

— OUTDOOR HANDBOOK —

Defining
Nature
— OUTDOOR —

Achieve
a PolarLife Personality
and feel refreshed!

POLARLIFE

OUTDOORS IN LAPLAND

www.polarlifeoutdoor.com



The Nature of the PolarLife Outdoors – WITH RICH LOCAL CULTURE

"Do you value pristine nature and do you believe in ancient life? Here in the north, we have fascinating tales to tell and genuine places to show. Venture safely led by our guide into the enriching Arctic nature and relaxing pace of local life."

Maija, Guide

Defining
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Photo: Sampsa Sulonen

The Lappish Outdoors means PolarLife Tours with the taste of Arctic nature, unique local culture and wild wellness.

Experimentalism – Lapland outdoor throughout the year

Inari – Saariselkä tourism region is one of the most renowned nature travel destinations in Finland. Inari is a genuine Lappish village on the shores of the great Lake Inarijärvi and Saariselkä lies at the gateway to one of Finland's largest national

parks, the Urho Kekkonen National Park. The region also has the Lemmenjoki National Park, with its distinctive gold panning history and livelihood.

Educational – PolarLife immerses you in local culture and tales

In addition to gold panning history, there are many genuine lifestyles and tales related to forestry and reindeer husbandry, fascinating tourist resorts enlivened by the indigenous culture of the Sámi. You now have the opportunity to become involved in this colourful local

culture that cherishes nature values, receiving genuine experiences on our guided programmes and visits. Sámi Museum and Nature Centre Siida is a memorable place to visit and reindeer farms provide once-in-a-lifetime experiences.

Healthiness – Nowhere else can you enjoy pure wild wellness and offline life in nature. Safely and silently.

Nature cares for its visitors – the sound of silence and purity of the air help you to relax. Programmed, natural wellbeing services provided

by professionals are also available. Services such as these include nature yoga and smoke sauna experiences.

You are here
- ON THE TOP OF EUROPE

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Unique PolarLife to be experienced



Easy access to the awesome Arctic

The cleanest wilderness in Europe and high-standard services for tourists.



Wide choice of northernmost activities

An enormous collection of safe nature activities and plenty of nature routes, throughout the year.



