn but Northern Lights! a short plane ride or 12 hour train ride)

If you'd like to extend your stay, just let us know and we can help.