



## RMHS Hockey Tour

The RMHS Selects will be traveling to Helsinki, Finland to participate in a 5-day European Training Camp, featuring 2.5 hours on-ice per day with Professional coaches, followed by the 3-day Finland Lions Cup, featuring Junior teams from Europe & North America.

### European Training Camp, July 30 - August 4

The ETC is a 6-day elite, European-style training camp from Saturday to Thursday that will take place in the Vierumaki Olympic Training Center (home of the Finnish Olympic Hockey Team). Team will participate on-ice sessions each day along with off-ice dryland training sessions.

All on-ice training sessions will be run by the RMHS Coaching staff. On August 3rd the players have possibility to try the different activities that Vierumäki offers: Flow Park, Paintball etc..

### Lions Cup

Finland Lions Cup will take place in rinks in and around Helsinki and will feature teams from Europe & North America. Beginning on Friday, the tournament will feature round-robin style games on Friday and Saturday, commencing with a playoffs and Awards Ceremony on Sunday. [www.lionscup.fi](http://www.lionscup.fi)



*“The trip was awesome, everything about it was well organized and well done. The Vierumaki Center was absolutely amazing! Hats off to all if you for putting together an experience that will stay with us forever!”*

👤 **Dave, Mary & Josh Greune - Team Carolina, USA**



## Sample Itinerary

### Day 1 / Friday / July 29

Depart to Europe

### Day 2 / Saturday / July 30

Arrival in Helsinki Airport  
Meet your tour escort & bus driver  
Check-in to Vierumäki Olympic Centre  
Players & Parents: Dinner included  
Info session with your tour escort

### Day 3 / Sunday / July 31

Breakfast included  
2 x On-ice Practice, 1 x Off-ice  
Players: Lunch & dinner included  
Swimming, Finnish sauna etc

### Day 4 / Monday / August 1

Breakfast included  
2 x On-ice, 1 x Off-ice  
Players: Lunch & dinner included  
Parents: Day trip to Old Porvoo (extra fee)  
Swimming, Finnish sauna etc

### Day 5 / Tuesday / August 2

Breakfast included  
1 x On-ice, 1 x Off-ice  
Players: Lunch & dinner included  
**Exhibition game vs Finnish team**

### Day 6 / Wednesday / August 3

Breakfast included  
Activity Day: Paintball etc (extra fee)  
Players: Lunch & Dinner included  
Parents: Day trip to city of Lahti (extra fee)

### Day 7 / Thursday / August 4

Breakfast included  
1 x On-ice, 1 x Off-ice  
Players: Lunch included  
Helsinki Sightseeing Tour  
Free evening, dinner on own

### Day 8 / Friday / August 5

Breakfast included  
**Finland Lions Cup, Games #1-2**  
Players: Lunch & Dinner included

### Day 9 / Saturday / August 6

Breakfast included  
**Finland Lions Cup, Games #3-4**  
Players: Lunch & Dinner included

### Day 10 / Sunday / August 7

Breakfast included  
**Finland Lions Cup, Playoffs**  
Players & parents: Lunch included  
Finnish sauna & swimming  
Free evening, dinner on own

### Day 11 / Monday / August 8

Breakfast included, return flight



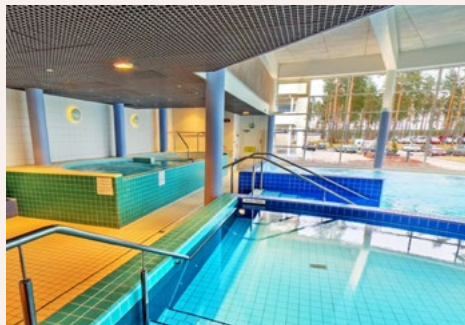


## Hotels

### 5 nights / Vierumäki Olympic Training Centre

Set amidst beautiful lake scenery, Vierumäki is surrounded by 10,000 hectares of wilderness. Its location relatively close to Helsinki metropolis and next to the renown sport city of Lahti is optimal.

Vierumäki is the official training centre for Finnish Olympic Team & Finnish Ice Hockey Federation and it offers numerous sports & leisure services from olympic size rinks to spa & fully equipped gym, and from golf courses to various restaurants.



### 4 nights / Hotel Scandic Grand Marina

4 star Hotel Scandic Grand Marina has a nice seaside location just 5min walk from Helsinki city center in an old ware house building at lovely Katajanokka area. The hotel makes a perfect base for exploring Helsinki sights, shopping streets and attractions .







## Tour package & Pricing

### Tour Package Includes

- ✓ All bus transfers by first class buses
- ✓ Multilingual tour escort
- ✓ 9 night hotel accommodation
- ✓ Meals as marked on the itinerary
- ✓ Helsinki Sightseeing
- ✓ On & Off-Ice Practices
- ✓ 1 x Exhibition game
- ✓ Finland Lions Cup, min 5 games/ team
- ✓ All taxes

### Tour Package Price

Player: \$2595.00

Family Member (single occupancy): \$2395.00

Family Member (double occupancy): \$2095.00

Family Member (triple occupancy): \$1895.00

### Not included

- ✓ Flights
- ✓ Travel insurance

### Extra services

- ✓ Extra hotel nights
- ✓ Extra meals
- ✓ Extra excursions

### Meals

#### Players & coaches:

Daily buffet breakfast

Dinner July 30

Lunch & Dinner July 30-Aug 3

Lunch Aug 4

Lunch & Dinner Aug 5-6

Lunch Aug 7

#### Parents:

Daily buffet breakfast

Dinner July 30

Lunch Aug 7