

ECER 2026

19-20 August 2026

TAMPERE SAUNA EXPERIENCES

GRUPPERI

Contact us:

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6.7.2026

RELAXING SAUNA MOMENT IN THE CITY

A modern city sauna

SAUNA-RESTAURANT KUUMA

Enjoy a relaxing Finnish sauna experience at Sauna Restaurant Kuuma, located in the heart of Tampere. This modern urban sauna combines contemporary Nordic architecture, beautiful lakeside views and a vibrant restaurant atmosphere. After your sauna, you can stay for dinner and drinks at the restaurant or continue your evening in Tampere's vibrant city centre.

Sauna session 90 minutes

€22 per person

Session times

19.8. 19:30–21:00

20.8. 20:30–22:00

Guided walk tour in the city (60 min) + sauna session (90 min)

€37 per person

Walk tour+sauna session times

19.8. 18:30–21:00

20.8. 19:30–22:00

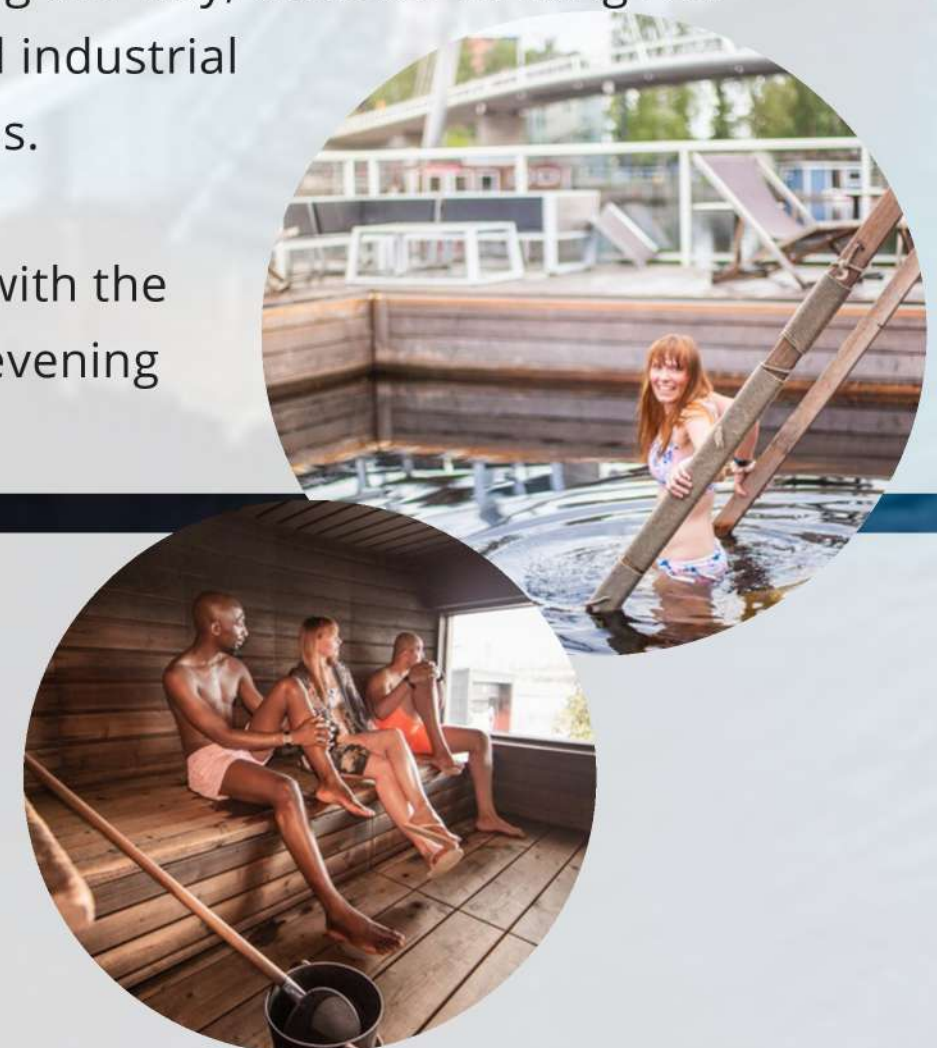
Up to 20 guests. Pre-booking only!

