Day 1

Helsinki, the capital of Finland

The Finnish capital Helsinki is a modern city with over half a million residents. Helsinki offers lots to see, do and experience for visitors of all ages — and also for keen fishers.

The River Vantaa: Though the suburbs of Helsinki are nearby, the River Vantaa flows through beautiful natural scenery and farmland. There are many great places to fish from its banks, and you can get to the river easily from the city centre, also on local buses.

- Vanhankaupunginkoski Rapids
- Vantaankoski Rapids
- Pitkäkoski Rapids

Fishing guide: www.helsinkifishingguide.com

Accommodation: Hotels, campsites and hostels in Helsinki www.visithelsinki.fi

Day 2

Vallisaari — fortifications overlooking the Baltic Sea

Just 20 minutes by boat from the Market Square (where you can buy tasty local fresh fish and fish dishes), the islands of Vallisaari and Kuninkaansaari, near the famous island fortress of Suomenlinna, are enchanting destinations for outings. The islands have a wider range of flora and fauna than anywhere else in the metropolitan area! A regular waterbus service from the Market Square to Vallisaari runs between May and September.

After your day trip to Vallisaari drive east from Helsinki to the town of Kouvola. On your way, you might stop at Finland’s oldest arboretum at Mustila to admire its famous rhododendrons and a total of 250 tree species. Fishing enthusiasts should check out the mighty River Kymi, which flows nearby.

Accommodation: Hotels, campsites and hostels in Kouvola www.visitkouvola.fi
other interesting local destinations see
www.visitkosyola.fi/en
Fishing: There are many good places to fish along
the broad River Kymi and its impressive rap-
ids. Anglers can try to hook catches including
salmon, sea trout, rainbow trout and whitefish
www.fishinginfinland.fi/river_kymi

DAY 3
Adventures in blue and green

On your way to the Repovesi National Park you
visit a unique UNESCO World Heritage Site
at Verla Groundwood and Board Mill. To com-
bine nature and art also visit the nearby Vuohijärvi
Nature and Culture House www.verla.fi
www.kulttuurivuohijarvi.fi
Experience rugged cliffs, deep forests and sparkling
waters in the one of the most popular national
parks in Southern Finland. Repovesi National
Park offers everyone accessible ad-
vantures in truly wild settings. Repovesi’s peace-
ful lakeshores are also ideal for fishing, though
fishers are asked to take good care not to disturb
the national park’s water birds and other natural
features. After visiting Repovesi enjoy the evening in the lively
town of Mikkeli. Fishers may like to spend an extra
day here and try their luck at nearby Läsäkoski Rap-
ids or in Lake Puula.

Accommodation: Hotels, campsites and hostels in
Mikkeli www.visitmikkeli.fi
Local food and saunas: Orlampi Cottage and Holiday
Center serves traditional Finnish cuisine lovingly
prepared from locally grown ingredients. The cen-
tre also has several kinds of sauna, including a tra-
ditional smoke sauna, which you might enjoy after
trying your luck fishing, or taking a restful cruise
on the lakes of the national park. www.orlampi.fi

Services and activities: Local firms offer a wide va-
riety of services from natural outdoor meals to
rock-climbing trips. On the Ketunlenkki Trail in the national park you can experience Repovesi’s highlights. Guided tours and equipment are also available. Rent a rowing boat and try your fishing
luck with a rod and line in the park’s lakes.
www.nationalparks.fi/repovesi
Fishing: Repovesi National Park:
www.tervarumpu.fi/en/repovesinationalpark/fishing
www.nationalparks.fi/repovesi/services
The excellent fishing waters of Läsäkoski Rapids and
Lake Puula lie just northwest of Mikkeli.
www.lasakoski.fi
www.fishinginfinland.fi/lake_puula

DAY 4
In the heart of Lake Saimaa — historic Savonlinna
In the heart of the Finnish Lake district lies the lively
town of Savonlinna — and the most northerly sur-
viving medieval castle anywhere in the world. Boat
trips and cruises take visitors out to see beautiful
lakeland scenery and with luck also Lake Saimaa’s
most famous inhabitant: the Saimaa ringed seal.
In the evening head on to the charming village of Ora-
vi or to the Järvisydän resort in Rantasalmi, both by
the blue Lake Saimaa.

