



Rokua National Park

Harjunpolku



Harjunpolku is a short and easy trail that is also suitable for children. It runs along an esker terrain between Rokua Health & Spa and Lake Lianjärvi.

The Harjunpolku Trail is an easy circle trail that runs along an esker terrain in the surroundings of Rokua Health & Spa and the lakeside scenery of Lianjärvi. The trail is also suitable for children. You can take a break at a day-use hut on the shore of Lake Lianjärvi. There used to be a dance stage at the site of the hut. You will find the starting point of Harjunpolku Trail behind Rokua Health & Spa, close to the shore of Ahveroinen Pond. The trail can be travelled both anticlockwise and clockwise.

The northern section of the trail runs along the crest of a low esker, amid a pine forest and lichen heaths. The western section of the trail passes along a narrow natural path, close to the shore of Lake Lianjärvi, where you will see old pines and lush trees. The southern and southeastern sections of the trail between the Lianjärvi day-use hut and Rokua Health & Spa consist of a wide stone dust path through a hilly terrain, amid a light-filled pine forest.

Hiking structures:

- Lianjärvi day-use hut and dry toilet



LENGTH: 2.5 km

TRAVEL TIME: 1 h

Available when the ground is unfrozen.

STARTING POINT: Rokua Health & Spa (Kuntoraitti 2, 91670 Rokua)

DIFFICULTY: Easy / Intermediate (slight altitude differences)

TRAIL MARKINGS: The trail is marked on trees with blue paint signs. There are brown signposts at the intersections.

SAFETY:

- The eastern section of the trail crosses a road at two points, and there may be mountain bikers in the southeastern and southern sections of the trail.
- Take enough time to walk the trail.
- In case of emergency, call 112.

EQUIPMENT: You can manage through the trail with a good pair of sneakers or hiking boots. Wear clothes that are suitable for the weather and take some extra clothes, food, and drink with you. Prepare with a map, a phone, plastic bag for trash, first aid kit, matches, and a knife. Bring your own toilet paper for the dry toilets.

INSTRUCTIONS AND RULES:

