



**23th August 2025**  
**Puumala, Eastern Finland**  
**The Hearth of Lake Saimaa**

## **WELCOME TO SAIMAA SWIMRUN**

### **A JOURNEY THROUGH NATURE ´S MASTERPIECE**

*Dare to push your limits in one of the most breathtaking settings in all of Finland. The Saimaa Swimrun isn't just a race, it's an unforgettable adventure through pristine waters and untouched forests, where the soul of Finnish nature reveals itself in its purest form.*

Saimaa Swimrun offers following races for you:

- SHORT 9 KM/0,9 KM ( RUN/SWIM )
- LONG 16,4 KM / 2,1 KM ( RUN/SWIM )
- EXTRA-LONG 28-30 KM / 4,2 KM ( RUN/SWIM )

Prices are starting from 75/100 € / person, including Arrangements, food after race, D&S at servicestations and some gift/memory from the event.

Discover more at our website: [www.sport-jr.com/saimaaswimrun](http://www.sport-jr.com/saimaaswimrun)



**PLEASE SEND MAIL TO [INFO@SPORT-JR.COM](mailto:INFO@SPORT-JR.COM) FOR ANY QUESTIONS AND WITH YOUR INTEREST TO PARTICIPATE IN THE RACE AND EVENT!**



**FOLLOW US IN FACEBOOK AND INSTAGRAM: SAIMAA SWIMRUN**

