

Responsible tourist's guide



Enjoy traveling with
a clear conscience



10 tips for a responsible tourist

Responsibility is often small deeds.

The beautiful nature of Lake Saimaa rewards mindful and responsible visitors with great pleasures.

Find your nature.

Promote responsibility and share this guide with others at visitsaimaa.fi/en/sustainable-tourism

Lake Saimaa is home to about 430 Saimaa ringed seals.

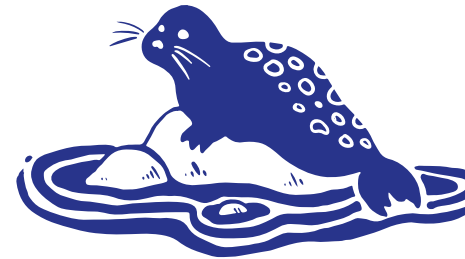
1

Licence to observe

When venturing out into the great outdoors, you will see many miracles of the Saimaa waters.

Saimaa is the home, for example, to one of the world's rarest seals, **the Saimaa ringed seal**. To ensure their peace, it is advisable to move at a slow speed on the lake. When you spot this whiskered creature, slow down and observe it from a distance, preferably through binoculars.

Keep your eyes peeled especially during the nesting season of the ringed seal in February–April as well as in May–June when the seal sheds its winter coat and climbs onto cliffs to dry itself.



QR-code to our responsibility content on visitsaimaa.fi website

*Remember
to wear
a life jacket
on the water.*

2

Licence to explore

Lake Saimaa has an amazing 15,000 kilometres of shoreline to enjoy on both land and water. Trips in the Lakeland nature do good for both your body and mind.

Trekking, cycling, paddling, rowing, and skiing are the most rewarding ways to explore nature. This way, you will also cause minimum disturbance to the animals and the unique nature of the area. Have you already tried snowshoes or Nordic touring skates?

If you are traveling with a pet, remember to keep it on a leash when spending time outdoors.

If you are not familiar with the territory, it is safest to venture out on land and water in a group.

3

Licence to enjoy the peace and quiet

Enjoy and let also other travellers enjoy peaceful moments in nature.

When moving on water or on land, remember to keep an appropriate distance to private properties and beaches.

You can make a fire on dedicated campfire sites unless there is a warning for a forest or grass fire. In such case, open fires are not allowed.

The unique nature of Lake Saimaa deserves our respect. Take litter with you to recycling bins.



visit *Saimaa*

4

Licence to favour local food and services

Enjoy the local services and exquisite flavours of nature. By supporting local businesses, you will help keep local culture and traditions alive and vibrant.

Local producers' goods, handicrafts, art, food, and beverages are great souvenirs and gifts.

The local guides know the destinations, the history, and the best stories of the region. By exploring nature with them, you will learn to hike responsibly and to consider nature's diversity.

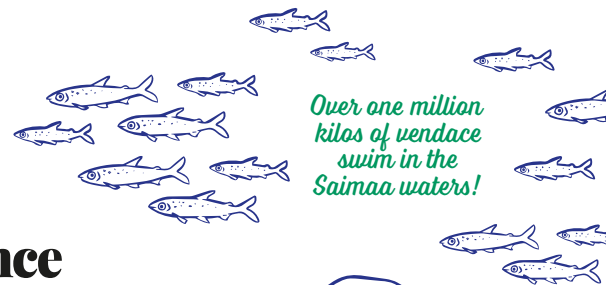


5

Licence to feast

Many restaurants in the Saimaa region serve delicacies made of local ingredients, such as berries and mushrooms from nearby forests, wild fish from the lakes, food from local producers, and natural herbs.

If you want to enjoy fresh and tasty food, choose a restaurant serving organic, seasonal, and local food. The tap water in the region is clean and fresh – a great and sustainable choice to drink!



Over one million kilos of vendace swim in the Saimaa waters!



Local food is a responsible choice

Locally grown and prepared food is served fresh. At best, the ingredients come from only twenty metres away. By eating local food, you support local employment.

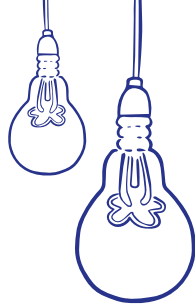
The first regional quality label in Finland



Discover food and design products
dosaimaa.fi

100% excellence from the Saimaa region

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6 Licence to save

By letting the cleaner of your hotel know that your sheets and towels do not need changing every day, you save the environment.

You can also help make significant savings through your own water consumption. Turn off the shower while applying soap and use a mug when brushing your teeth.

Let's save electricity! Turn off unnecessary lights and electronic equipment when leaving the room.

7 Licence to skimp

Avoiding unnecessary packaging and disposable products is a sensible and easy way to be economical.

If you sort your waste carefully, it can be reused.

You can reduce food waste by taking only as much as you can eat from the buffet. Remember: you can always have a second helping.

Lake Saimaa with its 15,000 islands offers a lovely refuge for all those willing.

8

Licence to take care

By washing your hands regularly, you can reduce your own risk and that of others of falling ill during your visit.

When you sneeze or cough into a tissue or your elbow, you will not spread any infections.

If you fall ill, avoid unnecessary contact with other people.



Licence to visit

Welcome to the Saimaa region to experience an authentic way of life! During your visits to the destinations in the region, you can hear enticing stories about the past and present of the places.

The family businesses in the Saimaa region have often been passed on from one generation to the next.

Thanks to the local entrepreneurs, the traditions have been preserved for all of us to enjoy. How about, for example, feeling the enchanting ambience of old manors and villas, staying in an old forest ranger's house, or enjoying a meal in an old sawmill?

10

Licence to comment

All feedback is good feedback. By giving feedback directly to the entrepreneur, you make sure that your message is heard.

Positive feedback helps companies assess their successes. Whenever you share your views on potential problems, you help entrepreneurs correct the shortcomings and improve their operations.

By sharing information on the good practices that you have observed during your visit, you enable also other travellers make responsible choices.





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