other customer service points conveniently located around Finland are good sources of information about services and facilities for hikers.

**How to Find a Suitable Destination**

Choose a destination using the table and map on the other side of this leaflet. More detailed information about the listed destinations is available from the phone numbers provided and on the Outdoors.fi website. More details about destinations and services are also available from Metsähallitus’s customer service number +358 205 64 125.

**Services Provided by Metsähallitus**

Metsähallitus administers State-owned lands and waters covering about a third of Finland. Metsähallitus’s work is divided into commercial forestry, and natural heritage services – which include nature conservation work and the provision of facilities for hikers and other visitors. Almost half of Finland’s State-owned forests are protected as nature reserves, national parks or wilderness areas.
Answer the Call of the Wild

Nature-lovers can enjoy many different kinds of trips through the Finnish countryside, by land or by water, at any time of year. Visitors can freely roam the great outdoors almost everywhere in Finland. Many of the best scenery and facilities for walking, trekking and boating can be found in national parks, hiking areas and nature reserves managed by Metsähallitus Natural Heritage Services. In many areas visitors can also use nature tourism services provided by local firms.

This handy leaflet lists many of the best places to enjoy nature in Finland, from the wild arctic fells of Lapland to the beautiful Baltic archipelagos. The list includes suitable destinations for everyone, from families with small children to trekkers wanting to spend a week in the wilderness. In areas managed by Metsähallitus Natural Heritage Services visitors can view varied natural scenery, watch fascinating wildlife, or simply enjoy peaceful natural settings.

There are no charges for visiting the listed destinations or using their hiking facilities. For even more ideas of places to visit, see the website Outdoors.fi.

Rights and Responsibilities

Finland’s liberal laws of access to the land – known as ‘Everyman’s right’ – give people of all nationalities a free right to roam the countryside and enjoy outdoor activities in a natural setting, no matter who owns the land.

This free right comes hand in hand with a responsibility to avoid any damage or disturbance to the natural environment, people’s property and other visitors.

Everyman’s right enables visitors to freely walk, ski, ride, cycle, row or paddle around the countryside, except in the immediate surroundings of people’s homes, or in cultivated fields. Visitors can also picnic, swim, and even camp out for a night or two. Motor vehicles, including snowmobiles, may not be used off road without the landowner’s permission. In certain sensitive areas in national parks and other protected areas visitor’s movements and rights are restricted to protect wildlife.

Everyman’s right also allows visitors to pick wild berries and mushrooms, and to fish with a simple rod and line in most waters all year round. Hunters need the landowner’s permission, as well as official hunting permits.

The landowner’s permission is also required for letting pets off lead or lighting open campfires. Campfire sites specially provided by Metsähallitus can be used freely, except when forest fire warnings are in force.

More information on these extensive rights is available at www.environment.fi/ev
dymanright.

Respect Nature

Many of the areas featured here are run by Metsähallitus according to waste-free principles. Hikers are expected to take their own wastes away to suitable recycling and collection points. This helps to reduce the need for disruptive waste collection in natural areas. Visitors are also encouraged to pack their food and supplies in reusable containers to prevent waste.

Tips for hikers wishing to reduce their impact on the natural environment:

• Avoid unnecessary travel by visiting nearby destinations.
• Use public transport or share car journeys.
• Follow the local regulations.
• Leave no trace where you hike or camp.
• Do not make any unnecessary noise, or otherwise disturb wildlife.
• Wash yourself and your dishes on dry land.

For more tips see the Outdoors.fi website.
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How to Choose Your Destination

Choose suitable destinations from the table according to your wishes concerning activities, facilities and scenery. The symbols and numbers will help you to find the destinations on the map.

National hiking areas contain natural settings suitable for a wide range of outdoor activities.

National parks are protected areas with beautiful natural features that attract many visitors.

The wilderness areas of Lapland contain vast unspoilt natural scenery for experienced trekkers who want to head off the beaten track and stay overnight in the wide open.

Strict nature reserves are primarily reserved for nature conservation and research. They are generally closed to the public, though visitors may use certain marked routes in some reserves.

Many other areas managed by Metsähallitus are also suitable for hikers.

A few of Finland's best known long-distance hiking routes have been included in this leaflet.

Exploring wild areas these extensive areas can be explored on foot, on skis, by canoe or by rowing boat, and visitors may camp out overnight.

Visitor centres and nature centres are marked on the table and the map; customer service points on the map only; and nature information huts on the table only.

Accessible by public transport destinations within two kilometres of the nearest connection.

Shelters and/or campfire sites are provided where shown in the table. All destinations with shelters also have campfire sites.

Campsites are equipped campsites in or near a destination, where campers must pay overnight fees.

Lodgings are rental accommodation near a destination, run by Metsähallitus or a private firm.

Nature and scenery general descriptions of areas' landscapes and natural features.

Sites of cultural interest include historic buildings, archaeological relics and heritage landscapes.