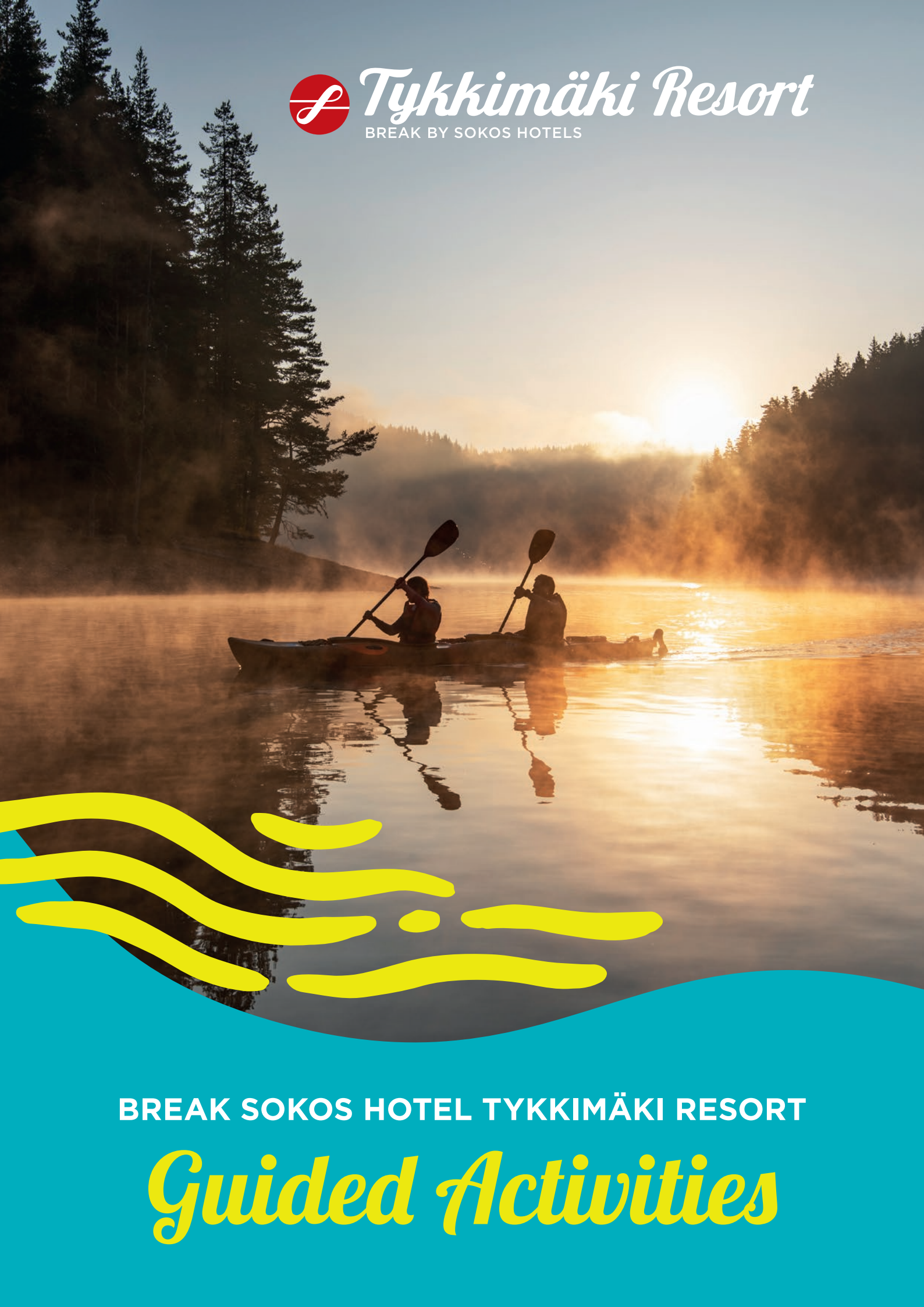




Tykkimäki Resort

BREAK BY SOKOS HOTELS



BREAK SOKOS HOTEL TYKKIMÄKI RESORT

Guided Activities



*Activities will top off
your stay at Break Sokos
Hotel Tykkimäki Resort
in Finland*

Break Sokos Hotel Tykkimäki Resort offers great opportunities for active holidays all year round. Whether you like hiking in the fresh air, kayaking, canoeing, swimming in lakes or mountain biking, you will find all this and much more!

