

THE TERWA
NORDIC HIDEAWAY

THE TERWA — PRODUCT MANUAL 2026-2027

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THE TERWA FACT SHEET

THE TERWA - NORDIC HIDEAWAY

Premium charter hotel and nature estate in Southern Finland.

LOCATION

Approximately 1 hour from Helsinki-Vantaa International Airport. Located next to Liesjärvi National Park on a private 10-hectare peninsula by Lake Kaartjärvi, in the Kanta-Häme Lakeland Highlands.

CONCEPT

The Terwa - Nordic Hideaway is a premium charter hotel offering private stays, retreats and curated multi-day experiences in a peaceful lakeside and forest environment.



ACCOMMODATION

15 double rooms (high hotel standard), maximum capacity 36 guests.

MEETING & EVENT FACILITIES

Päämaja Boardroom (25), Karsina (25), Manor Hall (36), Manor Lounge (14), Juhlanavetta Event Barn (200 seated for dinner). Outdoor summer spaces: Manor Terrace (30), The Viewpoint (30). Plus meeting Saunas.

SAUNAS

JärviSpa Sauna, electric sauna, wood heated sauna, whirlpool, hot tub, open water yeararound, fireplace room (15), Saunaexperience (25)

Karsina Sauna, a rustic meeting sauna with open-fire grill (25)

THE TERWA FACT SHEET

DINING

Rotisseur-level Nordic cuisine based on local, seasonal ingredients.

NATURE & ACTIVITIES

Direct access from the estate to the lake, Ilves Trails and canoeing routes, maintained park trails (3,6km), sauna and wellbeing experiences, as well as a wide range of nature, sports, wellness and team-building activities.

SUSTAINABILITY

Sustainable Travel Finland process ongoing. Green Key initiated.

CONTACT

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AIRPORT TRANSPORTATION FROM HELSINKI-VANTAA AIRPORT

- Passenger car €215
- 8-seat €265
- 16-seat €380
- 49-seat €490
- 61-seat €560



THE TERWA
NORDIC HIDEAWAY

THE TERWA — TIME IN LAYERS

8,000 YEARS AGO

The first people arrived in Loppi soon after the last Ice Age. They lived along the shores of Lake Kaartjärvi as hunters and gatherers. The lakes, forests and rocky ridges offered shelter and abundant food — perhaps that's why this place has fascinated people for millennia.

IRON AGE

Iron Age artefacts and structures have been found near the manor. The area was part of an early settlement hub where tools were crafted, trade took place, and offerings were made at sacred natural sites. Archaeological remains can still be found in the manor's yard.

1600s

The written history of Manor Salo begins in the 1650s, when Queen Christina of Sweden gifted the estate to Lårens Håkansson, mayor of Helsinki. It became a manor estate combining farming, forestry and trade.

1800s

Iron from Kaartjärvi proved to be of exceptional quality. The estate produced axes, hoes, pots and nails — and later turpentine, seed oil and tar. Though the buildings are gone, iron pits and tar kilns still mark the industrial past.

1900s

As industry faded, the manor thrived as a working farm and recreational site. From the 1950s onwards, it gradually shifted to public use as the city of Riihimäki acquired it for tourism.

2000s

Now in private ownership, the manor has undergone a complete transformation. It has been carefully restored, with deep respect for its history and surrounding nature.

2025 — THE TERWA

Today, this historic manor on a 9-hectare peninsula is reborn as The Terwa – Nordic Hideaway. A high-end private hotel where Finnish lake nature, manor culture, seasonal cuisine, wellbeing and heritage meet — for even the most discerning guest.



THE TERWA
NORDIC HIDEAWAY



THE TERWA MULTI-DAY PROGRAMS





WINE & WILDERNESS — A CULINARY NATURE JOURNEY (3 DAYS)

PROGRAM OVERVIEW

Savor Finnish nature through local food, seasonal foraging and expert-led culinary experiences. This three-day journey combines wilderness ingredients, wine pairings and refined Nordic cooking in the serene surroundings of The Terwa – Nordic Hideaway.



PROGRAM

DAY 1 – FORAGE & FOREST TO TABLE

- 15:00 Arrival and sparkling welcome
- 16:00 Wild Herbs, Berries or Mushroom Foraging Walk
A guided foraging experience led by a professional guide. Participants learn to identify edible wild herbs, berries or mushrooms depending on season, and explore their traditional and modern use in Nordic cuisine.
- 18:00 Forest to Table – Summer Wild Food Experience
The experience concludes with a shared Forest to Table meal prepared together with a professional cook, transforming the gathered ingredients into a modern Nordic dish.

DAY 2 – WINE, WELLBEING & LOCAL FOOD TASTING MENUS

- 08:30 The Terwa Breakfast
- 10:30 Forest Mind – as an Aperitif
A guided Forest Mind session offering mental clarity and sensory awakening through gentle movement, mindfulness and presence in nature.
- 13:00 Lunch Menu with Wine Pairings
- 15:00 Wine Tasting in The Terwa Wine Cellar
A guided wine tasting featuring selected international wines paired with Nordic-inspired tasting bites, hosted in The Terwa's atmospheric wine cellar.
- 17:00 Sauna Experience by the Lake
- 19:00 Five-Course Local Food Dinner including paired winetasting menu in the Manor
A refined tasting menu inspired by Nordic wild ingredients, including paired wines.

DAY 3 – CLOSING & DEPARTURE

- 08:00 The Terwa Breakfast
- 10:00 Wilderness Picnic Preparation Together
- 11:00 Light Lunch Picnic at Lakeside Viewpoint
Includes tips and insights from a Rotisseur-level chef.
- 13:00 Closing Circle & Departure



INFO

CATEGORIES / THEMES

- Culinary
- Nature
- Wellbeing
- Private experience

PHYSICAL DIFFICULTY LEVEL

Easy

SEASON

Spring, Summer, Autumn

DURATION

3 days

PARTICIPANTS / GROUP SIZE

Minimum 8 guests

LANGUAGES

English

ROTISSEUR-LEVEL CUISINE INCLUDED IN THE PRICE

Full board including wine pairings and drink packages as specified

OVERNIGHTS INCLUDED IN THE PRICE

- Two nights accommodation
- Overnight in double room (high hotel standard)

GUIDE INCLUDED IN THE PRICE

Yes – professional guides and chefs

TRANSPORTATION

Activities usually start from the courtyard, but transportation to the activity location is always included in the program. Separate transport services are available.

OPTIONAL SERVICES

- Airport transportation
4 people and less €215 per direction
4-16 persons €380
more than 16 people €490

SUSTAINABILITY ASPECT

Seasonal foraging, local ingredients and knowledge-sharing support sustainable food culture and respectful use of natural resources.

PRICE

€1,495 / person (minimum 8 guests) incl. VAT.

Includes meals, drink packages and wines mentioned in the menu, workshops and accommodation.





NATURE & WELLNESS RETREAT (3 DAYS)

PROGRAM OVERVIEW

A calm and restorative three-day retreat designed to reconnect body and mind with Nordic nature. The program combines gentle outdoor activities, traditional sauna rituals and guided wellbeing sessions in the peaceful surroundings of The Terwa - Nordic Hideaway. Ideal for international groups seeking balance, recovery and meaningful togetherness.



PROGRAM

DAY 1 – ARRIVAL & GROUNDING

- 15:00 Arrival at The Terwa and herbal welcome tea
A gentle welcome to the estate and time to settle in.
- 16:00 Forest Mind Walk (1 hour)
A guided mindful walk based on the ForestMind method, supporting relaxation, sensory awareness and mental recovery through gentle movement and nature connection.
- 18:00 Sauna Ritual & Lake Dip
A traditional Finnish sauna experience guided by a professional sauna host, including hot-cold contrast, cooling outdoors or in the lake and time for relaxation.
- 20:00 Nordic Three-Course Local Food Dinner
A seasonal three-course dinner inspired by Nordic ingredients and herbs.

DAY 2 – RESTORE & RECONNECT

- 08:00 Sound Bowl Relaxation (1 hour)
A deeply relaxing guided sound healing session using sound bowls to calm the nervous system, support recovery and create a sense of balance and presence.
- 09:30 Wholesome Nordic Breakfast
- A nourishing The Terwa breakfast.
- 11:00 Nature Art Workshop or Forest Bathing (1–1.5 hours)
A calming creative or sensory-based nature experience focusing on presence, observation and connection with the forest.
- 13:00 Seasonal Vegetarian Lunch
- 14:00 Free Time or Massage (optional)

- 15:00 Perfume Workshop – Create Your Own Fragrance (3 hours)
A guided workshop introducing the basics of natural perfumery, where participants create a personal scent to take home.
- 20:00 Vegetarian Tasting Dinner by Candlelight
A refined yet relaxed five-course vegetarian dinner served in the Manor restaurant.

DAY 3 – DEPART WITH BALANCE

- 08:30 The Terwa Breakfast
- 10:00 Lake Paddle/Snowshoeing at winter time, or Silent Forest Hike
A calm outdoor activity chosen according to season and group preferences, either paddling on the lake or a silent guided forest walk.
- 12:00 Wellbeing Lecture
An inspiring introduction to holistic wellbeing, combined with breathing and mindfulness exercises.
- 13:00 Lunch Menu & Departure



INFO

CATEGORIES / THEMES

- Wellbeing
- Nature
- Relaxation
- Private Retreat

PHYSICAL DIFFICULTY LEVEL

Easy – suitable for all fitness levels

SEASON

Year-round

DURATION

3 days

PARTICIPANTS / GROUP SIZE

Minimum 8 guests

LANGUAGES

English

ROTISSEUR-LEVEL CUISINE INCLUDED IN THE PRICE

Full board (excluding drinks)

OVERNIGHTS INCLUDED IN THE PRICE

Two nights accommodation

Overnight in double room (high hotel standard)

GUIDE INCLUDED IN THE PRICE

Yes – professional wellbeing guides and hosts

TRANSPORTATION

Activities usually start from the courtyard, but transportation to the activity location is always included in the program. Separate transport services are available.

