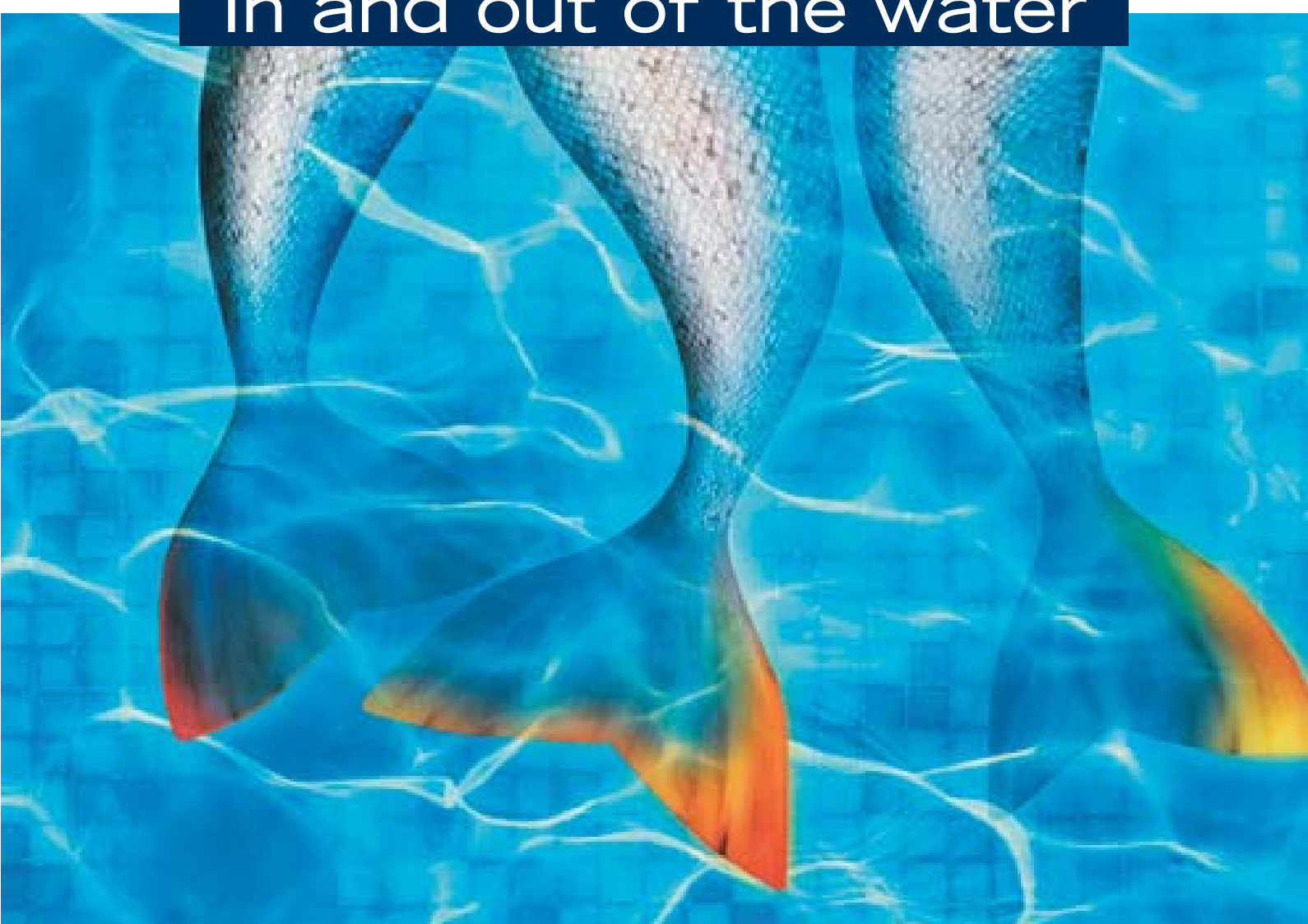


www.rauhalahti.fi



In and out of the water





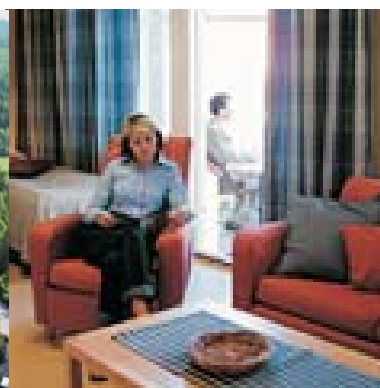
The Rauhalhti Spa Hotel is conveniently located only a few kilometres from the city centre of Kuopio. Rauhalhti offers everything you can wish for on your holiday. You can spend your entire day pursuing various activities, or just relax and let us pamper your body and soul. Following the refreshing and memorable experiences, you will soon be looking forward to another holiday!



Lakeside setting

It does matter where you stay on your holiday. At Rauhalhti, the beautiful natural surroundings and the scenic Lake Kallavesi create a peaceful and soothing setting for a wide range of accommodation options. You are sure to find the right accommodation to suit your taste. The pleasant and comfortable rooms of the Spa Hotel are perfect for those who appreciate a carefree stay. The high-standard Apartment Hotel, offering apartments with or without a private sauna, is ideal for families and small groups. A spacious prestige apartment, adding a touch of luxury to your holiday, truly helps you to get away from it all. The apartments of the Hostel are suitable for those who prefer more moderately-priced accommodation.

A delicious breakfast buffet with local specialities, served at the Spa Hotel, gets your day off to a good start. Moreover, the Rauhalhti Holiday Centre next to the Spa Hotel offers accommodation in high-standard holiday villas.