Bookings from our sales service:
sales.kymenseutu@sok.fi

 *Tykkimäki Resort*
BREAK BY SOKOS HOTELS

 **BONUS
WITH
S-ETUKORTTI**
s-kanava.fi

 **SAIMAAN
PALJU
EVENTS**

sokoshotels.fi



Guided activities:

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The duration of the program is approximately 2 hours, unless otherwise stated in the description.

The activities will be provided by our partner Saimaan Palju, a company with several years of experience in serving both companies and private customers.

E-fatbike safari

€75/person

Cycling and electrically assisted cycling are highly trendy sports right now. If you do not have any previous experience of e-bikes, our safaris serve as an excellent introduction to the sport! Our safaris will always be customised to suit the group. The easiest way is to bike along the road, but you can also take to the forest paths. The duration of the safari is about two hours.

The price includes instructions, guidance and all the necessary equipment. The guide will choose the routes according to the group's skill level. We will be using Tunturi's emax 2020 e-fatbikes. The weight limit of the bikes is 120 kg.

The tour can be booked for groups of **6-16 people**.

Bike safaris are available during the snow-free seasons, from about mid-April to mid-December.





Climbing park

€150 + €29/person

In the adventure, you can test your agility and find out who is the strongest climber in the group. The adventure's ten climbing tracks offers a suitable challenge for first-timers as well as experienced climbers. Before moving to the track, everyone goes through a practice track.

The climbing park is located in the Tykkimäki amusement park, 15 minutes walk away from the Tykkimäki Resort and Saimaan Palju rental point.

The duration of the program is about 2.5 hours, of which climbing is about 1.5 hours.

Bookable for groups of **6-50 people**.

The activity available from April to October outside the opening hours of the amusement park.

SUP boarding

€45/person

SUP boarding is a great way to experience the beautiful lake area of Käyrälampi and the surrounding magnificent natural landscapes. SUP boarding is at its best in the evenings, when the waves begin to settle. A calm lake and a SUP board slowly gliding forward along its surface offer a fantastic nature experience.

SUP boarding is also suitable for beginners. At the beginning of the activity, the guide will demonstrate the correct technique, and then participants can paddle around in their preferred style. The guide will stay with the group during the whole activity.

Swimming skills are required to participate.

Available for groups of **6-20 people**.
The best time for SUP boarding is during the warmer season, from early June to the end of August.



Kayaking

€65/person

Welcome to our guided kayaking tour in the peaceful Käyrälampi area. The trip allows you to experience a relaxing sport in the middle of beautiful lake nature. There will be no rush, we will enjoy the experience and the surrounding scenery in peace.

This activity is excellent for first-time kayakers. Before we depart, the guide will instruct the participants in correct techniques and safety matters. There are both two-person kayaks and sit-on-top kayaks available.

Swimming skills are required to participate.

Available for groups of **6-48 people**.
The best time for kayaking trips is during the warmer season, from early June to the end of August.



Workplace Health Day Olympics

from €540

The Workplace Health Day Olympics offer light and relaxed activities for even larger groups. The Olympic program, consisting of fun group competitions, includes seven different sports, the most famous of which is plank skiing, which tests teamwork and especially moving in sync.

Seamless cooperation is the key to success in other sports as well. The Workplace Health Day Olympics are the best way to get together and build team spirit!

Price €450 + €15/person.

Bookable for groups of **6-60 people.**

Available during snow-free times,
from about mid-April to mid-December.



