



Authentic Sauna Ceremony *For Groups*

The experience takes participants to the heart of Finnish sauna culture, using natural materials, forest scents, and gentle treatment methods to restore balance to both body and mind.



Experience the Smoke Sauna *A Rare Finnish Tradition*

On the Sauna Trail, you can join your host in heating a traditional smoke sauna, a sauna type dating back thousands of years.

A unique opportunity to experience the best of Finnish sauna culture in the heart of Lakeland Finland.

Matka Mäkelä

Our Local Transport Company

A Finnish family-owned transportation and travel company founded in 1937 in Keuruu – Matka Mäkelä is known for its modern fleet, customer-focused service, and the slogan “#smoothrides.” We are honored to collaborate with Matka Mäkelä, which is responsible for Saunapolku tours and the transportation of sauna guests between the saunas.



Book your group experience ↓



LAKELAND FINLAND **SaunaTrail** AUTHENTIC FINNISH SAUNA EXPERIENCES

Sauna Trail invites you to the Keuruu, Multia and Petäjävesi area

The Forest Sauna Trail has been created with deep respect for tradition and Finnish sauna culture, just for you. When you long for true peace and relaxation, come and experience the gentle heat of our saunas.



Explore group experiences ↓
matkamakela.fi/en/travel-services/saunatrail

KEULINK

LEADER
Vesuri-ryhmä

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Sauna Trail Example “Live Like a Local”

This experience includes **Kinkamon Pirtti’s** atmospheric smoke sauna, as well as **Hotelli Viikinhovi’s** historic Officer’s Sauna and beach sauna. **The guide** ensures a great atmosphere during the bus ride and smooth flow throughout the journey.



1st Kinkamon Pirtti

Duration: 2–3 hours

- Welcome drink
- Introduction to Kinkamon Pirtti
- Traditional smoke-sauna experience
- Sauna ceremony by Sauna-Sanna
- Swimming in Lake Poskijärvi
- Light dinner served in the *kota* hut

2nd Hotelli Viikinhovi

Duration: 2–3 hours

- Welcome drink: Officer’s toast
- Introduction to Hotelli Viikinhovi
- Officer’s sauna and beach sauna
- Sauna yoga by Sauna-Sanna
- Swimming in Lake Keurusselkä
- Light sauna snacks served in the fireplace lounge



Create Your Sauna Trail

Choose 2-6 different sauna stops for your group along the Sauna Trail.

A Full-service Package

Including:

- a guide
- transport
- meals
- optional accommodations
- and if desired, nature or cultural excursions.

Enhance Your Experience

For example with canoeing, hiking, cycling or a storytelling tour of the region’s cultural sites.



Local Sauna Culture

The Sauna Trail offers a unique opportunity to experience authentic Finnish sauna culture amidst lake and forest landscapes, accompanied by the hospitality of local entrepreneurs.

Open Sauna Sessions

Explore sauna companies on Keuruu Puoti or the companies’ websites and reserve a bench spot for open sauna sessions.

B2B Are you looking for an experiential concept for staff and client events?
Scan here →



**Sauna by the lake,
in the heart of the forest**
— find your löyly on nature’s trails.

Saunas

Live like a local in **Kinkamon Pirtti** and enjoy award-winning smoke sauna
📍 *Jukojärvi, Keuruu*

Experience the historic Officer’s Sauna and old garrison club in **Hotelli Viikinhovi**
📍 *Keuruu*

Step into a Central Finland style smoke sauna in **Toppalan lomamökit**
📍 *Petäjävesi*

Relax in three distinct saunas surrounded by wilderness in **Vanha Väätänen**
📍 *Väättäiskylä, Multia*

Enjoy cottage accommodation with wood-heated saunas in **Kuusijärven lomamökit**
📍 *Pihlajavesi, Keuruu*

Experience **Sauna-Sanna’s** traditional sauna rituals, sauna yoga and cupping therapy
📍 *Your choice of sauna*

Step into a new sauna complex in rural **Riihon Majatalo**
📍 *Riiho, Keuruu*

Explore our saunas from companies’ websites or at puoti.munkeuruu.fi

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