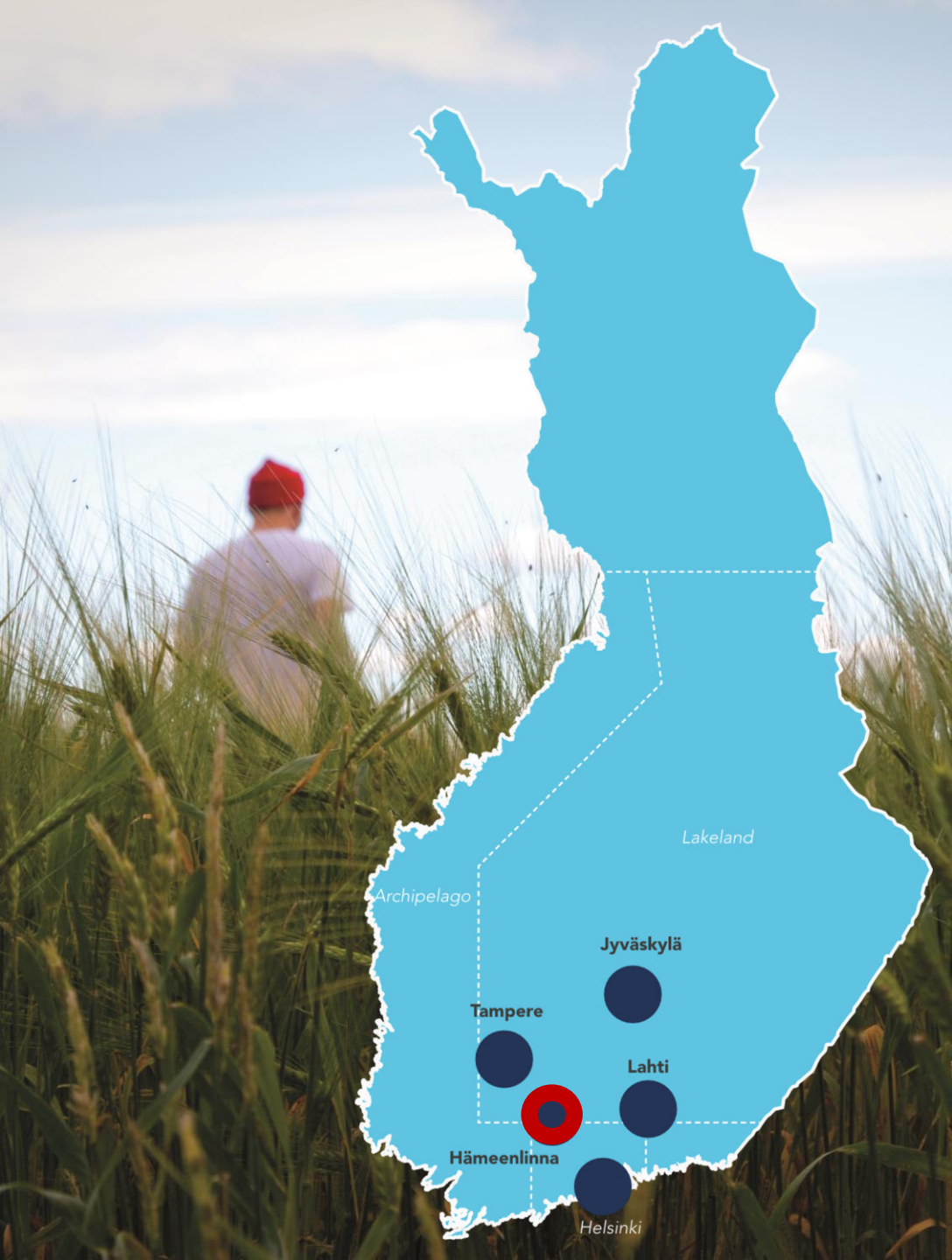




Finnish Lakeland – Häme Region

The Heartland of Happiness





MAP – Häme Region

- 1 hour
 - From Helsinki
 - From Airport
 - From Tampere
 - From Lahti
- 2,5 hours
 - From Jyväskylä
- To Rovaniemi
 - By night train about 10,5 hours
 - By airplane from Helsinki Airport 1 hour and 15 minutes





