



19 km

3 h

Inter-
mediate#syotenationalpark #syotemt
#syötteenkierros #landofnationalparks

TOP 3

1. Spectacular views from Pytkynharju ridge
2. The trail winds its way over varied terrain
3. The trail is suitable for beginners



Syötteen kierros

Mountain biking trail in Syöte National park

There is plenty of easy pedalling on gently rolling sections as well as more challenging riding on duckboards and thigh-burning climbs. There is certainly no shortage of beautiful scenery on this beginner-friendly trail.

Your bike will fairly glide along the trail. You'll hear the rush of the Pärjängjoki River alongside the trail, while a common redstart darts overhead. The terrain will gradually change from a spruce forest to a drier, more open heath. There are gorgeous rest stops all along the trail, high up along the ridgeline and on the banks of hidden little ponds. Biking should be enjoyed,

so don't forget to stop and admire the beautiful tussock cottongrass growing on the open mires and let the cool, refreshing wind wash over you. The Syötteen kierros mountain bike trail is suitable for beginners and more experienced riders alike. As there are no difficult climbs or descents along the way, it will be easy for you to ride at your own skill and condition.



OPEN: June–October.

TRAVEL TIME: 3 h.

CHALLENGE LEVEL: Intermediate.

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

MARKING OF THE TRAIL: With pink paint.

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/visitorsguidelines/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



METSÄHALLITUS

NATIONALPARKS.FI

EXCURSIONMAP.FI



Vuorokausi
EU:ltä
2014–2020



POHJOIS-POHJANMAA
Council of Oulu Region

Mountain Biking Trail: Syötteen kierros

