

EPIC2025 Local Guide

EPIC2025 Local Guide:

What to Eat, Drink, See, and Do in Helsinki

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✦ [EPIC2025 Google Map](#) - find locations recommended in this guide

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Introduction

The Helsinki Capital Area, consisting of Helsinki, Espoo, and Vantaa, offers a compact yet varied experience where modern urban life blends seamlessly with nature and design. Helsinki, the capital city, forms the heart of the region with a walkable city center full of neoclassical and Jugend buildings, contemporary architecture, cozy cafés, and museums. Districts like Kallio and Punavuori offer a hip, bohemian vibe with their vintage shops, indie galleries, and lively bars, while Töölö, Katajanokka, Kruununhakka, and Eira provide a quieter, more elegant atmosphere with old residential streets and seaside promenades. The neighboring city of Espoo (site of the conference) is more suburban and tech-oriented, home to many business parks and waterside areas perfect for hiking or kayaking, while Vantaa—home to the Helsinki Airport—is more residential.

The islands surrounding Helsinki are a defining feature of the city's character, offering everything from historic sites to untouched nature. Many islands are connected by regular ferries or seasonal boat services, making island-hopping a scenic and low-effort way to explore Helsinki's maritime soul:

- **Suomenlinna**, a UNESCO World Heritage site, is an 18th-century sea fortress spread across several islands and is easily reachable by a short ferry ride from downtown.

- **Pihlajasaari** is a summer favorite for locals, with sandy beaches, rocky shores, and a restaurant, ideal for a relaxed day trip.
- **Seurasaari** offers a more cultural experience, featuring an open-air museum with historic wooden buildings and peaceful forest trails.
- For nature lovers, **Lonna** and **Vallisaari** provide quiet getaways with walking paths, sea views, and cafés in restored military buildings.
- **Harakka** is located a few minutes' boat ride away from Kaivopuisto, by the open sea and in the middle of the delicate nature of the archipelago. Though the island is relatively small the richness of the island's vegetation and bird population is unparalleled.

We hope you enjoy your time in the Greater Helsinki area!

Saunas

The Finnish way

In Finland, saunas are more than just places to relax—they are an integral part of Finnish culture and identity. Over 3 million saunas across the country (population 5.5 million) are sanctuaries for both physical and mental well-being, offering spaces for meditation, socialization, and healing. They are not a luxury, they're a necessity!

Selecting a Sauna

When selecting a sauna we suggest identifying the following characteristics so you have an experience that suits you:

- **Gender:** Some have separate saunas for men and women, and others are all gender (families often go to the sauna together). Some have both options.
- **Nudity:** Saunas have rules about nudity—swimsuits may be optional, required, or not allowed. In Finnish culture, nudity in saunas is completely normal and natural; there is no sexuality or shame in saunas, and Finns are not shy about nudity. In most cases nudity is only required for gender separate saunas, and when genders are mixed

swimsuits are required. If swimsuits are optional, you will not feel out of place if you wear one—everyone is focused on relaxing and won't notice.

- **Essential items and rentals:** Bring a towel and, if you plan to wear one, a swimsuit. Many saunas rent towels and some rent swimsuits. We recommend bringing flip flops or slides. You may wish to bring basic personal items (e.g., a comb) and a seat cover to use in the sauna (e.g. small towel). It is good to have a water bottle with you, as plenty of hydration is essential for a proper sauna experience.
- **Swimming:** Some saunas have swimming pools or a cold plunge. The experience is not completed without jumping into the cold water or at least cooling down outside.

Recommended Saunas

These are interesting saunas our local team recommends. However, almost any hotel, almost all residential buildings, and all swimming pools will have their sauna, so go and explore!

Sauna at the Lonna Island



A one of a kind experience of island life.

Mixed-gender sauna, requires pre-booking, 22€ per person, with or without bathing suit

The island of Lonna's public sauna is located in the archipelago just in front of the city center of Helsinki. A very special experience, with the possibility of taking a dip into the sea. Lonna island is 10 minutes by boat from the center, and is a small island that boasts a great restaurant and bar.

Every day is a mixed sauna day. Both saunas are always in use for all genders. There will be separate changing rooms for men and women. They also provide a gender neutral changing room on site.

[Löyly Helsinki](#)



Sauna & Restaurant by the sea very popular among tourists and locals.

Mixed-gender sauna, requires pre-booking, 26€ per person, with bathing suit

Löyly is a public sauna with a traditional smoke sauna and a wood-burning sauna open daily. After a good steam, when you feel like cooling off, both saunas offer direct access to outdoor seating areas and the sea, where you can enjoy a refreshing swim, all year round. Has a nice restaurant with a terrace on the premises. This sauna is a bit off the center, so please allocate adequate time to get there.

