



Central Finland

Isojärvi National Park

# Mountain Biking Trail

Nature is not far away, but in Central Finland! Hike and bike in our magnificent forests, experience the crystal-clear lakes, rivers and rapids, and fall in love with our five National Parks!



The Isojärvi Mountain Biking Trail (MTB) takes you time travelling into the past in the footsteps of the lumberjacks from bygone days. Parts of the trail are challenging, taking bikers up to the barren heaths high on the rocks and down to the mires located deep in canyon valleys.

## Isojärvi MTB 16 km



### Difficulty

A mountain biking trail with an intermediate level of difficulty.



### Duration

2-5 h



### Trail markers

Yellow diamonds and white signposts

## Trail description

The circle trail starts at Heretty Logger's Cabin and goes in a counter-clockwise direction. It follows a biking trail that was levelled out by loggers working with spades in the 1950s, and continues deep into the rugged wooded hills. The rocky and occasionally steep forest trail provides a good biking challenge. After a demanding start in the highlands, the rest of the journey is an easy bike along old forest roads and sandy roads. At the Huhtala wooded pastures, you can see grazing sheep and get a glimpse of the crofter lifestyle of the past. There are several campsites along the trail, where you can enjoy some snacks or even spend the night. Or how about renting accommodation at Heretty Loggers' Cabin and washing off the day's sweat in the gentle steam of the sauna?



## Getting to the trail

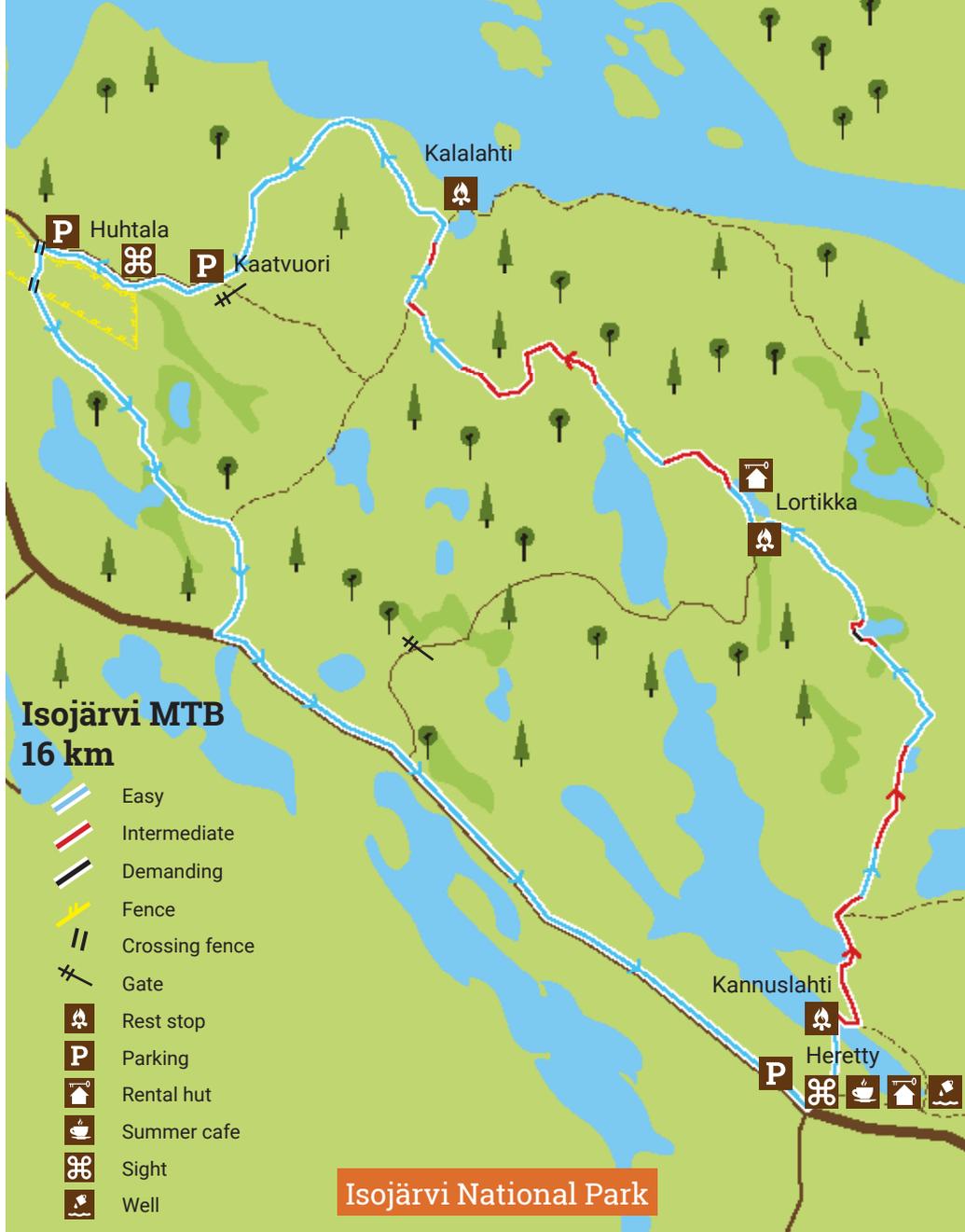
Starting point: Heretty Loggers' Cabin (Kylämäntie 1335, 17800 Kuhmoinen). The way to Isojärvi National Park is signposted on road 9.

## Good to know

The terrain at Isojärvi has large differences in elevation and requires bikers to have a good level of physical fitness. Rocks and tree roots on the climbs and descents as well as short duckboard sections make the first third of the trail challenging. From Kalalahti onwards, the rest of the trail is fairly easy biking along an old hard-surfaced sandy road.

Hikers also use the trail. Maintaining a moderate speed in all situations makes it safe for everyone. Since bikers are moving at a faster speed, you should be prepared to yield to other trail users.

- Biking in Isojärvi National Park is only permitted on marked biking trails and roads.
- The trail runs through the Huhtala sheep pasture. Please let the sheep graze in peace!
- Kannuslahti, Lortikka and Kalalahti each have a campsite and dry toilet. Heretty has a well and dry toilet as well as a cafe that is open during the summer.
- Camping is permitted at the Kalalahti and Lortikka campsites. Accommodation is available at the Lortikka and Heretty rental huts.
- Lighting campfires is forbidden if the forest fire warning is in effect except in the built fireplace of the cooking shelter in Kannuslahti.



## More information:

- [Nationalparks.fi/isojarvi](https://nationalparks.fi/isojarvi)
- [Kuhmoinen.fi](https://kuhmoinen.fi)



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