OPTIONAL SERVICES

- Airport transportation
4 people and less €215 per direction
4-16 persons €380
more than 16 people €490
- Massage treatments
- Drinks

SUSTAINABILITY ASPECT

Nature-based wellbeing activities, small group size and mindful use of local resources support sustainable and responsible travel.

PRICE

€1,395 / person, including VAT





WINTER NATURE ESCAPE (3 DAYS)

PROGRAM OVERVIEW

A restorative winter retreat combining snowy landscapes, gentle outdoor activities and deep relaxation. Designed for small groups seeking calm luxury, Nordic winter nature and wellbeing-focused experiences.



PROGRAM

DAY 1 – ARRIVAL & WINTER GROUNDING

- 15:00 Arrival and warm herbal welcome drink
- 16:00 Forest Mind Walk (Winter Edition)
A guided mindful walk based on the ForestMind method. The experience supports mental clarity, relaxation and sensory awareness through gentle movement, mindfulness exercises and guided presence in the winter forest.
- 18:00 Sauna Ritual
A guided Finnish sauna program introducing traditional sauna culture and hygiene practices. Includes preparation, firewood-heated sauna, electric sauna, hot tub, jacuzzi and outdoor cooling. The ritual highlights recovery, hot-cold contrast and the importance of being present.
- 20:00 Five-Course Local Food Tasting Menu
Seasonal Nordic dinner inspired by winter ingredients. Dietary requirements accommodated. Water served, drinks at extra charge.

DAY 2 – SNOW, STILLNESS & RECOVERY

- 08:30 The Terwa Breakfast
Wholesome Nordic breakfast with berries, oats and eggs.
- 10:00 Snowshoeing Tour
A guided snowshoeing experience through silent winter forests, suitable for beginners. Participants learn basic snowshoeing techniques while enjoying the calm rhythm of winter nature.
- 13:00 Lunch
Seasonal lunch served indoors.
- 15:30 Relaxation Moment (guided)
An indoor wellbeing session focusing on stress reduction and recovery. Includes a short lecture, breathing exercises, gentle stretching and guided relaxation.

- 18:30 Sauna & Evening Calm
- 20:00 Open Fire Dinner
The dinner is prepared in the rustic Karsina space, right among the guests, over an open fire and glowing embers, using only the finest seasonal Finnish ingredients. The result is a cohesive experience that brings together the deep, smoky flavors of the embers with the relaxed atmosphere of shared dining.

DAY 3 – DEPART REFRESHED

- 08:30 The Terwa Breakfast
- 10:00 Short Winter Nature Walk (self-guided)
- 12:00 Light Lunch & Departure



INFO

CATEGORIES / THEMES

- Nature
- Winter
- Wellbeing
- Private experience
- Group-friendly

PHYSICAL DIFFICULTY LEVEL

Easy

SEASON

Winter (December–March)

DURATION

3 days

PARTICIPANTS / GROUP SIZE

Minimum 8 guests

MINIMUM AGE

15 years

LANGUAGES

English

ROTISSEUR-LEVEL CUISINE INCLUDED IN THE PRICE

Full board (excluding drinks)

OVERNIGHTS INCLUDED IN THE PRICE

- Two nights at The Terwa – Nordic Hideaway
- Overnight in twin/double room (high hotel standard)

GUIDE INCLUDED IN THE PRICE

Yes

TRANSPORTATION

Activities usually start from the courtyard, but transportation to the activity location is always included in the program. Separate transport services are available.

OPTIONAL SERVICES

- Airport transportation
4 people and less €215 per direction
4-16 persons €380
more than 16 people €490
- Massage treatments
- Drinks

SUSTAINABILITY ASPECT

Nature-based wellbeing activities, small group sizes and seasonal food support sustainable winter travel and respectful interaction with the Nordic environment.

PRICE

€1295 / person (minimum 8 guests), incl. VAT.

Includes full board (excluding drinks), activities and guides.





EXPERIENCE DAYS — FLY, DRIVE, DIVE & THRIVE (5 DAYS)

PROGRAM OVERVIEW

For thrill seekers and nature lovers, this high-energy multi-day experience combines flight, rally driving, freediving and outdoor sports with Nordic recovery, sauna rituals and refined dining. Designed for physically fit participants seeking an unforgettable, adrenaline-fueled journey in Finnish nature.



PROGRAM

DAY 1 – ARRIVAL & ACTIVE START

- 15:00 Check-in and welcome drinks
- 16:00 Guided Mountain Bike Tour
A guided cycling experience through forest trails, focusing on outdoor movement, nature immersion and safe riding techniques.
- 18:00 Sauna & Lake Swim at JärviSpa
A guided Finnish sauna ritual with hot-cold contrast, supporting recovery and relaxation.
- 20:00 Open Fire Dinner
Seasonal open fire dinner with carnivore, pescetarian or vegetarian options. Dietary requirements accommodated. Water served, drinks at extra charge.

DAY 2 – FLY

- 08:00 Early Nordic Breakfast – The Terwa style
- 09:00 Transfer to Räyskälä Airfield
- 09:15 Basics and Safety Regulations
- 10:00–15:30 Motor Glider Flight Experience
Each guest participates in an approximately 30-minute motor glider flight under professional supervision. The program follows strict aviation safety standards.
- Champagne toast and hangar lunch included.
- 16:00 Return to The Terwa
- 16:15 Free time, sauna relaxation or paddleboarding
- 19:00 Chef's Table Dinner – 5-course tasting menu.

DAY 3 – DRIVE

- 07:30 Nordic Breakfast
- 08:30 Transfer to Rally School
- Rally Driving Experience
A professionally guided rally driving program focusing on driving technique, safety and controlled performance on a dedicated track. Guided by top-tier professional instructors with Rally Promotion Finland (check Rally Experience activity).
- 16:30 Return to The Terwa & relax
- 17:00 Forest Mind Walk or Yoga
A guided wellbeing session supporting recovery, mental clarity and relaxation after an intensive day.
- 19:00 Light Recovery Dinner

DAY 4 – DIVE

- 08:00 Early Nordic Breakfast
- 09:00 Transfer to crystal clear Lake Iso-Melkutin
- 09:30 Basics of Diving & Safety Regulations
- 10:30–15:30 Guided Diving Course and Diving Experience
Guided by freediving world champion Johanna Nordblad (check Diving Experience activity).
- Includes light open fire grill lunch in the forest
- 16:00 Return to The Terwa
- 16:15 Free time, sauna relaxation and/or paddleboarding
- 19:00 Chef's Table Dinner – 3-course menu

DAY 5

- Morning walk at Manor's park
- 08:00 Early Nordic Breakfast – The Terwa style
- Farewell

INFO

CATEGORIES / THEMES

- Adventure
- Outdoor
- Incentive
- Private experience

PHYSICAL DIFFICULTY LEVEL

Demanding – suitable for physically fit participants

HEALTH REQUIREMENTS & LIABILITY

Participants must be in good general health. The experience is not suitable for guests with heart conditions or serious medical issues. All activities are undertaken at the participant's own responsibility. The Terwa – Nordic Hideaway is not liable for personal injuries arising from participation in adventure activities.

SEASON

June, July, August

DURATION

5 days, 4 nights

PARTICIPANTS / GROUP SIZE

8-10 guests

LANGUAGES

English

ROTISSEUR-LEVEL CUISINE INCLUDED IN THE PRICE

Full board (excluding drinks)

OVERNIGHTS INCLUDED IN THE PRICE

Overnight in double room (high hotel standard)

GUIDE INCLUDED IN THE PRICE

Yes – professional instructors and hosts

TRANSPORTATION

Activities usually start from the courtyard, but transportation to the activity location is always included in the program. Separate transport services are available.

OPTIONAL SERVICES

- Airport transportation
4 people and less €215 per direction
4-16 persons €380
more than 16 people €490
- Massage treatments
- Drinks

SUSTAINABILITY ASPECT

Small group size, nature-based activities and high safety standards support responsible and sustainable adventure travel.

PRICES

- 5-day program: from €2,795 / person

Includes all transfers, coaching, meals, flights, equipment and VIP hosting. Drinks excluded.



THE TERWA WHOLE-DAY PROGRAMS





CANOEING FROM THE TERWA TO THE KALAMYLLY SUMMER RESTAURANT, 5 HOURS

ACTIVITY OVERVIEW

Paddle Kaartjoki through wilderness Häme forest all the 15km way to traditional finnish summer restaurant Kalamyllly specialized local salmon dishes. Guided tour where you experience finnish nature closely. Tour is demanding and requires full mobility and good shape. Lunch/Dinner included and transfer back to The Terwa. In case of bad weather, we agree on a backup program in advance for your group at The Terwa Manor.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

June, July - August based on availability

PARTICIPANTS

Group size 5-20 person

STARTING POINT

Routes begin from The Terwa beach

STARTING TIME

TBA

DURATION

Duration app 5 h

MINIMUM AGE

15

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs

- English

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

- Canoe
- Life vests

TRANSFERS INCLUDED IN THE PRICE

Yes

MEALS INCLUDED IN THE PRICE

Yes

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Refreshments

OTHER AVAILABLE SERVICES NOT INCLUDED IN THE PRICE

Drinks

ADDITIONAL INFORMATION

Physically demanding adventure

SUSTAINABILITY ASPECT

Low impact, support environmental sustainability by preserving waterways and promotes physical wellbeing

PRICES

- Min 5 person, €995 including VAT
- Additional person €125



LONG GRAVEL / MTB ENDURANCE RIDE, A FULL-DAY GUIDED EXPERIENCE 70—100 KM

ACTIVITY OVERVIEW

This is the first volume day of a longer active stay: a ride built on rhythm, repetition and continuity, with minimal interruptions.

