

RUKA SAFARIS SUMMER WEEKLY PROGRAM 2024 (20.5. – 1.10.2024)



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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|----------|--------|
| River rafting | | | | | | | |
| River rafting fun for families | | 09.30 | | | 09.30 | 09.30 | |
| River rafting through the National Park | | 14.00 | | | 14.00 | 14.00 | |
| Fatbike adventures | | | | | | | |
| To the husky farm with fatbikes | 10.00 | | | | | | |
| Into the forest with fatbikes | 14.00 | | | 14.00 | | | |
| Wellbeing & Local lifestyle | | | | | | | |
| Fishing school in Rukajärvi Lake | 14.00 | | | 14.00 | | | |
| Strength from nature – Hiking trip | | | 10.00 | | | 10.00 | |
| Sup-boarding and sauna | | | 15.00 | | | 15.00 | |
| Meet the king of the forest – Bear watching evening | | | | 16.30 | | | |
| Midnight sun canoeing on the Ruka Lake | 20.00 | | | 20.00 | | | |
| Rainbow trout fishing and smoking in Iisakki's Pond | 10.00 | | 10.00 | | | | |
| Sauna Tour – Finnish sauna experience | | | 16.30 | | 16.30 | 16.30 | |
| River Floating | | | | 10.00 | | | |
| A day as a reindeer herder – on request | | | | | | | |



River rafting fun for families (Tuesday, Friday, Saturday at 9.30)

While meeting the guide in the safari center you receive the necessary equipment for the rafting. Afterwards you leave together to the starting point of the river rafting adventure. You will get a short safety instruction to prepare you for the 7 rapids of the Kitka River (categories I-III). Between the rapids your guide will tell you nice stories about the nature and the different animals in the region. You will also have a relaxing break on the riverside where you will get coffee, tea and a sweet bun. The total distance on the river is 14 kilometers.

Duration: 4 h including transportation
Price: 85 €/adult, 50 €/child 5-11 years
Minimum age is 5 years



River rafting through the National Park (Tuesday, Friday, Saturday at 14.00)

At the safaris center you get the equipment for this adventure and then you go to Juuma together with your guide. There you will get the safety instructions for the rafting, so you are completely prepared for this great adventure. You start with the 3 best rapids in Finland (categories II-IV). Afterwards there is a short walk to the Jyrävä waterfall where you can see the empty rafts come down. The rest of the rafting tour is relaxing though the beautiful rocky canyon of the Oulanka National Park. You will take a break where you can grill sausages, get a sweet bun and coffee or tea.

Duration: 6-7 h including transportation
Price: 120 €/person
Minimum age is 18 years

Into the forest with fatbikes (Monday, Thursday at 14.00)

Discover the nature of Ruka on a fatbike. The guide will take you through Iisakki Village and its surrounding. While being on these fun bikes you can enjoy the beauty of the area and listen to the nature sounds. You will stop at a kota where you will enjoy a snack by a relaxing fire. The distance is about 6-8 kilometers.

Duration: 3 h
Price: 69 €/person
Minimum age is 12 years



Midnight sun canoeing on the Ruka Lake (Monday, Thursday at 20.00)

The guide welcomes you at the reception of Iisakki Village and gives you the needed equipment. After a short walk you are at the lake where you will get a safety lesson before entering your canoe. On the lake you will learn how to get acquainted with paddling and steering a canoe together with your guide. Afterwards you will enjoy a break where you will get hot juice and a sausage.

Duration: 2-3 h
Price: 59 €/person, 45 €/child 4-11 years old



Fishing school in Rukajärvi Lake (Monday, Thursday at 14.00)

The guide welcomes you at the reception of Iisakki Village and gives you the needed equipment. After a short walk you are at the lake where you will get a short safety lesson before entering the boat. On the lake you will learn how to use the different fishing equipment, from fishing rods to fishing traps. At the end of your adventure, the guide will show you how to prepare the fish (if you caught something) and you can have a taste. You will also get coffee or tea and a sausage served by the fire.

