



5 DAYS FROM THE BALTIC SEA TO WILD WOODED HILLS

Highlights Wetlands with rich birdlife, Kalajoki's sand dunes, the Rahja Archipelago, Rokua National Park, Syöte National Park, City of Oulu
 Finland's finest wetlands, coastal sand dunes, lovely wooded hills and traces of the Ice Age can all be seen along this route through the Oulu region – together with two national parks (Rokua and Syöte), which offer the peace of nature, as well as enjoyable activities and experiences.

DAY 1

Coastal dunes and wetlands with rich bird life



Your journey starts with a half-hour drive from Oulu to Liminka Bay ①, Finland's best known wetlands, which are internationally important for their bird life. At Liminka Bay Visitor Centre you can visit a fascinating featuring the "Eight Seasons of a Bird's Year", discover the secrets of our feathered friends, and experience them with all your senses. You can watch a live video of the bay's natural scene, and view birds at close

range at the Virkkula birdwatching platform just 600 metres from the centre (also accessible to disabled visitors).

Drive on for an hour to Kalajoki ② where you can stroll among Finland's most famous sand dunes, walk along the beach, or enjoy a bracing dip in the sea. The Spa in Kalajoki offers alternative indoor relaxation with its saunas and spa treatments. Enjoy dinner and an overnight stay by the dunes at Kalajoki.

Services:

www.nationalparks.fi/liminkabayvisitorcentre

Activities: exhibition, birdwatching, swimming, spa
Accommodation: Hotels, holiday cabins and cottages around Kalajoki www.kalajokikeskusvaraamo.fi

Tourist information:

www.nationalparks.fi/liminkabayvisitorcentre
www.nationalparks.fi/kalajokivisitorcentre
www.visitkalajoki.fi

DAY 2

Marine life and cultural heritage



Start the day by visiting in the Kalajoki Visitor Centre to see an exhibition that features local wildlife and tells stories about the colourful cultural heritage of the coastal communities by the Bothnian Bay, including the history of the local shipbuilding industry and international trade by sea.



It's now time to paddle in the waters of the Rahja Achipelago ③. These waters are ideal for kayaking or SUP board paddling, since the islands protect their bays and channels from stronger winds and waves, and there are several lovely places to go ashore. Enjoy a seaside lunch in one of the shelters provided around the archipelago. Kayaks and SUP boards can be rented locally. Guided tours are also available.



Alternatively, you can take an easy hike along the duckboards of the Lankkupolku Trail, which runs for 4 km through the region's famous sand dunes from the Kalajoki Visitor Centre to Vihassahti Bay, where you will find a birdwatching tower, a traditional "kota" shelter, a campfire site and information about local wildlife. Enjoy a packed lunch al fresco in a peaceful seaside setting. You can dine in the evening and stay overnight at Kalajoki again.

Services: www.visitkalajoki.fi
www.nationalparks.fi/kalajokivisitorcentre
Activities: exhibition, kayaking/Stand Up Paddling, hiking
Accommodation: Hotels, holiday houses, cottages and campsites around Kalajoki
www.kalajokikeskusvaraamo.fi
Tourist information: www.visitkalajoki.fi
www.nationalparks.fi/kalajokivisitorcentre

DAY 3

Landscapes shaped by the Ice Age



In the morning it's time to leave Kalajoki and drive to the next destination, Rokua, where you can explore the Finland's first UNESCO Geopark and Rokua National Park ④. Start from the Visitor Centre Suppa where you can learn about the Ice Age and how it has shaped the landscape around Rokua. It's well worth hiking into Rokua National Park, to Pookivaara Hill. Owing to its magnificent views, rangers used to stay on the hilltop watching out for forest fires. Information boards along the trail describe the area's natural features and cultural history. After returning from Pookivaara try a spa treatment or just enjoy bathing in the spa. You can have dinner and stay overnight in Rokua.

Services: www.rokuageopark.fi
Activities: exhibition, hiking, spa
Accommodation: Hotels, cabins and camping around Rokua www.rokuageopark.fi
Tourist information: www.rokuageopark.fi
www.nationalparks.fi/rokuangp

DAY 4

Outdoor activities among rolling wooded hills



After breakfast drive to the next destination, Syöte. Here you will find Finland's southernmost high fell Iso-Syöte, Syöte National Park ⑤, and serenely beautiful natural scenes. Start by visiting Syöte Visitor Centre to learn about the area and see an exhibition featuring "Tales from the Backwoods". In the afternoon try mountain biking along Syöte's superb MTB trails. The 19-km "Syötteen kierros"



route is suitable experienced mountain bikers. The section from Iso-Syöte Fell to Pytkynharju and its esker ridge is also suitable for beginners. Bikes can be rented from local firms.

If you don't fancy an adventure on wheels, you can instead easily go hiking in the national park. The interesting Rytivaara Crown Tenant Farm lies at the end of a 4-km trail. Here you can see how crofters lived here in the backwoods in days gone by. Information boards by the wayside describe how the area's earliest settlers made their living. You can have dinner and stay overnight in Syöte.

Services: www.syote.fi
Activities: exhibition, mountain biking, hiking,
Accommodation: Hotels, cabins and camping around Syöte www.syote.fi
Tourist information: www.syote.fi
www.nationalparks.fi/syotemp
www.nationalparks.fi/syotevisitorcentre

DAY 5

Back to the city via ecologically valuable marshlands

After breakfast head back towards the city of Oulu. A good place for a stop along the way is the Hirvisuo mire reserve ⑥. This open aapa bog is extremely valuable for its bird life. Watch birds

from the reserve's viewing tower, and walk round the duckboards of the 1-km "Ötökkäpolku" nature trail, where you can learn about the bog's fascinating insect life.



From Hirvisuo make for the bustling city of Oulu. Here you can go shopping and sightseeing, and find a good place for lunch, before heading for the airport.

Services: www.visitoulu.fi
Activities: Birdwatching, shopping, sightseeing
Tourist information: www.visitoulu.fi
For more information: Liminka Bay Visitor Centre; liminganlahti@metso.fi
 Syöte Visitor Centre; syote@metso.fi
 Kalajoki Visitor Centre; kalajoki@metso.fi

Nationalparks.fi
 Up-to-date information about Finnish national parks and their facilities
 VisitFinland.com
 The official travel guide of Finland
 Outdoorsfinland.com
 Find the best hiking, cycling and canoeing trails in Finland

