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Welcome home!

The Jakobstad region offers a high quality of life and a safe environment. We feel good, as proven by all studies. We're happy, employed, and enjoy living here. These elements create our region's cornerstones.

Follow us out to sea, into the woods, or sample locally produced beers. Tag along and we'll tell you about our dynamic entrepreneurship, vibrant bilingualism, international environment, and high-class and multifaceted cultural offerings. Here you can go winter swimming, wander along one of the many hiking trails, buy local design products, play football – and so much more.

What is the Jakobstad region and what can you do here? What Facebook groups should you join and what can newcomers get up to? All will be answered here, and you'll also get information about events, restaurants, and our unique lunch culture. By the way, did you know that the Reko Rings began here?

We have our own identity and culture, and it's easy to get here. Our vital entrepreneurial spirit is well-known, both nationally and internationally. But we don't need praise. We are simply used to doing things right, with feeling and expertise.

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We're happy that you want to join us!

One Region – Five Municipalities

Inhabitants: 50,000, of which 58 % live in towns and 42 % in the countryside. **Living area per person:** 42,2 m2.

Languages: Swedish 75 %, Finnish 19 %,

other 6 %.

Area: 4,504 km2, of which half is water.

Number of islands: 2,526. Number of associations: 1,060. Number of companies: 6,000. Number of new businesses

per year: Appr. 200. Number of jobs: 22,000.

Value of exports: EUR I billion per year.

Larsmo

The Jakobstad region
is relaxed and unpretentious.
We're proud of what we do, and
here you can feel free
to be yourself.

Jakobstad Kronoby

Pedersöre

Nykarleby





The Jakobstad Region











The Home of Quality

JAKOBSTAD – The Region's Driving Force

Jakobstad is the region's centre and hub.

It's here that we gather and socialize, sit in cafés, eat at restaurants, and enjoy concerts. Jakobstad is a small town with a big heart.

The town's geographical location with the harbour and good connections offers ideal conditions for business activities. There are businesses from all industries in the area. Many companies focus on export, leading to a very international atmosphere.

Jakobstad is known for its vibrant bilingualism, culture, and sports.

And for our symbols: Faith, Hope and Love.

www.jakobstad.fi









PEDERSÖRE – Everything You Need

Pedersöre is a mix of entrepreneurship, youthful spirit, drive, knowledge, and flexibility. This creates room for an expansive economic life, and we have a large number of building plots for industries and businesses.

We can offer residential areas both in the countryside and in one of our vibrant villages.

Our investments in culture and leisure time create a lively society.

Everything is here – with room for more!

www.pedersore.fi









NYKARLEBY – Small Town at its Best

Nykarleby is a small town at its best.

Here you'll find a diverse and dynamic society where industries and culture cooperate. Many of us are entrepreneurs and, among other things, we are the world's largest producer of fox fur.

Nykarleby is the hometown of the author Zacharias Topelius and a place of strong confidence in the future. At the same time, we have longstanding traditions. Writing and entrepreneurship flourish in this over 400-year-old town.

We're open to everything new – both thoughts and people.

www.nykarleby.fi









LARSMO – Stunning String of Islands

Welcome to the archipe<mark>la</mark>go! Here you'll find beachfront residential areas, excellent outdoor possibilities, and a natural closeness to the sea and archipelago.

Larsmo is known as a municipality with lots of children. We've chosen to invest in our young population — we have modern schools and newly-built kindergartens in all four municipal districts. Equity centre, Idrottsparken sports park, and nature are accessible to all our inhabitants, and transportation connections to our neighbouring towns of Jakobstad and Karleby are also good.

By the way, did you know that Larsmo consists of 365 islands?

www.larsmo.fi









KRONOBY – Thriving Countryside

Kronoby lies close to both Jakobstad and Karleby.

We also have good contacts to international markets.

Here you'll find the region's airport, the large company Rani Plast as well as several smaller companies, and also a thriving countryside.

