

HELSINKI

VISITORS GUIDE



WHERE EASTERN AND WESTERN CULTURES MEET



FRIENDLY



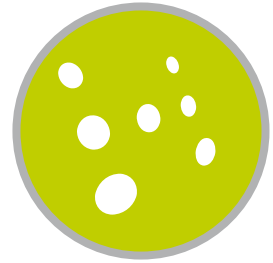
TRENDY



ENTERTAINING



GREEN



RELAXED



MARITIME



Welcome to Helsinki – Finland's cosmopolitan capital!

The coastal city of Helsinki has earned a reputation as a pocket-sized metropolis where visitors can enjoy the relaxed atmosphere and many interesting offerings. Different sightseeing tours, excursions and other activities can be found for every day of your visit.

Eastern and western influences from the past 450 years can be seen everywhere – in the city's architecture, culinary culture, event offerings and friendly people. Helsinki's attractive and unique character comes not only from its colourful past but also from its proximity to the sea, which offers an endless number of exciting activities. The city's many green parks are popular gathering places for visitors and residents alike. Helsinki is also a dream destination for walkers, as most of the main sights are conveniently situated in the city centre.

Helsinki has also established a strong position as an essential cruise destination in the Baltic Sea and a world-class congress city. Today Helsinki is a modern European city of culture that is recognised as a leader in design, technology and events. Here you can also meet the latest trendsetters in music and fashion.

See, experience and discover your own Helsinki!



DISCOVER
HELSINKI



HELSINKI

VISITORS GUIDE 2009



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- Wheelchair access
- Fun for children
- Free admission
- New

This brochure includes commercial advertising. The information within this brochure was updated in October 2008. The publisher is not responsible for possible changes or for the correctness of contact information, opening times, prices or other related information mentioned in this brochure.

HELSINKI IN FIGURES

- Helsinki founded in 1550
- Capital of Finland since 1812
- Population: 591,000
- Population of Greater Helsinki: 1.3 million
- Finnish-speakers: 84.9%
- Swedish-speakers: 6.1%
- Other language groups: 9.0%
- Foreign nationals: 6.0%
- Evangelical Lutherans: 67%
- Orthodox: 2%
- Total area: 715 km²
- Hotels: 50
- Restaurants: 1,200
- Museums: 80
- Universities: 7
- Technical universities/polytechnics: 4
- Mobile phones per 100 inhabitants: 103
- Average temperatures
yearly: +6.7°C
warmest month: July +18.9°C
coldest month: February -7.9°C

Further information: www.hel.fi and www.helsinki.fi

FINLAND IN FIGURES

- Independent since 1917
- Total area: 338,000 km²
- Population: 5.3 million
- EU member since 1995
- Introduced euro in 2002



NEVERENDING STORY – HELSINKI'S HISTORY

Sweden's King Gustavus Vasa founded Helsinki at the mouth of Vantaanjoki River in **1550** to compete with Tallinn for Baltic Sea trade. The centre of Helsinki was moved to its current location in the 1600s. In **1748** Sweden began construction of the Suomenlinna Maritime Fortress off the coast of Helsinki to counter the growing threat from Russia.

Russia conquered Finland in **1809**. The status of Helsinki was raised to capital of the Grand Duchy of Finland in **1812**. A monumental Empire-style city plan was drawn up to reflect the power of Russia and the Tsar. Finland became independent in **1917**, and Helsinki assumed the demanding new role of capital of the young republic. Recovering from the hardships of war, Helsinki hosted the Summer Olympics in **1952**.

The games created an international reputation for Helsinki as an efficient and friendly host city. Finland became an EU Member State in **1995**. Helsinki was one of nine European Cities of Culture in **2000**.



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HISTORIC CENTRE

As early as the 1600s the town square, town hall, a church and a cemetery were located where the Senate Square can be found today. In 1812 the Russian Tsar proclaimed Helsinki the capital of the autonomous Grand Duchy of Finland and ordered a new monumental city plan to be drawn up in keeping with the city's important new role.



1 HELSINKI CATHEDRAL AND SENATE SQUARE

Senate Square and its surroundings form a unique and cohesive example of Neoclassical architecture. The square is dominated by four buildings designed by Carl Ludvig Engel between 1822 and 1852: Helsinki Cathedral, the Government Palace, the main building of the University of Helsinki and the National Library of Finland. Helsinki Cathedral is arguably Finland's most famous and photographed building.

Helsinki Cathedral, Unioninkatu 29, tel. +358 (0)9 2340 6120.

Opening hours: daily 9am-6pm, June-August 9am-12midnight. €



2 HELSINKI CITY HALL AND CITY HALL QUARTER

The City Hall Quarter between the Market Square and Senate Square dates back originally to the 1700s. Architect C. L. Engel updated the buildings in the Empire style to fit in with the Senate Square. Until the early years of the 1900s the City Hall Quarter was the centre of commerce and social life in Helsinki. The City Hall (Pohjoisesplanadi 11-13, see p. 45) was originally built in 1833 as the Hotel Seurahuone but has housed the city government since the 1930s. The Kiseleff House on the corner of Aleksanterinkatu and Unioninkatu sells Finnish handicrafts. Many new shops and restaurants will open in the City Hall Quarter from 2009 onwards.

www.leijonakorttelit.fi



3 HELSINKI CITY MUSEUM

The main building of the Helsinki City Museum presents the exhibition "Helsinki Horizons", which describes the history of the city over the past 450 years. The Street Museum on Sofiankatu presents street pavements and street fixtures from the late 1700s to the 1930s. The City Museum also shows daily films about Helsinki in Finnish and Swedish, as well as in English during the summer in the Kino Engel cinema.

Sofiankatu 4, tel. +358 (0)9 3103 6630.

Opening hours: Mon-Wed, Fri 9am-5pm, Thu 9am-7pm,

Sat-Sun 11am-5pm € ♿ ☺



4 The Sederholm House houses exhibitions and is itself the oldest surviving stone building in the city centre, dating back to 1757.

Aleksanterinkatu 16-18, tel. +358 (0)9 3103 6529

Opening hours: Wed-Sun 11am-5pm; from 28 October Wed, Fri-Sun 11am-5pm, Thu 11am-7pm; closed 31 August-27 October

For other Helsinki City Museum exhibitions, see p.43

www.helsinginkaupunginmuseo.fi €

5 MARKET SQUARE

The Market Square is Helsinki's most cosmopolitan and famous market. The booths here sell traditional market foods and treats, as well as handicrafts and souvenirs. There is also a heated café tent where you can comfortably sip steaming hot coffee even on the coldest days in winter.

Opening hours: Mon-Fri 6:30am-6pm,
Sat 6:30am-4pm, May-September also
Sun 10am-5pm



9 PRESIDENTIAL PALACE

The building was originally designed by Pehr Granstedt and completed in 1820, after which C. L. Engel adapted it for use by the Tsar. Since Finland's independence the building has served as the official residence of the President, although today it is used primarily for presidential functions. The official residence of President Tarja Halonen is Mäntyniemi in the Meilahti district, near Seurasaari Island.

Pohjoisesplanadi 1



6 OLD MARKET HALL

The Old Market Hall alongside the Market Square has been a meeting place for local food lovers and a popular tourist attraction since it first opened in 1889. Under the same roof you can taste traditional delicacies and even try exotic products from Lapland.

Opening hours:
Mon-Fri 8am-6pm, Sat 8am-4pm
www.wanhakauppahalli.com



7 ESPLANADE PARK

Situated in the heart of Helsinki, the Esplanade serves as a promenade for tourists and a place to relax for city residents. The park and the Espia Stage host a wide range of events, especially from May to September.

www.esplanlava.fi



10 USPENSKI CATHEDRAL

Completed in 1868 in the Katajanokka district of Helsinki, the Uspenski Cathedral is the largest orthodox church in Western Europe. With its golden cupolas and redbrick facade, the church is one of the clearest symbols of the Russian impact on Finnish history.

Kanavakatu 1, tel. +358 (0)207 220 683
Open 1 May-30 September: Mon-Fri
9.30am-4pm, Tue also 4pm-6pm, Sat
9.30am-4pm, Sun 12noon-3pm.
Open 1 October-30 April: Mon closed,
Tue-Fri 9.30am-4pm, Sat 9.30am-2pm,
Sun 12noon-3pm (on holidays and preceding
evenings open only during services)
www.ort.fi/helsinki ☎



8 HAVIS AMANDA

Designed by Ville Vallgren and built in Paris in 1906, this famous bronze fountain was erected beside the Market Square in 1908. According to Vallgren, the girl's figure symbolises Helsinki and its rebirth.

Between the Market Square and
Esplanade Park



SUOMENLINNA

Suomenlinna is one of the world's largest historical maritime fortresses. Built on six islands in the 1700s, the garrison town typifies Finland's position between East and West. Suomenlinna is among the most popular sights in Finland and a living district that is home to 850 city residents.



Suomenlinna has been a UNESCO World Heritage Site since 1991. With its museums and events, Suomenlinna offers a unique experience for visitors of all ages, who can also enjoy the islands' enchanting cafes and cosy restaurants. Children can have a great time exploring the many tunnels of the old fortress.

It is good to reserve at least two to four hours for visiting Suomenlinna. The vast fortress is best explored on foot, so prepare for some hiking with good shoes and a windbreaker. Suomenlinna is open year-round, although some facilities are open only in the summer months.

Ferries and waterbuses depart for Suomenlinna from the Market Square, the municipal ferry one to three times an hour year round and the JT-Line waterbus twice an hour in summertime. The crossing takes between fifteen to twenty minutes. The municipal ferry accepts regular Helsinki City Transport (HKL) tickets and the Helsinki Card as payment. The JT-Line waterbus, which operates in summertime, is free with the Helsinki Card but does not accept HKL tickets. For more information about tickets, see page 30.

The Visitor Centre on the main island houses Tourist Information and the Suomenlinna Museum, which presents the history of the fortress. Guided tours also depart from here. These are offered daily by the Ehrensärd Society in the summertime in English, Finnish and Swedish. In wintertime guided tours in English are offered on weekends. Tours can also be ordered in many other languages in advance.

MUSEUMS

Suomenlinna Museum

The Suomenlinna Museum presents the history of the fortress from the 1700s to today. The widescreen multivisual presentation "Suomenlinna Experience" is shown every half-hour in the museum auditorium, taking the audience through the fascinating phases of Suomenlinna's 260-year history.

Visitor Centre open

2 January-30 April daily from 10am-4pm,
2 May-30 September daily from 10am-6pm,
and 1 October-31 December daily from 10am-4pm

Suomenlinna Museum, widescreen show and exhibition:

adults €5/4, visitors under 18 free of charge
Guided walking tours: adults €7, children €3.50,
family ticket (2+2) €17 ☺

Other museums at Suomenlinna:

Ehrensärd Museum
Toy Museum ☺
Vesikko Submarine ☺
Manege Military Museum ☺
Customs Museum ☺

Further information, opening times and prices:

Tel. +358 (0)9 684 1880
www.suomenlinna.fi
www.suomenlinnatours.com



Museums, exhibitions and sights

- 1 Visitor Centre, Tourist Information, Suomenlinna Museum, guided tours, widescreen show *
- 2 Ehrensärd Museum
- 3 Toy Museum
- 4 Manege Military Museum
- 5 Vesikko Submarine
- 6 Customs Museum
- 7 Jetty Barracks Gallery*
- 8 Church*
- 9 King's Gate
- 10 The sandbanks and guns of Kustaanmiekka
- 11 Dry dock, panorama terrace
- 12 Tomb of Augustin Ehrensärd, Castle Courtyard

Restaurants and cafés

- 13 Restaurant Walhalla & Pizzeria Nikolai
- 14 Café Piper
- 15 Café Chapman*
- 16 Café Bar Valimo
- 3 Café at the Toy Museum
- 17 Café Vanille*
- 18 Restaurant Yläkerho*
- 7 Restaurant Suomenlinna Brewery*

Other

- 19 Hostel Suomenlinna*
- 20 Swimming beach
- 21 Summer theatre
- 16 Guest harbour
- 22 Grocery store*
- 23 Kiosk*
- 24 Artillery Bay summer kiosk
- 25 Arts and Crafts Summer Shop b34 and Museum Shop
- 26 Ceramics Studio Pot Viapori
- 27 Bastion Härleman's studios
- 28 Hytti ry, Glass Studio
- 29 Municipal ferry terminal, Main Quay
- 30 Waterbus terminal, Artillery Bay Quay
- 31 Waterbus terminal, King's Gate Quay
- 32 Municipal service ferry terminal
- 33 Indoor picnic facilities

* open year-round
(WC) summer season only

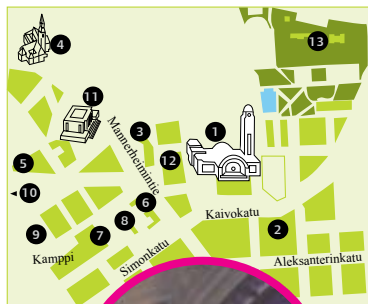


Tip

The Helsinki Card offers you free crossings to Suomenlinna by ferry or waterbus and entrance to nearly all Suomenlinna museums and exhibitions.

CITY CENTRE AND KAMPPI

The centre of Helsinki is packed with things to see and do, and the city never sleeps! Find your own favourite attraction and activity.



1 CENTRAL RAILWAY STATION

Considered by many to be the crowning achievement of legendary architect Eliel Saarinen, Helsinki's Central Railway Station is one of the most impressive examples of Finnish architecture. The granite monument represents the transition from National Romanticism to a new Functionalist style. The station was opened in 1919.

Main Hall open daily from 5am to 1:30am
www.vr.fi



3 MUSEUM OF CONTEMPORARY ART KIASMA

The Museum of Contemporary Art Kiasma breaks the barriers of traditional art museums and follows the latest developments in the visual arts. Its collections include Finnish and international art – especially Nordic, Baltic and Russian – from the 1960s onwards. Works displayed in the collections and exhibitions include installations, paintings, media art and photography. Kiasma is part of the Finnish National Gallery.

Mannerheiminaukio 2
 tel. +358 (0)9 1733 6501
 Opening hours: Tue 9am–5pm, Wed–Fri 10am–8:30pm, Sat–Sun 10am–6pm
 Entrance fees: adults €7/5, visitors under 18 free of charge
www.kiasma.fi 🗺️ 🌞

4 NATIONAL MUSEUM OF FINLAND

The museum's main exhibitions present Finnish life from prehistoric times to the present. The workshop VINTTI is an interactive exhibition especially for children. The magnificent Jugend building was designed by legendary architect trio Gesellius-Lindgren-Saarinén and was completed in 1910.

Mannerheimintie 34
 tel. +358 (0)9 4050 9544
 Guide reservations: Tue–Fri 9am–12noon, tel. +358 (0)9 4050 9552
 Opening hours: Tue–Wed 11am–8pm, Thu–Sun 11am–6pm
 Entrance fees: adults €7/4, visitors under 18 free of charge, special groups €4, free admission on Tuesdays from 5:30pm–8pm
www.kansallismuseo.fi 🗺️ 🌞



5 NATURAL HISTORY MUSEUM

The museum presents nature as a series of stories in the exhibitions Finnish Nature, History of Life, and Story of the Bones. Visitors can also dive beneath the surface of the Baltic Sea and marvel at the collection of bones and magnificent dinosaurs.

Pohjoinen Rautatiekatu 13
 tel. +358 (0)9 191 28800
 Opening hours: Tue–Wed and Fri 9am–4pm, Thu 9am–6pm, Sat–Sun 10am–4pm
 Entrance fees: adults €5, children and groups €2.50, free admission on Thursdays from 4pm–6pm
www.fnmh.helsinki.fi 🗺️ 🌞

6 LASIPALATSI – GLASS PALACE

This icon of Functionalist architecture was designed by Viljo Revell. Completed in the 1930s, Lasipalatsi today houses restaurants, cafés and a media centre.

Mannerheimintie 22–24
www.lasipalatsi.fi

7 KAMPPI CENTRE AND NARINKKATORI SQUARE

Helsinki's newest shopping and travel centre is packed with shops and restaurants, as well as two underground bus terminals and a metro station. The adjacent Narinkkatori Square hosts a variety of events.

Shops open: Mon–Fri 9am–9pm and Sat 9am–6pm, plus Sun 12noon–6pm
 June–August and November–December
www.kamppi.fi 🗺️ 🌞



8 LAITURI – CITY PLANNING DEPARTMENT'S INFORMATION AND EXHIBITION CENTRE

The City Planning Department's modern new info centre in Narinkkatori Square provides visitors with information about how Helsinki is developing.

Narinkka 2, tel. +358 (0)9 310 37390
Opening hours: Tue–Fri 10am–6pm,
Sat 10am–2pm, See also page 45
laituri.hel.fi 📞 📺

9 TENNIS PALACE

A fully restored Functionalist building that was completed in 1938, the Tennis Palace allows visitors to enjoy movies and the arts, as well as cafés and restaurants, all under the same roof. Tennis Palace Art Museum presents several major international touring exhibitions each year.

Salomonkatu 15
tel. +358 (0)9 3108 7001
Opening hours: Tue–Sun 11am–8:30pm
Entrance fees: adults €7/5, visitors under 18 free of charge, free admission on Fridays, higher prices for special exhibitions
www.taidemuseo.fi 📞

The Museum of Cultures presents ethnographic exhibitions.

Salomonkatu 15
tel. +358 (0)9 4050 9806
Opening hours: Tue–Thu 11am–8pm,
Fri–Sun 11am–6pm
Entrance fees: adults €6/4, visitors under 18 free of charge, free admission on Tuesdays from 5pm–8pm
www.kulttuurienmuseo.fi 📞



10 TEMPELLIAUKIO CHURCH

Quarried out of the natural bedrock, Temppeliaukio Church is one of Helsinki's most important tourist attractions and a popular venue for concerts.

