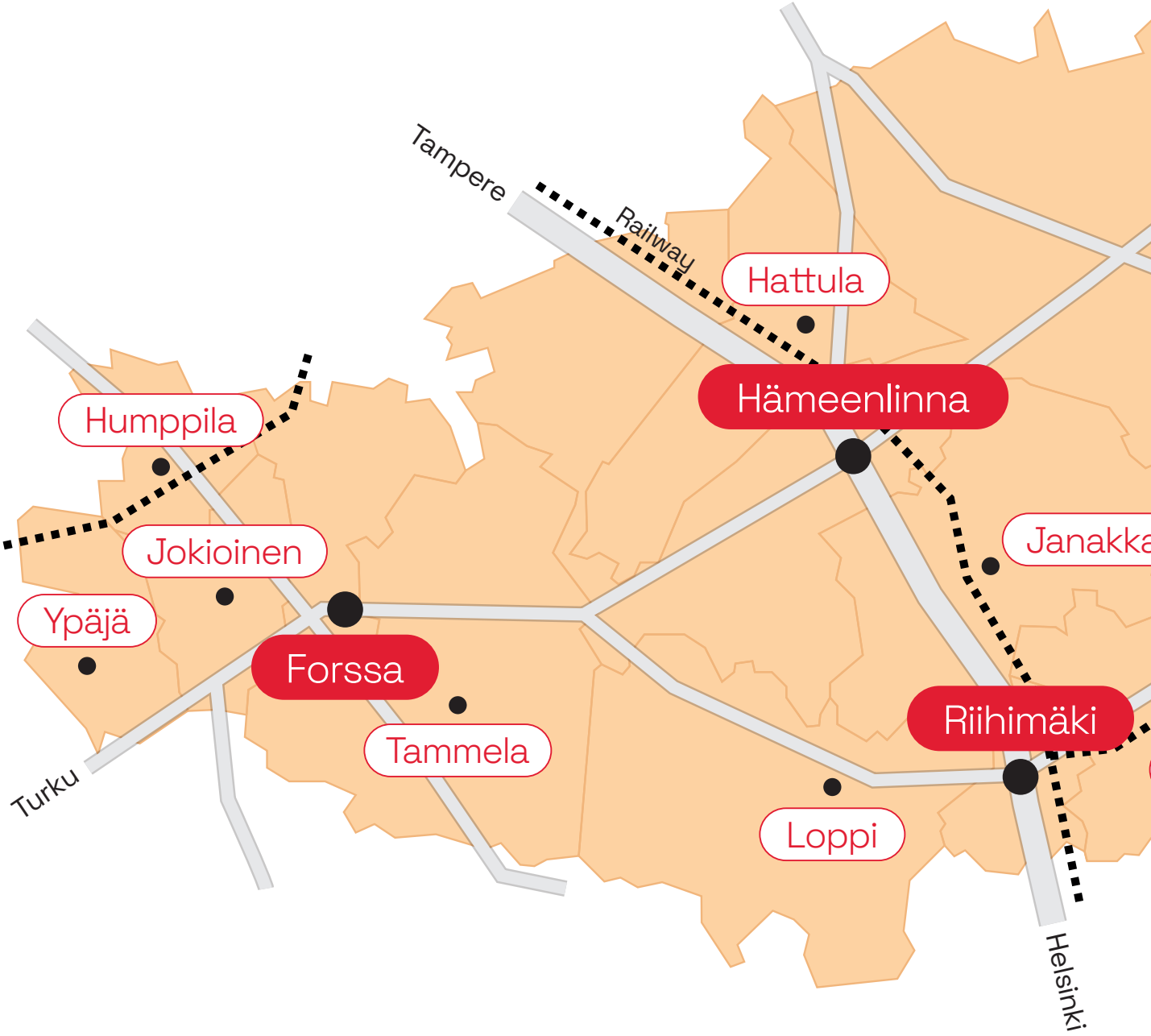
