



Whether staying a couple of hours or a week in Espoo, you can always find unique activities, tours, sights, and attractions to explore all year round! With its location right next to the capital Helsinki, and excellent public connections, it takes only 15–30 minutes to enter the city of Espoo from Helsinki City Center.

Whether you have only:

- 2–3 hours to spare
- Half a day to spare
- The whole day to spare

in Espoo, we've got you covered!
Find Visit Espoo's suggestions at www.visit espoo.fi

ESPOO TOURIST INFORMATION

We are here to help you to make your stay and visit in Espoo smooth and comfortable. Contact us over the phone, email, or WhatsApp during weekdays between 10:00–15:00 or visit our service points.

Tel. +358 43 824 6866
visit@ espoo.fi

**VISIT
ESPOO**

Follow us:
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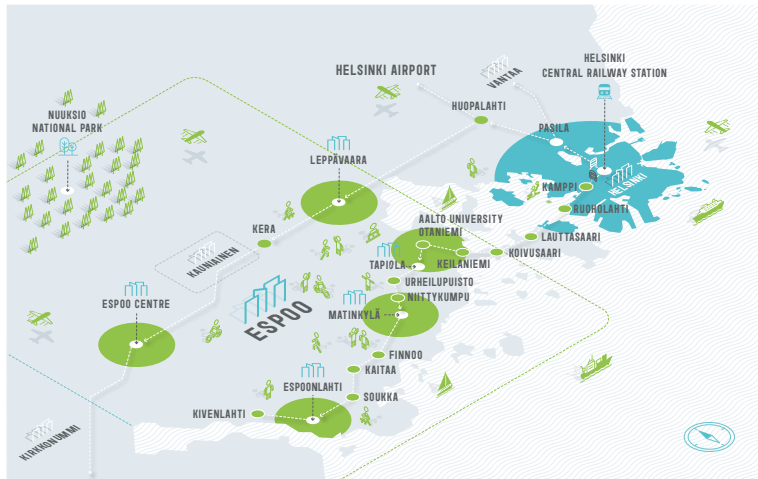


**VISIT
ESPOO**



EXPERIENCE ESPOO

ACTIVITIES THROUGHOUT THE YEAR



ENTER FINLAND IN MINIATURE – WELCOME TO ESPOO

Here, you will find stunning outdoors at Nuuksio National Park, 165 Baltic Sea islands, 95 beautiful lakes and 40 km of the Espoo Waterfront Walkway, as well as delicious cuisine, lovely people, hidden gem architecture, innovation hubs, and fascinating events!

Espoo is located just a 30-minute drive from Helsinki Airport or a 15-minute metro ride from Helsinki City Center! Hop on a local train, tram, or metro, bike your way around, or explore local islands by public boats.

VISIT ESPOO

SEASIDE DISTANCE
58 KM

NUMBER OF LAKES
95

CYCLING TRAILS
600 KM

CLOSEST AIRPORT
25 KM

NUMBER OF ISLANDS
165

NATIONAL PARK
NUUKSIO

CROSS-COUNTRY
SKIING TRACKS
200 KM

DISTANCE FROM HELSINKI*
10 KM



* Connected with Espoo
by public transportation



NUUKSIO NATIONAL PARK

WELCOME TO NUUKSIO NATIONAL PARK

Nuuk시오 is one of Finland's most popular national parks and a bucket-list destination to be visited when staying in Espoo. Here, you can explore tens of kilometers of hiking trails, exciting activities, and glamping stays. Nuuk시오 National Park is also home to the largest flying squirrel population and the southernmost reindeer park.

Visit Espoo recommends

- Reconnect with nature by exploring local trails, having an outdoor picnic or swimming in a lake.
- Fulfill your Finland bucket-list by visiting the southernmost reindeer park, learning about Finnish nature in the Finnish Nature Centre Haltia or enjoying culinary experiences in the woods.
- Explore unique activities connected to Finnish nature or rent sports equipment and enjoy an active day on a kayak, SUP board, rowing boat or canoe.

Pssst... don't leave any trash behind during your trip and remember to follow the Outdoor Etiquette.

NUUKSIO'S MARKED TRAILS

The national park offers several well-maintained and marked trails. Trail options range from circular routes under 2 kilometers to hiking trails over 10 kilometers long. Some of the trails are accessible.