The municipal districts of Nedervetil, Terjärv, and Kronoby form natural meeting places.

For us, entrepreneurship is more than merely a profession – it's a lifestyle.

Perhaps that's why we're so attached to the place.

www.kronoby.fi









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No Compromise on Services

It's safe to grow up here. Both Jakobstad and its neighbouring municipalities have a large network of schools and kindergartens. The newly-opened Alma Kindergarten in the town centre offers a modern and playful daycare environment, and we also have the English-speaking Jacob's Kindergarten. Jakobstad was one of the pioneers in terms of language immersion education, and today the town offers a unique opportunity to participate in language immersion education in kindergartens and schools, both in Finnish and Swedish. Our municipalities have also invested heavily in outdoor learning.





How Do You Want to Live?

In the Jakobstad region, you can choose to live in the town centre with a marketplace view or by the sea with a private jetty. Or you can live in the countryside or with a forest right on your doorstep. Jakobstad's real-estate company Ebba offers rental apartments in various sizes and residential areas. If you're looking for an apartment, a vacant plot, or a single-family home, be sure to contact the local real-estate agencies or municipalities.

>> READ MORE

www.aktialkv.fi www.asuntobjorndahl.fi www.ebbafastigheter.fi www.riska.fi www.versum.fi



Industrious People

The Jakobstad region is known for its entrepreneurship. We are home to over 6,000 companies, many of them world-leading within their industries. We're famous for our paper and metal industries, boatyards, and a major food cluster headed by Snellman and Fresh Servant. You can also find Rani Plast and the abrasive technology giant Mirka here. Not to mention all the small and medium enterprises that keep the wheels turning. Rural industries with cattle-breeding, grains, and vegetable production are also vital livelihoods. Our entrepreneurial spirit is strong. The Allegro Ink corporate hotel and Kulturkollektivet Insidan provide creative meeting places, and Concordia's **>>**





business consulting is available to all. We and our companies are used to thinking big and are eager to cooperate to reach even larger markets. Excellence is one of our keywords. The sailboat shipyards Nautor's Swan and Baltic Yachts exist side by side at the Jakobstad port. The whole Alholmen Industrial Park consists today of 63 companies and employs close to 2,000 workers. The Nykarleby Innovation Center is yet more proof of the region's fertile breeding ground for new ideas. This also means that there's a constant need for new, competent employees. And remote working is no problem - the local telecom company JNT has put the region on the map with its broadband investments.

>> READ MORE

www.alholmenip.fi www.nykarlebyinnovationcenter.fi www.concordia.jakobstad.fi



Our Future

Campus Allegro in the heart of Jakobstad is a centre for the region's educational units. It houses the Universities of Applied Sciences of Novia and Centria, together with YA - Vocational College of Ostrobothnia. Upper secondary school Topeliusgymnasiet in Nykarleby ranks high in national rankings, along with the region's own vocational education and training school Optima, which has been ranked the number one in Finland eight times. Jakobstad has both a Finnish and Swedish upper secondary school under the same roof, and there are also upper secondary schools in Pedersöre and Kronoby. Folk high schools are represented by Kvarnen and Kredu.





How to Get Here

Kokkola-Pietarsaari airport

Jakobstad-Pedersöre train station





Jakobstad-Pedersöre train station Stationsvägen 13, Bennäs

Travel time to Helsinki by train: 3,3 hours.

VR's ticket machine can be found at the train station. Train buses operate between the station and Jakobstad town centre. For more information as well as train and bus timetables please visit:

www.vr.fi

By plane

Kokkola-Pietarsaari airport Flygarevägen 162, Kronoby www.kokairport.fi

Flight time to Helsinki: 70 minutes.

Our airport is only half an hour away from Jakobstad city centre. Because of smooth arrangements the departure procedures are really fast. For up-to-date information please visit:

www.finavia.fi

By car

The distance between Helsinki and Jakobstad is 470 kilometres. a drive of around 5.5 hours. The road connections are good. The National Road 8 passes through the region from the north to the south and has intersections both to the National Road 13 towards Jyväskylä and the National Road 19 towards Seinäjoki.