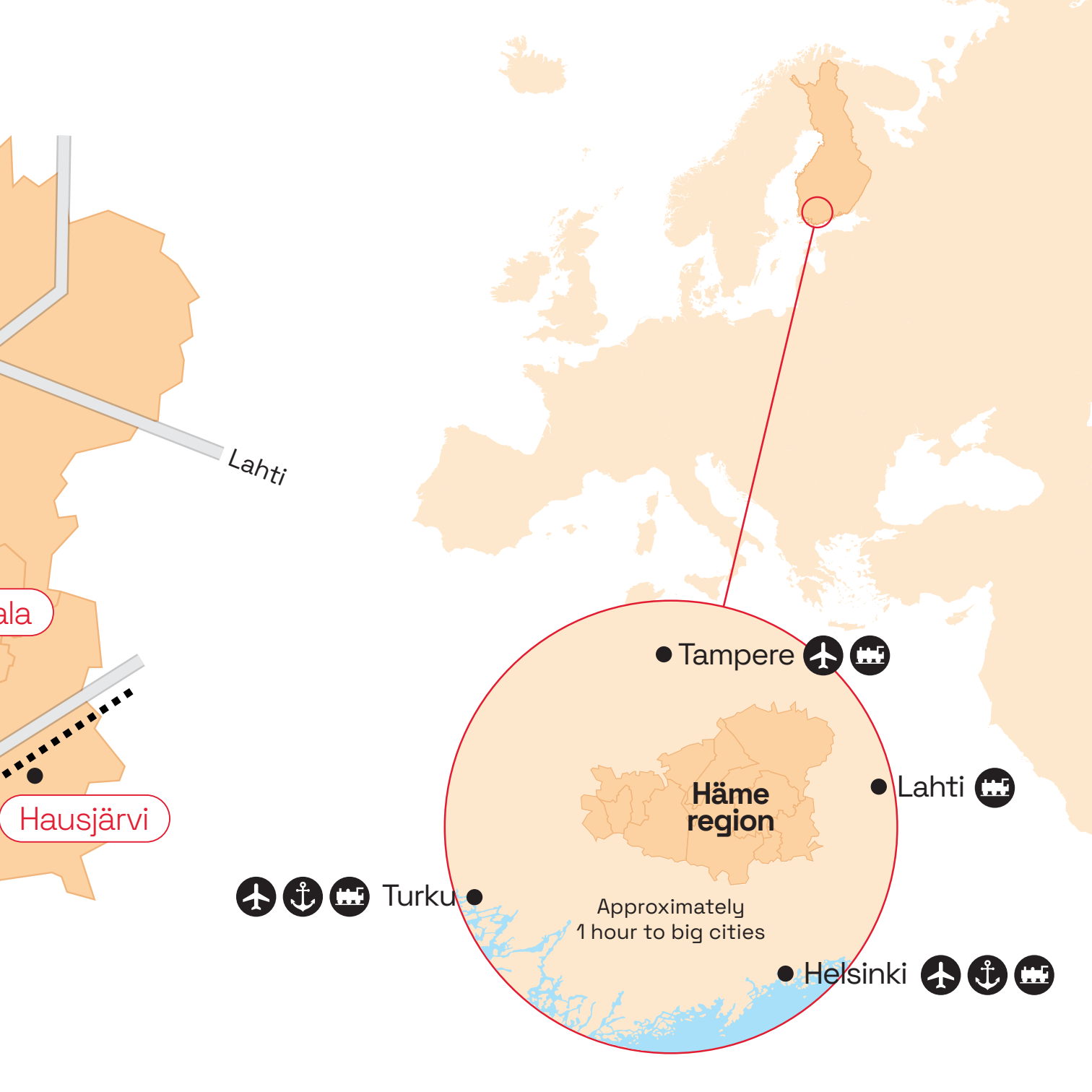

