



HIKING & RELAXING

Open your senses and feel the invigorating impact of pure nature!

On this guided tour you will walk about 2 hours in the beautiful forests in the region of Oulu. Along the way light stretching and balancing as well as relaxation exercises and presence activities capture your attention and bring you back to the present moment. During a little break you will enjoy a small local snack. On our trip you will also become acquainted with the nature and history of the area around Oulu.

In June and July, the tour can be booked as a midnight sun hike.

Duration: about 2 hrs.

Category: Easy (not barrier-free).

Starting point: To be agreed in advance.

Price: 45 €/person, 230 €/groups (8-12 participants)

Price includes guide, small snack, VAT.

**Suitable for all
adults seeking
relaxation**

**Available:
May - October
(weather
permitting)**

**Min. 4, max. 12
participants**

**Information and
booking:
christiane@windland.fi
+358 46 5819 257**

**Languages:
English, German,
Finnish**

CLOTHING:

Outdoor clothing
according to the weather,
backpack.

Please remember your own
drinking bottle!