



NATURE KNOWS NO BORDERS



OULANKA AND PAANAJÄRVI NATIONAL PARKS
KALEVALA PARK AND KALEVALA NATIONAL PARK
FRIENDSHIP PARK AND KOSTOMUKSHA NATURE RESERVE
KOLI NATIONAL PARK AND KIVACH NATURE RESERVE

• Finnish - Russian twin parks •



Welcome TO THE GREEN BELT

LARGELY UNTOUCHED old-growth ancient forests and wilderness landscapes have been preserved on both sides of the Finnish - Russian border. Wildlife that has already become rare elsewhere is found in abundance in the area. These areas in the vicinity of the border are part of Europe's Green Belt from the Arctic Ocean to the Mediterranean.

NATURE KNOWS NO BORDERS created by man. However, in close proximity to borders, nature has been better preserved from the changes brought about by people. The European Green Belt also includes many protected areas: 40 national parks and more than 3200 other protected areas.

THIS BOOKLET INTRODUCES four twinned parks located in Finnish North Karelia, Kainuu and Kuusamo, and in Russian Karelia. For the visitor attracted to nature, the gems of the Green Belt have a lot to offer.





ON THE EDGE OF THE GREAT TAIGA

A LARGE CONIFEROUS FOREST ZONE, the taiga, stretches from Scandinavia to the Pacific Ocean. A vast pristine wilderness still exists in this area. Large forests are of great importance for the global climate, while providing a habitat for many northern fauna, such as the elk, bear and wolf. In the parks you are roaming in the heart of the taiga.





IN THE BOSOM OF FORESTLAND

EACH OF THE EIGHT PARKS has its own special characteristics – in terms of landscape, flora, fauna and cultural heritage. Their common feature is the northern forested nature, great seasonal changes, and the impact of the Ice Age on the landscape.

The parks mostly boast ancient, almost pristine evergreen forests. Mires, rivers and lakes traverse the widespread forested wilderness. The effects of the Ice Age are easy to see in outcrops, glacial erratics, ridge formations, low-lying land and lakes.



THE SOUND OF THE WILDERNESS IS SILENCE

WHEN TREKKING in nature, you are most likely to see animals and their tracks if you take time to stop to look and listen. Even silence has become rare in this world – luckily it is still possible to hear the wilderness in some places.

It is safe to move about in the parks. The routes are clearly marked and there are signboards to guide the trekker. It is a very rare occurrence to encounter any of the large carnivores, bear, wolverine, lynx or wolf in nature. The animals will easily hear and spot you before you see them.

GET TO KNOW OUR GREEN TREASURE

*Nature can best be understood
and appreciated by
staying in it.*



VISITOR CENTRES AND MUSEUMS

VISITOR CENTRES offer a versatile array of interesting things, and their impressive exhibitions and audio-visual presentations bring nature's sites within arm's reach. Visitor centres are pleasant places to stop at to get hold of information on your excursion and for refreshment. The staff will be happy to tell you about the nature and trekking in the area.

You can also obtain maps and other material on the area. There are services in the courtyards of many of the visitor centres, suitable for snacking and resting. Some of the visitor centres offer café and restaurant services. Nature trails have been created in the vicinity of some of the visitor centres. These are well worth exploring.

EXPERIENCE NATURE!

NATURE AND TREKKING guide booklets have been produced for many of the twin park regions. These can be obtained from visitor centres and customer service points. Metsähallitus' www.outdoors.fi service and the Internet sites of the Russian parks also provide information on the areas and their tourist material. It is convenient to plan outings with the help of guide booklets and Internet sites.



INTERNATIONAL YOUTH CAMPS IN NATURE RESERVES

During the camps, one learns things about the wild life and nature and moving around in nature by means of hands-on activity and experiences. The camp programmes are aimed at increasing young people's environmental responsibility and awareness.

One of these camps organised by Metsähallitus was the 2013 Green Belt Expedition, where Finnish and Russian young people could acquaint themselves with the culture of their neighbouring nation and to practise their English skills. In the camp, the young people create a common experience that transcends national and country boundaries.

The useful material gleaned from guided tours, school cooperation and youth camps has been collected to support the work of nature guides and teachers. The material 'Hyväksi havaittua' can be downloaded in Finnish and 'Проверенное временем' in Russian from Metsähallitus' online service: www.julkaisut.metsa.fi.



ENJOY & EXPERIENCE THE NATURE

EVERYONE CAN EMBARK on a nature hike to enjoy fresh air, scenery and the company of friends. One can move safely along well-signed trails without getting lost. There is a wide range of routes varying in difficulty and length. Wilderness hiking, which involves spending

the night in the terrain, will require more from the hiker. In many of the parks, the hiker can also stay in a wilderness hut or a rented cabin. The excursion is not complete without a pinch of adventure. Any excursion is crowned by food breaks in beautiful spots by a campfire.

