



**SPORTS DEPARTMENT**  
Helsinki

# SAUNAS.

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[www.hel.fi/sport](http://www.hel.fi/sport)

# TURN UP THE HEAT. SAUNAS ACROSS THE CITY.

*The Sports Department has twelve locations offering either a booking system or general sauna turns for women and men. There are a total of 28 saunas spread across the archipelago and recreational areas. In addition to this, the City's swimming halls also have a variety of different kinds of saunas, which are available year round.*

## GENERAL SAUNA TURNS

General sauna turns are available at Kaunissaari, Maunula and Paloheinä hiking lodges; Luukki and Salmi recreational areas; and Rastila camping area.

## BOOKABLE SAUNA TURNS

Bookable saunas can accommodate 4–50 people, depending on the location. Bookable saunas are available in many breathtakingly beautiful island areas. Saunas like this are also available on the mainland, in unique locations and along excellent public transport connections. In the city, bookable saunas can be found at the Rastila Camping Area and Yrjönkatu swimming hall. The booking prices for the saunas vary between the locations, and when booking the sauna, it is also possible to book a fireplace room or other separate space at some locations, including Luukki, Pirttimäki and Salmi.

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## SAUNAS IN HELSINKI

### YRJÖNKATU SWIMMING HALL

*Yrjönkatu 21b, 00120 Helsinki*

Sauna bookings

Sports facility bookings tel. +358 (0)9 310 87800

Mon, Tue, Thu and Fri 9–11am and Wed 2–4pm

or liikuntapaikkavaraukset@hel.fi

Enquiries: Yrjönkatu swimming hall

tel. +358 (0)9 310 87401

*Note! Sauna bookings for either women's or men's groups*

**2nd floor / Marski suite:** The electric sauna can accommodate 10 people. The sauna price is €213 for residents of Helsinki and €426 for non-residents. Bathing time for the bookable sauna is three hours. The sauna fee includes a towel, bathrobe, shampoo, soap and seat cover.

The booking includes use of the lounge. Sauna visitors can also swim in the 25 metre pool on the 1st floor, which is also open to other swimming hall customers.

Refreshments can be ordered from the swimming hall's café: Cafe Yrjö, tel. +358 (0)9 677 318.

#### Bookings:

**Women /** Wed, Fri and Sun 2.30–5.30pm or 6–9pm

**Men /** Tue, Thu and Sat 2.30–5.30pm or 6–9pm

**4th floor electric sauna:** The electric sauna can accommodate 15 people. The sauna price is €243 for residents of Helsinki and €486 for non-residents. Bathing time for the bookable sauna is three hours. The sauna booking fee includes a towel, bathrobe, shampoo, soap and seat cover.

The booking includes use of the lounge and the opportunity to swim in the small, 12 metre pool located on the 3rd floor.

Refreshments can be ordered from the swimming hall's café, Cafe Yrjö, tel. +358 (0)9 677 318.

**Bookings:** Fri, Sat and Sun 2.30–5.30pm or 6–9pm



Electric sauna



Marski suite



Swimming hall



## RASTILA CAMPING HELSINKI

Karavaanikatu 4, 00980 Helsinki

### For sauna bookings and enquiries

tel. +358 (0)9 310 78517, rastilacamping@hel.fi  
www.hel.fi/rastila

At Rastila Camping Area you can hire a sauna, with the choice of five cosy saunas available – 2 small family saunas, and 3 larger beach saunas. At Rastila you can hire towels or bathrobes. The area also features a public swimming beach.

**Family sauna 3:** This 1–5 person sauna, located on the seashore, can be used by individuals, couples, families or small groups. The facilities include a sauna room, toilet, shower room, small lounge, terrace and kitchenette, which features a microwave oven and fridge, no dishes are provided.

The sauna fee is €30/hr,  
€26/hr with a Camping Key Europe card  
or €27/hr with an SFC card.

**Family sauna 4:** Wooden sauna in the cabin area, suitable for 1–4 people and can be used by individuals, couples, families or small groups. It is not possible to swim at this sauna.

