



Grounded
Evolve **Events**

*your guide to
meaningful and
memorable events*

HELSINKI

Grounded

Evolve **Events**

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Events in Helsinki

The happiest place on earth

For seven consecutive years, Finland has topped the World Happiness Report, a testament to deep-rooted wellbeing, equality and connection to nature. In Helsinki, this translates into genuinely relaxed hospitality and experiences that feel restorative, not performative.

A City Built on Balance

Helsinki is where urban creativity meets natural calm. The Finnish capital is celebrated for its clean air, coastal beauty and effortless blend of design and sustainability, a place where business events feel both inspiring and restorative.

Sustainability Leader

According to the UN's 2022 Sustainable Development Report, Finland ranks first globally for its progress toward the Sustainable Development Goals. At city level, Helsinki has twice been named the world's most sustainable destination in the Global Destination Sustainability (GDS) Index, recognised for its strong climate policy, social inclusion and circular economy initiatives. Nearly all major hotels, restaurants, and venues in Helsinki are sustainability certified, and the city aims to be carbon neutral by 2030.

Green by Design

Over 40% of Helsinki is green space, parks, forests and archipelago islands woven into the urban fabric. Your delegates can forest-bathe minutes from their hotel, kayak between islands at sunset, or forage for wild ingredients before a chef-led outdoor feast. Even Helsinki's signature saunas walk the talk: Löyly and Allas Sea Pool run on renewable energy and bring people together beside the Baltic, combining wellness with genuine sustainability.

Incentive Experiences That Reconnect

- Island Immersion — Private ferry to UNESCO-listed Suomenlinna for a candlelit dinner overlooking fortress walls and open sea
- Design & Craft Trails — Studio visits, architectural tours, and maker collaborations in one of Europe's most creative capitals
- Nordic Wellness Rituals — Traditional sauna, ice swimming, and seasonal Nordic dining designed for deeper team connection
- Wilderness, Close In — Nuuksio National Park is 30 minutes away: guided hikes, lakeside dining, forest silence



Incentives in Helsinki

Europe's highest ranking sustainable city for events

Helsinki is a city where sustainability, wellbeing and culture come together seamlessly. From forest trails and tranquil islands to vibrant markets and world-class restaurants, the Finnish capital offers experiences that nourish the body, calm the mind, and inspire creativity. Every activity, meal and stay can be chosen with care for the environment, making your visit both rewarding and responsible.

This guide highlights the very best of Helsinki for incentive groups and curious travellers alike. Whether you're exploring nature, sampling locally sourced cuisine, or discovering design-led hotels, you'll find effortless ways to connect with the city, its people, and its unique Nordic spirit.

Grounded **Accommodation**



Hotels That Care

Sustainable **Stays**

Helsinki offers a wide range of accommodation to suit every taste, from design-led boutique hotels to five-star luxury stays and cozy city-center options. More than 60% of the city's hotels follow sustainable practices, making it easy to align your stay with eco-conscious values.

Whether you prefer a riverside retreat, a historic property or a modern, minimalist design hotel, Helsinki combines comfort, style and sustainability. Many hotels also offer wellness amenities, locally sourced dining and easy access to both the city's cultural highlights and natural surroundings, ensuring a restorative and memorable stay.



Hotel Kämp

A landmark 5-star hotel that blends heritage luxury with real eco-credentials, offering ethically sourced meals and reduces energy, water and single-use products.

179 rooms



St George

Contemporary 5-star hotel with art, design & wellbeing at its core. Plastic use is minimised, waste is reduced and menus feature local and plant-based ingredients.

153 rooms



Grand Central

The former Finnish Railways offices combine Art Nouveau charm with strong commitments to energy efficiency, waste reduction and sustainable sourcing.

153 rooms



Clarion Hotel

Iconic 16 story hotel, rooftop bar & congress centre that supports local communities reduces energy & water use, cuts food waste and uses safer cleaning products..

425 rooms

Archipelago Igloos



A small, environmentally friendly space, yet luxurious. With basic facilities, you can hide away from the world.

