



FIREFLIES
TRAVEL GUIDES

HELSINKI

Helsinki, the modern and cosmopolitan capital of Finland situated on the Baltic Sea, is a city with over half a million residents. Helsinki offers lots to see, do and experience year round. Discover the maritime appeal, unique design and architecture attractions, exciting food culture, great shopping opportunities and over 3,000 lively events held each year. Feel the cultural influences from both the East and West, meet the friendly locals and enjoy the slow rhythm of urban Helsinki. Explore and be inspired: www.visithelsinki.fi.



BARS & NIGHTLIFE



A wide range of clubs and bars in Helsinki offers something for everyone in terms of clientele, atmosphere and price. Find the most popular, trendiest and cosiest bars and nightclubs in the city centre as well as in the districts of Kamppi, Punavuori and Kallio.

BOTTA/MANALA

Location: Töölö District

Restaurant, disco and bar popular among eg. students. Finnish home cooking style food until closing time. On Fridays and Saturdays it is party time: four floors, five bars and two dance floors. St.Urho's Pub is an oasis for beerlovers. Under renovation. Will open in the beginning of August 2012.

Museokatu 10/Dagmarinkatu 2
+358 9 5807 7707

www.botta.fi

Students + kitchen open late.

STORYVILLE

Location: Töölö District

Happy Jazz Club Storyville, situated behind the Parliament, entertains their customers by having both Finnish and international jazz orchestras play six evenings a week. In the street level bar piano music is played in the early evening. Storyville's kitchen serves cajuncreole delicacies until 03 in the night.

Museokatu 8
+358 50 363 2664

www.storyville.fi

Jazz.

CASINO HELSINKI

Location: City Center

The international Casino Helsinki is the city's number one gaming and entertainment venue. The casino is open nearly every day. Free entrance. Fennia Salon: Casino's show restaurant, Fennia Bar, Fills Kitchen & Bar: a la carte restaurant, Bar All In, Casino Piazza, Summer terrace.

Mikonkatu 19
+358 680 800

www.casinohelsinki.fi

International.

PRKL CLUB

Location: City Center

Heavy music. After work music from rock'n'roll to hard rock, the later the heavier. Bar, night club with live bands, food at restaurant Hiisi.

Kaisaniemenkatu 4
+358 40 777 5815

www.prklclub.fi

International.

Tickets (10 € incl. drink).

NAMU

Location: City Center, Makkaratalo building

Namu is a relaxing haven in the midst of Helsinki's hustle and bustle, close to everything. It is perfect for after-work drinks, evenings out, socialising, private events, cocktails, dancing or dining.

Kaivokatu 6
+358 40 739 7632

www.namu.fi/en

Live music.

COCKTAIL LOUNGE A21

Location: Punavuori District

A21 is a place to enjoy cocktails and drinks in good company. The venue is designed to provide privacy and coziness as well as a place for events and parties.

Annankatu 21
+358 400 211 921

www.a21.fi

Fine drinking.

ATELJEE BAR

Location: City Center

The Ateljee Bar with its famous terrace is situated at Sokos Hotel Torni, on the 14th floor. The unique view over the Helsinki skyline can also be seen from the Ladies and Gentlemen's rooms. The artistic bar, opened as early as 1951, also works as an art gallery with monthly exhibitions.

Yrjönkatu 26
+358 10 7842 060

www.raflaamo.fi/helsinki/ravintola-torni

Above the rooftops.

BAR LOOSE

Location: Punavuori District

A rock music bar in the city centre. From 60's soul music to rock music of today.

Annankatu 21
+358 9 586 1819

www.barloose.com

Rock.

DTM

Location: City Centre

Gay restaurant, a combination of Gay Cafe, Bar, Disco and Night Club. The Cafe/Bar offers daily fresh baked pastry, snacks, a good selection of teas, coffees and alcoholic and non-alcoholic drinks. On weekends it's party time on two floors Friday nights the first floor is reserved for more traditional dance music lovers, and Saturdays upstairs are dedicated for ladies only until 02.00.

Mannerheimintie 6 B

+358 10 841 6969

www.dtm.fi/en

Gay.

THE TIGER

Location: Kamppi District, Kamppi Shopping Centre.

The Tiger is an international nightclub with bigger dance floors and improved sound reproduction.

Urho Kekkosen katu 1 A

+358 20 7759 350

www.thetiger.fi

Style conscious.

TEATTERI

Location: City Center

Restaurant-club-café. An interesting restaurant complex, including a 22-metre-long bar. Age limit: 24.

Pohjoisesplanadi 2

+358 9 6128 5000

www.royalravintolat.com/teatteri

Entertainment complex.

APOLLO LIVE CLUB

Location: City Center

Apollo live club offers great live music with changing live music bands. Apollo is located in the centre of Helsinki, inside the Forum shopping mall (entrance from Mannerheimintie 16).