The sauna building features a sauna room, shower room, toilet, small lounge, and terrace.

The sauna fee is €20/hr,  
€16/hr with a Camping Key Europe card  
or €17/hr with an SFC card.

**Sanna's sauna:** Sanna's Sauna is a self-service sauna, located on the beach at Iso Kallvik, and heated with wood. This sauna gives you an authentic Finnish sauna experience, starting with warming up the water and heating the sauna.

The sauna can be booked June–August  
12 noon – 9pm daily.

The sauna fee is €70/hr, with a minimum booking period of three hours.



Family sauna 3



Family sauna 4



Sanna's sauna

Beach sauna 1



**Beach sauna 1:** This beach-side sauna provides a great venue for both meetings and pleasant evenings with friends. The facilities can accommodate 15–20 people. The sauna building features a sauna room, shower room, lounge, fully-equipped kitchen, changing facilities with lockable lockers (€1 coin deposit required), terrace and grill. The facilities are also particularly well suited to use for meetings (projector, a flip chart and WiFi connection available). The sauna has a new 5 metre by 3 metre wooden pool.

The sauna fee is €90/hour, minimum booking period two hours.

**Beach sauna 2** This beach-side sauna offers a pleasant sauna experience for up to approximately 15 people. The sauna building features a sauna room, shower room, lounge, fridge, changing facilities, terrace and barbecue.

The sauna fee is €75/hour, and the minimum booking period is two hours.

Wooden pool at Beach Sauna 1



### General information about Rastila Camping Helsinki

Rastila Camping Helsinki is a 5-star camping area located in Vuosaari, in Eastern Helsinki, in a scenic manor environment, easily reachable from the centre of Helsinki by metro. The area is open every day, year-round.

Rastila camping area features caravan pitches, different levels of cabins – from traditional cabin to well-equipped holiday cottages with saunas, tent pitches, service buildings, saunas, meeting facilities, children's play areas, WiFi, and equipment rental year round.

*Bookings and the collection and return of the keys take place at the reception of Rastila Camping Area.*



## MAUNULA HIKING LODGE

*Helsingin Latu ry, Metsäläntie 9, 00620 Helsinki*

**Sauna bookings and enquiries:** tel. +358 (0)40 524 3032,  
e-mail: maunulan.maja@suomiz4.fi

**Joggers' sauna turns:** Available at Maunula lodge's wood-heated sauna on Wednesdays.

Men's turn 4–6.30pm

Women's turn 6.30–8pm.

The sauna fee is €5/person.

**Bookable sauna:** The sauna itself can accommodate approximately five people, whilst 10 people at a time can cool off in the sauna's rest area. Sauna fee €50/hour. The minimum booking period is two hours.

**Other details:** Café open Wed 1–7pm, Thu 4–7pm,  
Sat 10am–4pm and Sun 10am–4pm.



*Maunula bookable sauna*

## *Paloheinä hiking lodge*



## PALOHEINÄ HIKING LODGE

*Pakilantie 124, 00670 Helsinki*

### **Sauna bookings and enquiries:**

Paloheinä café tel. +358 (0)9 310 64155.

**General sauna turns:** Public saunas available Mon, Wed and Fri 5–8pm. The sauna fee is €5 for adults and €3 for others, to be paid at the café.

**Paloheinä hiking lodge sauna** can also be hired for private use. The sauna fee is €50/hr

**Other details:** The lodge is open during the summer season, on weekdays 12 noon – 9pm and at weekends 10am–6pm. During the winter season it is open 8am–9pm and at weekends 8am–6pm

**The hiking lodge's club room** can be booked for different kinds of events, primarily on weekdays. Booking the club room costs €25/hr.





## SAUNAS IN RECREATIONAL AREAS

### LUUKKI

*Luukki recreational area, Luukintie 33 02970 Espoo*

The recreational area is located in Espoo, on both sides of Vihdintie, 23 kilometres from Helsinki.