Allas Sea Pool



Mixed and separate gender, no pre-booking required, 18€ per person, bathing suit is required in mixed saunas.

Sweat and swim in the heart of downtown Helsinki. Allas has a total of five saunas, three on the pool level and two in the main building. The unique location offers the opportunity to enjoy the heat of a sauna in a magnificent maritime setting right in downtown Helsinki. 3 of the saunas are unisex, so swimsuit is required. This sauna is very popular among tourists.

[Kotiharjun sauna](#)



Separate gender, no pre booking required, 16€ per person, no bathing suits.

Your real deal neighborhood sauna experience. Kotiharjun Sauna, built in 1928, has maintained its original atmosphere throughout the decades. Customers range from the neighborhood regulars to bachelor parties and most adventurous tourists. It is all about the right steam and the soulful atmosphere.

[Uusi Sauna at Jätkäsaari](#)

Separate saunas for men and women, mixed electric sauna, no pre-booking, 18€ per person.

Typical neighborhood sauna but new. The neighborhood sauna in Jätkäsaari Helsinki serves residents but welcomes people to enjoy an urban sauna experience. It's a great place for tourists to experience a traditional Finnish sauna. There are separate wood-heated saunas for men and women, as well as a shared electric sauna. The new sauna has its own restaurant. Towels and bathrobes are available for rent.



[Löylykontti Saunas](#)



Two electric mixed-gender saunas, bring your own swimsuit and towel, 12€ per person (public), 29€ per hour (private), book and pay in advance.

A chain of self-check-in in saunas across Helsinki and Espoo. Löylykontti Saunas has a few options in Helsinki and in Espoo. We recommend Löylykontti Sörnäinen which is located in the heart of Helsinki's creative district, next to Suvilahti; this sauna is right by the sea.

Villa Furuvik



Idyllic sauna far from downtown.

Mixed-gender sauna, requires pre-booking through their [website](#), 18€ per person, swimsuit is required

Villa Furuvik Beach Sauna is located in Laajasalo, Helsinki about one hour by bus ride from the city center. It is surrounded by beautiful villas, and the sauna has a window view of the Baltic Sea. Possibility to swim in the ocean. Sauna tickets or reservations must be purchased in advance from their online store.



Lähde Sauna

Women's &
men's
bookings,

mixed sauna, public side doesn't require pre-booking (only during day time tickets from café 11am- 5pm), 12€ per person

With a long and 'crazy' story. This sauna is located in the Lapinlahti area in Helsinki. It's a historically significant area in Helsinki, known primarily for the Lapinlahti Hospital, which was the first mental hospital in Finland built in 1841. The hospital was designed by Carl Ludwig Engel, a German-born architect who played a significant role in shaping Helsinki's architecture. Lapinlahti Hospital ceased its operations as a psychiatric facility in 2008. Today, the area has been preserved and repurposed for recreational use. The hospital buildings and gardens are open to the public, offering a unique glimpse into the history of mental health care in Finland.

It is said to be the oldest functioning sauna in Helsinki that is open to the public. The sauna building, completed in the 1880s, has been used by staff and patients.



[Sompasauna](#)

A truly communal sauna

The sauna is mixed-gender and relaxed on nudity - you do as you please.

Sompasauna is a long-standing communal sauna project, open 24/7, free of charge. In the spring of 2025, it's moving to Mustikkamaa, an island near the centre, where people gather to

sunbathe, swim, do sports or have a picnic on the cliffs. If you're looking for a communal sauna experience, this might be the place for you - just remember to respect "Saunarauha", their code of conduct, and remember that there's no staff, so you have to put in some work yourself.

Sauna Bar



By famous Finnish distilling company Kurö.

mixed-gender sauna, requires pre-booking, with bathing suit, 25 €/per person

Sauna Bar is located in the city center of Helsinki. Not a traditional one.

Each sauna session lasts one hour. The price includes a towel, bathrobe, seat cover, and shampoo. Drinks from the bar can also be enjoyed in the sauna area. A swimsuit is required in our sauna facilities. The minimum age for entry to the Sauna Bar is 18.

[Keilis](#) [Sauna](#)



mixed-gender sauna, with bathing suit, 12-16€ per person, wood-burning container sauna and electric sauna at Laguuni Espoo.

Keilis sauna is located in Espoo Keilaniemi. It is surrounded by a business district and in the summer time there is the possibility to do different water sport activities. Easy access with the metro line.

[Kulttuurisauna](#)



Meditative sauna in the heart of city.

Mixed-gender sauna, no bathing suits, 13-17€ per person.

