Scandinavian Secrets
An Exploration of Well-Being in Finland
Covered in thick forests and speckled with lakes and inlets, Finland is a country where nature is part of the everyday and a well-balanced life is considered essential. An integral element of mental and physical health here is the sauna, a restorative practice for the body and soul that is so popular that there are more than 2 million saunas in Finland—for a population of just over 5 million. On this expedition, learn about the benefits of healthy, clean living and discover the untapped powers of the mind.

Settle into vibrant Helsinki and explore the concepts of happiness and well-being as you discover innovative art and design, planet-healthy approaches to food and farming and a modern take on the Finnish sauna. Then head into the serene forests outside the capital for two nights and enjoy a traditional outdoor sauna experience and a chance to recharge in nature — as do the happiest people in the world. Along the way you will see why Finland has been named the happiest country in the world for the second year in a row by the United Nations.
DAY 1  Welcome to Helsinki
Arrive in Helsinki and transfer to the historic Hotel St. George, located in the city center. Gather with our Los Angeles Times host and fellow travelers for a welcome reception and dinner tonight. (D)

DAY 2  Happiness in Helsinki
Your exploration of wellness begins with a traditional Scandinavian buffet breakfast of warm bread, local cheeses, fresh fruit, porridge and smoked meats. You’ll be joined by a Finnish psychologist for a discussion about happiness and why the Finns consistently score high on worldwide happiness indexes. Then set out with a guide on a panoramic tour of Helsinki. Situated on a peninsula surrounded by islands, Helsinki is a city of waterfronhs and forests with a historic center inspired by the neoclassical architecture of St. Petersburg. See the city’s landmarks, including the Presidential Palace; Senate Square, dominated by the graceful, green-domed Helsinki Cathedral; and the world-renowned Finnish National Opera overlooking Töölö Bay. Take a walk in Sibelius Park to see sculptures dedicated to Jean Sibelius, Finland’s most famous composer, and step into the intriguing Temppeliaukio Church, a copper-domed structure built into bedrock in the heart of the city. After leisure time for lunch, visit the new Amos Rex art museum for a private workshop on painting and breathing techniques that reduce stress. Tonight you’re invited for dinner with a family in their home. (B, D)

DAY 3  Sustainable Foods
Travel to Karjaa Farms this morning to explore the food of the future, crickets. At the forefront of the fast-growing edible insect industry, this working farm responsibly raises protein-rich crickets as a sustainable alternative to beef and sells them in a variety of prepared foods from cricket granola to roasted crickets. Meet a representative of EntoCube, the first company to sell and market crickets in Finland, for a Q&A session about this fascinating technology. Afterward, visit the Haltia Nature Center for a lunch of local raw, organic foods and explore the grounds. View landscape shots from Nordic photographers or walk the Maahisenkierros trail to enjoy the beautiful views. Tonight enjoy a dinner as a group at Ultima. (B, L, D)

EXPEDITION EXPERTS

Rene Lynch
Rene Lynch is a writer and editor at the Los Angeles Times who works across a variety of sections, including news, Food, Health and TV. She is also the CEO — Chief Encouragement Officer — for #LATFit, an online campaign to help people achieve their health and fitness goals by making small, simple lifestyle changes.

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**DAY 4**  Finnish Traditions

Start the day by venturing into nearby meadows and forests on a foraging walk with a local expert. Learn to identify edible herbs, berries and mushrooms and discover how Finns prepare and preserve these wild foods. After lunch at a renowned zero-waste restaurant, enjoy an introduction to one of Finland’s most beloved traditions with an exclusive sauna experience at Löyly, a stunning work of wooden architecture on the Helsinki waterfront. Relax in a private sauna reserved for your group and try out the traditional smoke sauna. If you wish, descend from the terrace right to the Baltic Sea for a refreshing post-sauna plunge in true Finnish style. Dinner tonight is at the Löyly restaurant, which serves excellent Scandinavian fare with views of the city and the sea. (B, L, D)

**DAY 5**  Mushrooms and More

Enjoy a morning at leisure to discover the city at your own pace or indulge in a sauna or spa treatment at the hotel. Have lunch on your own, then take part in a mushroom cultivation workshop this afternoon. Learn how to grow oyster mushrooms, high in essential vitamins and minerals needed to maintain a well-balanced lifestyle, at home in leftover coffee grounds. After the workshop has concluded, continue to Hotel Haikko Manor, our home for the next two days. Have an elegant dinner tonight on the grounds of the manor. (B, D)
**ACCOMMODATIONS**

- **4 NIGHTS** Hotel St. George  
  Built in a 19th-century printing house in the heart of Helsinki, the Hotel St. George is an elegant accommodation that embraces well-being, healthy and sustainable food, local culture and art. The hotel offers a Turkish-Nordic restaurant, a glass-covered courtyard bar and an on-site bakery that produces fresh bread, pastries and coffee.

