



35/40
km

1 day

Demanding

#syotenationalpark #syotemt
#landofnationalparks



TOP 3

1. Highly variable terrain
2. The sparkling waters of Säkisenlammet Lakes
3. Cosy rest stops



Pitämävaara

Mountain biking trail in Syöte National park

In the versatile terrain of Pitämävaaran lenkki trail, you roll along forest paths and enjoy the diverse nature of Syöte.

Pitämävaaran lenkki trail is one of the most versatile mountain biking routes in Syöte. On this trail, you spin along easy paths covered with conifer needles, admire sparkling lake waters and tune into the atmosphere of murmuring old spruce forests. However, this trail also faces you with challenges: the slopes of

Pikku-Syöte and the eskers of Ahvenvaara and Huuhkasenkangas will put your thigh muscles through their paces. The three lean-to shelters on the trail are ideal places for stopping for a snack. If you start from Syöte Visitor Centre, length of the trail will be 40 kilometres.



OPEN: Available when the ground is unfrozen.

TRAVEL TIME: 1 day.

CHALLENGE LEVEL: Demanding.

START AND FINISH: Syöte Visitor Centre, Erätie 1, 93280 Syöte.

MARKING OF THE TRAIL: With pink squares.

EQUIPMENT:

A mountain bike with full or front suspension/ fatbike. Clothing suitable for cycling and the weather as well as a helmet. In the rucksack: A puncture repair kit, a pump and other tools, a drink, a picnic, spare clothing, rain gear, a rubbish bag, a charged phone, a head torch/ bike light, a first aid kit and a map as well as toilet paper. To light a fire: matches and a knife.

SAFETY:

- In case of emergency, call 112.
 - At intersections, make sure you are heading in the right direction.
 - Reserve enough time to detour the route
- More information about hiking in Finland:
nationalparks.fi/hikinginfinland

RULES AND RESTRICTIONS:

- There are no waste containers and no waste management at the national park. Food waste can be placed in the outdoor toilets. More information:
nationalparks.fi/hikinginfinland/visitinguidelines/litter
 - Lighting fires is only allowed on the marked, official campfire sites. When a forest fire warning is in operation, lighting campfires is prohibited.
 - Pets must always be kept on a leash and under control in the national park.
- Instructions and rules of the national park:
nationalparks.fi/syote/instructionsandrules

Mountain Biking Trail: Pitämävaara