Markku & Pamela Koski and their sons Elias and Aksel:

Hometown Love

The Koski family have found their home in an old wooden house in Skutnäs, Jakobstad.
They're ready to build their future here, close to the town centre and just a stone's throw from the Old Harbour.

MARKKU KOSKI was born and raised in Jakobstad. He moved away to study and has lived in Helsinki over the past few years. He met Pamela in Helsinki, where their oldest son Elias was also born.

-When Elias was three months old, I received an incredible job offer from a company in Jakobstad. We had already thought about moving, and now all the pieces finally fell into place.

We walk from the family's red house down towards the boat harbour. The town centre is only a kilometre away in the other direction. Friends that visit the family are often impressed by the fact that you can live both in town but also almost in the countryside. There's a farm only a couple of blocks away.

The location is perfect. The boys' kindergarten is close, and I can walk to town with the pram, Pamela Koski tells.

Pamela grew up in Valkeakoski and had no connection to Jakobstad prior to meeting Mark-

ku. Nonetheless, Markku's enthusiasm has been contagious.

- This is a great town to live in. There are plenty of activities for families with children, everything from congregations' family clubs to children's groups and park activities.

Markku Koski's love of his hometown has never diminished. He often longed back home to Fäboda during the summers, and now he enjoys finally having everything within reach. Living close to their paternal grandparents is also a major plus.

- Jakobstad is not a big town, but it still feels very international and has a great selection of restaurants. I'm also impressed by the locals' courage to think big.

The older son Elias attends an English-speaking kindergarten and has both Finnish- and Swedish-speaking friends.

- It's important for us that the boys get to learn several languages, Markku Koski says.

Watch a video of the Koski family at www.jakobstadregion.fi



Daniel Löf & Pia Holkkola-Löf and their son William:

Comfortable in Their Small Town

PIA AND DANIEL live in the heart of Jakobstad, in an apartment with a view over the market-place.

- I think we stand out a bit. Most families with children live outside the town centre, Pia Holk-kola-Löf explains.

A suitably big town,

short distances, and

everything within reach.

And an entrepreneur-

and safe environment.

can list many benefits

with Jakobstad.

The Holkkola-Löf family

friendly atmosphere

But precisely this central location was one of the reasons they chose to move back to Jakobstad from Vaasa, where they both studied. Both Pia and her husband Daniel grew up in Pedersöre, but they describe themselves as townsfolk who enjoy living in Jakobstad.

Our dream apartment was suddenly available for sale, so we chose to act quickly – a decision we haven't regretted. Jakobstad is perfect for us. Suitably small and yet big enough, Pia Holkkola-Löf says.

The family has grown with Pia and Daniel's first child, William. He, too, enjoys living in town. Curbstones, escalators, and railings – a normal evening stroll quickly turns into an expedition.

The walk to William's kindergarten is only five minutes, and the Skolparken playground is perfect for peek-a-boo and sledding.

 We really appreciate having several nice parks within walking distance. There's always something new to discover, especially with a twoyear-old.

Pia and Daniel love living in the town centre, close to everything, whether it comes to shopping or grabbing a beer with their friends. A small town is also never too far from nature and the surrounding countryside. Both have their childhood homes only ten minutes away.

Daniel Löf is an entrepreneur, and he's impressed over the region's strong drive and entrepreneur-friendly atmosphere. There are several other entrepreneurs to network with and many good opportunities to receive support and advice.

 We really like it here. We've found our home, he says.

