

SAS CITY PORTRAITS

Helsinki

(HELSINGFORS)

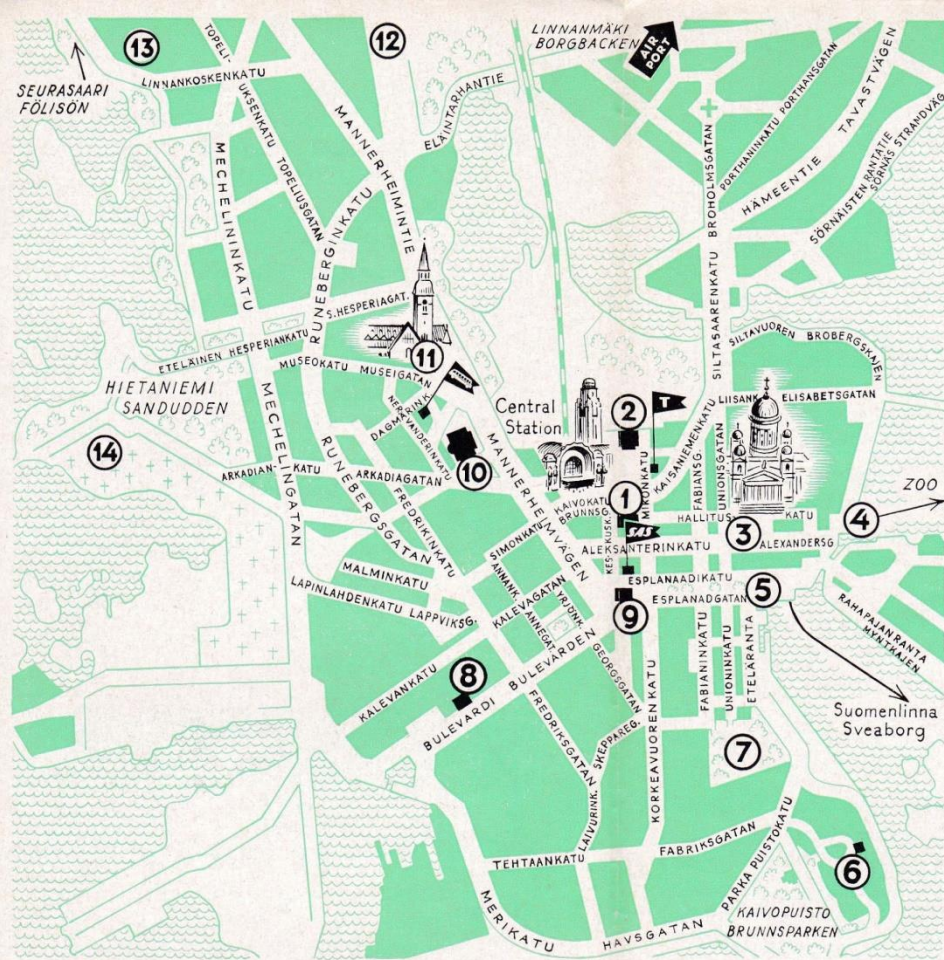
SAS



Suurkirjko/Storkyrkan
The White Cathedral





SCANDINAVIAN AIRLINES SYSTEM




Key to the Map:

1. The Ateneum Art Gallery.
2. The Finnish National Theater.
3. Senaatintori/Senaatorget (The Senate Square).
4. The departure-point for the Zoo (on the Islands of Korkeasaari/Högholmen).
5. Kauppatori/Salutorget (with the President's Palace and the Town Hall).
6. The Mannerheim Museum.
7. Tähtitornimäki/Observatorieberget (The Observatory Hill).
8. The Finnish Opera House.
9. Svenska Teatern (The Swedish Theater).
10. Eduskuntatalo/Riksdagshuset (House of Parliament).
11. Kansallismuseo/Nationalmuseet (The National Museum).
12. The Olympic Stadium.
13. Lastenlinna/Barnens borg ("Children's Castle").
14. Hautausmaa/Begravningsplatsen (Cemetery of the Finnish soldiers and Mannerheim's grave).

 **SAS Ticket Office:** 37 P. Esplanaadikatu/Esplanadgatan. Tel. 13443.

 **Air Terminal:** "Finnair", Voimatalo Building, 16 Malminkatu/Malmgatan. Tel. 11491.

 **Tourist Information Office:** Finnish Tourist Association, 15 A Mikonkatu/Mikaelsgatan. Tel. 61391.
Hotel Booking Centre: Central Station.