A cult sauna with a very special meditative atmosphere in the center of Helsinki. Despite the fact that it is located in the middle of a huge construction site, it still is the most magical, peaceful place in Helsinki. The sauna etiquette here is special: no groups allowed, no loud conversations. Morning shifts are walk-ins, evening shifts require pre-booking on the website. 2 separate gender saunas, no swimsuits in the sauna, but please bring one for a sea dip or cooling down on the shared premises.

Eat + Drink: for All Tastes and Wallets

The Finnish way

Unless you are going to a fine dining restaurant, do not expect much of the table service. Order at the counter and pay straight up. No tips required. During the work week between 11:00 am and 14:00 pm most of the restaurants offer lunch menus with a set price around € 13,70.

Restaurant Recommendations

Budget-Friendly (€-€€) - under € 30

2 of the best areas for casual dining are Kallio and downtown Helsinki.

[Yes Yes Yes](#) – a vegetarian restaurant in Helsinki's design district (Iso Roobertinkatu 1) with a vibrant atmosphere located and seasonally changing menu. Mains approximately €15–20.



[Shopping Centre Kluuvi](#) is located in the very heart of Helsinki's downtown, which has budget friendly restaurants serving Mediterranean, Asian & European cuisines. Some are characterless chains, while some are more of a local gem - like Vibami (Vietnamese) or Tawook Lab (Syrian).

The top floor of [Shopping Centre Kamppi](#) has plenty of budget friendly restaurants, among which we highly recommend Hoku - Asian fusion cuisine with a Hawaiian twist. If you are lucky, you'll get the table with a view overlooking the roofs of downtown Helsinki.

[Lie Mi](#) – Vietnamese food and drinks, several restaurants around the city - Kallio, Töölö, Punavuori, Kamppi - mains approximately €16-30

[Daddy Greens](#) – pizza + beer chain with casual and friendly atmosphere: locations in Töölö, Punavuori, and Kallio. Pizza €15-20

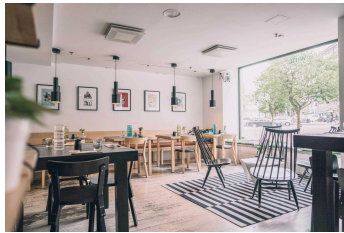
[Flat 14](#) – a very popular brunch all day place serving good coffee and wine in Kallio (Viides Linja 14). You can choose your own set of small dishes €15-33. Beware - it's very popular among locals, so if you're coming on the weekend expect a long queue over brunch hours. Reservations are only available for dinner.



[Pamela](#) – a relaxed and casual and simple but high quality food in the nice central location overlooking the old cemetery and church - Bulevardi 12. Mains € 16-26, special offers for work week lunches.



[Sushi + Wine](#) – minimalistic design and fresh sushi - a very Helsinki kind of place located in Punavuori and Kallio. Meals starting from € 25, bowls at € 15.



[Hills Dumplings](#) – located in Kampi and Kallio, new world Asian cuisine with a casual and fun sensibility. The flavours are inspired by dim sum and casual street-style Cantonese restaurants but with their own unique twist. Dumplings starting from € 14. Do not miss the great cocktails!



[Bruket](#) – great lunch place in Kallio, Kaikukatu 3. Bruket's lunch is always handmade from the best seasonal ingredients. Lunch is served from 11 to 2 pm and includes a hot meal and soup, bread, salad and coffee. Price for lunch €14.90/person.

[Forza](#) – located in the bustling area of beautiful historic Eira, Pursimiehenkatu 29-31, Italian trattoria; pizza €20-30.



Mid-Range (€€–€€€) – €30 - 70

Eira, Ullanlinna and Kruununuhaka are neighborhoods where more sophisticated dining takes place.

[Ateljé Finne](#) – located near Kampi, an atmospheric restaurant with artistic finesse. Celebrating renoir Finnish sculpture. Mains € 28-34



[BasBas Bistro](#) – one of most prominent good food establishments in Helsinki that now has 3 outposts including [BasBas Kulma](#) and [BasBas Studio](#) that have attracted crowds for a decade. Natural wines and great food, amazing vibes. Daily menu at €62.

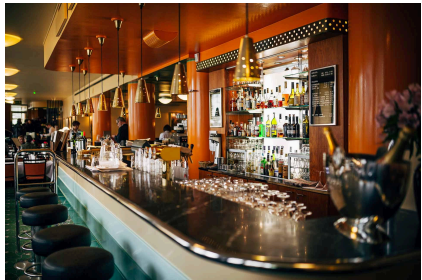


[Bona Fide](#) – small restaurant that focuses on seasonal vegetables and fish dishes, in the nice residential area of Kruununuhaka, Vironkatu 8, 6-course tasting menu at €59; 4-course meal at €49.

