



WELCOME TO PAJULAHTI!

Pajulahti 
Sports Institute

WELCOME TO PAJULAHTI SPORTS INSTITUTE

Pajulahti, an outstanding sports and leisure oasis, is situated in Nastola, just over an hour's drive from the capital city of Helsinki and fifteen minutes from the city of Lahti. Pajulahti is within an easy access from any direction.

Our staff is at your service. We offer high standard education, training facilities, conference and meeting facilities and fitness and wellness experiences to all our visitors. Our beautiful nature and versatile services make your stay enjoyable around the clock in any season of the year.

In our spacious restaurant looking on to a scenic lake, and in other common rooms you meet sports students, top athletes, recreational sports visitors and other customers. Pajulahti is full of facilities to enjoy sports in a picturesque environment and in a cosy and warm atmosphere.

In this brochure we tell you more about our services.



VERSATILE PAJULAHTI

Pajulahti has a history of 80 years. From women gymnasts' summer training place, established in 1929, Pajulahti has grown into an active sports and leisure center during the decades. Our main fields of activities are vocational physical education, coaching training center, recreational sports services and business services.

Vocational Physical Education consists of the vocational qualification in physical education, the specialist qualification in physical education and in coaching, and the adapted physical education for disabled young people. The vocational qualification in physical education can also be studied as apprenticeship training.

The Training Center serves national sports organizations and tens of sport associations, sport districts, sport clubs and individual athletes. Several Finnish and foreign elite athletes and teams have been training in Pajulahti preparing to major competitions and tournaments – with splendid results!

The Business Services for business customers offer meetings, recreational sporty events and keep-fit courses in our breathtaking natural environment. We check your physical condition and give you instructions how to improve and maintain your physical well-being. Even seminars, product demos, and company events up to 350 people are possible to organize in Pajulahti.

Sporty holidays and recreational leisure activities are our assets, too. There are various options to spend active, relaxing and sporty holidays in Pajulahti for people at all ages to enjoy.

Come on to Pajulahti and join in the fun! We are the people that keep you on the run! Your time will not be a bore. We always have to offer you something more!



ACCOMMODATION

We have accommodation options for all needs. In dormitory type rooms and in well-equipped hotel rooms we can accommodate about 450 guests (with extra beds even 700). All the rooms are within a hundred meters from the main building and the restaurant. All the rooms are non-smoking rooms.

The dormitory type rooms, all together for 320 guests. The rooms are equipped with wc, shower, tv, linens and towels, and a fridge in some of the rooms.

Hotel rooms, all together 52 out of which ten have a sauna, are equipped with wc, shower, tv, fridge, microwave oven, coffee maker, water boiler, coffee and tea cups, drying closet, internet access for laptop and air conditioning. The sofas are convertible into extra beds. The rooms downstairs have a little patio and the rooms upstairs have a balcony looking to the lake.

GENERAL

We follow normal hotel procedures (checking in starts at 2 p.m., checking out by 12 noon). On the day of a guest's leave we may start cleaning the rooms already in the forenoon.

RESTAURANT

In our buffet restaurant with picturesque lake scenery, hunger is not only the best sauce but the sauce makes you hunger. You can pick your favourite breakfast, lunch and dinner from the buffet table. Our menu is based on domestic and healthy raw-material out of which we make delicious food meeting the recommendations of healthy nutrition. By informing us in advance we make tasty food also for those in special diets.

Our chef and his staff conjures up delicious banquets, dinners, evening snacks, meeting snacks and other special orders for groups. Our restaurant can be converted to meet various needs ranging from festive occasions to informal get-together.

Our restaurant and café are fully licensed.



Hotel Kangaspaju



SPORTS FACILITIES

There are various options for indoor sports in Pajulahti: modern swimming pool, brand new sports hall, fitness gym, ice rink, combat sports hall and gymnasium are available for you but to ensure the availability you better contact the reception. Our professional sports instructors will organize sporty programs with great fun for you if you so wish.

In the nearby terrain and woods there are tens of kilometers of easy and challenging paths and trails, partly lighted. In the winter you can ski on our trails or on the lake. In the summer you can hike or canoe in our beautiful nature.

SWIMMING POOL

- 25 meters, four lanes, staggered depth
- Jacuzzi with shoulder, torso and leg showers
- children's pool
- 3 locker rooms (for 100 people)
- 2 saunas
- swimming under professional pool supervisor

ICE STADIUM

- one rink
- 6 locker rooms with drying facilities
- washing machine, dryer, sharpening and equipment care
- stands for 320 crowd

INDOOR SPORTS

Ball game hall in the main building

- 23 x 42 meters, parquet floor
- basketball court, three volley ball courts, handball court
- 7 badminton courts, floorball rink

Sports hall

- 23 x 42 meters, floor suitable for many ball games
- 3 basket ball courts, 3 volleyball courts, 5 badminton courts, floorball rink, tennis court, scoreboard



Swimming pool



New sports hall

GYMNASTICS

Gymnasium

- 320 m², parquet floor
- mirror wall

COMBAT SPORTS

Two wrestling mats and a boxing ring on request. The hall is usable also for other combat sports and training of other events. Tatamis, karate mats and mats for other combat sports available on request also in other sports halls.

