



 **Vipuvuonna EU:n Vuosi 2014-2020**
 Euroopan unionin tuella
 Euroopan kehitysrahasto

POHJOIS-POHJANMAAN LIITTO
 Council of Oulu Region



SERENITY OF RIISITUNTURI

Berry/mushroom foraging

Korpihilla Ky
 Tel. +358 40 090 1910
 Email: ritva.kokko@korpihilla.fi
 Website: www.korpihilla.fi

Forest yoga

MunPolku Tmi
 Tel. +358 50 560 6633
 Email: piritta@munpolku.fi
 Website: www.munpolku.fi

Berry/mushroom foraging

Rukapalvelu Oy
 Tel. +358 10 2710 500
 Email: safarhouse@rukapalvelu.fi
 Website: www.rukapalvelu.fi

Forest lolling

Juniperus Metsämatkat Ky
 Tel. +358 45 322 0969
 Email: lolling@forest4lolling.fi
 Website: www.forest4lolling.fi

TREASURES OF SYÖTE

Syötteen sieni ja yrtti Ky
 Tel. +358 40 068 0215
 Email: riitta.rontu@gmail.com

RELAXING ON THE WATERS

Syötteen eräpalvelut
 Tel. +358 400 604 772
 Email: johanna.maatta@syotteenerapalvelut.fi
 Website: www.syotteenerapalvelut.fi

WELCOME TO THE NATURE OF OULANKA

Rukapalvelu Oy
 Tel. +358 10 2710 500
 Email: safarhouse@rukapalvelu.fi
 Website: www.rukapalvelu.fi

ANCIENT MUIKKUPURO

JoogaTaival
 Tel. +358 50 356 2006
 Email: joogataival@gmail.com
 Website: www.joogataival.fi

JULMA-ÖLKKY BOAT TRIP

JoogaTaival
 Tel. +358 50 356 2006
 Email: joogataival@gmail.com
 Website: www.joogataival.fi

Rukapalvelu Oy
 Tel. +358 10 2710 500
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VALID DURING 2018-2019

MINIMUM GROUPSIZE 6 PERSONS

WWW.NATIONALPARKS.FI/RIISITUNTURI

WWW.NATIONALPARKS.FI/SYOTE

WWW.NATIONALPARKS.FI/OULANKA

WWW.NATIONALPARKS.FI/HOSSA

WWW.NATIONALPARKS.FI/LANDOFNP



WIND SWEEPING ACROSS THE BOLD PEAK OF THE MOUNTAIN. AN IMPRESSIVE POPULATION OF TREES QUIETLY ADMIRING LAKE KITKAJÄRVI. THIS IS A PLACE WHERE TIME STOPS.

SERENITY OF RIISITUNTURI

RIISITUNTURI NATIONAL PARK

Duration: 2-3 hours

Description: It starts at the parking lot of Riisitunturi National Park. The tour guide will shed light on the local myths, traditions and Lake Kitkajärvi. Optional activity (duration approx. 30 min)

Activity options:

1. Berry/mushroom foraging
2. Forest yoga
3. Forest lolling (only in August)

After the activities, the group will enjoy a hot beverage made of wild herbs and berries.

Price 75 €/person

Participants will also have the change to do shopping at Korpihilla.

WELL-BEING, MYTHS, TRADITIONS, RELATIONSHIP WITH NATURE, FORAGED FOOD, WILD FOOD, MOUNTAIN

FIND THE NATURAL TREASURES, WILD DELICACIES SCATTERED AROUND THE DARK GREEN FELLS AND THE BRIGHT RED MARSHES OF SYÖTE.

TREASURES OF SYÖTE

SYÖTE NATIONAL PARK

Duration: 2-3 hours

Description: This guided tour introduces participants to mushrooms and berries found around Syöte as well as how to recognise and prepare them. The tour may be combined with an introduction into mushrooms and berries and their preparation (30-45 min). Species may vary between seasons and years.

Price 59 €/person

+ Introduction into mushrooms and berries and their preparation

Price 80€/group

+ Black pot campfire coffee/tea/berry juice and a pastry

Price 7 €/person

DIVERSITY OF NATURE, MUSHROOMS, BERRIES, FORAGED FOOD AND HERBS, WILD FOOD, LEARNING



RELAXING ON THE WATERS

SYÖTE

Duration: 2-3 hours

Description: Peaceful and relaxing guided lake kayaking on the picturesque Lake Naamankajärvi. Price includes life vests.

Price 55 €/person

LAKE KAYAKING, KAYAK, WATER SYSTEMS, RELAXATION

TREAD THE SAME PATHS AND EXPERIENCE THE SAME EXCITEMENTS AS OUR ANCESTORS DID DISCOVERING THE BRIGHT RED LINGONBERRIES AND DELICIOUS BOLETUS MUSHROOMS. HOSSA IS A PLACE WHERE PAST MEETS PRESENT.

JULMA-ÖLKKY BOAT TRIP

HOSSA NATIONAL PARK

Duration: 3 hours

Description: Before the boat trip the guide will introduce participants to the history of Julma-Ölky and Hossa. The boat trip will take place on a wooden motor boat (max. 50 persons). The trip will take approximately 30 minutes.

The group will visit the nearby forest for a session of forest yoga followed by soup lunch at the cafeteria of Julma-Ölky.

Price 90 €/person

HISTORY, NATURE, PHOTOGRAPHY, WELL-BEING, BOAT TRIP

SLOWLY BABBLING STREAM TURNS AROUND THE BEND INTO RUMBLING RAPIDS. RUGGED CLIFFS OFFER VIEWS OF LUSH GREEN SHORES. OULANKA IS A VERITABLE TREASURE TROVE OF NATURE EXPERIENCES.

WELCOME TO THE NATURE OF OULANKA

OULANKA NATIONAL PARK

Duration: 3 hours

Description: The tour begins at the Oulanka Visitor Center with a guided tour or viewing of Petteri Saario's film about the nature of Oulanka and Lake Paanajärvi (15 min).

Next, the group will trek one kilometre to the campfire site of Kiutaköngäs. The tour guide will introduce participants to the Oulanka National Park, the river, various species and traces of the Ice Age. The meal includes tea and coffee brewed with water from the Oulankajoki River and sausages fried in the campfire.

Price: 90 €/person

+ fish soup lunch at the campfire site of Kiutaköngäs

Price: 35 €/person

+ visit to the Arctic Circle following the lunch. Trek to Lake Hautajärvi, where the Karhunkierros Trail begins. Trek across the Arctic Circle with participants provided with an Arctic Circle pin.

Price 38 €/person

CLEAN NATURE, DIVERSITY OF SPECIES, RIVER, RAPIDS, THE ARCTIC CIRCLE

ANCIENT MUIKKUPURO

HOSSA NATIONAL PARK

Duration: 3 hours

Description: 1.5 km-long unobstructed, wide and even path. The tour guide will introduce participants to the history of the Hossa National Park and Muikkupuro.

Activity options:

1. Berry and/or mushroom foraging
2. Forest yoga

The group will make fire and enjoy snacks (herbal tea, smoked vendace, berry pie, lingonberry juice) at the Muikkupuro lean-to. Each participant receives a mug as a souvenir of the tour. The mug can be used for holding berries foraged on the tour.

Price 75 €/person

HISTORY, CULTURE, PRISTINE WATERS, CLEAN NATURE