



Island hopping

The breathtakingly beautiful Vallisaari Island is just a 20-minute boat ride away.

The sea is an intrinsic part of Helsinki. The archipelago surrounding the city is unique and welcomes locals and tourists alike to enjoy the 300 islands and 130 kilometres of coastline. There are plenty of islands to choose from.

Each island has something special that makes it unique within the archipelago's incredibly diverse nature. The rugged wilderness and surging waves delight both the eyes and the heart. There are many restaurants, cafés, saunas and guided tours on the islands during the summer.

Boats have started running for the summer, so pack your picnic hampers, bring your friends and enjoy yourselves. Now's the time to leave the bustle of the city behind and head out on a sea adventure.

Start with these three islands, which are many Helsinki's top picks.

The spectacular nature and sights of **VAL-LISAARI** make it perfect for wandering and wondering. A linden tree alley, unique to the island, and wild meadows, home to over 1,000 butterfly species, are among the features of Vallisaari. The breathtakingly beautiful island and its untamed nature offer a wonderful experience that is only a 20-minute boat ride from central Helsinki.

PIHLAJASAARI lures visitors with its lovely rocky coast and sandy beaches as well as its diverse nature. A two-kilometre footpath circles the island, and you can always rent a sauna or visit the café and the restaurant.

The former military island and research centre on **ISOSAARI** were opened to the public only in 2017. The history of the island is versatile and the nature is unique because of its remoteness, which is wonderful for spotting rare birds like the white-tailed eagle. There is also a restaurant, a golf course and sandy and rocky beaches on the island.



THE TOWN'S BEST PICNICS

One thing is certain: you always get hungry at sea. The best, hassle-free picnics are available at the popular bakery cafés **ST. GEORGE BAKERY** and **KÄMP BRASSERIE**. If you suddenly decide to skip the boat ride you can enjoy your picnic in the Old Church Park across the street from St. George Bakery or the Esplanade Park next to Kämp Brasserie.



AT YOUR SERVICE

The concierge or friendly staff at your hotel will arrange an unforgettable sea adventure for you in the beautiful archipelago of Helsinki. Whether you want to go on a private yacht, speedboat or enjoy the maritime atmosphere on board the passenger boats, our staff know all the options and will help you with the arrangements.



Art goes Nordic

Hrafnhildur Arnardóttir's fluffy installations embrace visitors at Kiasma.

Helsinki is a little big art city that invites you to see and experience something new and surprising. This summer it's best to enjoy Finnish and Nordic art and design. Here are five exhibitions that widen your mind and open the gates to the Nordic mindset.

◆ **SECRET UNIVERSES, UNTIL 22.9.** Design adventurers **JOHAN OLIN** and **AAMU SONG** form the Company duo. Together they have travelled the world looking for the best-kept secrets in design. The Secret Universe exhibition combines the secrets of the masters in a mental and visual fireworks show. Design Museum, designmuseum.fi

◆ **ARS FENNICA, 19.6.—8.9.** Amos Rex, Helsinki's latest museum known worldwide for its architecture, exhibits contemporary Nordic art with an exhibition of works by the candidates for the 2019 Ars Fennica prize. Amos Rex, amosrex.fi

◆ **UTOPIA NOW, PERMANENT EXHIBITION.** The exhibition explores the central role of design during the emergence of the Finnish state. It features design ranging from the golden era of the 1950s and 60s to Nokia mobile phones and the Angry Birds game. Design Museum, designmuseum.fi

◆ **THE SILENT BEAUTY 14.6.—21.10.** Nordic and East Asian art share the idea of everyday beauty and a connection with nature. The exhibition juxtaposes visual art, ceramics, textile art and architecture, focusing on the 1950s and 60s. Design Museum, designmuseum.fi

◆ **NERVESCAPE VIII, UNTIL 15.9.** This show by **HRAFNHILDUR ARNARDÓTTIR**, aka Shoplifter, is a fluffy installation that envelops the viewer in its embrace. The exhibition urges the audience to participate, relax, hang out, share experiences or to just blow away the cobwebs from one's everyday routine. Kiasma, kiasma.fi

EVERYBODY LOVES HELSINKI FESTIVAL

Helsinki Festival is the summit of Helsinki's art summer. For over 40 years, the multi-arts festival has spread around town, offering Finnish and international classical and pop music shows at the end of August. The programme also covers fine arts and dance. Get into the right tune with the playlists at kampcollectionhotels.com/festival. And, of course, the best pre-sessions are at our hotels from 5-6 p.m.

