

### Where to Find More Information

The website Outdoors.fi is designed to help people interested in outdoor activities to find suitable destinations around Finland, and plan their trips. The website is easy to use, regularly updated, and contains many more destinations and details than this leaflet. A flexible search function helps all kinds of people to find suitable places to visit. The site's 'Hiking in Finland' pages include tips on interesting destinations, useful information about everyman's right, and advice about the clothes and equipment visitors might need at different times of year.

# outdoors.fi

The web pages on destinations in the website Outdoors.fi contain links to Metsähallitus's Excursionmap.fi website. This service enables hikers to find detailed maps of destinations, showing trails and facilities, and available free of charge until further notice.

# excursionmap.fi

Many national parks and hiking areas have their own visitor centres or nature information huts. Visitor centres provide useful information about local natural features and facilities for hikers. They also house impressive exhibitions and show audiovisual presentations featuring local wildlife and scenery. At nature information huts the visitor will get plenty of information about what to see and do in the area. Metsähallitus's other customer service points conveniently located around Finland are good sources of information about services and facilities for hikers.

#### How to Find a Suitable Destination

Choose a destination using the table and map on the other side of this leaflet. More detailed information about the listed destinations is available from the phone numbers provided and on the Outdoors.fi website. More details about destinations and services are also available from Metsähallitus's customer service number +358 205 64 125.



# Services Provided by Metsähallitus

Metsähallitus administers State-owned lands and waters covering about a third of Finland. Metsähallitus's work is divided into commercial forestry, and natural heritage services – which include nature conservation work and the provision of facilities for hikers and other visitors. Almost half of Finland's State-owned forests are protected as nature reserves, national parks or wilderness areas.

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www.outdoors.fi

www.excursionmap.fi







# Enjoy Nature in Finland

Find the Best Places





#### Answer the Call of the Wild

Nature-lovers can enjoy many different kinds of trips through the Finnish countryside, by land or by water, at any time of year. Visitors can freely roam the great outdoors almost everywhere in Finland. Many of the best scenery and facilities for walking, trekking and boating can be found in national parks, hiking areas and nature reserves managed by Metsähallitus Natural Heritage Services. In many areas visitors can also use nature tourism services provided by local firms.

This handy leaflet lists many of the best places to enjoy nature in Finland, from the wild arctic fells of Lapland to the beautiful Baltic archipelagos. The list includes suitable destinations for everyone, from families with small children to trekkers wanting to spend a week in the wilderness. In areas managed by Metsähallitus Natural Heritage Services visitors can view varied natural scenery, watch fascinating wildlife, or simply enjoy peaceful natural settings.

There are no charges for visiting the listed destinations or using their hiking facilities. For even more ideas of places to visit, see the website Outdoors.fi.

## Rights and Responsibilities

Finland's liberal laws of access to the land – known as 'Everyman's right' – give people of all nationalities a free right to roam the countryside and enjoy outdoor activities in a natural setting, no matter who owns the land.

This free right comes hand in hand with a responsibility to avoid any damage or disturbance to the natural environment, people's property and other visitors.

Everyman's right enables visitors to freely walk, ski, ride, cycle, row or paddle around the countryside, except in the immediate surroundings of people's homes, or in cultivated fields. Visitors can also picnic, swim, and even camp out for a night or two. Motor vehicles, including snowmobiles, may not be used off road without the landowner's permission. In certain sensitive areas in national parks and other protected areas visitor's movements and rights are restricted to protect wildlife.

Everyman's right also allows visitors to pick wild berries and mushrooms, and to fish with a simple rod and line in most waters all year round. Hunters need the landowner's permission, as well as official hunting permits.





The landowner's permission is also required for letting pets off lead or lighting open campfires. Campfire sites specially provided by Metsähallitus can be used freely, except when forest fire warnings are in force.

More information on these extensive rights is available at www.environment.fi/everymansright.

## Respect Nature

Many of the areas featured here are run by Metsähallitus according to waste-free principles. Hikers are expected to take their own wastes away to suitable recycling and collection points. This helps to reduce the need for disruptive waste collection in natural areas. Visitors are also encouraged to pack their food and supplies in reusable containers to prevent waste.