Tree Tents



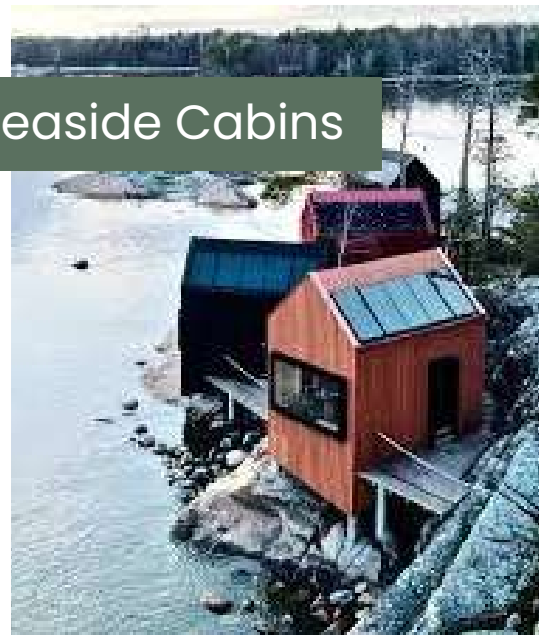
Sleep under the stars, rocking between trees, and wake up with a sea view – a true authentic nature experience.

Frame Cabins



Eco-friendly cabins offering zero-emission accommodation in unique and normally inaccessible locations in the midst of nature.

Seaside Cabins



Off-grid seaside properties for retreats in the Helsinki archipelago. Wake up to the sounds of seabirds and gently rolling waves of the Baltic Sea.

Manor House



Manor dating back to the 17th century, responsibly restored for future generations. The venue garden and lakeview offer a beautiful and serene setting for meetings and business events.

Lake Lodge



Nature boutique hotel leading in sustainability & regenerative tourism. Experience the best of Finnish nature as the tent allows sounds and scents of nature inside while keeping the rain and wind out.



Look for hotels in Helsinki with sustainability certifications like LEED, Green Key or Sustainable Travel Finland label with, energy-saving initiatives, water conservation measures, support for local communities and eco-friendly toiletries to have an environmentally friendly stay.

Grounded **Experiences**



Explore, Recharge, Repeat

City

Activities

Helsinki is a city of striking contrasts: historic charm meets modern design, all set along the tranquil Gulf of Finland. Its green parks, waterfronts and forests make it perfect for incentive groups seeking inspiration and a breath of fresh air between meetings.

Architecture lovers can explore Senate Square, the neoclassical Helsinki Cathedral and the innovative Temppeliaukio Rock Church, carved into solid bedrock for exceptional acoustics. The Design District offers a glimpse into Finnish creativity, from contemporary studios to iconic design shops.

Culture comes alive in private museum tours, workshops and guided walks, while the food scene impresses with seasonal Nordic menus, market tastings and boutique cafés perfect for casual team moments.

Finally, no visit is complete without a Finnish sauna experience. Whether at the landmark Löyly, the floating Allas Sea Pool, or a private session, it's a uniquely Finnish way to relax, reconnect and enjoy a moment of calm with your team.

Hot Spots



Sauna is perhaps the essence of Finnish lifestyle. We promise a truly authentic sauna experience away from crowded tourist spots, along with a comprehensive introduction to local sauna culture.

Heritage Treats



Experience Fazer Blue, Finland's iconic chocolate brand, with a one-hour group tasting and behind-the-scenes tour. Sample their famous chocolate and discover how this family-owned company combines heritage with sustainability.

City Shapes



Helsinki is one of the world's best-preserved Art Nouveau cities, home to more than 600 'Jugend' buildings. Take a walking tour to trace the city's architectural evolution, from ornate stone façades to sleek modernism.

Taste of Helsinki



Discover the flavours of Finland on a guided food walk. Visit local producers, sample local, organic traditional treats and immerse yourself in the country's rich culinary heritage.

Grounded **Experiences**



Explore, Recharge, Repeat

Outdoor **Activities**

Unwinding in Helsinki comes naturally. Surrounded by sea and forest, the city offers endless ways to recharge – from paddleboarding in the calm bays to forest bathing just a short tram ride away. Even in the heart of the capital, nature is never far; it's woven into the rhythm of daily life.

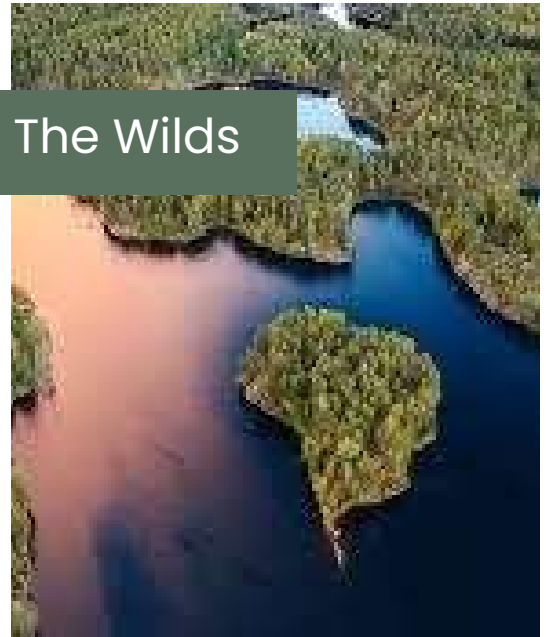
Sustainable by design and refreshingly easy to explore, Helsinki makes well-being effortless. Whether you're soaking in a seaside sauna, cycling the waterfront, or joining a guided nature walk, you'll find balance between city energy and natural calm – the perfect combination for relaxed, restorative experiences.