**Sauna bookings and enquiries:** tel. +358 (0)50 407 3433

**Booking of sauna facilities:** The sauna fee is €18/person, additional hours €3/person. Sports societies and associations are charged by event.

The sauna facilities are located a few dozen metres from Luukki manor, and approximately 300 metres from the beach. There are two saunas. The sauna benches can accommodate approximately 20 people at a time. The sauna benches are particularly suitable for groups of over 100 people.

Food and drink can also be ordered to the sauna facilities when making the booking.

### Luukki recreational area

At Luukki recreational area you can enjoy nature, swim, fish and prepare your own lunch at a grilling spot, or you can enjoy delicious food at Luukki manor. The area also features a children's playground, ball games field (for volleyball and football), two barbecue shelters, six cooking shelters and 22 km of hiking routes.

Luukki manor is located in a wonderful countryside setting. The manor's facilities can also be booked for celebratory events and traditional meetings.

The area is also home to a fireplace room, which is open to all, Mon–Sun 10am–3pm. Wood for the fire is provided by the City of Helsinki Sports Department. This atmospheric room can also be hired out. The space is spread across two floors. Downstairs, around the fireplace, there is seating for approximately 40 people. A chef, or simply food to be grilled, along with refreshments, can be booked for the cottage.

Luukki beach is versatile as an area. It is child-friendly and with a gentle slope. There are sandy and grassy areas to choose between, as well as a good mix of sunny and shady places. Close to the beach are a shower and a number of changing cubicles and toilets. The water is clear and free of blue-green algae throughout the summer. Recreational fishing is permitted in the area, which has wild fish stocks.

Helsinki regional bus lines, such as 345 and 346, as well as an Espoo internal line will drop visitors off close to Luukki manor and the start of the hiking paths. The Manor is located approximately 9 km from Ring Road III (at Petikko).



## PIRTTIMÄKI RECREATIONAL AREA

*Kunnarlantie 110, 02740 Espoo*

Pirttimäki is located in Espoo, 26 km from Helsinki, between Lake Bodom and Nuuksio's Pitkäjärvi lake.

### Sauna bookings and enquiries:

Pirttimäki Café, tel. +358 (0)40 746 5077.

**The electric sauna** can accommodate 15–25 people on its benches

**The wood-heated sauna** can accommodate 10–15 people on its benches. The saunas are open year-round.

**Other details:** The fireplace room and little cottage are situated close to the main building, and are open Monday–Sunday 10am–3pm, after which they can be booked for private usage.

Making a fire is permitted in the area's four cooking shelters.

The main building features a café and a club room, which is also well suited for use as a meeting or training space.

**Sauna prices:** €150/3 hrs (minimum rental period three hours). Customers will need to heat the sauna themselves.



*Pirttimäki electric sauna*



*Pirttimäki wood-heated sauna*





## SALMI RECREATIONAL AREA

00330 Otalampi, Vihti

*Salmi is a popular recreational area in the municipality of Vihti. It covers a surface area of 860 hectares. Salmi is located on the north side of Nuuksio National Park, 37 kilometres along Vihdintie from Helsinki. The recreational area can also be reached from Helsinki on buses travelling along Vihdintie.*

*Enquiries and sauna bookings: Cafecafe Oy  
- Kari Miettunen, tel. +358 (0)400 444301,  
kari.miettunen@ravintolalaguna.fi  
- Ziba Miettunen, tel. +358 (0)50 3517728,  
ziba.miettunen@ravintolalaguna.fi*

**General sauna turns:** Year-round Fridays 4–8pm, Sauna fee €4.50 for adults and €2.50 for children (7–17 years old).

**Bookable sauna:** The sauna is connected to the main building and open year-round. The sauna can accommodate 50 people. Sauna price: €71/hour, minimum booking period three hours.

**Beach sauna:** The sauna is open year-round. The sauna can accommodate 10 people. Sauna price: €51/hour, minimum booking period three hours.