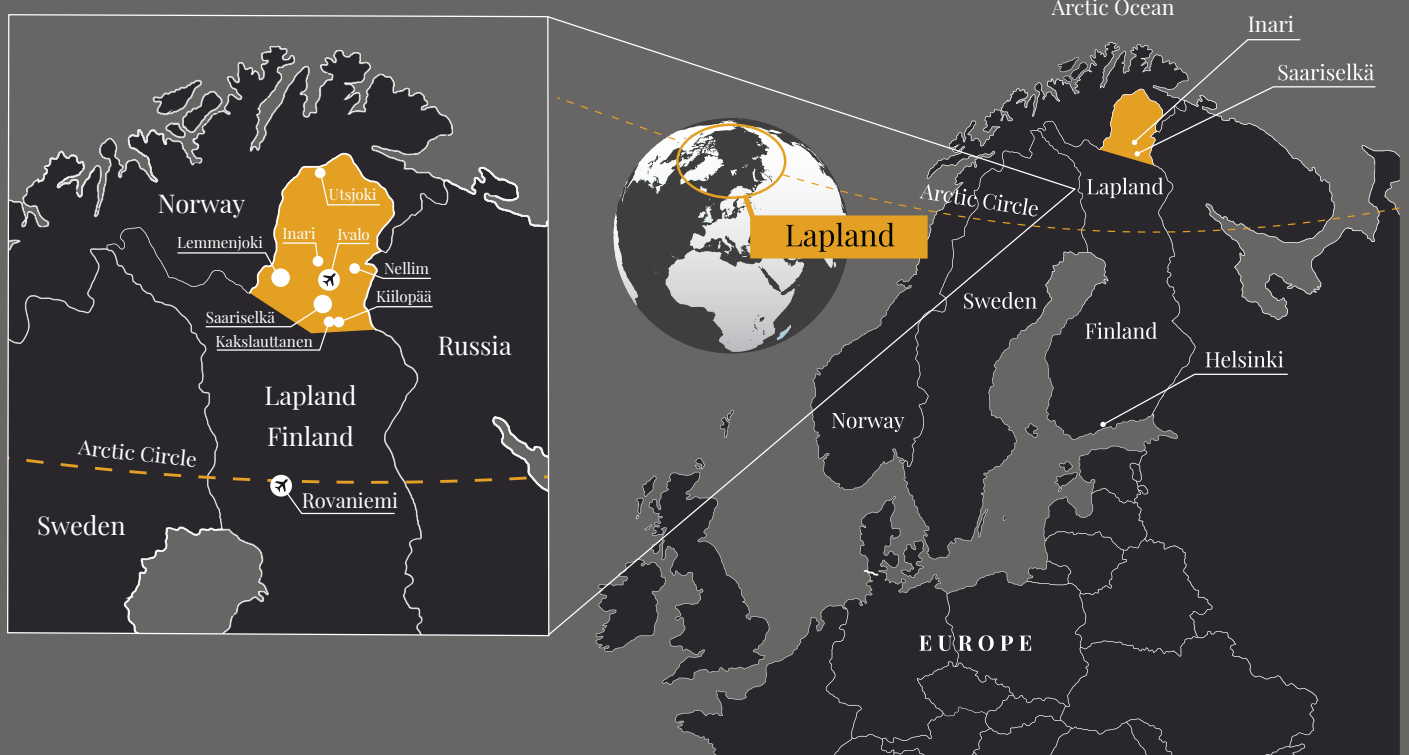
In the heart of the original Sámi land

The living environment of Europe's last remaining indigenous peoples, the Sámi, is ready to be explored.



Impressive natural contrasts

Spectacular natural phenomena, such as Northern Lights and Midnight Sun, must be experienced.



POLAR OUTDOORS

Defining nature by Lappish outdoor activities all year round

"The best thing about guiding customers is to see their captivated expressions as they experience the brightness of the Midnight Sun in the summertime and the vibrant Northern Lights in the wintertime. There are memorable wilderness nature experiences to be had all year round, in each of our eight distinct seasons."

Tiina, Guide

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A different kind of world opens up in North Lapland, with Northern Lights, Midnight Sun, wilderness, indigenous cultures and livelihoods. The Inari – Saariselkä tourism region is a paradise for nature lovers and hikers alike. The expansive, wilderness-like national parks create unique settings to experience untouched, wild nature, its flora and fauna, historical tales and way of life. All this is available along with modern-day services as once-in-a-lifetime experiences conducted safely.

The Inari – Saariselkä tourism region has well marked nature trails and Finland's most compact network of daytime and wilderness cabins, offering hikers outstanding conditions and amenities. The marked routes and nature trails of the Urho Kekkonen National Park can be directly accessed from the Saariselkä Resort, Fell Centre Kiilopää, Tankavaara and Sompiojärvi in the village of Vuotso. Adventures in the main section of

the Lemmenjoki National Park, the Lemmenjoki River Valley and gold panning areas are made easy thanks to marked routes, wilderness cabins and rental cabins, and campfire spots with shelters. The hiking routes are easily accessed from Njurgalahti, but hiking can also start from deeper within the Lemmenjoki National Park. You can access these areas using the scheduled boat service.

There are a number of fascinating day trip destinations surrounding the Inari Village, including the Pielpajärvi Wilderness Church, the Otsamotunturi fell highlands or the white water of the Juutuanjoki River. You may like to combine the day trip excursion with a cruise on the Inarijärvi Lake.



Everyman's Right

People of all nationalities have the right to enjoy the Finnish countryside freely under the traditional Finnish legal concept known as Everyman's Right. But together with these wide-ranging rights comes the responsibility to respect nature, other people, and property. According to Everyman's Rights, you may

- walk, ski or cycle freely in the countryside, such as forests, natural meadows and waterways
- ride a horse
- stay or set up camp temporarily in the countryside where access is permitted
- pick wild berries, mushrooms and flowers, as long as long as they are not protected species
- go boating, swimming and walk on frozen waterways
- fish with a rod and line or ice fishing
- Fishing is forbidden in certain waterways (e.g. in rapid water and fast-flowing sections of rivers that are home to migratory fishes).

People of all nationalities have the Everyman's Right in Finland.



