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Free time

Spending free time in Helsinki is never dull. The metropolitan area offers something for everyone, from outdoor lovers to those who prefer to spend their time in museums, cinemas or other cultural events. The Helsinki City Museums have been free of charge since the beginning of 2008. There are numerous outdoor activity possibilities, from ice skating right in the heart of the city during the winter months to spending a relaxing day on a picnic. You can head to one of many golf courses or simply thrive on the beauty of the coast and the archipelago. The city has a wide variety of cafeterias and restaurants that offer nourishment for even the pickiest of tastes.

Four seasons

The different seasons of the year facilitate different kinds of outdoor activities from golfing to swimming, skiing and ice skating.

Spring: March, April and May

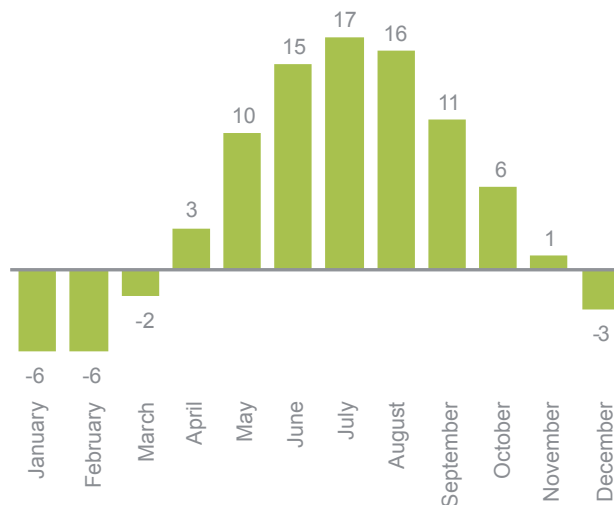
Summer: June, July and August

Autumn: September, October and November

Winter: December, January and February

July is the warmest month of the year. It is also the most popular holiday month.

Average temperatures (C°, Helsinki-Malmi)



Source: Eurometeo.com



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Restaurants

A21 Cocktail Lounge in Helsinki was voted as the World's Best Bar by the visitors of WorldsBestBars.com. There are over 1,000 restaurants in every price category in Helsinki alone. They include the four Michelin Star awarded restaurants: Carma (), Postres (*), Demo (*), and Chez Dominique (**). (Michelin Guide 2009)*

Museums

Greater Helsinki provides a great variety of cultural venues and museums. In Helsinki alone there are over 80 museums to visit. Some examples of the museums in the region:

- Ateneum Art Museum (Helsinki)
- Design Museum (Helsinki)
- Museum of Contemporary Art Kiasma (Helsinki)
- the National Museum of Finland (Helsinki)
- Seurasaari Open-Air Museum (Helsinki)
- Suomenlinna Museum (Helsinki)
- EMMA – Espoo Museum of Modern Art (Espoo)
- Espoo City Museum (Espoo)
- the Gallen-Kallela Museum (home of the Finnish national artist in Espoo)
- the Death home of Aleksis Kivi (Tuusula)
- Sibbersgården Open-Air Museum (Sipoo)
- the Birth home of Aleksis Kivi (Nurmijärvi)

Greater Helsinki is a green region with its well over 100 parks. (Public Works Department)



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Case story

Nuoksio National Park

The Nuoksio National Park is a 45 km² area located in the Helsinki metropolitan area. The distance from Helsinki city centre to Haukilampi, the most popular starting point of several hiking routes is 38 kilometres. Nuoksio is a quick escape from the city buzz and ideal for short hiking trips. The area contains 29 kilometres of marked trails with several cooking shelters and well marked camping sites.

The Nuoksio National Park is the most extensive and ecologically important continuous backwoods area in the Uusimaa Region. Because it is located in southern Finland and affected by broken bedrock, the park consists of an intricate mosaic of habitats, where dozens of threatened and near threatened species live in peace.

The National Park is located in the border of the oak forest zone and the southern boreal forest zone. The landscape is dominated by valleys and gorges formed by the Ice Age, and barren rocky hills covered by lichen and sparse pine forest.

There are several possibilities for outdoor activities. Hiking on the marked trails gives a great possibility to choose a quick two kilometre route or a whole day's walk. It is possible to go trekking overnight and the hikes can also be extended to the recreational areas of the nearby cities. According to Finland's everyman's right*, fishing, picking berries and mushrooms and swimming are allowed in the park. There are also two places for rock climbing. In the winter you can go cross-country skiing and ice climbing.

Source: www.nuoksio.info

* Everyman's right means that access to the land is free of charge, and does not require the landowner's permission. People taking advantage of these rights are nevertheless obliged not to cause any damage or disturbance.