Watch a video of the Löf/Holkkola-Löf family at www.jakobstadregion.fi











Follow us

#jakobstadsregionen

#pietarsaarenseutu

#härborkvaliteten

#täälläasuulaatu

#thehomeofquality

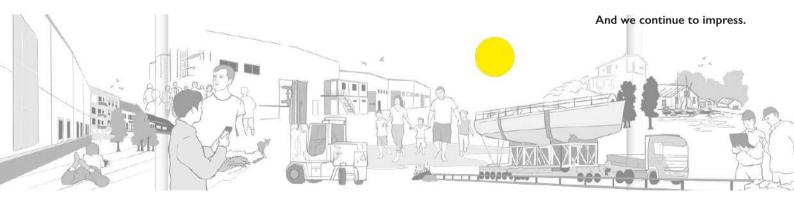
Did You Know?

JAKOBSTAD IS BEST CHARACTERIZED by its social community. We like to do things in teams, together. This becomes evident by looking at the town's numerous associations — over one thousand of them — that enrich the inhabitants' everyday lives. We also have a natural attitude towards creative expression, both among the younger and older generations. The region's visual arts and music scene is strong, chiefly owing to Campus Allegro's cultural education.

WE'RE A BIT SPECIAL – you'll notice it soon enough. Competition with the neighbouring town of Karleby is tough, and we like to make jokes about our northern neighbours. We're home to the legendary Korv-Görans grill that has given rise to several stories of couples that have found each other in the grill's snaking queue on a Saturday night. To tell the truth, we're pretty bad drivers but firmly maintain priority to the right. We are a lunch-eating, choir-singing, and sports-crazy people, and

we have heaps of churches and denominations – Jakobstad is sometimes called the most church-packed town in the whole country. We have a special dialect and live in a small-town environment surrounded by a thriving countryside – we're proud of our region, we aim high and reach far.

THE JAKOBSTAD REGION put itself on the map already in the 19th century when the bark Hercules became the first Finnish ship to circumnavigate the world.



Want to get to know us better? Feel free to join the Facebook groups "What's up in Jakobstad/Pietarsaari?" and "Jakobstad/Pietarsaari". Also check out our Instagram accounts @visitjakobstadregion and @visitjakobstadpietarsaari and the hashtag #jeppis.







Eat & Drink

Lunch culture in Jakobstad is unique - no matter what you like you're sure to find your favourite place. The town is home to the classic Korv-Görans grill, it was also here that the hamburger chain Friends & Brgrs opened its first restaurant, and we have an impressive number of local entrepreneurs with their own specialties. The town's international atmosphere can be seen also in the selection of restaurants. Café Skorpan is a popular destination in the summer, along with the legendary Terjärv Grill and Uffes Mat & Café in Purmo.

>> LIST OF RESTAURANTS

www.visitjakobstadregion.fi





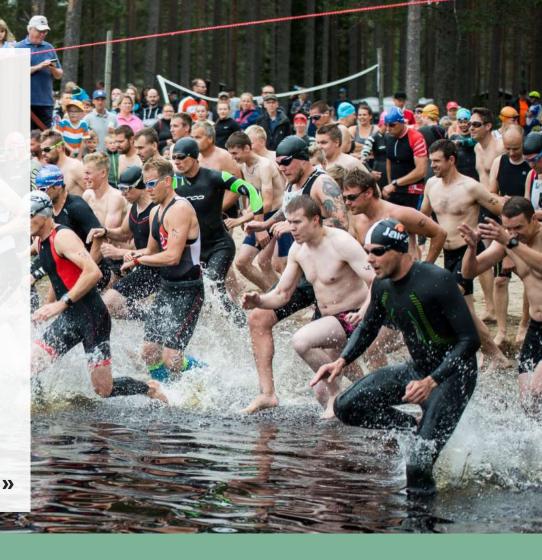






Crazy 7. About Sports

The football club FF Jaro is the region's pride. The players in red and white have been role models for the region's young football fans for several years, and the region's football culture is nowadays strong with various associations and junior teams. Many of us also enjoy badminton, golf, and table tennis. We like to swim, ski, exercise, do track and field, and ride horses. Cross-country running has become a popular form of exercise, along with mountain biking and triath-Ion. The MTB track and biathlon embankment in Larsmo Idrottspark gather athletes from all over the region, whereas interest towards ice hockey is strong in Kronoby. Nykarleby's Stjärnhallen sports arena is home to the





