

# VISIT *Liminka*

## WEEKLY PROGRAM LIMINKA SUMMER 2025

All tours are available in the summer season 1<sup>st</sup> June – 30<sup>th</sup> September 2025, for minimum 4 persons / departure.  
The minimum number of participants can consist of several bookings.

**Kindly note:** weather conditions can change quickly on the arctic coast of Finland and our tours are always adapted to the prevailing weather conditions to obtain safety and maximize comfort of the guests.

### ***Liminka – A Haven for Outdoor Wellbeing***

*Nestled in the lowlands of the arctic coast of Finland, Liminka offers a serene escape into nature's embrace. Its world-famous wetlands attract birdwatchers from around the globe, while the open countryside and coastal landscapes invite you to slow down and reconnect with the elements. Whether it's a peaceful walk through the traditional farmlands, a mindful moment in a birdwatching tower, or an invigorating cycling route along the waterways, Liminka's pure nature provides the perfect setting for outdoor wellbeing.*

### **Daily services in Liminka: breakfast, lunch and nature center**

**Breakfast MON – FRI 07:00 – 9:00, SAT 08:00 – 11:00, SUN 08:00 – 10:00.**

*A healthy and nutritious breakfast catering for many tastes and likings.*

Café Abraham's, Tupoksentie 10, 91900 Liminka. <https://www.cafeabrahams.fi/>

Bookings & inquiries: Payments on the spot, no pre-bookings needed.

**Breakfast MON – SUN 08:00 – 10:00.**

*Buffet-style delicious breakfast catering local food.*

Hotel-Restaurant Liminka Bay, Rantakurvi 6, 91900 Liminka. <https://www.liminganlahti.fi/en>

Bookings & inquiries: Bookings latest on the previous day by 16:00 to [info@liminganlahti.fi](mailto:info@liminganlahti.fi) or +358400565040.

**Lunch MON – SAT 10:00 – 15:00, Sunday brunch 12:00 – 16:00**

*Buffet-style meal serving fish, coastal dishes and specialties. There is a delicacy shop in the restaurant. The restaurant is open until 18:00 with fish soup and à la carte dishes available the whole day.*

Vihiluodon Kala, Rytiniementie 4, 91910 Tupos, Liminka. <https://www.vihiluodonkala.fi/>

Bookings & inquiries: Payments on the spot. Table reservation is recommended for groups (+10persons).

**Nature Center, opening hours 09:00 – 16:00** Liminka Bay Visitor Center, Rantakurvi 6, 91900 Liminka

<https://www.luontoon.fi/en/destinations/liminka-bay>

*Here you find insights into the area's rich birdlife as well as hiking tips for nearby nature. As one of Europe's finest wetlands, Liminka Bay hosts thousands of migrating birds each spring and autumn. In summer, grazing sheep and cattle help preserve the coastal meadows, supporting endangered plant and bird species.*

The nature center features a fascinating "Eight Seasons of Bird's Year" exhibition presenting the course of a year from the birds' perspective. The exhibition is family-friendly combining storytelling, education, visual and sound artistry to deliver a memorable visit for all visitors. Experience the birds' annual cycle through their eyes and explore the diverse bird species, their behaviors, and their seasonal journeys. Liminka Bay is an internationally known, valuable bird water and a rest area for migratory birds that offers something new to see in every weather, all year round. Liminka Bay is perfect destination for anyone seeking to connect with the wonders of wildlife and pure Finnish nature. Discover the beauty and mystery of birds like never before!

Bookings & inquiries: No reservations needed, free entry. Guided tours on request.