The route combines gravel roads, forest tracks and flowing MTB sections. The experience is about settling into motion — not racing — allowing space for presence and the Nordic landscape to unfold mile by mile.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

May–October (weather dependent)

PARTICIPANTS

8–30 people

STARTING POINT

The Terwa – Nordic Hideaway

LOCATION

Lake Kaartjärvi & Häme Highlands,
Southern Finland

DURATION

7–8 hours, full day

DAILY FLOW

- 09:00 – Departure from The Terwa, bike check & briefing
- 09:00–15:30 – Long gravel / MTB ride (70–100 km)
- Continuous hydration (water + electrolytes)
- Energy tubes available throughout
- Chef-prepared light lunch during the ride
- 16:00 – Return to The Terwa
- 16:30 – Extended sauna & hot tubs at LakeSpa

DISTANCE & DIFFICULTY

- Distance: 70–100 km (adjusted to group and conditions)
- Terrain: Rolling gravel roads, forest tracks, MTB sections
- Level: Intermediate
- Fitness requirement: Good endurance base
- Optional shortened loop available

GUIDING & SAFETY

- Professional local guide(s)
- Route planning with exit options
- First aid & communication equipment
- Dynamic pacing based on group condition

WHAT'S INCLUDED

- Guided (English) full-day gravel / MTB ride
- On-ride nutrition & hydration
- Chef-prepared light lunch
- Extended sauna & hot tubs at LakeSpa
- Route planning & logistics
- Optional shortened loop if required

IDEAL FOR

Active luxury travelers, executive groups, private FIT clients, cycling-focused retreats and guests seeking endurance, presence and recovery.

PRICE

€245 per person/min 6 pax



GUIDED HIKING DAY AT LIESJÄRVI NATIONAL PARK — A FULL-DAY NATURE EXPERIENCE, SILENT MOVEMENT & NORDIC LANDSCAPES

ACTIVITY OVERVIEW

A guided hiking day focused on sustained movement, presence and immersion in nature. The route moves through the varied landscapes of Liesjärvi National Park, combining forest paths, ridge terrain and lakeside views.

The hike includes optional silent sections, allowing guests to experience the environment without distraction. Pace is steady and adaptive, suitable for guests with a basic level of fitness.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

May–November (weather dependent)

PARTICIPANTS

6–30 guests

STARTING POINT

The Terwa – Nordic Hideaway

LOCATION

Liesjärvi National Park, Southern Finland

DURATION

09:30–16:30 (guided hike) + sauna in the afternoon

DAILY FLOW

- 09:30 – Departure & route briefing
- 09:30–12:45 – Guided hike with sustained rhythm
- Silent sections integrated into the route
- Route variants prepared depending on group and conditions
- 13:00 – High-end outdoor lunch in nature
- Chef-prepared, plated and fully serviced
- 16:30 – End of hike
- 16:30 – Return & sauna at LakeSpa

DISTANCE & DIFFICULTY

- Distance: Approx. 12–18 km (route variants available)
- Terrain: Forest trails, natural paths, gentle elevation changes
- Level: Moderate
- Fitness requirement: Ability to walk continuously for several hours

GUIDING & SAFETY

- Experienced professional nature guide
- Navigation, route planning and time management
- Snacks, water and safety equipment carried by the guide
- First aid & communication equipment
- Route variants and exit options prepared

WHAT'S INCLUDED

- Guided hiking experience (English)
- Professional nature guide
- Snacks & water during the hike
- High-end outdoor lunch (chef-prepared, plated, serviced)
- Navigation, logistics & safety equipment
- Sauna at LakeSpa The Terwa

IDEAL FOR

Active luxury travelers, executive and leadership groups, private FIT clients, wellness-focused retreats and guests seeking calm, clarity and a deep connection with nature.

PRICE

€375 per person (minimum 6 guests)



DIVING EXPERIENCE — AIDA 1

ACTIVITY OVERVIEW

The beginner freediving course AIDA 1 is suitable for everyone interested in relaxation, breathing, or learning freediving. During the course, you will learn about and try different disciplines of freediving and go through the basics of safety diving. Equipment can be rented for the course. Freediving wetsuits are very warm, and there is also a tent sauna on site, so there is no need to worry about getting cold. The course instructor is Johanna Nordblad.

“I am Johanna Nordblad, a world-record freediver. In the water, my work is to teach people to calm down, find their breathing, and dare a little more. No previous experience is required for my beginner course – only an interest in learning. If you have ever thought ‘maybe someday,’ this might be the right moment. Join us! You will learn much more than just holding your breath.”



INFO

THE COURSE INCLUDES:

- a two-hour theory session
- two open-water sessions of approximately 1.5 hours each

SCHEDULE:

- 10:00–12:00 Theory and dry exercises
- 12:00–12:30 Lunch break – open fire light lunch
- 12:30–14:00 Relaxation and breath-holding exercises in the water
- 14:00–15:00 Sauna break
- 15:00–16:30 Diving practice in the water (dynamic or depth diving)
- 16:30–17:30 Final sauna and closing

WHAT TO BRING:

- swimsuit
- towel
- fins
- mask
- wetsuit (freediving or spearfishing suit)
- diving socks and gloves (optional)
- weights

EQUIPMENT RENTAL FOR THE COURSE:

- wetsuit: €30
- socks and gloves: €10
- other equipment: €10

CANCELLATION POLICY:

Registration is binding. The course is paid for and confirmed at the time of registration.

PARTICIPATION REQUIREMENTS:

The participation requirements are a minimum age of 18 years and the ability to swim 200 meters. You do not need any previous diving experience. The course offers a first introduction to the basic knowledge and skills of freediving. You will get to try relaxation in water, breath-holding, and depth diving. The course progresses at each participant's own pace, with safety always as the top priority.

The course consists of a theory session as well as relaxation and open-water exercises. If you would like more information about the course, please contact us by email at: johanna@johannanordblad.com

Participation requires a completed and signed health declaration and liability waiver. Please review the health declaration carefully before registering to determine whether you need a medical certificate. Without a completed health declaration or a required medical certificate, participation is not possible. If you need a medical certificate, please contact: johanna@johannanordblad.com

FORMS ARE AVAILABLE HERE:

<https://www.freedivinghelsinki.com/dokumentit>

GROUP

Min 4 – max 8 persons.

PRICES

Course price: €1960/4 persons, additional persons à €490 incl. VAT, transportation and lunch.



RALLY ADVENTURE — FINNISH RALLY EXPERIENCE WITH RALLY PROMOTION FINLAND BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

This high-adrenaline rally experience offers a rare opportunity to step into the world of Finnish motorsport at the legendary Saukkola Rally Centre. Guided by top-tier professional instructors, guests gain hands-on experience in rally driving while learning the fundamentals of car control, safety, and racing lines on gravel.

Finland's rally heritage is world-renowned, and this program delivers an authentic, safe, and professionally managed introduction to the sport. Designed for corporate groups, incentives and high-end FIT travellers seeking something genuinely Nordic, exciting and memorable.

After the rally activities, guests return to The Terwa - Nordic Hideaway to unwind with traditional sauna and lakeside relaxation, followed by an atmospheric open-fire dinner and motorsport storytelling.

INFO

TARGET GROUP

- Individuals
- Groups
- Incentives
- Corporate / Executive groups

SEASON

All seasons except midsummer (weather conditions may affect driving format)

PARTICIPANTS

Minimum 8 – maximum 10 participants

STARTING POINT

The Terwa – Nordic Hideaway

STARTING TIME

After breakfast

DURATION

Full day experience

(Driving day + evening program at The Terwa)

MINIMUM AGE & HEIGHT

12 years, min height required 160 cm.

LANGUAGES

- English
- Finnish
- Other languages subject to availability (on request)

DAY PROGRAM (INDICATIVE)

- 08:30 Welcome coffee & light breakfast at The Terwa
- 10:00 Departure from The Terwa (luxury van transfer)
- 10:30 Arrival at Saukkola Rally Centre
- 11:00 Driving theory, safety briefing & gear fitting (incl. refreshments)
- 12:00 Rally driving sessions with professional coaching
- 14:00 Light lunch & driving debrief
- 14:45 Timed competition – fastest lap challenge
- 16:00 Awards ceremony & bottle of champagne for the winner
- 16:30 Transfer back to The Terwa
- 17:00 Sauna & lakeside spa relaxation at JärviSpa (LakeSpa Sauna)
- 19:00 Open-fire dinner & motorsport stories

Next day: The Terwa breakfast and Farewell

WHAT'S INCLUDED

- Luxury van transfers
- Professional rally instructors
- Rally car
- Helmet and safety equipment
- Driving theory and safety briefing
- Rally driving sessions and timed competition
- Light lunch and refreshments at the rally centre
- Bottle of champagne for the winner
- Sauna & lakeside spa relaxation at The Terwa
- Open-fire dinner
- One night accommodation in double room at The Terwa (high hotel standard)
- The Terwa breakfast

INFO

WHAT'S NOT INCLUDED

- Alcoholic beverages (except champagne for the winner)
- Additional nights
- Personal insurance

OVERNIGHTS INCLUDED

One night in double room (high hotel standard)

PHYSICAL DIFFICULTY & HEALTH REQUIREMENTS

Demanding experience. Participants must be in good general health. Not suitable for guests with heart conditions. Participation is at own risk.

LIABILITY DISCLAIMER

All activities are undertaken at the participant's own responsibility. The Terwa - Nordic Hideaway is not liable for personal injuries arising from participation in motorsport or

adventure activities. Drivers are responsible for possible damages to rally cars in case of an accident.