ACCOMMODATION

1. Haltia Lake Lodge (Boutique Hotel & Glamping)
2. Folkhälsan Solvalla Sports Institute
3. Igluhuts in Nuuk시오 Reindeer Park
4. Skytent EcoCamp Nuuk시오
5. Hawkhill Cottage Resort
6. Natura Viva Wilderness Cabin Oravankolo
7. Natura Viva Wilderness Cabin Tikankolo
8. Hotel Nuuk시오, Naruportintie 68 (off the map)
9. Nuuk시오 Taika, Paratiisintie 115 (off the map)
10. Polku Hotel, Kurjolammentie 38 (off the map)

SIGHTS & ATTRACTIONS

11. Finnish Nature Centre Haltia
12. Nuuk시오 Reindeer Park
13. Nuuk시오 Bikepark / Solvalla Swinghill Ski Centre
14. Natura Viva rental Haukanpesä
15. Maahisenkierros trail viewpoint

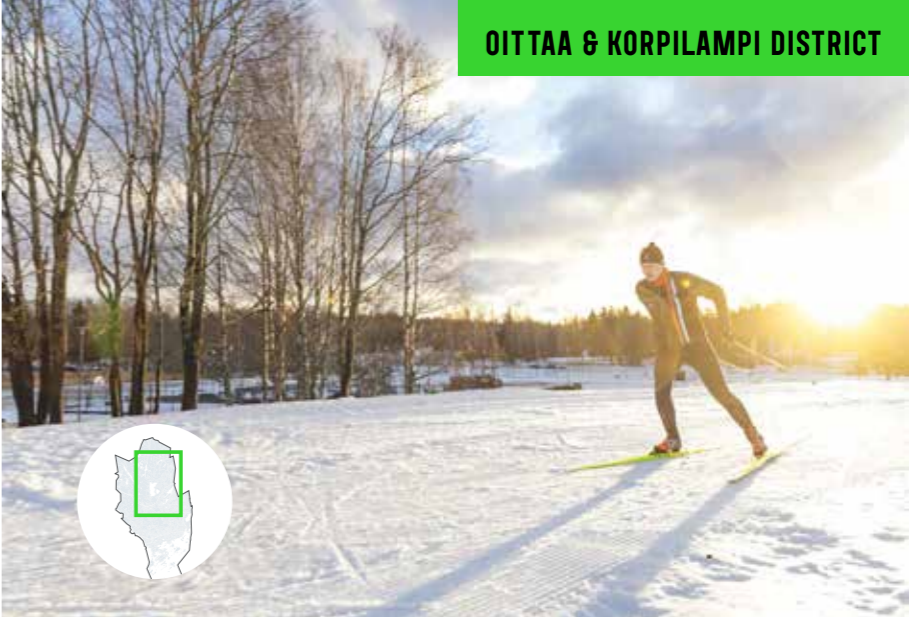
CAFÉS & RESTAURANTS

16. Restaurant Haltia
17. Forest Lounge & Bar
18. Café Haukka (open in summertime)

P Parking area
🔥 Campfire site
🦌 Rental and guidance



- ACCOMMODATION**
 1. Hotel Korpilampi
 2. Backby Manor
- SIGHTS & ATTRACTIONS**
 3. Hiihtocenter Oittaa
 4. Espoo Car Museum
 5. Natura Viva rental in Korpilampi
 6. Adventure Golf Oittaa
 7. Farmstead Museum GLIMS
 8. Serena Ski Resort & Waterpark
 9. Angry Birds Park
 10. Kannusali Music Hall
 11. Helinä Rautavaara Museum
 12. Espoo Cathedral
 13. Marketta Park
 14. Children's Cultural Centre Aurora
 15. Träskända Manor Park
- CAFÉS & RESTAURANTS**
 16. Restaurant Korpilampi
 17. Restaurant Backby
 18. Oittaa Café & Restaurant
 19. Bemböle Coffee House
 20. Bodom Manor
 21. Café Pirttimäki
 22. Café Löjkulla
 23. Manor Café Luukki
- Sauna**
- Rental and guidance**



EXPLORE ESPOO'S LARGEST LAKE AREA

Whether you are looking for an active holiday or exploring Finnish nature, Espoo's largest lake area is a perfect place to be. Explore from outdoor walking trails and well-maintained cross-country skiing tracks at Oittaa Recreational Area in wintertime over lakeside accommodations, saunas, and golf courts to countryside restaurants and beautiful manors. Hotel Korpilampi invites you to relax in a charming forest setting, and for those who love exciting activities, the popular Serena Ski Resort and the year-round Serena Water Park are nearby.