Culture and history in Häme

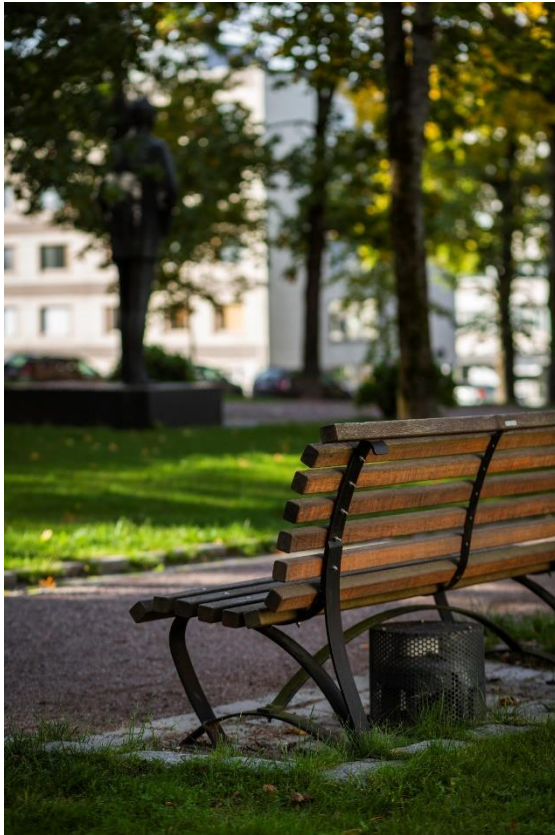


Häme Castle

- Best preserved medieval brick castle in the Nordic countries, built in 13th century.
- Next to Häme Castle two other museums:
 - The Prison - Finland's largest prison museum
 - Museo Militaria museum is showcasing the history of Finnish war history.
 - Escape from castle game and the hidden places of the castle guided tour.
- Historical Ox Road from Turku Castle to Häme Castle Old Churches – cycling route
- Old historical and medieval churches in Häme region:
 - The Holy Cross Church in Hattula
 - Church of St. Lawrence in Janakkala
 - Vanaja Church in Hämeenlinna



In the footsteps of Finnish national composer Sibelius



- Birthplace of Jean Sibelius as a Museum
- Sibelius Park with musical benches
- The school where Sibelius used to study
- Sibelius Forest with the scenery where Sibelius got his inspiration for his music



Finnish Design and Fashion



Häme is famous of glass design, glassblowing history and textile industry.

The knowledge, craft and skills of handmade glass production is part of the UNESCO's Representative List of Intangible Cultural Heritage of Humanity.

- Experience the magic of glass in Iittala Village
 - Iittala Glass Factory and Design Museum Iittala
 - Iittala Outlet, Kultasuklaa chocolate Factory and small handicraft boutiques
- The Finnish Glass Museum and Hyttikortteli in Riihimäki
 - Glass blowers studios and glass blowing experience
- History of textile industry in Forssa Museum and Pattern Centre
 - Textile printing workshop



Aulanko nature reserve



- Nature destination by public transportation, only 15 min from Hämeenlinna city center.
- Aulanko Nature Reserve and Sibelius Forest in Hämeenlinna city.
 - The view from the observatory is said to have been a source of inspiration to the famous composer Jean Sibelius.
- Aulanko is part of National Urban Park in Hämeenlinna.
- Hotel and spa Scandic Aulanko
- Nature trails, canoeing, horse riding, biking routes and golf.
- Activities
 - Horse stable
 - Two golf courses
 - Aulanko Outdoors – guided activities and equipment rental
 - Hugo park – three top climbing
 - Aulanko Nature activity center – café and activities
 - Aulanko tower café