[The Cock](#) – modern brasserie with Asian influences located at the beautiful jugend-style landmark by Kasarmitori square close to downtown Helsinki. mains typically €25–40



[Elite](#) – nostalgic restaurant with classic Finnish dishes. Located in Töölö - Eteläinen Hesperiankatu 22. Elite is a unique Finnish culture and artist restaurant - a stage of life and a living room for artists since 1932. Mains approximately €25–40.



[Farouge](#) – Lebanese fine dining close to downtown, Fabianinkatu 9. Mains around €30–40.



[Kuurna](#) – one of the pioneers of the Helsinki good food revolution, located in the nice and quiet Kruununka area (Meritullinkatu 6), 2 course menu starting from € 45.



[Sea Horse](#) – if you want to go to the same place where JP Sartre went for dinner, or where classic Finnish movies are set. Might not be your typical fine dining, but will guarantee atmospheric experience and real Finnish food. It is fair to say that Sea Horse is a piece of Finnish restaurant history, an institution. Kapteeninkatu 11, Mains € 25-30.



[Mat Distrikt](#) – Nordic meat-centered sustainable dishes, as well as vegetarian options; close to downtown, in Ullanlinna - Tehtaankatu 12, mains typically €30–40.

High-End (€€€€) – €70 and Above

This is where the recommendations from your local team end and the Michelin stars begin!

[Finnjävel](#)

[Gaijin](#)

[Grön](#)

[Muru](#)

[Nolla](#)

[Vinkkeli](#)

[Olo](#)

[Palace](#)

Cafes

Finland famously has one of the highest per capita coffee consumptions in the world. Even though we love our coffee makers at home, we also have some pretty great coffee spots sprinkled around the city.

[Cafe Regatta](#) – Regatta is an iconic landmark in Helsinki: a small, red wooden hut that serves coffee and pastries in the most idyllic location on the seaside, near Sibelius Park. A word of caution: when sitting outside, keep an eye out for the seagulls! You might lose your blueberry pie in a blink of an eye.



[Johan & Nyström](#) – Located in the very heart of Helsinki near Market Square, this cafe draws coffee lovers from all over. The cafe itself is overlooking the sea and harbor, with cozy chairs and nooks inside to spend a rainy afternoon.



[Meli Cafe and Bakery](#) – If you happen to be in the Kallio district, Meli Cafe and Bakery is a great place to stop for some coffee - or even some of their delicious salmon soup.



[Cajsan Helmi](#) – If you're a fan of tea as well as coffee, this might be the place for you. The historical, newly renovated cafe very close to the Central Railway station has pastries, and also offers afternoon tea options.



Other options include [Cafe Art Taideterassi](#), located in an historic building on Töölönlahti; the retro-futuristic [Outrun Cafe](#) in Pasila; [Café Pequeno](#) and [Sävy](#) in Kallio, [Helsinki Coffee Roastery](#) in the idyllic Vallila neighborhood (a hidden gem), or [Kaffa Roastery](#) for coffee lovers. And many many more... Finns love coffee.

See + Do: Museums, Libraries, Movies, Music, Markets

The Finnish Way

Museums in Helsinki are not big, but often well curated. The average entrance fee is 20 Euros.

Recommended Museums

[Kiasma](#) – The Museum of Contemporary Art Kiasma, is located in Helsinki's downtown - Mannerheiminaukio 2, features Finnish and international artists, and has a nice gift shop and cafeteria, as well as theater space.

[Ateneum](#) – The Ateneum Art Museum boasts Finland's oldest and largest collection of art, and also showcases world classics and avantgarde. It has two lovely restaurants and a nice gift shop. Located right across Helsinki railway station - Kaivokatu 2. It hosts a permanent exhibition that alongside the iconic, beloved classics of the Finnish artistic canon, also features more rarely seen works, and temporary shows.



[Helsinki Biennale](#) – Helsinki Biennale is an international art event that brings outstanding contemporary art to Helsinki's archipelago nature. This year it will take place from 8 June to 21

September on Vallisaari Island (20 min boat ride from Helsinki downtown), in Esplanade Park (Helsinki downtown), and at HAM Helsinki Art Museum (Kamppi). The biennale is free, but you need to pay for the boat ride to and from the island. The theme of the biennial is 'Shelter', it takes inspiration from the habitat of Vallisaari Island, which has been preserved from human habitation for decades. The biennial reflects on the fragile relationship between humanity and the natural world. Moving beyond human-centric perspectives, the featured artworks foreground animals, plants, fungi, insects and minerals, nicely overlapping with the EPI2025 theme Intelligences.