3 Recreational Areas to put on your bucket list:

- Oittaa Recreational Area
- Luukki Recreational Area
- Pirttimäki Recreational Area

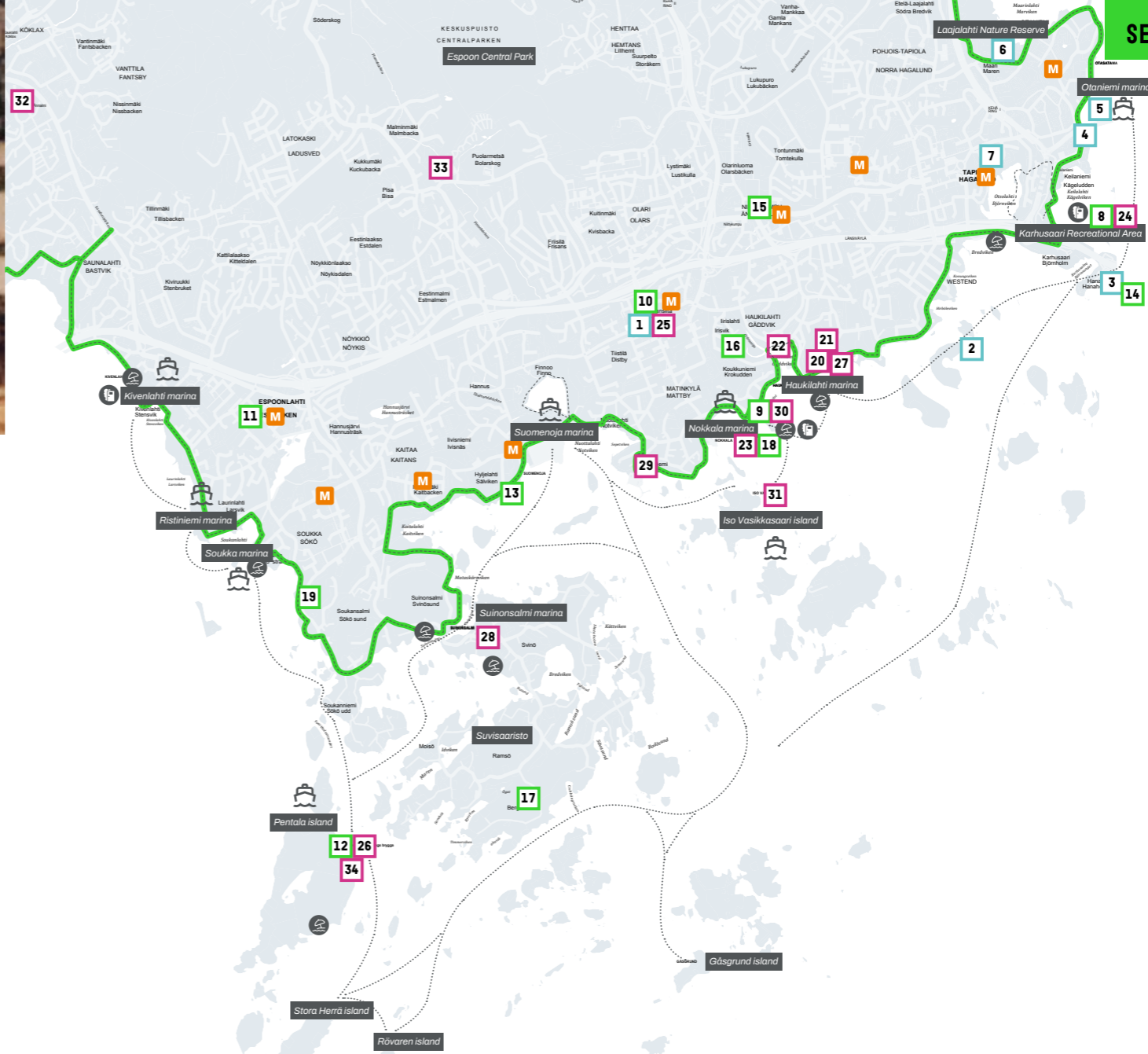


REFRESH YOURSELF BY THE SEASIDE & ARCHIPELAGO

Happiness is spending time by the sea, and in Espoo, it couldn't be any easier with 165 islands, the beautiful Baltic Sea, and 40 km of Espoo Waterfront Walkway to be explored! Besides the cozy cafés and restaurants along the sea, you can dive into water-based activities or enjoy a day trip to one of the local islands.

Visit Espoo recommends:

- Hop on the scheduled public boats and visit 5 different Espoo islands during summer season.
- Explore 40 km long Espoo Waterfront Walkway by bike or by foot and test seaside cafés and restaurants.
- Enjoy Finnish sauna or unique activities along the coast from arctic kayaking to wakeboarding.



ACCOMMODATION

1. Hotel Matts
2. Nolla Cabins
3. Hotel Hanaholmen
4. Heymo 1 by Sokos Hotels
5. Radisson Blu Espoo
6. Noli Studios
7. Original Sokos Hotel Tapiola Garden