◆ **THU 15.8.** Panu Savolainen at Bar Haven

◆ **THU 22.8.** Ylva Haru at Hotel St. George

◆ **THU 29.8.** Antti Autio at Kämp Bar

5 shopping tips

"**GARDEN** in Kämp Gallery is a unique fashion oasis. Here you can acquaint yourself with the hottest names and new talents in Finnish fashion. Garden also hosts concept book store Tre Gallery & Books, natural cosmetics store Jolie as well as three restaurants."

TERHI PÖLKKI, SHOE DESIGNER

"**OLD MARKET HALL** has served customers since 1889 selling a wide range of fine cheese, fish, seafood, meat,

vegetables and fruit. It's the place to taste different Finnish delicacies, such as cold-smoked salmon, rye bread or Karelian pies."

HEIDI, FRONT OFFICE MANAGER, HOTEL HAVEN

"**GARAGELAND** in Viiskulma is one of the most unique clothing stores in Finland. While you're in the neighbourhood, I suggest you also visit antique shop Göta's World, which is located nearby at Tarkk'ampujankatu 4."

MIRKKA METSOLA, FASHION DESIGNER

"For the original Helsinki experience, walk the **KORKEAVUORENKATU**. Check out several unique boutiques like Lilly,

Valkoinen Elefantti and Annabella and have a lunch at Maxill. From Cafe Success you will find the best cinnamon buns in town."

HANNA LÄNSIVUORI, MARKETING DIRECTOR, TALLINK SILJA

"**SALAKAUPPA**, the cute little glass cube shop in front of museum Kiasma - named Secret shop in Finnish. They sell Aamu Song's and Johan Olin's playful small objects mostly made out of wood (pictured, *kokeshi* family stool). My favourite is the mushroom stool. Aamu and Johan's big exhibition is now at the Design Museum."

MINNA PARIKKA, SHOE DESIGNER





Anatolia meets the Nordics at superstar chef Mehmet Gürs' Andrea.

Three restaurants to dine for

1 AN ELEGANT AND RELAXED FUSION OF TURKISH AND FINNISH CUISINE

RESTAURANT ANDREA is the creation of the Finnish Turkish culinary superstar **MEHMET GÜRS**. The menu combines Nordic purity and produce with Eastern Mediterranean abundance.

"The food is inspired by two very different regions, the Nordic and the Eastern Mediterranean. The former is cool and peaceful while the latter is rich and lively. They both are essentially natural and straight-forward", says Mehmet.

Most of the ingredients are from Finland and the other Nordic countries with an emphasis on organic and local produce. Strong flavours and

spices from the Eastern Mediterranean are added to the fresh produce in Andrea. The inspiration for the food and flavours are Anatolian and Middle-Eastern cuisines, which are combined with honest Nordic farmhouse produce.

Andrea also combines atmospheres—it's elegant while also being fun and relaxed. No wonder that it has quickly become the talk of the town and a popular place for lunch and dinner among Helsinki's who love good food.

◆ Lönnrotinkatu 4, andrea helsinki.com

2 CRAVING GOOD FOOD AND A RELAXING, FAMILY-FRIENDLY ATMOSPHERE?

If yes, then **TOSCANINI** is the place to eat. Toscanini serves authentic Italian food in a relaxed atmosphere. It uses high quality fresh ingredients to make delicious, straight-forward and abundant dishes for you and your whole family to enjoy.

◆ Bulevardi 2-4, toscanini.fi

3 THE BEST NORDIC BISTRO IN TOWN

Relaxed, straight-forward, stylish and bubbly are the adjectives used when when **KROG ROBA** is mentioned. Nordic cuisine with fresh ingredients and a contemporary take on classics is the perfect recipe for a culinary treat.

◆ Pieni Roobertinkatu 1-3, krogroba.fi

SUMMER DEAL

BAR HAVEN Savour the moment with delicious flavours

Enjoy maritime Helsinki on Hotel Haven's idyllic courtyard terrace. Two Caesar salads and a bottle of rosé wine, all together for only €60 (normally €85). Offer claimed by mentioning code **SUMMER** when ordering. Available until August 31st, 2019.

SUMMER LOVES COCKTAILS

Summer and cocktails are a killer combination. They are refreshing and set the mood. Cocktails are at their best before or after dinner, enjoyed in good company at a popular bar. We asked the bar manager of Helsinki's most popular cocktail bar, **Kämp Bar**, for advice on summer cocktails.

"Mojitos never go out of fashion, but did you know there's a lot that goes into making a perfect mojito?" **VILLE LIIKANEN** tells us.

The basis for creating a tasty mojito comes from quality rum. The best result also requires a balance of fresh lime and sugar, topped off with the intoxicating fragrance and taste of mint. Only a gentle touch will bring the mint leaves to life.