Accommodation: Oravi Village www.oravivillage.com
www.oravivillage.com
Accommodation is also available in Savonlinna
www.visitsavonlinna.fi or in Porosalmi
www.jarvisydan.com
Fishing and other activities: Guided tours in Olavinlinna
Riihisaari — Lake Saimaa Nature and Culture Cen-
tre www.saimaaholiday.net/riihisaari, steamship cruises
Discover great places to fish near Savonlinna:
http://visitsavonlinna.fi/en/fo

DAY 5
Island adventures in Lake Saimaa — Linnansaari Na-
tional Park

Today’s destination is Linnansaari National Park
— an ideal place to spot rare lake seals and
majestic ospreys. This part of Lake Saimaa is dot-
ted with lush green islands and rocky islets. A boat
service takes trippers to the main island where you
can swim in Lake Saimaa or walk along the trails.
You can also join boat or fishing trips organized by
local firms.
On the following day the route heads on to the bor-
derlands of North Karelia, and the city of Joensuu.

Accommodation: Oravi Village www.oravivillage.com
Porosalmi www.jarvisydan.com
Accommodation is also available in Savonlinna
www.visitsavonlinna.fi
Fishing and other activities: Boat trip to Linnansaari
ansaari
Enjoy an unforgettable fishing trip on legendary Lake
Saimaa in Linnansaari National Park:
www.oravivillage.com/en/Activities/Summer
www.saimaaholiday.net

DAY 6
Peace of mind

By making a small detour, fly-fishers and other lure-
fishers can visit Karvionkoski Rapids. These
raging rapids lie along a narrow channel linking
two large lakes. The rapids can be easily reached
by road. These waters are home to fish species in-
cluding trout, zander, pike and lake salmon.
The New Valamo Monastery is the most active
centre of Orthodox religious life and culture in
Finland. Located in the beautiful surroundings
of Heinävesi, the monastery welcomes tourists
throughout the year.
Head on to Joensuu — a vibrant and rapidly growing
regional centre with a great deal to offer including
the distinct Karelian lifestyle and a city center with
many services, situated by the broad River Pielis-
joki.

Accommodation: Various accommodation available in
Joensuu www.visitkarelia.fi
Valamo Monastery www.valamo.fi
www.valamo.fi/en/
Fishing:
The lakes and rivers around Joensuu are popular with
fishers. For details see: www.visitkarelia.fi/Activities
Tourist information:
Valamo Monastery www.valamo.fi
www.beinavesi.fi
Joensuu www.visitkarelia.fi
DAY 7
Finland’s best loved national landscape

When you take in the marvelous views over Lake Pielinen in Koli National Park, it’s easy to see why this spot has attracted so many Finnish artists, photographers and nature-lovers over the centuries. Take a guided tour from Nature Center Ukko, or explore the many well-marked trails that lead through the hills of Koli. Live like a local in Koli village, visit the harbor, and spend a luxurious evening in the pools and saunas of Koli Relax Spa.

Accommodation:
In Koli National Park: Break Sokos Hotel Koli www.sokoshotels.fi
Hotels, cottages and campsites in the Koli area www.koli.fi

Fishing: Finland’s fourth largest lake, Pielinen, is ideal for many kinds of fishing. With luck (and skill!), you may hook species including pike, zander, salmon or trout. Rowing boats are available for hire; while local firms also run organised fishing trips.

www.koli.fi/activities
www.fishinginfinland.fi/pielinen
Activities: Sightseeing and scenic viewpoints, well-marked trails, horse riding, boating, canoeing and rowing, cycling, swimming, nature centre, fishing, Koli village, cruises on Lake Pielinen www.koli.fi

DAY 8
Raging rapids in Finland’s eastern borderlands

The wild white waters of Ruunaa’s rivers can be enjoyed from a traditional wooden boat or an inflatable raft by thrill-seekers, or from a shady riverbank by keen anglers. Guided rafting and paddling excursions are available. A great way to round off a day in the wilds is to grill a freshly hooked fish on your campfire. Fall asleep to the sound of roaring white waters after a relaxing evening in a waterside sauna.

Accommodation: Ruunaa Hiking Area, Ruunaa Hiking Centre www.ruunaa.fi
Cottages www.ruunaanmatkailu.fi
Services and fishing opportunities: Ruunaa’s rapids provide superb settings for exciting fishing, for everyone from beginners to old hands. Watch a video about fishing in Ruunaa:
www.eraluvat.fi/en/ruunaa-rapids
www.ruunaa.fi
Restaurant and equipment rental at Ruunaa Hiking Centre. Whitewater rafting and restaurant services www.ruunaanmatkailu.fi
A traditional Finnish smoke sauna down by the waterside www.ruunaanmatkailu.fi/smokesauna
Activities: Whitewater rafting and canoeing, fishing, well-marked trails (2-km Närelenkki Nature Trail, 31-km Koskikierros Trail), cycling, swimming, sauna, services for disabled visitors. www.koli.fi
www.nationalparks.fi/ruunaa
www.ruunaa.fi

DAY 9
Explore open bogs, sandy shores, peaceful esker ridges and lakes in the Karelian borderlands

Scanning the open marshes of Patvinsuo National Park you might be lucky enough to see a distant bear, though bears typically do their best to avoid people. After a nice walk take a cooling dip by a sandy shore. Lake Suomunjärvi in the heart of the national park is a great place to fish for vendace, whitefish and large perch.