SNOWSHOEING AND SKIING

In wintertime, the peace of the wilderness is at its most perfect. Ski tracks and snowshoeing routes are available in many of the parks. Using skis and snowshoes suited to trekking in deep banks of snow, you can find your own tracks, provided that you have good orienteering skills and moving about in the region is not restricted. The winter trekker is advised to find out about the shelters and possible ski cafés in the area.

NATURE PHOTOGRAPHY AND OBSERVATION

"Take only photographs, leave only footprints" is a wise saying. The park areas offer an endless array of fascinating targets for the photographer in the form of scenery, aurora and wildlife. Binoculars are helpful for observing timid animals.

FISHING, AND BERRY AND MUSHROOM PICKING

Water systems are plentiful in the parks, and fish stocks thrive. The Finnish laws of public access allow ice fishing and angling in the park areas, with certain local limitations. The parks also offer an excellent setting for lure fishing, which is subject to licence. For example, big trout can be landed from Paanajärvi. Berry and mushroom picking is permitted in most of the parks.

WATER RECREATION

Many of the parks can be easily explored on water, by canoeing or white-water rafting safaris.

VOLUNTEERING ACTIVITIES

The variety of camps and events are an excellent opportunity to contribute to important work in maintaining the parks. Volunteers perform a range of care, repair, and overhaul tasks on the environment and structures, observation of species, and route planning, for example. Junior and Senior Ranger events are also arranged in Finland for young people and pensioners, as well as opportunities for international volunteer work.

...AND MUCH MORE

There is a wide variety of recreational opportunities in the parks, from climbing to geo-catching and horse riding to distance skating. Further information is available on the parks websites (*see page 14*).





CAMPING



FISHING



HORSE RIDING



SKIING AND HIKING



MOUNTAIN BIKING



PHOTOGRAPHY



FRUITS OF NATURE



RESEARCH AND EDUCATION



PADDLING/ RAFTING

OULANKA AND PAANAJÄRVI NATIONAL PARKS

“The wind was gently swaying the boat, we travelled for five hours trolling with a lure, returning our catch into the water to grow. What a beautiful lake!”

TEXT TAKEN FROM THE GUESTBOOK OF A WILDERNESS HUT



FRUITS OF NATURE



FISHING



BIRD-WATCHING



CAMPING



PADDLING/ RAFTING



PHOTOGRAPHY



HIKING AND SKIING



RESEARCH AND EDUCATION

The most magnificent canyon in Europe and a unique and versatile combination of northern, southern and eastern nature. In rivers skirted by fells, trout and umber thrive. Oulanka is a highly popular hiking destination. It merges with Paanajärvi National Park unfolding beyond the

border, where it is even more wilderness-like and less travelled.

Both national parks have been granted PAN Parks status, for high quality and sustainable development in nature tourism. The area also bears signs of thousands of years of Sami history.

FURTHER INFORMATION ON THE OULANKA - PAANAJÄRVI TWIN PARK P. 14-15

KALEVALA PARK AND KALEVALA NATIONAL PARK

PHOTO: PAANAJÄRVI

Kalevala Park on the Finnish side consists of a string of protected areas, sheltering the old forests of the fells and ridges and the fine mires. At the northern end in the Hossa hiking area, the signs of the Ice Age are beautifully on display and easily accessible. On the Russian side, there is the vast and pristine Kalevala National Park, part of the age-old Viena-Karelia.

The old forests and water courses reflect the subtle use of natural resources cultivated in the Kainuu and Viena cultures. Many rare species have been preserved in the sanctuary of the large connected forest area of Kalevala National Park. From there they spread to Kalevala Park preservation areas. The destinations of Kalevala Park are connected by the Eastern Border hiking route.

FURTHER INFORMATION ON KALEVALA PARK AND KALEVALA NATIONAL PARK P.14-15

FRUITS OF NATURE



PHOTOGRAPHY



MOUNTAIN BIKING



CAMPING



FISHING



HIKING AND SKIING



PADDLING



FRIENDSHIP PARK AND KOSTOMUKSHA NATURE RESERVE



FRUITS OF NATURE



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PHOTOGRAPHY



RESEARCH AND EDUCATION

The Friendship Park consists of five nature reserves located in the area of Kuhmo and Suomussalmi. Together with Kostomuksha Nature Reserve they form the international Friendship Nature Reserve. The wild forest reindeer is one of the species that was preserved in the forests and mires of the borderland wilder-

ness. Protection of the staple game of thousands of years of gaming culture provided the initial impetus for the establishment of Elimyssalo and later for the entire Friendship Nature Reserve. On both sides of the border, tracks will take you through evergreen old-growth forests and clean waters.