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## Monday

### Captivating Ceramics Workshop & the Embrace of Clay

17:30-19:00

*Visit TiinaMari's ceramics studio, in the heart of Liminka's most picturesque countryside. Set in a charmingly repurposed old barn, the studio features a beautiful ceramics shop, a cozy clay club space, and all the fascinating tools of the trade — from pottery wheels to massive kilns. This is where the iconic Oulu dialect mugs come to life!*

During your visit, you'll get an inside look at the studio's operations and learn about the journey of clay as it transforms into ceramics. You'll also experience the magic of shaping clay with your own hands in a mini workshop, where you'll create a lovely decorative bird. As a memento of your visit, you will also receive a beautifully glazed bird, crafted for you by participants of previous courses.

Meeting point: TiinaMari Ceramics, Vehkamaantie 3, 91930 Ala-Temmes, Liminka  
Duration: 1.5 hours  
Level: This experience is suitable for everyone. Children min 6 yrs.  
Price: 65 € / person  
Minimum participant count for workshop: 5 persons (or equivalent payment)  
Please note: Monday 14th July not available  
Bookings & inquiries: Bookings latest 2 days prior to event.  
[tiina@tiinamari.com](mailto:tiina@tiinamari.com), +358 40 557 4299, Tiina-Mari Pietilä  
<https://tiinamari.com/pottery/>

## Tuesday

### Relax & Reconnect in Pure Finnish Nature

10:00-12:00 or 19:00-21:00

*Reconnect with nature on a peaceful guided walk through the scenic pine forests of Liminka, Finland.*

Step away from the everyday rush and immerse yourself in two hours of gentle movement, mindfulness, and deep relaxation. As we walk at a calm and steady pace, you'll enjoy light stretching and balancing exercises, complemented by breathing and mindfulness practices designed to awaken your senses and ground you in the present moment — surrounded by the pure beauty of Finnish nature.

Finns have a profound and heartfelt bond with nature — a key ingredient in their recipe for happiness and well-being. This experience offers a glimpse into that lifestyle: simple, serene, and rooted in a deep respect for nature.

**Special highlight:** In June and July, choose the evening option and witness the enchanting glow of Finland's bright summer nights.

Meeting point: Monttutie 5, 91900 Liminka  
Duration: 2 hrs  
Level: Easy, normal fitness is required, children min 10 yrs, not barrier free  
Price: 85 € / person, 340 € / group of 5–12 persons  
Optional adds: Barbecue sausage at the campfire after the tour 8,50 € / person.  
Availability: 15.7. – 1.8.2025, 15.-29.8.2025  
Bookings & inquiries: [christiane@windland.fi](mailto:christiane@windland.fi), +358 46 5819257, Christiane Klebl  
<https://www.windland.fi/en/>

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## Wednesday

### Kaisa's Polio Game, Escape Room based on local history

14:00-15:00

*In the middle of a stunningly beautiful countryside estate, you can step back in time and learn about local history as you step into a captivating and immersive experience with our historical escape room, based on true events.*

It is early 1900's and polio ravages in northern Finland. You become a part of the story of Ms Kaisa Pietilä who is about to contract polio, and she sends a plea for help to the people of today through a mirror. By coincidence, you find yourselves in the same space where Kaisa is sending her message from, in her time.

Your task is to find the correct vaccine for Kaisa through her otherworldly assistance. If you succeed in your task, Kaisa will live a long and happy life as a teacher in Oulu in the 1910's.

This fun and challenging game will test your teamwork and ingenuity in a cozy rural setting. Do you dare to come and try?

Meeting point: Pitojen Helmi, Ketunmaantie 1, 91930 Ala-Temmes, Liminka  
Duration: 1 hr  
Level: Easy, normal fitness is required, children min 6 yrs  
Price: 80 € / group of 2 persons  
100 € / group of 3-4 persons  
120 € / group of 5-6 persons  
140 € / group of 7-8 persons  
160 € / group of 9-10 persons

Bookings & inquiries: [elina.pietila@pitojenhelmi.fi](mailto:elina.pietila@pitojenhelmi.fi), 044 0384650, Elina Pietilä

## Friday

### Step Into 540 Years of History – A Walk Through Old Liminka

11:00-12:30

*Old Liminka is a charming historic village with stories woven into its farmyards, vicarage, and museums. Once the heart of a vast parish, it remains a place where history comes to life through its well-preserved buildings and rich local heritage.*

Join a guided walk through the almost 550-year-old town of Liminka and discover its fascinating past! Did you know that Oulu was once part of the Liminka parish? Or that sheep once helped establish a primary school? And who was the mysterious Emperor of the Parish?