[HAM](#) – Helsinki Art Museum is one of the most prominent art museums in Finland and the Nordic region. HAM actively curates a broad international exhibition program and also co-hosts the Helsinki Biennale. It is centrally located at Eteläinen Rautatiekatu 8 (Kamppi metro area).



[Helinä Rautavaara Ethnographic Museum](#) – Helina Rautavaara was a Finnish journalist and explorer, and her collection has long since been transformed into an ethnographic museum. It hosts events and workshops, and many anthropology students from the University of Helsinki have at one point or another worked there as extra staff. It's located in Espoo Centrum, in Shopping Centre Entresse, so you'll have to spend a bit of extra time getting there.



[EMMA - Espoo Museum of Modern Art](#) – EMMA is located a few kilometres from the conference venue, usually boasting several different exhibitions at any time. You might even get to glimpse inside FUTURO, a prototype of a plastic house from the 60s, serving a vision of what the housing of the future looked like to people sixty years ago.



[Didrichsen Art Museum](#) – Located outside of Helsinki's downtown, not too far from Dipoli on Kuusisaari island (one more option to explore Helsinki archipelago), Kuusilahdenkuja is a private villa turned art museum. The summer exhibition showcases modernism within the Didrichsen Art Museum's collection. Represented in the cross-section are artists such as Alexander Calder, Yves Klein, Wassily Kandinsky, Henry Moore, Ahti Lavonen and Helene Schjerfbeck.



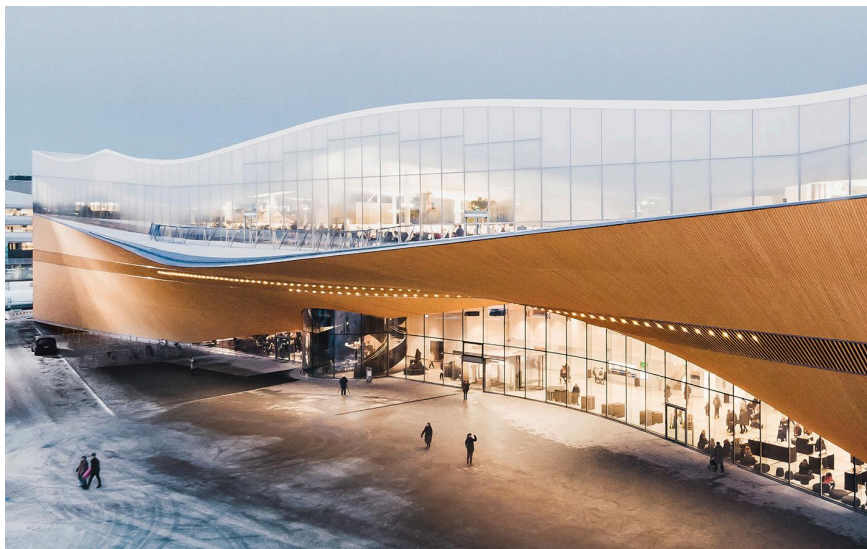
[Kaisaniemi Botanic Garden](#) – Right around the corner from Helsinki Railway station is a peaceful and beautiful botanic garden open to the public, along with a greenhouse for a small fee and a cute wooden villa coffee shop. The entrance gate is at Kaisaniemenrantakatu 2.



Libraries

Helsinki is a mecca for a great library experience. Located in all major neighborhoods, libraries are centers of community life in Finland. Everyone is welcome. There is often a good selection of books in foreign languages, especially Swedish and English.

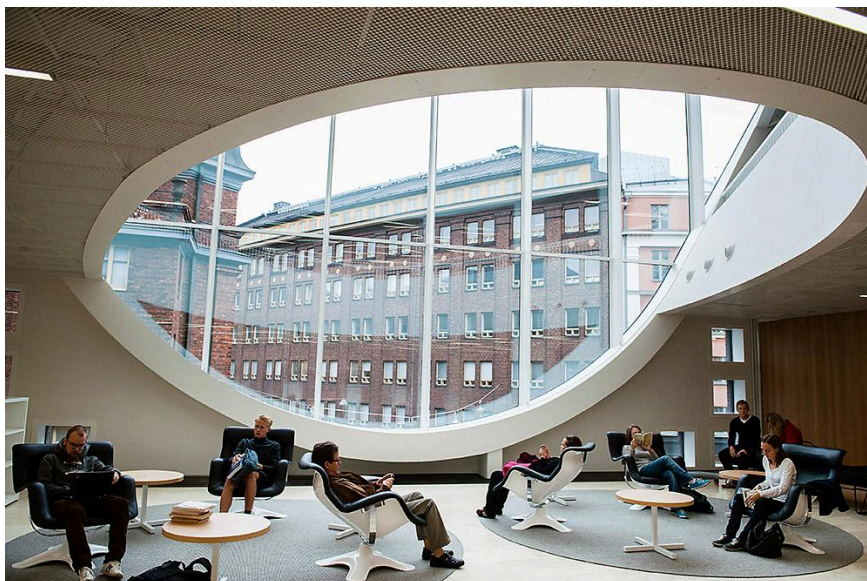
[Oodi](#) – Töölönlahdenkatu 4 is the grand jewel of Helsinki. Its location, original architecture, and amazing atmosphere is what makes it absolutely a must see for tourists and among the most favorite public places for locals. You can play chess and board games, read magazines and books, visit the cinema or have lunch or coffee here.