Visit Häme
Welcome to the Heartland of
Happiness

Häme Region


Tampere
Railway
Hattula
Hämeenlinna
Humppila
Jokioinen
Janakka
Ypäjä
Forssa
Tammela
Riihimäki
Turku
Loppi
Helsinki


Lahti
ala
Hausjärvi
Tampere
Häme
region
Lahti
Turku
Approximately
1 hour to big cities
Helsinki

Walk through living history

Heritage comes alive in Häme, one of Finland's oldest historical regions. Explore the medieval Häme Castle, ancient churches, museums, and traditional villages that tell stories spanning nearly a thousand years. Follow historic routes, discover local traditions, and experience how the past continues to shape everyday life in the heart of Finnish Lakeland.

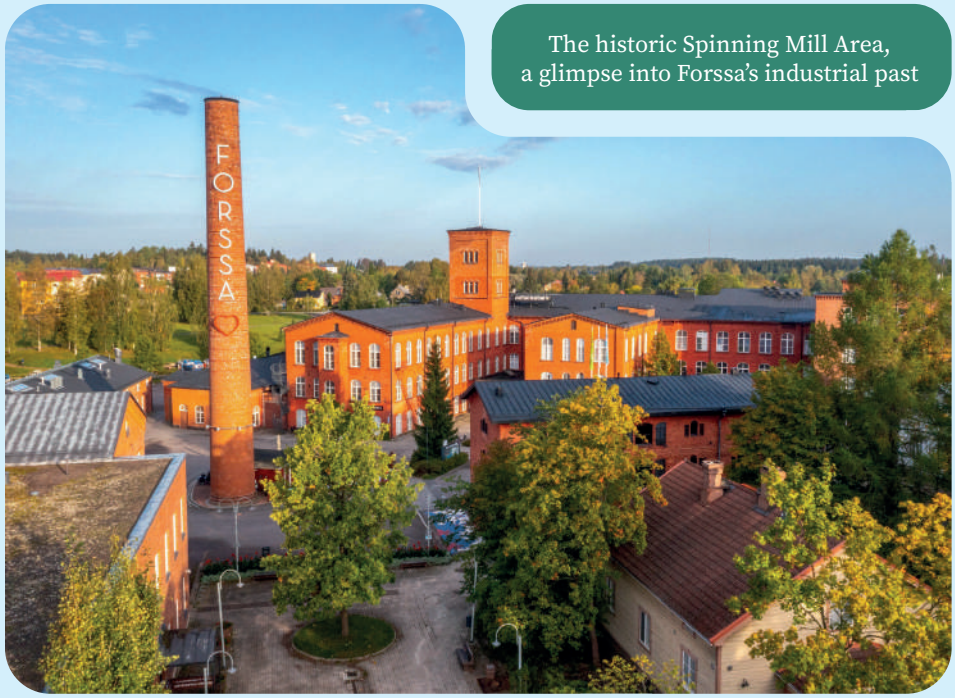


The Häme Medieval Festival, bringing history to life

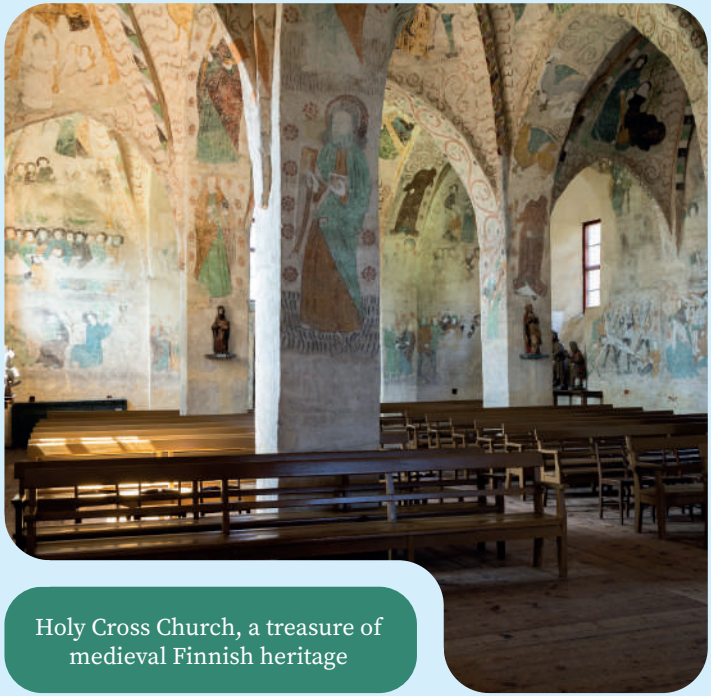


Häme Castle – A medieval landmark in the heart of Hämeenlinna





The historic Spinning Mill Area, a glimpse into Forssa's industrial past



Holy Cross Church, a treasure of medieval Finnish heritage

Step into the elegance and history of Vanajanlinna



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The home of Finnish glass design



Discover the birthplace of Finnish glass design. Explore the rich heritage of glassmaking at the Finnish Glass Museum. Experience the unique atmosphere of Iittala Village and meet contemporary artisans. At the Iittala Glass Factory, skilled glassblowers still create Alvar Aalto's iconic Aalto vase by hand, continuing a craft tradition that has earned UNESCO recognition and international acclaim.