Your First Hour in Helsinki

After leaving your SAS plane at Helsinki Airport, you will be directed by a Ground Hostess to the Arrival Hall where currency, passport and customs control take place. If you have any questions, ask the staff at the Information Bureau in the Main Hall—they will be glad to assist with hotel reservations, car hire, sight-seeing, etc. Personal messages for you are placed in a rack on the front wall in the Arrival Hall. You may change your money into Finnish marks at the bank in the Main Hall. The approximate rates of exchange are 319 Finnish marks (FM) to one US dollar and FM 865 to one £ Sterling (notes) or FM 892 (travel cheques). There are 100 pennies to one Finnish mark.

The airport restaurant and post and telegraph offices are in the main airport building, near the bank. Bus stop and taxi stands are located just outside the Arrival Hall. Bus departures are announced via loudspeaker and usually take place about 10 minutes after customs clearance. Tickets may be bought only at the Airport Bank, cost FM 150 and the trip to the city takes about 30 minutes. A taxi to the center of Helsinki takes 20 minutes and costs about FM 1400. The city Air Terminal is located in the center of town, with easy access to taxis, trolleys and buses, and is close to most of the hotels.

If you are flying on from Helsinki by SAS, one of the first things to do after your arrival is to reconfirm your onward reservation by informing SAS of the reservation you hold and your intention to use the space previously reserved for you. You might do this at the SAS counter at the airport or by dropping in at the SAS town office before starting out on your sight-seeing.

One Hour's Walk Around Helsinki

Start at the Senate Square (No. 3 on the map) with the White Cathedral in front of you. On the right is the Government Building, on the left the University. Walk west (to the left) along Aleksanterinkatu/Alexandersgatan, the shopping street, where commercial and business houses rise one after another. When you have reached the statue of the Three Blacksmiths at the end of the street, turn left and walk back along P. Esplanaadikatu/N. Esplanadgatan on the left side of the park leading to the Market Square and the harbor. Further along on the left, you will find the Town Hall and beyond, the President's Palace. Turn again to the left; now you will see the onion-shaped cupolas of the Uspenski Cathedral on the Katajanokka/Skatudden island (to your right), and when you have passed the Grand Guard, you will find yourself on the Aleksanterinkatu/Alexandersgatan again.

HELSINKI

The summer Olympic Games of 1952 focused worldwide attention on Helsinki and served to introduce thousands of tourists to this most northerly of European capitals. Many of these visitors, making their way to Finland for the first time, were pleasantly surprised to find a modern metropolis of 400,000 enjoying (courtesy of the Gulf Stream) an extremely moderate summer climate, and nearly all were impressed with the beauty of Helsinki's contemporary architecture, its cleanliness, and the efficiency, industriousness and honesty of the Finns.

It's easy to appreciate this hard-working streak in the national character when one considers the fact that Helsinki has grown from a village of 4000 souls in 1808, when it was almost completely destroyed by fire. The city of to-day has, therefore, been built virtually from scratch in one hundred and fifty years.

Finns are known to have lived in the area of Helsinki as far back as the earliest days of Christianity, but its formal history begins in the middle of the 16th century when King Gustav Vasa of Sweden established a settlement at the confluence of the river Vantaa and the Gulf of Finland. At this time, the country was a part of the



Swedish Kingdom, a status which was maintained until 1809 when it was incorporated into Russia as a Grand Duchy. In 1917, Finland declared its independence, and a republican constitution came into force in 1919.

The sea skirts Helsinki on three sides providing an abundance of fine bathing beaches right in the city. Since summer temperatures often reach the high 70's or low 80's (25°—30° C), Helsinki is a popular summer resort.

Helsinki is the cultural, political and economic center of Finland. It radiates vigor and embraces progress, and a visit there cannot fail to stimulate you.

Owing to the presence of a sizeable Swedish minority, Finland is officially bilingual, and in Helsinki you will find signs, menus, bills, etc., printed in both Finnish and Swedish. If either or both of these languages are strange to you, take heart; most hotel porters, headwaiters, and clerks speak English, German and sometimes, French.



