

EXERCISE...

...everything from a gym and swimming pool to nature trails and sports fields!

Description General presentation of Kristinestad, either a bus tour or a walking tour.

A visit to the local gym, where the participants have the chance to join in an instructed work-out session, approx. 1½ hrs.

Lunch at the Crazy Cat restaurant by the Market Square.

A hike along the Tiilitehtaanmäki nature trail, map included. Alternatively a visit to the Kristina sports field, i.e. free sports for 1 hrs.

Swimming in the Ankkalampi swimming pool, approx. 1½ hrs. Price: 5,50 € adults / 3 € children.

Coffee/juice + bun at the pool's café.

For the active visitor

Kristinestad has playgrounds and swings for families with children and young-at-heart persons at Badhusparken park, Havsbadet beach and Bockholmen Camping. Schoolyards are also open for everyone during the summer.



Duration approx. 6 hrs

Languages Finnish, Swedish, English

Price 32,50 €/person, includes gym, lunch, swimming, coffee/juice + introductory guidance 124 €

All prices exclude VAT. The bus rental is not included in the price.

Please feel free to contact me! *Helena Kari*

Group trips 2015-2016