THE POLARYEAR

offers a rich outdoor life with eight distinct seasons

Lapland's largest selection of nature activities, routes and guided programmes.

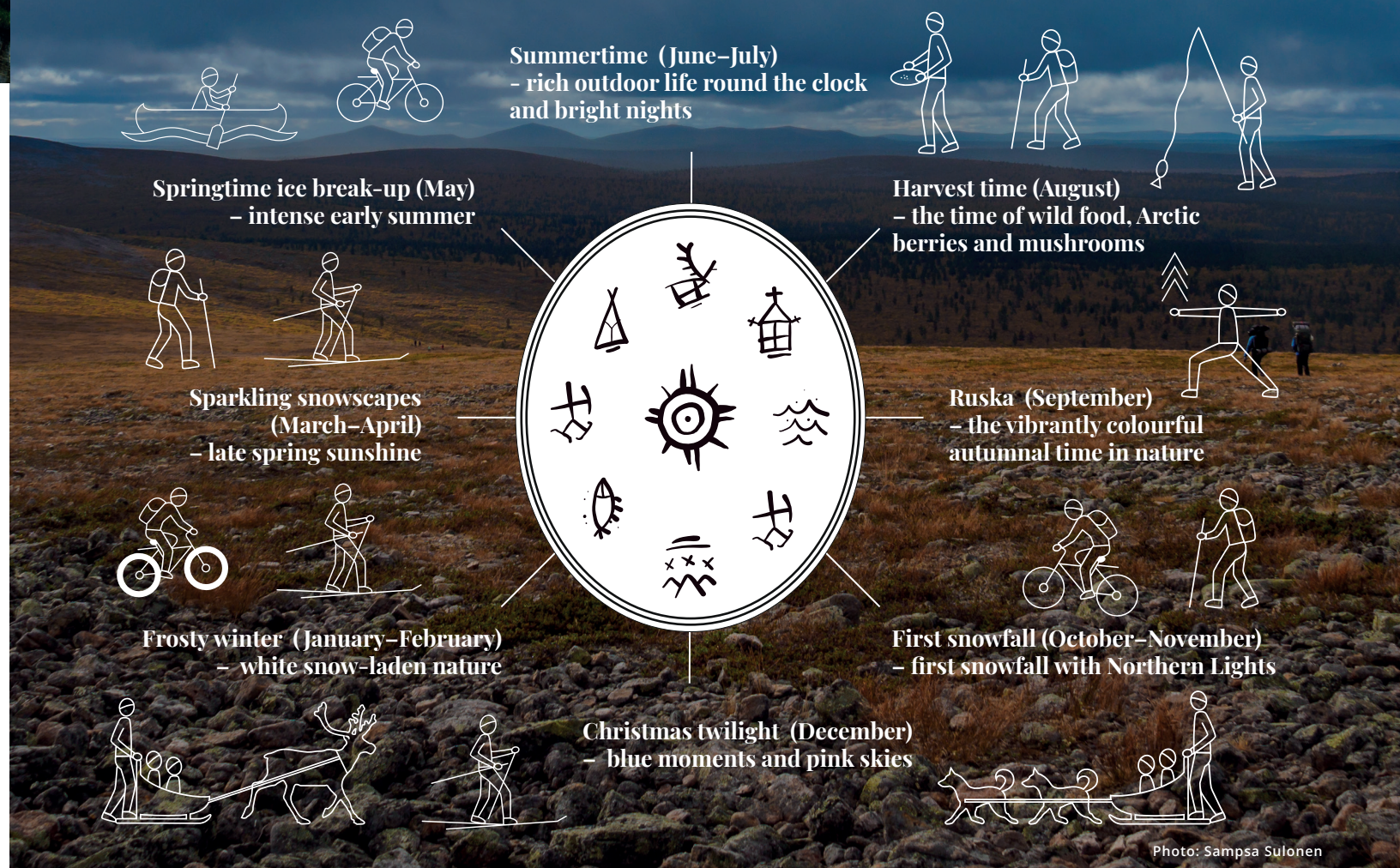


Photo: Sampsa Sulonen

High standard PolarLife partners in Inari-Saariselkä

RANGE OF ACTIVITY PROVIDERS

ACTIVITIES	WELLBEING	LOCAL CULTURE
Lapland Safaris	Spa & Wellness, Holiday Club Saariselkä	Sami Museum and Nature Centre Siida
Saariselkä Ski & Sport Resort	Smoke sauna & swimming, Kiilopää Fell Centre	Tankavaara Gold Village
Kiilopää Fell Centre	Arctic Sky Resort	Sàmi cultural centre Sajos
Lapin Luontolomat		
Arctic Sky Resort		
Laplandlife		
Nature and Me		

