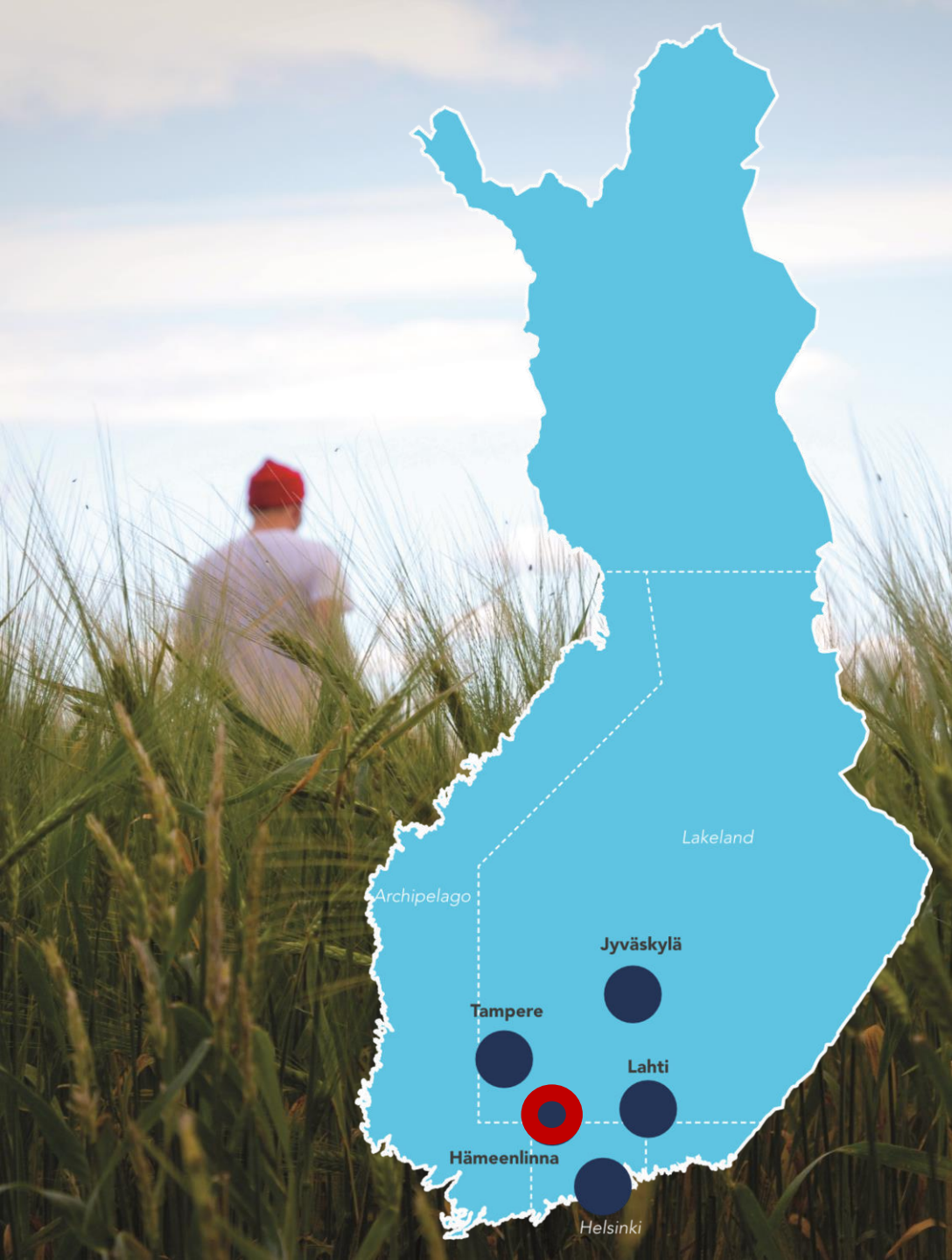




Finnish Lakeland – Häme Region

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

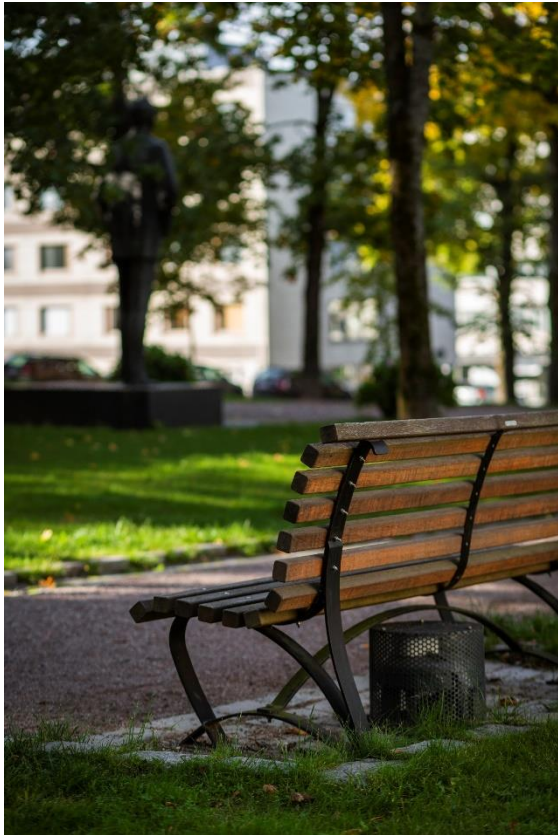


Häme Castle

- 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
- Old historical and medieval churches in Häme region:
 - The Holy Cross Church in Hattula
 - Church of St. Lawrence in Janakkala
 - Vanaja Church in Hämeenlinna
 - Loppi Old Church – Santa Pirjo



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.

- 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
 - Learn about the history of glass design in the Finnish Glass Museum
 - Glassblowers studios in Hyttikortteli
 - Experience glass blowing in Mafka & Alakoski
- History of textile industry in Forssa
 - Pattern Centre with collection of printed textiles
 - History of textile industry in Forssa Museum and Spinning Mill Area
 - Try textile printing in workshop at Rykkeri



Nature destinations also by public transportation



- Nature trails, canoeing, skiing, skating and biking routes.
- 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.
- 785 lakes in Häme Region
- Two National Parks and 16 other nature parks.
- Liesjärvi National Park
 - Nature, trails, lakes and historical Korteniemi farm.
- Torronsuo National Park
 - Piece of Lapland one hour from Helsinki. Torronsuo is Finland's deepest swamp.
- National Urban Park in Forssa and in Hämeenlinna cities



Wellbeing from Nature



- Eerikkilä Sport & Outdoor Resort
 - Villas, holiday apartments and hotel
 - Next to Torronsuo and Liesjärvi National parks.
 - Wide range of rental equipment and guided services
 - Restaurant, indoor and outdoor sports and sauna services.
- Aulanko Outdoors
 - Rental equipment and guided services at Aulanko Nature Reserve
- Evo Outdoors Finland
 - Guided tour at the Canadian beaver habitat.
 - Helsinki Citycopter tour from Helsinki to Evo hiking area.
- Iloranta farmstead
 - Forest bathing
 - Experience the quiet and darkness
- Guided Forest Walks with Donkeys at SatuAasi stable