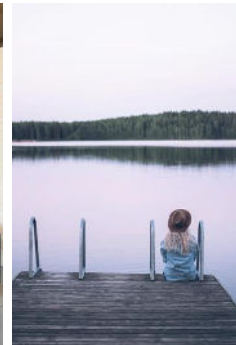
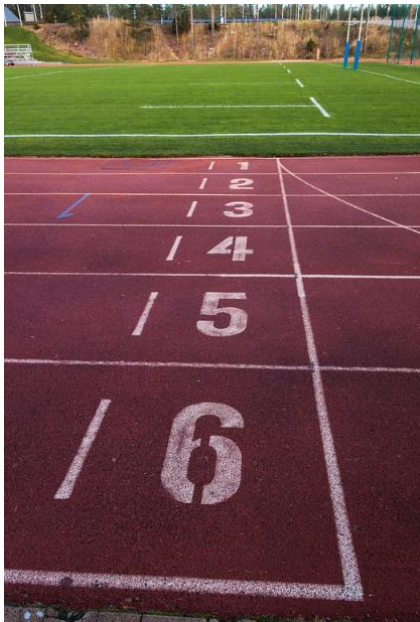
Liesjärvi and Torronsuo National parks



- Two National Parks and 16 other nature parks.
- 785 lakes in Häme Region
- Liesjärvi National Park
 - Forest of verifying ages, experience Kynnäräharju ridge between lakes, rich bird life, Nature, trails, lakes
 - Korteniemi Heritage Farm, where you can find out how people used to live in rural Finland.
 - Several marked trails (1,5 km – 5 km) linked to the Häme Ilvesreitti trails that extends over more than 200 km.
 - Accessible trail 3,8 km.
- Torrnsuo National Park
 - Piece of Lapland one hour from Helsinki. Torrnsuo is Finland's deepest swamp.
 - Marked duckboard trails: 1,5 km trail or 10 km circle route.
 - Accessible trail 650 m.



Eerikkilä Sport & Outdoor Resort



- Eerikkilä Sport & Outdoor Resort
- Next to the Ruostejärvi Recreation Area and two national parks.
 - Next to Torrnsuo and Liesjärvi National parks.
- Wide range of rental equipment and guided services.
 - Resort pass includes activities and equipment.
 - All access sport and wellbeing holiday includes the resort pass.
- Accommodation possibilities
 - Villas
 - Holiday apartments
 - Hotel
- Restaurant, indoor and outdoor sports and sauna services.



Nature routes

- Different kind of hiking, biking and canoeing routes in Häme region
- Biking trails
 - Ox road of Häme gravel biking route 70 km
 - New biking routes:
 - Liesjärvi national park Häme lynx trail biking route, 19,6 km
 - Kiipula mountain bike trail, 10,7 km
 - Kalvola church trail gravel biking route, 51,7 km
- Canoeing routes
 - Vanajavesi 3-7 days
 - River Loimijoki 2-5 days
 - River Kaartjoki 4 hours





VISIT
HÄME

Iloranta farm

- Iloranta farm
 - Iloranta countryside resort surrounded by forests, fields and lakes.
 - Accommodation with full-board. We serve you authentic and uncomplicated Finnish food, locally produce.
 - Finnish countryside at Hämeenlinna.
 - Open all year.
- Soft activities
 - Forest bathing, like forest walking and mindfulness in nature
 - Rye-bread baking and fishing.
 - Experience the quiet and darkness
 - Sauna experience



Jokioinen museum railway



- Steam locomotives
- Hire a handcar for your own trip on railway.
- Trains of the Jokioinen Railway have been running on this narrow gauge railway in the municipalities of Humppila and Jokioinen for more than one hundred and ten years.
- Ride the 23 km railway true countryside with the museum train.
- Scheduled steam trains on June, July and August.





