

# Case study

## Metsänautti Finland

### Well-being and peaceful nature experiences in the near-by nature

We provide our guests with a unique and exhilarating nature experience in the pure Finnish nature.

Join with us on a professionally organized, responsible excursion. Excursions are carried out by enjoying the seasons, the gifts of nature and all the senses - responsibly and respecting nature, with the principles of sustainable development

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### Metsänautti



### Responsibility

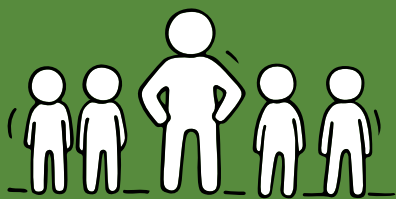


### Wellbeing Activities



### Forest Trails

## Linking economies and stakeholders for commercial partnership



## Activities & Commercial Model



## Sustainability and Trees



Metsänautti is actively involved in the Visit Tuusulanjärvi sustainable development projects developing sustainable tourism in the Tuusulanjärvi area.

Metsänautti is involved in the Tuusulanjärvi tourism board and SULO ry (Finnish nature and the service guides) the board for developing nature tourism.

Metsänautti has achieved Green Activities certification and achieved Sustainable Travel Finland (STF) programme.

In our trips do not use disposable dishes, but ecological Kupilka dishes. The tours are also litter-free, meaning that nothing is left in nature that does not belong there.

Responsibility is taken into account by favoring products from nearby producers and local companies.

In addition, we use nature's own foods, such as berries, mushrooms and wild herbs.

Respect for nature is a matter of common courtesy: for example, when erecting a Tentsile tree tent, tree-huggers are used to protect the tree. Sleeping in tree tent reduces the consumption of the terrain compared to sleeping in a ground tent.

The company uses existing nature trails for reducing natural wear and tear of nature.

## Reducing emissions



### **Energy:**

The company actively monitors electricity and fossil fuel consumption

### **Transport emissions:**

Maintenance transports are minimized and nearby areas are preferred. The information is provided to the customers how to get there by using public transport routes.

No motorized vehicles are used in nature.

### **Waste:**

Environmentally friendly and safe detergents are used and not put into nature but into the municipal sewer.

The company collects and recycles the waste generated from the events and leaves nothing behind. The tours are litter-free.

## Wellbeing



Metsänautti experiences invite you to peaceful forest excursions, respecting nature.

We do forest mind exercises, which combines the well-being effects of nature and practicing mental skills.

On our nature tours, we tell our guests about the wild herbs growing in the nature and how one can get well-being by using those.

Our mission is to teach this local lifestyle to hikers so that it becomes a permanent habit in their lives and leisure planning.

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