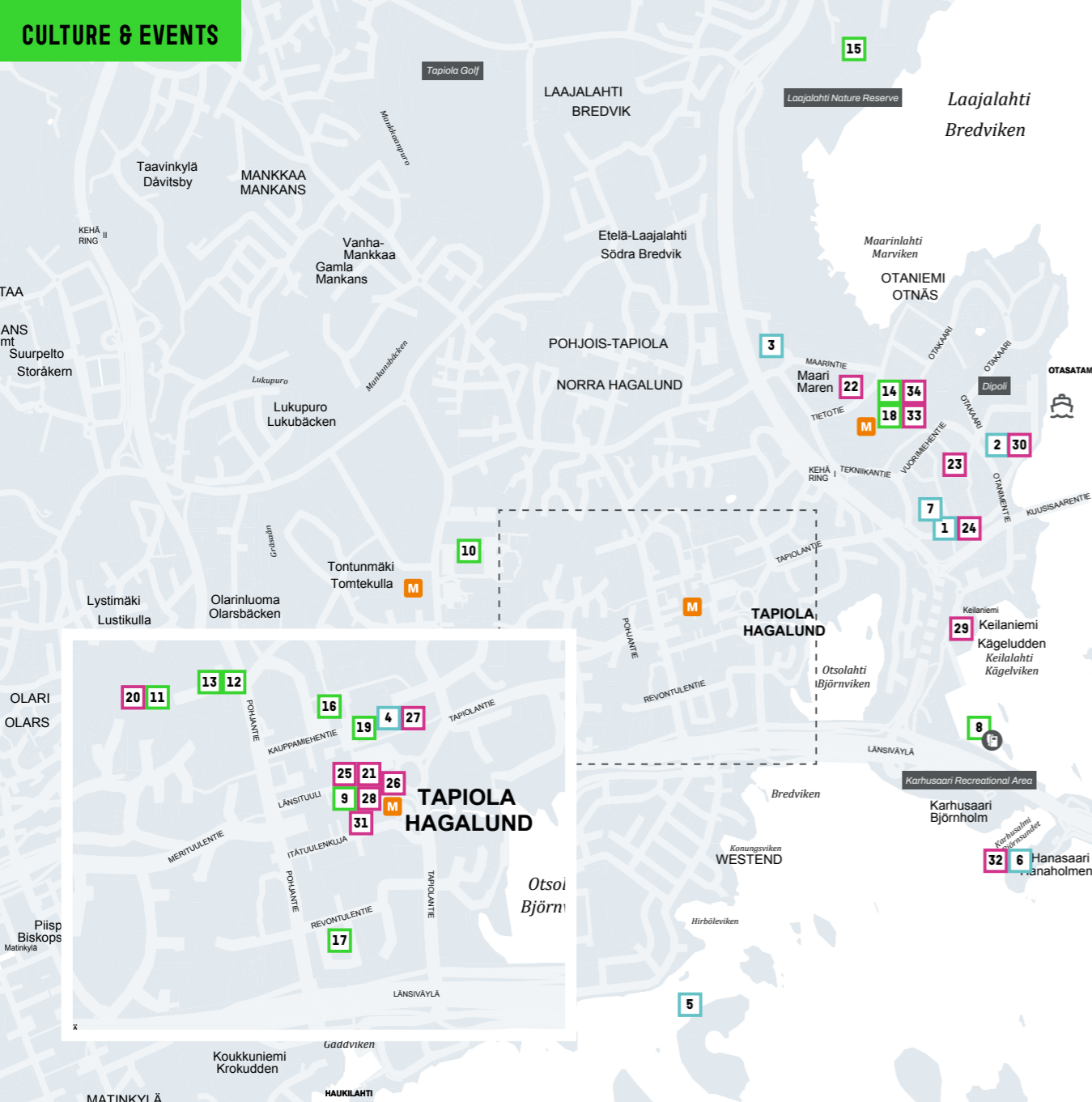
SIGHTS & ATTRACTIONS

8. Watersport Center Laguuni
9. Natura Viva rental & tours
10. Iso Omena Shopping Centre
11. Lippulaiva Shopping Centre
12. Archipelago Museum Pentala
13. Villa Rulludd (Villa Museum)
14. Swedish-Finnish Culture Centre Hanaholmen
15. Bodom Bar & Sauna
16. Matinkylä Sportspark
17. Bergö Bird Watching Tower
18. Royal Line Cruises (summer)
19. Kasavuori viewpoint, Soukka

CAFÉS & RESTAURANTS

20. Strindberg by the sea
21. Skiffer Haukilahti
22. Restaurant Haikaranpesä
23. Nokkalan Majakka Seaside Café & Restaurant
24. Restaurant Blägå (Water Sports Center Laguuni)
25. Restaurant Freja (Hotel Matts) (only by booking)
27. Café Mellsten
28. Bistro Café Sommarö
29. Restaurant Villa Pentry
30. Café Merenneito (open in summertime)
31. Iso Vasikkasaari Café (open in summertime)
32. Edvin Pizza Napoletana
33. Café & Restaurant Pikku-Karhu
34. Café Pentala (open in summertime)

- Archipelago boat routes
- Espoo Waterfront Walkway
- ★ Rental and guidance
- 🏊 Swimming beach
- 🍴 Sauna
- M Metro station



ACCOMMODATION

1. Heymo 1 by Sokos Hotels
2. Radisson Blu Espoo
3. Noli Studios
4. Original Sokos Hotel Tapiola Garden
5. Nolla Cabins
6. Hotel Hanaholmen
7. Forenom Hostel Espoo Otaniemi

SIGHTS & ATTRACTIONS

8. Water Sports Center Laguuni