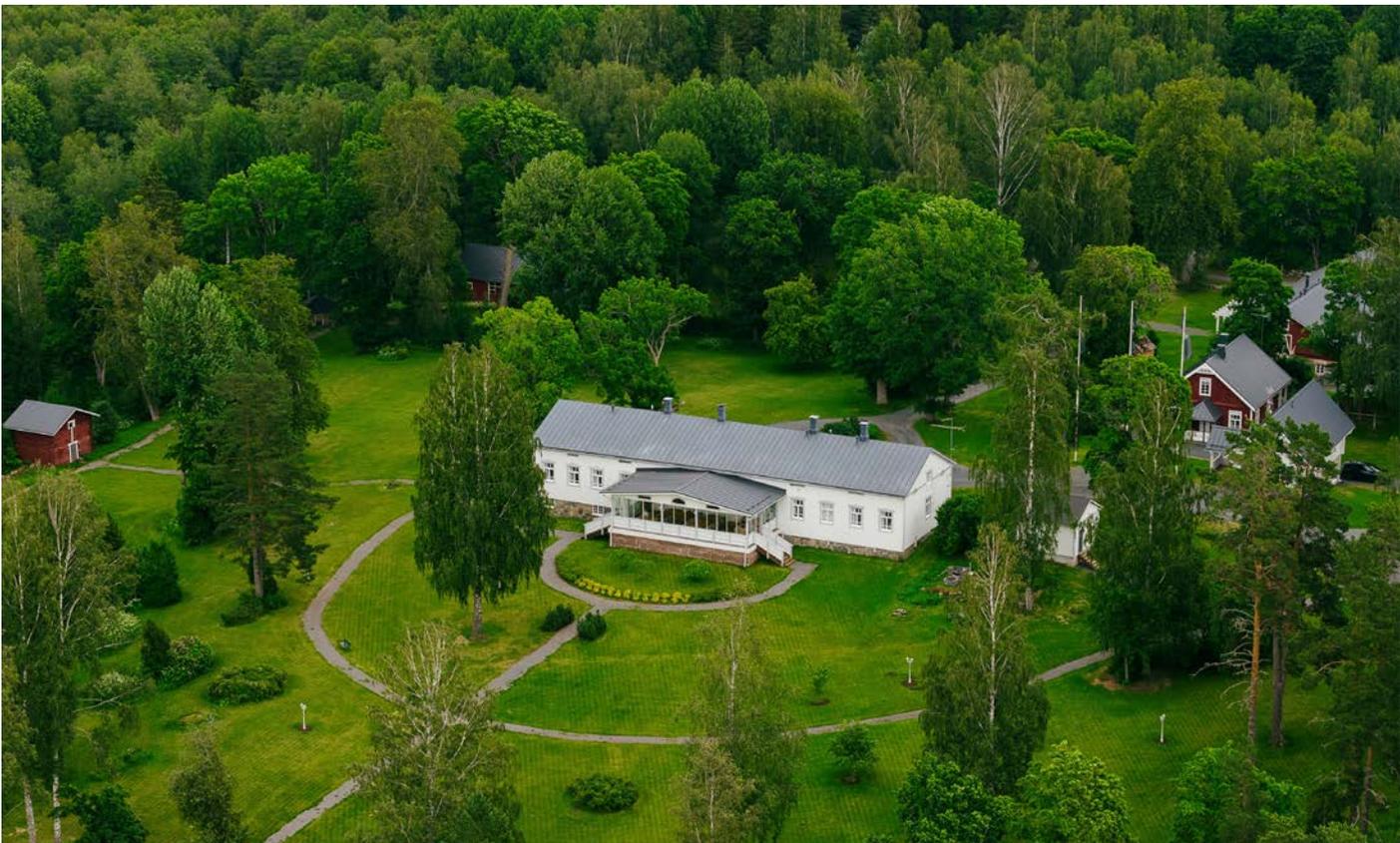
SUSTAINABILITY ASPECT

Professionally managed facilities, controlled group size and strict safety protocols support responsible adventure tourism.

PRICES

- Full day from €1,195 per person (Minimum 8 – maximum 10 participants)
- Half day from €750 per person (Not including breakfast, sauna or dinner)





THE TERWA ESTATE



THE TERWA ACCOMMODATION

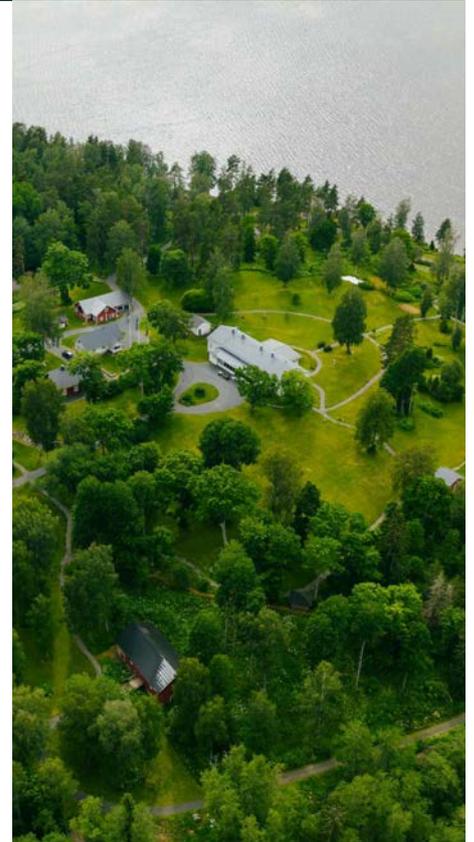
THE TERWA - NORDIC HIDEAWAY

The Terwa Nordic Hideaway offers a unique combination of historical manor atmosphere, modern comfort, and Nordic natural peace. From our diverse accommodation options, everyone can find the right one for themselves.

UNITS

The Terwa consists of several buildings, we have a total of 15 accommodation units, with double rooms for 30 people. Sofa beds and the possibility of extra beds increase the capacity to 36 people.

In addition, the neighbouring modern log cabin can accommodate 10+ persons and in summer, the beautifully restored historic granary accommodates up to 8 guests in traditional shared lodging, elevated by a modern flying bed concept.



THE TERWA MANOR



THE TERWA MANOR

The manor is the heart of the area – stay overnight in the historical tar manor. Built in 1850 and fully renovated, the manor offers accommodation for up to 20 people. The manor apartments and suites combine high-class comfort and historical elegance with lake views.

The historic Manor offers accommodation for up to 20 people and is designed for larger groups to use together. The historic building combines modern comforts and unified living spaces, including a dining hall, lounge, and atmospheric wine cellar.



WORKERS' HOUSE — VÄENTUPA

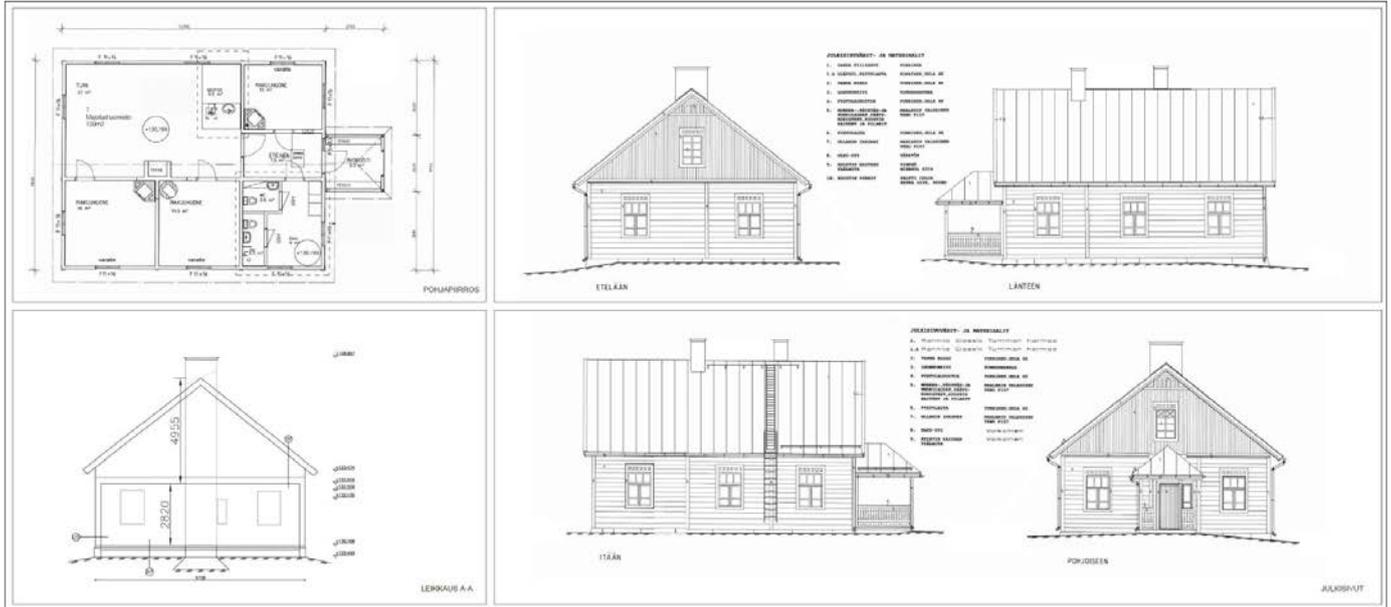


VÄENTUPA

Väentupa is a historical accommodation building, estimated to have been built in 1850 and fully renovated, offering a warm and cozy environment for up to 8 people. This traditional cottage is ideal for companies and management teams, or even groups of friends who appreciate a peaceful atmosphere and spacious common areas.