Mannerheimintie 16

+358 20 775 9400

www.apolloliveclub.fi/helsinki

Live music.

KUUDES LINJA

Location: Kallio District

An underground live club with cult status.

Kaikukatu 4
+358 40 539 7599 (at 12-21)
www.kuudeslinja.com
Hipsters.

SILTANEN

Location: Kallio District

The trendiest hipster-filled restaurant in the Kallio district. On weekends you can enjoy brunch - meat-eaters select the Berlin breakfast tray, while vegetarians choose the Buddha. In summertime you may eat outside on the sunny terrace away from the traffic. The restaurant plays club music every evening, plus live gigs on occasion.

Hämeentie 13 B
+358 440 660 530
www.siltanen.org
DJs.

CAFES



Enjoy your cup of coffee in classic cafés in the heart of the city or taste the latest coffee trends in hip neighbourhoods. Choose your own favourite from the diverse cosy cafés that can be found all around Helsinki.

LA TORREFAZIONE

Coffee shops and roastery in the city center, focussing on different roasts as well as different types of coffee and tea. La Torrefazione serves great breakfasts every morning.

Aleksanterinkatu 50 B
+358 (0)9 42890648
<http://www.latorre.fi/>

CAFÉ ESPLANAD

Café Esplanad is well known for its Central European atmosphere and style and especially for its huge cinnamon rolls (a Finnish sweet pastry called korvapuusti) that are baked in the café's own bakery. On the outdoor terrace one can also enjoy the sun. Restaurant Bistro in the back of the café offers inexpensive lunch.

Pohjoisesplanadi 37
+358 9 665 496
www.esplanad.fi

CAFÉ EKBERG

The classic café Ekberg still serves the Napoleon cake and the Champagne Cork, favourite to many of its customers. The breakfast buffet is also a popular place to meet at. Weekdays a soup lunch is served from 10.30am to 2pm.

Bulevardi 9
+358 9 6811 8660
www.cafeekberg.fi

CAFÉ CARUSEL

Cafe Carusel offers a modern yet cosy atmosphere by the sea. A café with a big living room (170 seats), a glass verandah (80 seats) and a terrace (450 seats).

Kaivopuisto, Merisatamanranta 10
+358 9 622 4522
www.carusel.fi

GOOD LIFE COFFEE

Kallio-based coffee bar & shop focused on serving premium coffee from its very own roastery as well as other interesting Nordic coffee blends.

Kolmas Linja 17
<http://goodlifecoffee.fi/>

KAHVILA SÄVY

Kahvila Sävy in Kallio district offers high quality coffee produced by small roasteries.

Aleksis Kiven katu 12
+358 (0)50 4415660
<http://www.kahvilasavy.fi/>

CAFÉ STRINDBERG

An international café with an open kitchen, where the delicacies served in the café are prepared. The separate coffee sales point offers a variety of delicious drinks from espresso and cappuccino to more exotic flavors of coffee and tea. On the second floor are Strindberg à la carte and Strindberg's Bakficka.

Pohjoisesplanadi 33
+358 9 6128 6900
www.royalravintolat.com

SIS. DELI

Sis. Deli serves food made from local ingredients, delicious and healthy meals, also take-away. No artificial ingredients used.

Korkeavuorenkatu 6

+358 10 422 9302

www.sisdeli.fi

Also at Kalevankatu 4, +358 10 422 9301

CAFÉ URSULA

Café Ursula was founded in 1952 in the Kaivopuisto park. Café Ursula has grown from a small café kiosk to a café-restaurant. Lovely view to the sea and Suomenlinna island.

Kaivopuisto, Ehrenströmintie 3

+358 9 652 817

www.ursula.fi

KARL FAZER CAFÉ

Karl Fazer's French-Russian café & cake shop was opened in Kluuvikatu 17.9.1891. As years have passed by the building, designed by Juslen, has been renovated and the interior of the café has been changed many times. A part of the café & cake shops goodies are still made in Kluuvikatu, and it is possible to see the confectioners at work behind glass.

Kluuvikatu 3

+358 20 729 6702

www.fazer.fi/kahvilat-ja-leipomot/kahvilat--ravintolat/

CAFE REGATTA

Outdoor café by the sea in Töölö district with funky vintage interior and decoration. Remember to try the best cinnamon buns in town!

Merikannontie 10

+358 (0)40 4149167

<https://www.facebook.com/Cafe-Regatta-official-125305227553336/>

CAFE KOKKO

Cafe Kokko serves great quality coffee from local small roasters, a selection of teas and raw cakes, as well as vegan and gluten free delicacies.

Kalevankatu 31 A 6, 2nd floor

+358 (0)40 5442926

<https://www.facebook.com/cafekokko>

EVENTS



Helsinki is a lively and dynamic city with a fantastic selection of over 3,000 events held each year. The streets, parks and boutiques of Finland's capital are filled with lively events throughout the frosty winter, the fresh spring, the easygoing summer and the cosy autumn – all the way through to the next New Year. Find out what's on – something is sure to be happening in Helsinki all through the year!