For an even deeper introduction to Tampere, begin your evening at Tampere Hall and join a guided walk through the city. The route leads from the cultural quarter into the vibrant city centre before reaching the historic Tammerkoski Rapids, where Tampere's story began. Along the way, discover striking red-brick factory buildings, former mill chimneys and beautifully restored industrial landmarks that now house museums, restaurants and cultural venues.

Whether you choose the sauna experience on its own or combine it with the guided walk, you'll enjoy an easy, memorable and authentic Finnish evening in the heart of Tampere.

What's included?

- ✓ 90-minute sauna experience in a modern city sauna
- ✓ Independent arrival and departure
- ✓ Optional guided walking tour before the sauna (45–60 min)
- ✓ A relaxed and authentic Finnish sauna atmosphere



GRUPPERI

EXPLORE TAMPERE WITH BIKE

The very local way to experience Tampere

BIKE, SAUNA AND SWIM

3-hour scenic bike tour with local guide

Early Bird Offer €89 per person

From 1 August price is €99 per person.

Schedule:

19.8. 19:00-22:00

20.8. 19:00-22:00

Up to 10 guests

Combine Tampere's most beautiful cycling routes with one of Finland's most cherished traditions. Cycle through the historic district of Pispala and the scenic Pyynikki Ridge before relaxing in a traditional lakeside sauna and cooling off with a refreshing swim in Lake Pyhäjärvi. The tour starts and ends at Central Square in front of the City Hall.

Tour highlights include: Pispala wooden house district, Pispala Ridge viewpoints, Pyynikki forest trails & ridge scenery, local cultural landmarks & stories and sauna experience in a natural setting.

What's included?

- ✓ Local guide (language: english)
- ✓ City bike and helmet
- ✓ Sauna experience in a peaceful natural setting
- ✓ Lake access for swimming and cooling off
- ✓ Scenic route through Pispala & Pyynikki ridges
- ✓ Local stories and cultural insights

Recommendations & Sauna Etiquette

Swimwear is required. There is no nudity on our tours, and swimwear must be worn if you wish to enter the sauna.

Stay hydrated. Finnish saunas can be very hot, so we recommend bringing your own water bottle and drinking regularly during the tour. Our guides also carry water, so please ask them if you need some.

Bring flip-flops. We recommend wearing flip-flops for hygiene reasons and to make walking between the sauna and the lake more comfortable.

Bring your own towel. Please bring a towel with you for the sauna and swimming. If you forget one, towels can be rented.



GRUPPERI

VISIT SUOLIJÄRVI JUTTUSAUNA

Public Wood-Fired Sauna

SUOLIJÄRVI SAUNA

€12 per person

18:00–19:00

19:30–20:30

21:00–22:00

Relax in a traditional wood-fired sauna by Lake Suolijärvi in Tampere. Surrounded by forest and peaceful nature, enjoy gentle sauna heat, refreshing dips in the lake, and one of the city's most popular public saunas.

If capacity allows, you may extend your stay. The sauna is mixed-gender, and swimwear is required. Sauna has public changing facilities with separate areas for men and women. The changing facilities are open until 9 PM and are freely available for use before and after your sauna session.

Sauna is best reached by public transport, and travel time should be taken into account when planning your visit.

Good to Know

Address Suolijärvenkatu 5, FI-33720 Tampere, Finland

Changing Facilities

Spacious changing rooms, showers, and toilets are located at the Suolijärvi Outdoor Lodge, approximately 100 metres from the sauna. The changing facilities are open during all public sauna sessions (until 9 pm) and can be used before and after your sauna visit, regardless of your booked sauna time. Lockable lockers are available in the changing area. Please ask the sauna attendant for a locker key if you wish to use them. Small lockable compartments for valuables are also available for all guests. Please note: The small changing rooms next to the lake are reserved primarily for season pass holders and winter swimmers.

How to get there?

Suolijärvi is easily accessible from Tampere city centre by public transport. Bus number 4 runs directly to the nearest stop, "Suolijärvi". By tram, the closest stop is "Hervannan kampus", from which it is approximately a 1-kilometre walk. The sauna is located on the Suolijärvi beach, at Suolijärvenkatu 5.

