



4 DAYS KUUSAMO'S RENOWNED NATIONAL PARKS

Region: Kuusamo, Salla, Posio, Suomussalmi.

Highlights: Mysterious traces left by ancient settlers. The healing effects of nature. Authentic adventures and encounters in wild natural scenery. A chance to cross the Finnish-Russian frontier and visit Paanajärvi National Park.

Welcome to Finland's Wild East! Kuusamo's national parks offer authentic experiences in the wilds, including memorable adventures or just a chance to relax in peaceful natural settings. Discover how nature doesn't respect our man-made borders, and wonder at spiritual sites where ancient rock paintings reflect the close links between man and nature. Don't forget to try the most important part of traditional Finnish culture by enjoying a sauna!

powerful Jyrävä Falls or relax by the calmer waters of Harrisuvanto.

Ruka village has plenty of suitable accommodation. In the evening you can explore the area, by feeling the magic of Nightless Night on the top of Konttainen Hill or taking a ski lift up to the top of Ruka Fell and then returning slowly stopping to admire and photograph its amazing scenery. Thrill-seekers should hurtle down the kilometre-long Ruka Sled Track, reaching speeds of up to 60 km/hour!

Those who prefer to relax can try memorable traditional sauna experiences offered by Saunatour. You can choose between different kinds of sauna experience: slow & silent, wild & free, alive & strong — or anything in between. Enjoy a delicious dinner made from local products and wild food in the restaurant Kuksa or other local eateries with Wildfood Kuusamo Lapland recommendations.

Services and activities: www.nationalparks.fi/oulanka
www.wildfoodkuusamolapland.com
www.wellbeinginwilderness.fi

Hiking, summer sledding run, sauna, fishing, biking, etc.

Accommodation 1–2 nights: In and near Ruka
www.ruka.fi;

Iisakki Village (Ruka Safaris),
 Rukatonttu Hotel & Restaurant,
 Hotel Rantasipi Rukahovi,
 Oulanka National Park Campsite and many more options
Tourist information: Karhuntasu +358 40 860 8365
 info@kuusamo.fi

Rukainfo 08–8600 250 info@ruka.fi
 Oulanka Visitor Centre +358 206 396 850 oulanka@metsa.fi
www.nationalparks.fi/oulanka

DAY 1

Oulanka — Love at first sight



Your journey through Kuusamo's renowned national parks starts with a one-hour drive to the start of the famous Pieni Karhunkierros Hiking Trail, in Juuma 1. This trail takes most of the day to follow, running alongside the River Kitkajoki and over three hanging bridges, passing the magnificent scenic highlights of Oulanka National Park. Enjoy a packed lunch by the

DAY 2

Balance relaxation and adventure

Today is all about finding a balance between excitement, adrenaline and speed; and relaxation and silence.

Start by rafting on the crystal clear waters of the River Kitka — on an easy “family route” suitable for kids, or a tougher “wild route” for over-18s only. The rafting trip in Oulanka National Park starts from Basecamp Oulanka 📍, where you can meet guides and pick up your rafting gear before being taken on to the village of Käylä where the adventure starts! After shooting the rapids there’s time to change into dry clothes and relax.

The next stop is at the idyllic café Korpihilla where with a cup of coffee or tea you can enjoy the café’s famous pancakes with homemade syrup made from lingonberries, spruce or tar.

After your refreshments it’s time to head on to the breathtaking scenery of Riisitunturi National Park 📍, where you can start hiking from the parking area. You can choose between two routes: the 4.3-km Riisin Rääpäisy trail or 10.7-km Riisin Rietas. Riisitunturi is known for its beautiful hills and hanging bogs. Up on the fell tops you can enjoy impressive views over the Kitkajärvet Lakes, with a backdrop of hills and fells. Stop at the very top of Riisitunturi Fell to breathe the fresh air and feel how time stops. On a Finnish summer evening there’s no need to hurry, since there’s enough daylight for hiking till midnight.