[National Library of Finland](#) – A historic library at its best. Located right at the Senatti tori at Unionkatu 36, it is open on weekdays from 9am to 6pm, and closed on the weekends.



[Helsinki University Library Kaisa House](#) – Kaisa House is a great example of contemporary Finnish architecture and design. It serves the fields of the arts, educational sciences, law, theology and social sciences. Kaisa House was presented at 'Mind-Building', Finland's exhibition at the 16th International Architecture Exhibition of La Biennale di Venezia in 2018. If you decide to visit the library do not miss an opportunity to take a look at Antikvariaatti Sofia, a second-hand bookshop located on Vuorikatu right next to the library. Antikvariaatti Sofia has a wide selection of second-hand books, including non-fiction and fiction. Books are also available in English and in smaller quantities in other languages. The bookshop also has art exhibitions.



[Töölö Library](#) – Topeliuksenkatu 6. The library has a large window providing a magnificent view of the adjacent park. The well-lit reading hall enchants visitors with its scenery, and the balconies of the library are also often used as reading or working spaces in summer. Designed in the Modernist style by architect Aarne Ervi, the library was opened to the public in 1970.



Cinemas

Helsinki has a good number of independent movie theaters like **Riviera Kallio & Riviera Punavuori, Kino Konepaja, Kino Engel, Cinema Orion, Kino Tapiola** that offer a better selection of good quality cinema and sometimes offer nice food and drink to accompany screenings. All the movies are usually shown in their original language with Finnish and Swedish subtitles. You can easily see what is showing at all of them at <https://www.kinot.fi/>

[Regina Cinema](#) – Regina Cinema is located at the Oodi Library (Töölönlahdenkatu 4), belongs to The National Audiovisual Institute, and organizes regular film screenings of archival film as well as thematic screenings. Here you can watch classics and forgotten gems of world cinema.

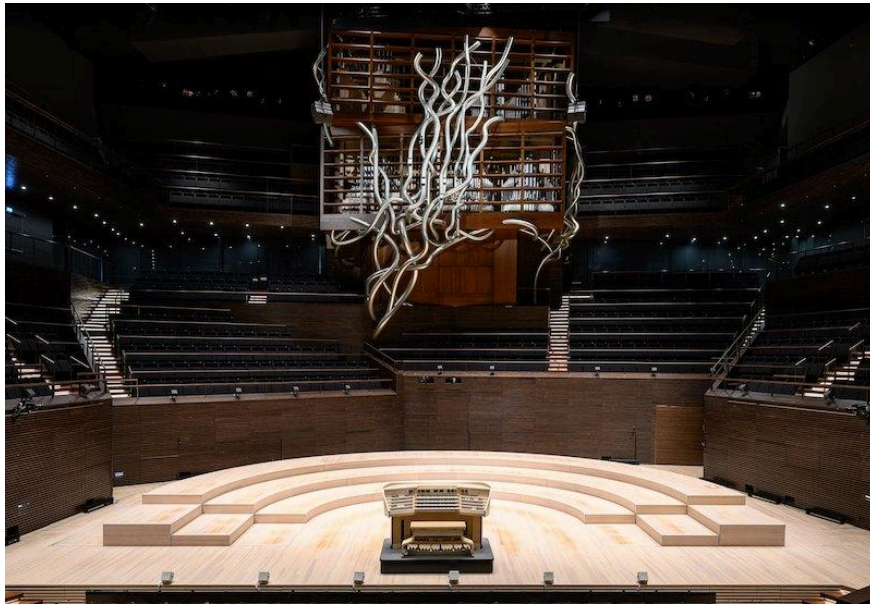


[Love and Anarchy Film Festival 2025](#) – Happy news for film lovers who are planning on staying in Helsinki for the weekend - it's the opening weekend of Helsinki's most beloved and long-standing film festival, Love & Anarchy! There's always an excellent variety of films from all over the world, and they take over most of Helsinki's cinemas, so you'll also have an opportunity to see the whole scene. Book ahead if you want to make sure you'll have a ticket; they tend to sell out.