What to bring?

- A towel and swimsuit
- Slippers for comfort and safety
- A bottle of water to stay hydrated during your sauna experience

During Your Visit

If capacity allows, you are welcome to extend your stay beyond your booked sauna session.

The sauna is mixed-gender, and swimwear is required at all times.

The surrounding area offers beautiful forest trails around Lake Suolijärvi, making it easy to combine your sauna visit with a walk in nature.

A gas barbecue is available for guests, and you are welcome to grill your own sausages or other snacks.



SAUNARITUALS

Popular guided sauna tradition experience

TRADITIONAL SAUNA RITUAL & LÖYLY IN A YURT SAUNA

Early Bird Offer 2-hour sauna session - €69 per person.

From 15 August, the regular price is €75 per person.

Rituals schedule

19.8. 19:30–21:30

20.8. 19:30–21:30

Address: Kaupinojankatu 1 A, 33500 Tampere

A deeply immersive sauna experience at a wood-fired public sauna in Tampere. Set in a beautifully crafted yurt-style sauna space, Sauna Temple offers soft, oxygen-rich löyly and a calm atmosphere rooted in Finnish sauna tradition.

This experience is hosted at Sauna Temple, a unique wood-fired yurt sauna designed by a local master builder, honoring the spirit of traditional Finnish sauna culture.

The evening begins with a guided traditional sauna ritual led by Matti and Juha. The ritual creates a slow, meditative space through sauna folklore, old Finnish sauna songs and spells, and the use of healing sauna whisks. It is designed to deepen your connection to the experience and the surrounding nature.

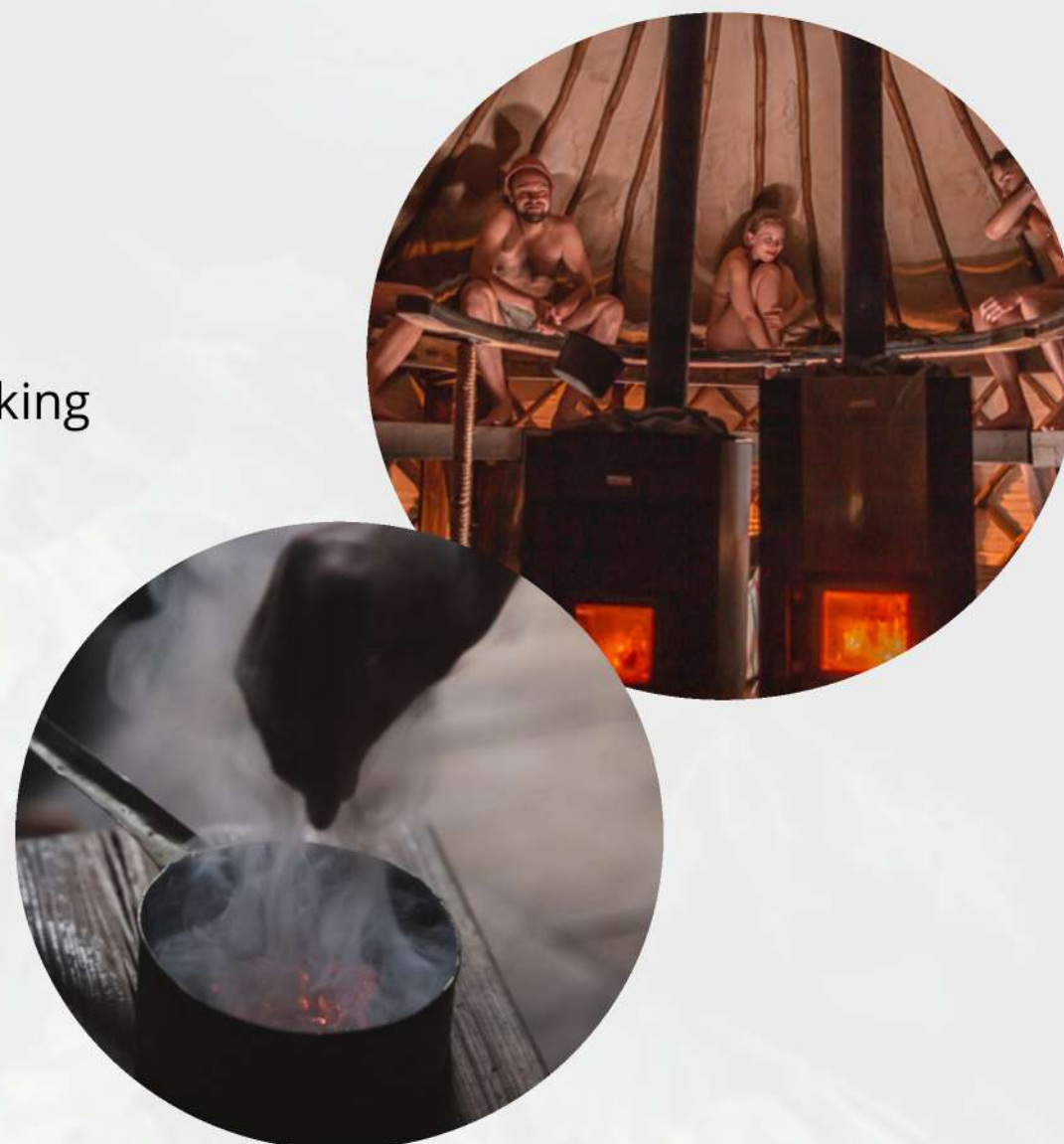
After the guided ritual, you are free to continue enjoying the löyly at your own pace and fully unwind in the peaceful setting.