Duration: 2,5-3 h
Price: 75 €/person, 55 €/child 4-11 years old

Strength from nature – Hiking trip (Wednesday and Saturday at 10.00)

During this safari you will hike through the nature around Iisakki Village or Pyhävaara. If the season has started, you can pick berries and mushrooms from the forest. Of course, the guide will be there to let you know which ones are edible and which ones not to touch. The guide will also teach you about the Finnish nature and animals. Discover the power of nature, stop and take a deep breath. This program will be adapted to the age and fitness level of the group.

Duration: 3 h
Price: 65 €/adult, 45 €/child 4-11 years old



**Rainbow trout fishing and smoking in
Iisakki's Pond
(Monday, Wednesdays at 10.00)**

Become a real Finn and try to catch your own rainbow trout. Together with the guide and the needed fishing gear you go to a nice spot in Iisakki Village where you will learn the best techniques to catch fish. While you are fishing, your guide prepares a fire with coffee and tea as well as a sweet snack. Once you catch a fish, you will learn how to clean and smoke it. Smoking the fish slowly cooks it while it also dehydrates and stops the growth of bacteria. In old times, Finns had smoke houses where they used to smoke fish and meat. Though the houses are now generally not in use anymore, smoked fish is still an all-time Finnish favorite.

Duration: 2-3 h
Price: 59 €/adult, 45 €/child 4-11 years



**A day as a reindeer herder
(On request)**

Have you always wondered how life in the North is like as a reindeer herder? This is your chance to discover the daily tasks as a local. During this safari you go out with local reindeer herders and learn the ins and outs of one of the oldest professions in our region. Every day is different, and you will be instructed how to do various tasks concerning reindeer herding in the summer.

Included in the price are transfers, lunch and a snack.

Duration: 6 hours
Price: 160 €/adult

**Meet the king of the forest – Bear
watching evening (Thursday at
16.30)**

This safari starts with a transfer from Ruka to the bear watching place, east of Kuusamo. The guide will take you safely to the hut where you will be the whole evening. There is a 99% chance of seeing bears, but there might also be other wild animals such as eagles. Around midnight you will be back in Iisakki Village. This safari is from June until the end of August.

Duration: 6 hours
Price: 155€/person NET



River Floating (Thursday at 10.00)

A magical adventure in Ruka's waters. A floating suit will keep you dry during this experience. You will also wear a helmet and a life jacket. Your guide will give you instructions after which you can float down the river. After this fun and special experience, you can enjoy a hot drink. You must be at least 160 cm to participate in this safari.

Duration: 2,5-3 h
Price: 99 €/person



Sauna Tour – Finnish sauna experience (Wednesday, Friday, Saturday at 16.30)

Experience the traditional sauna at Iisakki's lakeside sauna. Iisakki's sauna is one of the first saunas awarded with the Authentic Finnish Sauna Experience-certificate. This means that sauna enthusiasts can experience the best and real Finnish sauna. This experience is guided by a local sauna guide who will tell you about the original sauna culture and why it's so important to Finns. The sauna guide also joins you in the sauna and shows you what to do. No one is naked during this experience; you can wear a bathing suit. Want to be a real Finn? Then you can go for a dip in the ice hole! Also, children can participate in the sauna experience as it is for young and old. During the sauna tour, juice and water is served as well as small snacks.

Duration: 2-3 h
Price: 78 €/person, 50 €/child 8-11 years

Sup-boarding & sauna (Wednesday and Saturday at 15.00)

From the moment the ice is melted on the lake, you can start sup-boarding. Your guide will give you basic instructions on how to use the sup boards and then you get into the water. This safari will either be on the Ruka lake or on the pond in Iisakki Village. When the water and weather is cold, we will provide you with floating suits or wetsuits. After the sup-boarding you can heat up in the lake sauna and maybe even take an extra dip in the crystal-clear waters of Rukajärvi.

Duration: 1,5h + sauna 1 h
Price: 59 €/person
Minimum age is 12 years

There is the possibility to add sauna yoga to the program, after the sup-boarding. This is with a supplementary price of 35 €/person