Hotels

There are several fine hotels in Helsinki; room charges vary considerably, and it is difficult to generalize or to divide the accommodations into specific categories, but both luxury and economical accommodations are available. It is always advisable to book your reservations in advance, particularly in summer. The Palace (10 E. Ranta/S. Kajen) and the Vaakuna (2 Asema-aukio/Stationsplatsen) are of extremely high standard. Other first-class hotels are the Kämp (29 P. Esplanaadikatu/N. Esplanadgatan), Seurahuone/Societetshuset (12 Kaivokatu/Brunnsgatan), Torni (26 Yrjönkatu/Georgsgatan), Klaus Kurki (2—4 Bulevardi/Bulevarden) and Helsinki (12 Hallituskatu/Regeringsgatan). A single room in any of these costs about FM 1200—1900 + 15 % (service).

A less expensive hotel is the Carlton (5 Keskuskatu/Centralgatan). Here you will pay appr. FM 1000. The N.N.K.Y. (Y.W.C.A.) Hospiz (23 P. Rautatiekatu/N. Järnväggsgatan) is a good hotel for those who wish to economize even further. Clean and comfortable, a single room here is less than FM 1000. Double rooms are FM 1000—1800. Add 15 % for service.

A full list of hotels and pensions is available through the Tourist Information Office (see map) or the Hotel Booking Center at the Central Station. If you have any difficulties, the SAS Ticket Office at 37 P. Esplanaadikatu/N. Esplanadgatan will be glad to help you.

Helsinki's electric current is 220 V.

Restaurants — Food

Whether or not you consider yourself a gourmet, you will surely be interested in some of the specialties of Finnish cuisine.

Karjalan paisti/karelsk stek (mutton and beef boiled together then roasted) and Poronpaisti/renstek (reindeer steak) are very tasty dishes.

Kalakukko (bacon and pork baked with freshwater herring in pastry) is also worth at least one try. The famous "cold table" (voileipäpöytä/smörgåsbord), well known in all Scandinavia, is the leading luncheon attraction in most restaurants. Fish and smoked foods are specialties of the country and if you are lucky enough to be here during August, you will be able to enjoy rapuja/kräftor (small crayfish).

Helsinki has many small restaurants where you may have a good meal for about FM 200, but in the larger establishments prices for a full meal range from FM 400—800. Most Finns drink beer or milk with their meals, and often a curdled milk, which is said to be very good for you.



Some restaurants serve all types of wines and spirits, some only wine, some beer and some nothing (that is nothing alcoholic!) *Snaps* or *akvavit* is a good start for your dinner; this is usually drunk in one or two swallows, often accompanied by beer. If you like vodka, you will find it here, and Finnish liqueurs are very good. Try, for instance, *Jaloviina* (folk brandy), often taken as a long drink. Imported spirits are available but somewhat expensive. Restaurants are not permitted to serve spirits before noon and in some places with floor shows you may be asked to have something to eat, perhaps a sandwich, with your drinks.

Good restaurants in the city include:

The Adlon	14 Fabianinkatu/Fabiansgatan
Fennia	17 Mikonkatu/Mikaelsgatan
Theater Grill	Teatterikujja/Teatergrand
The Fazer	3 Kluuvikatu/Glogatan
Monte Carlo	22 E. Esplanaadikatu/S. Esplanadgatan
The Lido	17 Salomonkatu/Salomonsgatan
Palace Grill	10 E. Ranta/S. Kajen
Savoy	14 E. Esplanaadikatu/S. Esplanadgatan
Motti	2 Töölöntorinkatu/Töölörgsgatan
Kestikartano	7 Keskuskatu/Centralgatan

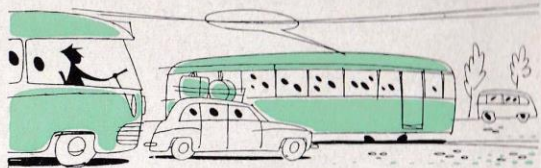
In summer:

Esplanaadikappeli	Esplanaadikatu/Esplanadgatan
Walhall	Suomenlinna/Sveaborg Island



Tipping

A service charge of 10 % is included in restaurants bills. Doormen at leading restaurants are tipped FM 30—50, as is the coatroom attendant and the woman who scrubs you in the exhilarating *Sauna* or Finnish bath. The theater cloakroom charge is usually included in the price of your tickets. The luggage porter at your hotel is tipped FM 20—30 when you check out, and tip the hall porter about FM 100—200. Taxi drivers, barbers and hairdressers do not expect a tip.



