



## Tour Name

---

Online Helsinki Experience: Sauna and Ice Swimming

## Tour City

---

Helsinki

## Tour Snapshot

---

Discover everything about authentic Finnish sauna and wellness rituals, from ice swimming to quirky local habits and sauna drinks. Chat with a local Finnish guide on this interactive virtual experience and teach your body and mind to endure extreme heat and cold.

**Note: This tour starts at 6pm (Sundays) local Helsinki time. Please remember to check the corresponding start time for your time zone. Your email confirmation will be in Helsinki local time.**

### Highlights

- Discover how sauna bathing combined with ice swimming can improve your mood
- Learn the health benefits of exposing your body to extreme temperatures
- Learn to master essential sauna vocabulary
- Discover the many different ways to enjoy your sauna and cold-water swimming experience

- Test your newfound knowledge with a fun interactive quiz

### **Local Impact: How you will help the local community by joining this tour:**

- By taking this tour, you are helping a local tour guide to earn an income unable to work due to the COVID-19 global pandemic

Inclusions: Local, English-speaking guide.

### **Schedule details**

- Duration:1 Hour
- Meeting point:  
From the comfort of your own home!

**This tour starts at 6pm (Sun) Helsinki time. Please remember to check the corresponding start time for your time zone. Your email confirmation will be in Helsinki local time.**

[Time zone converter >](#)

- Starting time: 6.00 PM
- Ending point:  
The comfort of your own home.

## **Full Itinerary**

---

The only Finnish word to have made its way into everyday English is "sauna." But do you know how to pronounce it the correct way? Learn this and many other local tips in this interactive online experience about Finland's sauna culture!

Your host will explain the differences between public and private saunas, and bust some myths related to saunas. They'll also teach you sauna etiquette and some of the essential words you need to know, all of which will make your future in-person visits to Finnish saunas significantly smoother. Mastering the dos and don'ts will help you to focus on the most important thing:

relaxing.

Your host will tell you about essential sauna gear and explain the seemingly quirky traditions like whipping yourself with a bundle of birch twigs, and why it's so natural for Finns to bathe in a sauna fully naked. Learn about the typical local drinks to keep you hydrated and make your sauna experience complete.

You'll also discuss the benefits of cold-water immersion and learn some tips and tricks to prepare yourself at home to endure cold conditions.

We will finish our online experience with a fun, interactive quiz about sauna bathing and ice swimming. But before we sign off, your host will take a cold dip live on-camera, to prove that anyone can do it – including you!

### **Additional information**

Inclusions: Local, English-speaking guide.

Your Trip: For your online Urban Adventure experience, you will be in a small Zoom group of a maximum of 20 people.

Confirmation of booking: After booking, you will receive an invite with a personal link for the experience. Multiple guests may participate from one device.

Cancellation Policy: Cancellations more than 1 day before the experience will receive a full refund. Cancellations within this period attract a 100% cancellation fee.

Additional Information: This is an interactive online experience encouraging you to take part and ask questions. Your host will be delighted to meet you and welcomes you to introduce yourself in the beginning through video and microphone connection. But if you prefer to keep your video off, that's totally fine as well. Make sure that you are in a comfortable location with good internet connection where you can follow through your device screen, the laptop is recommended.

### **Local contact**

Office phone number: +358445189472

Email address: [Kati.Pankka@peakadventureleaders.com](mailto:Kati.Pankka@peakadventureleaders.com)