Crate climbing

from €275

In crate climbing, participants build a towering stack of crates while climbing on top of it. Climbers are secured with safety harnesses, and an experienced instructor ensures everything runs smoothly and safely.

The activity is easy to combine with other fun programs at Tykkimäki Resort, such as padel, mini-golf, or a Forest mind nature session. This way, everyone can find their own way to enjoy the day and challenge themselves!

The activity lasts one hour.
Extra hours €100/h.

Crate climbing accommodates approximately **6-8 climbers** per hour, making it an excellent addition to a diverse team-building day.

Available from May to October.

Forest Mind trip

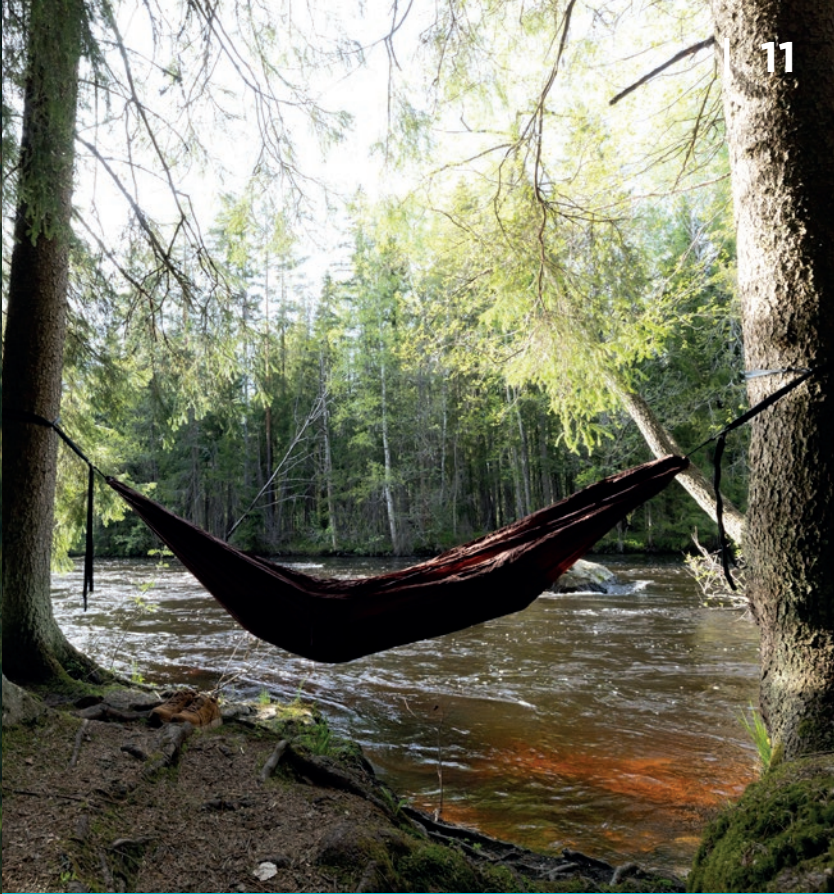
€45/person

A Forest Mind trip offers an opportunity to take a break and experience the surrounding nature and relax in the embrace of a Finnish forest. The trees, forest plants, wind, sun and the scents recharge your batteries and help you unwind.

During the trip, the participants will also do Forest Mind method's exercises that promote presence, mental resources, relaxation and mind skills, which teach you to listen your body and mind. After the tour, you will feel relaxed and calm.

Available for groups of **6-16 people**.

This activity is available all year round.



Hammock relaxation

€40/person

The trip begins with sense and relaxation exercises. The exercises will gradually lead you to the right mood of relaxations and helps you to let go of the busy life behind. During these exercises, we travel towards a hammock moment, where participants can relax in the embrace of hammocks, watching the swaying treetops. After relaxing, we slowly return along the paths, our minds and backpacks lighter, rested and refreshed.

Bookable for groups of **6-14 people**.

Available from May to September.

