



# GUIDE TO HEINOLA



Heinola

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# GENERAL INFORMATION

## Location

Heinola is located in the region of Päijät-Häme, next to the second biggest lake in Finland, Päijänne. The capital, Helsinki, is at the coast, 130 km south. Santa lives at the arctic circle, 700 km north. The time zone is UTC+2:00.



## Weather

According to a proverb, the Finnish summer may be short but at least there's only light snow. In truth, June in the south is mild, around 15 degrees during the day. The nights can be cool, and there is a chance of rain, so we recommend packing a coat. Around Midsummer, the sun sets at 23 and rises at 3:30. It's never truly dark, and in the north the sun doesn't set for weeks.

## Money

Finland uses Euros, and most businesses accept both cash and card. Tipping is not customary.

# GENERAL INFORMATION

## Language

The official languages in southern Finland are Finnish and Swedish. Finnish is notoriously difficult, but most Finns speak English.

### The Basics of Finnish

Hello = moi / moikka / terve / hei

How are you = mitä kuuluu

Thank you (or please) = kiitos

Good morning = huomenta

Cheers = kippis

Yes = kyllä / joo

No = ei

## Water

Finnish tap water is extremely clean and drinkable, so you don't need to buy bottled water. However, if you would like some sparkling water, look for *hiilihapotettu*, *hiilihapollinen* or *kivennäisvesi*.

# GETTING TO HEINOLA

## **First Stop: Helsinki-Vantaa Airport**

The airport is located 130 km from Heinola.

### **By Train**

You can buy tickets from the VR website or a machine at the station. The one hour, accessible train from the airport stops at Lahti Travel Center. From there, you can take a taxi or local bus. Buses to Heinola leave from the underpass below tracks.

### **By Bus**

Tickets from the airport can be bought through Matkahuolto or OnniBus. If there are no suitable buses straight to Heinola, you can stop in Lahti and switch to a local LSL bus at the Travel Center.

### **By Car**

You can rent a car from the airport, and the drive to Heinola is just under 1.5 hours. Finland has no road tolls. Charging for EVs is widely available.

# WHERE TO STAY

Below are some hotel options both in the city center and Vierumäki area.

## **Hotel Kumpeli**

([Muonamiehenkatu 3, 18100 Heinola](http://Muonamiehenkatu 3, 18100 Heinola))

A spa hotel 1 km from the city center.

## **Hotel Valo**

([Pikijärventie 1, 18120 Heinola](http://Pikijärventie 1, 18120 Heinola))

Apartment style hotel located in a former rheumatic hospital 3 km from the center.

## **Holiday Club Vierumäki**

([Urheiluopiston tie 400, 19120 Heinola](http://Urheiluopiston tie 400, 19120 Heinola))

A spa hotel located in Vierumäki, 15 km from the city center.

## **Hotel Fennada**

([Pihkalantie 3, 19120 Heinola](http://Pihkalantie 3, 19120 Heinola))

A hotel in Vierumäki, 15 km from the city center.

# MOVING WITHIN HEINOLA

## Walking or Biking

The diameter of the main city center is roughly 1.5 km, and Heinola is mostly very walkable. You can also ask your hotel about renting a bike. Most places are accessible for pedestrians. Go see the view from the railway bridge!

## Buses

LSL operates several accessible bus lines within Heinola, and, for example, buses between the city center and Vierumäki run every 30 minutes for ~3 €. You can pay by using card or the LSL app.

## Taxis or Cars

Taxis can be found by the marketplace, or you can order one by calling 02 Taksi. If you're renting a car, here's some information about driving in Finland.

# WHERE TO EAT

Below are some options for a bite. Most are located near the city center or in Vierumäki.

## Heila

(Työmiehentie 35, 18200 Heinola)

A restaurant, café and shop specialized in foods from local suppliers. Try the mushroom soup or elk meat and grab a *tervanekku* (tar lollipop) for dessert.

## Kettu ja Kana

(Torikatu 5, 18100 Heinola)

A cozy restaurant (and café) in the city center specialized in chicken dishes.

## Harjupaviljonki (lunch only)

(Kauppakatu 30, 18100 Heinola)

Finnish style waffles served in an *art nouveau* villa built in 1900 and overlooking lake Päijänne.