**Other details:** Visitors can swim at Salmijärvi beach, where there is also a changing cubicle and toilet. The shower and toilet are in the central area and are open 24 hours a day. The fireplace room is open from Monday to Sunday, 10am–3pm. The area features three cooking shelters and two sites where making a fire is permitted. Making a fire anywhere else is prohibited.

The barbecue shelter in Paratiisi can be hired for events, the other side of the shelter is free for all to use.

Salmi beach



Salmi bookable sauna



Salmi beach sauna

Kaunissaari bookable sauna



Kaunissaari family sauna

## SAUNAS ON RECREATIONAL ISLANDS

### KAUNISSAARI'S SAUNAS

*Kaunissaari is located approximately 22 kilometres to the east of Helsinki, in the Sipoo archipelago.*

#### Sauna enquiries and reservations:

tel. +358 (0)9 310 71445.

Public water transport to Kaunissaari is available from mid-May until mid-September, from the Kalkkijiekantori square pier in Vuosaari. The journey takes approximately 50 minutes.

Operator: Norsöline,  
+358 (0)500 821 921, +358 (0)400 821 921,  
[www.norsoline.com](http://www.norsoline.com) - FB & Instagram @norsoline

**Price:** return ticket €20 (adults)  
€8 (children\*, pensioners, students)

**Bookable sauna:** The bookable sauna can accommodate 30 people, and the minimum booking period is three hours, at €81/hour. Sauna turns finish at 10pm. The sauna also has its own changing room, fireplace room/meeting space. The sauna is closed on Mondays.

**Family sauna:** This self-service sauna can accommodate six people. The minimum booking period is 1.5 hours at €51/time. Sauna turns finish at 10pm. The sauna is closed on Mondays.

\* 7–16 years old.



**General sauna turns:**

Sat 25 June – 17 September 2016

For women 1–3.30pm

For men 4–6pm.

Wed 22 June – 3 August 2016

For women 1–3.30pm

For men 4–6pm.

Sauna fee: €4.50 for adults

and €2.50 for children

**General information about Kaunissaari:**

The nature of the island is very diverse, with its rocky beaches, groves and sandy areas. The island features barbecue shelters, toilets, a boat harbour with 80 berths, and cabin accommodation which can be rented out.





## ELISAARI RECREATION AREA'S SAUNAS

10270 Barösund, [www.elisaari.fi](http://www.elisaari.fi)

**Sauna bookings and enquiries:** tel. +358 (0)40 701 6301  
or at the café, where a sauna booking list is kept.

Elisaari is a scenic recreational and holiday destination in the Ingå archipelago. You can get to Elisaari by boat, car or bicycle. The harbour has 94 buoys and room for approximately 150 boats. Access to the harbour is through a two metre deep passage. Elisaari is also accessible by land, with a ferry connection from the mainland to the neighbouring island, from where visitors should take into account how they will cross the sound.

**Self-service beach sauna 1:** 1 May – 30 September or by agreement.  
The sauna can accommodate four people.

**Self-service beach sauna 2:** The sauna can accommodate six people.

**Mauri's sauna:** 1 May – 30 September or by agreement.  
Pre-heated bookable sauna, heated by the staff. The sauna can accommodate 10 people. Heating of the sauna costs €100, and this will last for 4–6 hours.

**Sister's little house sauna:** In the yard of sister's little house is a bookable sauna that can accommodate four people.

### Sauna fees:

self-service saunas • beach sauna 1 • sister's little house sauna: €25/hr  
self-service sauna • beach sauna 2: €100/4 hrs  
Mauri's sauna (pre-heated): €100/heating

Continuously heated saunas work on a self-service basis. Sauna bookings can be made at the café or harbour office. Wood for the saunas is available close by to the saunas.

The shower fee is €3/person.

Rowboat rentals: €5/hour and €15/day

### General information about Elisaari:

The harbour area features three barbecue shelters and eight dry toilets for customers to use, as well as two swimming areas and an abundance of grass fields that can be used for games. The island is also home to a café and a manor, which doubles as a private restaurant, and which can be hired for meetings and other events. Close to the harbour is a particularly beautiful nature path winding through a nature reserve (green and white signs). The water system in the harbour area includes three drilled wells located on the island.