Yoga

€35/person

A gently flowing yoga class. During the class, opening, mobility and balance movements are done consciously, exploring body sensations, creatively and through joy, respecting one's own body. During the class, you move freely from one movement to another, accompanied by mental images, and enjoy the power of the breath.

Anni Malviina works as a yoga instructor. In her classes, we learn to listen to the body's needs and laugh at mistakes, we move gently and sensitively at everyone's own level and pace. No previous yoga experience is required for the classes.

The duration of the program is 60 minutes.

Bookable for groups of **6-12 people** all year round. Implementation in connection with the reservation of accommodation or meeting space, or outside during the summer.





Chord bath

from €250

Tibetan singing bowl relaxation is based on sound waves. Sound waves nourish the mind as well as the body. When the director taps the hand-forged sound bowl with a mallet, the bowl starts vibrating with sound waves. Resonance relaxes and calms the mind. During relaxation, the instructor leads the participants into a deep state of relaxation, some of the participants may even fall asleep.

At the beginning of the chord bath, the instructor talks about the singing bowls and the chord bath in general. After the relaxation begins, the participants lie down on the yoga mats. The sound coming from the singing bowls is not loud, but pleasantly gentle. Singing bowl relaxation is suitable for all kinds of groups who need a break from busy everyday life, or otherwise want to experience a moment of relaxation.

The duration of the program is 60 min, of which singing bowls are played for 45 min.

Price for 1-10 people is **€250**,
additional people **€25/person**.



Bookable for groups of **up to 16 people** all year round. Implementation in connection with the reservation of accommodation or meeting space, or outside during the summer.



Snowshoeing

€40/person

A snowshoe trip in the winter forest is a great exercise experience. On the trip, we feel the beautiful winter landscape and use snowshoes to walk along paths and snow. We also try out how snowshoes work on uphill and downhill terrain.

Participants are required to be in good basic condition.

Bookable for groups of **6-21 people**.

Available from January to March, depending on the snow situation.





Gliding snowshoes

€40/person

Snowshoes are a trendy sport! These wide and short skis offer the best of snowshoeing and forest skis. Gliding snowshoes are agile enough, but also offer the user a load.

During the trip, we test the properties of the sliding snowshoes and enjoy the pure Finnish nature. The skis have traction hairs on the bottom, so we also try out how to climb uphill with them.

Participants are required to be in good basic condition.



Bookable for groups of **6-20 people**.

Available from January to March, depending on the snow situation.



Ice fishing competition

€38/person

Ice fishing competitions are a great way to find out who is the strongest fisherman in the group! At the beginning, each participant is given ice-fishing equipment and after that it's time to head to the ice. At the end of the race, the fish are weighed or counted, depending on the basis on which the race was decided.

The ice fishing competition set includes:

- Auger
- Sludge shovel
- Ice fishing rod + lures
- Stool

Bookable for groups of **6-24 people** from January to March, depending on the ice situation.



Floating adventure at Käyrälampi

€60/person

A floating adventure is a unique experience. Supported and rocked by the gentle waves, you will feel weightless and soon forget all your everyday worries! Floating can make you feel relaxed and refreshed.

While you relax, you can even try some synchronised swimming with your group! Try making a pattern with your group, such as a star. Easy, isn't it?

Swimming skills are required to participate.

Available for groups of **6-16 people.**

Floating is possible from May to December, if the ice conditions permit. Dusky autumn days and the starry, bright sky create a unique world you can admire while floating in the water.



Paintball

€52/person

Paintball is a fun, exciting and engaging activity that combines physical movement, strategy and teamwork. It is an excellent way to boost team spirit and create memorable experiences for groups of friends as well as workplace teams.

The group will be provided with suitable markers chosen from two size categories: light paintball with 50 caliber markers or the “standard” 68 caliber paintball markers. The smaller-caliber markers are particularly well suited for the Kouvola field, which offers plenty of cover, allowing opponents to be positioned closely behind obstacles.

Bookable for groups of **8-40 people**.

Available during snow-free seasons.





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