Archipelago Adventure



Slow sailing between islands, focusing on traditional communities and wildlife watching. Feel the sea breeze and experience the coast like never before.

Into The Wilds



Take a hike in Nuuksio, a national park close to Helsinki's city center. Enjoy a guided walk through rugged natural landscapes, learn about the local flora and fauna, and relax by the campfire.

Secrets Of The Sea



Explore the historic sea fortress of Suomenlinna, a UNESCO World Heritage site. Uncover the stories hidden behind its thick stone walls and enjoy the stunning views of Baltic Sea archipelago.

Canoe Escape



Discover the hidden beauty of Nuuksio National Park on a tranquil canoe journey. Glide through calm, forest-fringed waters. Relax, connect with nature and soak in the serene, secluded landscapes.

Forest Bathing



Follow a winding path through spruces and oaks, pause by streams and shimmering waters and breathe in the forest air. Gentle sensory and mindfulness exercises help calm your mind, restore joy, and deepen your connection with nature and yourself.

Hit The Trails



Recharge and explore with a fun, all-abilities fat bike ride through the stunning off-road trails of Nuuksio Lakeland. Whether you're a beginner or a seasoned rider, the varied terrain offers something for everyone.

Ice Swimming



Swim in the icy water wearing the rescue suits worn also by rescue professionals. Suits float and keep you warm. You can also safely get acquainted with survival techniques and try them in real conditions but with a lot of fun.

Wildlife Warriors



Help control invasive lupines by using a scythe. Along the way, learn about habitat loss, invasive species, and why every small action matters. After an hour of hands-on conservation, relax in the meadow with refreshments

Grounded Dining



Eat Well, Feel Good

Restaurants rooted in nature

Helsinki's food scene is a feast for all the senses; creative, rooted in nature and driven by a deep respect for local ingredients. From Michelin-starred tasting menus to neighbourhood cafés, every plate tells a story of Finland's seasons, landscapes and producers.

Whether you're sampling coffee roasted just down the street or dining on wild herbs and locally foraged ingredients, quality and sustainability are always on the menu. Helsinki's chefs transform simple, honest ingredients into culinary experiences that are both innovative and unmistakably Finnish.

Grön



One of Finland's top dining destinations, Michelin-starred Grön celebrates nature with foraged ingredients, locally sourced produce and bold, seasonal flavours.

GröFinnjävel



Michelin-starred Finnjävel Salon reimagines Finland's culinary heritage with contemporary flair. Traditional dishes like dumpling soup, carrot casserole, and meat stews are elevated into elegant works of art, celebrating Finnish culture.

Nolla



Finland's first zero-waste restaurant sources every ingredient from local farmers, fishermen and producers, crafting seasonal dishes that honour nature, reduce waste and redefines conscious fine dining.

Natura



Serving local, organic and foraged ingredients from small producers and even its own city farm, this relaxed yet refined restaurant celebrates sustainability through vibrant, modern dishes inspired by the forest, sea and seasons.

Three nights sample Itinerary

Arrive in Helsinki

Check in at a sustainable design hotel in the city center. Take a gentle destination-discovery walking tour through the streets of Helsinki, exploring the architecture, green spaces and local markets. Enjoy a Nordic-inspired welcome dinner at a farm-to-table restaurant with a seasonal menu.

City & Sea Exploration

Start your day with a guided experience. Discover Helsinki's creative side with a tour of the Design District and waterfront, including a stop at the striking Oodi Library. Then sail to a nearby island for a local picnic and kayaking adventure, ending your day with dinner by the harbour.

Forest Retreat

Spend the morning in a traditional Finnish sauna, followed by a restorative cold plunge. In the afternoon, head to a forest retreat just outside the city for mindful walks, sensory exercises and time to connect with nature. Evening dinner is served in the peaceful forest setting.

Mindful Farewell

Take a leisurely bike ride along the harbour. Enjoy a light lunch at a riverside café before a final stroll through the Design District to pick up artisanal souvenirs before heading home.