Lutherinkatu 3
tel. +358 (0)9 2340 5920
Open 16 May–15 September:
Mon–Tue, Thu–Fri 10am–8pm,
Wed 10am–6:45pm, Sat 10am–6pm,
Sun 11:45am–1:45pm and 3:30pm–6pm.
Open 16 September–15 May:
Mon 10am–5pm, Tue 10am–12:45pm
and 2:15pm–5pm, Wed 10am–6pm,
Thu–Fri 10am–8pm, Sat 10am–6pm,
Sun 11:45am–1:45pm and 3:30pm–6pm
Closed during religious services
www.helsinginseurakuntayhtyma.fi 📞

11 PARLIAMENT HOUSE

Finland's 200-seat parliament gathers in this impressive building representing 1920s Classicism. Sessions of the parliament can be observed by the public on Tuesdays and Fridays.

Mannerheimintie 30
tel. +358 (0)9 432 2027
Guided tours in English, Finnish and Swedish: Sat 11am and 12:30pm, first Sunday of the month 12noon and 1:30pm, in July and August also Mon–Fri at 11am and 1pm.

The Parliament extension (Arkadiankatu 3) houses additional workrooms for parliamentarians. This building also houses a useful info desk and the Café Pikku Parlamentti.

www.eduskunta.fi 📞



12 HELSINKI GENERAL POST OFFICE AND POST MUSEUM

The main post office building in Helsinki also houses the Post Museum, which exhibits, researches and preserves items and materials related to the 360-year history of Finland Post.

Asema-aukio 5 H
tel. +358 (0)20 451 4888
Opening hours:
Mon–Fri 10am–6pm,
Sat–Sun 12noon–5pm
Entrance fees: €6/3, visitors under 18 free of charge
www.posti.fi/postimuseo 📞 📺

13 UNIVERSITY OF HELSINKI BOTANIC GARDEN

Founded in 1829, the Botanic Garden and its fabulous greenhouses can be admired year round.

Unioninkatu 44
tel. +358 (0)9 1912 4453
Opening hours 1 October–31 March: greenhouses Tue–Sun 10am–3pm, garden gates open daily 9am–5pm
Opening hours 1 April–30 September: greenhouses Tue–Sun 10am–5pm, garden gates open daily 9am–8pm
Entrance fees: greenhouses €5, groups and children (7–17) €2.50, visitors under 7 free of charge, family ticket €12.50, entrance to garden free of charge
www.fmn.helsinki.fi 📞 📺



TÖÖLÖNLAHTI BAY

The park around Töölönlahti Bay begins in the heart of Helsinki. A popular walking path circles the bay, which is also a treasure for bird watchers. The wooden villas of the Linnunlaulu ("Birdsong") district are an evocative reminder of Helsinki's building heritage. Finlandia Park on the southern shoreline is being developed between 2006 and 2015 into a new centre for culture and events.



1 FINLANDIA HALL

Overlooking Töölönlahti Bay is the famous concert and meeting hall designed by legendary Finnish architect Alvar Aalto. Guided tours take approximately 30 minutes.

Mannerheimintie 13, tel. +358 (0)9 402 4211

Opening hours: Mon-Fri 7:30am-5pm (Service Point)

Guided tours (in English and Finnish, other languages upon request at group prices): enquire from Service Point

Prices: adults €6, children (under 16) €4.

www.finlandiatalo.fi ☺ ☺

2 FINNISH NATIONAL OPERA

Finland's modern opera house is itself a stunning building. Completed in the early 1990s, the opera house has hosted scores of opera, ballet and contemporary dance performances. Guided tours of the building and backstage are offered on Tuesdays and Thursdays at 2.30pm in Finnish and take approximately one hour. Tours in other languages are available upon request at group prices.

Helsinginkatu 58.

Sales and guided tours:

tel. +358 (0)9 4030 2210 (Mon-Fri 9am-4pm)

Ticket sales: Mon-Fri 9am-6pm, Sat 3pm-6pm

tel. +358 (0)9 4030 2211

Prices (guided tours): adults €8, students and children €5

www.opera.fi ☺ ☺



3 OLYMPIC STADIUM

Helsinki's Olympic Stadium has been the arena of emotional sporting and musical events since 1952.

The stadium tower is 72 metres high and offers a spectacular view over Helsinki.

The stadium was the result of an architectural competition and has been called the world's most beautiful Olympic stadium. Yrjö Lindegren and Toivo Jäntti won the competition with their aesthetically pure Functionalist design.

Olympic Stadium, Paavo Nurmentie, tel. +358 (0)9 436 6010

Opening hours: Mon-Fri 9am-8pm, Sat-Sun 9am-6pm

www.stadion.fi

Tower open: Mon-Fri 9am-8pm, Sat-Sun 9am-6pm, closed during stadium events

Prices: adults €2, children (under 16) €1, adult groups (over 10 persons) €1.50/person, school groups €0.50/person ☺

The Sports Museum of Finland is a must for sports fans, with almost 30,000 objects and over 200,000 photographs on display.

Located beside the Olympic Stadium Tower

tel. +358 (0)9 434 2250

Open: Mon-Fri 11am-5pm, Sat-Sun 12noon-4pm

Prices: adults €5/3, visitors under 18 free of charge

www.urheilumuseo.fi ☺



4 LINNUNLAULU WOODEN VILLA DISTRICT

Situated on the eastern banks of Töölönlahti Bay, the Linnunlaulu ("Birdsong") district is famous for its ornate wooden villas. Villa Kivi has been renovated into a home for writers. The summer café in the Blue Villa (Sininen Huvila – Linnunlauluntie 11) offers a splendid view over Töölönlahti Bay. Built in 1889, Eläintarhan Huvila (Eläintarhantie 14) is open to the public and features a permanent exhibition of the history of the house and neighbourhood from the late 1800s.

www.elaintarhanhuvila.fi

5 WINTER GARDEN

The Helsinki City Winter Garden features over 200 plant species, including one-hundred-year-old camellia trees, palms cacti and flowering money plants. The seasonal times are Christmas and Easter. Outdoors you can enjoy the splendour of the Rose Garden and the sculptured linden trees. ☺ ☺

Magnificent flowers at the Winter Garden



Opening hours: Tue 9am-3pm, Wed-Fri 12noon-3pm, Sat-Sun 12noon-4pm. Closed Mondays, Christmas Eve and Day, and Midsummer's Eve and Day. Free admission. Wheelchair access. Location: Hammarskjöldintie 1

www.hkr.hel.fi/viher/english

OTHER INTERESTING SIGHTS AND ATTRACTIONS

SEURASAARI

Seurasaari is a popular museum island and recreational area located fifteen minutes by bus from the city centre. The wooden buildings at the Open-Air Museum represent the eastern and western influences of Finnish building traditions from the 18th to the 20th century. Built in 1685, the Karuna Church is one of the most popular venues in Helsinki for summer weddings. During the summer season various workshops and events are organised at the museum presenting traditional handicrafts, customs and folklore. Folk dancing performances are held at the Festival Grounds and the nearby Folklore Centre Tomtebo in summertime.

A walk around the island is a great way to enjoy the beautiful nature and fresh air throughout the year. At the end of June, Helsinki's traditional Midsummer celebrations are held on Seurasaari Island. Family events are also held at Christmastime, Shrovetide and Eastertime.

Open-Air Museum. Opening hours 15-31 May and 1-15 September: Mon-Fri 9am-3pm, Sat-Sun 11am-5pm

Opening hours 1 June-31 August: Mon-Sun 11am-5pm

Prices: €5/4, combined ticket with Urho Kekkonen Museum €8/7, visitors under 18 free of charge, free admission with the Helsinki Card. Free admission to the island ☺

The kiosk at the island's Festival Grounds is open on weekends from 11am to 4pm. The restaurant and café "1952" is open 1 May-31 August daily from 11am-8pm and 1 September to 30 April on weekends from 11am-6pm (weather permitting). To get to Seurasaari, take Bus 24 from beside the Swedish Theatre in the city centre

Further information:

Seurasaari Foundation, tel. +358 (0)9 484 511
www.seurasaarisaatio.fi and Open-Air Museum,
tel. +358 (0)9 4050 9660, www.seurasaari.fi



1. Ticket Office for Open-Air Museum
2. Karuna Church
3. Festival Grounds
4. Kykkä Playground
5. Seurasaari Summer Restaurant
6. Seurasaari Nude Bathing Beach
7. Pukkisaari Ancient Village
8. Urho Kekkonen Museum, Tamminiemi
9. Meilahti Art Museum
10. Folklore Centre Tomtebo





OLD TOWN AND ARABIA

Helsinki was originally established at the mouth of the Vantaanjoki River in 1550 by King Gustav Vasa of Sweden. Today this area is a modern centre for the arts, sciences and high technology, as well as a waterfront residential district. The University of Art and Design Helsinki attracts students from around the world.

The area is also home to the 130-year-old **Arabia porcelain factory and museum**, as well as the **Iittala factory outlet**. Arabia continues to be a pioneer in modern Scandinavian design, combining timeless beauty with everyday practicality.

Hämeentie 135
tel. +358 (0)204 39 5357
Arabia Museum
Opening hours: Tue-Fri 12noon-6pm,
Sat-Sun 10am-4pm
Entrance fees: adults €3,
children (12-18) €1.50
www.arabianmuseum.fi
Factory tours: reservations
tel. +358 (0)204 39 5326
Guided tours: Mon-Fri €35
(1-11 persons), additional
group members €3/person
Iittala, Finlayson and
Pentti factory outlets
Opening hours: Mon-Fri 10am-8pm,
Sat-Sun 10am-4pm

The Technical Museum alongside the Old Town Rapids presents the achievements of old and new technology and hosts related exhibitions.

Viikintie 1, tel. +358 (0)9 7288 4428
Open: Tue-Fri 9am-5pm, Sat-Sun
12noon-4pm, see website or

phone to check for exceptions
Entrance fees: adults €6/5, children
(7-16) €1, students €2
www.tekniikanmuseo.fi ☺

Nearby you can also find the Power Station Museum, featuring original hydroelectric pumps from the 1800s.

Hämeentie 163
tel. +358 (0)9 3108 7064 ☺ ☺
Opening hours: Wed-Sun 11am-5pm
(summertime only)
www.helsinginkaupunginmuseo.fi

You can also enjoy coffee and food beside the rapids at the **Restaurant Helsing** (Viikintie 1 E) and **Koskenranta** (Katarina Saksilaisen katu 9).

To get to the Old Town and Arabia take Tram 6 or Bus 68, 71, 71V or 73B from the Railway Station Square

HAKANIEMI DISTRICT

Hakaniemi Market has been selling groceries, flowers and handicrafts for over a hundred years. While shopping you can enjoy coffee at one of the outdoor cafés.

Opening hours: Mon-Sat 6:30am-3pm,
plus on the first Sunday of each month
from 9am-4pm

Hakaniemi Market Hall is located beside the outdoor market. Upstairs you can find a variety of clothing and souvenirs, while downstairs you can buy groceries and delicacies.

Opening hours: Mon-Fri 8am-6pm,
Sat 8am-4pm

KAIVOPUISTO PARK

Kaivopuisto is Helsinki's oldest and most popular park. The district is also home to many embassies, including those of the USA and Russia. The proximity of the sea, rock cliffs and green lawns offer many opportunities to relax and enjoy the outdoors. At the highest point of the park is the Ursa Observatory. Along the shore and on the nearby islands you can find several cafés and summer restaurants.

To get to Kaivopuisto take Tram 3B or 3T or Bus 14 from Kamppi (Runeberginkatu 4)

SINEBRYCHOFF ART MUSEUM

The Sinebrychhoff Art Museum is specialised in old European art and includes Finland's most important collection of old masters. The art collections include portraits and artefacts from the 17th and 18th centuries. The upper floor is a wonderful reproduction of the family home of the famous brewer. The museum presents its collections, special exhibitions and additional programmes. The Sinebrychhoff Art Museum is part of the Finnish National Gallery.

Bulevardi 40
tel. +358 (0)9 1733 6460
Opening hours: Tue and Fri 10am-6pm,
Wed-Thu 10am-8pm, Sat-Sun 11am-5pm
Entrance fees: adults €7.50/6, visitors
under 18 free of charge
www.sinebrychhoffintaidemuseo.fi ☺

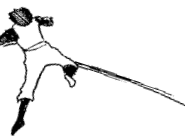




The Cable Factory

Five hectares of culture

Five hectares (12 acres) of culture: events large and small, concerts, exhibitions, festivals and performances.... The unique Cable Factory is the home of three museums, 13 galleries, dance theatres, sports clubs, art schools, a popular cafeteria and more besides. Finland's biggest culture centre is open for experiences all year round!



KAAPELI

Kaapelitehdas – The Cable Factory
Tallberginkatu 1
puh/tel 09-4763 8300
www.kaapelitehdas.fi

SIBELIUS MONUMENT

One of Helsinki's favourite tourist attractions, the Sibelius Monument can be found in Sibelius Park in the Taka-Töölö district. Sibelius Park was named in 1945 to honour the 80th birthday of composer Jean Sibelius. The Sibelius Monument itself is the work of Eila Hiltunen and was unveiled in 1967.

Mechelininkatu 38

To get to the Sibelius Monument take Bus 24 or Tram 3T

HIETALAHTI DISTRICT

Hietalahti Market has a popular year-round open-air flea market (weather permitting). The market offers an enormous variety of things to buy, as well as a friendly and relaxed atmosphere.

Tel. +358 (0)9 310 71396

Hietalahti Flea Market

Opening hours:

Mon-Fri 9am-5pm, Sat 8am-4pm

Opening hours May to September:

Mon-Fri 8am-7pm, Sat 8am-6pm and Sun 10am-4pm

The Hietalahti Antique and Art Hall is located alongside the market and is being renewed in 2009.

Opening hours: Mon-Fri 10am-5pm, Sat 10am-3pm

KAAPELITEHDAS (CABLE FACTORY)

The massive cultural centre Cable Factory was used up until the 1980s to produce telephone and electric cables.

Cable Factory museums

Finnish Museum of Photography
Entrance fees: adults €6/4, visitors under 18 free of charge, groups (min. 10 persons) €5/person
www.fmp.fi

Theatre Museum

Entrance fees: adults €6/3, one child (under 15) accompanied by adult free of charge, children (under 15) €3
www.teatterimuseo.fi ☺

Hotel and Restaurant Museum

Entrance fees: adults €2/1, children (under 15) free of charge
www.hotellijaravintolamuseo.fi ☺

Kaapelitehdas, Tallberginkatu 1 C

tel. +358 (0)9 4763 8330

Opening hours (museums):

Tue-Sun 11am-6pm

www.kaapelitehdas.fi ☺

KORJAAMO CULTURE FACTORY

Situated in an old tram depot, Korjaamo offers culture in the form of theatre, the visual arts and music. Korjaamo also houses the Tram Museum, a café and museum, and the Korjaamo Shop, which sells books, films, music and design. In wintertime you can skate in the courtyard, while in summertime you can relax in the picnic garden.

Töölönkatu 51 a-b

tel. +358 (0)9 020 7417 000

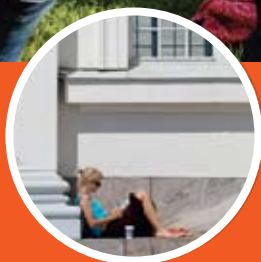
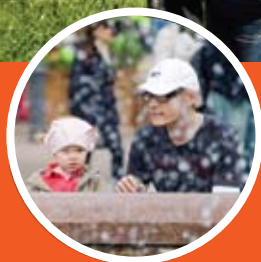
www.korjaamo.fi and

www.helsinginkaupunginmuseo.fi ☹



EXPERIENCE

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SIGHTSEEING TOURS AND EXCURSIONS

Helsinki is a pocket-sized metropolis that you can explore easily on foot. You can get even more out of the city by taking a sightseeing tour by bus, boat or tram, or even by joining a guided walking tour.

BY YOURSELF

The **3T tram** offers you a simple and affordable way to see Helsinki's sights. The route passes the Finlandia Hall, Parliament House, National Opera and Senate Square. You can pick up the "Sightseeing on 3T/3B" brochure from Helsinki City Transport (HKL) ticket desks or Tourist Information. The brochure includes descriptions of the sights along the route. For more information about public transportation tickets, see page 30.

Departures: along route, for example from the Market Square or Central Railway Station
Duration: approx. 1 hour
www.hkl.fi ☺

You should also pick up a copy of the **brochure See Helsinki on Foot** from Tourist Information. The brochure makes it easy to explore the city along seven well-marked routes highlighting Helsinki's architecture, museums and public monuments.

Languages: English, Finnish and Swedish
Price €2 ☺

You can also explore Helsinki by **bicycle** – see page 59!



SIGHTSEEING TOURS BY BUS

Helsinki Expert's **Audio City Tour** introduces you to Helsinki's main sights in 12 languages (Chinese, English, Finnish, French, German, Helsinki dialect, Italian, Japanese, Latin, Russian, Spanish and Swedish). Tours depart daily from the Esplanade Park (Fabianinkatu). The Guided City Tour is offered in English and Swedish and departs from the Olympia Terminal. These tours introduce you to the city's main sights.

Helsinki City Tours (all year round)
Prices: €25/15 (children 7-16)/ €11 (children 2-6).
The Audio City Tour is free of charge with the adult Helsinki Card, Guided City Tour €11
Reservations and enquiries: Helsinki Expert, Sightseeing, tel. +358 (0)9 2288 1600
www.helsinkiexpert.fi ☺

In summertime you can also enjoy **hop-on, hop-off** sightseeing around Helsinki with Open Top Tours on an open double-decker bus. There are 11 stops throughout the city, and commentaries are provided in 9 languages through individual headsets.

Departures from Senate Square,
duration approx. 1.5 hours
9 May-7 June and 5-13 September:
weekends 8 June-30 August:
daily every 45 minutes between 10am-4pm
Tickets are valid for 24 hours and can be purchased on the bus
Prices: €25/10 (children 7-16),
discount with the Helsinki Card
www.opentoptours.com ☺



Tip

Discover Finnish design on the Design Walk. See page 24 for details.

