



Ruunaa Hiking Area

- Located in Lieksa, North Karelia, Finland
- Total area about 32 km²
- Established in 1987
- Some forestry operations in the area, taking into account the recreational needs of the area



Trails and other facilities are maintained by Metsähallitus Parks & Wildlife Finland.

- Koli Nature Centre Ukko Ylä-Kolintie 39, 83960 Koli
- puh. 0206 39 5654
- ukko@retkipaikka.fi
- nationalparks.fi/ruunaa
- eraluvat.fi

In Ruunaa Hiking Area, the following are allowed

- exploring by foot, bicycle or skis, or by rowing or paddling
- camping under everyman's right although campers are encouraged to put up their tents in the sites designated for this purpose
- picking wild berries and mushrooms

Limited

- open campfires; making a fire is only allowed in designated places
- entering the border zone of Ruunaa Nature Reserve where movement is only allowed with a special permit
- angling and ice fishing, because Ruunaa rapids (no. 7525) is Metsähallitus' recreational fishing area. Angling and ice fishing are prohibited in the rapids and flowing waters, in the rod fishing area you need the rod permit 7525 for angling and ice fishing. In other water areas, general fishing rights apply
- lure fishing; you need the rod permit no. 7525 for lure fishing in the rapids and flowing waters and in the rod fishing water area. In other water areas, a fishery management fee must be paid for lure fishing. Wading is prohibited from 1 September to 31 May.
- Miikkulanlampi and Kattilakoski are not part of Ruunaa's rod permit area; you can find information on booking from Ruunaa Hiking Centre at Neitikoski.
- hunting, which is prohibited between the Koskikierros Trail and Lieksanjoki River
- snowmobiling, which is only allowed on the designated routes. A separate track permit is required to ride a snowmobile. For safety reasons, it is recommended to avoid skiing and walking on snowmobile routes.
- flying a drone. The Ruunaa hiking area belongs to the ADIZ border zone, which means that even hobbyists must submit a drone flight plan to AIS Finland in advance. Drone flying that disturbs other people or animals is prohibited. Special caution must be taken during the nesting period of birds.

Forbidden

- making open fires during a forest fire warning
- letting pets off lead
- use of all-terrain-vehicles or jet skis
- operating an anchored boat in the rapids and currents
- Fishing is prohibited in the Paasikoski-Mutikaisenkari area from 1 September to 30 November.
- hunting in Ruunaa Nature Reserve
- catching crabs
- dragging a lure behind a motorboat
- use of any kind of motorvehicle in Ruunaa Nature Reserve
- activity that disturbs other users of the area
- littering and damaging facilities



Hiking Area

Ruunaa

Come and experience Ruunaa's raging rapids in Eastern Finland just a stone's throw from the Russian border! These wild waters are an excellent setting for unforgettable whitewater adventures and diverse fishing opportunities. Ruunaa's well-marked trails, maintained picnic sites and varied services welcome all outdoor enthusiasts.

Wild whitewater rapids

The best way to explore Ruunaa's rapids is to take a guided boat trip. The longest route stretches for 30 kilometres from Matkalahti to the Naarajoki bridge. Experienced adventurers can also enjoy kayaking down the Class II and III rapids in the area. Make sure you have a whitewater kayak or canoe and bring suitable safety equipment.

Inviting trails

The trail network in the area covers almost 60 km of well-marked trails. Nature trail Närelenkki (2 km) at Neitikoski and the short Siikakoski trails (3 and 5 km) are suitable for families. Visitors looking for more of a challenge can opt for the Vastuuniemi Trail (11 km), Neitijärvi Trail (22 km), or the Koskikierros Trail (31 km). Ruunaa's trails connect to the Karhunpolku Trail, which runs from Patvinsuo National Park to the Kuhmo border in Teljo.

In winter, a snowmobile route maintained by the Pohjois-Karjala recreation trail association (Pohjois-Karjalan virkistysreitistöyhdistys ry) runs around the hiking area. Please remember that riding a snowmobile requires a track permit which can be purchased, for example, from Ruunaan Matkailu. The wintry rapids also offer wonderful landscapes for snowshoeing or cross-country skiing.