TENNIS AND SQUASH

Indoors

- 4 plexipaved tennis courts
- 2 squash courts

Outdoors

- 6 mass courts
- 1 plexipaved courts

TRACK AND FIELD

Indoors

- Pajulahti Hall features a 333 Meter track, 140 Meter straight track and training areas for all Track and Field Athletics disciplines
- Novotan paved Nikula hall (65 x 20 meters). Running straight, long jump, high jump and pole vault, discus, javelin and hammer throw and shot put.

Outdoors

- 400 meter Novotan track and places for all jumping events
- on the side of the grass football field there are a 125 m running straight and area for throwing events.

FITNESS GYM AND STRENGTH TRAINING

- our fitness gym is equipped with modern David Fitness Center stations
- a weight training corner in Nikula hall
- gym available also for non-paying customers

FOOTBALL

Outdoors

- 120 m x 140 m grass field (the size of two official football pitches)
- Jari Litmanen Football Pitch: heated and lighted astroturf field 105 x 68 meters, equals to Landstar UEFA classification

Indoors

- Pajulahti Hall features 55 x 90 Meter soccer field



The new Pajulahti Hall has 10.000 m² arena. It features a 333-Meter track, a 140-Meter and training areas for all Track and Field athletics disciplines, a 55 x 90 Meter soccer field and fully equipped gym.



Jari Litmanen football pitch

OTHER SPORTS AND LEISURE TIME ACTIVITIES

GAMES AND EQUIPMENT RENTAL

Golf training in Nikula hall. Minigolf, frisbeegolf and bechvolley. Consult reception. Equipment rental for the games and other activities like Nordic walking poles, bicycles, sticks, rackets and canoes.

CROSS COUNTRY SKIING TRACKS AND TRAILS

Routes up to 10 km.

ORIENTEERING

Maps of the vicinity available in the reception.

CANOEING

Canoe rental, for beginners guided canoeing recommended.



PHYSICAL TESTING AND MASSAGE

Our **physical testing** serves both top athletes and keep-fit enthusiasts.

- Direct and indirect maximal tests
- maximal oxygen uptake
- lactic acid thresholds
- fitness level tests

Also available:

- **strength-speed tests**
- **traditional massage**
- **physiotherapy**



OTHER SERVICES

MEETING ROOMS

There are more than 20 meeting rooms of different types and sizes in Pajulahti. The largest one is the auditorium with 100 seats.



CONTACTS AND OPENING HOURS

Postal address:

Pajulahti Sports Center
Pajulahdentie 167
15560 Nastola
Finland

Telephone: +358 3 885 511

Fax: +358 3 8855 222

www.pajulahti.com
asiakaspalvelu@pajulahti.com

Reception

tel: +358 3 8855 313,

fax: +358 3 8855 323

open:

Mon–Thu...7.45 a.m.–7 p.m.

Fri.....7.45 – 9 p.m.

Sat.....7.45 – 8 p.m.

Sun.....9 a.m. – 4 p.m.

Maintenance on call 24 h
tel. +358 44 7755 375

Sales department

open weekdays 8 a.m. – 5.00 p.m.

tel: +358 3 8855 200

fax: + 358 3 8855 222

asiakaspalvelu@pajulahti.com

Fitness gym

open 6 a.m. – 9.30 p.m.

Complimentary for guests accommodating
in Pajulahti.

Swimming pool

Early bird swim [saunas not heated]

Fri, Wed, Sun 6.30 – 7.50

•not in the summer

•complimentary for guests accommodating
in Pajulahti

Public swimming [to be paid]

Tue.....6.30 – 9.30 p.m.

Thu.....6 – 8 p.m.

Sat.....7 – 9 p.m.

Lakeside saunas

Complimentary for guests accommodating
in Pajulahti. In wintertime:

Wed.....6 – 9.30 p.m.

Fri.....8 – 10 p.m.

Sat.....6 – 9.30 p.m.

In summertime:

every night 6 – 10 p.m.

Library

computers for customer use.

open:

Mon.....10 a.m. – 4 p.m.

Tue–Thu.....9 a.m. – 4 p.m.

Fri.....9 a.m. – 3 p.m.

Café

Mon–Thu.....9 a.m. – 11 p.m.

Fri–Sat.....9 a.m. – 12 p.m.

Sun.....9 a.m. – 4 p.m.

[9 p.m. in the summer]

Restaurant

Breakfast...7.15 a.m. – 9.15 a.m.

Lunch.....11.00 a.m. – 1.30 p.m.

Dinner4.30 p.m. – 7.00 p.m.