SIGHTSEEING CRUISES

Marvel at Helsinki's breathtaking archipelago aboard a relaxing sightseeing cruise. Enjoy the summer with a seafood lunch or romantic dinner onboard. There are regular departures from the Market Square throughout the summer, and as many as 10 languages are offered. 😊

IHA-Lines, tel. +358 (0)9 6874 5050
www.ihalines.fi

Sun Lines, tel. +358 (0)20 741 8210
www.sunlines.fi

Royal Line, tel. +358 (0)207 118 338
www.royalline.fi

Ferries to Suomenlinna and Pihlajasaari Island
 JT-Line, tel. +358 (0)9 534 806, www.jt-line.fi

All ferry companies also offer charter cruises

GUIDED HALF-DAY EXCURSIONS

Helsinki Expert provides guided half-day excursions in English, allowing visitors to discover interesting sights outside of Helsinki easily and safely. **The Old Wooden Town of Porvoo** tour takes visitors to the idyllic town of Porvoo (15 June-11 September 2009: Mon & Fri at 1pm).

The Sibelius' Home and Aalto's Architecture tour includes Ainola, the home of Jean Sibelius (21 June-13 September 2009: Sun at 1pm). **The Finnish Lakes and Forest tour** takes visitors on a leisurely hike along the nature trails around Nuukio National Park (16 June-12 September 2009: Tue, Thu & Sat at 1pm).

Departures from Esplanade Park (Fabianinkatu)

Prices: €52/€20 (children 7-16) / €15 (children 2-6).

Discounted prices with Helsinki Card €42/€17

Duration: 4 hours. Language: English.

Reservations & enquiries: Helsinki Expert, Sightseeing, tel. +358 (0)9 2288 1600

sightseeing@helsinkiexpert.fi

www.helsinkiexpert.fi



FAMILY ATTRACTIONS

Helsinki offers countless unforgettable experiences for families on holiday. Adults and children of all ages will find lots to do for days on end, and getting around town is easy.



FUN AND EXCITING TIMES

The always exciting **Linnanmäki Amusement Park**, the undersea world of **Sea Life Helsinki** and the traditional **Helsinki Zoo** on beautiful Korkeasaari Island are popular attractions for adults and children alike. **Tropicario** features snakes and lizards. In wintertime the **Helsinki Ice Park** in the Railway Square delights skaters and onlookers with a range of entertaining events. You can explore the fascinating tunnels and bastion walls of the **Suomenlinna Maritime Fortress** with a guided tour or on your own throughout the year. A list of the best swimming beaches in summertime can be found on page 59, while museums that are popular among children are listed on page 43. An entire day can be spent at the **Serena Water Park** (page 58) in Espoo or the **Flamingo Entertainment Complex** (page 58) in Vantaa having a wild time or simply relaxing. **The Finnish Science Centre Heureka** (page 21) offers visitors of all ages the joy of discovery in a variety of thought-provoking and fun exhibitions. In addition, Helsinki allows visitors to enjoy a seemingly endless array of other activities, from laser battles to go-kart racing!

EXPLORE SUOMENLINNÄ!

To explore the dark tunnels and secret passageways at Suomenlinna Maritime Fortress, all you need is a sense of adventure and a flashlight. In summertime you can also join the "Canons and Tunnels" guided tour – the fortress has over 100 canons in all. The Café Piper in the English park is open daily in summertime, and the café's terrace affords a splendid view out to sea. The nearby grass fields are great for summer games and playing. You can also watch from the bastion walls as dozens of ferries and large cruise ships pass through the narrow straits by Kustaanmiekka each day throughout the summer. Remember to keep a close eye on children, as there are many steep and unprotected cliffs around Suomenlinna!

For more information, see page 8 or www.suomenlinna.fi



INDOOR FUN AND GAMES

The Helsinki Playground (Leikkiluola) beneath Hakaniemi Market promises lots of breathtaking excitement regardless of the weather outside. Time will fly among the trampolines, bouncy castles and ball cannons.

Jaffa Station – Hakaniemi Market
Sörnäisten rantatie 6
tel. +358 (0)20 710 9902
Opening hours: daily 10am–6pm
www.leikkiluola.fi

Huimala is a giant adventure hall for the entire family, offering fun, excitement and a jungle atmosphere. The attractions include an adventure labyrinth, a multipurpose field, a climbing tower, an electric car track, a ball cannon arena, a bouncy castle, trampolines and much more.

Juvankartanontie 15, Espoo
tel. +358 (0)207 940 790
Opening hours: Tue–Wed 2pm–8pm,
Thu–Sun 10am–8:30pm
www.huimala.fi

HopLop indoor adventure parks guarantee fun and challenging play experience.

Suomenoja Retail Park, Portti 1-5,
Espoo, tel. +358 (0)10 837 3001; and
Flamingo HopLop, Tasetie 8, Vantaa
tel. +358 (0)10 837 3007
Further information and other HopLop
locations: www.hoplop.fi

TROPICAL SCENERY

Gardenia is a tropical garden located in the Viikki nature conservation area. Explore the jungle along the "Secret of the Plants" adventure trail!

Viikki, Koetilantie 1, tel. +358 (0)9 347 8400

To get there take Bus 68 or 68x from Railway Station Square

Opening hours:

Mon-Thu 10am-6pm, Sat-Sun 10am-5pm

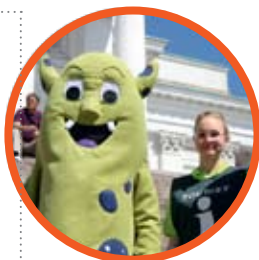
www.gardenia-helsinki.fi

See also the Winter Garden on page 13 and the Botanic Garden on page 11!

HEY, IT'S HELPPII!

If you are out and about near Tourist Information in the summertime, you might run into Helppi, the fun new member of the Helsinki Helper team. For more tips on how to make the most of your holiday, pick up a copy of the brochure **Helsinki – Finland's Greatest Theme Park** from Tourist Information or download it from:

www.visithelsinki.fi > Brochures



Fast-paced fun and adventures!

HopLop adventure parks offer adventure labyrinths, breathtaking slides, ball games, bouncy castles, great food and lots of other fun activities for the entire family.

Open daily 10am-8pm year round

Prices: €3-10, adults free of charge

HopLop adventure parks in and around Helsinki:

ESPOO, Suomenoja, Portti 1
SELLO, Kauppakeskus Sello
VANTAA, Pakkala, Antaksentie 4
FLAMINGO,
Elämyskeidas Flamingo



For a complete list of
HopLop adventure parks, see
www.hoplop.fi

Come and discover

the wonders beneath the waves, from sharks and rays to perch and herrings.



We open daily at 10am,
year round!

Tivolitie 10 (Linnanmäki),
tel. +358 (0)9 56 58 200
www.sealife.fi



**EXPERIENCE AN ADVENTURE IN THE
WORLD OF SNAKES AND LIZARDS!**

OPEN DAILY 10am - 7pm
Sturenkatu 27 - Helsinki
www.tropicario.com



Fun times in Espoo!

Espoo is a treat for visitors, offering lots of fun for the entire family: SERENA, the largest water park in Scandinavia, the nature trails in Nuuksio National Park, WeeGee House and EMMA - Espoo Museum of Modern Art, the giant indoor adventure hall HUIMALA and lots more!

Espoo offers plenty of free parking, as well as excellent transportation connections to the centre of Helsinki. Accommodation and other information can be found on our website: www.visitespoo.fi



visit espoo

Espoo
Convention & Marketing
Tapiontori 3 A, Tapiola
02100 Espoo
Tel. +358 (0)9 8164 7230

www.visitespoo.fi

The joy of discovery for the entire family!



The Finnish Science Centre Heureka allows visitors of all ages to discover firsthand the exciting world of science and technology by trying things and experimenting. In addition to the main exhibition and Children's Heureka, the centre offers temporary exhibitions that explore different themes, as well as the outdoor Science Park Gallei. Heureka's planetarium presents breathtaking films.



Location: Tikkurila, Vantaa. Open daily year round (except 20 June and 24-25 December).

Further information: www.heureka.fi



Summer, Carnival of Light, Winter Fest

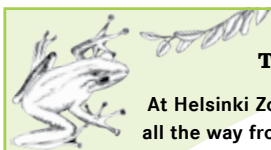
Linnanmäki
fun throughout the year

Spend an unforgettable day enjoying the rides, games, restaurants and park-like setting of Linnanmäki Amusement Park. linnammaki.fi

By enjoying yourself at Linnanmäki you are helping to support children's welfare in Finland.



COLOUR
ME IN!



THE WHOLE WORLD ON ONE ISLAND

At Helsinki Zoo on Korkeasaari Island you will meet animals all the way from the arctic tundra to the tropical rainforests.

The zoo nurtures many endangered animal species. Snow leopards, Siberian tigers and many other rare arctic species enjoy the outdoors summers and winters. The diversity of Finland's nature is represented by bears, otters, wolverines and grey seals. The Africasia and Amazonia houses meanwhile present the riches of the tropics.

OPEN DAILY: April 10am-6pm, May-August 10am-8pm, September 10am-6pm, October-March 10am-4pm.

GETTING THERE: by waterbus from the Market Square (May to September) and from Hakaniemi (June to August) or take the Zooline Bus 11 from Railway Station Square to Korkeasaari (year round).

PRICES: adults €7, children (7-16) €4. By waterbus €12/6. Children under 6 free of charge. Different prices and opening times during special events. Changes possible.

FURTHER INFORMATION:

www.korkeasaari.fi

+358 (0)600 95911 (€0.37/min+local call charge)

+358 (0)9 310 37900 (customer service, weekdays 8am-4pm)

+358 (0)9 310 37901 (ticket sales during opening hours)

ZOO
KORKEASAARI.FI



ARCHITECTURE

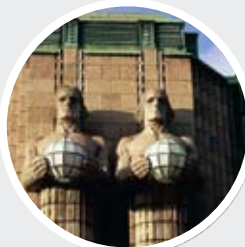
In Helsinki you can undertake a fascinating journey through the centuries. The architecture of the city is typified by Nordic modesty and refinement.

The city centre, especially around the Senate Square, is a unique and cohesive example of **Neoclassical** architecture. The **Byzantine-Russian** architectural tradition is represented by Alexander M. Gornostajev's Uspenski Cathedral (1868), the largest orthodox church in Western Europe. The city centre features many buildings that typify a **specific style** of architecture, such as Gustaf Nyström's House of the Estates (1890). The Neo-Renaissance work of Theodor Höijer can be admired along the north side of the Esplanade, as well as in the Ateneum Art Museum (1883).

Art Nouveau or Jugend architecture was interpreted in Finland according to its own form of **National Romanticism**. Some of the finest examples include Lars Sonck's Jugendsali Hall (1904) and the National Museum (1910) by famous architect trio Gesellius-Lindgren-Saarenen. Late-Jugend is represented by Eliel Saarinen's Central Railway Station (1914). **Nordic Classicism** of the 1920s is represented by J. S. Siren's Parliament House (1931).

Wooden architecture can be admired in the Käpylä, Puu-Vallila and Etu-Töölö districts. The architecture of the Käpylä district represents 1920s Classicism. Bold examples of **Functionalism** include the Olympic Stadium (1940) and the Lasipalatsi "Glass Palace" (1935). The works of world-famous Finnish architect Alvar Aalto represent **Modernism** at its finest. These include the Academic Bookstore (1969) and the Finlandia Hall (1971/1975). One of the most popular tourist destinations in Helsinki is the Tempeliahaukio "Rock" Church (1969), designed by Timo and Tuomo Suomalainen as part of the natural bedrock.

The Museum of Contemporary Art Kiasma (1998) designed by American architect Steven Holl represents the best of **contemporary architecture**. Minimalist glass and steel design is represented by the Sanomatälo (1999) and the High Tech Centre (2001) in Ruoholahti.



Tip

The best way to enjoy Helsinki's architecture is on foot. The **brochure See Helsinki on Foot** can be purchased for €2 from Tourist Information and is available in English, Finnish or Swedish. Ask also about the **Helsinki Jugend brochure!**

A special **Architecture Map** is sold at Tourist Information.

Archtours arranges special tours by order focusing on architecture, the environment and design, including a two-hour guided walking tour of the key sights throughout the city centre.

Pohjoinen Hesperiankatu 13
tel. +358 (0)9 477 7300
www.archtours.com

Interesting districts along tram routes

Eira, Töölö: Tram 3B or 3T
Katajanokka: Tram 4
Käpylä: Tram 1
Ruoholahti: Tram 8



FINNISH DESIGN

Helsinki is the perfect city for both design shopping and discovering Finland's unique design culture. Minimalistic, functional and clean Finnish design has enjoyed an enviable international reputation for decades. In recent years young Finnish clothing designers, such as Paola Suhonen and Hanna Sarén, have followed in the footsteps of design icon Marimekko and wowed audiences the world over with their bold new creations.



DESIGN DISTRICT HELSINKI

In Helsinki you will find an entire design-oriented neighbourhood, the Design District. The area is home to a wide range of designer shops, interior decorating studios, antique dealers, clothing and jewellery boutiques, artist workshops, galleries, museums, restaurants and lots more. The area is particularly popular among designers, architects and advertising agencies. You can also stay overnight in the Design District at the stylish Klaus K hotel operated by Design Hotels. The symbolic centre of the area is Dianapuisto Park. From here the Design District stretches into the districts of Kaartinkaupunki, Kamppi, Punavuori and Ullanlinna.

The easiest way to discover the Design District is to take the **Design Walk**, a two-hour guided tour of the top sights.

Regular tours in summertime, other times by request.
Helsinki Expert, Sightseeing, tel. +358 (0)9 2288 1600
sightseeing@helsinkiexpert.fi, www.helsinkiexpert.fi

Tip



If you don't have room in your suitcase, you can order Finnish design products over the internet from:
www.finnishdesignshop.com



The Design Museum's permanent exhibition chronicles the history and development of design in Finland and is supported by temporary Finnish and international theme exhibitions. Café and shop.

Open: Tue 11am-8pm, Wed-Sun 11am-6pm
Summertime 1 June-31 September: Mon-Sun 11am-6pm

Prices: adults €8,
pensioners €7, students €3
Primary school students and children free of charge

DESIGN MUSEUM

www.designmuseum.fi
Korkeavuorenkatu 23

Candy,
design Renata Jakowleff



Erottajankatu 7
+358 (0)9 6220 8132
Mon-Fri 10 am-7 pm
Sat 10 am-6 pm,
Sun noon-5 pm
www.designforum.fi

Design Forum Finland

Christian Jakowleff

MARITIME HELSINKI

Helsinki's attractive and unique character comes from its proximity to the sea, which offers an endless number of exciting opportunities in summer and winter alike. Helsinki's shoreline is adorned by around 100 kilometres of coast and over 300 islands. It is said that the sea gave birth to Helsinki and the harbour raised her. Helsinki is one of the most popular cruise ship destinations in the Baltic Sea region. Helsinki's South Harbour (Eteläsatama) in the heart of the city is a hub for ferry services and one of Europe's most beautiful harbours.

AN OUTING TO THE ISLANDS IS A MUST WHEN VISITING HELSINKI!

Guided cruises offer a convenient and fun way to explore maritime Helsinki and its archipelago. **Sight-seeing cruises** depart from the Market Square (see page 18) from May to the end of September. You can also hop aboard a ferry or waterbus to Suomenlinna Maritime Fortress, and in summertime also to Helsinki Zoo on Korkeasaari Island and the historical town of Porvoo. Many of the **nearby islands** are open for recreational use and can be reached in just minutes by regular ferry services. The islands of **Pihlajasaari** and **Uunisaari** (see page 59) are particular popular places for spending sunny days in the archipelago.

In summertime you can also make an outing to **Söderskär lighthouse**.

For more information, see: www.soderskar.fi.

MARITIME CUISINE

Helsinki's **island restaurants** off the coast of Kaivopuisto Park are open from May to the end of September and can be reached by ferry from the mainland. Try also one of the popular **lunch or dinner cruises** (see page 18) departing from the Market Square.

Participating **HelsinkiMenu restaurants** (see page 37) serve the best seasonal seafood dishes, including burbot and burbot roe in wintertime, perch, whitefish, pikeperch, salmon, herring and crayfish in summertime, and Baltic herring and vendace in the autumn.

You can also enjoy a relaxing **cup of coffee** by the sea, for example in the old lighthouse ship at the end of Aleksanterinkatu street or in wintertime aboard the wooden tall ship by the Market Square.

GUEST HARBOURS

Katajanokka Guest Harbour (120 mooring places), tel. +358 (0)40 334 2050, www.helsinginvierasvenesatama.fi
Suomenlinna Guest Harbour (40 mooring places), tel. +358 (0)9 692 6450, www.valimo.org
Further information: www.hel.fi/liv > Boating



Tip

Chart your maritime voyage yourself and hire a water taxi (main season: May-September):

Water Taxi Helsinki
tel. +358 (0)400 618 946
www.watertaxi.fi

Water Taxi M/S Pti Trou Noir
tel. +358 (0)50 377 2121
www.trounoir.fi

Cardinal Marine Charter
tel. +358 (0)9 6842 6842
www.cardinalmarine.fi

Regular ferry services to Helsinki Zoo



Travel by ferry to the Helsinki Zoo on Korkeasaari Island! Departures daily from the Market Square from 1 May to 30 September and from Hakaniemi Market from 1 June to 31 August.

Price: adults €12, children €6.
Includes admission to Helsinki Zoo.

Further information:
tel. +358 (0)207 598 395
www.helsinginvisbussit.fi



WINTER HELSINKI

The winter season stretches from October to April and offers lots to do and experience for culture-hungry city-break holidaymakers, active families with children and weekend shoppers alike. The range of events is even more comprehensive than during the summer season, and the crisp fresh air is ideal for winter outdoor activities. In wintertime you can admire the breathtaking scenery out to the sea, which often freezes over.

If you do want to get out of the cold, it is possible to get around the city centre through a network of tunnels beneath the streets. The long dark evenings also provide the perfect atmosphere for cosy dinners in restaurants. Enjoy your favourite winter activities and discover how Helsinki truly has a warm heart in wintertime.



ACTIVITIES TO WARM YOU UP

Helsinki offers great opportunities for enjoying a diverse range of winter activities. **The Ice Park** in the Railway Station Square makes it easy to enjoy skating or simply a cup of coffee in the café while watching the others skate. The Ice Park is for skating and special events only – ice hockey is not allowed. Skates are available for rent. The Ice Park also hosts events, from live music to special performances.

