

**SAMPLE CASE STUDY PREPARED BY CE4RT – Mushroom cruise to the mushroom forests of the Lake Pihlajavesi archipelago - FINLAND**

**Finland: Sustainable Good Practice**

**Type of Business: Activity – Educational and foraging for mushrooms.**

**Business Name: Mushroom cruise to the mushroom forests of the Lake Pihlajavesi archipelago**

**Description**

Mushroom cruise to the mushroom forests of the Lake Pihlajavesi archipelago available from August to September. Embark on a journey to discover the treasures of the Saimaa archipelago's mushroom forests. The cruise is suitable for beginners as well as more experienced mushroom hunters, because the groups are divided according to the skill level of the participants.

The journey begins towards the southern archipelago of Pihlajavesi, where it is also possible to see the Saimaa ringed seal. Morning coffee and a high-quality mushroom lunch from Ravintola Punkaharju are offered on board. The trip goes to the landscapes of Kesamonsaari, Kokonsaari and Laukansaari islands, where there are plenty of different mushrooms. During the day, the visitor gets to know different species of mushrooms in nature and on the ship, which means that about half of the time is spent cruising and half of the time is mushrooming in nature. Experts talk about mushrooms and there is time for discussion and questions during the transitions between the islands.

**Sustainable and Regenerative Practices**

- Savonlinna is located on an island in the middle of the lake area of Finland. Saimaa lake is the 3rd biggest lake in Europe. Water in Saimaa Lake is pure, you can even drink it. Swimming, cruising, paddling and rowing are popular activities in the area.
- Saimaa Lake offers good fishing opportunities also, vendace 'muikku' is the most delicious fish and it is a local delicacy - smoked or fried with hot butter.
- Archipelago of the Pihlajavesi, which is part of Saimaa Lake, is a source of forest treasures such as bilberries, lingonberries, raspberries and cloudberries. The eastern part of Finland is well known for abundant mushroom species.
- Saimi Hoyer "The Mushroom Queen" is a passionate mushroom picker, and storyteller who organises various mushroom events in her hotel Punkaharju. Saimi Hoyer and Jarkko Korhonen (biologist and mushroom picker) are the guides.
- Mushroom cruises are very popular and often sold out. As well as the mushroom knowledge, tales of the beautiful archipelago are told and delicious mushroom dishes served.
- Mushrooms are an ecological choice for diet, rich with minerals and protein. There is a local tradition of preparing the mushroom dishes with a delicious chanterelle sauce. Picking mushrooms is a growing trend among young and trendy hipsters

**Image**



**References and further readings**

<https://tapahtumat.visitsavonlinna.fi/en-FI/page/626f8989e18adb490f793fc8>  
Hotel Punkaharju <https://hotellipunkaharju.fi/en/>