



Forage, Fire & Feast *June - October*

Mushroom coffee anyone? Yes, this is one of the wild food recipes we share on your wild food adventure!

Join a wild food tour and share a fire cooked meal which you prepare with foods collected from the forest. Imagine cooking in a Lapland kota, beside a lake and surrounded by the beauty of one of the most famous National Parks in Finland.

We'll search the forests for what is seasonally available, including lingonberries, cranberries, juniper berries, nettles, wild greens and look for varieties of mushrooms, including those in our coffee!

Use your new Arctic wild-food knowledge to explore the forests during your northern adventure and change the way you experience nature. This is a great experience to do early in your holiday so you can feel confident in our forests and wetlands.

The path of our journey to Rauhala, the 'Peaceful' village, will be guided on what we can find in the forests and we'll share with you our special places where we find wild food.

Enjoy a meal cooked by the fire using locally sourced and our foraged ingredients. Including local breads, wild mushrooms and nettles. Followed by our famous warm dark chocolate brownies with Arctic berries. Wild food based drinks are included; taste our spruce shoot cordial, 4 Arctic berries juice and chaga coffee for dessert.

Departure point and return: Zero Point, Levi.
Time: 10:00 – 14:30, duration approx. 4.5 hours
Max group size: 8 people (suitable for all ages)
Low level of fitness is required (very short walking distances)



Arctic Frontier provides you with:

- Comfortable transport
- Lunch & refreshments
- Picking equipment – knives & baskets
- Some protective clothing
- Packaging for your wild food

Instruction is in English.

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