# WHERE TO EAT

## **Ravintola V**

(Pihkalantie 3, 19120 Heinola)

A modern restaurant with local cuisine located near the Vierumäki sports center.

## **Ravintola Lily**

(Savontie 10, 18100 Heinola)

A family-run Chinese restaurant that grows some of their own vegetables.

## **Bistro Tango & Matto**

(Piestanyn Rantatie 5, 18100 Heinola)

A French inspired Bistro located by the river in a building that used to be first a liquor factory and later a laundry.

## **Robert's Coffee (lunch only)**

(Urheiluopiston tie 400, 19120 Heinola)

Cozy lunch café with fresh salads and home-made gelato in Vierumäki.

# WHERE TO SNACK

If you're just looking for a cup of coffee or a light snack, below are some options.

## **Siltasaari**

([Siltasaari 1, 18100 Heinola](http://Siltasaari 1, 18100 Heinola))

Small island café surrounded by water, gazebos and bridges, located in an 1855 liquor factory.

## **Kahvila Käki**

([Kauppakatu 9, 18100 Heinola](http://Kauppakatu 9, 18100 Heinola))

A museum's café serving traditional Karelian pies.

## **Kahden muijan kahvila**

([Savontie 4, 18100 Heinola](http://Savontie 4, 18100 Heinola))

A homely café with a view to the marketplace.

## **The Marketplace**

([Torikatu, 18100 Heinola](http://Torikatu, 18100 Heinola))

In the summer, there are several coffee, strawberry and ice cream trucks at the marketplace.

# ACTIVITIES

If you have extra time in Heinola, here are some activities to try out.

## **House Boats**

Rent your own house boat with a sauna and explore lake Päijänne.

## **Heinola Bird Sanctuary**

The free bird sanctuary houses birds ranging from former pet parrots to injured local swans.

## **Disc Golf Park**

Disc golf has become an increasingly popular sport in Finland, and Heinola has one of the world's best ranked courses, *Kippasuo*.

## **Vierumäki Sports**

Vierumäki has facilities for sports including canoeing, ice skating, golf, and mountain biking.

# ACTIVITIES

## Spas

The first spa in Heinola was established in 1891. Current options include Kumpeli, Nowene, and Holiday Club. Maybe try a Finnish smoke sauna.

## Heinola Museums

Heinola has several museums dedicated to local culture and history.

## Nature Trails and Geopark

There are dozens of forest and lake trails starting from both the city center and surrounding areas like Vierumäki. Go sheep-watching in Koskensaari or check out UNESCO locations like *Pirunkirkko* in the Salpausselkä Geopark.

## Sauna

Most accommodations have a sauna. There are also public saunas with a swimming opportunity at Kylpylänranta and Heinäsaari.

# SAUNA

Finland is the land of 3 million saunas, and that's what makes us the happiest country in the world. Historically, Finns were born in the sauna and washed there after death, and sauna is still an integral part of Finnish culture. Heinola even used to host sauna world championships.

## The Basics of Sauna

1. Finns typically go to the sauna in the nude, but public mixed saunas often require swimming suits or towels.
2. Wash before entering the sauna.
3. Make sure fellow sauna-goers agree before throwing more water or *löyly*.
4. Close the door so that *löyly* stays in.
5. Take a cooling break when you need it. Bring a drink of your choice.
6. If you have one, use the *vihta* (tied birch twigs) to gently whip the skin from head to toes.
7. Feel out the mood. Some people treat the sauna almost like a church, and for others it's a time for chatting, drinking, and singing.

# SUSTAINABILITY

Below are some Finland-specific sustainability tips to help protect the environment.

## **Skip the water bottles**

Finnish tap water is clean and drinkable.

## **Return your bottles and cans**

Glass or plastic bottles and beverage cans can be returned to grocery store recycling machines. Store prices include a deposit you get back when recycling. Finns return over 90 % of bottles.

## **Rescue some food**

Many restaurants and grocery stores use apps like ResQ to sell extra meals or soon-expiring items for a discount.

## **Explore nature according to everyman's rights**

The right to enjoy nature in a respectful way regardless of land ownership is protected by law. Berries and mushrooms are free to pick, but moss and lichen are protected and should not be disturbed.





# WELCOME TO HEINOLA



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