27.8.2016 CLEANING DAY

Cleaning Day is a new day of celebration for friends of flea markets and recycling. The neatest festival of the year transforms the city into giant second-hand markets. Anyone can offer their second-hand items up for sale on the streets, yards and at home, as well as make the neighbourhood's best finds. The idea is to make recycling easy – one man's trash is another man's treasure – while creating dynamic and responsible urban culture. Siivouspäivä has no official organiser – each participant acts as an event organizer. Everybody is responsible for cleaning up after themselves.

Helsinki
www.siivouspaiva.com

11.-16.7.2016 HELSINKI CUP

The Helsinki Cup is one of Europe's biggest international junior football tournaments. The event attract hundreds of teams to pitches throughout Helsinki, and over the past 30-plus years many different countries have been represented. Thousands of junior footballers, both boys and girls, take over the city and its pitches in the middle of summer. The Helsinki Cup offers players and fans alike lots of fun and excitement in the true spirit of the game.

Helsinki
www.helsinkicup.fi

2.-8.10.2016 HELSINKI BALTIC HERRING FAIR

The oldest traditional event in Helsinki has been held since 1743. The fishermen working on the Baltic Sea will once again bring their salted herring to market, as well as a delicious selection of herring marinades from rowan berries to red pepper. Of course, you can also find delicious dark bread in the archipelago style, clothes made from the wool of island sheep, and other handicrafts.

Market Square
<http://stadinsilakkamarkkinat.fi/en>

1.-11.9.2016 HELSINKI DESIGN WEEK

Helsinki Design Week is the biggest design event in Northern Europe. This international festival offers a city-wide meeting place and discussion forum for design professionals and enthusiasts alike. The programme includes workshops, exhibitions, fashion shows, seminars and galas. Helsinki Design Week is an event that invites all friends of design to participate in unique happenings throughout the city.

Helsinki
www.helsinkidesignweek.com

15.-25.9.2016 HELSINKI INTERNATIONAL FILM FESTIVAL LOVE & ANARCHY

Finland's biggest film festival promotes the artistry of filmmaking alongside inventive, controversial and visually stunning new films. The festival also seeks to screen films that would otherwise not be seen in Finnish theatres. Cinema fans can enjoy a rich festival programme that consists of new films from well-known filmmakers and fresh talents alike.

Helsinki
<http://hiff.fi/en/>

19.8.-4.9.2016 HELSINKI FESTIVAL

Finland's largest arts festival will once again provide a diverse programme of events throughout the city, with experiences ranging from classical to world music and pop, from drama to contemporary dance, and from visual art to film and children's events. We hereby invite and encourage you to lose yourself in the Night of the Arts or get carried away with our fringe programme. This is a festival that brings the arts to everyone!

Helsinki

13.8.2016 HELSINKI CITY MARATHON

The Helsinki City Marathon is the biggest annual running event in Finland. Almost half the 42-kilometre route follows the beautiful shoreline and passes through Helsinki's parks. Each year around 6000 runners test their endurance, crossing the finish line at the historic Olympic Stadium.

Helsinki
<http://www.helsinkicitymarathon.fi/en>

12.-14.8.2016 FLOW FESTIVAL

The Flow Festival is an annual music and urban culture event that attracts thousands to Suvilahti in August to listen to the most interesting performers from Finland and abroad. The programme includes contemporary music from indie rock to jazz and world music to the freshest club sounds. The historic power plant milieu at Suvilahti offers a unique setting for enjoying urban culture, the visual arts, quality services, and a fun and lively atmosphere.

Suvilahti, Helsinki
www.flowfestival.com

DINING



The vibrant food culture and the diverse food-related events make Helsinki a fascinating culinary destination. Whether you're interested in fine dining or street food Helsinki is a city for your taste. Join the popular food carnival Restaurant Day organised four times a year, try local specialties in HelsinkiMenu restaurants, enjoy maritime cuisine in idyllic island restaurants in the summer and stop for seasonal delicacies at the traditional market halls and market places.

SANDRO

Famous for its Middle-Eastern inspired huge portions, great cocktails and casual dinner atmosphere, Sandro has also climbed up high on peoples' favourite brunch buffet spots. On Saturdays there's the Green Brunch for Vegetarians and Vegans, Sundays are for the infamous Marrakech Madness brunch.

Kolmas Linja 17 (Kallio district)
+358 (0)9 428 92317
<http://sandro.fi/>

LASIPALATSI

Restaurant Lasipalatsi is restored honouring the Functionalism style of the 1930's and the atmosphere is therefore unique. In addition to popular classics, Restaurant Lasipalatsi serves seasonal delicacies at their best. The chefs take great pride in ensuring that guests can always enjoy fresh, domestic fish, cheeses and berries.