floorball team Blue Fox, and the skateparks in Bennäs and Jakobstad bring together skaters of all ages every evening. Team Nordic Trail association has running groups all over the country and is based in lakobstad. If you see a large group of runners dressed in blue in the forests around Fäboda, it's sure to be them. Our stubbornness. and dedication take us far, also in sports. For instance, did you know that skier Hans Mäenpää, who holds the world record in 24-hour cross-country skiing, is from Jakobstad? Professional football player Simon Skrabb has proven that he can cut it even in the largest clubs, and athlete Alina Strömberg has a Junior World Championship in pole vault. And these are just to name a few. The list of successful athletes from the region is long.

>> READ MORE

You can find a register of the region's associations on the municipalities' webpages.

What's Happening

During the summer, the calendar overflows with a wide selection of events - everything from the week-long Jakobs Dagar (Jakob's Days) town festival to Juthbackamarknad (Juthbacka flea market), Finland's largest flea market that attract tens of thousands of visitors to Nykarleby in late August. The region also hosts the Träbåtskavalkad (Wooden Boat Cavalcade) in Jakobstad's Old Harbour, summer festivals, and well-being evenings. The Schauman Hall offers visitors world-class music throughout the year, whereas the summer theatre at Kronoby's Torgare Vicarage attracts visitors with local stories. The Jakobstad region has a vibrant music scene with long-standing traditions and a constant flow of new artists. We also boast many local





troubadours, and no matter which pub or bar you visit on a normal weeknight, there's a good chance that you'll get to experience live music. Torsdagsjazz (Thursday Jazz) gives a platform for the town's music students, and the chamber music festival Rusk is organized every Autumn. Winter months are also allocated their own events in the calendar. The music café After Eight's Christmas market attracts a lot of folk, just like the artisan market in Bennäs in Pedersöre. As Christmastime approaches, the region's Lucia maidens light up the winter darkness and Christmas concerts fill venues and churches to the brim. And in the late winter we flock to ice trails, preferably along the ice road to Mässkär where a café is kept open for winter holiday visitors.

>> READ MORE

Visit the link to read more about the region's events:

www.visitjakobstadregion.fi

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Worth a Visit

The region is bursting with wild strawberries, just waiting to be discovered. If you travel through all five municipalities, you can stop at Tonttula Elf Manor in Larsmo, listen to ghost stories at Kronoby's Torgare Vicarage, walk across the Brockabron Bridge in Pedersöre, and admire the childhood home of author Zacharias Topelius in Kuddnäs in Nykarleby. Jakobstad is also home to the Arctic Museum Nanog, the town museum with all its collections, and the old wooden house neighbourhood Skata, which is best discovered by foot. Aspegren Garden and the Old Harbour with Skeppsgården Shipyard and Kittholmen Beach are also worth a visit, especially during the summer.













Summer Life

For many of us, summer is synonymous with cottage life. Boats are launched as soon as the ice melts, and we like to spend our free days and weekends in the archipelago. Many also move out to their summer cottages and do remote work or commute. Most of the cottages are found on islets but also along the mainland shoreline and the edges of many of the lakes. The number of inhabitants in the region increases considerably during the summer months. The archipelago also offers services you can find summer restaurants on Mässkär, Köpmanholmen, Hästöskata and at Andra sjön. And when the autumn twilight catches up on us, we celebrate the ending of the cottage season - the Venetian night festival - that lights up the whole archipelago.















Near the Sea is Where I Want to Be

A raging autumn storm, the midnight sun, and magnificent ice formations – Fäboda is fascinating in all seasons. It also provides an oasis for Jakobstadians and the whole region. This is where we flock to swim, have picnics on the sun-warmed cliffs, hike, and bicycle. The beach and the so-called velvet forest in Fäboda have become a sort of living room for the townspeople, a scenic pearl only ten kilometres from the town centre.