What's included?

- ✓ 2-hour sauna experience: 1-hour guided sauna ritual and 1 hour of free sauna time
- ✓ Traditional Finnish sauna songs, folk spells and birch whisking
- ✓ Handcrafted wood-fired yurt sauna
- ✓ A unique Finnish sauna cultural experience

What to Bring

- ✓ Seasonal outdoor clothing
- ✓ Swimsuit
- ✓ Towel
- ✓ Water bottle



GRUPPERI

TRUE GEM OF PIRKANMAA

Experience best rated sauna in Tampere region

TRADITIONAL SAUNA & SMOKE SAUNA AT LAKE VEITTIJÄRVI

Early Bird Offer

2-hour sauna session €16 per person

From 1 August, the regular admission price is €19 per person.

Sauna sessions: 17:00–20:00 and 19:30–22:30

Up to 30 guests per sauna session

During your two-hour sauna session, you can enjoy the gentle heat of both a traditional Finnish sauna and a smoke sauna, take a refreshing swim in the waters of Lake Veittijärvi, and unwind in the peaceful surroundings of Finnish nature. Spacious outdoor terraces invite you to cool down between sauna sessions, relax, and spend quality time with your group. A covered seating area provides a comfortable space to gather and enjoy the lakeside atmosphere in all weather conditions.

A selection of non-alcoholic refreshments is available for purchase. You are also welcome to bring your own alcoholic beverages if you wish.

What's included?

- ✓ 2-hour sauna experience (traditional sauna + smoke sauna)
- ✓ Lake access for swimming and cooling off

Veittijärvi is located in Ylöjärvi, just a 20-minute bus ride from Tampere. As public transport connections are limited, we recommend booking our sauna bus for the easiest and most convenient way to reach the venue.

Private Sauna Bus transfer

€18 per person (round-trip)

Route: Tampere Hall - Veittijärvi Sauna - Tampere Hall

Sauna bus schedules

Sauna Session 1 (17:30–19:30)

- 17:00 - Departure from Tampere Hall
- 17:30–19:30 - Sauna
- 19:30 - Departure back to Tampere
- 20:00 - Arrival at Tampere Hall

Sauna Session 2 (20:00–22:00)

- 19:30 - Departure from Tampere Hall
- 20:00–22:00 - Sauna
- 22:00 - Departure back to Tampere
- 22:30 - Arrival at Tampere Hall



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PRE-BOOK YOUR VEITTIJÄRVI ADD-ONS