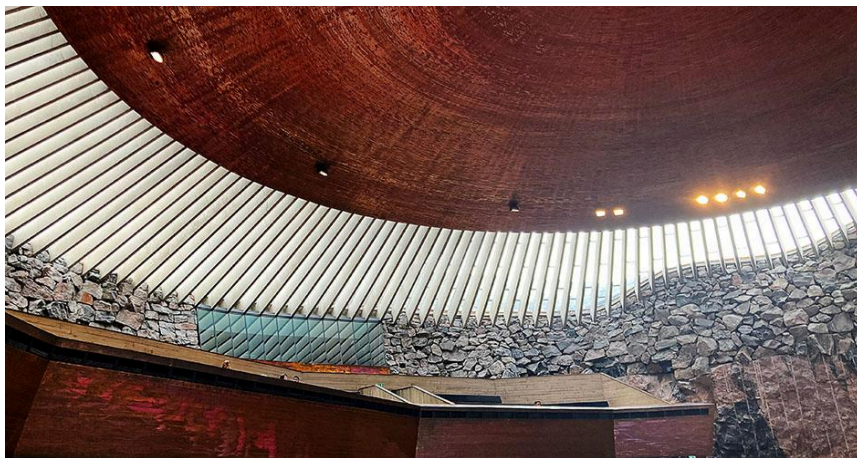
Music and Dance

[Musiikkitalo](#) (House of Music) – Home to the Sibelius Academy, Helsinki Philharmonic Orchestra, and Finnish Radio Symphony Orchestra, its 1700-seat main hall was designed specifically for classical music, with impeccable acoustics and the largest modern concert hall organ in the world and a work of art in its own right. With dozens of free concerts, the venue is set between the Parliament House and the Central Library, Oodi, and invites everyone to enjoy culture.



[Church in the Rock](#) – Temppeliaukio Church is situated in the heart of Helsinki, at the end of

Fredrikinkatu, amongst solid rock that was excavated in 1969.



Temppeliaukio Church is one of the most popular tourist attractions in the city. Thanks to its excellent acoustics the church is a popular venue for concerts and has hosted up to 400 concerts in a single year.

[Tanssin Talo](#) – Those interested in contemporary dance should not miss it . Great, often experimental programming in an interesting venue. It is situated a bit far from the city center,

but near the metro station Ruoholahti, inviting you to check out the new residential developments around the sea port.



Markets

[The Old Market Hall](#) – Eteläranta 9 has served its customers since 1889. Merchants sell all sorts of cheese, fish, shellfish, vegetables, fruit, cakes, spices, coffee, and tea. They are also more than happy to help with any special orders. Here you can also find the smallest Alko shop for wines and beverages, as well as cafes and restaurants.



[Hakaniemi Market Hall](#) – Hämeentie 1a is often called Helsinki's most authentic market hall. The building features vendors selling goods such as high-quality foods and household items on two floors. It is a good place to buy souvenirs and nice gifts from Finland (2nd floor). The

cafés and restaurants of the market hall are a good place to sit down for a tasty breakfast or lunch and listen to the surrounding chatter.



[Hietalahti Market Hall](#) – Lönnrotinkatu 34 is not a market any longer. Today, the building serves as a restaurant and café hall that provides atmospheric culinary trips around the world: to the Philippines, Japan, France, Italy, Portugal, the Middle East... at breakfast, lunch and dinner.



City Hotspots

Depending on the weather, September might still be a good time to see the people of Helsinki clinging to summer in the many hotspots around the city. They often have a selection of bars, terraces, restaurants and sometimes shops or exhibition spaces.

[SuviLahti](#) – SuviLahti is an old industrial area that has transformed into a cultural hotspot in the summertime. There's festivals, a bar, graffiti walls, and different cultural events from flea markets to raves.



Konepaja – Konepaja is both a residential district and a Helsinkian meeting spot located in a former railyard, now housing a cinema (Kino Konepaja), several bars and terraces in the summertime - some dedicated to things like gaming (Super Bario gives you an option to book a gaming station for your group) - and restaurants. Do not miss cinema and bar Konepaja,

and famous atmospheric [billiard bar Corona](#).



[Teurastamo](#) – A former slaughterhouse area that now boasts interesting restaurants, summertime hangouts, the legendary DTM Club, and arguably the best gelato in Helsinki. The inner courtyard has a communal grill, and traditional dance evenings are sometimes held in the long summer evenings. Also a nice [contemporary art gallery](#) can be found here.