Explore Finnish glassmaking heritage at the Finnish Glass Museum





Discover the art of glassmaking at the Iittala Glass Factory





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Glass Design

The Sound of Häme



The landscapes of Häme inspired Finland's most celebrated composer, Jean Sibelius. Visit his birthplace, explore the Sibelius Forest, and experience a vibrant cultural scene throughout the year. Music festivals, art events, local celebrations, and a wide selection of museums invite visitors to discover the creative spirit and rich cultural heritage of Häme region.

Birthplace of Jean Sibelius



Explore local history and culture at Forssa Museum



Discover colourful naive art at the Iittala Naive Art Exhibition



Summer brings music festivals to the city

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Nature and city, side by side

In Häme, nature is always close by. Walk forest trails, swim in clear lakes, or enjoy panoramic views just minutes from city centres. In Hämeenlinna and Forssa, unique National Urban Parks blend nature, culture and history into the urban landscape. Explore the iconic Aulanko Nature Reserve and discover the beauty of Liesjärvi and Torronsuo National Parks, where forests, lakes, bog landscapes, and outdoor adventures await in every season.

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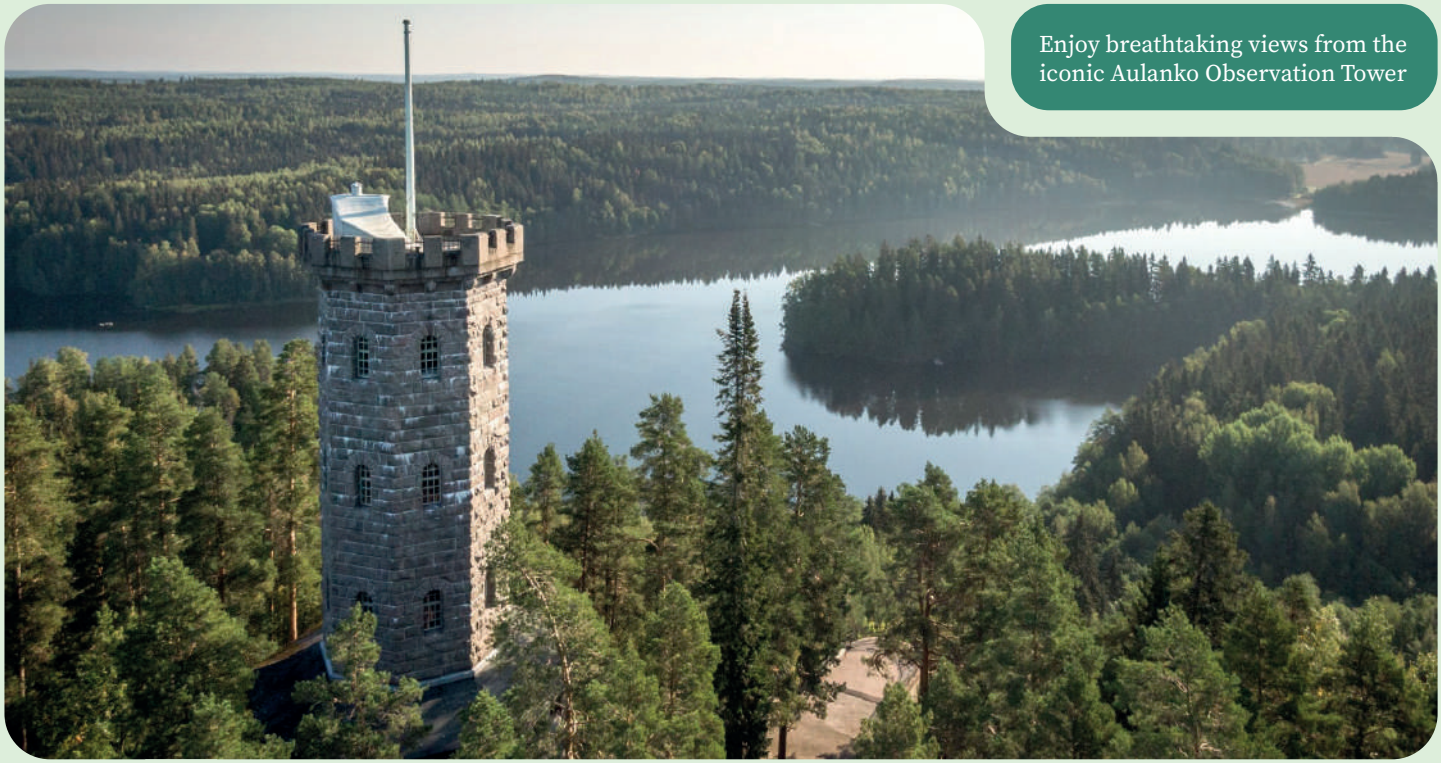
Discover the scenic Kyynäränharju ridge in Liesjärvi National Park