Fäboda has something for everyone. During the summer, the smooth cliffs and sandy beaches provide perfect places for spontaneous picnics. If you prefer to eat at a restaurant, you can find your way to the Fäboda Kaffestuga and enjoy a cup of coffee or grab a bite. The cliffs are accessible to all. A wood-built nature trail twists its way from Kaffestugan towards the beach, and it's suitable also for disabled persons and families



FÄBODA | JAKOBSTAD





with prams. The trail connects to a 33- kilometer-long hiking trail network that attracts hikers, cross-country runners, and cyclists.

Fäboda is an important recreational area for all townspeople. We come here to pick berries, hunt, or hike along one of the many nature trails. There are resting places by the beach and along the trails. The area attracts visitors from the whole region and even beyond.

Fäboda is one of the region's finest shoreline areas. The most popular beach is Lillsand, which resembles a lagoon. Here you can find a BBQ area, changing rooms, and toilets. Next to the café is a beach that borders a promontory, and a little further out south is Storsand Beach. You'll often find a little calmer spot here between the soft sand dunes. All three beaches are shallow and child-friendly.

>> HOW TO GET HERE

www.jakobstad.fi/visit-jakobstad-pietarsaari/see-and-experience/nature-and-sea/faboda-sv-se-en-us/











Hiking in Nature

Deep in the forests of Överpurmo lies Finland's largest boulder, Lostenen (Lynx Rock), a 16-metre-high rock resting on a pile of smaller stones and rocks. Lostenen is a result of the ice age's rampaging. It almost looks as if a giant had thrown stones around and then left them lying here and there. The boulder is named after the lynxes that used to live in the area's rocky terrain.

There are many stories about this mythical boulder with its caves and caverns. It supposedly gave shelter to inhabitants during troubling times, but also claimed victims. For instance, it's told that young couples often had dances at the boulder, and one time one of the girls fell and died between the rock.

Nowadays hiking to the boulder is both safe and easy. There's a large parking area by Lostensvägen, from where a one-kilometre scenic trail takes you to the boulder. There's also a BBQ area, shelter, and out-

UTTERLEDEN | PEDERSÖRE

house – and if you want to enjoy the view, you only need to climb some stairs.

If you're looking for a full-day hike, Lostenen is also a good starting point for one of the region's longest hiking trails, Utterleden (Otter Trail). Along this 50-kilometer-long trail from Vilobacka in Överpurmo to the ski lodge in Lappfors, you have the opportunity to enjoy unspoiled nature and the true wilderness. The trail passes through sparsely populated areas along the Purmo Norra Å River and the Esse Å River, and the trail takes you past Lake Kalisjön, Lake Gäddsjön, and the Hjulforsen Rapid, among other things. You'll also get to admire natural marshes, oldgrowth forests, and small wilderness lakes. The wildlife is particularly abundant along the rivers, and lucky hikers may spot flying squirrels, rare birds, and moose.

There are eight shelters with fireplaces along the trail, and hikers are welcome to spend the night at these shelters or take a break and











UTTERLEDEN | PEDERSÖRE

grill some sausages. There's a large goahti or kota by the Bockabro Bridge in Kiisk and another resting place slightly further on along the Hjulforsen Rapid. Many of the resting places also feature outhouses.

The nature trail connects many of the municipality's most beautiful and scenic areas. You can also find traces of ancient Pedersöre along the trail, passing through the Hundbacka Stone Age dwelling, several Bronze Age cairns, and a relatively untouched Giant's Church. And if you're lucky, you might spot an otter!

>> HOW TO GET HERE

LOSTENEN

Lostensvägen 209, Överpurmo

www.pedersore.fi/sv/om-pedersoere-2/turism/idrottsbyran-2/utflyktstips/

UTTERLEDEN

www.pedersore.fi/sv/kultur-and-fritid/ motion-och-friluftsliv/friluftsliv/ vandringsleder/





Beer Lovers and Foodies

Did you know that beer is flavoured with small, green hop cones? Or that the higher the temperature, the sweeter the beer?