Like a fish in the water

Enjoy the lovely warmth of the spa, even when it's freezing cold outside! When staying at Rauhalampi, you can splash about in the water as much as you wish. Time will fly for the whole family in the spa's dozens of pools. You can soak in the hot pool, lounge in the Jacuzzi or keep fit in the swimming lane. Children will have great fun in their own pools and be thrilled by the water slide. For an even more invigorating experience, try out the heated outdoor pool or the indoor cold pool. The pool bar serves refreshing drinks and hamburgers that keep you going during your spa session. The Club Sauna offers the opportunity for sauna-bathing in privacy.



Lumberjack traditions

Special experiences are on offer at Jätkänkämpä, an authentic lumberjack lodge from the 1950s. On Tuesdays all year round, and in summer also on Thursdays, the lodge arranges Traditional Finnish Evenings built around lumberjack traditions with bathing in a smoke sauna. The gentle heat of the smoke sauna together with dips in Lake Kallavesi cleanses the body and mind alike. During the Traditional Evening, a buffet meal is also served, including delicious regional food as well as the lodge's own specialities - 'Robber's Roast' or smoked fish - in summer. A singing accordionist adds to the compelling atmosphere. Moreover, fantastic lumberjack shows are performed by some of the masters of the sport in summer. The Jätkänkämpä Lumberjack Lodge and its grounds also make a unique venue for various special occasions from family functions to corporate events. During the Christmas and New Year season the lodge is transformed into a fantasy Santa Claus' Home.



Activities galore

Active holidaymakers are well catered for at Rauhalampi and in its environs. The Kuopio region as a whole offers excellent opportunities for virtually any sport. Rauhalampi boasts magnificent surroundings for outdoor recreation as well as a regular programme of holiday activities that will keep you busy from morning till evening in any season of the year. Indoors, you can exercise in the gym, do aerobics, play ballgames and, if you are seeking for something more adventurous, go wall-climbing. During the high seasons we arrange lots of exciting activities especially for children. Rambling along nature trails, Nordic walking and canoeing are among the attractive summer outdoor pursuits on offer. Horse-riding is also popular at Rauhalampi, and golf courses can be found fairly close by. In winter, you can go cross-country skiing from right outside the hotel. Moreover, the thriving cultural life of Kuopio is close at hand as Rauhalampi is situated just on the outskirts of the city. Rauhalampi also has its own open-air theatre arena.



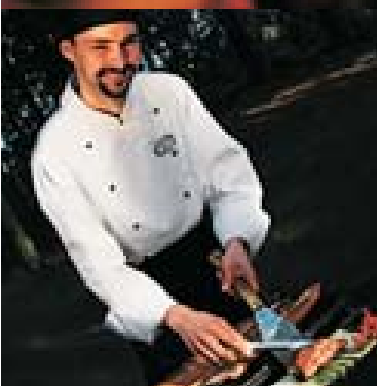
Pamper yourself

How about indulging in expert spa treatments? Our treatments and therapies induce well-being from head to toe. The skilled massage therapists will release tension in your muscles. The beauty treatments, ranging from facials to pedicures, will rejuvenate your body. Herbal and other aromatic baths can make you feel like a Javanese princess. And a hairdo and makeup will add the finishing touch to the sense of bliss. Beauty treatments are also available to men.



Entertainment highlights

As dusk sets in, it's time for a night out. Rauhalhti is famous for its dance evenings attracting people from far and near, and the ladies' choice dances on Wednesdays are especially popular. Wherever you come from, you won't be alone. The great, easy-going atmosphere is created by good live music, provided at weekends by some of the top bands and artistes in Finland. No wonder there is so much talk about Rauhalhti! At the beginning of the week there are light-hearted theatre shows and various theme evenings.



The way to the heart

It is through the stomach as everybody knows. One of the most important things that visitors will remember about a place is good food. The menus of Rauhalhti include mouth-watering dishes for every occasion, together with suitable wines to go with the meal. The à la carte menu offers flavoursome portions from light soups to juicy steaks. A wide choice of food is served at the buffets, and the festive seasons are marked by specialities typical of the season in question. The Jätkänpä Lumberjack Lodge has its own special menus. But for a quick snack nothing stops you from ordering a pizza or picking up a hamburger from the spa's fast food restaurant. The main thing is that you enjoy your food and feel well-nourished afterwards.



DESIGN MIKKO ROSSI

Within easy reach

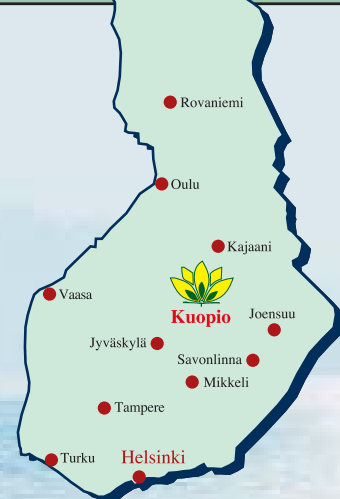
Rauhalampi is easy to reach by all means of transport. Kuopio is served by good rail, bus and air connections, and a regular bus service is operated from the city centre to Rauhalampi. In summer you can also board a boat from the Passenger Harbour to Rauhalampi (the journey takes 30 min).

Distances

Helsinki	382 km
Tampere	293 km
Turku	449 km
Oulu	284 km
Vaasa	375 km
Joensuu	136 km
Kajaani	169 km

Kuopion Region

Centre of Kuopio	5 km
Railway and Bus Station	6 km
Airport	23 km
Puijo Tower and Ski Slopes	7 km
Tarinagolf Golf Course	25 km
Kasurila Ski Centre	25 km
Tahko Ski Resort and Golf	70 km



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