



Magnificent Megri

WELL-BEING AND RELAXATION IN IDYLIC ILOMANTSI

Megri's location and history offer an unique, relaxed milieu perfect for occupational well-being days, meetings and other group events. The atmosphere is friendly and laid-back, reflecting the traditional Karelian attitude laced with humour and wit. Visitors can feel both the refined culture and clean, unspoiled nature surrounding them at all times. You get to choose between guided and independent activity packages that guarantee you a refreshing, relaxing stay with us.

On this two-day well-being trip, you will stay at lake Mekrijärvi's historical research centre, which has since been restructured for tourism purposes.

The package price includes the following activities:

MYSTERY OF THE SIMANA TRAIL

Putting one foot in front of the other, we walk the Simana trail, trying to solve Megri's trying riddles. Halfway the trip, we will stop at the hut to enjoy coffee at the campfire and the surrounding silence as we solve the riddles presented to us at on trail. After snacks and refreshments, we will head back to Megri to deal out prizes for the winners.

STRETCH YOURSELF AGILE

A 45-minute class that incorporates elements of body conditioning, stretching and relaxation. You will go through this easy-to-understand body conditioning routine in groups of 10, together with an instructor. You can utilise these exercises at stretching breaks at work to support your occupational wellbeing. Alternatively, you can also choose a Pilates class.

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 and other refreshments
- Independent programme like outdoor games, if the weather allows, or organised activities such as peat treatments
- Dinner, group's own programme

DAY 2

- Wake-up, breakfast
- **Mystery of the Simana trail**
- 12AM to 2 PM lunch at Megri, time to relax after
- **Stretch yourself agile**
- Snack
- Sauna
- Dinner, karaoke or other programme

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 290/person

The price includes: Two days' accommodation in a double room, two dinner and breakfast services, one lunch service, snack, Mystery of the Simana trail and Stretch yourself agile activities, sauna. VAT is included in the price.

Duration: three days/two nights

Available: 15th August to 15th June

Group size: 20 to 50 persons

We also offer other directed activities outdoors or indoors for an additional fee. There is a wide array of activities to choose from, ranging from building team spirit with games and adventures to preparing the body for relaxation with calming down and listening to the silence, as well as awakening your senses in the Karelian nature trying out the different foods, drinks and cultural activities.

TRADITIONAL PASTY TASTING

A pasty tasting offers an unique chance to get to know the many local varieties of savoury pasties. These traditional delicacies can be served with coffee and refreshments on arrival, but also make for a wonderful snack during the evening activities. Enjoy the different traditional pasties and relax as the traditional Finnish music in the background adds its unique touch to the atmosphere.

Duration: 1 hour

Price: EUR 15.00/person

PEAT SAUNA

Peat treatments are a perfect way to relax and pamper yourself for a moment – 100% Finnish, 100% natural. You can just feel your circulation improving as the peat moisturises, softens and gently exfoliates your skin. In addition to the peat sauna treatment, you can also have a peat facial mask, footbath or a relaxing peat compress treatment to loosen up your shoulders. The sauna can fit approximately six to ten persons at a time. Minimum group size: six persons.

Duration: approximately two hours

Price: EUR 50.00/person



You can find more options on our website www.megri.fi



The European Agricultural Fund
for Rural Development:
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