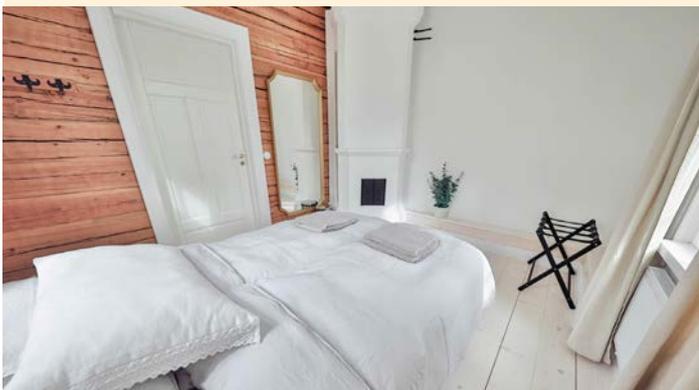
WORKERS' HOUSE — VÄENTUPA



ROOMS

- 3 units, twin/double rooms, 109 m²
- Three-bedroom villa; bedrooms 10 m², 14.5 m² and 16 m²
- Separate WC and separate bathroom
- Fully equipped kitchen
- TV
- Fireplace

Read more at terwa.fi

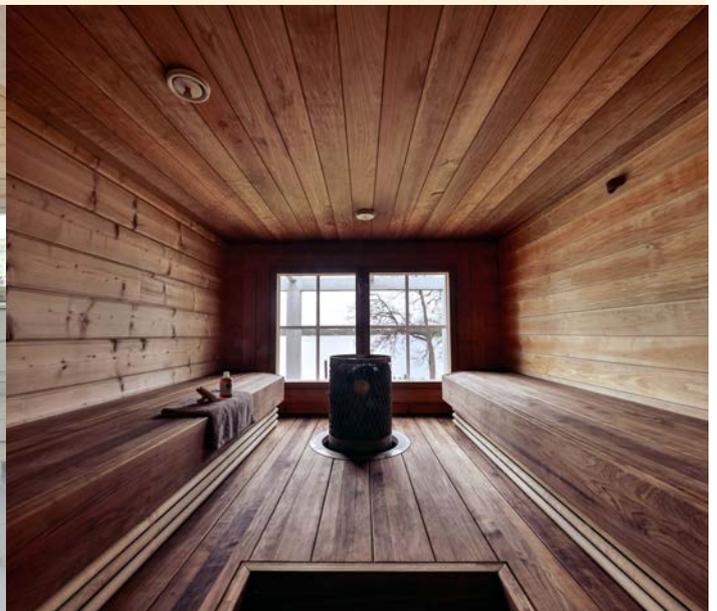


LAKESIDE SAUNAS — JÄRVISPA

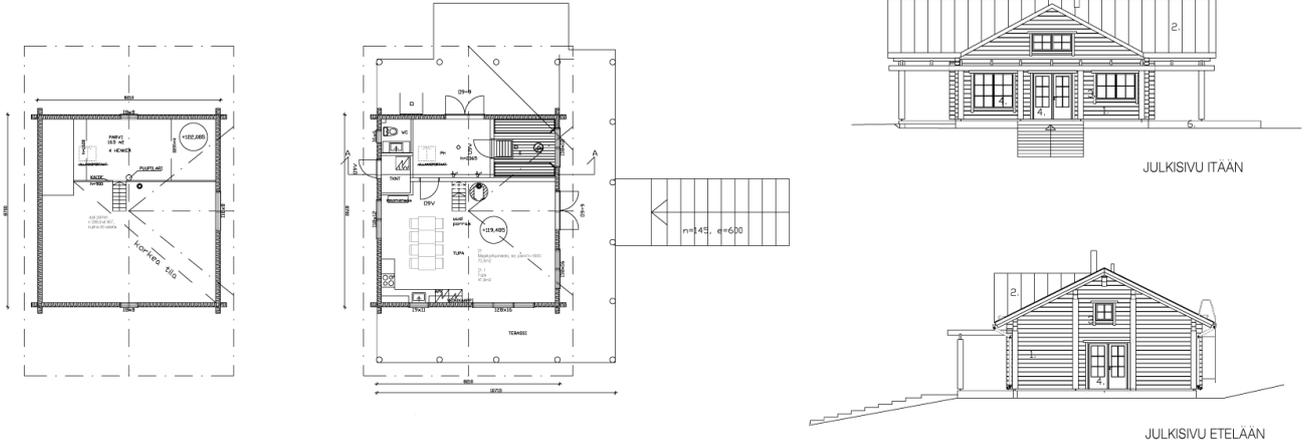


JÄRVISPA

JärviSpa offers accommodation, sauna, and relaxation right on the shores of Lake Kaartjärvi. This modern lakeside spa, completed in 2022, combines a spacious lounge and meeting space with a sauna world where you can stay, sauna, and enjoy the lake views all year round. You can also rent the space for your event. Järvispa offers sleeping accommodations for 2 people + 1 child, making it an ideal choice for couples or small families.



LAKESIDE SAUNAS — JÄRVISPA



ROOMS

- 72.5 m²
- Loft 10.5 m² (+10 m² low space)
- WC/showers
- Accessible
- Beds 120 cm & 140 cm
- Hot tub, electric sauna, and traditional wood-heated lakeside sauna and bath barrel
- Bath barrel heating, option
- TV and sound system, also outdoors

Read more at terwa.fi



BOATHOUSE — VENEVAJA

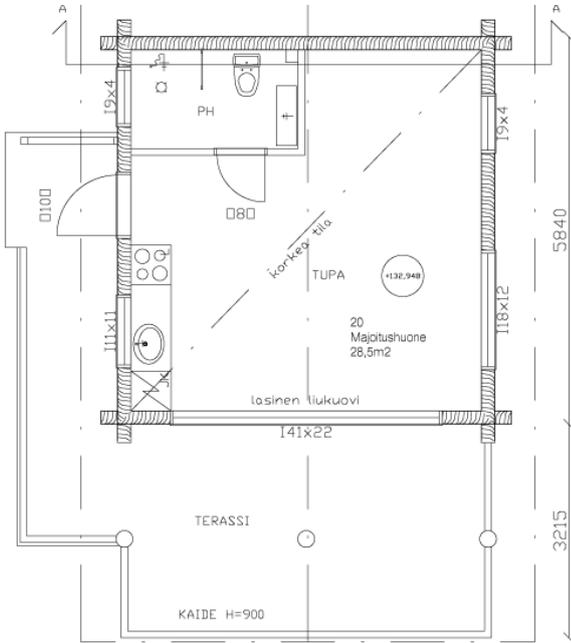


VENEVAJA

The Boathouse offers a unique accommodation experience for two persons in a space partially built above the water. This atmospheric accommodation is designed for guests who appreciate peace, closeness to nature, and a unique lakeside scenery.



BOATHOUSE — VENEVAJA



ROOMS

- Twin/double room, 28.5 m
- Built over the water
- Stunning west-facing views
- Private bathroom

[Read more at terwa.fi](http://terwa.fi)

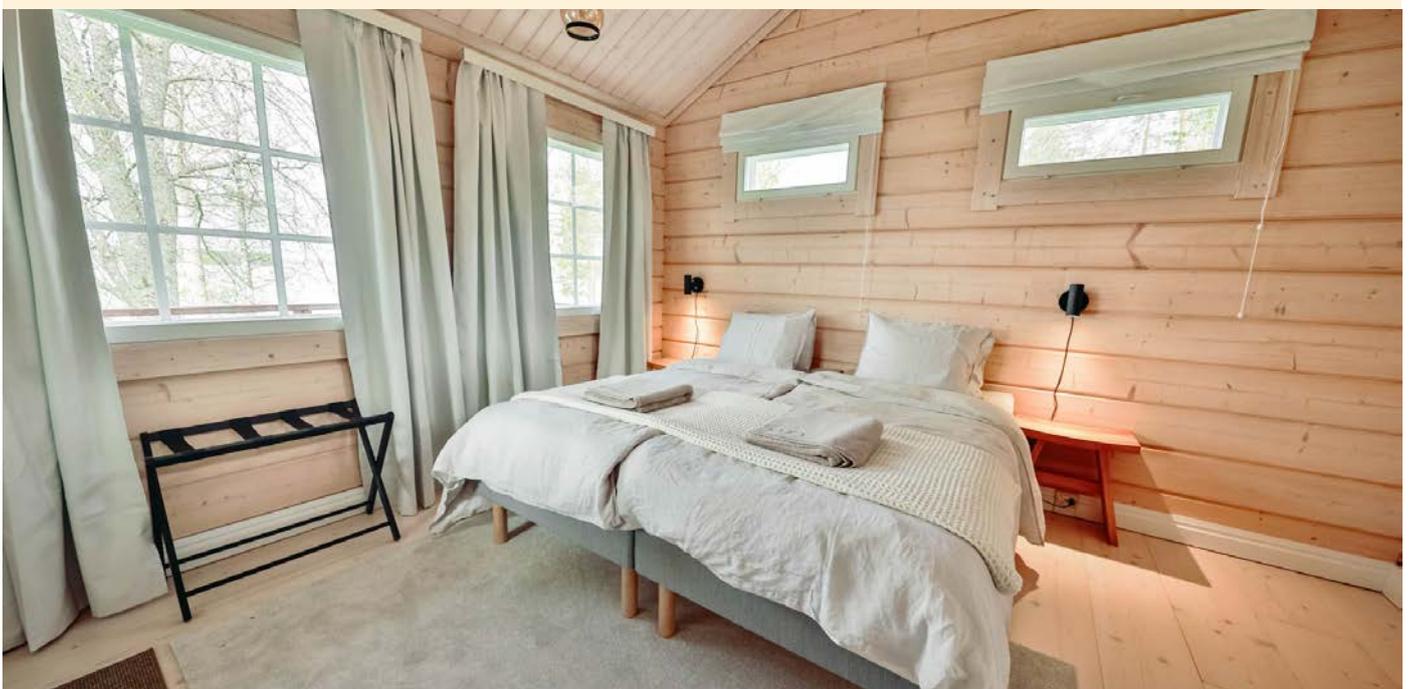


BEACH COTTAGE — RANTAMÖKKI

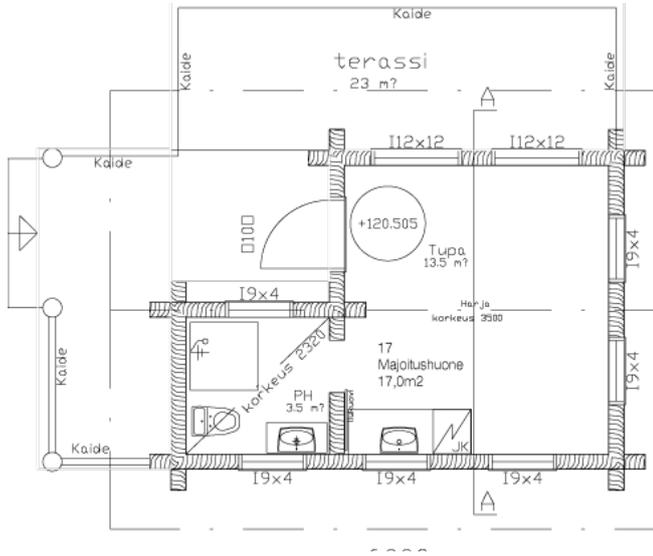


RANTAMÖKKI

Beach Cottage offers compact and cozy accommodation for two people, right by the water. This cottage, completed in 2022, combines a peaceful environment and functional amenities, providing a carefree and nature-friendly overnight experience.



