

Rantala Farm

Rantala Muatila – a charming countryside retreat on Lake Juojärvi, 60 km from Kuopio. Enjoy wood-heated and smoke saunas, sound bowl relaxation, Green Care activities, and meet Icelandic horses, sheep, dogs, and cats. Small groups, peaceful surroundings, a seasonal café, and personalized animal experiences make every visit relaxing and memorable.

Open:

From Tuesday to Saturday, also ask availability outside of these days.

Café: 1.6.–30.8. 11–16

Languages: English

Accessibility: Saunas are not fully accessible.

Activities & prices

Experience traditional Finnish sauna on the shores of Lake Juojärvi, surrounded by peaceful countryside. Both our saunas are wood-heated, offering soft, relaxing steam.

- Lakeside Sauna – soft, soothing heat by the lake. From 170€
- Smoke Sauna – a traditional smoke sauna relax your muscles completely. From 250€
- Smoke & Lakeside Sauna Package – enjoy two saunas in peace. From 480€
- Smoke Sauna Heating Experience – Learn how to safely light and heat a smoke sauna, including access to the lakeside sauna. From 500€

Green care

Rejuvenate and restore your well-being through nature and animal-assisted activities. Green Care combines countryside, animals, and outdoor experiences to improve mental and physical wellness.

- Individual session (1.5 h): 62€, two people (1.5 h): 105€, Groups (4–10 people, 4 h): 320€

Sound bowl relaxation

Relax body and mind with soothing vibrations from crystal or metal sound bowls.

1h individual 65€, for 2 people: 90€, for 3–4 people: 100€ (+25€ per extra participant)

- Groups over 10: 20€ per person

Horse handling courses

Learn gentle, confident horse handling.

- 2h course, max 4 participants: 90€ per person

**Contact**

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rantalanmuatila.fi