Opening hours (November–March):
Mon–Thu 10am–9pm,
Fri–Sat 10am–10pm, Sun 10am–8pm
Prices: adults €4,
children and special groups €2
www.jaapuisto.fi ☺

The Kallio Skating Rink (Helsinginkatu 23) is another popular open-air skating rink that plays music and sells warm juice and hot chocolate. The skating rink is open from November to March. Skates are available for rent.

Further information about skating rinks in Helsinki:
tel. +358 (0)9 310 8771 or
www.hel.fi/liv ☺

Helsinki has 180 kilometres of **skiing trails**. The best are located in Central Park (Keskuspuiisto), where they are groomed well into the spring.

At the Paloheinä Recreational Centre (approximately 9 km from the centre of Helsinki) you can rent skis.

Pakilantie 124
Bus 66 or 66A to the last stop
Tel. +358 (0)9 8775 2281
www.ulos.fi/paloheina
Further information about skiing trails in Helsinki: www.hel.fi/liv ☺

There are also good **downhill** and **snowboarding** slopes nearby Helsinki, for example at Talma in Sipoo and Serena in Espoo. Rental equipment and tuition is available at all ski centres.

Further information: www.ski.fi ☺



EXCITING WORLD-CLASS ICE HOCKEY

Ice hockey is the national sport of Finland, and the Finnish Ice Hockey League season stretches from September to April. Exciting Finnish league matches can be watched at Helsinki Ice Hall (Jäähalli) and Hartwall Arena.

Lippupalvelu, tel. +358 (0)600 10 800 (€1.83/min+local call charge) or +358 (0)600 10020 (€5.99/call+local call charge)
www.hartwall-arena.com,
www.helsinginjaahalli.fi ☺

TRY ICE SWIMMING!

Swimming in a hole that has been cut in the ice, or “avantouinti”, is an extreme sport practised by the heartiest of Finns. Ice swimming followed by a hot sauna relaxes and refreshes the body, while improving stress tolerance levels. Believers also claim that it keeps away the flu and enhances blood circulation. In Helsinki you can try ice swimming at Rastila, for example.

Rastila Camping Centre, Karavaanikatu 4

Prices: €5, children €2

Check swimming and sauna times by calling
 tel. +358 (0)9 310 78517 or www.hel.fi/rastila.
 Metro to Vuosaari, Rastila stop

GUIDED WINTER WALKS AROUND SUOMENLINNA

The maritime fortress is brought to life in wintertime with special English-language walking tours. Discover the secrets behind the walls and embankments, and learn about life on the islands in war and peace during the Swedish and Russian periods. Why was such an enormous fortress built on these islands, and who was the unfortunate Carl Olof Cronstedt?

Guided tours (3 January to 31 May and 5 September to 27 December): Sat and Sun 1:30pm

Prices: adults €7, children €3,50,
 free of charge with the Helsinki Card

Tickets: Suomenlinna Visitor Centre

Guided walking and theme tours are available in many other languages throughout the year by reservation
www.suomenlinnatours.com

CHARMING CHRISTMAS MARKETS

Many markets and fairs are held in the weeks leading up to Christmas where you can buy Finnish handicrafts, decorations, seasonal treats and other products that are ideal as gifts or souvenirs.

The **St. Thomas Christmas Market** has over a hundred booths where you can buy everything from fried herrings to straw animals. You can also watch as traditional smiths work their magic, and you may even bump into Santa Claus himself on weekends handing out sweets to children.

Helsinki city centre, Esplanade Park, 7-20. December

Other popular markets include the **Old Student House Christmas Market** (Vanha Ylioppilastalo, Mannerheimintie 3), the **Ornamento-gallery design market** (Design Forum Finland, Erottajankatu 7) and the **Women's Christmas Market** (Vanha Satama, Pikku Satamakatu 3-5).

TRY THESE SEASONAL SPECIALITIES!

October-November: Baltic herring, lamb, cabbage, elk, reindeer, goose

December: ham, rosolli salad, root vegetable casseroles, ginger biscuits, Christmas pies, glögi (mulled wine)

January: burbot and roe with blinies

February: Runeberg tarts, pea soup and laskiaispulla (Shrove buns)

March-April: lamb, mämmi (Finnish Easter pudding), pasha

WINTER HELSINKI TOP 5

- 1 Stimulating cultural events, see pages 43-49
- 2 Relaxing exercise and spa treatments, see page 58-60
- 3 Seasonal treats at Helsinki Menu restaurants, see page 37
- 4 Suomenlinna Maritime Fortress, see page 8
- 5 Shopping, for example in the Design District, see page 24



USEFUL INFORMATION

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TOURIST INFORMATION

Make the most of Helsinki's tourist services – the inexpensive Helsinki Card, knowledgeable guides and especially the City of Helsinki's Tourist Information. We'll give you brilliant advice and hot tips on how to get the most out of your holiday, whether you are here for a day or a week.



THE HELSINKI CITY TOURIST & CONVENTION BUREAU'S TOURIST INFORMATION

Tourist Information provides free information about the city, sights, events and services, including a wide selection of brochures and maps. Here you will also find the Finland information desk (Suomi-Info) and the Tour Shop. A Tourist Information desk is located inside the Central Railway Station at the Hotel Booking centre.

Note: Tourist Information will be temporarily located at Aleksanterinkatu 20 until 28 February 2009 due to renovations.

Pohjoisesplanadi 19, tel. +358 (0)9 3101 3300

Open 2 May–30 September:

Mon–Fri 9am–8pm, Sat–Sun 9am–6pm

Open 1 October–1 May: Mon–Fri 9am–6pm, Sat–Sun 10am–4pm

www.visithelsinki.fi



ESPOO CONVENTION & MARKETING

Tapiontori 3A, Tapiola, Espoo

tel. +358 (0)9 8164 7230

Opening hours: Mon–Fri 9am–5pm

tourist@espoo.fi

www.visitespoo.fi



VANTAA CITY TOURIST INFORMATION

Ratatie 7, Tikkurila, Vantaa

tel. +358 (0)9 8392 2133

Opening hours: Mon–Thu 8am–6pm,

Fri 8am–1pm

matkakeskus@vantaa.fi

www.vantaa.fi



Purchase in advance over the internet:
www.helsinki.fi

TOUR SHOP

The Helsinki Expert Tour Shop is a travel agency that serves foreign and domestic visitors. The Tour Shop sells the Helsinki Card, tickets for sightseeing tours and excursions, ferry tickets, domestic train and bus tickets, and package tours to Lapland, Tallinn and St. Petersburg. The Tour Shop also handles car rentals and hotel reservations.

The Tour Shop is located inside Tourist Information
Pohjoisesplanadi 19

Tel. +358 (0)9 2288 1500

tourshop@helsinkiexpert.fi

www.helsinkiexpert.fi

RESERVE YOUR OWN PERSONAL GUIDE!

Helsinki Expert's guides are specially trained and specialised in Helsinki and its surroundings. No less than 25 languages are offered. Our professional guides help you discover more of Helsinki. Transportation (car, bus, limousine) is also available.

Further information and reservations:

Helsinki Expert, Income Services & Guide Booking

Tel. +358 (0)9 2288 1222

groups@helsinkiexpert.fi

www.helsinkiexpert.fi

HELSINKI CARD – EXPERIENCE MORE FOR LESS

Helsinki Card holders are entitled to free, unlimited travel on Helsinki City Transport (HKL), as well as to free admission to over 60 museums and sights. The adult card entitles the holder to a free Audio City Tour (value €25). Other advantages include discounts on Finnair airport buses, restaurants, concerts, bowling, saunas, and much more. In addition, you receive a handy city guide with map.

The Helsinki Card can be purchased from Tourist Information on the Esplanade, at the airport, at passenger ferry terminals, and at the Central Railway Station, as well as from all Helsinki hotels.

The Helsinki Card is valid for 24, 48 or 72 hours, and the time begins when the card is first used. The price for adults is €33 and for children (7–16) starting from €13. Children under 7 are allowed in free to nearly all Helsinki Card attractions.

Tip

From June to August the streets of Helsinki are patrolled by around 20 young 'Helsinki Helpers' dressed in green offering free advice and help to visitors. Ask them about interesting events and sights or for brochures and maps.

The city that's easy to get around

Helsinki has excellent public transportation, incorporating trams, buses, metro and the Suomenlinna municipal ferry. Choose also from a range of convenient ticket options.

The tourist ticket offers unlimited travel for 1, 3 or 5 days on all public transportation within Helsinki. Tourist tickets can be purchased from automatic ticket machines at metro stations, from HKL Service Points in the Central Railway Station and Itäkeskus, and from Tourist Information. 1-day tickets can also be purchased from the driver.

Single tickets can be purchased from the driver. Single tickets are valid for one hour from the time of purchase.

The Suomenlinna ticket is valid for one round-trip aboard the Suomenlinna municipal ferry. Tickets can be purchased from the ferry terminal at the Market Square (summer season), from the HKL Service Point and from Tourist Information. The Suomenlinna ticket is valid only on the municipal ferry.

Tram tickets are valid for one hour aboard all trams. Tram tickets can be purchased from automatic ticket machines.

Helsinki transportation ticket prices in 2009
(Note: Prices may change)

Tourist ticket: adults €6 (1 day), €12 (3 days) and €18 (5 days), children (7-16) €3/6/9

Single ticket: from driver adults €2.20, children €1.10, from automatic ticket machine adults €2, children €1

Tram ticket: from automatic ticket machine €1.80

Regional transportation ticket prices in 2009

Regional tourist ticket: adults €12 (1 day), €24 (3 days) and €36 (5 days), children (7-16) €6/12/18



Single regional ticket: adults €3.80, children €1.90
(Changes possible for all ticket prices)

Helsinki City Transport Service Point

Situated in the metro station at the Central Railway Station, the HKL Service Point provides Helsinki and regional tourist tickets, information, timetables, free public transportation maps and brochures.

Open Mon-Thu 7.30am-7pm (summertime 7.30am-6pm), Fri 7.30am-5pm (summertime 7.30am-4pm), Sat 10am-3pm.

Travel information in English, Finnish and Swedish: **tel. +358 (0)100 111**

Mon-Fri 7am-7pm, Sat-Sun 9am-5pm (€ 0.98/ call+local call charge: price changes possible)



PLACES ON THE MAP



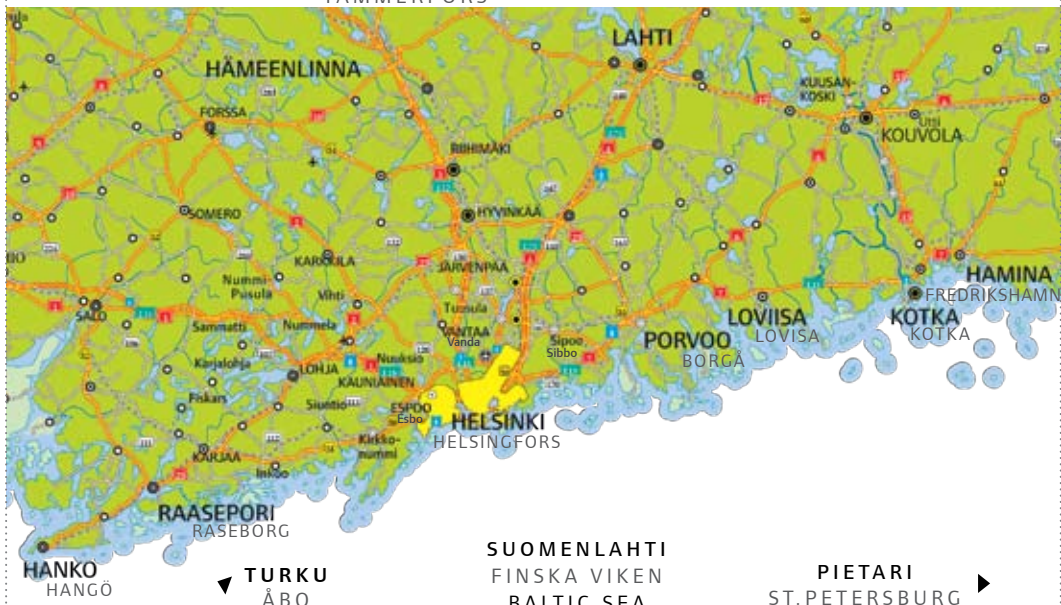
- | | | |
|--|---|---|
| 1. Helsinki Cathedral | 20. Ateneum Art Museum | 39. Hakaniemi Market and Market Hall |
| 2. Senate Square
(departure point for Open Top Tours) | 21. Central Railway Station | 40. Arabia Factory and Museum |
| 3. Government Palace | 22. General Post Office and Post Museum | 41. Sinebrychoff Art Museum |
| 4. University of Helsinki
(Main Building) | 23. Museum of Contemporary Art Kiasma | 42. Kaapelitehdas (Cable Factory) |
| 5. National Library of Finland | 24. National Museum of Finland | 43. Linnanmäki Amusement Park and Sea Life |
| 6. Helsinki City Hall
(Virka Info and Virka Galleria) | 25. Lasipalatsi (Glass Palace) | 44. Helsinki Zoo on Korkeasaari Island |
| 7. Helsinki City Museum | 26. Kamppi Centre | 45. Swimming Stadium |
| 8. Market Square | 27. Tennis Palace (incl. Museum of Cultures and Tennis Palace Art Museum) | 46. Design Museum |
| 9. Old Market Hall | 28. Natural History Museum | 47. Design Forum Finland |
| 10. Departure point for sightseeing cruises | 29. Tropicario | 48. Amos Anderson Art Museum |
| 11. Suomenlinna waterbus (JT-line) | 30. Temppeliaukio Church | 49. Helsinki Fair Centre |
| 12. Suomenlinna ferry
(Helsinki City Transport) | 31. Parliament House | 50. Finnair Stadium |
| 13. Helsinki Zoo (Korkeasaari) waterbus | 32. Finlandia Hall | 51. Jäähalli (Helsinki Ice Hall) |
| 14. Havis Amanda statue | 33. Finnish National Opera | 52. Central Bus Station |
| 15. Tourist Information | 34. Olympic Stadium and Stadium Tower | 53. Länsiterminaali (West Terminal) |
| 16. Esplanade Park (departure point for Helsinki Expert sightseeing buses) | 35. Winter Garden | 54. Olympiaterminaali (Olympic Terminal) |
| 17. Presidential Palace | 36. Linnunlaulu Wooden Villa District | 55. Katajanokan terminaali (Katajanokka Terminal) |
| 18. Uspenski Cathedral | 37. Sibelius Monument | 56. Kanavaterminaali (Kanava Terminal) |
| 19. Suomenlinna Maritime Fortress | 38. Seurasaaari | 57. Makasiiniterminaali (Makasiini Terminal) |
| | | 58. Wanhassa Satama |
| | | 59. Korjaamo Culture Factory |
| | | 60. Vuosaari Harbour and Hansa Terminal |







▲
TAMPERE
TAMMERFORS



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HELSINKI



Tip

www.helsinki.mobi
present's the city's
offerings, including
select sights, events,
shops and restau-
rants, on your mobile
phone. www.helmo.fi
is your mobile guide
presenting six differ-
ent routes.

VISITHELSINKI.mobi

EMERGENCY NUMBERS

General emergencies 112
Police 112
Ambulance and fire 112

24-HOUR HEALTH SERVICE INFORMATION

tel. +358 (0)9 10023
www.0910023.fi

HOSPITALS

24-hour service
Marian Hospital
 Mechelininkatu 1
 tel. +358 (0)9 3103 4361 or
 +358 (0)9 4711
Meilahti Hospital
 Haartmaninkatu 4
 tel. +358 (0)9 4711 or (09) 4717 2462
Mehiläinen-Töölö
 (private hospital)
 Runeberginkatu 47 A
 tel. +358 (0)10 414 0444

LOST AND FOUND

Suomen Löytötavarapiste
 Kamppi Centre, Narinkka 3
 Tel. +358 (0)600 04 401
 (€1.67/min+local call charge)
Suomen Löytötavarapalvelu
 Mäkelänkatu 56
 Tel +358 (0)600 41 006
 (€1.67/min+local call charge)
 Opening hours: Mon-Fri 9am-6pm
www.loytotavara.net
Helsinki Police
 Punanotkonkatu 2
 tel. +358 (0)9 189 3180
 Opening hours: Mon-Fri 8am-4:15pm
www.poliisi.fi

BANKS

Aktia, Mannerheimintie 14
 Tel. +358 (0)10 247 5000
 Mon-Fri 10am-4:30pm
Nordea, Aleksanterinkatu 30
 Tel. +358 (0)200 3000
 Mon-Fri 10am-4:30pm
OP Pankki, Aleksanterinkatu 19
 Tel. +358 (0)10 255 9015
 Mon-Thu 10am-7pm, Fri 10am-4:30pm
Sampo, Kaivokatu 6
 Tel. +358 (0)10 546 0050
 Mon-Fri 10am-4:30pm
Säästöpankki, Mikonkatu 2
 Tel. +358 (0)10 436 6420, Mon-Thu
 9:30am-5pm, Fri 10am-4:30pm

CURRENCY EXCHANGE

Forex
 Central Railway Station
 tel. +358 (0)20 751 2510
 Mon-Fri 8am-9pm, Sat-Sun 9am-7pm
 Pohjoisesplanadi 27
 tel. +358 (0)20 751 2520
 Mon-Fri 9am-6pm, Sat 9am-3pm
Tavex
 Fabianinkatu 12
 tel. +358 (0)9 681 49 149
 Mon-Fri 9am-6pm, Sat 10am-4pm

POST

General Post Office, Elielinaukio 2 F
 tel. +358 (0)200 71000
 Opening hours: ground floor Mon-Fri
 7am-9pm, Sat-Sun 10am-6pm; upper
 floors Mon-Fri 8am-7pm, Sat 10am-
 5pm, Sun 12noon-5pm

PUBLIC TOILETS

Sofiankatu WC
 Opening hours: summertime Mon-Fri
 9:30am-6pm, Sat 9:30am-4pm,
 Sun closed, and winters Mon-Fri
 9:30am-4pm, Sat-Sun closed
 Automatic public toilets are located
 throughout town, for example beside
 the Old Market Hall, in Esplanade Park
 and in Sibelius Park.
 Price: €0.50/person

INTERNET CAFÉS

Kirjasto 10 (Library 10), Elielinaukio 2 G
 Mon-Thu 10am-10pm, Fri 10am-6pm,
 Sat-Sun 12noon-6pm
Kohtaamispaikka@Lasipalatsi
 Mannerheimintie 22-24 (2nd floor)
 Mon-Fri 11am-6pm
mbar, Lasipalatsi
 Mannerheimintie 22-24
 Mon-Tue 9am-12midnight, Wed-Thu
 9am-2am, Fri-Sat 9am-3am,
 Sun 12noon-12midnight
Netcup café, Stockmann
 Aleksanterinkatu 52, Keskuskatu
 Mon-Fri 9am-9pm, Sat 9am-6pm

MAGAZINES AND NEWSPAPERS

Helsinki This Week – free English-
 language city guide that is published
 8 times a year. Distributed also at
 Tourist Information.
City in English – free English-
 language city guide published each
 year in June that is targeted at young
 adults. Distributed also at Tourist
 Information.
We Are Helsinki – free Finnish- and
 English-language city guide published
 6 times a year that highlights resta-
 urants and fashion. Distributed also at
 Tourist Information and shops.
Helsinki Times – weekly English-
 language newspaper. Sold also at
 R-kiosks.