BEACH COTTAGE — RANTAMÖKKI



ROOMS

- Twin/double room, 17 m²
- Located on the shore
- Stunning west-facing views

[Read more at terwa.fi](http://terwa.fi)



THE TERWA MEETING FACILITIES

HEADQUARTERS - PÄÄMAJA

- 75 m² (25 persons)
- World-class meeting facilities
- Breakroom with kitchen and WC, 35 m². Can also be used as a Junior Suite.



HISTORIC STALL - KARSINA

- 120 m² (25 persons)
- Rustic meeting sauna with open-fire grill
- ClickShare meeting technology
- Sound system
- Open-fire dinner option
- Accessible



HISTORIC BARN - NAVETTA

- Seminar, wedding, and gala use
- 348 m² (200 pax) plus loft 180 m²
- Accessible
- Includes Karsina
- Accessible



THE TERWA MEETING FACILITIES

LAKESIDE SPA SAUNA (WATERFRONT)

- 72.5 m²
- 15 pax for meetings, 25 pax for sauna experience
- Accessible
- Hot tub, electric sauna, and traditional wood-heated lakeside sauna and bath barrel
- Bath barrel heating, option
- Fireplace
- TV and sound system



LAKEVIEW COTTAGE - MAISEMATUPA (SUMMER USE)

- Indoor space 25 m² (15 pax)
- Terraces 50 m² (30 pax)
- Most important viewpoint



THE TERWA ACTIVITIES





SAUNA RITUAL BY THE TERWA

ACTIVITY OVERVIEW

Relax, recover and refresh yourself with this finnish indoor/outdoor Sauna program!

With this Sauna program we will learn about traditional finnish practice of washing and hygiene, which has re-covery and health benefits associated with hot sauna and hot-cold contras exposure. The program includes pre-paring and information what will happen and the relaxing sauna moments at The Terwa JärviSpa walking through Sauna ritual including firewood heated sauna, electric sauna, hot tub, jacuzzi and of course clean and pure open water swimming yeararound. We also connect our senses and learn why being present in the moment is im-portant for our health.

The activity includes:

- A short info about finnish sauna culture and it `s health benefits
- Sauna experience hot - cold
- Relaxing moments in jacuzzi or hot tub
- Recovery and balancing drink

INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

All year around

PARTICIPANTS

Group size 8–30 person

STARTING POINT

The Terwa, JärviSpa

STARTING TIME

Upon agreement

DURATION

2 hours

MINIMUM AGE

No limits, just confirmation by client she/he doesn't have heart related conditions.

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs

- English

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Towel

MEALS INCLUDED IN THE PRICE

Extra charge

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Tap water, recovery drink

SUSTAINABILITY ASPECT

Supplier is applying Sustainable Travel Finland (STF) certification

RIGHTS FOR USE OF PICTURES

We have the rights to use the pictures I share with tour operators. The uploaded visual material can be used by tour operators for the purpose of marketing The Terwa's products/ services/ destination. © The Terwa.

PRICES

- €520 / 8 pax, extras €40





CANOEING BY THE TERWA

ACTIVITY OVERVIEW

Paddling is a great way to leave the everyday matters on the shore and let your mind relax on the gentle waves of Lake Kaart. No prior experience of paddling is required. Under the guidance of an experienced instructor, the basics of the technique become safely familiar. Our equipment includes stable single and double kayaks, open canoes for 2 people or SUP boards. In case of bad weather, we agree on a backup program in advance for your group at Terwa Manor. The routes begin from The Terwa beach.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

May-October

PARTICIPANTS

Group size 8–30 person

STARTING POINT

Routes begin from The Terwa beach

DURATION

Duration 1-2 h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs

- English

TRANSFERS INCLUDED IN THE PRICE

No, we leave and arrive The Terwa beach

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

- Canoe
- Life vest

MEALS INCLUDED IN THE PRICE

No

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Bottle of water

SUSTAINABILITY ASPECT

Low impact, no motorized, support environmental sustainability by preserving waterways and promotes physical wellbeing.

RIGHTS FOR USE OF PICTURES

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PRICES

- €740/10 persons, extras €74/person
- Organized group min 5pax





FATBIKE TRIPS

ACTIVITY OVERVIEW

Fatbike safari in forest nature is good for both the body and the mind. Available almost all year round! The location of Terwa in the right of the Poronpolku and Ilves routes hiking trail enables versatile routes from beginner to professionals. Typically we drive around crystal clear lake Melkutin. You don't need previous experience with mountain biking, but it's good to be familiar with a handbrake bike. Our guides make the final route plan according to the level of experience, season and time available. Our equipment is the high quality.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

Spring, summer, autumn

PARTICIPANTS

8–30 people

STARTING POINT

The Terwa

STARTING TIME

TBA

DURATION

1–3 hours

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs

- English

TRANSFERS INCLUDED IN THE PRICE

No

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Bikes, helmets

MEALS INCLUDED IN THE PRICE

TBA

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

OTHER AVAILABLE SERVICES NOT INCLUDED IN THE PRICE

Pan coffee/tea and fried game sausage.
See prices.

ADDITIONAL INFORMATION

Wear outdoor clothing based on weather.

RIGHTS FOR USE OF PICTURES

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PRICES

- Price from €990 /up to 8 people + €85 / additional people
- Extra charge, pan coffee and fried game sausage (also vegetarian, diets accounted for) €38/pax



FOREST MIND WALK BY THE TERWA

ACTIVITY OVERVIEW

Join us for a mindful walk (ForestMind method) which brings you all the positive health benefits that come from spending time in nature.

During the walk in the forest nearby we will clarify our thoughts and connect our senses with nature. The activity also includes information about the health effects of spending time in nature and we also do some yoga based stretching, mindfulness exercises and meditation. This activity will help you to become relaxed and recharged.



INFO

TARGET GROUP

- Groups
- Incentives

SEASON

All year around

PARTICIPANTS

8-40

STARTING POINT

The Terwa

STARTING TIME

Upon agreement

DURATION

1,5h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

TRANSFERS INCLUDED IN THE PRICE

We leave from the Terwa courtyard

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Rain poncho, water bottles, seat mats, magnifying glasses

MEALS INCLUDED IN THE PRICE

No

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

ADDITIONAL INFORMATION

Difficulty level: Easy

SUSTAINABILITY ASPECT OF THIS PRODUCT

Terwa supplier FoRestful is a Good Travel Seal (GTS) and Sustainable Travel Finland (STF) certified company.

RIGHTS FOR USE OF PICTURES

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PRICES

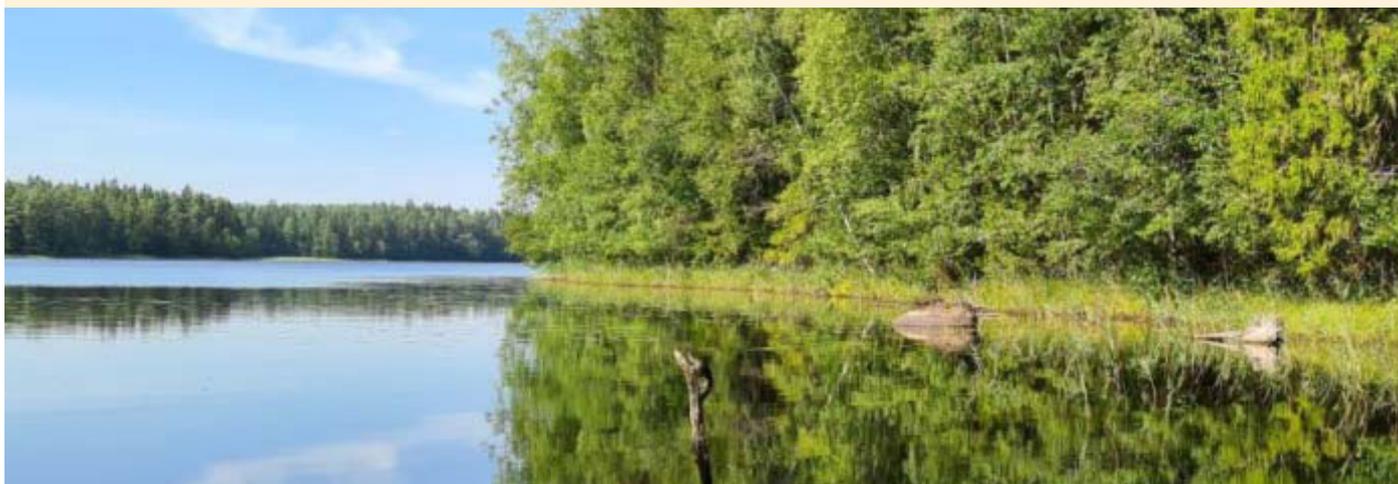
€650/10 pax, extra person €50



FOREST YOGA BY THE TERWA

ACTIVITY OVERVIEW

This relaxing and restorative yoga (suitable for beginners) and meditation session takes place in the pure and energizing Finnish nature by The Terwa (in case of terrible weather we are indoor). The activity brings you all the positive health benefits that come from spending time in nature and during the yoga we will clarify our thoughts and connect our senses with nature. After the yoga, we will relax and recharge our minds with guided relaxation. The program also includes information about the health effects of spending time in nature and how to benefit from them in our daily lives. This activity will help you to become recovered, relaxed and recharged.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

All year around

PARTICIPANTS

8-50

STARTING POINT

The Terwa

STARTING TIME

Upon agreement

DURATION

1,5h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

TRANSFERS INCLUDED IN THE PRICE

No

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Rain poncho, water bottles, seat mats, blankets

MEALS INCLUDED IN THE PRICE

No

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

ADDITIONAL INFORMATION

Difficulty level: Easy

SUSTAINABILITY ASPECT OF THIS PRODUCT

Terwa supplier FoRestful is a Good Travel Seal (GTS) and Sustainable Travel Finland (STF) certified company.

