



The World Natural Heritage in winter

HÖGA
KUSTEN

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VisitVaasa
FINLAND



ICE FISHING

In December, when winter is approaching and ice starts to cover our waters, the ice fishermen sharpen their ice drills and hope for the fish to bite.

The days are short during the winter months, but if you are in the right place you will be amazed at the activity in the cold, ice-covered depths. We recommend heavy, weighted hooks and vertical jigs, since the schools of fish are moving and only bite for short periods of time.

www.kvarkenfishing.fi

+ 358 50 527 2314



SAUNA

If you would like to understand Finland and the Finnish people, the sauna is a great place to start!

The sauna bath is such a big part of the Finnish culture that it is almost an institution of its own. The sauna is a lifestyle in Finland and Finns start bathing even as toddlers and continue to do so their entire lives. Many Finns feel incomplete if they don't use the sauna often enough, and a sauna is standard in every Finnish home – regardless of size.

For centuries, the sauna has been a place for physical and emotional cleansing – a way of opening your senses to the world and become spiritually connected. We invite you to enjoy the Finnish sauna culture at its best!

www.kallesinn.fi/utrymmen/bastun



WINTER ACTIVITIES AT FARM BACKSJÖN

At Farm Backsjön, a wide variety of winter activities are available – from ice fishing and dogsledding, to ice sculpting and even building your own igloo to sleep in for the night. Many guests come just to enjoy the silence.

Dogsledding is one of the most appreciated activities at Farm Backsjön and guests are welcome to try driving the sled themselves.

www.farmbacksjon.com

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ENJOY THE WINTER AT HALLSTABERGET IN SOLLEFTEÅ

The five-star Hotell Hallstaberget is situated right on the mountainside, with ski slopes, cross-country skiing tracks, a biathlon stadium and ski jumps; all within walking distance.

Only 100 meters from the hotel, around 70 km of well-prepared skiing tracks are available. Try renting snow shoes for an up-close-and-personal view of the Swedish countryside. For a more relaxed time, enjoy a drink from the hotel bar while viewing the ski slope and the beautiful river valley of Ådalen through our panoramic windows.

www.hallstaski.com
+46 620 682000
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www.hallstaberget.se
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NORDIC SKATING ON LAKE TAVELSJÖN

Approximately 30 km outside Umeå lies Lake Tavel sjön, a great place for skating with the whole family.

Every winter, a 15 km ice track is plowed – starting from Sundlingska Gården. The track runs in a figure-eight, with the option of skating the entire length or just one loop, making it a great trip destination for families as well as fitness buffs. Campfire sites with wind shelters are available all around the lake, and on weekends the café at Sundlingska Gården will warm you up and let you refuel after a day on the ice.

Free tour buses are available during parts of the season.

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DOGSLEDDING AT GRANÖ BECKASIN

Enjoy gliding through the snow-covered countryside of Lappland and Västerbotten behind a pack of eager sled dogs.

The trips stay on well-prepared trails, mostly through beautiful, snow-draped forest. Usually, the sleds are equipped for two people, taking turns at riding and driving, but one-man sleds are also available. Each team consists of 4 to 6 sled dogs – working together to pull the sled through the magnificent forest. A guide will always accompany you on the trip. The combination of the pristine winter landscape, high speed and interaction with the dogs, creates an amazing experience!

Important: Wear warm clothing! For safety reasons you have to be at least 15 years old, 160 cm tall and weigh more than 50 kg in order to drive a dogsled.

www.granobeckasin.com
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