TAXIS

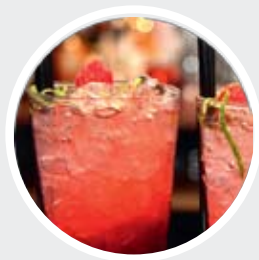
You can order a taxi by calling
 +358 (0)100 0700 (€1.15/call +
 €0.08/10s.+local call charge)
Yellow Line Airport Taxi
 tel. 0600 555 555 (€1.25/call+local
 call charge), when calling from abroad
 tel. +358 (0)9 2515 3372
 Special prices from airport to centre
www.airporttaxi.fi (online reserva-
 tions)

CAR RENTALS

Avis, tel. +358 (0)9 8598 356
www.avis.fi
Budget, tel. +358 (0)207 466 600
www.budget.fi
Europcar, tel. +358 (0)200 12 154
www.europcar.fi
Hertz, tel. +358 (0)200 11 22 33
www.hertz.com
Scandia Rent,
 tel. +358 (0)9 5840 0522
www.scandiarent.fi
Transvelli Oy, tel. +358 (0)9 350 5590
www.transvelli.fi
Auto Alex, tel. +358 (0)40 522 3938
www.autoalex.com

ENJOY

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RESTAURANTS

Helsinki is home to over 1200 restaurants where you will find everything gourmet delights to bistro treats. Helsinki also has a wide range of ethnic restaurants. Finnish cuisine is based on fresh and natural ingredients that vary according to the season. In addition to vegetables, mushrooms, berries and fish, Finnish food is typified by simplicity and purity of taste.

Helsinki's own cuisine also features influences from both the East and the West. The newest trend is for young chefs to start their own small and unique gourmet restaurants, such as the Michelin-starred Demo and Postres.

FINNISH CUISINE

The easiest way to try local specialties is to order from the **HelsinkiMenu**, which is offered by 14 restaurants in the city centre. The menu varies according to restaurant and season.

Arthur (Vuorikatu 19)
Baker's (Mannerheimintie 12)
Carelia (Mannerheimintie 56)
Graniittilinna (Säästöpankinranta 6)
Grotesk (Ludviginkatu 10)
Haaga Inn (Nuojamiesentie 10)
Havis (Eteläranta 16)
Kellarikrouvi & Fabian
 (Pohjoinen Makasiinikatu 6)
Kuu (Toolönkatu 27)
Lasipalatsi (Mannerheimintie 22-24)
Nokka (Kanavaranta 7)
Sundmans Krog (Eteläranta 16)
Torni (Kalevankatu 5)

www.finfood.fi/helsinkimenu

MICHELIN-STAR RESTAURANTS

Chez Dominique**
 Rikhardinkatu 4
 tel. +358 (0)9 612 7393
Carma*
 Ludviginkatu 3-5
 tel. +358 (0)9 673 236
Demo*
 Uudenmaankatu 9-11
 tel. +358 (0)9 2289 0840
Postres*
 Eteläesplanadi 8
 tel. +358 (0)9 663 300



ISLAND RESTAURANTS

Island restaurants are generally open from 1 May to the end of September.
NJK
 Valkosaari, tel. +358 (0)9 639 261
 Ferry departs from pier behind Olympic Terminal
Ravintola Saari
 Sirpalesaari, tel. +358 (0)9 7425 5566
 Ferry departs from Merisatamanranta beside Café Carusel
Uunisaaren ravintola
 Uunisaari, tel. +358 (0)9 636 870
 Ferry departs from the middle of Merisatamanranta beside Kaivopuisto Park
Klippan
 Luoto, tel. +358 (0)9 633 408
 Ferry departs from pier behind Olympic Terminal
Särkänlinna
 Särkkä, tel. +358 (0)9 1345 6756
 Ferry departs from pier next to Café Ursula
Boathouse
 Liuskasaari, tel. +358 (0)9 6227 1070
 Ferry departs from Merisatamanranta near Café Carusel

DELICIOUS HELSINKI



A CLASSIC OF
FINNISH CUISINE IN A
FUNCTIONALIST MILIEU

Mon–Fri 11–24 • Sat 14–23
 Mannerheimintie 22–24
 tel. +358 20 742 42 90
www.ravintola.lasipalatsi.fi



THE PLACE
FOR LOVERS
OF ITALIAN FOOD

Mon–Wed 11–23
 Thu–Fri 11–24 • Sat 16–24
 Bulevardi 7
 tel. +358 20 7424 268
www.tonysdeli.fi



FINNISH
DELICACIES IN A
HISTORICAL SETTING

Mo 11–22 • Tue–Fri 11–24
 Sat 14–24
 Säästöpankinranta 6
 tel. +358 20 742 4250
ravintola.graniittilinna.com



EUROPE'S
TOP TEXMEX
RESTAURANT

Mon–Tue 11–24 • Wed–Thu 11–01
 Fri 11–02 • Sat 12–02 • Sun 13–23
 Kasarmikatu 23
 tel. +358 20 7424 210
www.cantinawest.net

6 unique restaurants, 6 unforgettable experiences

A culinary trip to Czarist Russia



RAVIINTOLA • RESTAURANT
SASLIK
ШАШЛИК
From Russia With Love
Neitsytpolku 12, Helsinki
tel. + 358-(0)9-7425 5500

Finnish and archipelago delicacies by the open sea

Open: 1.5.-30.9.



RAVIINTOLA • RESTAURANT
SÄMRE
The Best of Summer by the Sea
Sirpalesaari Island, Helsinki
tel. + 358-(0)9-7425 5566

The genuine tastes and exotic feelings of Lapland



RAVIINTOLA • RESTAURANT
SÄAGA
Feelings From Lapland
Bulevardi 34, Helsinki
tel. + 358-(0)9-7425 5544

Real finnish food seasoned with authentic atmosphere



RAVIINTOLA • RESTAURANT
SAVOTTA
REAL TASTE OF FINLAND
Aleksanterink. 22, Helsinki
tel. + 358-(0)9-7425 5588

An idyllic piece of Russia in the heart of Helsinki

Open upon request



RAVIINTOLA • RESTAURANT
SAMOVAR
Full of Russian Feeling
Sofiankatu 3, Helsinki
tel. + 358-(0)9-7425 5580

Smoked taste experiences in the old log storehouse



RAVIINTOLA • RESTAURANT
SAVU
Smoked Delicacies
Tervasaari, Helsinki
tel. + 358-(0)9-7425 5574

ASrestaurants.com



CAFÉS

Cafés can be found on almost every street in the city centre. Here are just a few local favourites:

Café Engel, Aleksanterinkatu 26
Café Ekberg, Bulevardi 9
Café Strindberg, Pohjoisesplanadi 33
Café Karl Fazer, Kluuvikatu 3
Café Esplanad, Pohjoisesplanadi 37
Café Ursula, Kaivopuisto, Ehrenströmintie 3
Café Carusel, Kaivopuisto, Merisatamanranta 10
Café Jugend (opens in March),
Pohjoisesplanadi 19



Tip

For more ideas, for example about fish restaurants, pick up a copy of Helsinki This Week. The magazine appears eight times a year and is available free of charge, alongside other restaurant guides, from Tourist Information.
www.helsinkithisweek.com

1



Spain in the heart
of Helsinki

nuevo
restaurante y bar

Sofiankatu 4
tel. +358-9-6128 5900

2



Scandinavian cuisine
with game specialities

RAVINTOLA
SIPULI

Kanavaranta 7 A
tel. +358-9-6128 5500

3



The HelsinkiMenu
restaurant

RAVINTOLA
Hokka

Kanavaranta 7 E
tel. +358-9-6128 5600

10



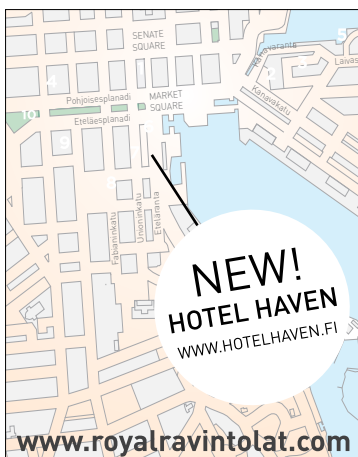
Everything under
one roof

teatterin grilli

Pohjoisesplanadi 2
tel. +358-9-6128 5000

**ENJOY
HELSINKI**

*a city full of
good taste*



NEW!
HOTEL HAVEN
WWW.HOTELHAVEN.FI

www.royalravintolat.com

4



Scandinavian
home cooking

Strindberg

Pohjoisesplanadi 33
tel. +358-9-6128 6900

9



A classic on the top
of the City

SAVOY

Eteläesplanadi 14
tel. +358-9-6128 5300

5



Classic ambience
by the sea

Ravintola
KATAJANOKAN KASINO

Laivastokatu 1
tel. +358-9-6128 6300

8



Unique
cellar restaurant

kellarikrouvi
&
Fabian

Pohj. Makasiinikatu 6
tel. +358-9-6128 5100

7



Finnish cuisine in
traditional atmosphere

1887 1888 1889
SUNDMANS
restaurant

G.W. Sundmans & Sundmans Krog
Eteläranta 16, tel. +358-9-6128 5400

6



Catch of the day!

HAVIS

Opposite the Old Market Hall
Eteläranta 16, tel. +358-9-6128 5800

BARS AND NIGHTLIFE

Helsinki cannot compete with bigger cities in terms of the amount of nightlife but with the quality and unique nature of what is offered. A wide range of clubs and bars offers something for everyone in terms of clientele, atmosphere and price. Helsinki has a strong DJ-led club culture that has established a deserved foothold in the international scene in recent years. Increasingly the city is also attracting attention for its fashion, music and youth culture.

The trendiest bars and nightclubs favoured by media and cultural personalities can be found in the districts of Kamppi and Punavuori. Large and friendly clubs for everyone can be found in the city centre, while slightly more mature cultural people prefer the scene in the Töölö district. You can experience a particularly exciting atmosphere in the former working-class district of Kallio.

CITY CENTRE

Enjoy your drink high above the city's rooftops in the **Ateljee Bar** (Sokos Hotel Torni, Yrjönkatu 5). The atmosphere in the exotic **Arctic Ice Bar** (Yliopistonkatu 5) is always cool. No need to bring your own woollen hat, just ask from the bar! Enjoy the music in the laid-back **Vinyl Cocktail Lounge** (Yliopistonkatu 8). You can even purchase the record being played for your own collection. **Teatteri** (Pohjoisesplanadi 2) is an "entertainment complex" that includes a restaurant, bars, a café and a nightclub. **Redrum** (Vuorikatu 2) offers top-of-the-line sound reproduction and also serves as the venue for Helsinki's number one club Top Billin'. **Ópera** (Mannerheimintie 6) is a full-blooded rnb-hiphop party place. **Nolla** (Pohjoinen Rautatienkatu 21) hosts popular clubs and a reggae breakfast on Sundays from 11am to 3pm. **Rymy-Eetu** (Erottajankatu 15-17) offers a relaxed setting. Other popular DJ establishments include **mbar** (Mannerheimintie 22-24) and **Mecca** (Korkeavuorenkatu 34). The international **Grand Casino** (Mikonkatu 19) offers high-quality gaming, shows and restaurants.



PUNAVUORI DISTRICT

Tori (Punavuorenkatu 2) is a simple and fun restaurant in the trendy district of Punavuori. **Cocktail Lounge A21** (Annankatu 21) offers "fine drinking". Ring the doorbell and step in! **Motellet** (Annankatu 10) is a café during the daytime and a popular bar in the evening. The **Rose Garden** (Iso Roobertinkatu 10) offers a wild atmosphere where clubbers can enjoy the heavy base beat and intricate interior. The "hetero-friendly gay restaurant" **Lost & Found** (Annankatu 6) is a popular place to continue partying in the early hours of the morning throughout the week. The stylish and cool **Ahjo** (Bulevardi 2-4) is connected to the Klaus K design hotel. Other popular establishments in Punavuori include **Café Bar 9** (Uudenmaankatu 9), **Belly** (Uudenmaankatu 16-20), **Erottaja Bar** (Erottajankatu 15-17) and **We Got Beef** (Iso Roobertinkatu 21).

KAMPPI DISTRICT

Overlooking the city, **Lux** (Kamppi Shopping Centre, Urho Kekkosen katu 1 A) is a top spot for style-conscious night people. Legendary Finnish movie directors Aki and Mika Kaurismäki have their own three-restaurant complex at Eerikinkatu 11, which includes the billiards bar **Corona**, the tiny Brezhnev-era **Moskova Bar**, and the nightclub **Dubrovnik**. **Schönes Fräulein** (Simonkatu 8) is ideal for laid-back evenings. The legendary artist restaurant **Kosmos** (Kalevankatu 3) a cultural bar atmosphere, as well as Eastern and Western fusion cuisine. **Bar Loose** (Fredrikinkatu 34) is the gathering place for Helsinki's garage rockers. Famous artists have been known to throw surprise gigs here. **Freda 51** (Fredrikinkatu 51-53) promises fun for younger and older partiers alike. Enjoy some genuine Finnish pop music or join in the karaoke.



KALLIO DISTRICT

Rytmi (Toinen linja 2) is a bar and café next to Hakaniemi Market that is popular among the cultural and media elite. **Kuudes linja** (Hämeentie 13, entrance from Kaikukatu) has rapidly become one of the most popular live and club music venues in Helsinki. **Ravintola-laiva Wäiski** (Hakaniemenranta 11) is a restaurant ship that is open year-round, while **m/s Svanbad** (Pitäkänsillanranta 2) is open in summertime. **Bar Tokio** (Fleminginkatu 13) serves up sushi and music by guest DJs. Other popular establishments include **Soul Kitchen** (Fleminginkatu 26-28), **Kola** (Helsinginkatu 13) and **Luft** (Aleksis Kivenkatu 30).

TÖÖLÖ DISTRICT

The **Korjaamo** Culture Factory (Töölönkatu 51 B) organises club evenings and a wide range of events. **Elite** (Eteläinen Hesperiankatu 22) is a legendary restaurant that has served as a “living room” for artists for several decades. Students and other partiers get together at **Manala** (Dagmarinkatu 2). **Storyville** (Museokatu 8) is a superb jazz club that is favoured by parliamentarians.

LIVE MUSIC

Pop and light music: **Apollo Live Club** (Mannerheimintie 16), **Presidentti Club** (Antinkatu 2) and **Virgin Oil** (Kaivopiha, Mannerheimintie 5)
Rock: **Tavastia** (Urho Kekkosen katu 4-6), **Semifinal** (Urho Kekkosen katu 6), **On the Rocks** (Mikonkatu 15) and **Nosturi** (Telakkakatu 8)
Jazz: **Storyville** (Museokatu 8)

KARAOKE

Bars: **Pata-ässä** (Mariankatu 9), **Satumaa** (Arkadiankatu 2) and **Anna K.** (Annankatu 23)
Heavy-karaoke: **Heavy Corner Bar** (Hietaniemenkatu 2) and **Jone's** (Kaisaniemenkatu 3)
Nightclub: **Swengi Karaoke Nightclub** (Iso Roobertinkatu 10)

You can also order a unique **Karaoke Taxi** in Helsinki from

www.karaoketaxi.fi or
tel. +358 (0)40 500 6070



Tip

Pick up a copy of the **Nordic Oddity** flyer from Tourist Information for even more listings, or check out the Nordic Oddity virtual brochure at: www.visithelsinki.fi



300 SLOT MACHINES
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SHOW & DINNER
3 RESTAURANTS
3 BARS

www.gch.fi

GRAND CASINO
HELSINKI

Mikonkatu 19, Helsinki
Tel. +358 (0)9 680 800
Open 12noon-4am
Age limit: 18
ID must be presented

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Ateneumin taidemuseo. Auguste Rodin: Ajattelija



MUSEUMS AND EXHIBITIONS

Find your own favourite among the 80 museums in Helsinki. Many also have attractive cafés and gift shops. As is common practice, most museums are closed on Mondays. The Helsinki Card (see page 29) offers free admission to many museums.

