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# HOW TO SPEND A COZY WINTER DAY IN HELSINKI

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**The most northern capital in the world Helsinki, is the most ideal place to spend a cozy winter day. With many indoor and outdoor activities, there is endless possibilities for a day in the city. Days are very short with very limited sun light, so a flexible and spontaneous outlook is the best thing to have. Here is a guide for a relaxed “hygge” day in Helsinki.**

## **Idyllic seaside breakfast in Café Regatta**

Starting the morning off with a hot cup of coffee in Café Regatta right by the sea in the neighborhood of Töölö, situated in the northern side of the city center. Café Regatta is a unique cottage-style café with a touch of rustic-romantic feel to it. This café holds a truly sincere and small-town-like experience to it. The most inviting scent of cinnamon buns is noticed far away from this café making it hard to miss. Café Regatta has been a well-loved place for locals for years now, but it has gained even more popularity due to the restrictions being put to use because of the pandemic. The café has a huge outdoor terrace which makes it a safe place during a pandemic. Open every day of the year from early morning till late evening. The servers are extremely welcoming and adding to your experience of a charming winter morning in Helsinki. The idyllic café serves traditional freshly baked goods like cinnamon and butter eye buns. Try the customary Finnish style light roast coffee alongside your choice of sweet or savory goods. The café is located just by the Sibelius Monument which makes it a great next stop on this winter day in Helsinki.





### **The cultural centre of Töölö**

Various well known Finnish artists like the composer Jean Sibelius and the author Tove Jansson used to live in Töölö. It was a beloved area for artists to live and work in. Töölö is known as the cultural center of the central area of Helsinki. The area is divided mainly to two areas, Taka-Töölö meaning the northern parts and Etu-Töölö meaning the southern parts closer to the downtown of Helsinki. Taka-Töölö is known for its functionalist architecture, one building to mention is the Finlandia Hall designed by the well-respected designer and architect Alvar Aalto. Etu-Töölö is more known for its important administrative aspect by being the home for the Finnish Parliament House. Many historically significant statues and buildings can be found here. Several important cultural buildings like the National Museum of Finland, the Zoological Museum and the Finnish National Opera are all situated in this area. Explore the streets of Töölö and discover several different monuments and interesting architecture. Winter days can get cold in Helsinki with the breeze from the Baltic Sea, so a museum is the perfect activity for a winter day. Continuing through Töölö to the edge of the neighborhood of Kamppi is where we can find the HAM Helsinki Art Museum.

### **Warming salmon soup for lunch at a traditional café**

After admiring art in the museum heading for lunch at Café Esplanad is the option that makes the most sense. The café is situated in the luxury store street of Esplanad in the heart of Helsinki. It is a place loved by everyone, even a lot of well-known people, so don't be surprised if you are in the line after a famous Finnish celebrity. Most of the people working there of the Finnish-Swedish descent, so one can practice ordering in Finland's other official language, Swedish. This café serves the most enjoyable salmon soup every day for lunch. The creamy soup accompanied by fresh bread will without a doubt hit the spot on a cold winter day. Café Esplanad is also known for its huge pastries and sweet buns, so definitely order one or share it in case they are a bit too big after the soup. By the time of finishing lunch at Esplanad its already getting dark outside.



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### **Watching the Christmas lights in the city center**

Unlike many other places, Christmas lights are not just a Christmas thing in Helsinki. Instead, they are kept up to decorate and light up the streets from October until February. With the long dark winter period those lights really bring a pleasant atmosphere. Grab a hot drink from one of the cafes and admire the glistening lights. Walk through the Aleksanterinkatu to Mannerheiminkatu to catch the most magical lights. The Christmas lights of Aleksanterinkatu have been the same for years and years making it a classic part of the street view in the wintertime Helsinki. For more innovative lights head to Mannerheimintie.

