



8 km

3 h

Intermediate/  
Demanding

#hossanationalpark #landofnationalparks



## TOP 3

1. Värrikallio rock paintings
2. Ala-Ölkky
3. River- and eskerlandscapes



## Värrikallion Kaarros

### Day trail in Hossa National Park

Värrikallion kaarros trail takes you to the most famous sight in Hossa. Thanks to the walking platform, you will be able to explore the historical Värrikallio rock paintings at a distance of only a few metres.

Värrikallion kaarros trail takes you back in time to admire the rock paintings and old forests along the old Sámi hunting grounds of Hossa. Värrikallio rock paintings date back to the Stone Age and they are estimated to be at least 4,000 years old. There are more than 60 identifiable figures in the set of paintings, which deals

with the fishing and hunting culture and worldview of Stone Age people. 8 km circle trail is quite easy to walk, and even has parts accessible to all (200 m Lihapyörre trail from the starting point to Lihapyörre lean-to shelter, following a beautiful river and esker scenery).



**OPEN:** Snow-free season, June–October.

**TRAVEL TIME:** 3 h.

**CHALLENGE LEVEL:** Intermediate and demanding due to elevation change.

**START AND FINISH:** Lihapyörre parking area (see in Google Maps). It is located at 10,9 km distance from Hossa Visitor Centre (address Jatkonsalmentie 6, 89920 Suomussalmi).

**MARKING OF THE TRAIL:** Yellow paint signs.

**EQUIPMENT:** For variable terrain, you should wear sturdy waterproof shoes, such as all-terrain runners or walking boots. Clothing: Weatherproof hiking clothes. In the day pack: a drink, a picnic, spare clothing, rain gear, a rubbish bag, a first aid kit, a charged phone and a map. To light a fire: matches and a knife. Bring your own toilet paper.

**SAFETY:**

- In case of emergency, call 112.
- Reserve enough time to detour the route. More information about hiking in Finland: [nationalparks.fi/hikinginfinland](https://nationalparks.fi/hikinginfinland)

**RULES AND RESTRICTIONS:**

- There are no waste containers and no waste management at the national park. Food waste can be placed in the outdoor toilets. More information: [nationalparks.fi/hikinginfinland/visitorguidelines/litter](https://nationalparks.fi/hikinginfinland/visitorguidelines/litter)
- Lighting fires is only allowed on the marked, official campfire sites. When a forest fire warning is in operation, lighting campfires is prohibited.
- Pets must always be kept on a leash and under control in the national park.

Instructions and rules of the national park: [nationalparks.fi/hossa/instructionsandrules](https://nationalparks.fi/hossa/instructionsandrules).

# Day Trail: Väräkallion kaarros