Enjoy breathtaking views from the iconic Aulanko Observation Tower



Set out on an adventure in the National Urban Parks of Hämeenlinna and Forssa



Explore the vast open bog landscapes of Torronsuo National Park

A taste of the Heartland

Taste the flavours of Finnish Lakeland through local ingredients, seasonal menus, artisan products, and welcoming restaurants. From lakeside dining to historic cafés, food experiences are rooted in nature and local traditions. While in Häme, don't miss two Finnish classics: enjoying a cup of coffee at a lively market square and tasting the sweetest summer berries in the sunshine.



Make memories with nordic dining experiences





Coffee in the afternoon,
summer vibes in the evening





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Bright nights, endless adventures

Summer in Häme means long, bright days and endless opportunities to explore. Paddle across tranquil lakes, cycle scenic countryside routes, hike forest trails, cruise inland waterways, or play world class golf surrounded by nature. When winter arrives, the landscape transforms into a playground for cross-country skiing, winter swimming, snowshoeing, and peaceful moments in snowy forests.



Enjoy four golf courses amid beautiful cultural landscapes

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Local Flavours

Simple joys of a snowy winter day







Paddle across the calm, mirror-like waters of Häme's lakes



The happiness of sauna

Wellbeing in Häme is rooted in the Finnish way of life and in the everyday ingredients of happiness: nature, balance, and sauna. Relax in a traditional lakeside sauna, take a refreshing dip in pure waters, and slow down in the most peaceful surroundings. In Häme wellness is not a luxury but a natural part of life.

The invigorating thrill of ice swimming





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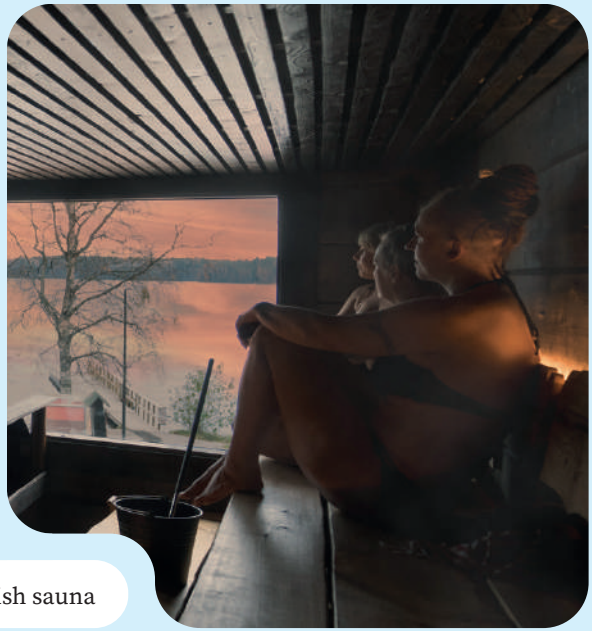
A refreshing dip in pure lake waters







The warmth of a traditional Finnish sauna

Life along historic routes

Discover the slower pace of life in charming villages and countryside communities. Visit artisan workshops, local boutiques, historic farms, and inviting cafés where visitors are welcomed like friends. Along the historic Ox Road, one of Finland's oldest routes, you'll find authentic encounters, local stories, and landscapes shaped by centuries of life and travel.

Authentic encounters in the Finnish countryside



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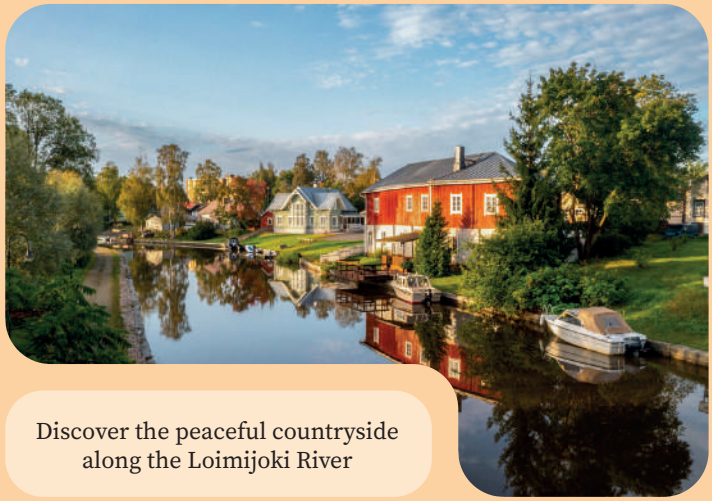
Sauna & Wellbeing