Mannerheimintie 22-24
+358 20 7424 290
www.ravintola.lasipalatsi.fi

HAVIS

Havis is a restaurant specialized in fish and crustacean. The menu includes also vegetarian and meat dishes daily. The restaurant has three different sides: traditional Havis with 54 seats, modern/relaxed Kitchen with 32 seats and an outdoor terrace in summer with 40 seats.

Eteläranta 16
+358 9 6128 5800
www.royalravintolat.com

FARANG

Farang is a restaurant which serves modern Asian cuisine, located within the premises of the historical Kunsthalle Helsinki. Farang offers unique and fresh flavors from Southeast Asia. Farang's simplified, modern and atmospheric decor combined with the warm service and strong expertise in Asian cuisine creates an excellent setting for a comprehensive dining experience.

Ainonkatu 3
+358 (0)10 322 9385
<https://farang.fi/>

JUURI

Authentic flavours, wanton passion, wild herbs, crazy ideas, love for artisan produce and the skill to make incredibly tasty food. This is what Juuri is made of.

Korkeavuorenkatu 27
+358 (0)9 635 732
<http://juuri.fi/>

VEGETARIAN RESTAURANTS

In Helsinki finding vegetarian dishes and local specialties is easy! Remember also that most of ethnic restaurants, especially ones focused on nepalese and indian cuisine, serve a variety of vegetarian dishes.

Zucchini

Fabianinkatu 4, tel. +358 (0)9 622 2907

Popular vegetarian lunch restaurant in the city centre. Also gluten-free and vegan dishes.

Silvoplee

Toinen Linja 7 (Kallio district), tel. +358 (0)9 726 0900,

<http://www.silvoplee.fi>

Specialized in raw unprocessed foods. Also warm vegan dishes and a new Smoothie bar & cafe.

Omnam

Annankatu 29 B (courtyard), tel. +358 (0)50 274 4045

<http://omnam.fi/>

Omnam (vegetarian restaurant & café) serves many kinds of vegetarian dishes inspired by cuisines from all over the world. Tasty, fresh, beautiful and nutritious vegetarian dishes are served daily for breakfast and lunch. Also coffee house products and cafeteria products.

RESTAURANT SUOMENLINNA BREWERY

Restaurant Suomenlinna and the Brewery pub in the Jetty Barracks welcome you to taste local beers next to the ferry boat harbour. Built in 1870, the arched dining room offers possibilities for events such as banquets, cocktail parties and conferences. Conference room with sea view. Additional space in the sunny garden during the summer months.

Rantakasarmi, Suomenlinna C 1

+358 9 228 5030

www.panimoravintola.fi

ASK

Ask is a small and intimate restaurant in Kruununhaka that offers 4 or 8 course menus with carefully selected beverage menus. The restaurant sources its produce from small farmers and producers. All products come from organic or biodynamic farming, except the game, wild fish and other foraged products.

Restaurant Ask was chosen as restaurant of the year 2014 by The Gastronomic Association of Finland. The restaurant received its first Michelin star in 2014.

Vironkatu 8

+358 40 581 8100

<http://restaurantask.com/>

OLO

Olo is a modern Nordic gourmet cuisine restaurant at the heart of Helsinki. Olo's kitchen represents the modern Nordic cuisine, where traditional raw materials of the North are well-respected. The cuisine aims to offer clarity of design and generous flavours as known from our grandmothers' times. The menu follows the yearly cycle of the Nordic nature, bringing to the table only what is at best at a given time. The natural and clean flavours of land and sea reign in Olo's kitchen. The restaurant has had a Michelin star since the year 2011.

Pohjoisesplanadi 5

+358 (0)10 320 6250

<http://olo-ravintola.fi>

CHEF & SOMMELIER

Chef & Sommelier concentrates on organic ingredients but also uses ingredients from the nature and from Fairtrade.

Chef & Sommelier was chosen as restaurant of the year in 2013 by The Gastronomic Association of Finland. The restaurant received its first Michelin star in 2014.

Huvilakatu 28

+358 400 959440

<http://www.chefetsommelier.fi/>

HELSINKIMENU RESTAURANTS

Participating HelsinkiMenu restaurants offer special, seasonal dishes made of Finnish ingredients.

The HelsinkiMenu can be tried at around 20 different restaurants throughout the city. The menu varies according to restaurant and season. The recipes interpret Finnish food traditions in new and exciting ways.

http://www.visithelsinki.fi/en/stay-and-enjoy/eat/helsinkimenu-restaurants#listing_id=52279&mode=list

SUNDMANS KROG

Situated on the ground floor of the Sundmans building opposite the Old Market Hall, Sundmans Krog is an ideal venue for get-togethers, parties and fine dining. The atmosphere is pleasantly relaxed, and the menu features exquisite seafood as well as international dishes.

