



POOKI SKI TRACK 6 KM

The rush of speed amid the kettle holes

Ancient dunes and impressive kettle holes in Finland's first Geopark



The Finnish Outdoor Destination of the Year 2018



The Pooki ski track will take skiers through beautiful scenery to Pookivaara Hill, the very heart of the Rokua National Park, where snow-covered dunes, kettle holes and eskers make up the spectacular landscape formed by the retreating Ice Age. The tracks winds its way through pine forests toward the highest point in Rokua, which was also home to the fire guards of yesteryear.



BASIC TRAIL INFORMATION:

- **Start point:** Length: 6.0 km
- **Duration:** 1-2 h
- **Difficulty:** Demanding (steep ascents and descents)
- **Open:** Counterclockwise with classic or freestyle cross-country skiing
- **Trail markings:** Signs for Pookivaara on the way out and for Hiihtostadion (Ski stadium) on the way back

SIGHTS:

- Pookivaara Hill
- Pine forests
- Rokua terrain formations

RECOMMENDED GEAR:

- Good ski equipment
- Light meal and plenty of fluids

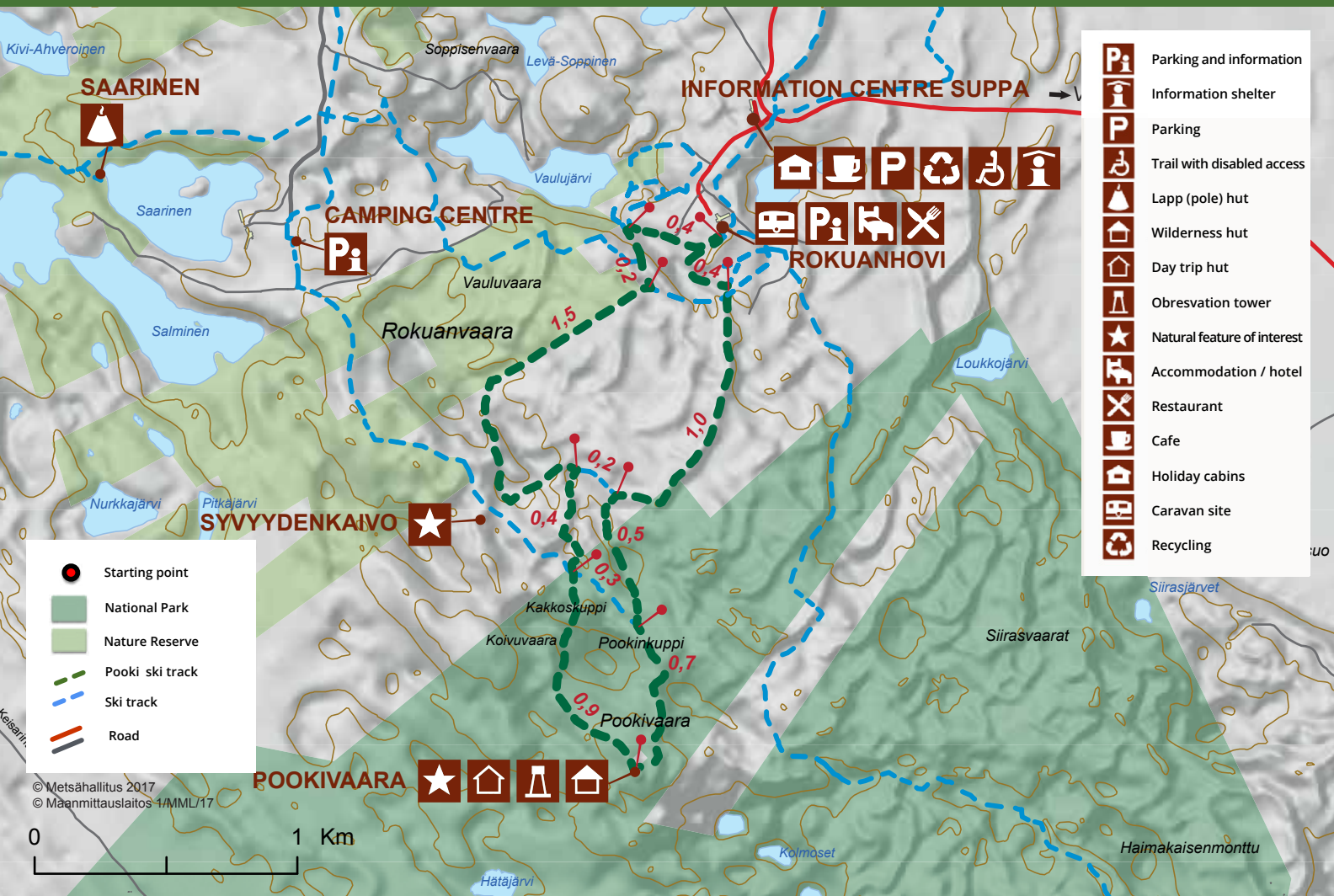
SERVICES ALONG THE TRAIL:

- Rokuanhovi Hotel services
- Fire guard hut, Pookivaara Hill observation tower and Pookin Paussi day hut and dry toilet

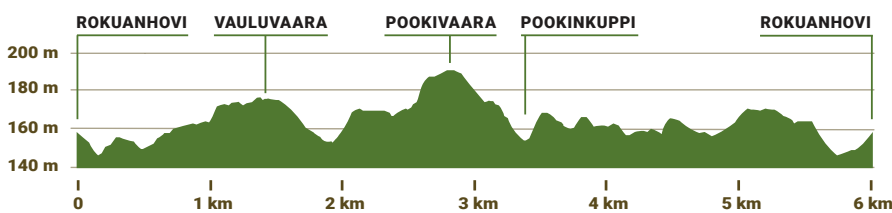


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Trail guide



TRAIL TOPOGRAPHY:



TRACK DESCRIPTION:

The Pooki ski track begins at Rokuanhoivi Hotel and follows the Rokua competition ski tracks the whole way. The track is marked with signs for Pookivaara Hill and kilometre markers.

The ski track passes over varying terrain, with some of the ascents and descents being demanding - and exciting. But, try to stop every once in a while to take in the wonderful peace and quiet of Rokua and the beauty of its landscapes.

The most prominent sight along the ski track is Pookivaara Hill, which is also the highest point in Rokua National Park. In addition to providing marvellous views, Pookivaara Hill is also home to the fire guard hut, observation tower and Pookin Paussi day hut.

From Pookivaara Hill, the track returns to the Ski stadium. The ski track descends fast toward kettle holes and then climbs atop a dune. From here, the Pooki ski track returns to the starting point at Rokuanhoivi Hotel through the Ski stadium.

GOOD TO KNOW:

- The ski track has steep ascents and descents. Be very careful when descending and follow the correct direction of travel (counterclockwise)
- The observation tower stairs may be slippery during the winter. We therefore do not recommend climbing the tower
- There are no waste receptacles at rest stops, so please "Leave No Trace"
- The dry toilets do not have toilet paper

More trail alternatives, news and hiking tips
nationalparks.fi/rokua
excursionmap.fi

#rokuanationalpark #rokua
 #rokuageopark

nationalparks.fi

FURTHER INFORMATION:

Liminka Bay Visitor Centre,
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