**Waste recycling:** biowaste, glass, metal and cardboard waste are collected at a sorting point in the harbour (behind the café). Mixed waste can be left at the sorting point on the other side of the sound (Orslandet) in the deep containers in the recreational area.

Sister's little house



Self-service beach sauna

Café and bookings



Mauri's lodge



## LÄHTEELÄ RECREATIONAL AREA SAUNA

*The recreational area is located in Porkkala, Kirkkonummi, to the west of Helsinki, approximately 35 km by sea and 45 km by land.*

Those arriving by boat should consult Läntisen Suomenlahden merikorttisarja B (Western Suomenlahti sea chart series B), page 721. No public transport connections.

**Sauna bookings and enquiries:** tel. +358 (0)40 827 8310

**Wood-heated sauna:** max. 10 people, €35/1.5 hrs

**Electric sauna:** max. six people €20/hr.

### General information about Lähteelä

Lähteelä recreational area covers both a mainland area and a broad group of islands. The terrain varies from reeded rocky shoreline to hills and fields. Lähteelä has good basic services, but it is well-suited to 'wilderness' hiking and camping, as well as bird watching. Visitors can hike in the area year-round.

Lähteelä recreational area was established in 1970. The area covers a surface area of 134 ha and a water area of 992 ha.

The guest harbour has 50 berths, of which 20 are buoy berths. Service dock (close to the drilled well), featuring septic tank emptying equipment. Camping is allowed on the mainland or on the islands of Stora Svartö, Utterböte, Östra Styrskär and Södergrund, which also have toilets. Good fishing opportunities, and angling, trolling and ice fishing are permitted in the recreational area's waters. A city or province-specific lure fishing permit is required for trolling.



Uunisaari sauna 1

## UUNISAARI

*The island of Uunisaari is located close to the centre of Helsinki, in front of Merisatama harbour, and just a three-minute boat ride from the shore of Kaivopuisto.*

Uunisaari has three bookable saunas. All saunas have their own terraces and changing room / lounge. The sauna fee includes towels, seat covers and the necessities for showering. When booking a sauna, it is also possible to book a seven-person outdoor hot tub.

**Sauna 1:** can accommodate 10 people. The sauna fee is €300/2 hrs

**Sauna 2:** can accommodate 15 people. The sauna fee is €350/2 hrs

In the summer visitors can swim either at the sand beach or at the jetty.

A public water transport connection to Uunisaari leaves from Kompassitori square at Kaivopuisto's Merisatama harbour 15 April – 15 November. It is also possible to get to Uunisaari via a pedestrian pontoon bridge.



Lähteelä wood-heated sauna



## PIHLAJASAARI

A day on Pihlajasaari is almost like a mini-holiday. The island is located in front of Hernesaari, approximately 10 minutes' travel by sea from the city centre. It has stunning, wide beaches and impressive cliffs for sunbathing. A beautiful view to the open sea opens from the cliffs on the southern shore. There are also a number of barbecue shelters, a restaurant, and a kiosk. The nature trail gives easy access to the history and nature of the island. The island also features a nudist beach and camping site.

There is a boat connection to Pihlajasaari from Merisatama and Ruoholahti. Operator JT-Line, [www.jt-line.fi](http://www.jt-line.fi). From Merisatama harbour in Kaivopuisto (address: Merisatamanranta 10) and Ruoholahti square (address: Kellosaarenranta 1).

**Sauna bookings:** tel. +358 (0)9 310 71518, weekdays 8am–2pm.

**Wood-heated self-service sauna:** Small beach sauna, which can accommodate seven people. Bookable daily 3–9pm. The minimum booking period is three hours, at a price of €51/hour. The payment must be made in cash or using a debit card to the caretaker or staff in advance when receiving the keys

The customer is responsible for heating the sauna within the booked time. The wood for the sauna will be supplied ready, the tap water is fresh water, no shower available, warm water available from a water spout, small changing room available.