MUSEUMS

Helsinki City Museum

Sofiankatu 4
tel. +358 (0)9 3103 6630
www.helsinkicitymuseum.fi
See also page 6 ☹️

Other Helsinki City museums:

Hakasalmi Villa

Mannerheimintie 13
tel. +358 (0)9 3107 8519 ☹️ 🚶

School Museum

Kalevankatu 39–41
tel. +358 (0)9 3108 7066 ☹️ 🚶 😊

Burgher's House

Kristianinkatu 12
tel. +358 (0)9 3107 1549 ☹️ 😊

Sederholm House

Aleksanterinkatu 16–18
tel. +358 (0)9 3103 6529 ☹️ 🚶

Tuomarinkylä Manor Museum and Children's Museum

Tuomarinkylä Manor
Tel. +358 (0)9 3107 1568
Bus 64 or 70V ☹️ 😊

Worker Housing Museum

Kirstinkuja 4
Under renovation.
Reopens 12 June 2009 ☹️

Tram Museum

Kulttuuritehdas Korjaamo
Töölönkatu 51 A
tel. +358 (0)9 3103 6630 ☹️

Power Station Museum

Hämeentie 163
tel. +358 (0)9 3108 7064
Bus 68, 71 or 71V ☹️ 😊

National Museum of Finland

Mannerheimintie 34
tel. +358 (0)9 4050 9544
www.kansallismuseo.fi
See also page 10 🚶 😊

Natural History Museum

Pohjoinen Rautatiekatu 13
tel. +358 (0)9 1912 8800
www.fmn.helsinki.fi
See also page 10 😊

Design Museum

Korkeavuorenkatu 23
tel. +358 (0)9 622 0540
www.designmuseum.fi
See also page 24

Post Museum

Asema-aukio 5 H
tel. +358 (0)20 451 4888
www.posti.fi/postimuseo
See also page 11

Museum of Cultures

Tennis Palace, 2nd floor
Salomonkatu 15
tel. +358 (0)9 4050 9806
www.kulttuurienmuseo.fi
See also page 11

Mannerheim Museum

Kallioliinantie 14
tel. +358 (0)9 635 443
www.mannerheim-museo.fi

Päivälehti Museum

Ludviginkatu 2–4
tel. +358 (0)9 122 5210
www.paivalehdenmuseo.fi ☹️ 🚶

Bank of Finland Museum

Snellmaninkatu 2
tel. +358 (0)10 195 702
www.rahamuseo.fi ☹️ 🚶

Helsinki University Museum

Arppeanum
Snellmaninkatu 3
tel. +358 (0)9 1912 4071
www.museo.helsinki.fi

Technical Museum

Viikintie 1
tel. +358 (0)9 7288 4428
www.tekniikanmuseo.fi
Bus 68, 71 or 71V
See also page 14 😊

Arabia Museum and Gallery

Hämeentie 135
tel. +358 (0)204 395 357
www.arabianmuseo.fi
Bus 68 or 71
See also page 14

Museum of Finnish Architecture

Kasarmikatu 24
tel. +358 (0)9 8567 5100
www.mfa.fi

Theatre Museum

Tallberginkatu 1 G
tel. +358 (0)207 961 670
www.teatterimuseo.fi
See also page 15 🚶 😊

Sports Museum of Finland

Olympic Stadium
Paavo Nurmentie
tel. +358 (0)9 434 2250
www.urheilumuseo.fi
See also page 12

Urho Kekkonen Museum

Tamminiemi, Seurasaaarentie 15
tel. +358 (0)9 4050 9650
www.nba.fi/fi/ukk_museo
Bus 24

Tip

Museumgoers can pick up the free brochure **Helsinki Region Museums** from Tourist Information. The brochure is available in five languages and can also be downloaded from: www.visithelsinki.fi > Brochures



MUSEUMS OUTSIDE HELSINKI

WeeGee and EMMA

Finland's largest exhibition centre offers excitement, events and high-quality art for the entire family. The complex houses five museums (EMMA – Espoo Museum of Modern Art, Espoo City Museum, Helinä Rautavaara Museum, Finnish Museum of Horology, Finnish Toy Museum and Gallery AARNI), as well as a museum shop and a café-restaurant.

Ahertajantie 5, Tapiola, Espoo
tel. +358 (0)9 8163 1818
www.weegee.fi

Bus 106 or 110 from Kamppi ☺

Gallen-Kallela Museum

Finland's national artist Akseli Gallen-Kallela designed and built his studio and home at Tarvaspää near Helsinki between 1911 and 1913. Today the museum presents exhibitions of the art of Gallen-Kallela and his contemporaries, as well as contemporary art.

Gallen-Kallelan tie 27
Tarvaspää, Espoo
tel. +358 (0)9 849 2340
www.gallen-kallela.fi
Tram 4 to the end of Munkkiniemen puistotien or Bus 106 to the Ruukinranta crossing, approx. 2 km walk

Finnish Aviation Museum

The museum houses 72 historic aircraft, as well as other objects related to aviation. Located beside Helsinki-Vantaa Airport.

Tietotie 3, Vantaa
tel. +358 (0)9 870 0870
www.ilmailumuseo.fi
Bus 615T ☺

ART MUSEUMS AND GALLERIES

The Golden Age of Finnish art was in the late-19th and early-20th centuries, when the visual arts truly blossomed. Today Helsinki's art life is still active and diverse. Museum collections offer intriguing and bold works of art.

Ateneum Art Museum

Kaivokatu 2
tel. +358 (0)9 1733 6401
www.ateneum.fi
See also page 10

Museum of Contemporary Art Kiasma

Mannerheiminaukio 2
tel. +358 (0)9 1733 6501
www.kiasma.fi
See also page 10

Tennis Palace Art Museum

Salomonkatu 15
tel. +358 (0)9 3108 7001
www.taidemuseo.fi
See also page 11

Meilahti Art Museum

Tamminiementie 6
tel. +358 (0)9 3108 7031
www.taidemuseo.fi
Tram 4 or Bus 24
See also page 13

Kunsthalle Helsinki

Nervanderinkatu 3
Renovation will be completed in summer 2009
www.taidehalli.fi

Sinebrychoff Art Museum

Bulevardi 40
tel. +358 (0)9 1733 6460
www.sinebrychoffintaidemuseo.fi
See also page 14

Amos Anderson Art Museum

Yrjönkatu 27
tel. +358 (0)9 684 4460
www.amosanderson.fi

Everything you want to
see and then some.

Exhibition Centre

Weegee

Ahertajantie 5, Tapiola, Espoo.

www.weegee.fi



ART GALLERIES

Helsinki has dozens of smaller art galleries presenting the works of Finnish and foreign artists, including the boldest examples of contemporary art. Many art galleries are located on Uudenmaankatu, Bulevard and Annankatu streets.

The Taide-Art brochure is published three times a year and includes a useful map. The brochure presents up-to-date information about exhibitions in 9 art museums and 39 galleries. The brochure is free of charge and is available in English, Finnish and Swedish. Pick up a copy of from any museum or gallery, or from Tourist Information.

Further information about art galleries:
www.visithelsinki.fi

GUIDED GALLERY TOURS

Once a month you can tour Helsinki's art galleries with an art expert. Each tour explores four or five interesting exhibitions and explains the style, technique and materials used in the artworks.

Prices: €10/5, refer to Taide-Art brochure for point of departure
Guided tours: first Sunday of the month (except July) from 12noon-2pm or by reservation
Further information:
tel. +358 (0)50 327 8525

EXHIBITIONS

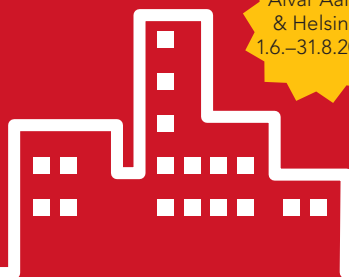
The new **Virka Galleria** inside Helsinki City Hall presents touring exhibitions. In the downstairs lobby, Virka Info provides information about the City of Helsinki. There are also six computers that can be used freely by the public.

Pohjoisesplanadi 11-13
tel. +358 (0)9 3101 1111
Opening hours:
Mon-Fri 9am-7pm and
Sat-Sun 11am-5pm
www.hel.fi ⓘ ⓘ

Laituri – City Planning Department's information and exhibition centre

Narinkka 2
tel. +358 (0)9 3103 7390
Opening hours:
Tue-Fri 10am-6pm, Sat 10am-2pm
laituri.hel.fi ⓘ ⓘ

Alvar Aalto
& Helsinki
1.6.–31.8.2009



What next, Helsinki?



The City Planning Department's
meeting place
on Narinkka Square at Kamppi

LAITURI – TOWARDS TOMORROW'S HELSINKI
INFO • FREE EXHIBITION • TUE-FRI 10-18, SAT 10-14
NARINKKA 2 • LAITURI.HEL.FI

MUSIC

Finnish music – from classical to heavy metal – is highly respected and appreciated throughout the world. Helsinki is filled with concert halls where you can choose between traditional or contemporary classical music.



CLASSICAL MUSIC

Founded in 1882, the **Helsinki Philharmonic Orchestra** is the oldest professional symphony orchestra in Scandinavia.

Further information:
tel. +358 (0)9 40 241
Tickets: Lippupiste or from the door 1 hour before concert
www.hel.fi/filharmonia

The **Radio Symphony Orchestra** plays an important role in Finnish music. The orchestra performs primarily at the Finland Hall and the Hall of Culture (Kulttuuritalo).

Further information:
tel. +358 (0)9 1480 4368
Tickets: Lippupalvelu
www.yle.fi/rso

The **Sibelius Academy** is one of the biggest music colleges in Europe. The academy holds hundreds of concerts every year.

Pohjoinen Rautatiekatu 9
Further information:
tel. +358 (0)207 5390
Tickets: Lippupiste and from the door 1 hour before concert
www.siba.fi

TICKETS

Lippupalvelu, tel. +358 (0)600 10 800
(€1.83/min+local network charge), www.lippupalvelu.fi
Lippupiste, tel. +358 (0)600 900 900
(€1.75/min+local network charge), www.lippu.fi
Tiketti, tel. +358 (0)600 1 1616
(€0.98/min+local network charge), www.tiketti.fi

OPERA AND BALLET

Enjoy breathtaking opera and ballet performances at the Finnish National Opera. The programme includes beautiful classics and intriguing modern works.

Helsinginkatu 58
Tickets and information:
tel. +358 (0)9 4030 2211
or Lippupiste
Ticket prices: €12-95
www.opera.fi

ROCK, JAZZ AND OTHER LIVE MUSIC

Helsinki attracts many international pop and rock **superstars** every year. Major concerts are held at the Hartwall Arena, Olympic Stadium and House of Culture (Kulttuuritalo).

www.hartwall-arena.com
www.stadion.fi
www.helsinginjaahalli.fi
www.kulttuuritalo.fi

Storyville has been named one of the world's top 100 jazz clubs. The menu features Cajun and Creole dishes, and there is an outside terrace in summertime.

Museokatu 8, tel. +358 (0)9 408 007
www.storyville.fi

Read more about **live music in restaurants** and clubs on page 41!



THEATRES AND CINEMAS

Helsinki offers a broad range of theatre productions. You can find out daily information about performances from the Theatre Information Centre tel. +358 (0)9 2511 2120, www.teatteri.org or from www.valiverho.com. Performances are generally in Finnish or Swedish.

The **Finnish National Theatre** was established 130 years ago as the country's first professional Finnish-language theatre. The theatre building itself is a monument itself to National Romantic granite architecture. Theatre restaurant Morkku open: Mon-Fri 3pm-12midnight and Sat 11am-12midnight
Läntinen teatterikuja 1
tel. +358 (0)9 1733 1331
www.kansallisteatteri.fi

The **Helsinki Municipal Theatre** presents both traditional plays and spectacular musicals.
Ensi Linja 2
tel. +358 (0)9 394 022
www.hkt.fi

The **Lilla Teatern** serves as the Swedish-language stage of the Helsinki Municipal Theatre.
Yrjönkatu 30
tel. +358 (0)9 6962 7033
www.lillateatern.fi

The **Swedish Theatre** presents Swedish-language theatre and musical performances.
Pohjoisesplanadi 2
tel. +358 (0)9 6162 1411
www.svenskateatern.fi

The **Savoy Theatre** hosts over 200 performing groups every year from Finland and around the world.
(Undergoing renovation until February 2009)
Kasarmikatu 46-48
tel. +358 (0)9 310 12000
www.savoyteatteri.fi

The **Alexander Theatre** plays hosts to top international dance, theatre and music professionals and festivals.
Bulevardi 23-27
tel. +358 (0)9 676 980
www.aleksanterinteatteri.fi

The **Espoo City Theatre** stages its own productions and hosts top Finnish and international performers.
Revontulentie 8, Tapiola, Espoo
tel. +358 (0)9 439 3388
www.espoonteatteri.fi

Other theatre venues
Comedy Theatre Arena
Hämeentie 2
tel. +358 (0)10 821 2705
www.komediateatteriarena.fi
Linnanmäki Peacock
Tivolikuja 1
tel. +358 (0)9 756 8070
(Uusi Ilmainen Teatteri),
www.peacockteatteri.fi
Korjaamo Culture Factory
Töölönkatu 51 a-b
tel. +358 (0)20 741 7000
www.korjaamo.fi
See also page 15

Suomenlinna Summer Theatre
Tel. +358 (0)9 718 622
(Ryhmateatteri)
www.ryhmateatteri.fi
Mustikkamaa Summer Theatre
Tel. +358 (0)9 656 969
(Ylioppilasteatteri)
www.ylioppilasteatteri.fi



Cinemas

Helsinki boasts many top-class cinemas. Movies are usually shown in their original languages with subtitles in Finnish and Swedish.

Tennispalatsi (Tennis Palace)
Salomonkatu 15

tel. +358 (0)600 007 007
(€1.15/min+local network charge)

Kinopalatsi (Kino Palace)
Kaisaniemenkatu 2

tel. +358 (0)600 007 007
(€1.15/min+local network charge)

Bristol
Mikonkatu 8

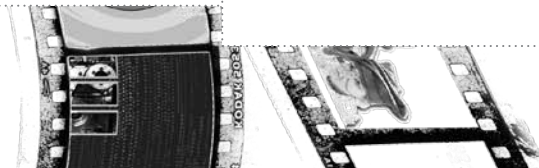
tel. +358 (0)600 007 007
(€1.15/min+local network charge)

Maxim
Kluuvikatu 1

tel. +358 (0)600 007 007
(€1.15/min+local network charge)

Bio Rex (film festival venue)
Mannerheimintie 22-24
tel. +358 (0)20 7424 220

Further information about cinemas: www.finnkino.fi



EVENTS IN 2009

Over 3000 events are held each year in Helsinki. On these pages you will find a list of the main events in and around Helsinki. For more information about these and lots more events, enquire from Tourist Information or see: www.visithelsinki.fi

January

15-18.1. Nordic Travel Fair Matka 2009 / Caravan 2009, Helsinki Fair Centre
20-25.1. ISU European Figure Skating Championships 2009, Hartwall Arena
21-25.1. DocPoint – Helsinki Documentary Film Festival, various cinemas
29.1-1.2. Disney On Ice, Hartwall Arena
29.1-1.2. MP 09, motorcycle show, Helsinki Fair Centre
31.1-1.2. Art meets Ice, international ice sculpture competition, Helsinki Zoo

February

6-8.2. Apassionata Horse Show: Grand Voyage, Hartwall Arena
6-15.2. Vene 09 Båt Boat Show, Helsinki Fair Centre
7-8.2. Art meets Ice, international ice sculpture competition, Helsinki Zoo
7-14.2. Musica nova, contemporary music festival, various venues
8.2. Shrovetide events at Seurasaari
14-22.2. Winter Fest, rides and activities, Linnanmäki Amusement Park
27-28.2. Viapori Winter Blues Festival, Suomenlinna

March

13-15.3. Fillari, Kunto, Retki, Golf, Kalastus, Metsästys, GoExpo 09 (bicycle, fitness, golf, outdoor, fishing and hunting fairs), Helsinki Fair Centre
13-15.3. Helsinki International Tattoo Convention 2009, Kaapelitehdas
21-29.3. Church Music Festival, various churches, incl. Helsinki Cathedral and Temppeliaukio Church
26-29.3. Kevätpuutarha, OmaMökki, Sisusta!, OmaKoti (spring garden, cottage, interior decoration and home fairs), Helsinki Fair Centre

April

3-5.4. Lapsi 2009, child fair, Helsinki Fair Centre
10-13.4. American Car Show, Helsinki Fair Centre
11.4. Easter events at Seurasaari
11.4. Via Crucis – Stages of the Cross, incl. at Senate Square
11-13.4. Easter events at Suomenlinna
22-26.4. April Jazz, Espoo
30.4. May Day Eve celebrations – Students give Havis Amanda a wash and her graduation hat, 6pm, Market Square

May

1.5. May Day, student and national celebrations, including traditional picnics in Kaivopuisto and Kaisaniemi parks
1-31.5. Masters of Arts 2009 Festival, Arabianranta, Media Centre Lume
9.5. Helsinki City Run, half marathon, Olympic Stadium
23-24.5. World Village Festival, Kaisaniemi Park
31.5. Women's 10K Fun Run – start from Finlandia Park

June

1.6-31.8. Helsinki Organ Festival, concerts at various churches
2-11.6. Helsinki International Ballet Competition 2009, Finnish National Opera
4-6.6. Finnish Provinces in Helsinki: Satakunta, Senate Square
4-14.6. Helsinki Week, events throughout the city
12.6. Helsinki Day, birthday events throughout the city
12-14.6. Helsinki Samba Carnival, city centre
19.6. Midsummer Eve celebrations at Seurasaari
20.6. Midsummer celebrations at Seurasaari
26-28.6. Helsinki Salmon Market and European Championships in Salmon Fishing, plus supporting events, Kaivopuisto Park, Merisatamanranta
26-28.6. Tuska Festival, Kaisaniemi Park

July

1-31.7. Jazz Espo, Espo Stage (Esplanade Park), weekdays 4pm
5-11.7. Helsinki Cup, international youth soccer tournament
29-31.7. Finlandia Junior Games, athletics meet for children and young people, Leppävaara, Espoo
31.7-2.8. Kaleva Games, Finnish Championships in Athletics, Leppävaara Stadium, Espoo

August

1-12.8. International Mirjam Helin Singing Competition, Helsinki
3-21.8. Etno-Espo, Espo Stage (Esplanade Park), weekdays 4:30-5:30pm
14-30.8. Helsinki Festival, events throughout the city
21.8. Night of the Arts, cultural events throughout the city
23.8-10.9. UEFA Women's EURO 2009, Olympic Stadium, Töölö Stadium
25-30.8. Espoo Cine Film Festival, Espoo Cultural Centre





September

3-6.9. Animatricks Animation Festival,
Andorra Culture Complex
9-13.9. Habitar09, furniture, interior
decorating and design fair,
Helsinki Fair Centre
17-27.9. Love and Anarchy Film Festival,
various cinemas
September-October, Helsinki Design
Week

October

4-10.10. Herring Market, Market Square
10.10. Finland vs. Wales, international
football, Olympic Stadium
15-18.10. Glitnir Helsinki International
Horse Show, Hartwall Arena
22-25.10. Helsinki Book Fair,
Helsinki Fair Centre

November

6-8.11. Terveys, Hyvä Olo, Muoti,
Kauneus, Häät, Rakkaus 2009 (health,
wellness, fashion, beauty, wedding and
love fairs), Helsinki Fair Centre
26-29.11. Helsinki Motor Show 2009,
Helsinki Fair Centre
Opening of the Christmas Lights on
Aleksanterinkatu
November-January, Winter Circus, Dance
Theatre Hurjaruuth, Kaapelitehdas

December

2-6.12. Women's Christmas Market,
Wanha Satama
6.12. Finnish Independence Day,
ceremonial events and festivities
7-20.12. St. Thomas Christmas Market,
Esplanade Park
13.12. Lucia Parade from Helsinki
Cathedral to Finlandia Hall
13.12. Seurasaari Christmas Path
31.12. New Year's Eve celebrations,
fireworks and light installation, Senate
Square
Christmas Fair, Old Student House
Christmas and carol concerts, various
churches

1809 Bicentenary

The National Museum of Finland will present a
special exhibition entitled "1809 – A Kingdom
Divided and a New Beginning. The Bicentenary
of the Finnish War" until 19 April 2009.
For more information about other bicentennial
events, see: www.1809.fi

SPORTS AND CONCERT ARENAS

Olympic Stadium

Paavo Nurmen tie 1, tel. +358 (0)9 436 6010
www.stadion.fi

Finnair Stadium

Urheilukatu 1, tel. +358 (0)9 742 161
www.finnairstadium.fi

Hartwall Arena

Areenakuja 1, tel. +358 (0)204 1997
www.hartwall-arena.com

Helsinki Ice Hall (Jäähalli)

Nordenskiöldinkatu 11-13
tel. +358 (0)9 4777 110
www.helsinginjaaahalli.fi

FAIRS AND EXHIBITIONS

Helsinki Fair Centre

Messuaukio 1, tel. +358 (0)9 150 91
www.finnexpo.fi

Wanha Satama

Pikku Satamakatu 3-5, tel. +358 (0)9 173 341
www.wanhasatama.com

**Finland's leading fair and
congress centre.
See our fair calendar:**



Helsingin Messukeskus

**Helsinki Exhibition & Convention Centre
Messuaukio 1, P.O.Box 21, 00521 Helsinki
Tel. +358 (0)9 150 91**

OUTSIDE HELSINKI

From Helsinki it is easy to make day-trips to the countryside or even neighbouring countries. The Estonian capital of Tallinn is especially popular.