"You really should try the different mojitos at Kämp Collection Hotels bars like **KÄMP BAR**, **BAR HAVEN**, **ST. GEORGE WINTERGARDEN**, **LILLA E**, **KLAUS K BAR & LOUNGE**, **THE TRAY** and **GLO ART LOUNGE BAR**, and find your favourite. And remember all the bars are huge favorites among Helsinki's", he continues. I think we should!

◆ See map overleaf for the bar locations



Mojitos are never out of fashion

SUMMER DEAL

RESTAURANT ANDREA Enjoy a free glass of champagne with your Chef's Menu

Enjoy the delicious Chef's Menu for dinner and a glass of champagne for only €52.

Book a table with the code **SUMMER**.

One glass of champagne per Chef's Menu.

Non-alcoholic option available. Available until August 31st, 2019.



Gems of the City

For more tips, visit KAMPCOLLECTION.COM/CITYGEMS



LET'S GO JOGGING

"**TÖÖLÖNLAHTI** is great location for jogging all year round. I really love to enjoy the outdoors there with my dog. If you want to do a relaxed stroll or challenge yourself to run, head to Töölönlahti. Don't forget to have a coffee or ice cream break."

JENNI AUVINEN, MARKETING MANAGER, FINNAIR

HIETANIEMI BEACH

CITY BEACH LIFE

"I'm so lucky to live near **HIETANIEMI BEACH**, or Hietsu as locals call it. It's an unbelievable treat during the summer time to enjoy beach life in the middle of the city. Taking my bike to the beach feels like a mini vacation after work."

JENNY KANERYA, COUNSELLOR, EMBASSY OF SWEDEN



Explore the metropolitan area from your homebase at GLO Hotels.

- ◇ GLO HOTEL SELLO In Leppävaara, Espoo
- ◇ GLO HOTEL AIRPORT At Helsinki Airport

TÖÖLÖNLAHTI



FRESHEST WATER IN THE WORLD

"Fresh Finnish **TAP WATER** is the purest in the world. It also tastes good. Fill your bottle straight from the tap and take care of dehydration while getting familiar with Helsinki."

AGNES, HOSTESS, HOTEL ST. GEORGE



INTO THE WOODS

"**REAL NATURE** is always nearby in Helsinki. You can experience the forest in the middle of the city. Jump onto the 10 tram, and in half an hour, you're in the middle of a natural forest with lush groves and grey deadwoods."

JUHA RIEHUNKANGAS, PARTNERSHIP MANAGER, HELSINKI MARKETING

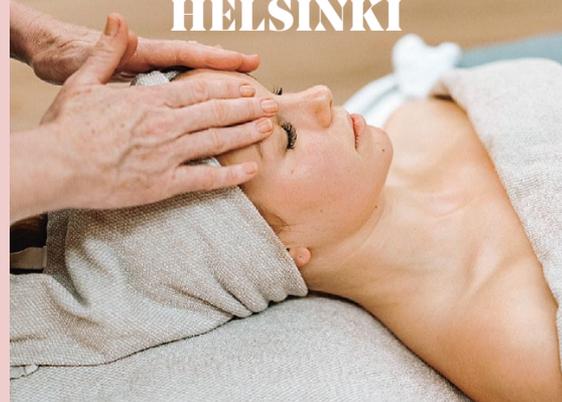
SAUNA TIME

"The best place to experience sauna is **LÖYLY**. Get a taste of Finnish culture by enjoying it and a swim afterwards. Apart from the beautiful location and architecture, the area around it is lovely for a walk past the seaside."

MERIJN ADRIAAN VAN BRUGGEN, RESEARCH OFFICER, NETHERLANDS EMBASSY



PAMPERING LUXURY IN THE HEART OF HELSINKI



ST. GEORGE CARE SPA gives guests a true taste of what well-being means, offering much more than just spa and fitness treatments. It's an urban retreat, an escape for mind and soul, a tranquil and soothing sanctuary that instills a sense of equilibrium. All treatments include access to our stunning sauna and pool department.

◆ stgeorgehelsinki.com/care

KÄMP SPA'S tailored holistic treatments will elevate you above everyday cares. Let go of all worries and obligations and let your mind roam freely over the surrounding rooftops. All treatments include admission to the luxurious sauna area with heated divans where you can choose between a traditional Finnish sauna and the soothing eucalyptus fragrance of a steam bath.

◆ kampspa.com

SUMMER DEAL

ST. GEORGE CARE

A free glass of champagne with any spa treatment

Book a summer treat for yourself at St. George Care Spa and receive a complimentary glass of champagne with any treatment or massage. Reserve online or directly from the spa with the code SUMMER. Non-alcoholic option available. The offer is valid until August 31st, 2019 and subject to availability.