Tips for hikers wishing to reduce their impact on the natural environment:

- Avoid unnecessary travel by visiting nearby destinations.
- Use public transport or share car journeys.
- Follow the local regulations.
- Leave no trace where you hike or camp.
- Do not make any unnecessary noise, or otherwise disturb wildlife.
- Wash yourself and your dishes on dry land.

For more tips see the Outdoors.fi website.

	Destination	Activities	Facilities	Nature and scener		H Cl V D · ·
					52113	How to Choose Your Destination
		m	<i>7. 7.</i> 4.			Choose suitable destinations from the table according to
		etion hur	1,50,50		Norway	your wishes concerning activities, facilities and scenery.
	/ /s		hoir			The symbols and numbers will help you to find the
	omo do	Trails  Trails  Trails  Trails  Trails  Trails	ness, in	8	Siida Siida	destinations on the map.
	98. Sex.	ating sting sting sting sting sting sting	illoeri	00	Valo 4	•
Q.	d are	Publi		83 85 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Enontekiö 8 Livaio	National hiking areas • contain natural settings suitable for a
er on mag	tion the samp m same and a same a sam	A WILL	9. 6	riain Tic fe Inferince	Fell Lapland Kiehinen	wide range of outdoor activities.
John John John John John John John John	Simetion to the second of the	1	9110 9110 9110 9110 9110 9110 9110 9110	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	National Hiking Area     Pallastunturi     Koilliskaira	Negaration to Communicate to the
William	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	I I I I I I I I I I I I I I I I I I I			National Park	<b>National parks</b> are protected areas with beautiful natural features that attract many visitors.
1 Kevo		0 0 0	•	0205 64 7740	<ul> <li>Wilderness Area</li> <li>Kellokas</li> </ul>	issued and activate many transcers.
2 Nordkalottleden Trail 3 Käsivarsi	6 0 0			0205 64 7990 0205 64 7990	Strict Nature Reserve	The wilderness areas of Lapland contain vast unspoilt
4 Hetta–Pallas Trail	<i>s</i>	0 0 0 0		0205 64 7930	<ul> <li>Other Protected Area</li> <li>Other Hiking Destination</li> </ul>	natural scenery for experienced trekkers who want to head off the beaten track and stay overnight in the great wide open.
5 Pallas–Yllästunturi	0 0 0 0 0 0				■ Hiking Route	
6 Lemmenjoki 7 Inari				0205 64 7740 0205 64 7740	Kemijärvi N	Strict nature reserves are primarily reserved for nature
8 Hammastunturi	0 0 0 0	0 0	0 0	0205 64 7200	■ Visitor Centre or Rovaniemi Etiäinen Hautajärvi	conservation and research. They are generally closed to the public, though visitors may use certain marked routes in some
9 Urho Kekkonen National Park		0 0 0 0 0	• •		Nature Centre  Customer Service Point  Oulanka  18  Ruka	reserves.
<ul><li>10 Pyhä–Luosto</li><li>11 Arctic Circle</li></ul>					19 Kuusamo	
12 Martimoaapa	00000	0 0	•	0205 64 7820	Legisland 19 Karhuntassu	Many other areas managed by Metsähallitus   are also suitable for hikers.
13 Perämeri 14 Auttiköngäs				0205 64 7007 0205 64 7820	Sweden 19 20 21 Syöte Hossa	
15 Korouoma	0 0 0	0 0 0		0205 64 6804	Syote	A few of Finland's best-known long-distance hiking routes #
16 Riisitunturi	0 0 0	0 0 0	• •		Hailuoto	have been included in this leaflet.