FERRIES

There are daily ferry connections from Helsinki to Estonia, Sweden and Germany. Ask your tour operator or enquire from the Tour Shop travel agency located inside Tourist Information.

Tour Shop, tel. +358 (0)9 2288 1500
www.helsinkiexpert.fi
Port of Helsinki
tel. +358 (0)9 310 1621
www.portofhelsinki.fi

TALLINN

Eckerö Line

Mannerheimintie 10
tel. +358 (0)600 04 300 (€1.64/call+local network charge/mobile call charge)
www.eckeroline.fi

Linda Line

Makasiiniterminaali, Eteläsatama
tel. +358 (0)600 066 8970 (€1.64/call+local network charge/mobile call charge)
www.lindaline.fi

Tallink

Erottajankatu 19
tel. +358 (0)600 15700
www.tallink.fi

Viking Line

Lönnotinkatu 2
tel. +358 (0)600 41 577 (€1.64/call+local network charge/mobile call charge)
www.vikingline.fi

STOCKHOLM

Silja Line

Olympiaterminaali, Eteläsatama
tel. +358 (0)600 174552

Viking Line

Lönnotinkatu 2
tel. +358 (0)600 41 577 (€1.64/call+local network charge/mobile call charge)

BUSES

The Matkahuolto bus station is situated at the Kamppi Centre (entrance from Narinkkatori Square).

Matkahuolto
tel. +358 (0)200 4000
(€1.50/min+local network charge)
www.matkahuolto.fi



FLIGHTS

Helsinki-Vantaa Airport is located 19 kilometres from the centre of Helsinki, approximately 25 minutes by car. The taxi ride will cost around €30. Finnair's airport bus costs €5.90 (30% discount with the Helsinki Card). Regional buses (451, 415, 615) cost €3.80.

Helsinki-Vantaa Airport, 24-hour info
Tel. +358 (0)600 140 140 (€3.04/call)
www.finavia.fi or www.helsinki-vantaa.fi

TRAINS

There are regular train connections from Helsinki to all major towns in Finland, as well as to Lapland. The Helsinki metropolitan area is served by a local commuter train network. In addition, three trains leave Helsinki daily for Russia, one to Moscow and two to St. Petersburg.

VR Passenger Service, local
tel. 0600 419 02 (€1/min+local network charge), from overseas
tel. +358 9 2319 2902
www.vr.fi



See Finland by train

Take the train and explore Finland, enjoying for example the comfortable journey in our new double decker sleeping cars to Lapland.

Faster Connections

The completion of the new Kerava-Lahti direct line speeded up train journeys, increased the number of services and improved connections. The train journeys from Helsinki to Kajaani, Kuopio, Mikkeli and Joensuu are now up to one hour shorter.

Rail Passes

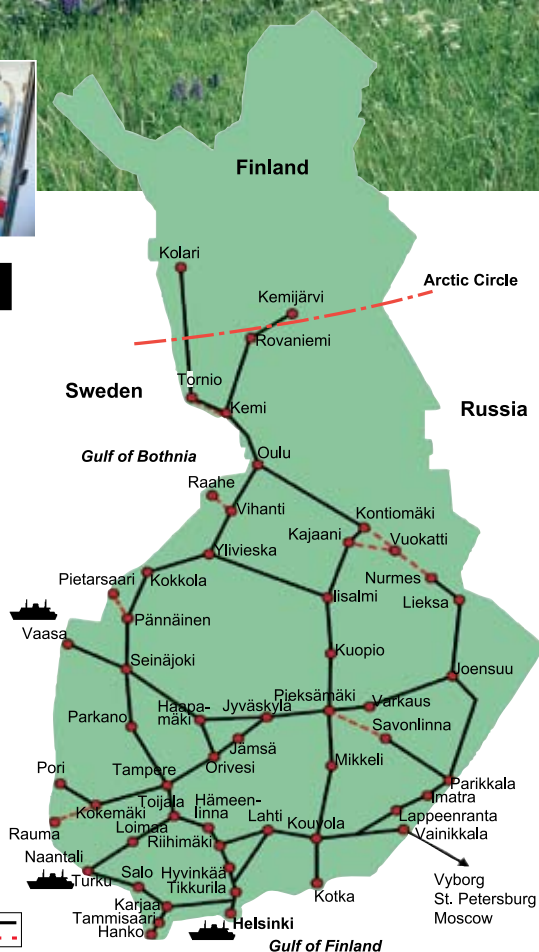
In Finland you can travel using a FinnrailPass and an InterRail Pass. In the summer you can also use the HolidayPass.

Connections to Russia

It is also very easy to travel to Russia from Finland. There are two daily departures by train from Helsinki to St. Petersburg and one to Moscow.

Further information and booking

VR Ltd, Finnish Railways
Helsinki Railway station
www.vr.fi
contactcenter@vr.fi





Charming *Porvoo!*



Idyllic Porvoo is Finland's second oldest town. Come and see its unique waterfront red ochre sheds, the charming boutiques in Old Porvoo, its restaurants, cafés, museums, galleries...

Porvoo is nearby. Porvoo is less than an hour's drive from Helsinki along the E18 highway. Many bus services operate every hour between Helsinki and Porvoo. You can also take a summer cruise to Porvoo from Helsinki's Market Square.

Summer events. The summer is filled with events each week, including concerts, guided walking tours, horse cab rides, cruises and summer markets. The town celebrates the 200th anniversary of the historic Diet of Porvoo in 2009 with a special programme of events.

Enjoy a half-day guided excursion!

Guided tours in English depart from Helsinki on Mondays and Fridays at 1pm from 15 June to 11 September. Departures from Esplanade Park (Fabianinkatu).

Porvoo is also a Christmas town!

Enjoy delightful Christmas markets, great gift ideas in the boutiques of Old Porvoo, and delicious food in the town's cafés and restaurants.

m/s J.L. Runeberg, Come and experience that old-fashioned ship atmosphere and enjoy the beautiful archipelago as you slowly cruise to Porvoo. During the cruise you can enjoy a delicious salmon soup lunch or snacks from the café. m/s J.L. Runeberg sails between Helsinki and

Porvoo almost every day between 12 May and 5 September 2009. Departures from Helsinki's Market Square at 10am. Return from Porvoo at 4pm. Tel. +358 (0)19 524 3331 www.msjlrunenberg.fi



Restaurant Timbaali Situated in the heart of Old Porvoo, Timbaali is the only restaurant in Finland that is specialised in escargot. The building dates back to the 18th century, and the restaurant's four halls let you experience the atmosphere of past times. The restaurant has seating for 120 guests, in addition to which there is a partially covered 100-seat terrace inside the courtyard. An archipelago lunch buffet is served in summertime. Open year round, daily in summertime from 11am to 11pm. Tel. +358 (0)19 523 1020

www.timbaali.com



Hotel Haikko Manor

Haikko Manor is a popular manor and spa hotel situated beside the sea. The hotel offers

romantic manor house rooms and comfortable spa rooms. The spa offers luxurious treatments, the Yorokobi swimming pool section and the Fitness Studio. Experience the Tsarist era atmosphere of the restaurant facilities inside the historic manor house, and enjoy the evening entertainment in the Villa Haikko beside the sea. The complex also includes The Club for evening dining and the Spa Café for snacks. The beautiful grounds offer a wide range of exercise and recreational opportunities. Tel. +358 (0)19 576 01 reception@haikko.fi, www.haikko.fi



FURTHER INFORMATION:

Porvoo City Tourist Office

Rihkamakatu 4 (in Old Porvoo)

tel. +358 (0)19 520 2316

www.porvoo.fi, tourist.office@porvoo.fi



Welcome to the Viking World!

Day cruises to Tallinn
Cruises to Stockholm
One way tickets
Hotel packages
Car packages

Daily departures all year around:

Helsinki-Tallin
Helsinki-Mariehamn-Stockholm
Turku-Mariehamn-Stockholm

VIKING LINE
www.vikingline.fi

Information and reservations:
international.sales@vikingline.fi
Tel. +358 9 123 5300

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Helsinki offers the best and widest range of shopping opportunities in Finland. Favourite items to bring home from Finland include designer products and high-quality food and confections.

SHOPPING STREETS

The main shopping streets in Helsinki are Aleksanterinkatu, both sides of the Esplanade, and Mannerheimintie. Smaller clothing boutiques can be found especially on Fredrikinkatu and Korkeavuorenkatu, while there are many interior decorating shops in the Punavuori and Kamppi districts.

For world famous **Finnish design**, head for the Design District (see page 24) or the Esplanade. Museum shops are also worth checking out. Helsinki also has many **antique shops**, for example in the Kruununhaka and Ullanlinna districts. Listings of antique shops, second-hand bookstores and factory outlets are available from Tourist Information.

SHOPPING CENTRES AND DEPARTMENT STORES

The Kamppi Shopping Centre (Narinkkatori) houses no less than 129 shops and 21 restaurants, offering perfect opportunities for shopping and passing the time.

Kämp Galleria (Pohjoisesplanadi 33) is a quality shopping centre full of boutiques selling the latest trends and brand items. Check out also monipuolinen **Forum** (Mannerheimintie 20) and the convenient **Kluuvi Shopping Centre** (Aleksanterinkatu 9). Unique and hand-made goods can be found in the **Kiseleff House** (Aleksanterinkatu 28). One of the largest shopping centres in the Nordic region, **Itäkeskus** is located in eastern Helsinki and can be reached by metro in just fifteen minutes.

Stockmann (Aleksanterinkatu 52) is the largest department store in the Nordic region and features an enormous selection of items for everyone. Other popular department stores in Helsinki include **Sokos** (Mannerheimintie 9) and **Aleksi 13** (Aleksanterinkatu 13).

UNIQUE BOUTIQUES

Helsinki's many boutiques are perfect if you want to fill your suitcase with truly individual clothing and accessories.

Hanna Sarén (Fredrikinkatu 45) sells the designer's own clothing, accessories and jewellery.

Myymälä2 (Uudenmaankatu 23) sells clothing, comic books, music, magazines and jewellery.

Tiia Vanhatapio Couture Noir (Laivurinkatu 43) sells the designer's femme fatale creations.

Minna Parikka Concept Boutique (Bulevardi 24) sells the designer's bold women's footwear.

IVANA Helsinki (Uudenmaankatu 15) and designer Paola Suhonen are among the top names in Finnish design. The clothing combines retro Scandinavian and Slavic influences.

Miun's (Uudenmaankatu 14) clothing features angel-motifs and was designed by Ilona Hyötyläinen.

Nina's (Bulevardi 13) selection includes shoes by Miu Miun and handbags by Barbara Bui. Nina Kurkinen is one of Finland's most successful models of all time.

SECCO (Fredrikinkatu 33) combines innovative designers with suppliers of recycled and waste materials, resulting in truly ecological jewellery and items.

Lux Shop (Uudenmaankatu 26) sells clothing and accessories designed by young Finns.

The House of Björnberg (Tehtaankatu 13) features classic tailcoats and dresses inspired by the Victorian era.



Tip

Check out Helsinki street fashion at:
www.hel-looks.com

RECORD SHOPS

Helsinki's coolest record shops can be found on Viiskulma (Five Corners). **Digelius** (Laivurinrinne 2) has a fantastic collection of rare jazz albums, **Eronen** (Laivurinrinne 2) sells soul and reggae, and **Lifesaver** (Laivurinkatu 41) specialises in hiphop, soul and disco vinyl, as well as new drum&bass, tekno and house.

OPENING HOURS

Department stores and shopping centres are open weekdays 9am-9pm and Saturdays 9am-6pm. From May-August and November-December they are also open Sundays 12noon-6pm (9pm). Smaller shops are usually open weekdays 10am-6pm and Saturdays 10am-2pm.

TAX FREE

Citizens of non-EU countries are eligible for tax-free returns. Purchases must be made in shops displaying the Tax Free sign. The minimum total sum of purchased goods must be 40 euros. Upon leaving EU territory, travellers can claim VAT that varies according to product but does not exceed 16 percent.
www.globalrefund.com



Tip

For more shopping ideas, refer to the b-guided maps and guides and the www.b-guided.net website. The We Are Helsinki brochure and www.we-are.fi website offers shopping tips for young people.



Stockmann, Helsinki city centre and Itäkeskus
Mon-Fri 9am-9pm, Sat 9am-6pm,
summer Sundays 12noon-6pm www.stockmann.fi



Join the Story

Kalevala Koru Jewelry shops

- Unioninkatu 25, Helsinki, between the Senate square and the market place
- Kamppi Shopping mall, Urho Kekkosen katu 1, Helsinki
- Strömbergintie 4, Helsinki
- Domestic terminal, Helsinki-Vantaa airport
- www.kalevalakoru.com



PENTIK is a Finnish chain of gift shops that sells ceramics, gifts and decorations with over 70 boutiques in Finland, around ten elsewhere in Scandinavia and a new shop in Switzerland.

PENTIK's product assortment includes hand-decorated ceramics, table settings, fabrics, lights, furniture, fixtures and delicacies for the kitchen. In addition, PENTIK offers seasonal items allowing a range of options for home decorators. PENTIK also offers unique and quality gift items for big and small occasions. PENTIK's hand-decorated ceramics are made at our factory in Posio, which is also the most northerly ceramics factory in the world.

PENTIK®

Factory Outlet · Pentik Arabia Centre
Hämeentie 135 A, t. +358 (0)207 220 304

Pentik Itäkeskus · Itäkatu 1–5 C 137
t. +358 (0)207 220 306

Pentik · Pohjoisesplanadi 25–27 · t. +358 (0)207 220 380

Pentik · Mannerheimintie 5 · t. +358 (0)207 220 310

Pentik · Kamppi Shopping Centre
Urho Kekkosen katu 1 · t. +358 (0)207 220 308

www.pentik.com

iittala®

Lasting design against throwawayism.



Receive a 10 % discount from the normal price of all one-time purchases over €50 by presenting this advertisement at any of the following iittala stores:

Helsinki Pohjoisesplanadi 25, Shopping Centre Forum, Shopping Centre Kamppi, Shopping Centre Itäkeskus
Espoo Shopping Centre Iso Omena, Shopping Centre Sello Vantaa Shopping Centre Jumbo. Export and Tax Free services also available.

iittala is a registered trademark of the iittala Group.

www.iittala.com

WELLNESS AND EXERCISE

The beautiful clean nature surrounding Helsinki offers unlimited possibilities for relaxing and enjoying healthy activities throughout the year. Luxurious beauty spas offer a comprehensive range of treatments. The traditional Finnish sauna is also an experience that shouldn't be missed. Choose your own path to wellness!

DAY SPAS AND OTHER SPAS

Palace Kämp Day Spa

Kluuvikatu 4 B (8th floor)

tel. +358 (0)9 5761 1330

Opening hours: Mon-Fri 7am-9pm,

Sat 9am-8pm, Sun 9am-1pm

and 4pm-8pm

www.palacekampdayspa.fi

Helsinki Day Spa

Erottaja 4, tel. +358 (0)9 685 0630

Opening hours: Mon-Fri 10am-8pm,

Sat 9am-4pm

www.dayspa.fi

Escape Day Spa

(Sokos Hotel Torni)

Yrjönkatu 28, tel. +358 (0)207 416 780

Opening hours: Mon-Fri 9am-8pm,

Sat 9am-5pm

www.escapedayspa.fi

Forever Health Club & Day Spa

(Crowne Plaza)

Mannerheimintie 50

tel. +358 (0)9 2521 0000

Opening hours: Mon-Fri 10am-8pm,

Sat 10am-6pm

www.foreverdayspa.com

Haikko Manor Spa

Haikkoentie 114, Porvoo

tel. +358 (0)19 57 601

Opening hours: Mon-Fri 8am-8pm

Sat 9am-6pm, Sun 10am-1pm

www.haikko.fi

Flamingo Water Park and Spa

Tasatie 8, Vantaa

tel. +358 (0)20 778 5200

Opening hours: Mon-Fri 10am-9pm,

Sat 10am-10pm, Sun 10am-9pm

www.flamingospa.fi

SWIMMING AND SAUNAS

Hot saunas relax both the mind and the body. After throwing water on the rocks and soaking up the heat, cool off with a refreshing swim. You can even swim through a hole cut in the ice – see page 27 for details.