- **3 NIGHTS** Hotel Haikko Manor  
  The inviting Hotel Haikko Manor is set among trees in the countryside in Porvoo, north of Helsinki. The manor’s history stretches back to the 1300s, when it was owned by the Dominican priory of Vyborg. Over the years it changed hands among various families before opening as a hotel in 1966. The hotel is a tranquil retreat with a spa, excellent restaurants and a vegetable garden. Wellness amenities include a traditional sauna, a steam sauna, a pool and Jacuzzi and a gym as well as a variety of massage, skin and beauty treatments, including Super Cold, a cold treatment long used for pain management. Simple, elegant rooms feature a bathroom with shower, bathrobes, hair dryer, television and Wi-Fi.

**DAY 6  Wild Finland: Nuuksio National Park**
Spend today immersed in the pristine forests and lakes around Nuuksio National Park. First head into the park to encounter Finland’s southernmost population of reindeer. Learn about these iconic creatures of the north, and how they are adapted to withstand long Scandinavian winters, while you feed them their favorite treats. Sip a coffee around the campfire and soak up the tranquility of the park’s cool pine forests. After lunch at the reindeer farm, travel to a lakeside cottage just outside the park for a revitalizing outdoor sauna experience. Here delve into the traditions and the spiritual significance of the Finnish practice as you relax in wood-heated sauna with views of the serene forest. Then leave the heat of the sauna for an invigorating dip in the lake. As evening sets in, sit down to a delightful three-course meal of Arctic specialties, including wild mushrooms and berries and fresh fish. Return to the hotel for the night. (B, L, D)

**DAY 7  Spa and Wellness**
Enjoy a full day at our spa hotel to relax, take walks in the surrounding countryside or indulge in optional wellness treatments. Tonight toast our Finnish wellness week during a farewell dinner at a lively restaurant in the city center. (B, D)

**DAY 8  Departure**
After a final Scandinavian buffet breakfast, transfer to the airport for individual flights home. (B)
DATES & PRICING

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<th>PRICING</th>
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<td>July 19-26, 2020</td>
<td>$6,795</td>
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Meal Key: B=Breakfast, L=Lunch, D=Dinner, T=Tasting, R=Reception

LAND COST

Prices are listed in U.S. dollars and are based on a person sharing a room with another. Although we do our best to maintain the listed price, because our prices are set over a year in advance, we reserve the right to increase costs due to circumstances beyond our control, tariffs, taxes and VAT received after prices are published and to reflect fluctuations in foreign exchange markets. The land cost is based on a minimum number of guests as described on the trip page.

WHAT IS INCLUDED

- Comprehensive educational program by content experts and professional on-site guides
- All accommodations and meals as outlined in the itinerary
- All ground transportation within the itinerary unless otherwise indicated
- All sightseeing as specified in the itinerary
- Entrance fees
- Gratuities to porters, drivers and guides for all included arrangements
- The assistance of an ATA expedition manager for comprehensive logistical and customer service management on the expedition
- Wireless listening devices
- The assistance of an ATA professional travel team to assist with pre-trip questions, travel arrangements, including flights, extra hotel nights or other services
- Comprehensive pre-departure information about the destination and what to expect on the expedition, including a suggested reading list
- Transfers to and from airports for those arriving or departing according to the designated itinerary (exceptions may apply)

WHAT IS NOT INCLUDED

- U.S. domestic or international airfare or other transportation from your home to the departure point of the trip and from the end point of the trip to your home
- Travel and trip cancellation insurance
- Passport, visa, airport departure and baggage fees
- Meals not specified in the itinerary, and food and beverages not part of the included meals
- Personal items such as telephone, fax and internet charges, laundry, room service and alcoholic or other beverages not specified as included
- Gratuities for non-group services
- Expenses you may incur resulting from delays due to bad weather, road conditions, sickness, government action and flight delays
- Expenses incurred in making individual travel arrangements in conjunction with the trip, and sightseeing not included in the itinerary

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