

在芬蘭湖區享受寧謐 Relaxation in Finnish Lakeland

芬蘭除了北極光和聖誕老人村，更是擁有188,000個湖泊的「千湖之國」¹。這些湖泊大都集中在湖區，是探索芬蘭獨特魅力的核心和靈魂之地。

內湖遊船

芬蘭湖區以面積論是歐洲之冠，遊客既可安坐舒適的遊船，沿著內陸水道一邊欣賞自然景致，一邊享受閒適時光；又或者像芬蘭人般，前往湖邊的木屋²，在遠離喧囂之地與親朋好友一起度假。

湖區桑拿

無論是夏季還是冬日，芬蘭人的生活都少不了桑拿。在湖區的撒翰拉提度假村，遊客可以體驗傳統的煙熏桑拿，然後跳進歐洲第四大的天然淡水湖塞馬湖，讓身體涼快下來。³

此外，草藥桑拿也不妨一試，輕柔的蒸氣混和草藥的芳香，有助促進血液循環，令肌肉放鬆，舒緩精神緊張。至於用木柴加熱的傳統桑拿，更是夏季木屋桑拿最常見的必試體驗。

馬上關掉所有電子裝置，躲進桑拿，滌淨身心吧！



Finnish experience, retreat to a lakeside cottage², where holidays are typically spent with friends and family away from the hustle and bustle of city life.

Lakeland sauna

Whether it is summer or winter, sauna is an indispensable part of Finnish life. At the Sahanlahti Resort in Lakeland, guests can experience the traditional smoke sauna, followed by a jump

Finland, also called “the land of a thousand lakes”¹, is more than the Northern Lights and Santa Claus Village. Its true heart and soul can be found in the Finnish Lakeland, where most of the 188,000 lakes in Finland densely located.

Ships on lake

The Finnish Lakeland is the largest lake district in Europe. Cruising the inland waterways on cosy ships is a great way to relax and take in the natural surroundings. Or if you want a traditional

into Lake Saimaa – Europe’s fourth largest natural freshwater lake – to cool down.³

Visitors may indulge in a herbal sauna pervaded by the fragrance of herbs mixed with gentle steam, which improves circulation, relaxes muscles and relieves stress, whereas the traditional wood heated sauna is a quintessential Finnish experience and a must-try.

Let’s turn off your electronic devices, hide into a Finnish sauna and enjoy the pureness of your body and mind!