PRICES

€650/10 pax, extra person €50





HIKE AROUND THE MELKUTIN LAKE BY THE TERWA

ACTIVITY OVERVIEW

Escape into the peaceful landscapes of crystal clear Lake Iso-Melkutin and enjoy a restorative guided hike surrounded by pristine Finnish nature.

The hike can be tailored to your group's wishes – from a calm, unhurried walk to a more energetic pace – and is always led by a professional guide. Along the way, you will learn about the local nature, discover the area's unique features, and enjoy the simple pleasure of moving together outdoors. We follow scenic outdoor trails and forest paths, allowing you to refresh your mind and recharge your energy through nature.

Towards the end of the hike, we gather at a campfire site to complete the experience in a truly Finnish way. We light a fire, brew traditional campfire coffee (and tea) over an open flame, and grill delicious venison sausages (or vegetarian) while relaxing by the warmth of the fire and the calming atmosphere of the forest.

Bus drive from The Terwa to P Melkutin and back included.

INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

May – December. In the snow season possible to arrange as snowhoeing

PARTICIPANTS

8–40

STARTING POINT

The Terwa - P The Lake Melkutin

STARTING TIME

Upon agreement

DURATION

2,5–3h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

TRANSFERS INCLUDED IN THE PRICE

Yes

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Rain poncho, water bottles

MEALS INCLUDED IN THE PRICE

Pot coffee, tea, venison sausage, water

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

ADDITIONAL INFORMATION

Difficulty level: Easy – Moderate.

The length of the hike is 7 km.

SUSTAINABILITY ASPECT OF THIS PRODUCT

Terwa supplier FoRestful is a Good Travel Seal (GTS) and Sustainable Travel Finland (STF) certified company.

PRICES

€1250 /up to 12 pax, extras €85 incl. VAT





RELAXATION MOMENT BY THE TERWA

ACTIVITY OVERVIEW

Relax, recover and refresh yourself with this indoor program!

With this indoor program we will learn about stress, recovery and the health benefits that come from spending time in nature. The program includes a few breathing exercises; deep breathing is a good and quick way to relax, reduce tension and relieve stress. We also connect our senses and learn why being present in the moment is important for our health. We also we will relax and recharge our bodies and minds with a guided mindfulness and relaxation exercise.

The activity includes:

- A short lecture about stress, recovery and the positive effects of spending time in nature
- Mindfulness exercise
- Easy yoga based stretching
- Guided relaxation exercise

INFO

TARGET GROUP

- Groups
- Incentives

SEASON

All Year Around

PARTICIPANTS

8-30

STARTING POINT

The Terwa

STARTING TIME

Upon agreement

DURATION

1h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Water bottle, blanket and sleeping mat

MEALS INCLUDED IN THE PRICE

No

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

OTHER AVAILABLE SERVICES NOT INCLUDED IN THE PRICE

Drinks

SUSTAINABILITY ASPECT OF THIS PRODUCT

Terwa supplier FoRestful is a Good Travel Seal (GTS) and Sustainable Travel Finland (STF) certified company.

PRICES

€650/10 pax, extra person €35





OLYMPIC GAMES BY THE TERWA

ACTIVITY OVERVIEW

Join us for interesting and fun games while enjoying being outdoors together with your group!

The activity is made with the following games according to your wishes. The winner team is rewarded with a small prize. The activity is easy and the games are not physical.

-
- Tandem Skiing
 - Fishing
 - Logic Puzzles
 - Animal Sound Quiz
 - Horseshoe throwing
 - Sling Shot
 - Comical Darts
 - Axe throwing
 - Giant MÖlkky
 - Bird Sling
 - Boot Throwing
 - Miniature Archery
 - Match throwing

INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

All Year Around

PARTICIPANTS

8-50

STARTING POINT

The Terwa park

STARTING TIME

Upon agreement

DURATION

1.5h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

TRANSFERS INCLUDED IN THE PRICE

No

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Rain poncho

MEALS INCLUDED IN THE PRICE

Water bottle

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

ADDITIONAL INFORMATION

Difficulty level: Easy

PRICES

€650/10 pax, extra person €50





SANTA'S OLYMPIC GAMES BY THE TERWA

ACTIVITY OVERVIEW

Join us for interesting and fun, Xmas themed team activity while enjoying being outdoors together with your group!

Santa's Olympics includes the following games:

- Skiing Elves
- Catching the Xmas Fish
- Santa's Logic Puzzles
- Elf MÖlkky
- Turkey Sling
- Rudolph's Shoethrowing

During the postgame speculation we will enjoy warm Glögg. The winning team is rewarded with a small prize. The activity is easy and suitable for everyone.

INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

November, December, January

PARTICIPANTS

8-50

STARTING POINT

The Terwa

STARTING TIME

Upon agreement

DURATION

1.5h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Rain poncho

MEALS INCLUDED IN THE PRICE

Warm drink (glögg)

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

ADDITIONAL INFORMATION

Difficulty level: Easy

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For The Terwa Dynamo Ohjelmapalvelut Oy

PRICES

€690/12 pax, extra person €55





SNOWSHOEING TOUR BY THE TERWA

ACTIVITY OVERVIEW

Experience the magic of snowshoeing in the breathtaking winter landscapes!

Join a guided snowshoe adventure through quiet, snow-covered forests while learning the essentials of snow-shoeing at an easy, enjoyable pace.

Along the way, we'll take a cozy break and enjoy a warm drink served in traditional kuksa cups - perfect for warming up in the heart of winter.



INFO

TARGET GROUP

- Groups
- Families
- Incentives

SEASON

From January till April

PARTICIPANTS

8-40

STARTING POINT

The Terwa

STARTING TIME

Upon agreement

DURATION

2h

MINIMUM AGE

12

TOUR GUIDE SPEAKS FOLLOWING LANGUAGE(S)

Applies only to guided tours/ programs.

- English

TRANSFERS INCLUDED IN THE PRICE

No, we leave from the courtyard of The Terwa

EQUIPMENT/CLOTHING INCLUDED IN THE PRICE

Snowshoes, poles

MEALS INCLUDED IN THE PRICE

Warm drink

OVERNIGHTS INCLUDED IN THE PRICE

No

GUIDE INCLUDED IN THE PRICE

Yes

ADDITIONAL INFORMATION

- Difficulty level: Easy
- What to pack: Outdoorsy clothing matching the weather (we prefer layers, so bring an extra layer for the break!), hiking boots or similar kind of winter boots.

SUSTAINABILITY ASPECT OF THIS PRODUCT

Terwa supplier FoRestful is a Good Travel Seal (GTS) and Sustainable Travel Finland (STF) certified company.

PRICES

€660/10 pax, extra person €55



NORDIC PERFUME WORKSHOP BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

Create a personal fragrance inspired by Nordic nature, memories and emotions. In this guided workshop, guests are introduced to high-quality essential oils and natural fragrance notes. With expert guidance, participants learn the basics of scent composition and blend their own unique perfume to take home as a lasting sensory memory of The Terwa.



INFO

TARGET GROUP

- Groups
- Incentives

SEASON

Year-round

PARTICIPANTS

6–30 participants

STARTING POINT

The Terwa - Nordic Hideaway

STARTING TIME

Upon agreement

DURATION

2.5 hours

MINIMUM AGE

12 years

LANGUAGES

English

EQUIPMENT INCLUDED IN THE PRICE

All perfume-making materials and bottles

MEALS INCLUDED IN THE PRICE

- Bottle of water
- Refreshments available for purchase

OVERNIGHTS INCLUDED IN THE PRICE

Not included

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Personal take-home perfume

OTHER SERVICES NOT INCLUDED IN THE PRICE

Payable refreshments

ADDITIONAL INFORMATION

Difficulty level: Easy

SUSTAINABILITY ASPECT

Small-scale craftsmanship and a long-lasting personal product.

PRICES

- €515 / 5 persons
- Additional participants: €82 / person





NORDIC AROMA JEWELRY WORKSHOP — STARTING FROM THE TERWA

ACTIVITY OVERVIEW

In this calm and creative workshop, guests craft a personal aroma jewelry piece designed to carry essential oils close to the body. Participants select materials and scents, creating a wearable diffuser for wellbeing and relaxation.



