

Welcome to Finland – the Coeliac Paradise



Finland –the Coeliac Paradise welcomes you with open arms. Tampere, an old industrial city with tradition, history and beautiful lake sceneries. Helsinki, an enchanting mix of old and new, a cultural blend where east meets west. We have prepared an attractive choice of tours for groups visiting the Finnish Coeliac exhibition held in Tampere 11-12.6.2010. Your visit in Finland will be filled with unique sights such as Suomenlinna Fortress Island, Sibelius monument and ridge slopes of Pispala and Pyyrikki. We can shape them together with sights of culture, history, nature, architecture, design, art, etc. - whatever your interests may be. And most important for You might be that in Finland You can eat safely pizzas and hamburgers when You have just ordered a gluten free alternative. You can also buy to take home a wide choice of gluten-free bread and other pastries at the Coeliac fair.

**Underneath You can find two tour examples of what to do in Finland.
We can also “tailor” a Tour for You to meet the personal interests of Your group.**

TOUR 1 / 3 days in Finland:

THURSDAY 10th JUNE

Departure from Helsinki to Tampere by bus. Accommodation at hotel Cumulus Koskikatu (check-in starting at 14.00) and pizza dinner in restaurant Rosso.

FRIDAY 11th JUNE

Breakfast at the hotel. Visit to Finnish Coeliac exhibition in Tampere-talo. Whole day for listening to presentations in English and visiting the Coeliac fair. Dinner in Viking restaurant Harald in the evening. Another night at hotel Cumulus Koskikatu.

SATURDAY 12th JUNE

Breakfast at the hotel. Check-out (latest at 12.00 hours) and departure to Helsinki. City sightseeing tour with a guide including a visit to Temppeliaukio Church, Sibelius Monument and Senate Square in Helsinki. Hamburger lunch at McDonald's. After the city tour departure back home by boat or plane.

Price **269€**/ person (For groups of minimum 30 persons.)

PRICE INCLUDES

- coach transfers according to the above schedule
- accommodation in a shared double room (2nights)
- gluten-free breakfasts at the hotel
- gluten-free pizzadinner at restaurant Rosso
- gluten-free dinner in Viking restaurant Harald
- city sightseeing in Helsinki
- gluten-free hamburgerlunch at t McDonalds
- entrance to the Finnish Coeliac Exhibition

TOUR 2 / 4 days in Finland:

THURSDAY 10th JUNE

Arrival in Helsinki and accomodation at hotel Holiday Inn Helsinki City West (check-in starting at 12.00). Pizza dinner in restaurant Rosso.

FRIDAY 11th JUNE

Breakfast at the hotel. City sightseeing tour in Helsinki, during which visits to Temppeliaukio Church, Sibelius Monument and Senate Square. Visit by ferry to Suomenlinna Sea Fortress, where gluten-free lunch. Some spare time for shopping, etc. also. Another night at Holiday Inn Helsinki City West.

SATURDAY 12th JUNE

Breakfast at the hotel. Departure by bus to Tampere. Visit to the Finnish Coeliac Exhibition in Tampere-Talo. Accommodation at hotel Cumulus Koskikatu (check-in starting at 14.00) In the evening dinner in Viking restaurant Harald.

SUNDAY 13th JUNE

Breakfast at the hotel. Check-out (latest at 12.00 hours) and departure to the city sightseeing in Tampere. After the tour a hamburger lunch at McDonald's. Departure back home by plane from Tampere – Pirkkala or Helsinki – Vantaa Airports or by ferry from Helsinki or Turku.

Price **489€**/ person

PRICE INCLUDES

- coach transfers according to the above schedule
- accommodation in a shared double room (3nights)
- gluten-free breakfasts at the hotel
- gluten-free pizzadinner in restaurant Rosso
- gluten-free lunch in Suomenlinna Panimo (3-course menu)
- gluten-free dinner in Viking restaurant Harald
- city sightseeing in Helsinki
- city sightseeing in Tampere
- gluten-free hamburgerlunch at McDonald's
- entrance to the Finnish Coeliac Exhibition



All prices are based on groups of minimum 30 participants and are subject to change and availability. We reserve the rights to make alterations in the programme if necessary. You will get our General Terms and Conditions with the specific tour proposal for Your group.

MATKAPOJAT

More information about tour packages from Matkapojat Oy Travel Agency, group consultant Miia Pakkanen +358-10-2323 410, miia.pakkanen@matkapojat.fi