Amazing sauna experiences



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



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

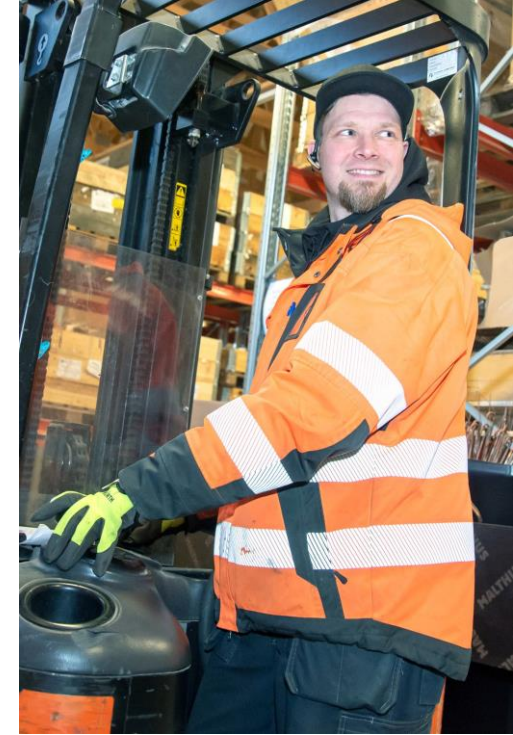
Educational travel



- Eerikkilä Sport & Outdoor Resort
 - Next to Torrnsuo 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
- Kaupunkikalastus – fishing trips
- The Hunting Museum of Finland
- Themes for educational travel and technical visits
 - Bio and Circular Economy (Forssa, Hämeenlinna & Riihimäki)
 - Dairy and Agriculture (Mustiala, Tammela and Jokioinen)
 - Forestry (Evo, Hämeenlinna)
 - Gardening & horticulture (Lepaa, Hattula)
 - Water protection & nature sciences (Lammi Biological Centre, Hämeenlinna)
 - Robotics (Riihimäki)
 - Teacher education (Hämeenlinna)

Technical Visits Häme

Hämeenlinna • Riihimäki • Forssa



Hämeenlinna Region

- industry
- retail trade
- construction
- manual skills and more traditional artisanal trades

Industrial Park More in Hämeenlinna is one of the largest business parks in Finland, and it leads the way in responding to the expectations and challenges set for the industrial parks of the future in Finland.

Forssa Region

- construction product manufacturing
- electronics
- printing trade
- metal industry
- food industry
- environmental sector

The region is home to professionals from the research and specialist organization of Natural Resources Institute Finland (Luke) and various business competency clusters.

The Envitech Area in Forssa is one of the most versatile environmental expertise clusters in Europe.



Riihimäki Region

- culture
- robotics education
- encounters.

The city is particularly known for glass and glassblowing.

The economic structure of Riihimäki is very versatile including businesses in the high-technology, ICT, and environmental sectors, as well as metal, food, and sawmill industry.

ENVIRONMENT AND RECYCLING



Companies:

Biotus

Envor Group

Uusioaines

Additional visits:

Natural Resources Institute Finland

Loimi-Hämeen Jätehuolto

Kiertokapula

Häme University of Applied
Sciences, Sustainable development
education



TECHNOLOGY AND MANUFACTURING

Companies:

DA-Group

Trifami 3D

LeikkiSet

Aste Finland

Coolcenter Forssa

CN Center

Delva

Additional visits:

Robotics Campus, Riihimäki

HAMK Tech Research Unit

HAMK Bio Research Unit



TEXTILES

Companies:

Foxa

C.P.E Production Oy

Teema Line LTD

Rykkeri / Forssa

Fabric

Wetterhoff

Additional visits:

DA-Group

Forssa Museum and the Pattern
Centre

HAMK Design education



WELLBEING AND NATURE

Companies:

Iloranta

Pirteeks

SmartDOG

Ravitalli Tapio Mäki-Tulokas

Additional visits:

Aulanko Nature Activity Center

Kaupunkikalastus – fishing trips

SatuAasit

Ypäjä Equine College



HANDCRAFTS AND DESIGN

Companies:

Wirkkala Wallpaper / Culturelli

Lasistudio Mafka & Alakoski

Yoldia Scandinavia

Puista

Ilosen Puutyö

Nasty Puppet Promotions

Lepaan winery

Panimo Olutmylly

Chocolate: Kirsin suklaat &
Kultasuklaa

Additional visits:

HAMK Design Factory

Iittala Glass Factory

Finnish Glass Museum

Local Tour Operators at Your service

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THANK YOU!

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