TRADITIONAL FINNISH SAUNA CEREMONY

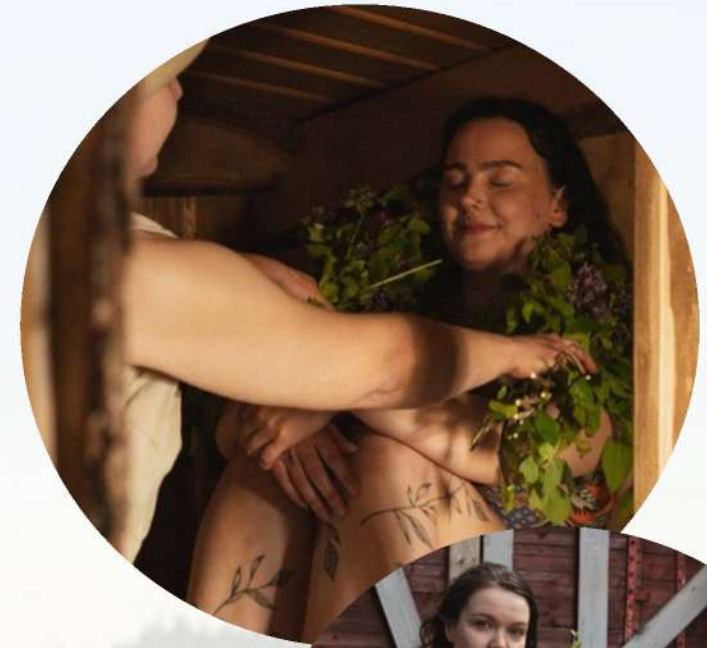
€19 per person

Ceremony times: 18:00-18:30 and 20:15-20:45

Up to 12 guests / session

Duration: 30 min

Experience a guided Finnish sauna ceremony where centuries-old traditions and wellbeing come together. Led by Kata, an experienced traditional sauna guide, the ceremony combines gentle steam, native Finnish plants, herbs, and natural aromas to create a deeply relaxing atmosphere. Traditional Finnish songs, runic singing, and ancient incantations introduce the rich cultural heritage of the Finnish sauna. A memorable experience that invites you to slow down, reconnect with nature, and discover one of Finland's most treasured traditions.



What's included?

- ✓ 30-minute guided sauna ceremony led by traditional sauna guide Kata
- ✓ Traditional Finnish sauna songs, runic singing and ancient incantations
- ✓ Gentle steam enhanced with native Finnish plants and herbs, creating a unique sensory and aromatic experience
- ✓ Traditional birch whisking (vihta/vasta)
- ✓ An authentic Finnish sauna experience rooted in centuries-old traditions

COMPLETE YOUR SAUNA EXPERIENCE IN VEITTIJÄRVI WITH TRADITIONAL FINNISH SAUNA FOOD

In Finland, food has always been an important part of the sauna tradition. Whether it's grilled sausages by the fire or a seasonal meal shared together, good company and local flavours complete the experience.

Menu options and advance booking will be available soon.

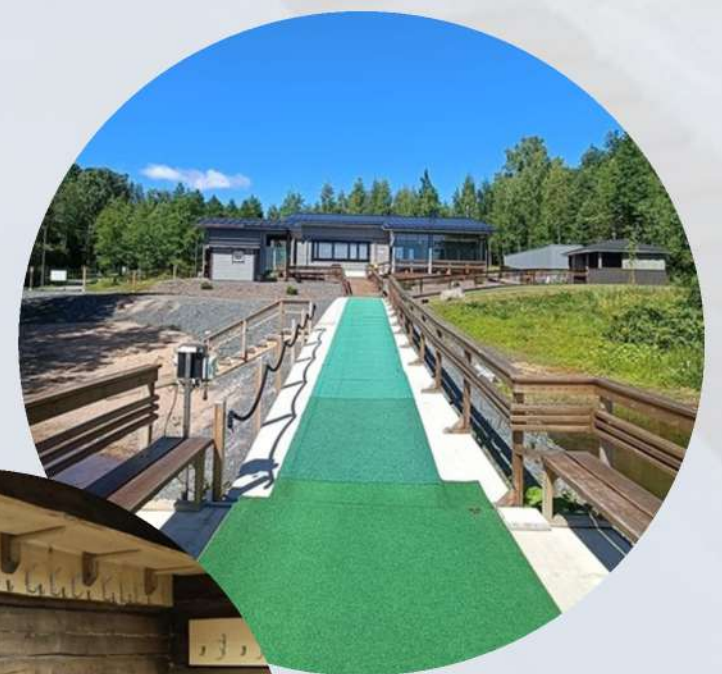
We recommend booking in advance to ensure your preferred meal is available and to help us minimise food waste.