RANGE OF ACCOMMODATION PROVIDERS

HOTELS	CABINS	SPECIAL
Santa's Hotel Tunturi	Apartments Kuukkeli	Arctic Sky Resort
Lapland Hotel Riekonlinna	Saariselkä Booking	Muotka Wilderness Lodge
Holiday Club Saariselkä	Kiilopää Log Cabins and Wilderness Cabins	
Hotel Niilanpää, Kiilopää	Muotka Wilderness Lodge	
Muotka Wilderness Lodge		
Saariselkä Booking		

POLARWELLBEING

Enjoy pure wild wellness and offline life in nature

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Photo: Sampsa Sulonen



Forest Yoga – feel the Arctic forest

A forest yoga session combines the positive impacts of nature activity and yoga.

Yoga in the forest is not only extremely pleasant, but also relaxing and revitalising for mind and body. These yoga sessions suit all, regardless of age, fitness or sex. Yoga exercises are mainly done standing, but occasionally we sit on the ground. Bring along a mat suitable for outdoors or some other base if you want, but you will also be fine without. Following the yoga session, cuddling up in a blanket or wearing a warm coat in the fresh air will feel luxuriously lovely!

Duration (hours): 1½ hours

Kilometres: 1–2 km

Level of difficulty: Easy

By Arctic Sky Resort



Photo: Sampsa Sulonen

Fatbiking & smoke sauna at Kiilopää

Guided POLARLIFE experience in the winter wonderland. Our guide will lead you on a breathtaking fatbike experience, magically rounded off with bathing in the world-renowned smoke sauna. Guaranteed good for mind and body. Our guide will tell you tales about everyday life in Lapland and reveal why we are so keen on bathing in the sauna. Don't forget to bring your camera!

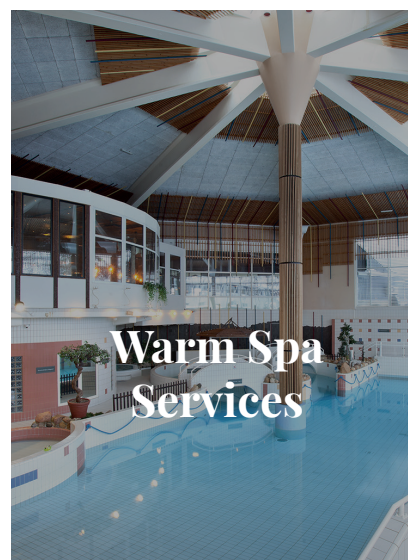
On Tuesday & Wednesday at 12 noon – 4 p.m. (November – 15 April).

Duration: 4 hours including fatbike riding (introduction, safety, trip includes photography breaks) and bathing in the smoke sauna & cold spa.

Group size: min. 2 persons, max. 5 persons

Level of difficulty: Easy

By Kiilopää Fell Centre



Warm Spa Services

The tropical Holiday Club Saariselkä spa pampers people of all ages with exciting fun or tranquil enjoyment. The pool department offers relaxation with the aqua jets and sauna bathing, while you can experience the thrill of speed on the water slide. The day is perfectly rounded off with genuine Lappish flavours in the Rakka and Revontuli restaurants.

By Holiday Club Saariselkä

POLAR CULTURE immerses you in local culture and tales

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Photo: Lapland Material Bank: Terhi Tuovinen



Day trip to Tankavaara Gold Village

During the trip we will learn about Lapland's fascinating gold panning history at Tankavaara Gold Village. We will tour the Gold Museum and try our luck at panning for real gold. During the day we will also visit the Koilliskaira Visitor Centre to learn about local flora and fauna. A picnic lunch will also be savoured during the day.