Step back in time aboard the Jokioinen Museum Railway



Discover the peaceful countryside along the Loimijoki River

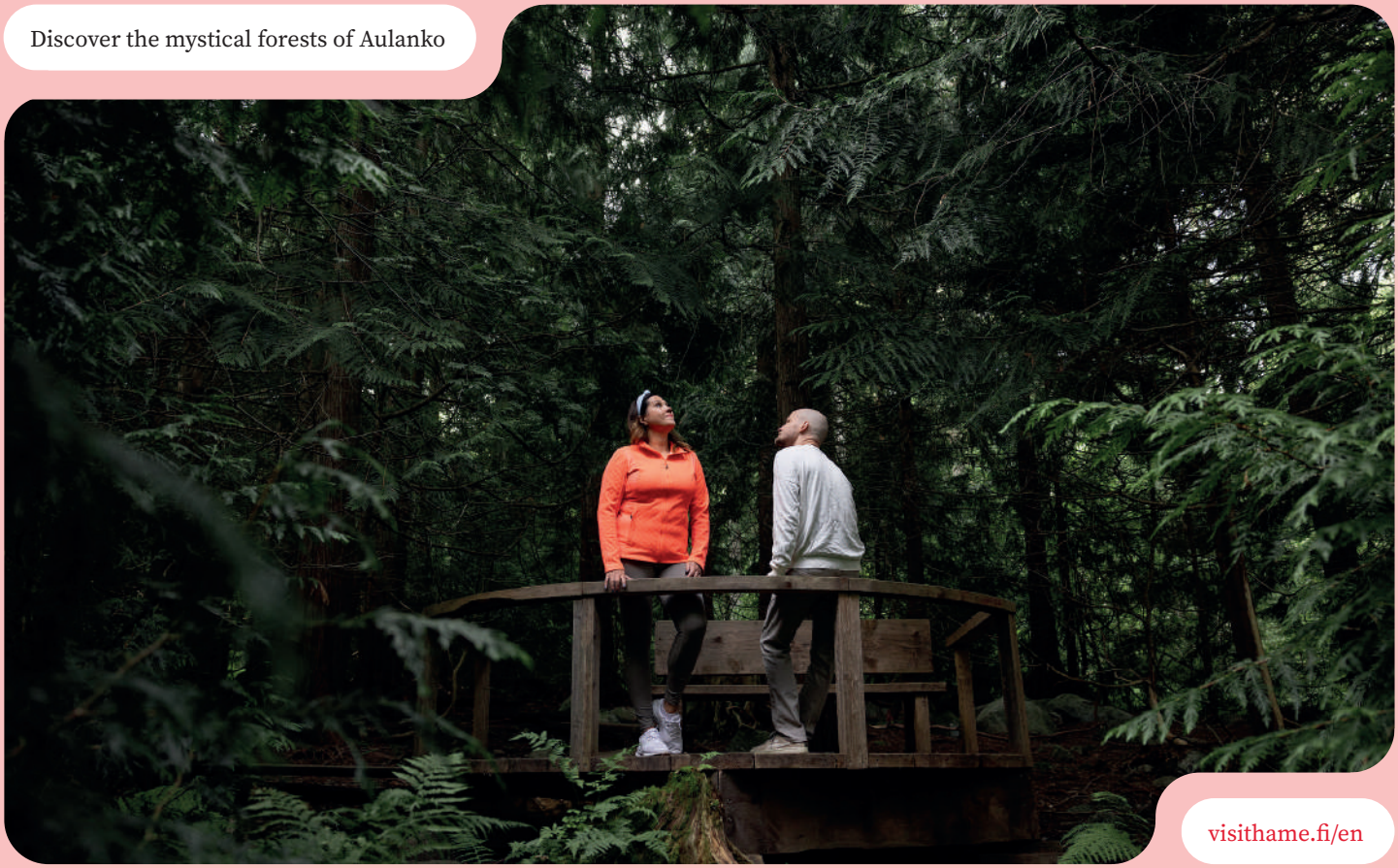


Step back in time along the historic village street of Hauho

Legends of the Lakeland

Every building, forest, lake, and village in Häme has a story to tell. Follow the ancient Ox Road, explore prehistoric hillforts, and walk sections of the Häme Lynx Trail through landscapes rich in history and folklore. Medieval legends, archaeological treasures, local myths and the wildest stories of Häme are waiting to be discovered.