**FURTHER INFORMATION ON FRIENDSHIP PARK
AND KOSTOMUKSHA NATURE RESERVE ON P. 14 -15**

KOLI NATIONAL PARK AND KIVACH NATURE RESERVE

PHOTO: KOLI

*'The first snow shows a plenitude of bird tracks.
Cranberries hidden under the snow. Only the distant bark of
a dog can be heard in quiet. Pond on the verge of freezing.'*

TEXT TAKEN FROM THE GUESTBOOK OF A WILDERNESS HUT

BIRD-WATCHING



RESEARCH AND EDUCATION



HORSE RIDING



FRUITS OF NATURE



PHOTOGRAPHY



MOUNTAIN BIKING



CAMPING



FISHING



HIKING AND SKIING



PADDLING



Koli and Kivach have beguiled tourists for hundreds of years. Many artists have drawn inspiration and peace from the national landscape of Koli. Alongside the wild nature, businesses according to the principles of sustainable development have sprung up, which areas attested by the "European Charter for Sustainable

Tourism in Protected Areas" certificate awarded by EUROPARC Federation in 2007.

Furthermore, Koli was elected the Trekking Destination of the Year 2013 and the Ski Resort of the Year 2013 in Finland. Kivach nature reserve in the Republic of Karelia, beckons, with the Kivach waterfall on the Suna river, the second largest flatland waterfall in Europe.

FURTHER INFORMATION ON THE KOLI - KIVACH TWIN PARK P. 14-15



FIND YOUR WAY TO THE NATURE



OULANKA NATIONAL PARK

Category: National Park
Services: Oulanka and Hautajärvi Visitor Centres, Karhuntasu service point in Kuusamo, exhibitions, hiking information, sale of permits, camping site, café and programme services
Service structures: More than 150 km of hiking routes, Karhunkierros trail, paddling routes, wilderness huts, lean-to's and campfire sites
Attractions: Oulanka and Kitkajoki rivers, Oulanka canyon, Taivalköngäs, Kiutaköngäs and Jyrävä, suspension bridges
Approx. 175 000 visitors per year
For further information, please contact:
www.outdoors.fi/oulanka,
Oulanka Visitor Centre,
oulanka@metsa.fi



KALEVALA PARK

Category: Hossa hiking area, Kalevala Park nature reserves, e.g. Martinselkonen, Murhisalo
Services: Hossa Visitor Centre, exhibition, café-restaurant, hiking information, guidance, sale of permits, a wide array of accommodation and programme services
Service structures: Marked trail and ski routes of varying lengths, paddling routes, wilderness huts, lean-to's, diving centre, camping site, excellent fishing facilities
Attractions: Rock paintings at Värrikallio, Martinselkonen wilderness, Murhisalo fishing huts, rich cultural heritage
Approx. 70 000 visitors per year
For further information, please contact:
www.outdoors.fi/hossa,
Hossa Visitor Centre,
hossa@metsa.fi



