

Activities 2017-2018

We organize wilderness and nature activities which take you to action in nature all year around. Our ever changing nature, vast variety of activities, professional guides and animators who know their business and field equipment, to create a foundation to a successful nature adventure.









Just take it easy with fun... duration 1-3 hours

- Alpine curling** ❄️ Almost like the real curling, but still different – come and find out. *
- Archery + blow darts if wanted** Do what Robin Hood has done.
- Disc golf** Like golf but try to get a flying disc in a basket, the course is in the forest, also in wintertime*
- Fishing** Fishing with one rod, you might catch a huge pike...
- Geocaching** Find hidden treasures with help of GPS. See also www.geocaching.com*
- Gymnastic exercises** More flexibility with stick gymnastic exercises... Duration 15 min – 75
- Ice fishing** ❄️ On Lake Ylä-Keyritty *
- Kicksled safari** ❄️ Kicksleds for speed to explore Metsäkartano and the near environment*
- Low Ropes course + Slackline** ❄️ Can you keep your balance?
- Nordic walking** 🌞 Right technique, brisk tempo*
- Olympic Games** in Metsäkartano style - Funny Olympics for all ages.
- Outdoor games** Traditional Finnish games for groups Mөлkky, Hyrlinki, Kyykkä etc. *
- Path of Senses** Do you recognize shapes and scents? Time to refresh your senses
- Picking berries and mushrooms** by yourself or with guide *
- Problem solving track** Team building, creativity, agility..
- Sumo wrestling** Can you face your opponent without laughing. Dress the sumo suit on and step to tatami 250 € / group
- Swamp soccer** 🌞 Time to get muddy, scoring goals comes secondary
- Wilderness Golf** 🌞 It's almost like golf, but the course is in the forest *
- Yoga** Spice up your stay at Metsis and try yoga with us. We offer various types of yoga for beginners to more experienced yogis


Craft and Arts... duration 1-4 hours

- Cast mask** 1. Day - Making a mask with a friend. 2. Day - Painting the mask you've done
- Ceramic work** Learning the basic techniques and making an item. Ask an offer for a longer course.
- Clay workshop** Learning techniques and making an item
- Felting** Learning the basics of felting from wool and making e.g. decorations
- Jewellery work shop** Make a jewellery item or a souvenir from bone, soapstone, stone or tin.
- Textile printing** Bag or t-shirt, you can create the stencil or choose from pre-done ones.

A Real Adventure is waiting for You... duration 2-4 hours

Basket climbing 	Who makes the highest tower from baskets by climbing on them?
Canoeing trip 	Paddling on the peaceful Lake Ylä-Keyrittty
Cross-country skiing trip 	3-20 km, 3 km track is lighted, you can rent skis and shoes from reception *
Cycling trip 	Cross-country or sand road by bicycle, part of the trip can be a hike in e.g. "Pumpulikirikko" nature reserve*
"Hevonkuusi"	Hideaway in the forest. A hut for 12 people by the small forest bond, situated in the middle of nowhere*
Hiking trip in the wilderness	A trip to any of our hiking routes, you decide the route and we take care of the rest. We can also provide overnight trips for example to Tiilikka national park *
Lumberjack skills	Fun with logs and traditional lumberjack tools
Off-track skiing 	Skiing with "Sliding Snowshoes" in unmarked terrain an unforgettable experience.
Snowshoeing 	a trip to the wilderness with snowshoes
Wall climbing	Climbing top rope on an over 10 meters high CE-certificated wall, with a guide

Something special...

Blacksmith workshop	What does the blacksmith do in his workshop? Can YOU do the same? 3-8 h 500 €/group
Dinner in turf cabin	Fabulous dinner by campfire and possibility for live-music
Dog sled safari 	Lovely dogs give you a nice ride in the beautiful nature, also an opportunity to visit the farm c. 100 € /person
Horse sled ride	c. 350 € /group
WHP (Workplace Health Promotion)	1-3 days package with fitness tests to improve employee wellness, ask for an offer/brochure

Something to do in the evening

Gym and Gymnasium	Time to move your muscles. Includes the use of whole gym hall and the equipment 48 € / 2 hours
Karaoke	Can you find the singer in you? From 300 € /group
Traditional dances	One man band, duo, trio ... from 350 € /group
Lumberjack evening	Spending the evening by playing lumberjack games and enjoying good company from 700 € /group
Drama show	You can be an actor or actress, also Rautavaara's amateur theatre or youth circus can make a show. c. 30 min. From 250 €/group

*=free of charge without a guide, prices of equipment rent - ask for more information

**METSÄ
KARTANO**
NUORISOKESKUS

 WINTER ONLY

 SUMMER ONLY

www.metsakartano.com