Discover the mystical forests of Aulanko



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Historic Routes

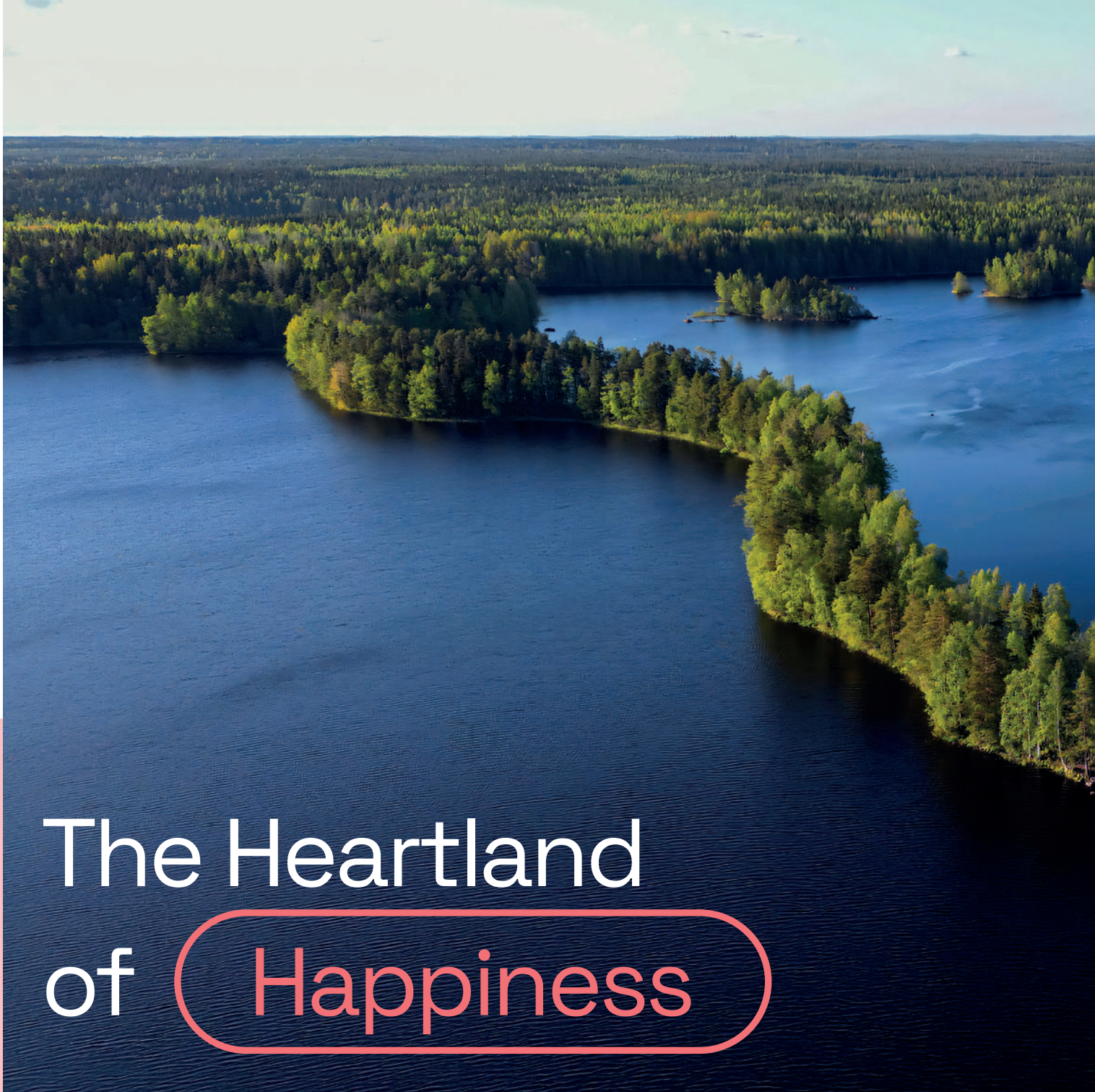


The enchanting Aulanko Forest Pavilion



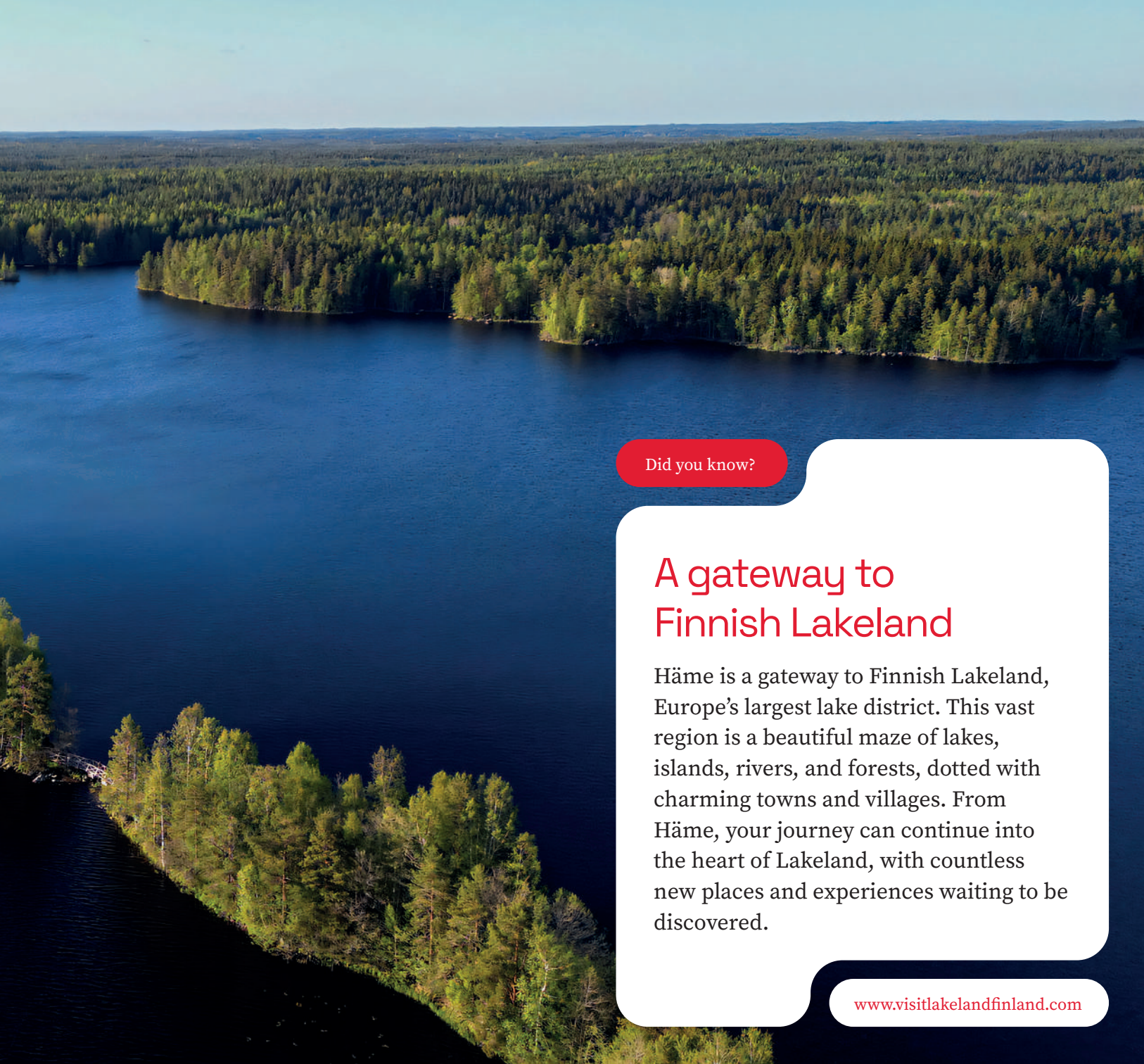


Unique charm along the historic Ox Road and Häme Lynx Trail



The Heartland of Happiness

Legends & Folklore



Did you know?

A gateway to Finnish Lakeland

Häme is a gateway to Finnish Lakeland, Europe's largest lake district. This vast region is a beautiful maze of lakes, islands, rivers, and forests, dotted with charming towns and villages. From Häme, your journey can continue into the heart of Lakeland, with countless new places and experiences waiting to be discovered.

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