Brewing a really good beer is an art: a balancing act between the right temperature, right amount of ingredients, and the darkness of the malt.

-This beer takes about six weeks to make. The brewing process only lasts a day, but after that the beer must ferment and mature and be bottled, Björn Höglund tells and shows a bottle of wheat beer, one of the brewery's specialties.

We find ourselves in an old but newly-renovated outbuilding made of red brick near Keppo Manor in Jeppo. The brothers Björn and Carl-Henrik Höglund have started their own microbrewery here together with Caj Fors-Klingenberg. They produce around 50,000 litres of beer every year, and their selection

BREWERIES | NYKARLEBY

currently consists of eleven different sorts – everything from the light wheat beer to dark Porters and the novelty Sour Ale, with hints of mango and blackcurrant. The beers are ecological, and everything is made from scratch with local raw materials when possible.

– Many who say that they don't like beer have probably only tasted one or two sorts. Ten years ago, you could usually only find ordinary lager in shops and restaurants, but nowadays there are flavours for everyone if you're brave enough to try them.

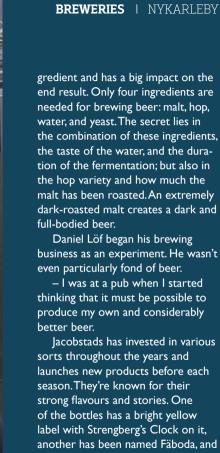
Microbreweries are here to stay. There are currently around one hundred small breweries around the country, two of them in Nykarleby – Keppo Bryggeri and Jacobstads which, despite its name, is brewed in an old industrial hall just outside Nykarleby town centre.

-This is because of the excellent water quality. Nykarleby's water is clear and perfect for brewing, tells entrepreneur Daniel Löf.

Water is actually an important in-



BREWERIES | NYKARLEBY



Daniel Löf began his brewing business as an experiment. He wasn't even particularly fond of beer.

- I was at a pub when I started thinking that it must be possible to produce my own and considerably better beer.

lacobstads has invested in various sorts throughout the years and launches new products before each season. They're known for their strong flavours and stories. One of the bottles has a bright yellow label with Strengberg's Clock on it, another has been named Fäboda, and the most popular one is Shipbuilder, a lager that tells the tale of the bark













Hercules and its circumnavigation in the 19th century.

-The local connection is important. It's also one way to promote our region in other parts of the country, Daniel Löf explains.

You can visit Jacobstads and Keppo's microbreweries to learn all you need to know about the noble drink. Both breweries gladly organize tours. Get a glimpse of the art of brewing and learn more about various beer types. And perhaps you'll discover your new favourite.

>> READ MORE

Download the Untappd app to find out what others think about different beers. Or rate the beers that you've tested

>> HOW TO GET HERE

KEPPO BREWERY Keppogränd 30, Jeppo www.keppobryggeri.fi

JACOBSTADS – FINNISH WEST COAST CRAFT BREWERY Pälsvägen 2, Nykarleby www.jacobstads.fi











The Secret of Smoked Fish

Strandis in Larsmo has an excellent location – you can come here by bike, car, foot, or even by boat.

 As far as I know, we're the only village shop in our region that you can reach by boat, Anders Högberg tells.

Strandis started out as a traditional village shop, but nowadays grocery sales are only a small part of the activities; there's also a café, restaurant, fish smokery, camping site, saunaboat, and winter swimming. The place has become a popular destination.

Anders Högberg has more or less grown up in the shop. His parents bought the company when he was 15 years old. The kiosk gradually grew into a grocery shop, and the Högberg family initially lived on the second floor above the shop.

 But this place has actually an even longer history, Anders tells and

STRANDIS | LARSMO

shows three old photos that decorate the restaurant wall.