9. Ainoa Shopping Centre
10. Espoo Metro Arena
11. WeeGee Exhibition Centre (incl. EMMA - Espoo Museum of Modern Art, Espoo City Museum, Futuro House)
12. The Museum of Play Leikki
13. The Finnish Museum of Horology and Jewellery Kruunu
14. Aalto University Campus
15. Nature House Villa Eifvik
16. Espoo Cultural Centre
17. & Espoo Theater
18. A Bloc Shopping Center
19. Tapiola Ice Garden & Café Hile

CAFÉS & RESTAURANTS

20. Delicatessen WeeGee
21. G.O.A.T. Restaurant
22. Restaurant Fat Lizard
23. Fat Lizard Tap Room (Ebrewery tours)
24. Swing Deli
25. Bistro O Mat
26. Deliberi Tapiola
27. Restaurant Grill it!
(Original Sokos Hotel Tapiola Garden)
28. Kaisan Café
29. Lucy in the Sky
30. Bistro Ranta (Radisson Blu Espoo)
31. Anne's Vege
32. Restaurant PLATS (Hotel Hanaholmen)
33. Restaurant KotKot
34. Restaurant Kipsari (fully vegan restaurant)

- Sauna
- Rental and guidance
- Metrostation



EXPERIENCE MORE THROUGH LOCAL SIGHTS, ATTRACTIONS & EVENTS

Whether arriving in Espoo for a vacation or business trip, you can always find unique local sights, attractions, and stories behind them. Explore modern art exhibitions and the world-known Alvar Aalto architecture over Finnish design, innovations and science hubs, as well as the taste of Finnish cuisine and fascinating events.