The Yrjönkatu Swimming Hall

has the feel of a Roman bath.

Built in 1928, it is the oldest swimming hall in Helsinki and the entire Nordic region. Its specialty is nude swimming, with separate hours for men and women, so check times by calling in advance. Naturally, swimsuits can also be worn. You can also rent your own stall with a bed for relaxing and enjoying refreshments.

Prices: adults €4.40-12, children and

special groups €2.20-6

Swimming and sauna times:

www.hel.fi/liikunta ☺

Mäkelänrinne Swimming Centre

Mäkelänkatu 49

tel. +358 (0)9 3484 8800

Prices: adults €5.50, children and

special groups €3 ☺

Itäkeskus Swimming Hall

Olavinlinnantie 6

tel. +358 (0)9 3108 7202

Prices: adults €4.80, children and

special groups €2.40 ☺

The Swimming Stadium offers outdoor swimming in a 50-metre pool from May to September in 25-degree water regardless of the weather.

Hammarskjöldintie 5

next to Olympic Stadium

www.hel.fi/liikunta ☺

Serena is the largest water park in the Nordic region. Indoors families can enjoy the wild waterslides, bubble pools, children's pools and a large wave pool. Outdoor attractions include mat slides, two long ring rivers, a Dead Sea pool and a number of other slides.

Tornimäentie 10, Lahnus, Espoo

tel. +358 (0)9 887 0550

Open 1 June-31 August:

daily 11am-8pm

Open 1 September-31 May:

Fri 5pm-9pm and Sat-Sun 11am-8pm,

plus daily during school holidays

www.serena.fi ☺

Kotiharjun Sauna in Kallio is Helsinki's last totally wood-heated public sauna. A traditional washing lady and masseuse can be reserved in advance.

Harjutorinkatu 1

tel. +358 (0)9 7531 535

Open: Tue-Fri 2pm-8pm (sauna time until 10pm) and Sat 1pm-7pm (sauna time until 9pm)

Prices: adults €9/7, children (12-16 yrs) €4, children under 12 free of charge.

www.kotiharjunsuuna.fi





Helsinki's shoreline and archipelago are perfect for enjoying outdoor recreation, swimming and nature walks. The most popular swimming beach is **Hietaniemi Beach**, or "Hietu" as it is known locally. In addition to the places listed here, public swimming beaches near to the centre can be found at **Seurasaa**, **Musikkamaa** and **Munkkiniemi**.

Uunisaari Island off the southern shore of Kaivopuisto Park offers sandy beaches and convenient services, attracting holidaymakers to swim and picnic.

How to get there (April–November): Take the small ferry from Merisatamantori (look for the compass), which operates non-stop. ☺

On **Pihlajasaari Island** you can sunbathe on the hot rocks and swimming in the refreshing sea. The island also has a kiosk and café-restaurant, as well as a separate naturist beach.

How to get there (June–August): Take the ferry from Merisatamanranta (beside Cafe Carusel), which operates every half-hour during peak season. Alternatively, take the ferry from Ruoholahti departing every hour. ☺

CYCLING

Bike rentals

Greenbike

Fredrikinkatu 31 (summertime)
Tel. +358 (0)50 550 1020
www.greenbike.fi

Ecobike

Savilankatu 1 B,
Tel. +358 (0)400 844 358
www.ecobike.fi

Helsinki City Transport also offers **free city bikes** during the summer months. The lock opens with a two-euro deposit. City bike racks are located throughout the city, for example by the Market Square and at the Central Railway Station.

A **free biking map** is available from Tourist Information. Map and directions: www.hkl.fi

Many hotels also offer their guests bicycles free of charge – enquire from reception!

GOLF

There are several 18-hole golf courses in and around Helsinki. The season usually begins at the beginning of May and lasts until October.

Vuosaari Golf

Eteläeimarintie 9
Tel. +358 (0)9 681 2210

Master Golf Club MGC

Bodomintie 7, Espoo
Tel. +358 (0)9 849 2300

Further information about golf:
www.golfpiste.com

RECREATIONAL AREAS

IN HELSINKI

Helsinki's Central Park (Keskuspuisto) comprises a large area of recreational forest and skiing trails in wintertime, as well as conservation areas, including the Pitkäsoski rapids, the Ruutinkoski rapids, the Haltiala protected forest and the Niskala arboretum.

How to get there: Bus 66 A

Kaivopuisto Park and **Töölönlahti Bay** are ideal places for jogging and walking close to the city centre.

Helsinki also has several preserved **manor house parks** that are an important part of the city's cultural history. The wide variety of trees and plants combined with the beautiful buildings offer a relaxing setting. Manor house parks can be found in nearly all districts of Helsinki, including Kulosaari, Herttoniemi, Puotila and Kumpula. Further information: www.hel.fi/hkr

RECREATIONAL AREAS

OUTSIDE HELSINKI

Oittaa Recreational Centre offers sporting equipment for rent in summer and winter, including bikes, skis, skates, snowshoes and tents.

Kunnarlantie 33–39, Oittaa, Espoo
Tel. +358 (0)9 439 0070
www.suomenlatu.fi/oittaa

Nuuskio National Park is an excellent destination for camping, picking berries, hiking, fishing, cycling and skiing.

Further information:
tel. +358 (0)205 644 790
Further information about national parks and conservation areas:
www.luontoon.fi

Tip

Pick up a copy of the **Exercise and Recreation in Helsinki** flyer from Tourist Information or www.visithelsinki.fi. The flyer includes information about the excellent opportunities for enjoying horseback riding, canoeing and fishing, for example.





Come and experience the two irresistible sides of the new Flamingo Spa. Enjoy the biggest water thrills of your life at our family water park, or relax and indulge in the exotic services of our luxury treatment spa.

Flamingo Spa is part of the Flamingo entertainment and shopping complex, the biggest of its kind in Finland, offering fantastic recreational experiences throughout the year.

Flamingo Spa

Tasatie 8, Vantaa, FI
Tel. +358 20 7785 225
www.flamingospa.fi



HOTELS AND OTHER ACCOMMODATION

Helsinki offers plenty of choices for accommodation, from inexpensive hostels to luxury hotels. Finland does not use official hotel ratings, so the stars after the name are those of the Helsinki City Tourist & Convention Bureau.

Best Western Hotel Haaga ***

Nuijamiestentie 10, 00320 Helsinki
Tel. +358 (0)9 5807 877
www.hotelhaaga.com

Best Western Premier Hotel

Katajanokka ****
Vyökätkä 1, 00160 Helsinki
Tel. +358 (0)9 686 450
www.bwkatajanokka.fi

Crowne Plaza Helsinki ****

Mannerheimintie 50, 00260 Helsinki
Tel. +358 (0)9 2521 0000
www.crowneplaza-helsinki.fi

Cumulus Kaisaniemi ***

Kaisaniemenkatu 7, 00100 Helsinki
Tel. +358 (0)9 172 881
www.cumulus.fi

Cumulus Olympia ***

Läntinen Brahenkatu 2, 00510 Helsinki
Tel. +358 (0)9 69 151, www.cumulus.fi

Hilton Helsinki

Kalastajatorppa *****
Kalastajatorppantie 1, 00330 Helsinki
Tel. +358 (0)9 45 811,
www.kalastajatorppa.hilton.com

Hilton Helsinki Strand *****

John Stenbergin ranta 4
00530 Helsinki
Tel. +358 (0)9 393 51
www.helsinki-strand.hilton.com

Holiday Inn Helsinki

City Centre *****
Elielinaukio 5, 00100 Helsinki
Tel. +358 (0)9 5425 5000
www.restel.fi/holidayinn

Holiday Inn City West *****

Sulhasenkuja 3, 00180 Helsinki
Tel. +358 (0)9 4152 1000
www.restel.fi/holidayinn

Holiday Inn Helsinki ****

Messuaukio 1, 00520 Helsinki
Tel. +358 (0)9 150 900
www.restel.fi/holidayinn

Hotel Anna ***

Annankatu 1, 00120 Helsinki
Tel. +358 (0)9 616 621
www.hotelanna.com

Hotel Arthur ***

Vuorikatu 19, 00100 Helsinki
Tel. +358 (0)9 173 441
www.hotelarthur.fi

Hotel Avion ***

Malmin asematie 6, 00700 Helsinki
Tel. +358 (0)9 350 7440
www.hotelavion.net

Hotel Glo ****

Kluuvikatu 4, 00100 Helsinki
puh. 010 344 4400
www.palacekamp.fi

Hotel Haven *****

Unioninkatu 17, 00100 Helsinki
Tel. +358 (0)9 6128 5850
www.hotelhaven.fi
Opens February 2009 

Hotel Kämp *****

Pohjoisesplanadi 29, 00100 Helsinki
Tel. +358 (0)9 576 111
www.hotelkamp.fi

Hotel Linna ***

Lönnrotinkatu 29, 00180 Helsinki
Tel. +358 (0)10 3444 100
Sales office +358 (0)10 3444 110
www.palacekamp.fi

Hotel Rivoli Jardin *****

Kasarmikatu 40, 00130 Helsinki
Tel. +358 (0)9 681 500
www.rivoli.fi

Hotel Skatta **

Linnankatu 3, 00160 Helsinki
Tel. +358 (0)9 659 233
www.hoteliskatta.com

Hotelli AVA **

Karstulantie 6, 00550 Helsinki
Tel. +358 (0)9 774 751
www.ava.fi

Hotelli Finn **

Kalevankatu 3 B, 00100 Helsinki
Tel. +358 (0)9 684 4360
www.hotelifinn.fi

Hotelli Helka ***

Pohjoinen Rautatiekatu 23
00100 Helsinki
Tel. +358 (0)9 613 580
www.helka.fi

Hotelli Seurahuone Helsinki ***

Kaivokatu 12, 00100 Helsinki
Tel. +358 (0)9 691 41
www.hotelliseurahuone.fi

Hotelli Vuoranta ***

Vilsandinkuja 4, 00980 Helsinki
Tel. +358 (0)9 341 940
www.sodexo.fi/hotellivuoranta

Klaus K *****

Bulevardi 2-4, 00120 Helsinki
Tel. 020 770 4700
www.klauskhotel.com

Congress Hotel Rantapuisto ***

Ramsinniementie 14, 00980 Helsinki
Tel. +358 (0)9 31 911
www.rantapuisto.fi

Sofia Hotel and Cultural Centre ***

Kallvikintie 28, 00980 Helsinki
Tel. +358 (0)10 277 900
www.kulttuurikeskussofia.fi

Omenahotelli Eerikinkatu ***

Eerikinkatu 24, 00100 Helsinki
Omenahotelli Lönnrotinkatu ***
Lönnrotinkatu 13, 00120 Helsinki
Online reservations: www.omena.com
Tel. (daily 9am-4pm)
+358 (0)600 18 018 (€1.97/min+local
network charge+€9 /reservation)
www.omena.com 

Palace Hotel *****

Eteläranta 10, 00130 Helsinki
Tel. +358 (0)9 1345 6660
www.palacekamp.fi

Park Hotel Käpylä ***

Pohjolankatu 38, 00600 Helsinki
Tel. +358 (0)9 799 755
www.parkhotelkapyla.fi

Radisson SAS Plaza Hotel *****

Mikonkatu 23, 00100 Helsinki
Tel. +358 (0)20 1234 703
www.radissonsas.com

Radisson SAS Royal Hotel *****

Runeberginkatu 2, 00100 Helsinki
Tel. +358 (0)20 123 4701
www.radissonsas.com

Radisson SAS Seaside Hotel

Ruoholahdenranta 3
00180 Helsinki
Tel. +358 (0)20 1234 707
www.radissonsas.com

Scandic Continental Helsinki

Mannerheimintie 46, 00260
Helsinki
Tel. +358 (0)9 47 371
www.scandichotels.com

Scandic Grand Marina Helsinki

Katajanokanlaituri 7
00160 Helsinki
Tel. +358 (0)9 16 661
www.scandichotels.com

Scandic Marski

Mannerheimintie 10
00100 Helsinki
Tel. +358 (0)9 68 061
www.scandichotels.com

Scandic Simonkenttä

Simonkatu 9, 00100 Helsinki
Tel. +358 (0)9 683 80
www.scandichotels.com

Sokos Hotel Albert

Albertinkatu 30, 00120 Helsinki
Tel. +358 (0)20 1234 638
www.sokoshotels.fi

Sokos Hotel Aleksanteri

Albertinkatu 34, 00180 Helsinki
Tel. +358 (0)20 1234 4643
www.sokoshotels.fi

Sokos Hotel Helsinki

Kluuvikatu 8, 00100 Helsinki
Tel. +358 (0)20 1234 601
www.sokoshotels.fi

Sokos Hotel Pasila

Maistraatinportti 3, 00240 Helsinki
Tel. +358 (0)20 1234 613
www.sokoshotels.fi

Sokos Hotel Presidentti

Eteläinen Rautatiekatu 4
00100 Helsinki
Tel. +358 (0)20 1234 608
www.sokoshotels.fi

Sokos Hotel Torni

Yrjönkatu 26, 00100 Helsinki
Tel. +358 (0)20 1234 604
www.sokoshotels.fi

Sokos Hotel Vaakuna

Asema-aukio 2, 00100 Helsinki
Tel. +358 (0)20 1234 610
www.sokoshotels.fi

HOSTELS**Eurohostel**

**

Linnankatu 9, 00160 Helsinki
Tel. +358 (0)9 6220 470
www.eurohostel.fi

Hostel Erottajanpuisto

*

Uudenmaankatu 9, 00120 Helsinki
Tel. +358 (0)9 642 169
www.erottajanpuisto.com

Hostel Suomenlinna

*

Suomenlinna C 9, 00190 Helsinki
Tel. +358 (0)9 684 7471
www.leirikoulut.com

Kongressikoti

*

Snellmaninkatu 15 A 10, 00170
Helsinki
Tel. +358 (0)9 135 6839
www.kongressikoti.com

Lönnrot Hostel

*

Lönnrotinkatu 16 D, 00120 Helsinki
Tel. +358 (0)9 693 2590
www.hostellonnrot.com

Stadion Hostel

*

Pohjoinen Stadiontie 4
00250 Helsinki
Tel. +358 (0)9 477 8480
www.stadionhostel.com

SUMMER HOSTELS**Hostel Academica**

*

Hietaniemenkatu 14, 00100 Helsinki
Tel. +358 (0)9 1311 4334
www.hostelacademica.fi

Hostel Karavaani

Tel. +358 (0)50 310 71 441
www.hel.fi/rastila

Hostel Satakuntatalo

*

Lapinrinne 1 A, 00180 Helsinki
Tel. +358 (0)9 6958 5232
www.sodexo.fi/satakunta

CAMPING**Rastila Camping**

Karavaanikatu 4, 00980 Helsinki
Tel. +358 (0)9 310 78517
www.hel.fi/rastila

Espoo Camping Oittaa

**

(in summer)
Kunnarilantie 31, 02740 Espoo
Tel. +358 (0)9 863 2584
www.lomaliiitto.fi/oittaa

**Tip**

Further information and
apartment hotels:
www.visithelsinki.fi

**HOTEL BOOKING –
www.hotelbooking.fi**

Hotel Booking takes care of all your accommodation reservations in the Helsinki Region and the rest of Finland. At Hotel Booking you can also purchase the Helsinki Card, tickets for sightseeing tours and half-day excursions, ferry tickets to Tallinn, Stockholm and Rostock, and rent a car. A Tourist Information desk is also situated together with Hotel Booking.

Helsinki Expert, Hotel Booking,
Central Railway Station
Tel. +358 (0)9 2288 1400
hotel@helsinkiexpert.fi





Tallinn

ESTONIA

Charmingly Medieval and Amazingly Modern

Tallinn – charmingly medieval or amazingly modern? Figuring out which describes Tallinn better would be a tough job. On one hand, the city's pride and joy is its historic Old Town, an enchanting neighbourhood of centuries-old streets, houses, towers and squares that looks like it was torn right from the pages of a storybook.

On the other hand, threaded through that same Old Town and its environs are the cutting-edge restaurants, cafés and clubs that give Tallinn its energy and buzz. Visitors are often amazed by the newness of the place: the gleaming shops, the stylish interiors, the plush hotels. There are also the high-tech solutions that go hand-in-hand with Tallinn life, like free, wireless Internet available practically everywhere and the common practice of paying for parking by mobile phone. This is, after all, the country that invented Skype.

Call it old, new, or some kind of hybrid, Tallinn is an ideal city break destination.

For one, it's a highly compact city, most of which can easily be explored on foot without the need for taxis or buses. Most of the best opportunities for sightseeing, cultural events, dining, shopping, and nightlife are conveniently massed in city centre. And there's plenty to do here. Anyone coming here for a real break should know that Tallinn is also a great place to do very little: take a quiet stroll through a park, relax in a health spa or – if the weather cooperates – sit on a beach.

Whatever your agenda, whichever of the Tallinns you need – the romantic, medieval Tallinn or the trendy, high-tech one – the doors are open. Just take your pick and head on in!

www.tourism.tallinn.ee



One Card for Everything!

www.tallinncard.ee



City of Helsinki

Tourist & Convention Bureau
Pohjoisesplanadi 19, P.O. Box 28
FI-00099 CITY OF HELSINKI

Tel. +358 (0)9 3101 3300, fax +358 (0)9 3101 3301
tourist.info@hel.fi

Tourist Information
2 May-30 September: Mon-Fri 9am-8pm, Sat-Sun 9am-6pm
1 October-1 May: Mon-Fri 9am-6pm, Sat-Sun 10am-4pm
www.visithelsinki.fi



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