17 Oulanka 18 Karhunkierros Hiking Trail				0205 64 6850	222	Exploring wild areas = these extensive areas can be explored on
19 Syöte and Iso-Syöte				0205 64 6550	Russia	foot, on skis, by canoe or by rowing boat, and visitors may camp
20 Kylmäluoma	0 0 0 0 0	0 0 0 0			Kalajoki Patela	out overnight.
<ul><li>21 Hossa</li><li>22 Itäraja Hiking Route</li></ul>				0205 64 6041 0205 64 6041	Kajaani Petola	Visitor centres and nature centres ■ are marked on the table
23 Rokua	0 0 0 0	0 0 0 0		0205 64 7007	Kokkola 25	and the map; <b>customer service points</b> □ on the map only; and
<ul><li>24 Oulujärvi</li><li>25 Hiidenportti</li></ul>				0205 64 6380	lisalmi 26	nature information huts on the table only.
26 Tiilikkajärvi		0		0205 64 5757	27 28 Nurmes Ruunaa Ruunaa	Accessible by public transport = destinations within two
27 Kvarken Archipelago				0205 64 5281	lerranova Ukko	kilometres of the nearest connection.
<ul><li>28 Peuranpolku Trail</li><li>29 Salamajärvi</li></ul>	<b>6</b> 0 0 0 0				Calculation Studies Studies 31	Shelters and/or campfire sites are provided where shown in the
30 Pyhä-Häkki	0 0 0 0	0		0205 64 5274	Semajoki 30	table. All destinations with shelters also have campfire sites.
31 Telkkämäki 32 Koli	0 0 0 0 0			0205 64 5757 0205 64 5654	Joensuu 35	Commentee and in made commentee in an array of destination values
33 Ruunaa	0 0 0 0 0 0			0205 64 5757	40 41 Jyväskylä 36	Campsites = equipped campsites in or near a destination, where campers must pay overnight fees.
34 Patvinsuo	00000		0		Oskari 37	
<ul><li>35 Petkeljärvi</li><li>36 Kolovesi</li></ul>	0 0 0 0 0	0 0		0205 64 5757 0205 64 5916	Seitseminen 43  Savonlinna  A2  Nestori 38	<b>Lodgings</b> = rentable accommodation near a destination, run by Metsähallitus or a private firm.
37 Linnansaari				0205 64 5916	Pori Tampere 46 Mikkeli	inetsarialitus or a private iirii.
38 Punkaharju				0205 64 5916	50 47	Nature and scenery = general descriptions of areas' landscapes
<ul><li>39 Siikalahti</li><li>40 Lauhanvuori</li></ul>		0 0 0		0205 64 5916 0205 64 5270	•48	and natural features.
41 Kauhaneva–Pohjankangas		• 0	•	0205 64 5270	51 Häme Kouvola	Sites of cultural interest include historic buildings,
<ul><li>42 Hämeenkangas</li><li>43 Seitseminen</li></ul>				0205 64 5270 0205 64 5270	54 53	archaeological relics and heritage landscapes.
44 Helvetinjärvi				0205 64 5270	Turku Teijo 58 61 Kotka	
45 Leivonmäki	0 0 0 0		0 0 0		50 62	JAN LAY LAY LA
46 Isojärvi 47 Päijänne	0 0 0 0 0			0205 64 5272 0205 64 5273	56 Ekenäs Blåmusslan	
48 Evo	00000			0205 64 4710	Blāmusslan Hanko	
49 Repovesi				0205 64 5916		
<ul><li>50 Puurijärvi and Isosuo</li><li>51 Kurjenrahka</li></ul>		0 0 0 0 0				
52 Aulanko	• • • •			0205 64 4630	TO A THE PARTY OF	
<ul><li>53 Liesjärvi</li><li>54 Torronsuo</li></ul>	0 0 0 0	0 0		0205 64 4630 0205 64 4630		
55 Teijo				0205 64 4700		
56 Archipelago	0 0 0 0		0	0205 64 4620		
<ul><li>57 Ekenäs Archipelago</li><li>58 Nuuksio</li></ul>				0205 64 4613 0205 64 4790		
59 Laajalahti	0 0	0 0 0 0		0205 64 4630		THE RESERVE OF THE PARTY OF THE
60 Valkmusa 61 Langinkoski	0 0	0	•	040 3110 330 040 3110 330		
62 Eastern Gulf of Finland				040 3110 330		La Control Control