Fantastic fishing

Ruunaa's rapids include a total of almost 8 km of free-flowing fishing waters where keen anglers can try their luck at a catch in challenging waters. In 2018–2022, extensive fisheries restoration measures in the Ruunaa rapids within the permit area have improved the habitats of migratory fish by adding gravel spawning beds and fry production areas. Permits can be purchased online at eraluvat.fi and via the Eräluvut app as well as from the Ruunaa Outdoor Centre, Ruunaan Matkailu and Lieksan Retkiäitta outdoor store.

Ruunaa Outdoor Centre

Located by the Neitikoski rapids, the centre is an ideal gateway to the hiking area. In the summer, it helps visitors with information on Ruunaa's attractions, trails and facilities and sells maps and permits for the area. In addition, the Hiking Centre offers accommodation, catering and event services as well as equipment rental. The centre's facilities are accessible. Ruunaa Outdoor Centre tel. +358 13 533 170 nationalparks.fi/ruunaa

Instructions and Rules

nationalparks.fi/ruunaa/instructionsandrules

Outdoor Etiquette

nationalparks.fi/hikinginfinland/visitorguidelines

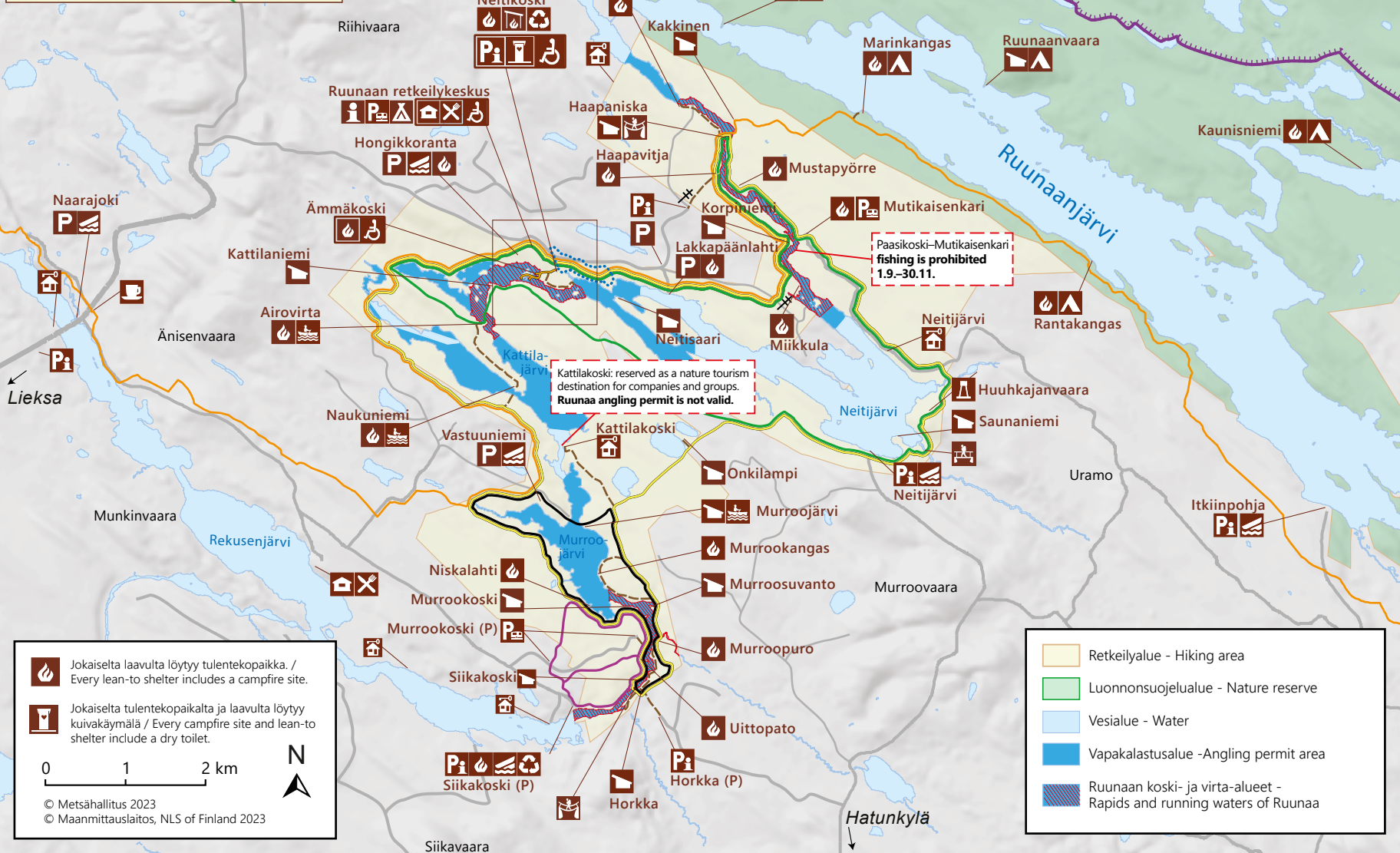
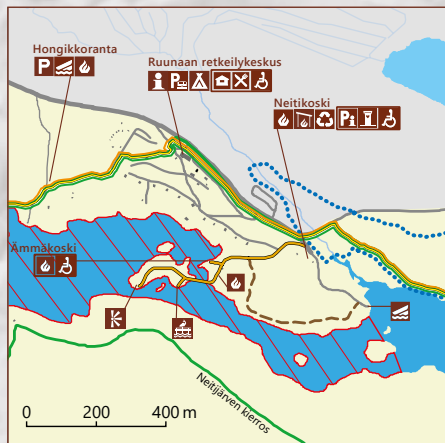
EMERGENCY NUMBER 112