GOOD TO KNOW

Address Peukaloniementie 5, FI-33480 Ylöjärvi, Finland

Facilities

- Separate changing rooms for women and men
- Shared showers, with private shower cubicles also available
- Traditional Finnish sauna
- Authentic smoke sauna
- Small lockable lockers for valuables
(please note that items are left at your own risk)



GRUPPERI

PLAN AHEAD, GUARANTEE YOUR SPOT AND MAKE THE MOST OF YOUR SAUNA EXPERIENCE.

SECURE YOUR PLACE IN TAMPERE'S MOST SOUGHT-AFTER SAUNA EXPERIENCES BY BOOKING IN ADVANCE.

Pre-booked experiences with limited availability are essential, especially for intimate, small-group saunas and unique settings. The most popular options often sell out well ahead of time-so early booking is highly recommended.

BOOKING SUMMARY & TERMS

RESERVATION & AVAILABILITY

All offers are subject to availability at the time of booking and are non-binding until confirmed. Prices are based on current availability, and we reserve the right to make changes. Booking opens on Monday 1 June, 2026.

PAYMENT TERMS

Full payment (100% of the experience price) is due at the time of booking. A booking is confirmed only once payment has been successfully received.

PARTICIPANT INFORMATION

Participant information is collected during the booking process. The customer is responsible for providing accurate and complete details.

TERMS & CONDITIONS

General travel terms and Gruupperi's specific terms and conditions are available on our website. By completing the booking, the customer confirms acceptance of these terms.

CANCELLATION & RESCHEDULING

All bookings are non-refundable. Bookings may be converted into a credit or rescheduled to another available experience, subject to availability. Requests must be made at least 7 days prior to the scheduled experience.

Transfer of Booking: The booking may be transferred to another participant free of charge.

The original customer is responsible for ensuring that the new participant complies with all terms.

TRAVEL DOCUMENTS & INSURANCE

Participants are responsible for ensuring they have any required identification documents for the experience.

We strongly recommend valid travel insurance.

Participants are responsible for any damage caused during the experience.

LIABILITY

The organizer is not liable for indirect damages, delays, or changes caused by circumstances beyond reasonable control (force majeure).

BOOKINGS OPEN ON MONDAY 1 JUNE.

Book your sauna experience on our website and find the perfect moment for your visit. If you have any questions or would like help choosing the right experience, we are always happy to assist.

We hope our sauna experiences invite you to unwind and enjoy the essence of Finnish sauna culture - right here in Tampere, the sauna capital of the world.

Warm regards,

Miina Riitijoki

CEO & Founder

Gruupperi - Finnish travel and experience agency

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www.gruupperi.com

<https://gruupperi.com/collections/ecer-sauna-experiences>

ABOUT US

GRUUPPERI

Gruupperi is a group travel specialist based in Ylöjärvi, Finland, founded in the summer of 2025. We create carefully designed group tours, excursions, and memorable experiences that combine local culture, meaningful connections, and personalised service.

Our destinations range from Finland's beautiful landscapes to carefully selected locations in neighbouring countries. We are committed to sustainable tourism and to creating genuine connections between travellers, local communities, and regional businesses.

Our clients include companies, associations, clubs, groups of friends, and other groups looking for well-organised trips and shared experiences.

Our services include:

Day trips and themed tours

City breaks and spa holidays

Corporate wellbeing and recreational days

Cultural, sauna, and local experience packages

We work in close cooperation with trusted local entrepreneurs and partners throughout Finland. By showcasing local destinations, services, and expertise, we aim to create meaningful travel experiences while supporting regional tourism.

Choose one of our ready-made experiences or let us design a tailor-made itinerary for your group. We'd be happy to prepare a competitive quotation based on your wishes.

GRUUPPERI OY

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