By Wilderness Hotel Muotka



Day trip to the Sámi Museum and Nature Centre Siida

Learn more about the rich culture and traditional way of life at the Sámi Museum and Nature Centre Siida and Sámi Cultural Centre Sajos. Besides the Sámi culture, there are also interesting historical places to visit in the village of Inari, such as the Pielpajärvi Wilderness Church. This trip is available on Wednesdays.

Read more:

Sámi museum and Nature Centre
Siida: www.siida.fi

Sámi Cultural Centre Sajos:
www.sajos.fi



Wildfood Lappish dinner by Lake Taimenjärvi

The Lappish dinner will be served in the wilderness hut. The menu: welcome drink "Bilberry". Starter of Lappish fish with delicious side dishes. Main course of slow-cooked reindeer roast served with roasted root vegetables and mushroom barley risotto. Dessert of cloudberry panna cotta, coffee or chaga tea.

Drinks with the meal are non-alcoholic beverages, such as crowberry juice and home-made beer.

At the end of the evening, a yoik singer will perform, with the duration of performance being approximately 30 minutes.

Duration: 3 hours

Group size: Minimum 10 persons,
maximum 30 persons.

By Luontoloma Pro-Safaris

POLARLIFE TOURS

Summer

Defining
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• SCHEDULED DEPARTURES

Premium Polarlife Outdoor tours to Arctic Lapland; 5 days and 4 nights with guided outdoor programmes

POLARLIFE WITH BRIGHT NIGHTS

DURATION: 5 DAYS, 4 NIGHTS (MONDAY-FRIDAY)

The Polarlife Outdoor Tour includes accommodation in double rooms, half board (breakfast, dinner, packed lunch), activities and trips as described, in addition to the necessary transfers at the destination.

Hotel accommodation in Superior double rooms. Single supplement applies. Room amenities: Sauna, bath, clothes dryer, hairdryer, television, coffee-tea-hot chocolate set, kettle, minibar, balcony and internet connection. Accommodation for two persons per room.

DAY 1 – MOUNTAIN BIKE TRIP

Arrival at Ivalo Airport

- The Polarlife Guide welcomes the guests at the airport and takes them to check in at the hotel in Saariselkä.

Midnight Sun Mountain Bike Trip, 10 p.m. – 12 midnight

- This Midnight Sun cycling trip allows full enjoyment of the unique ambiance of the nightless night while mountain biking. Our experienced local guide will guide you along the local trails in Saariselkä to admire the magical light of the Midnight Sun. We can stop along the trip for taking photographs and taking drink breaks.

DAY 2 – CANOEING TRIP

Canoeing trip, 10 a.m. – 6 p.m.

- Canoeing trip venturing into the colourful wilderness river. The starting point for canoeing adventures is Lake Luttojärvi. Luttojärvi is a beautiful, small lake set in the wilderness and it takes around 45 minutes to reach by car from Saariselkä.

The initial section of the river is rather shallow and there are few strong currents, so canoeing is easygoing. We take a break to savour a tasty soup lunch before taking the final stage of the river, meandering picturesque sandy beaches. Our final destination is Kolmoskoski, from which we head back to Saariselkä by car. We will spend around six hours on the river.

- Tasty soup lunch with desert and coffee/tea during the canoeing adventure

DAY 3 – HIKING TRIP

Pyhä-Nattanen Hiking Trip, 10 a.m. – 2 p.m.

- A hike in the Pyhä-Nattanen Strict Nature Reserve. Pyhä-Nattanen is one of the six "Nattas fell highlands" and back in the old days, the indigenous Sámi used it as a sacred grove. Mother nature has sculpted impressive large rock tors

on the top of the fell, something that should definitely be experienced. Besides the rock tors, the views from the top of the fell are breathtaking.

The trail to Pyhä-Nattanen covers approximately 7 kilometres with a few steep ascents. During the hike, we will tell you information about the history of the area while we admire the beauty and purity of Lapland's nature.

- Snacks and coffee around the campfire.

Photo of you and nature, 8 p.m. – 12 midnight

- A different and personal way to experience nature in the fell highlands of the Urho Kekkonen National Park. This walking tour involves searching the picturesque spots to find one that is the most beautiful, strong and personal spot in nature that best suits you. Simply put, a place where you feel good.