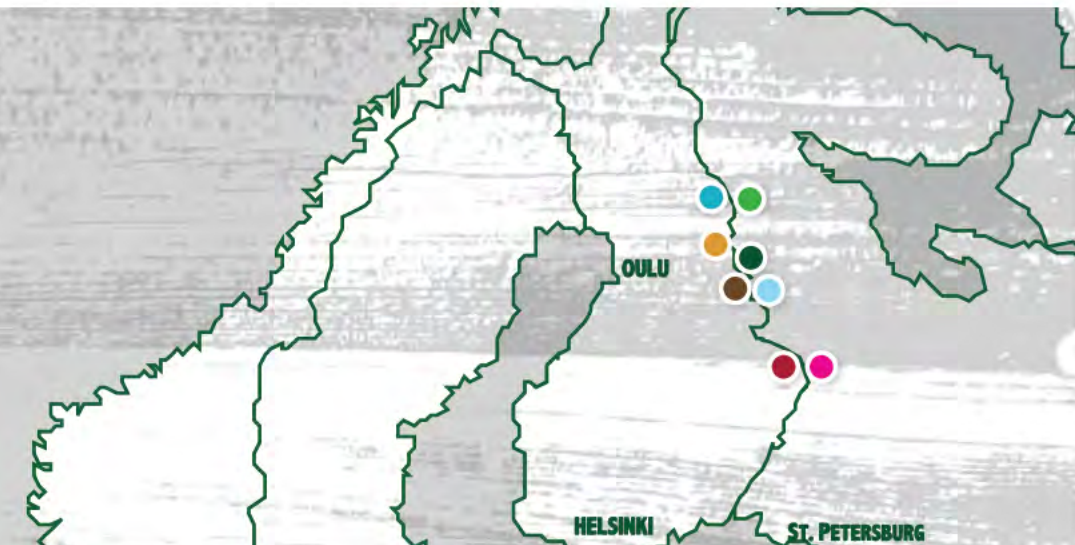
FRIENDSHIP PARK

Category: Nature reserve entity: Elimyssalo, Lentua, Iso-Palonen-Maariansärkät, Juortanansalo-Lapinsuo, Ulvinsalo
Services: Petola Visitor Centre in Kuhmo, exhibition, nature trail, hiking information, fishing and hunting permits
Service structures: Diverse trail options of varying lengths, campfire sites, wilderness huts
Attractions: Old-growth forests, mires and water systems in natural state, Lentua rapids, wild forest reindeer
Approx. 15 000 visitors per year
For further information, please contact:
www.outdoors.fi/petola,
www.outdoors.fi/ystavydenpuisto
Petola Visitor Centre,
petola@metsa.fi



KOLI NATIONAL PARK

Category: National Park
Services: Koli Visitor Centre Ukko, exhibition, accommodation, restaurant and programme services, spa
Service structures: 80 km of hiking routes, rented cabins, ski slopes
Attractions: National landscape opening down to Lake Pielinen, Tarhapuro rapids, old forests, Pirunkirkko crevice cave
Approx. 130 000 visitors per year
For further information, please contact:
www.outdoors.fi/koli,
Koli Visitor Centre Ukko,
ukko@metsa.fi



ПААНАЈÄРВИ NATIONAL PARK

Category: National Park
Services: Visitor Centre at Pääjärvi village, exhibition, guide services, access and fishing permits, boat rental, lake cruises on Paanajärvi lake
Service structures: Hiking and snowmobile routes, waterways, rental cabins, camping and campfire sites
Attractions: Lake Paanajärvi, Ruskeakallio cliffs Mäntykoski and Kivakkakoski rapids, Fells Kivakka and Nuorunen, Seita stones, old farm Arola, Vartiolampi
 Approx. 6 000 visitors per year
For further information, please contact:
www.paanajarvi-park.com,
paanajarvi.tur@onego.ru,
paanajarvi@onego.ru



КАЛЕВАЛЪ NATIONAL PARK

Category: National Park
Services: Food and accommodation services in the vicinity of the national park in the villages of Venehjärvi and Vuokkiniemi, Kormilo tourist farm
Service structures: Routes and waterways, campfire sites
Attractions: Old coniferous forests, mires, water systems, Keynäskoski rapids, villages of Vuokkiniemi and Venehjärvi, Kalevala cultural heritage
 Approx. 1 000 visitors per year
For further information, please contact:
www.kalevalsky-park.ru,
park@kalevalsky-park.ru



КОСТОМУКША NATURE RESERVE

Category: State nature reserve, 17-hectare recreation area in town Kostomuksha
Services: Information centre, exhibition, nature trail, environmental education, events, permits for moving about in the nature reserve
Service structures: Trails, campfire sites, wilderness huts, lookout tower
Attractions: Old-growth forests, lake Kamennoe, river Kamennaya, old village of Akonlahti, wild forest reindeer
 Approx. 7 000 visitors per year
For further information, please contact:
www.kost-zap.ru,
kost.zap@karelia.ru



КИВАЧ NATURE RESERVE

Category: State nature reserve, moving about in the 9-hectare recreation area permitted
Services: Natural museum, grill café, souvenir shop
Service structures: Observation deck, parking
Attractions: Kivach waterfalls, natural museum, Karelian traditional handicraft, arboretum, Second World War memorial
 Approx. 100 000 visitors per year
For further information, please contact:
www.zapkivach.ru,
zap.kivach@gmail.com



METSÄHALLITUS

THE GREEN BELT BECKONS THE TREKKER

A CONTINUOUS GREEN BELT STRETCHES FROM THE MEDITERRANEAN TO THE ARCTIC OCEAN, THE LIKES OF WHICH CAN HARDLY BE FOUND ANYWHERE ELSE IN THE WORLD.

THE AREAS WHERE A WILDERNESS-LIKE CHARACTER HAS BEST BEEN PRESERVED INCLUDE FINNISH KARELIA, KAINUU, KUUSAMO AND RUSSIAN KARELIA.