Services and activities: Basecamp Oulanka,

www.basecampoulanka.fi

Café Korpihilla +358400 901 910

www.korpihilla.fi (In Finnish)

River rafting, hiking, photography, wild food

Accommodation: Ruka area www.ruka.fi

Tourist information: Rukainfo info@ruka.fi, www.ruka.fi

Oulanka Visitor Centre +358206 39 6850

oulanka@metsa.fi

www.nationalparks.fi/riisitunturi

DAY 3

The spirit of the North

Today you can discover the spirit of the North! Wake up your body and mind by climbing up to 400 m. high Konttainen Hill 📍 and enjoy a memorable misty morning views accompanied by friendly Siberian Jays. It’s easy to see why local people traditionally felt this place was special and sacred.



Head into the town of Kuusamo next, to stock up with local, high quality products and souvenirs.

A one-hour drive takes you from Kuusamo to Hossa 📍, where you can set off on a mystical trip back in time! The adventure starts from the café at Lake Julma-Ölkky. After a boat trip to view amazing lakeside cliffs from the water, have a coffee break or lunch here.

Suitably refuelled, you can now set off on a 4-km hike to see the ancient rock paintings on Värkällö Cliffs. These mysterious paintings, thought to be 3,500–4,500 years old, depict hunters and fishers. A new footbridge enables visitors to see the paintings up close. After this unique experience you can explore the newly designated Hossa National Park on foot, by bike or in a canoe. Fishing is also popular here, or you can just relax and enjoy a traditional sauna and a dip in the crystal clear water of Lake Hossanjärvi.

If you want to meet the king of the wild taiga forest in his natural realm, sign up for an unforgettable bear-watching trip, where you spend the evening and night in a specially designed safe viewing cabin, watching and photographing wild bears.



Services and activities: Julma Ölkky +358500 389 345

Karhukuusamo (bear-watching) www.karhujenkatse.fi

Hiking, photography, shopping, ancient rock paintings, boat trip, bear-watching, biking, fishing, swimming etc.

Accommodation, Cottages and camping at Hossa area www.nationalparks.fi/hossavisitorcentre/services

Tourist information: Hossa Visitor Centre

+35840751 7221 hossa@metsa.fi

www.nationalparks.fi/hossa



DAY 4

The King of the Northern Taiga Forest



Enjoy a slow morning by sleeping late or taking a short stroll in the atmospheric forests of Hossa. It’s also worth checking out Hossa Visitor Centre where you might find a delicious breakfast.

By 10 o’clock it’s time to head on from Hossa to Predator Center 📍 where you can safely meet some of Northern Finland’s animal inhabitants: foxes, lynx and bears — including a famous bear called Juuso who likes to paint.

Drive on to Kuusamo, where at Karhuntassu Visitor Centre you can admire amazing photos taken by Hannu Hautala, a locally based but world-famous wildlife photographer. Enjoy lunch in downtown

Kuusamo before saying farewell to this beautiful region with its unique national parks.

As an additional trip from Kuusamo you might enjoy the chance to cross Finland’s eastern frontier and step into the beautiful natural scenery of Russia’s Paanajärvi National Park.

www.rukapalvelu.fi/en/activities/russia

Services and activities:

Hossa Visitor Centre hossa@metsa.fi

Predator Center www.kuusamon-suurpetokeskus.fi

Karhuntassu Visitor Centre +35840 860 8365

info@kuusamo.fi

Nature photography exhibition

Tourist information: Hossa Visitor Centre

+35840751 7221 hossa@metsa.fi

www.nationalparks.fi/hossa

Karhuntassu Visitor Centre +35840 860 8365

info@kuusamo.fi

www.nationalparks.fi/kuusamocustomerservice

For more information:

Oulanka Visitor Centre +358 206 39 6850

oulanka@metsa.fi

Hossa Visitor Centre +358 40 751 7221

hossa@metsa.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

Outdoors  Visit Finland

 METSÄHALLITUS