INFO

TARGET GROUP

- Groups
- Incentives

SEASON

All year around

PARTICIPANTS

6-20

STARTING POINT

The Terwa - Nordic Hideaway

STARTING TIME

Upon agreement

DURATION

1-1.5 hours

MINIMUM AGE

14 years

LANGUAGES

English

EQUIPMENT / CLOTHING INCLUDED IN THE PRICE

All jewelry-making materials

MEALS INCLUDED IN THE PRICE

Not included

OVERNIGHTS INCLUDED IN THE PRICE

Not included

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Personal take-home aroma jewelry

ADDITIONAL INFORMATION

Difficulty level: Easy

SUSTAINABILITY ASPECT

Handmade, durable products supporting mindful consumption.

PRICES

- €550 / 12 participants
- Extra persons €35





SOUND BOWL RELAXATION — SOUND HEALING EXPERIENCE BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

A deeply relaxing sound healing session designed to calm both body and mind. The experience is based on the gentle vibrations of sound bowls, supporting stress reduction, nervous system balance, and overall wellbeing.

Participants are invited to rest, breathe, and receive the effects of sound and vibration in a peaceful and safe environment. This session offers a restorative pause and works particularly well as a counterbalance to active days or busy schedules.



INFO

TARGET GROUP

- Groups
- Incentives

SEASON

Available year-round

PARTICIPANTS

6–100 participants

STARTING POINT

The Terwa – Nordic Hideaway

STARTING TIME

Upon agreement

DURATION

30–60 minutes

MINIMUM AGE

12 years

LANGUAGES

English

WHAT'S INCLUDED

- Guided sound bowl relaxation session
- All sound bowls and relaxation equipment
- Calm, professional guidance throughout the experience

NOT INCLUDED

Refreshments (available separately)

DIFFICULTY LEVEL

Easy – no prior experience required

SUSTAINABILITY ASPECT

An intangible wellbeing experience that supports recovery, mindfulness, and long-term balance without material consumption.

PRICES

- €490 / 1 h / up to 15 participants
- Additional participants: €25 / person





ARCTIC WINTER TASTE — FLAVOURS OF THE NORDIC WINTER BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

An authentic Nordic winter food experience set in the snowy landscapes surrounding The Terwa. The experience begins from The Terwa courtyard and leads into a snow-covered forest or onto a frozen lake, where guests prepare and enjoy a traditional Finnish meal over an open campfire.

The program combines winter nature, fire, flavours and storytelling. Guests enjoy hot drinks and seasonal Nordic delicacies while learning about Finnish winter traditions, outdoor cooking and life in the North. Weather permitting, the experience may include the chance to observe the Northern Lights.



INFO

TARGET GROUP

- Groups
- International visitors
- Incentives

SEASON

Winter (November–March)

PARTICIPANTS

10–20

STARTING POINT

The Terwa – Nordic Hideaway

STARTING TIME

Upon agreement

DURATION

2–3 hours

MINIMUM AGE

12 years

LANGUAGES

English

EQUIPMENT / CLOTHING INCLUDED IN THE PRICE

Cooking equipment and ingredients

MEALS INCLUDED IN THE PRICE

Traditional Finnish winter meal prepared over campfire

OVERNIGHTS INCLUDED IN THE PRICE

Not included

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Hot berry juice, campfire coffee and storytelling

OTHER SERVICES NOT INCLUDED IN THE PRICE

Alcoholic beverages

TRANSPORTATION

Activities usually start from the courtyard, but transportation to the activity location is always included in the program. Separate transport services are available.

ADDITIONAL INFORMATION

- Difficulty level: Easy
- Outdoor experience in winter conditions

SUSTAINABILITY ASPECT

Use of local ingredients, small group size and traditional outdoor cooking methods support cultural sustainability and respectful interaction with the winter environment.

PRICES

- €1295 / private group (8 participants)
- Additional participants: +€110 / person including VAT
- Maximum group size: 20 participants



FOREST TO TABLE — SUMMER WILD FOOD EXPERIENCE BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

A seasonal wild food experience combining foraging and cooking in pristine Finnish nature. The program begins with a guided walk starting from The Terwa courtyard, where guests collect wild herbs, berries and mushrooms depending on the season. Participants learn how to identify edible plants, understand their traditional use in Finnish cuisine, and explore the connection between nature, wellbeing and food.

The experience concludes with a shared Forest to Table meal prepared together with a professional cook, transforming the gathered ingredients into a modern Nordic dish.



INFO

TARGET GROUP

- Groups
- Incentives

SEASON

Summer (June–August)

PARTICIPANTS

8–20

STARTING POINT

The Terwa - Nordic Hideaway

STARTING TIME

Upon agreement

DURATION

Approx. 4 hours

MINIMUM AGE

16 years

LANGUAGES

English

TRANSFERS INCLUDED IN THE PRICE

Not included

EQUIPMENT / CLOTHING INCLUDED IN THE PRICE

Cooking equipment and ingredients

MEALS INCLUDED IN THE PRICE

Forest to Table meal prepared together during the experience

OVERNIGHTS INCLUDED IN THE PRICE

Not included

GUIDE INCLUDED IN THE PRICE

Yes

OTHER SERVICES INCLUDED IN THE PRICE

Professional foraging and cooking guidance

OTHER SERVICES NOT INCLUDED IN THE PRICE

Drinks

ADDITIONAL INFORMATION

Difficulty level: Easy

SUSTAINABILITY ASPECT

Seasonal ingredients, local sourcing and traditional food knowledge support sustainable use of natural resources and strengthen understanding of Finnish nature and food culture.

PRICES

- Private group session (8 people):
€1295 flat rate
- Additional person €110 including VAT



TASTE OF FINLAND — TRADITIONAL COOKING CLASS BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

A hands-on indoor cooking experience introducing traditional Finnish dishes prepared with local and seasonal ingredients. Hosted in the rustic Karsina or the elegant Manor, the experience combines culinary learning, cultural storytelling and shared enjoyment around food. Guests prepare classic Finnish recipes and finish by enjoying the meal together.



INFO

TARGET GROUP

- Groups
- Incentives

SEASON

Available year-round

PARTICIPANTS

8-20

STARTING POINT

The Terwa - Nordic Hideaway
(Karsina or Manor)

STARTING TIME

Upon agreement

DURATION

2.5-3 hours

MINIMUM AGE

12 years

LANGUAGES

English

TRANSFERS INCLUDED IN THE PRICE

Event at The Terwa

EQUIPMENT / CLOTHING INCLUDED IN THE PRICE

All ingredients and cooking equipment

MEALS INCLUDED IN THE PRICE

Prepared meal during the experience

OVERNIGHTS INCLUDED IN THE PRICE

Not included

GUIDE INCLUDED IN THE PRICE

Yes - local professional host / chef

OTHER SERVICES INCLUDED IN THE PRICE

- Coffee, tea and water
- Recipes to take home

OTHER SERVICES NOT INCLUDED IN THE PRICE

Alcoholic beverages

ADDITIONAL INFORMATION

- Difficulty level: Easy
- Indoor experience

SUSTAINABILITY ASPECT

Use of local and seasonal ingredients, traditional food knowledge and shared cooking supporting cultural sustainability.

PRICES

Private group session (8 people): €850 flat rate, additional persons à €85

Optional add-ons:

- Wine or craft beer pairing: +€20 / person
- Seasonal menu specialties: +€10-15 / person (availability based on season)



WINE TASTING IN THE TERWA CELLAR BY THE TERWA — NORDIC HIDEAWAY

ACTIVITY OVERVIEW

A refined yet relaxed wine tasting experience hosted in The Terwa's atmospheric wine cellar. Guests are guided through a carefully curated selection of premium international wines, paired with Finnish-inspired tasting bites that highlight local flavours and Nordic seasonality.

The experience combines storytelling, sensory exploration and food pairing in an intimate cellar setting, where natural materials, soft lighting and calm ambience create a memorable Nordic wine experience.



INFO

TARGET GROUPS

- Wine lovers
- Couples
- Corporate groups
- Incentives

SEASON

Available year-round

PARTICIPANTS

8-15

STARTING POINT

The Terwa – Nordic Hideaway, Wine Cellar

STARTING TIME

Upon agreement

DURATION

1.5-2 hours

MINIMUM AGE

18 years

LANGUAGES

English

TRANSFERS INCLUDED IN THE PRICE

Event at The Terwa

EQUIPMENT / CLOTHING INCLUDED IN THE PRICE

Wine glasses and tasting materials

MEALS INCLUDED IN THE PRICE

Wine & Nordic tapas pairing menu

OVERNIGHTS INCLUDED IN THE PRICE

Not included

GUIDE INCLUDED IN THE PRICE

Yes – professional sommelier

OTHER SERVICES INCLUDED IN THE PRICE

- Private cellar setting
- Seasonal wine themes (e.g. Summer Rosé, Autumn Reds, Winter Sparkling Wines)

OTHER SERVICES NOT INCLUDED IN THE PRICE

Additional drinks outside the tasting

ADDITIONAL INFORMATION

- Difficulty level: Easy
- Indoor experience

SUSTAINABILITY ASPECT

Carefully selected wines, small group size and local Nordic tasting bites support responsible consumption and a high-quality, low-waste culinary experience.

PRICES

- €115 / person
- Minimum 8 participants, maximum 15
- Includes wine tasting, Nordic tapas pairing and sommelier guidance



CONTACT INFORMATION

COMPANY NAME

Finesco Hospitality Ltd.

BRAND NAME

The Terwa – Nordic Hideaway

E-MAIL

myynti@theterwa.com

WEBSITE

theterwa.fi

SOCIAL MEDIA CHANNELS

[Facebook](#)

[Instagram](#)

CONTACT PERSON FOR TOUR OPERATORS

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ADDRESS

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OPERATING SEASON

All year round by appointment

TARGET GROUPS

- Group leisure travel
- Group MICE travel
- High-end
- Weddings
- Company meetings

SERVICE LANGUAGES

- English
- German

PAYMENT AND BOOKING TERMS

[Read terms on the \[terwa.fi\]\(http://terwa.fi\) website](#)



THE TERWA
NORDIC HIDEAWAY