While strolling past original farmyards, the old vicarage, the stone school, and the Aappola Museum, you'll hear captivating stories of historical figures, artists, and peasant families. Experience life in northern Finland as it once was through tales of the parish and its people.

Meeting point: Old Liminka, Vilho Lampi museum, Rantatie 14, 91900 Liminka  
Duration: 1,5 hrs  
Level: Easy, normal fitness is required, children min 10 yrs  
Price: 45 € / person, 225 € / group of 5 – 20 persons  
Availability: 15.7. – 1.8.2025, 15.-29.8.2025  
Bookings & inquiries: [christiane@windland.fi](mailto:christiane@windland.fi), +358 46 5819257, Christiane Klebl  
<https://www.windland.fi/en/>

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## Saturday

### Feel Good Morning Flow Yoga – Saturday Morning Yoga

10:00-11:00

*IsaJOOGA Studio was created as a sanctuary for balance, self-acceptance, and peace. Rooted in yoga philosophy, it welcomes everyone just as they are — without pressure or expectations. Here, movement, breath, and presence guide you toward a deeper connection with yourself and the world around you.*

Start your weekend with a gentle and uplifting yoga session designed to support your wellbeing while on holiday. This 60-minute class combines mindful movement, breathwork, and light stretching to awaken your body and calm your mind. Set in a peaceful environment, it's the perfect way to feel refreshed, centered, and ready for the day — whether you're exploring or simply relaxing. Suitable for all levels.

Meeting point: IsaJOOGA Studio  
Duration: 1 hr  
Level: Easy, normal fitness is required  
Price: 13,50 € / person  
Bookings & inquiries: [isa@isajooga.com](mailto:isa@isajooga.com), +358 44 4914653, Isa Kemola  
<https://www.isajooga.com/en/>

## Sunday

### Kaisa's Polio Game, Escape Room based on local history

14:00-15:00

*In the middle of a stunningly beautiful countryside estate, you can step back in time and learn about local history as you step into a captivating and immersive experience with our historical escape room, based on true events.*

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Bookings & inquiries: [elina.pietila@pitojenhelmi.fi](mailto:elina.pietila@pitojenhelmi.fi), 044 0384650, Elina Pietilä



### **General terms and conditions**

Tours include safety equipment when needed. Service providers liability insurance applies, covering injuries caused by the provided gear.

All tours are guided and all prices incl. VAT.

We recommend a personal travel insurance covering personal belongings and injuries not covered by the company insurance.

Service provider is the responsible operator of each tour and tours operated by service provider and its partners.

### **Bookings and payments**

Bookings are to be made by e-mail to service providers. A booking shall include the following information: date and time of booked activity, first and last names of all participants, ages of children, travel dates, accommodation in Liminka and a phone number where you can be reached during your stay in Finland.

All activities are due to advance payment, minimum 14 days prior to event.

### **Changes in the program**

Service providers reserve the right to make alterations to the programs to ensure safety and comfort of the participants.

### **Cancellations**

Cancellations 30-21 days before the event: 25% cancellation fee

Cancellations 21-15 days before the event: 50% cancellation fee

Cancellations 14 days or less before the event: 100% cancellation fee

### **Contact**

Visit Liminka, [travel@liminka.fi](mailto:travel@liminka.fi), Tel: +358 40 546 2338

*Get inspired with us and have a look at <https://visitliminka.fi/en/> to get more information! Welcome to Liminka!*