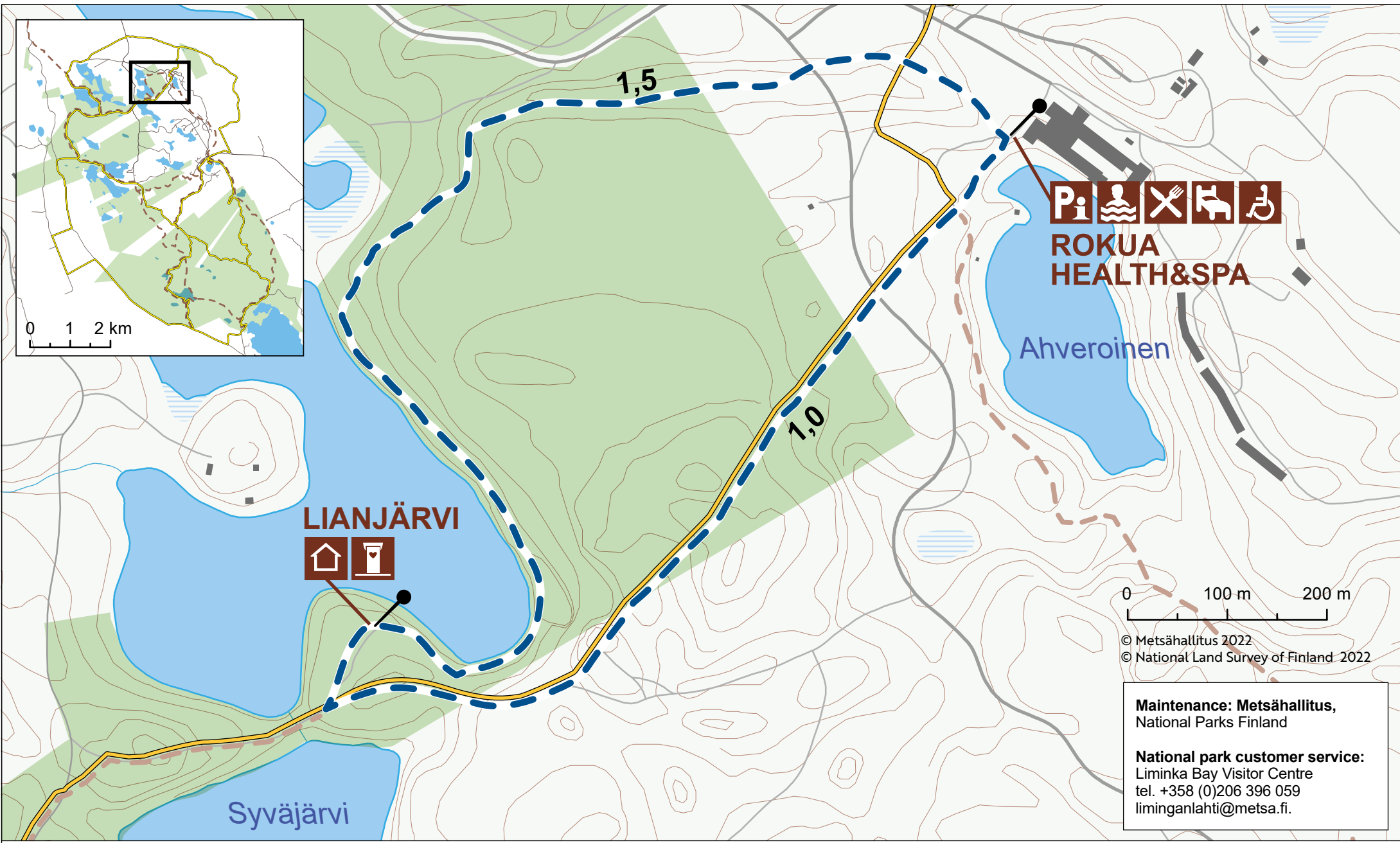
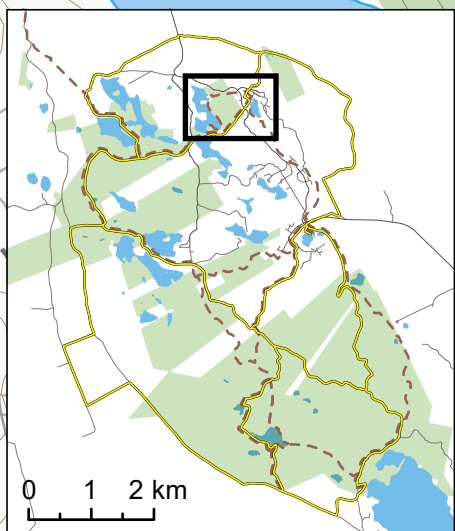
- The terrain is sensitive to erosion, so please keep to the marked trails and only camp at the marked rest spots and only light an open campfire at marked rest spots, using the firewood reserved for the purpose. During the periods of forest and grass fire warnings, lighting a fire is prohibited in the entire national park (including inside the campfire huts and day-use huts).
- Campfire and camping are only allowed at sites marked for this purpose.
- Biking is allowed only on marked trails.
- There are no waste bins along the trail and at the rest spot. Take your rubbish with you from the terrain.
- Always keep your pets on a leash.

More information:

nationalparks.fi/rokuanp/instructions-andrules

METSÄHALLITUS 4/2022

PHOTOS: HEIDI KONTIOKARI



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Maintenance: Metsähallitus,
 National Parks Finland

National park customer service:
 Liminka Bay Visitor Centre
 tel. +358 (0)206 396 059
 liminganlahti@metsa.fi.

National park
 Kansallispuisto

Day-use hut
 Päivätupa

Restaurant
 Ravintola

Dry toilet
 Kuivakäymälä

Harjunpolku trail 2,5 km
 Harjunpolku 2,5 km

Mountain biking route
 Maastopyöräreitti

Parking and information
 Pysäköinti ja opastus

Spa
 Kylpylä

Hotel
 Hotelli

Accessible services
 Esteettömiä palveluja

Hiking trail
 Retkeilyreitti

Distance
 Välimatka