- know your location
- some areas don't have mobile reception!

PHOTOS MARKO HAAPALEHTO AND ISMO PEKKARINEN
METSÄHALLITUS 2023



Ruunaan retkeilyalue Ruunaa Hiking Area



Venäjä
Russia

RAJAVYÖHYKE
Liikkuminen luvanvaraista.
BORDER ZONE
No entry without a permit.

RAJAVYÖHYKE
Liikkuminen luvanvaraista.
BORDER ZONE
No entry without a permit.

Paasikoski-Mutikaisenkari
fishing is prohibited
1.9.-30.11.

Kattilakoski: reserved as a nature tourism destination for companies and groups.
Ruunaa angling permit is not valid.

- Pysäköinti ja opastustaulu
Parking and Information board
- Matkailuajoneuvopysäköinti
RV parking
- Tulentekopaikka - Campfire site
- Keittokatos - Cooking shelter
- Telttailupaikka - Tent sites
- Laavu - Lean-to shelter
- Vuokrakämpä - Rental cabin
- Näkötorni - Observation tower
- Näköalapaikka - View point
- Vesillelaskupaikka - Boat launch
- Riippusilta - Suspension bridge
- Kävelysilta - Foot bridge
- Vesistön ylitys - Boat crossing
- Kalastuslaituri - Fishing platform
- Leirintäalue - Campground
- Mökkimajoitus - Cabins
- Ravintola - Restaurant
- Kahvila - Café
- Kuivakäymälä - Dry toilet
- Jätteiden lajittelu - Recyclin
- Esteetön - Accessible
- Siikakosken lenkit, 3-5 km
- Vastuuniemen kierros 11 km
- Neitijärven kierros 23 km
- Koskikierros 32 km
- Karhunpolku - Trail
- Närelenkki, luontopolku 2 km
Närelenkki Nature Trail 2 km
- Vaativa esteetön luontoreitti -
Demanding accessible nature trail
650 m/suunta, 650 m/one-way
- Muu polku - Other trail
- Rajavyöhykkeen raja - Border zone
- Ajopuomi - Road barrier

Jokaiselta laavulta löytyy tulentekopaikka. /
Every lean-to shelter includes a campfire site.

Jokaiselta tulentekopaikalta ja laavulta löytyy
kuivakäymälä / Every campfire site and lean-to
shelter include a dry toilet.

0 1 2 km

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Retkeilyalue - Hiking area

Luonnonsuojelualue - Nature reserve

Vesialue - Water

Vapakalastusalue - Angling permit area

Ruunaan koski- ja virta-alueet -
Rapids and running waters of Ruunaa