Storströmmen has always been a junction point. In the late 17th century, ships were piloted from Kronoby's Cronovarvet via Storströmmen out to Jakobstad's Old Harbour. In the early 20th century, the area between Lake Larsmosjön and the sea was a central place for logs and pit wood that was floated out to sawmills in Jakobstad. A kiosk existed here already then, selling pilsner, sausages, and sweets, and servicing the log drivers. Things usually got out of hand during the weekends, and the place was nicknamed the "Wild West". Anders Högberg doesn't remember the old building, but he says that carrying on the legacy feels good. These days, he runs the business together with his wife Eva Högberg. Summer months are the peak season, and the checkout line occasionally grows long. Children enjoying their summer holiday come here to buy ice cream, lunch guests swarm the terrace, and people drop by to



STRANDIS | LARSMO



buy some smoked fish. The phone also never stops ringing; tourists call and ask about the camping site, and somebody wants to order pizza. Strandis is also popular in the winter – the spacious sauna has become a favourite among winter swimmers. Many are regulars and come here for a dip in the icy water every week throughout the winter.

Guests can rent the M/S Gloskär saunaboat. They can take the boat towards the bay, grill some sausages, or order on-board catering.

- It's all about having many legs to stand on, especially here in the countryside. Our central location close to the sea and Lake Larsmosjön is a big advantage, Anders Högberg tells.

As he speaks, a boat arrives to the guest pier, right next to the restaurant.

>> HOW TO GET HERE

STRANDIS Assarskärsvägen I, Larsmo

www.strandis.fi





Finding Peacefulness

Imagine a cottage high up above the ground, with a glass ceiling and walls, and waking up in the morning and gazing at the treetops or looking out over the lake. Emmes Retreat offers its guests a place for rest and relaxation, in stunning silence.

Ulla-Beth Mäki-Jussila and Henrik Wiik brought their dreams to life with this holiday village by the lake shore, deep in the forests of Nedervetil. The cottages are built high up in the tree trunks. Henrik is a civil engineer, and together he and Ulla-Beth planned and built the area, cottage by cottage. Or, more accurately, nature and trees dictated the process. If you want to build a treehouse, you've got to build it where the trees grow.

Ulla-Beth used to work as a family therapist and counsellor, and she noticed that most people enjoyed the outdoors. She gradually nurtured her dream of creating an environment

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where the body and soul could rest, living close to nature.

 People have always looked to nature for calmness. We're one with nature, and all its elements are important for our wellbeing, she explains.

Ulla-Beth and Henrik always begin their day with yoga, and Ulla-Beth likes to relax by meditating or calmly wandering in the forest.

Are you interested in visiting the place? You can stay one or more nights at Emmes Retreat, alone or with someone else. Three of the cottages have two beds, apart from the largest that has four beds.

 We want to offer comfort, and sleep plays an important part in this.
 The beds and bedclothes are of the highest quality, Ulla Beth Mäki-Jussila tells.

The whole area covers three hectares. The main building and sauna are located by the beach, and there's a yoga pavilion furthest away with a beautiful view over Lake Emmesträsk. When Ulla-Beth and Henrik saw the











place for the first time, it was love at first sight.

- Here you can truly breathe and listen to the wind in the treetops or admire the sunlight glimmering on the lake. A retreat can feel unfamiliar to some people, but most of the guests who visit this place experience silence as incredibly natural and beautiful.

The studio provides a perfect place for yoga sessions, relaxation exercises, and meditation. You can participate in forest bathing or hiking trips along the trails surrounding the area, and there are also some kayaks for the guests to use. Emmes Retreat also organizes silent retreats, or you can simply book a cottage for one night.

The most essential thing is peacefulness, the experience. And being one with nature.

>> HOW TO GET HERE

EMMES RETREAT Haavistovägen 357, Nedervetil www.emmesretreat.fi













Jakobstad Region Development Company Concordia Ltd.

Skolgatan 25-27 C 68600 Jakobstad

Phone 010 237 7550 info@concordia.jakobstad.fi

www.jakobstadregion.fi #thehomeofquality