DAY 4 – BERRY PICKING TRIP & WILD FOOD

Berry Picking Trip by a wilderness lake, 10 a.m. – 1 p.m.

- This berry picking trip takes you to a wilderness lake located close to the village of Ivalo set in the heart of spectacular hilly countryside. During this berry picking trip, the guide tell you interesting information about local flora and fauna, and of course about the wild berries. After picking some wild berries, each picker can fry their own pancake on the campfire and serve with the freshly picked berries, guaranteeing flavour that never fails to bring pleasure. If you fancy an extra bit of nature revitalisation in the morning, you can take a refreshing dip in the lake by the campfire spot.

- Pancakes and berries by the campfire

Gala Dinner in a Lappish Kota, 7-10 p.m.

- Our traditional venue is a Lappish kota shelter made from wood. Candle-lit dinner is served by the open fire. At the end of the evening, a yoik singer will perform, with the duration of performance being approximately 30 minutes. We serve a three-course menu with non-alcoholic beverages, such as crowberry juice and home-made beer.

DAY 5 – FOREST BATHING

Forest Bathing, 10 a.m.

- At Kiilopää

Transfer to Ivalo Airport

- The Polarlife Guide takes the guests to Ivalo Airport

POLARLIFE PACKAGES at your service all year round

• NON-STOP TOURS THROUGHOUT THE YEAR

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Photo: Lapland Material Bank



Sense nature - touch the silence tour

Sense nature – Sound of Silence Tour is an empowering combination of authentic Arctic outdoor and indoor experiences, refreshing activities and rest. The tour includes meals prepared of traditional Finnish cuisine, some savoured by the campfire. Become inspired by the unique polar life and let nature enhance your wellbeing. Stay

cosily in our recently built, comfortable chalet and wonder at the spectacular Urho Kekkonen National Park, which starts literally right in our backyard. The program is available all year round. Feel the silence with Arctic Sky Resort.

Duration: 5 days, 4 nights

Accommodation: Arctic Sky Resort



Outdoor with the taste of gold history

Experience the beauty of North Lapland, true wilderness and enjoy the hospitality of our beautiful hotel. Our trips will take you to the Urho Kekkonen National Park and to beautiful fell area of North Lapland. In this area, you can easily meet reindeer, fox and willow grouse on your trips. Midnight Sun is lighting

your steps during evening trips and you can really feel the magic of Lapland. By Wilderness Hotel Muotka.

Duration: 5 days, 4 nights

Accommodation:
Wilderness Hotel Muotka



Photo: Sampa Sulonen

Outdoor with the taste of the wilderness and the National Park

Are you ready to explore the Lappish wilderness? Lapland Safaris leads you for adventures and make the unique experience possible. The package includes packrafting on a river, fatbiking trip on forest roads, visiting at a local reindeer farm and night at outdoors. This active vacation introduces you the best parts of Lappish outdoor life and

shows you the local lifestyle. Simply bring an open mind and let the spirit of Lapland empower you.

Duration: 5 days, 4 nights

Accommodation: 1 night outdoors in a tentsile and 3 nights at Lapland Hotel Riekonlinna

DEFINE NATURE your own way

"Polarlife takes our customers to the prime spots in the Arctic nature, highlighted with genuine experiences of the indigenous Sámi culture and natural wellbeing services. We can always influence the content of the trip, while at the same time guaranteeing distinctive and unique experiences all easily packaged in their Polarlife trip."

Antti, Guide

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How and when to travel to North Lapland

North Lapland is a remote region, yet easily accessed from the cities of South Finland and Central Europe. A direct flight from Helsinki to Ivalo takes around 90 minutes, with flight services available throughout the year, with a number of flights a day during high seasons.

There are also direct flights from various cities in Europe during the winter season.

Lapland's winter and snowy season starts in November and lasts through to the end of April. Lapland's summer and the Midnight Sun, on the other hand, can be experienced from June to September. For more details, check Polaryear page 4.

