Trail running is a fast-paced sport that you can do with your friends.

The majestic forests, high rocks and lakes with their clear waters in Repovesi National Park offer an outstanding trail network for running enthusiasts. This brochure tempts you with three suggested trails on Repovesi paths where you can delight in nature while running; alone or in a group, enjoying a leisurely jog or running at a brisk pace.

All trails in the park are marked with dots of orange paint. There are no separate signposts for the routes suggested in this brochure. Do not forget to bring a map!

**KUUTTI LOOP 7,4 km**
Kuutinlahti shore-Lapinsalmi
Waypoints on the trail: Mustalammi-Mustalamminvuori-Kuutinkanava-Katajajarvi-Katajajuori-Lapinsalmi
Difficulty: Total climb 155 m
On the initial section of the trail, the path is studded with tree roots and rocks. Climbing to Mustalamminvuori and Katajajuori will add to the physical challenge.
Special features on the trail: The start point of the trail is reached by water (for example by taxi boat). At the beginning, you climb to Mustalamminvuori viewing tower, from where the trail continues across the rocky outcrops to Kuutinkanava timber floating troughs, the majestic forests on the shores of Katajajarvi Lake and onwards to the wide top of Katajajuori. Towards the end, runners will cross Lapinsalmi suspension bridge.

**TERVAJÄRVI LAKE LOOP 8,2 km**
Circle trail. Tervajärvi parking area. The route description follows the trail anti-clockwise.
Waypoints on the trail: Tervajärvi-Lojukoski-Kuutinkanava-Talas-Tervajärvi
Difficulty: Total climb 150 m
The rocky paths on the initial section of the trail along the cliffs bordering Tervajärvi Lake are challenging, while the trail become more runnable towards the end. The route contains no steep long climbs, but its short and abrupt climbs and descents with tree routes on the path make running a challenge at times.
Special features on the trail: The trail leads you around Tervajärvi wilderness lake in the quietest part of the park. Highlights on the way include the views across Tervajärvi Lake from shoreline cliffs, the misty old-growth forest of Tukkiniemi, and Kuutinkanava trough, which offers a quick introduction to the history of timber floating.

**CLIMBER’S TRAIL 10,1 km**
Circle trail. Saarijärvi parking area. The route description follows the trail anti-clockwise.
Waypoints on the trail: Saarijärvi-Sukeltajaniemi-Olhavanvuori-Mustalamminvuori-Kirnunkangas-Saarijärvi
Difficulty: Total climb 180 m
A fast and variable trail, the most challenging sections of which are half-way around on the slopes of Olhava and Mustalamminvuori. The paths are mostly narrow and criss-crossed heavily with tree roots. The paint markers on rocky sections can sometimes be difficult to see.
Special features on the trail: The Climber’s trail leads you along runnable small paths crisscrossing the peaceful forest from Saarijärvi towards the best lookout points of the park, or Olhava and Mustalamminvuori. On the quieter final leg, the rocky outcrops close by Kirnunkangas lean-to shelter and a short road section will get you up to speed before the last steep descent from Tolosenvuori.

Experience nature while trail running

Repovesi National Park

Additional information and ideas for planning your trip and up-to-date information:
www.nationalparks.fi/en/repovesipark

Repovesi Virtual Guide:
www.visitrepovesi.fi
All trails are marked with orange paint in the terrain.