Transportation

There is an extensive network of streetcars and buses in Helsinki. Taxis are marked by a yellow band around the license plate. A yellow light on the windshield indicated that the taxi is unoccupied. The pick-up charge is FM 130 and the fare is metered. At night, or when you start from the Railroad Station, an additional charge of FM 30 is added.

Sights

On sightseeing tours you can see the city in comfort, and competent guides will show you as much as possible. The tours take 2½ hours, departing from Senaatintori/Senats-torget (Senate Square). The fare is FM 600 and the tours operate from May 16 until September 30.

The boat trip around the city leaves from the pier at the Kauppatori/Salutorget (Market Square) and operates from June 1 to the end of August. It takes 2 or 3 hours and the price is about FM 400.

The major sights of Helsinki are listed below—numbers refer to the map.

- (1) The Ateneum Art Gallery has large collections of Finnish and foreign paintings, sculpture, drawings and etchings. Admission from 10 AM to 4 PM except Mondays.
- (2) The Finnish National Theater, opposite the east wing of the Central Station (for more details see Entertainment).
- (3) The Senate Square. The University Buildings are located on the western part of the Square and the Government Buildings are on the east. The statue of Czar Alexander II (who gave Finland its constitution in 1856) stands in the center.
- (4) Departure point of the motor-launches for Korkeasaari/Högholmen Island where the Helsinki Zoological Gardens are located.

(5) Kauppatori/Salutorget, the Morning Market Place. Here you will see two noteworthy buildings—the Presidentin Linna (President's Palace) and the Kaupungintalo/Stadshuset (Town Hall). Opposite the Palace is the pier where motor-launches leave for the Suomenlinna/Sveaborg Fortress (see Excursions).

(6) The Mannerheim Museum is the former residence of the great fieldmarshall. His home, now a museum, will give visitors not only a glimpse of an era in Finnish history but also a good deal of knowledge about Mannerheim himself.

(7) Tähtitorninmäki/Observatorieberget, the Observatory Hill Park, has a fine view of the south harbor and the water front.

(8) The Finnish Opera. See Entertainment.

(9) Svenska Teatern, the Swedish Theater. See Entertainment.

(10) Eduskuntatalo, the House of Parliament. Open to visitors on the first Sunday of each month from 12 noon to 2 PM and on Mondays from 1 to 3 PM. Nearby is the Zoological Museum. Admission Sundays 12 noon to 4 PM. The Taidehalli Art Gallery is also close by.

(11) Kansallismuseo, the Finnish National Museum. Admission every day except Mondays, from 12 noon until 3 PM. You will find prehistoric, historic and ethnographic exhibits.

(12) The Olympic Stadium. Built for the 1952 Olympic Games, this is the center for athletics in Helsinki. Nearby are swimming stadium and tennis courts. A statue of the famous Finnish runner Paavo Nurmi (by Wäinö Aaltonen) stands in front of the Stadium. The coastal islands, forests of the interior and the city itself are spread before your eyes from the tower of the Stadium. Open weekdays from 9 AM to 8 PM.

(13) Lastenlinna/Barnens Borg (the Children's Castle). The financial help of the Mannerheim Foundation has made this a model children's home. Nearby is Seurasaari/Fölisön island with an open-air museum and outdoor stage.

(14) Hautausmaa/Begravningsplatsen. The grave of Field Marshall Mannerheim is in one corner of the churchyard near the Hietaniemi. Nearby is the Hietaranta Beach with fine bathing facilities.





Excursions

If you have time, try some of the excursions which can easily be made from Helsinki.

Suomenlinna/Sveaborg. This "Gibraltar of the North" is a group of fortified islands which dominate the approach to Helsinki.

Finnish Silver Line. This is the name of a tour program to the gleaming, almost silver lakes north of Helsinki. You may take a one day tour—or spend a night at the comfortable Aulanko Tourist Hotel on a two-day tour. Special reduced tickets are available at the Central Station or Travel Bureaus. If you decide to go independently take the train to Hämeenlinna and continue by motorship to Aulanko and Tampere/Tammerfors (the most important industrial center of Finland). Return to Helsinki by train or plane. There are other routes to choose from within the Silver Line program; if you wish, you may join a conducted two-day bus-tour to inner Finland, leaving every Tuesday at 10 AM from the Senaatintori/Senatsstorget. Price for this tour is about FM 9300 including transportation, accommodations and meals.