Months	Temperature			
	Normal	Warmest	Coldest	Normal
January	-13,6°	-9,1°	-18,5°	7
February	-12,1°	-8,0°	-17,1°	5
March	-7,3°	-2,7°	-12,3°	6
April	-2,2°	2,2°	-7,1°	5
May	4,2°	8,5°	-0,2°	7
June	10,7°	15,5°	6,2°	9
July	13,9°	18,7°	9,3°	9
August	11,1°	15,7°	6,8°	9
September	5,9°	9,6°	2,5°	8
October	-0,6°	2,1°	-3,5°	8
November	-7,8°	-4,4°	-11,7°	7
December	-11,8°	-7,7°	-16,5°	7

From where to buy – Book here

www.polarlifeoutdoor.com

Sales

Saariselkä Booking Ltd:
www.saariselka.com
Honkapolku 2,
FI-99830 Saariselkä
+358 16 554 0500
keskusvaraamo@saariselka.com

Area Information:

Inari-Saariselkä Tourism:
www.inarisaariselka.fi/en/
Saariselkä Tourist Information
Lutontie 16, FI-99830 Saariselkä
+358 40 168 7838
tourist.info@saariselka.fi

Facts Box

Area location: 68°54'18"N, 027°01'49"
Area coverage: Finland's largest municipality, representing 5% of Finland's area, covering over 17,000 square kilometres. Over 2,000 square kilometres are waterways.
Population: approximately 7,000
Indigenous Sámi: 2200
Population density: 0.45 persons/km²
Reindeer: approximately 50,000
National parks: Urho Kekkonen National Park, Lemmenjoki National Park
Nature reserves: Kevo Strict Nature Reserve, Sompio Strict Nature Reserve

Recreation areas: Inari outdoor recreation area
Geopark: a number of geological travel spots not to be missed.
www.goldengeopark.fi/
Nature: Finland has freedom to roam called Everyman's Right.
Culture: Sámi museum and Nature Centre Siida, Sami Cultural Centre Sajos, Tankavaara Gold Museum
Accessibility: Ivalo Airport, Rovaniemi Railway Station 260 km
Distances: Rovaniemi, Arctic Circle 260 km, Helsinki 960 km, North Cape, Norway 280 km

ENTER ARCTIC LAPLAND – become a refreshed PolarLife Personality

"Northern and pure, Arctic beauty and respectable – this is how I would describe the Inari-Saariselkä area in Lapland. Here, outdoors means more than merely activity, it is getting close to nature in genuine local tales. Following the experience, you will feel like a new person, a PolarLifePersonality."

Tuomas, Guide

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Photo: Lapland Material Bank: Terhi Tuovinen

Nature and Me

Slow walking – not so much talking. Consecrate and sense nature. Create "an altar" of the Sun from our own important objects of nature.

Exploring local nature. Mental wellbeing – meditative and relaxed silence. Encountering nature and your true self. Fell highland nature, holistic summertime sensations.

People yearn for silence and tranquillity. Easy-going, genuine encounter with nature.

With us You become a refreshed PolarLife Personality!

Photo: Lapland Material Bank: Daniel Taipale

Safely Outdoors

Travel safely in the Arctic nature of Lapland!

PolarLife takes you into Lapland's nature, in the footsteps of the local inhabitants. Traverse nature and enjoy once-in-a-lifetime experiences safely!

For our guests we have made a SAFETY INSTRUCTIONS for finding best way of enjoying the nature and its specialities.

Read more: www.polarlifeoutdoor.com



Travel safely
in the Arctic nature of Lapland!

Reisen Sie in die arktischen
Natur Lapplands sicher!

在拉普兰享受北极风光
请别忘了您的安全!



- ! Please stay on the marked trails and do not disturb plants growing in the national park. Take part in a guided excursion or at least tell the reception of your accommodation what route you plan to take.
- ! Bitte bleiben Sie auf den markierten Wegen und beschädigen Sie die im Nationalpark wachsenden Pflanzen nicht. Nehmen Sie an einem aufmerksamen Spaziergang teil und teilen Sie mindestens der Rezeption mit, welche Route Sie planen zu nehmen.

HOW TO ACHIEVE a PolarLife Personality and feel refreshed!


POLARLIFE

OUTDOORS IN LAPLAND

BOOK A TOUR TO LAPLAND.

www.polarlifeoutdoor.com



Photo: Lapland Material Bank: Terhi Tuovinen