Eteläranta 16
+358 9 6128 5450
www.royalravintolat.com

SEA HORSE

A classic Finnish "artist haunt" restaurant serving traditional Finnish home style food. The restaurant dates back to 1934.

Kapteeninkatu 11
+358 (0)9 628 169
<http://seahorse.fi/>

DO & SEE



Helsinki is a great city to wander around in, and many attractions are located within walking distance from the town centre. But, if you need to rest your legs or maybe don't have much time, the tram is an excellent option! It will take you around the city in an effective way and you will be able to see many interesting things along your journey.

KAMPPI CHAPEL OF SILENCE

Kamppi Chapel of Silence is located in a corner of the Narinkkatori square in Helsinki, at the entrance of the Kamppi shopping center. The Chapel is intended to be a place where people can have a moment of silence and meet each other. It offers an opportunity to calm down in the middle of perhaps the busiest area in Finland. The entrance to the chapel works as an exhibition area as well where it is possible to meet the priest and the social worker.

Simonkatu 7, Narinkkatori
 +358 9 2340 2018, +358 50 578 1136
www.helsinginkirkot.fi

SEURASAARI OPEN-AIR MUSEUM

Seurasaari is a popular museum island that shows how Finns lived from the 1600s to the 1900s. The beautiful walking paths around the island are popular all year round.

Seurasaari island, Helsinki
 +358 9 4050 9660
www.nba.fi/en/museums/seurasaari_openairmuseum

NATURAL HISTORY MUSEUM

The History of Life exhibition presents the development of living organisms from the Big Bang to dinosaurs and from giant mammals to the Ice Age. The interactive exhibits invite visitors to discover the astonishing diversity of nature.

Pohjoinen Rautatiekatu 13
 +358 294 128 800
www.luomus.fi

MUSEUM OF CONTEMPORARY ART KIASMA

Kiasma breaks the barriers of traditional art museums with exhibitions that provoke and invite debate. The building itself is a work of art.

Mannerheiminaukio 2, Helsinki
 +358 294 500 510
www.kiasma.fi

SEA LIFE HELSINKI

Travel from tropical waters to the Arctic Sea and discover hundreds of underwater creatures, from shrimp and starfish to sharks and stingrays. You can even walk through the largest aquarium via a glass tunnel.

Tivolitie 10
 +358 9 565 8200
www.sealife.fi

SUOMENLINNA MARITIME FORTRESS

Suomenlinna is one of seven UNESCO World Heritage Sites in Finland. The ferry ride itself is a fun experience, allowing you to see and photograph Helsinki from the sea. Suomenlinna attracts visitors of all ages with its bastion walls, canons, tunnels, museums, restaurants and more!

Suomenlinna island, Helsinki
 Visitors centre: +358 295 338 410
www.suomenlinna.fi

LINNANMÄKI AMUSEMENT PARK

Linnanmäki is the most popular amusement park in Finland and has the biggest selection of rides in Northern Europe. The sounds and smells are the highlight of the summer for a million visitors each year!

Tivolikuja 1, Helsinki
 +358 10 5722 200
www.linnanmaki.fi

HELSINKI ZOO (KORKEASAARI)

Founded in 1889, Korkeasaari is one of the oldest zoos in the world. The zoo presents over 200 animal species from the Arctic tundra to the tropical rainforests. Korkeasaari also participates in the work to protect the habitats in the original homes of the various species.

Mustikkamaanpolku 12, Helsinki
 +358 310 37900
www.korkeasaari.fi

OLD MARKET HALL

The Old Market Hall alongside the Market Square has been a meeting place for Helsinki's food aficionados and a popular tourist attraction since it first opened in 1889. In addition to traditional treats, you can also find Japanese sushi and delicacies from Lapland.

Eteläranta, Helsinki
<http://www.vanhakauppahalli.com/>
 Mon-sat 8 am – 6 pm

USPENSKI CATHEDRAL

Completed in 1868 in the Katajanokka district of Helsinki, Uspenski Cathedral is the largest Orthodox church in Western Europe.

Kanavakatu 1
 Tel: +358 9 8564 6100
www.helsinginortodoksinenseurakunta.fi

ESPLANADE PARK

Situated in the heart of Helsinki, the Esplanade serves as a promenade for tourists and a place to relax for city residents. The park and the Espa Stage host many popular events, including the Marimekko Fashion Show and raising of the midsummer pole accompanied by folk dancing in June and the Jazz-Espa concert series on weekdays throughout July.

Esplanade Park, Helsinki
www.kulttuuri.hel.fi

OLYMPIC STADIUM

The Olympic Stadion, built in 1938 was designed in functionalistic style by the architects Yrjö Lindegren and Toivo Jäntti. The Olympic Games were held in 1952 in Helsinki. Today the Olympic Stadium hosts both national and international sporting events and concerts.