Amazing sauna experiences



- Vanai Bistro & Bastu – experience sauna and dinner + drinks near the city center in Hämeenlinna
- Olympic sauna in Aulanko
- Lato-spa sauna in a 100 years old Myllytalo with relaxing treatments. 10 minutes away from Hämeenlinna.
- Jalo-lautta in private lake in Loppi
- Viking sauna world in Humppila with seven different saunas, one of them even up in the tree!



Food experiences in Häme



- Hotel Vanajanlinna, Hämeenlinna

- Hotel Vanajanlinna is an award-winning and respected meeting, event and party venue. Throughout the ages, Vanajanlinna has served its guests with delicacies made from locally produced ingredients and prepared by top chefs.

- Restaurant Piparkakkutalo, Hämeenlinna

- Restaurant Piparkakkutalo (Gingerbread house) is a traditional, high-quality restaurant located in historical building in Hämeenlinna city center.

- Restaurant Uoma, Hämeenlinna

- In Uoma, we approach quality handcrafted food with a relaxed feel. The cuisine focuses on Nordic ingredients, respecting the tastes of the rest of the world.



Lepaa winery



- Lepaa winery has a long tradition in wine making. Church wines were made as early as the early 20th century. Teaching at the horticultural school began in 1912 and the making of berry and fruit wines was an important part of the teaching.
- Today, the Lepaa winery is a training and research venue for the farm wine industry, producing about 15,000 liters of berry and fruit-based farm wines, ciders and liqueurs each year. The raw materials for the products come from our own or nearby farms.
- Lepaa winery has guided tour in the production area and in the garden.
- [Lepaa winery](#)
- [Lepaa manor](#)

Olutmylly brewery



- Brewery Tour - Olutmylly

- Located in Forssa.
- Visit the TapRoom, Open Thu–Sat 11-18.
- Brewery tour
 - Learn about local craft beer production and its various processes at a microbrewery Olutmylly in Forssa. d positive mentions in beer reviews.
 - The tour continues with a tasting that provides an introduction to beer flavour profiles.
 - Price €20/person

Accommodation



- Hotel accommodation
 - Sokos hotel Vaakuna Hämeenlinna
 - Scandic Aulanko
 - Vanajanlinna hotel
 - Fabric Forssa
 - Eerikkilä Villas
 - Hotel Emilia (re-opened 2023)
- Unique accommodation
 - B&B Marin & Maijan
 - Hostel Naurava Kulkuri
 - Myllytalo
 - Hunajakoto B&B



Best place for golf lovers



- Linna Golf
 - Ranked 86th in Europe's top 100 golf course list.
- Tawast Golf
 - 5 minutes from Linna Golf
- Aulanko Golf
 - Two courses in Aulanko
 - 20 minutes from Linna Golf
 - Finland's oldest golf course Hugo
- Hattula Golf and Lepaa Golf
 - Two courses in Hattula next to Hämeenlinna
 - 30 minutes from Linna Golf
- Ypäjä Golf
 - Next to Forssa
 - 1 hour from Linna Golf

Educational travel



- Eerikkilä Sport & Outdoor Resort
 - Next to Torronsuo and Liesjärvi National parks.
 - Wide range of rental equipment and guided services
 - Restaurant, indoor and outdoor sports and sauna services.
- Iloranta farmstead
 - Forest bathing
 - Experience the quiet and darkness
- Aulanko Nature Activity Center – nature education
- Elonkierto - an agricultural and natural resources research exhibition park and petting zoo that reflects the history and present of food production.
- Kaupunkikalastus – fishing trips
- Themes for educational travel and technical visits
 - Bio and Circular Economy (Forssa, Hämeenlinna)
 - Dairy and Agriculture (Mustiala, Tammela and Jokioinen)
 - Forestry (Evo, Hämeenlinna)
 - Gardening & horticulture (Lepaa, Hattula)
 - Water protection & nature sciences (Lammi Biological Centre, Hämeenlinna)
 - Teacher education (Hämeenlinna)



THANK YOU!

**More information
www.visithame.fi**

**Instagram www.instagram.com/visithame/
Facebook www.facebook.com/visithame/**

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