### Self-service sauna





**Aalto Sauna:** An electrically heated sauna for up to six people. The sauna building is separate from the changing shelter, toilet and shower building. We recommend wearing a bathing suit or towel when outdoors in the area.

The sauna can be reserved daily between 30 May and 31 August 2016 by contacting the island staff, on the day of booking from 8am. No advance bookings. The sauna fee is €60 for two hours.

**Bookable turns:** Tue–Sun 2.30–4.30pm, 4.30–6.30pm and 6.30–8.30pm. The sauna cannot be booked on Mondays as this is the cleaning day.

**Other details:** Meeting facility Villa Wästänhall can accommodate approximately 30 people. Further information and bookings available on the Staff Service Station pages.

The harbour is free to those visiting just for the day, whilst a harbour charge of €15/night is charged for boats staying in the harbour overnight. There are 24 shaft berths and 24 buoy berths, as well as equipment to empty septic tanks. Camping is permitted in Eastern Pihlajasaari from noon on Fridays to noon on Mondays. The camping fee is 15 euros per day.

The island has three cooking shelters, drinking water spouts, beaches, and a beach area reserved for naturists in the east of the island. Marked nature path, approximately two kilometres in length. Walking along the nature path, you will find information about the nature and history of Pihlajasaari.

The island's restaurant is Restaurant Pihlajasaari, tel. +358 (0)9 622 253, [www.pihlajasaari.net](http://www.pihlajasaari.net) and the island also features a kiosk and café.



*Aalto Sauna*



*Meeting facility, Villa Wästänhall*

## MALKASAARI SAUNA

*The island is located in Eastern Helsinki, south of Rastila in Kallahdenschelkä. The island is a City of Helsinki recreational island.*

**Sauna bookings and enquiries:** For the period 1 June – 31 August 2016. Bookings should primarily be made by email, to [saarivaraus@hel.fi](mailto:saarivaraus@hel.fi) or by phone to +358 (0)9 310 87807 Mon–Fri 11.30am–3.30pm (not on public holidays which fall on weekdays). Keys can be collected in exchange for a €35 deposit from the reception of Rastila camping area (address: Karavaanikatu 4), and they should also be returned here after the booked time, during the same evening.

**Self-service sauna:** The sauna can accommodate four to five people. Sauna fee €30/hour. The sauna is available for bookings between 10am and 9pm. Water can be collected from the well, and wood to heat the sauna should be collected from Rastila camping area when collecting the key. Customers should clean the sauna after using it.

**Other details:** There are three jetties on the northern shore, and docking is permitted at the outermost two. Malkasaari guest jetty is located on the island's south-west corner. At the eastern end of the northern shore is a second guest jetty, and to the west of that is the island's service jetty, where docking is prohibited.



Malkasaari sauna



Kotiluoto sauna

## KOTILUOTO SAUNA

*Kotiluoto is a City of Helsinki leisure island, located in the archipelago of eastern Helsinki, to the east of Laajasalo.*

**Sauna bookings and further information:** For the period 1 June – 31 August 2016. Bookings should primarily be made by email, to [saarivaraus@hel.fi](mailto:saarivaraus@hel.fi) or by phone to +358 (0)9 310 87807 Mon–Fri 11.30am–3.30pm (not on public holidays which fall on weekdays). Keys can be collected in exchange for a €35 deposit from the reception of Rastila camping area (address: Karavaanikatu 4), and they should also be returned here after the booked time, during the same evening.

**Kotiluoto sauna** is a traditional and genuine Finnish 'cabin sauna'. Next to the sauna is a swimming jetty, and close by is a barbecue shelter which is open for all to use. The sauna is recommended for groups of up to 22 people, and approximately 10 people can fit on the benches at one time. Sauna fee €51/hour. The sauna is available for bookings between 10am and 9pm.



[www.hel.fi/sport](http://www.hel.fi/sport)



@liikuntavirasto



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