Paavo Nurmen tie 1
 +358 9 436 6010
www.stadion.fi
 Stadium Tower open Mon-Fri 9-21 (1.6.-31.8. 9-20), Sat-Sun 9-18. Note please! The tower is closed during competitions and events.

NATIONAL MUSEUM OF FINLAND

Housed in a magnificent Jugend building, the museum presents the largest permanent exhibition of archaeology in the country and introduces visitors to Finnish life before industrialisation.

Mannerheimintie 34, Helsinki
 +358 9 40 501
www.nba.fi/en/nmf

ATENEUM ART MUSEUM

Ateneum presents the largest collection of art in Finland, including famous Finnish paintings by Albert Edelfelt, Akseli Gallen-Kallela and Helene Schjerfbeck.

Kaivokatu 2, Helsinki
 +358 294 500 401
www.ateneum.fi

TORI QUARTERS

Visit Tori Quarters in the historical centre of Helsinki to discover the heart of the old town meeting the new buzz of the city. The historical buildings of Tori Quarters, used for administration offices for over 40 years, are now being renovated, opening up new spaces for new businesses and Helsinki-dwellers and travellers alike. In the area you find a growing number of cafés, restaurants, design boutiques, craft shops, creative sector companies and renewed public space.

Unioninkatu-Sofiankatu-Katariinankatu-Helenankatu, Helsinki

www.torikorttelit.fi

The Tori Quarters project also coproduces events, rents out empty spaces to interesting pop ups and events and acts as an enabler for new urban culture. Follow and find us at this interesting phase of development!

TEMPPELIAUKIO CHURCH

Carved out of the granite bedrock and covered by a copper dome, TempPELLIAUKIO Church is one of the most popular architectural attractions in Helsinki.

Lutherinkatu 3

+358 9 2340 6320

www.helsinginseurakunnat.fi/seurakunnat/toolo/touristinformation.html

SIBELIUS MONUMENT

In the Sibelius park is the world famous composer Jean Sibelius'

(1865-1957) monument by Eila Hiltunen. It was unveiled 7.9.1967.

The Sibelius Monument, recembling organ pipes, is made of welded steel with the bust of the composer on one side. The monument is one of Helsinki's most popular statues and one of the most well known tourist attractions. The monument is 8,5m high, 10,5m wide and 6,5m deep. It is built of over 600 pipes and weighs 24 tons.

Sibelius Park, Helsinki

<http://www.hamhelsinki.fi/en/sculpture/sibelius-monumentti-eila-hiltunen/>

SENATE SQUARE

The Senate Square and its surroundings form a unique and cohesive example of Neoclassical architecture. The square is dominated by four buildings designed by Carl Ludvig Engel between 1822 and 1852: Helsinki Cathedral, the Government Palace, the main building of the University of Helsinki and the National Library of Finland. The oldest stone building in Helsinki is the Sederholm House located on the southeast corner of the square. The main building of the City Museum can be found on the Sofiankatu museum street.

Senaatintori, Helsinki

www.virtualhelsinki.net

The Cathedral on the Senate Square is open: Mon-Sun 9-18, June-August 9-24.

PARLIAMENT

Finland's 200-seat parliament gathers in this impressive building representing 1920s Classicism. The facade of the building is made of red granite from Kalvola. The main facade includes 14 Corinthian columns. A Visitors' Centre operates in the Little Parliament (Arkadiankatu 3, open Mon-Fri 10-16), an annex on the left side of the actual Parliament building. At the Visitors' Centre you will find information about the Parliament. Here it is possible to watch videos about the Parliament or read brochures, also Café Pikku Parlamentti and free access to internet.

Mannerheimintie 30

+358 9 4321

www.eduskunta.fi

Guided tours are available for groups min.6 persons (not during plenary sessions). Prebooking needed. The public is welcome to observe all Parliaments' plenary sessions from the public gallery. The door on the right side of the main entrance is open 15 min. before each plenary session.

MARKET SQUARE

The Market Square is Helsinki's most international and famous market. The booths here sell traditional market foods and treats, as well as handicrafts and souvenirs. There is also a heated café tent where you can comfortably sip steaming hot coffee even on the coldest days in winter.

Eteläsatama, Helsinki

+358 9 310 23565

www.hel.fi

Mon-Fri 6.30-18, Sat 6.30-16, during summer also

Sun 10-17.

HELSINKI CATHEDRAL

Over 150 years old, Helsinki Cathedral is arguably Finland's most iconic and photographed building.

Unioninkatu 29, Senate Square

+358 9 2340 6100

www.helsinginseurakunnat.fi/seurakunnat/tuomiokirkkoseurakunta/touristinformation.html

ESSENTIAL INFORMATION



FREE WIFI IN HELSINKI

The city of Helsinki offers a free WLAN-service for residents and travelers alike. No passwords or registration required. Just look for "Helsinki City Open WLAN" from the available networks.