Shopping

You will have a wonderful time, according to SAS Women's Advisor, Sally Ann Simpson, choosing from the wide variety of merchandise in Helsinki shops. Finnish handicrafts, jewelry, handwoven rugs, table-clothes, wooden figures (hand made), copperware, furniture, glassware, porcelain and ceramics are among the Finnish specialities, but you will see many other things to tempt your fancy. A wide selection of native products may be



found in Stockmann, the largest department store (52 Aleksanterinkatu/Alexandersgatan). Here too, is the largest bookshop in the northern countries. Sokos (9 Mannerheimintie/Mannerheimvägen and the Elanto (9 Aleksanterinkatu/Alexandersgatan) are other excellent shops. Kalevala-Koru (7 Keskuskatu/Centralgatan) is a non-profit center whose proceeds are turned over for the assistance of war orphans, recreation homes for the poor and the advancement of Finnish arts. Here you will find Kalevala ornaments and jewelry.

Entertainment and Night Life

Like Cinderella's ball almost everything here stops at midnight. There are no real night clubs in Helsinki, but a number of restaurants offer dancing and floor shows. Of a high standard are Kalastajatorppa/Fiskartorpet (Fisherman's Cottage), in the suburb of Munkkiniemi/Munksnäs, the Kaivohuone/Brunnshuset in Kaivopuisto/Brunnsparken Park and the Kulosaaren Kasino/Brändö Casino.

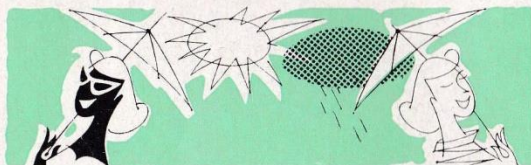
Helsinki has five theaters and an opera house. The leading stages are the Finnish National Theater and the Swedish Theatre. The Opera presents ballets as well as the standard operatic repertoire. These theaters are closed during the summer, but you will find excellent entertain-



ment and folk dances at the open-air Theaters at Seura-saari/Fölisön island, Vallilan Ulkoilmanäyttämö and in the Alppila Park. Ask your hotel porter or check a daily paper to get further information on performances.

The musical event of the year is the "Sibelius Week" in June, featuring renowned conductors and soloists from all over the world. Concerts are usually given in the Concert Hall of the University Senaatintori/Senatsorget. During the winter the Municipal Orchestra of Helsinki and the Radio Symphony Orchestra give frequent performances. The cinemas show first class international films in their original language with Finnish and Swedish subtitles. Performances are at 6:45 and 8:45 and on Sundays at 4:45 PM as well.

From the beginning of May to the middle of September the amusement park at Linnanmäki/Borgbacken is open. The Peacock Circus Theater a switch-back railway, side-shows and dancing make this an ideal spot for the whole family.



Climate and Clothing

The tourist season lasts from June to the beginning of September. July is the warmest month, averaging about 68° F (20° C). Light clothing is suitable during the summer months but bring along your raincoat. There will be snow from the end of December until the beginning of April—fine for skiing fans. You will naturally need warm clothing and also heavy shoes in winter.

The Finns dress informally and evening clothes are necessary only at first night performances at the theater or opera. Most hotels have facilities for laundry and dry-cleaning—delivery in 1 to 3 days.



Sports

The Olympic Stadium (No. 12 on map) is the setting for important national and international sporting events, among the most popular of which are Finnish baseball and football (soccer). As many as 80,000 people may see the annual *Eläintarhanajo*/Djurgårdsloppet, Motor Race at the beginning of May.

There are fine beaches—the Pihlajasaari/Rönnskär Island, 20 minutes by motor-launch; the Uimastadion (just behind the Stadium); the Hietaranta Beach; and the western shore of the Seurasaari/Fölisön Island (No. 13 on map). In winter you will have a good opportunity to ski, skate, or watch hockey games. Since 10 % of Finland's area is water and 60 % forests, fishing and hunting are naturally superb. SAS Hunting and Fishing Service in Stockholm will be glad to furnish full particulars and assist in making arrangements.

Official Holidays

Shops and offices are closed on the following days: January 1 (New Year's Day); January 6 (Epiphany); May 1 (Spring Feast and Labor Day—Student Festivals); The Saturday closest to June 24 (Midsummer's Day and Finnish Flag Day); First Saturday of November (All Saints' Day); December 6 (Independence Day); December 25 and 26 (Christmas and Boxing Day).

Added to these are Easter, Ascension Day and Whit Sunday.





*Portrait of SAS,
The Global Airline*

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