Grounded **Exploration**



Day trips nearby Helsinki

Eco **Exploration**

Adding a day trip to your Helsinki itinerary is effortless. With destinations like Tallinn, Porvoo or the Western Helsinki coast just a short ferry ride or drive away, you can explore more of the region without changing hotels or schedules.

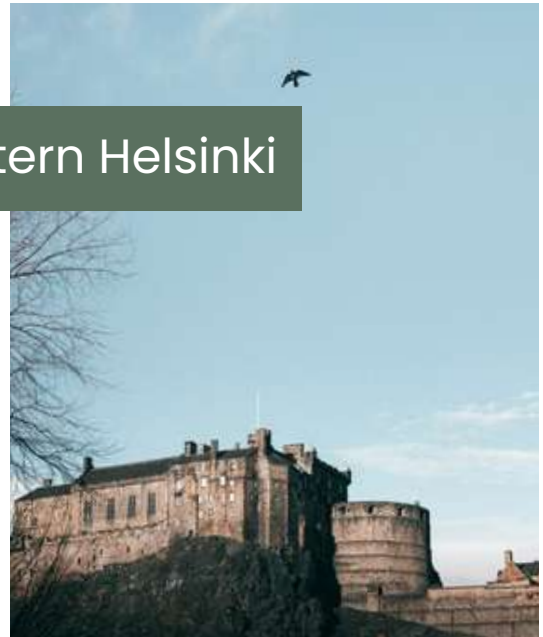
Travel is smooth and stress-free, with comfortable ferries, scenic drives and guided tours available. In just a few hours, you can immerse yourself in history, culture and local flavours, making the most of your time while enriching your overall Finnish experience.

Charming Porvoo



Just under an hour from Helsinki, explore the historic wooden town of Porvoo. Stroll its cobblestone streets, soak up the charm of Scandinavian coastal living and enjoy delightful local shops and visit quality local handicraft shops for artisanal finds.

Western Helsinki



Explore Fiskars' artisan streets, Ekenäs' charming seaside and the medieval Raseborg Castle ruins – three coastal gems offering history, art and unforgettable Finnish scenery in one day.

Medieval Tallinn



Sail across the Baltic Sea and arrive in Estonia's capital, where the Old Town invites you to explore its winding alleys, medieval towers and centuries-old merchant houses. Recognised as a UNESCO World Heritage site, Tallinn's city center is one of the most well-preserved medieval cities in all of Europe.

From hidden courtyards to bustling squares, every street tells a story. Marvel at the gothic architecture, pause in quaint cafés, and soak in the charm of a city where past and present coexist in perfect harmony.

A tall, stone building with a prominent green dome and a cross on top, viewed through the branches of trees with vibrant autumn foliage in shades of orange, red, and yellow. The sky is a pale, overcast grey.

When to visit Helsinki

Summer (June–August)

Long, luminous days make summer perfect for exploring the city by bike, ferry or on foot. Open-air dining and rooftop bars are at their best and the soft glow of the midnight sun stretches evenings into unforgettable networking opportunities. Don't miss Midsummer Festival (Juhannus) in late June, when locals celebrate with bonfires, music and seaside picnics, making the most of the midnight sun.

Winter (December–March)

Helsinki transforms into a snowy wonderland, ideal for team-building around winter sports, festive markets or cosy Nordic dining. Private or public saunas become the perfect way to warm up and seasonal events like the Lux Helsinki light festival illuminate the city with creative installations as well as cosy Christmas markets.

Spring (April–May) & Autumn (September–October)

These quieter months offer vivid colours in city parks and along the coast. Ideal for incentive groups looking for reflective experiences, small-scale workshops, or nature excursions. Spring brings blooming cherry trees and outdoor terraces reopening, while autumn is perfect for harvesting-themed events and golden-glowing forest walks just outside the city, join locals picking wild herbs & berries.



Why Book a Grounded Event *by Evolve*



Personalised Design

Every incentive reflects your company's culture, goals and interests. We design bespoke journeys based on honest, experience-led advice and first-hand knowledge of each destination.



Authentic Experiences

Our local partners and guides are chosen for their passion and storytelling ability, creating genuine moments that bring destinations to life through people, flavours and traditions.



Positive Impact

We prioritise experiences that support local communities and protect nature, ensuring every journey gives back more than it takes.



Sustainable Destinations

We focus on places leading in sustainable, responsible, regenerative practices. Where possible, we encourage slow travel by train and other low-impact transport, making the journey part of the experience.



Responsible Venues

From accommodations to dining, we prioritise properties with recognised sustainability credentials and locally owned establishments that reinvest in their communities.



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