Be part of the destination and join local happenings, tours, and festivals. Find them all at Visit Espoo Event Calendar – events.visitespoo.fi

Visit Espoo recommends:

- Get to know the local culture gems including the Alvar Aalto designs or spend a day exploring local museums.
- Treat yourself with delicious Finnish cuisine and breathtaking views from an own island or a rooftop terrace.
- Rent a City Bike and ride to a local mall or cultural centre.



ENTER THE CITY OF EXCITING ACTIVITIES

You may spend hours staring at the wonderful views and nature creatures at the Laajalahti Nature Reserve or try out some activities all year round! Come to enjoy kilometers of cycling trails or well-maintained skiing tracks, sport fields, outdoor areas, and international sports events.

Visit Espoo recommends:

- Discover the beauty of Laajalahti Nature Reserve, join the guided tours of bird and bat watching or enjoy local nature paths.
- Spend an active day at Leppävaara Sports Park and swimming pool, and challenge your friends and family in Treetop Adventure Huippu park.
- Come to cheer the best athletes at Leppävaara Stadium and harness racing drivers and horses at Vermo Areena or enjoy music festivals in the area.



🏠 ACCOMMODATION

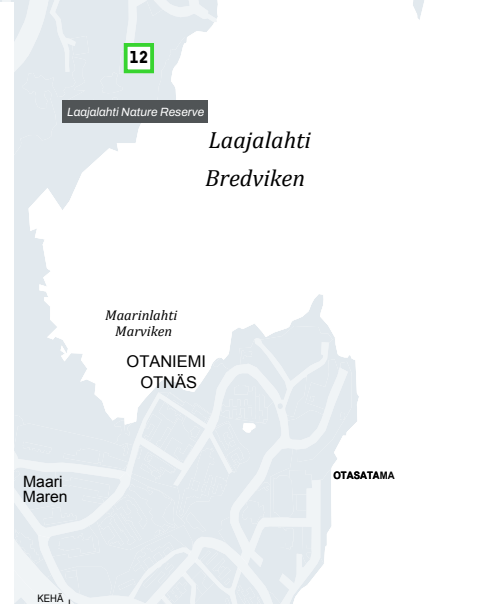
1. *Comfort Hotel Sello*
2. *Forenom Aparthotel Espoo Leppävaara*

📍 SIGHTS & ATTRACTIONS

3. *Sello Shopping Center*
4. *Treetop Adventure Huippu (8 minigolf)*
5. *Outdoor Swimming Pool*
6. *Angry Birds Park*
7. *Leppävaara Stadium and Kameleonten Sports Center*
8. *Vermo Areena*
9. *Sellosali Music Hall*
10. *Gallen-Kallela Museum*
11. *Espoo Kahvipaahitimo Coffee Shop*
12. *Nature House Villa Elfvik*

☕ CAFÉS & RESTAURANTS

13. *Villa Lilla Restaurant*
14. *Comfort Hotel Sello Restaurant*
15. *Tarvaspää Café Zoceria*
16. *Vermo Restaurant Ravilla*





SUSTAINABLE TOURISM

We have something for everyone - whether you are a tourist with reduced mobility, visually impaired, or a family travelling with children. In Espoo and its surrounding areas, you will find many accessible attractions, activities, and experiences. Accessibility is also considered in public transportation. We truly believe that traveling belongs to everyone, regardless of background, personality, or sexual orientation. We encourage local tourism services to focus on providing outstanding visitor experiences with openness, accessibility, fairness, and equal treatment for each visitor.

In 2024, Visit Finland awarded Espoo the Sustainable Travel Finland (STF) destination label as a recognition of Visit Espoo's and the local businesses' commitment to developing and continuously promoting sustainable tourism.



Read more about the STF program

SUSTAINABLE HOLIDAY

As a visitor, you can also act responsibly and environmentally friendly by choosing Sustainable Travel Finland -certified tourism services or joining one of the local conservation projects.