Day Trips: In and Outside Helsinki

Here is a list of trips that should not make you feel overwhelmed. Most of them are a nice combination of nature and culture - the way most things are in the greater Helsinki area.



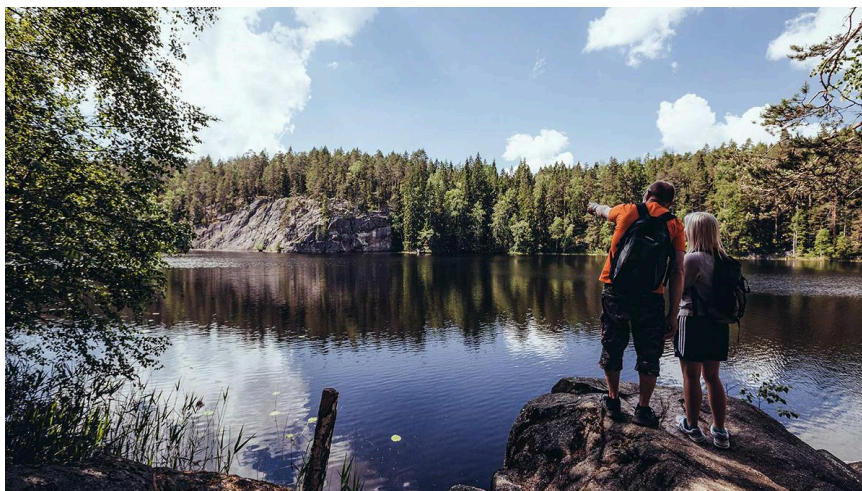
Arabia + Lammassaari - if you take tram 6 or 8 until its last stop at Arabia you will come to the area where a lot of Finnish design production originated from. Right now there are several shops in and around the Arabiakeskus Outlet where you can find nice gifts from Finland like: [Pentik](#), [Putinki Paper Store](#), [Gemma Second Hand](#), Iittala store Arabia, & Arabian Museo. However, before going shopping for Finnish design, take a stroll to the seafront and walk for around 750 meters to get to the beautiful nature walk at [Lammassaari](#). Lammassaari is a perfect place for nature hikes and bird watching while there are thousands of migrating birds in the area every spring and autumn. On the way back to town take a tram to check out a local bar, [Ambient](#). If you are still up for walking a bit, you can take another stroll in the old wooden part of the Arabia area if you cross Hämeentie street to the other side.



Porvoo - take a 45 min bus ride to arrive in the picturesque town of Porvoo. There is a lot to see and do in this small town so we recommend that you visit <https://www.visitporvoo.fi/en/> for more information.



Suomenlinna - Suomenlinna is a district of Helsinki, located just a short sea trip away from the heart of the capital. The sea journey to the fortress is an experience in itself. You can admire the silhouette of Helsinki's city center from the sea and sense the seasons of the archipelago. The HSL ferry, part of Helsinki's public transportation network, runs from the Market Square to the main pier of Suomenlinna year-round, from early morning until the late hours of the night with several departures per hour. The sea journey takes about fifteen minutes. On the island there are several museums and galleries, restaurants and coffee shops, beautiful nature and picturesque residential living areas. For more information visit <https://suomenlinna.fi/en/>



Nuuksio National Park - is the most easily accessible nature preserve. It will take you 1,5 hours by public transport to get there. Aim at the Haltia nature center as a starting point. Here you can have a nice lunch or coffee with a view, ask for directions and a map of the area, or visit the museum itself. There are several shorter and longer trails in the area. The easiest would be Maahisenkierros Trail - just 2 km. If you are a proper hiker, hit the connecting trail, Haukkalampi ,where you can find a nice lake and more trails to explore. Learn more about the hiking around Haltia at <https://haltia.com/en/hiking-in-nuuksio/>. For more trails that are in Nuuksio go to <https://www.luontoon.fi/en/destinations/nuuksio-national-park>. True nature lovers can stay in the national park overnight in the spectacular [Haltia Lake Lodge](#).



Sipoonkorpi is another national park close to Helsinki and is reachable by public transport. [Here](#) you can find guidance on how to get there. If Nuuksio might be a bit touristy (most Finns enjoy nature in their summer cottages, so it is foreigners who go to national parks), Sipoonkorpi is where locals go for short trips with dogs or for foraging when the season comes.



If you decide to take a hop on hop off bus our strong recommendation is to get out at Korvenportti and have a meal at the absolutely amazing restaurant [Tila](#). Make sure to make a reservation in advance. This place is extremely popular. Then head to the Fisktrask trail. If you don't fancy restaurants during your communion with nature, you can bring something to grill, as there is a grilling spot near the beautiful lake at the end of the trail.