Drive on along the road Pamiliontie to Petkeljärvi National Park. Pine-clad esker ridges formed during the Ice Age rise over pristine blue lakes in this beautiful part of Finland’s eastern borderlands. Don’t miss the lively and picturesque old Karelian village of Möhkö near the park. The park’s waters are ideal for fishing.

Accommodation: Petkeljärvi National Park, Petkeljärvi Camping Centre, guest house www.mohko.net
Services, fishing and other activities: Accommodation, food, sauna www.mohko.net
Wildlife observation www.eraeero.com
Fishing: www.taigamaja.fi
Well-marked trails: Suomunkierto trail (15 km), Kuikan Kierros Nature Trail (6.5 km), Harjupolku Trail (3.5 km), canoeing, swimming, cycling, fishing, birdwatching, Möhkö village www.nationalparks.fi/patvinsuop www.nationalparks.fi/petkeljarvin

DAY 10
Back to Lake Saimaa

Situated on a natural bird migration route, the wetlands of Siikalahti are full of birds from April through till November, including many nesting species as well as visiting migrants. Easy trails lead visitors to birdwatching towers. Your journey continues to Lake Saimaa and the city of Imatra. The rapids at Imatrankskosi formed 5,000 years ago and have been a tourist attraction for 300 years — in the late 19th century they were one of Europe’s most famous natural wonders.
Imatra is also a great region for fishing. In Lake Saimaa and the River Vuoksi you can fish for perch, grayling, pike, roach, fourhorn sculpin, lake trout or arctic char.

**Accommodation:** Imatra — many types of accommodation www.gosaimaa.com

**Fishing and other activities:** Siikalahti nature trail, Imatrankoski rapids
Siikalahti www.nationalparks.fi/siikalahti
Imatra www.gosaimaa.com

**Fishing opportunities:** www.gosaimaa.com/en/activities

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**DAY 11**

**A day by the seaside**

Explore seaside and urban parks, the raging rapids of Kymi River, and the Eastern Gulf of Finland National Park.

Kotka is an attractive coastal city. The city centre is on an island with several famously beautiful parks. Many of the islands in the Eastern Gulf of Finland are worth visiting, and served by regular boats. The Gulf of Finland National Park is located in the outer archipelago, whose islands are well known for their seabirds. Sea cruises to the Eastern Gulf of Finland National Park from Kotka Marina Harbour. www.meriset.fi
www.nationalparks.fi/gulfoffinlandnp
www.visitkotkahamina.fi

**Accommodation:** Lodgings of many kinds available in Kotka www.visitkotka.fi

**Fishing:** Visit to Langinkoski Imperial Fishing Lodge

The Langinkoski Imperial Fishing Lodge is located by the beautiful Langinkoski Rapids, on the River Kymi. Tsar Alexander III of Russia became infatuated with this place more than 100 years ago, and he spent many summer days here with his family. The fishing opportunities along the rapids are truly fit for an emperor! The lowest rapids along the River Kymi's Langinkoski branch lie within easy reach of downtown Kotka. Langinkoski is the best place in Southern Finland to catch large sea trout with a fly. Watch the video at: www.eraluvat.fi/en/langinkoski

The River Kymi reaches the sea at Kotka. See the following links for information about fishing opportunities on the river and at sea:
www.fishinginfinland.fi/river_kymijoki
www.visitkotkahamina.fi
www.fishingcenter.fi/en
www.vimpa.fi/en

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**DAY 12**

**The idyllic seaside town of Loviisa — and back to Helsinki**

Attractions in the picturesque town of Loviisa include the historical sea fortress of Svartholma, the Laivasilta area, museums, stunning churches, manor houses, districts full of old wooden houses. Enjoy small town life, or join a cruise to the family-friendly island of Svartholma.

After visiting Loviisa, the route heads back to Helsinki.

**Services and activities:** Services and activities in Loviisa: www.visitloviisa.fi

Guided walking tours are available on Svartholma island, where an exhibition features the rich history of the fortress. A restaurant operates on the island in summer. www.nationalparks.fi/svartholma

**For more information:** Koli Nature Centre Ukko ukko@metsa.fi
www.eraluvat.fi is a web portal giving access to thousands of Finnish fishing waters. Check how and when you need to pay the national fisheries management fee and where you also need separate local fishing permits. The website also provides information on different fishing methods and explains how Finland’s fishing waters are managed.

When planning your fishing trip please note that in some fishing waters, especially rapids, “catch and release” is the only permissible form of fishing.