PUBLIC TRANSPORT

With a single ticket you can hop aboard trams, busses, the metro and even the ferry to Suomenlinna – why not to try for instance a sightseeing tour on tram routes 2 and 3. Single tickets can be purchased from the driver and from ticket machines.

Day tickets are available for unlimited use on public transportation for 1-7 days. They can be purchased from ticket machines, from the Tourist Information or from the Helsinki City Transport service point in the Central Railway Station. One day ticket is also sold by the drivers. www.hsl.fi/EN/ticketsandfares/singleticketsanddaytickets

Regional tickets allow the holder to travel freely in Helsinki, Espoo, Kauniainen and Vantaa. Regional tickets and regional tourist tickets can be purchased eg. from ticket machines.

Some Helsinki Region Transport (HSL) buses and trams offer free wireless internet access. Look for the WLAN sticker on the front window or door of participating buses and trams.

Helsinki Card holders can travel free of charge on public transportation within the city. www.helsinkiexpert.com/helsinki_card

Helsinki Region Transport www.hsl.fi/EN
 Journey Planner: Find the quickest route from A to B <http://aikataulut.hsl.fi/reittiopas/en/>

TAXI

Taxis are easy to hail in the city centre except during the busiest periods. Taxi stands are conveniently located throughout the centre.

Taksi-Helsinki

Tel. +358 100 0700 (1,17€/call +0,25€/10 seconds + local call charge)
www.taksihelsinki.fi/en

Airport Taxi Yellow Line

Tel. +358 600 555 555 (1,99 €/call+local call charge). From airport to city centre with special price.
www.airporttaxi.fi/index_airporttaxi_en.html

Lähitaksi

Tel. +358 100 7300 (1,17€/call+0,17€/10 seconds +local call charge)
www.lahitaksi.fi/en

EXCHANGE OFFICE

FOREX Bank is since 1965 the Scandinavian market leader in foreign currencies. Since mid-2003 FOREX Bank also offers a growing range of other banking services deposits, loans, payment services, transaction services and credit and debit cards. FOREX Bank is centrally located throughout Scandinavia with more than 130 branches. At FOREX Bank you can buy foreign currency free of charge, at hours that suit you.

+46 200 222 220

www.forex.se

TOURIST INFORMATION

Helsinki Tourist Information

Address: Pohjoisesplanadi 19

Tel: +358 9 3101 3300

tourist.info@hel.fi

www.visithelsinki.fi

Opening hours: 15 May-14 Sept: Mon-Fri 9am-8pm, Sat-Sun 9am-6pm. 15 Sept-14 May: Mon-Fri 9am-6pm, Sat-Sun 10am-4pm.

Helsinki Region Tourist Information

Helsinki Airport, Terminal 2, Arrival Hall 2

airport.info@hel.fi

Open 24-hours, desk manned daily 10am-8pm May to September and 10am-6pm and Sun 12noon-6pm October to April.

During the summer season from June until the end of August, Helsinki Helpers patrol the inner city and cruise harbours, providing numerous tips on interesting sights, events, restaurants, shopping venues and various travel services.

ARRIVING IN HELSINKI

Helsinki can easily be reached from anywhere in the world.

By plane - Around 200 international flights a day arrive at Helsinki Airport, which is situated 19 kilometres from the centre of Helsinki and can be reached by car in approximately 25 minutes. You can also take a taxi, the Finnair airport bus or Bus 615 as well as the Ring Rail Line train to the Central Railway Station. A taxi to city centre costs approximately 35 euros. www.finavia.fi/home

By train - There are excellent train connections from Helsinki to all major towns in Finland as well as to Lapland. There is also a daily train service to St. Petersburg and Moscow. The Central Railway Station is a landmark unto itself in Helsinki. www.vr.fi/en

By bus - Buses from all around Finland arrive to the central bus station, from the largest cities approximately every hour. www.matkahuolto.fi/en/

By ferry - There are daily ferry services to Helsinki from Estonia, Sweden and Germany. All the ferry companies offer also possibility to take a car with you. www.portofhelsinki.fi/frontpage, www.eckeroline.fi/en, www.lindaliini.ee/en, www.tallinksilja.com/en/, www.vikingline.fi/en

PHARMACY

24-hour service:

Yliopiston Apteekki

Address: Mannerheimintie 96

Other pharmacies in the city centre:

Yliopiston Apteekki, Mannerheimintie 5, open daily
7am-12midnight

Apteekki Bulevardia, Bulevardi 13, open Mon-Fri
8:30am-7pm, Sat 10am-4pm

TELEPHONE

Country code: + 358

Area code: (0)9

ELECTRICITY

220 V

SHOPPING



Helsinki offers plenty of shopping opportunities year round. Visit Tori Quarters in the historical centre of Helsinki for a variety of charming design boutiques and craft shops. Fans of Finnish design, fashion and interior decoration should head out to the Design District, situated in the heart of Helsinki.

