



Megri's Summer

EXPERIENCE THE RURAL LAKES AND
WOODS IN ALL THEIR SUMMER BEAUTY

Megri's environment and history offer a different experience in the traditional Finnish lake scenery. It is a perfect fit for occupational well-being trips, different meetings and other groups alike. You can feel the clean, quiet nature all around you while enjoying the warm and friendly Karelian hospitality. Our independent and guided programme packages guarantee that you will find the perfect options for a relaxing and refreshing holiday.

During this two-day wellbeing trip you get to enjoy the summer while staying at the double rooms of Megrin Matkailu at the lake Mekrijärvi. In the summer, you can enjoy the lake and the hiking trails nearby, canoeing, stand up paddling, fishing, spin fishing, rowing on the lake, swimming and the sauna, outdoor games, frying sausages on the campfire, and so on.

The package price includes the following activities:

CANOENIG TRIP TO CAPE RISTINIEMI

Fresh, clean outdoor air, light exercise in beautiful Eastern Finnish lake and river views and some quality time with your group. On this canoeing trip, we will get to know the lake Mekrijärvi and the river Koitajoki, as well as the surrounding nature and canoeing in general. As we arrive to the Ristiniemi cape, we will take a break to have some snacks and a cup of coffee while enjoying the peaceful nature around us. The duration of the trip is approximately two hours.

PILATES

Pilates is a great workout option, whether you are an average jogging joe or an active sportsperson. Pilates aims to teach the participants how to utilise their muscles and joints in a more balanced way, which then allows the overactive muscles to relax and the supporting musculature of the midsection to grow stronger. This is a class where you get to concentrate on the functioning of your own body, forget all the stress looming outside the classroom door and leave with a calm, peaceful mind.

More information on the next page.

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MEGRIN MATKAILU



PROGRAMME PROPOSITION, 2 DAYS

DAY OF ARRIVAL

- Arrival, accommodation in double rooms, coffee
- Independent activities according to the weather and time of arrival, such as outdoor games, or instructed activities such as peat treatments or stand up paddling (upon prior request)
- Dinner, the group's own activities

DAY 2

- Breakfast
- Canoeing trip to cape Ristiniemi (maximum group size 20 persons/trip)
- 12AM to 2 PM lunch at Megri, time to relax after
- Pilates
- Snack
- Possibility for peat sauna or other additional activities
- Sauna and swimming
- Dinner, karaoke or other group's own activities

DAY 3

- Breakfast
- Independent outdoor activities and departure

Megri offers locally and organically produced home cooked meals, fruits of the forests, as well as Karelian pasties every day at dinner.

Price from EUR 310/person

Price includes: Two days' accommodation in double rooms, two breakfast and two dinner services, one lunch service, snacks, sports activities as agreed, sauna.

Group size: 20 to 50 persons

Possible dates: 1st June to 30th September

Duration: Two nights, three days (additional nights available)

Accommodation: Double rooms in condominiums, one toilet and one shower per four rooms. You will also find kitchen utilities, a fridge, a microwave oven and a television at your disposal.

Limitations: For large groups, the group activities will be performed in smaller groups, one group after another.

Equipment: Relaxed summer clothing fit for indoor sports, a change of clothes for the canoeing trip.

Other notes: In the centre of Ilomantsi (10 minutes by car) you can find The Hermanni Wine Tower, Parpeinvaara Bardic Village and the Restaurant Parpeinpirtti, an Orthodox church, the most Eastern point of the European Union, as well as some war historical sights to see in the Hattuvaara area.

Upon prior request, you can also choose some of the following activities:

- peat sauna EUR 50.00/person
- smoke sauna max. ten persons, EUR 450.00
- stand up paddling instruction EUR 80.00/hour, two to three persons at a time
- Pogosta tasting pasties, EUR 15.00/person
- boat trip or fishing at lake Koitere
- We also offer independent kayaking or hiking trip packages to the nearby Petkeljärvi national park, to the river Koitajoki or at lake Koitere

You can find further options for groups at www.koihu.com/ryhmille