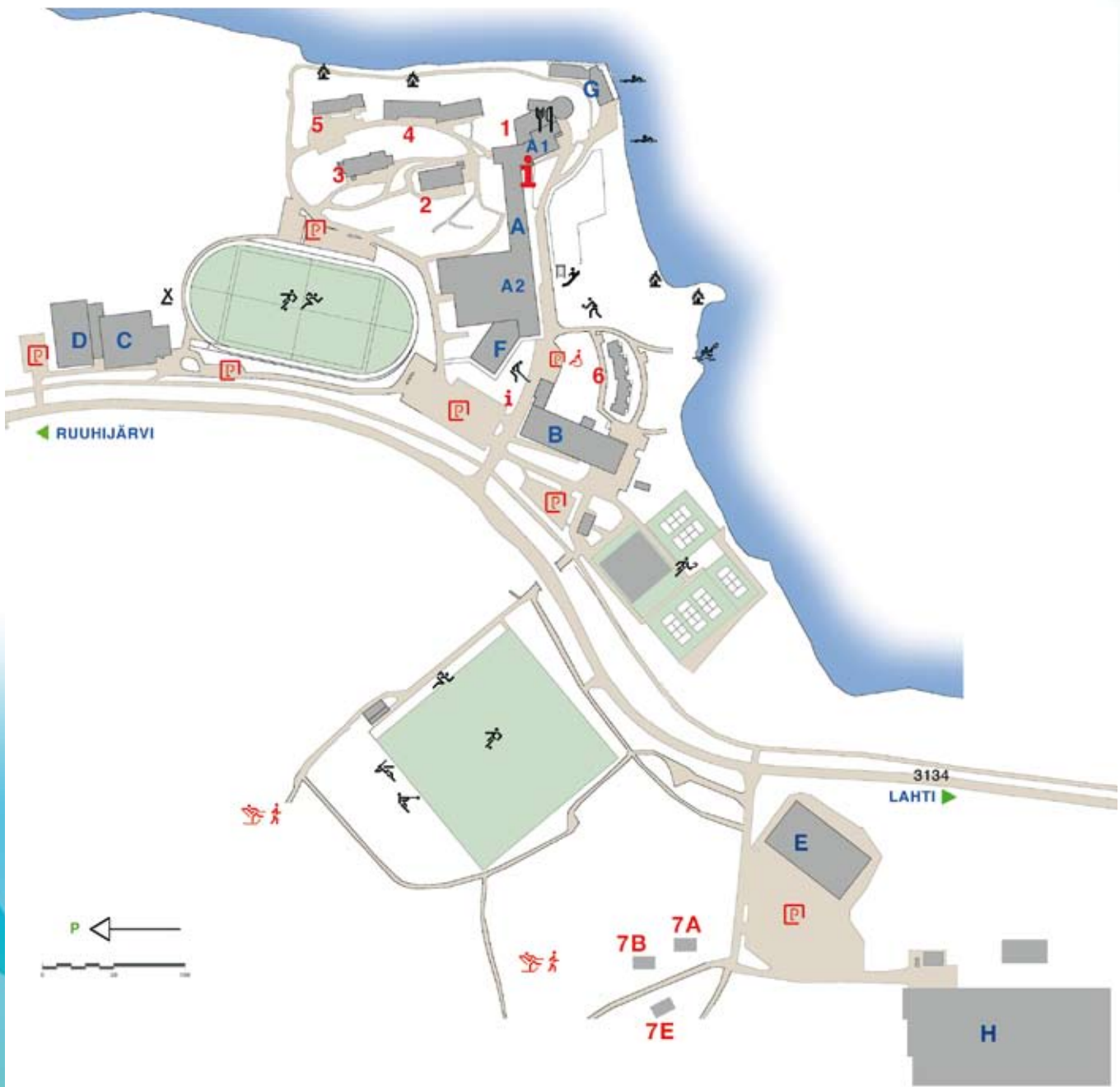
[Fri 4.30 p.m. – 08.00 p.m.,

Sun 4.00 p.m. – 6.00 p.m.]



Pajulahti Sports Institute is situated in Nastola, 20 km east of Lahti and just over an hour from the capital city of Helsinki. The Sports Institute is signposted at highways 5 and 12.





- A** MAIN BUILDING
 - A1** reception
restaurant-cafe
gym
children's playroom
 - A2** auditory
meeting rooms
administration
ball hall
fitness room
wrestling-boxing
fitness testing-center
library
- B** NIKULA-HALL
- C** TENNIS-SQUASH HALL
- D** SPORTS HALL
- E** ICE STADIUM
- F** SWIMMING HALL
- G** SAUNAS, FIRE ROOM
- H** PAJULAHTI-HALL
- FOOTBALL FIELD
- ARTIFICIAL TURF TRACK & FIELD
- TENNIS COURTS
- CAMP FIRE
- CANOEING
- MINIGOLF
- BEACH VOLLEY
- TENT
- PLAYGROUND



ACCOMMODATION

- ROOMS
- 1** 200 - 216, 300 - 318, 401 - 407
 - 2** 501 - 511, 550 - 565, 512 - 513
 - 3** 10 - 18, 20 - 32, 40 - 52
 - 4** 60 - 68, 70 - 79, 80 - 88, 89 - 92
 - 5** **HOTEL RANTAPAJU**
ROOMS 101 - 114
 - 6** **HOTEL HOPEAPAJU**
ROOMS 601 - 620
 - 7** **HOTEL KANGASPAJU**
ROOMS
 - A** 711 - 716
 - B** 721 - 726
 - E** 751 - 756

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