The main shopping streets include Aleksanterinkatu, Mannerheimintie and the streets Pohjois- and Eteläesplanadi around the Esplanade park that feature several famous Finnish brands such as Iittala, Marimekko, Aarikka and Pentik.

Especially for food shopping be sure to also visit the several market squares and cosy market halls of Helsinki, such as the Market Square and the Old Market Hall at the South Harbour, the Hakaniemi indoor market and the Hietalahti Market Hall and Hietalahti Square that during summertime hosts the city's best-known flea market.

DESIGN DISTRICT HELSINKI

Those interested in design should visit Helsinki's design oriented neighbourhood, the Design District. The area is home to a wide range of designer shops, interior decorating studios, antique dealers, clothing and jewellery boutiques, artist workshops, galleries, museums, restaurants and lots more. The symbolic centre of the area is Dianapuisto Park. From here the Design District stretches into the districts of Kaartinkaupunki, Kamppi, Punavuori and Ullanlinna.

www.designdistrict.fi

STOCKMANN DEPARTMENT STORE

Located in the centre of Helsinki, the Stockmann department store offers a wide selection of products from foods to top fashion. On the 7th floor, a Visitor Centre provides visitors with advice and help on tax free issues. Opposite to the department store, on Keskuskatu, lies one of the largest bookstores in Europe, Akateeminen Kirjakauppa.

Aleksanterinkatu 52 B, Helsinki

www.stockmann.fi

Mon-Fri 9am-9pm, Sat 9am-6pm, Sun 12noon-9pm

LUMI BOUTIQUE

The renowned Finnish designer handbag brand Lumi Accessories offers handbags and accessories with Nordic simplicity and functionality.

Aleksanterinkatu 28, Helsinki

<http://lumiaccessories.com/>

Mon-Fri 10am-7pm, Sat 10am-6pm

IVANA HELSINKI

Contemporary Finnish design combining modern Scandinavian style with a traditional Slavic touch. Designer Paola Suhonen is internationally recognized and her clothes are handmade in Finland.

Uudenmaankatu 15, Helsinki

<http://www.ivanahelsinki.com/>

Mon-Fri 11am-7pm, Sat 11am-4pm

KLUUVI SHOPPING CENTRE

Located along one of the main shopping streets, Aleksanterinkatu, the shopping Centre Kluuvi focuses on international brand selection and current quality domestic concepts. The fashion selection includes a variety of well-known brands such as Fred Perry, Tiger of Sweden, Superdry, Sandwich and Gaastra. There are also multibrand stores such as The Brand New Maranello and Showroom8, which sells the popular clothing line, Desigual.

Aleksanterinkatu 9, Helsinki

www.kluuvi.fi

Mon-Fri 10am-9pm, Sat 10am-6pm, Sun 12-5pm

ARTEK

Artek is renowned as being one of the innovative contributors to modern design, building on the heritage of Alvar Aalto. Functionality and timeless aesthetics are the essential elements in the creation of every product that bears the Artek name. The flagship store is a beautiful platform for Artek's products as well as other international and Finnish design brands.

Eteläesplanadi 18, Helsinki

<http://www.artek.fi/index.html>

Mon-Fri 10am-7pm, Sat 10am-4pm

MARIMEKKO

At the iconic Finnish brand Marimekko you will find high-quality clothing, interior decoration textiles, tableware, bags and other accessories. There are several Marimekko stores in central Helsinki.

Mikonkatu 2, Helsinki

https://marimekko.com/eu_en/

Mon-Fri 10am-6pm, Sat 10am-5pm

MINNA PARIKKA UNIVERSUM

The Helsinki-based designer Minna Parikka's creations have graced the feet of adventurous women around the globe, including Lady Gaga, Taylor Swift, Paloma Faith and Beth Ditto. Minna's concept boutique on Aleksanterinkatu offers shoes and accessories from her collections in playful settings.

Aleksanterinkatu 36, Helsinki

<http://minnaparikka.com/>

Mon-Fri 10am-6pm, Sat 10am-5pm

SAMUJI

Samuji is a Finnish fashion label created by the former Marimekko creative director Samu-Jussi Koski. Samuji Collection comprises of two individual lines: classics and seasonals. Classics consist of timeless, high-quality garments whereas Seasonals is more experimental and trendy. Stores located on Pohjoisesplanadi and Erottajankatu.

Pohjoisesplanadi 37, Helsinki

<http://www.samuji.com/>

Mon-Fri 11am-7pm, Sat 11am-5pm

TORI QUARTERS

Tori Quarters (Torikorttelit) located in the historical centre of Helsinki between the Senate Square and the Market Square is an area that offers a growing number of design boutiques, fashion, craft shops as well as cosy and cool places to eat and drink. In December Tori Quarters also hosts the Helsinki Christmas Market in Senate Square where you can find great gift ideas and seasonal treats.

<http://www.torikorttelit.fi/en/>