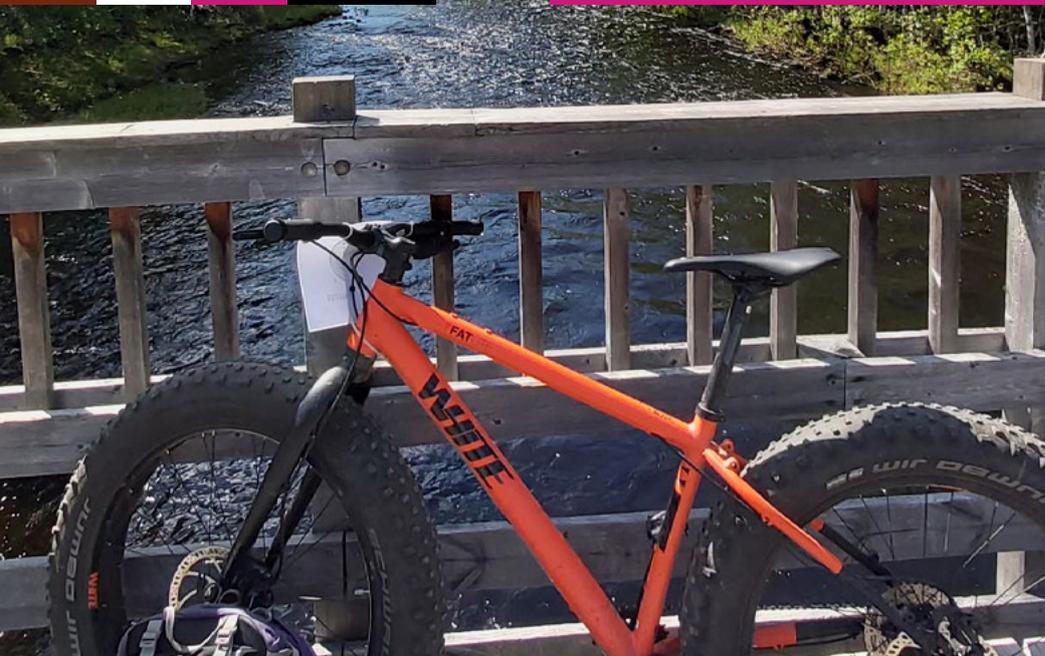




33 km

4-8 h

Demanding

#syotenationalpark #syotemt  
#landofnationalparks

## TOP 3

1. Meandering and sometimes challenging paths
2. Toraslampi open wilderness hut
3. Kärryvaara spruce forests with wild mushrooms



## Toraslammen taival 33 km

### Mountain biking trail in Syöte National park

Toraslammen taival is a challenging mountain biking trail which rewards cyclists with spruce forests and sections with wilderness landscapes. From the haunted open wilderness hut of Toraslampi, the trail takes you along the banks of the foaming Pärjänjoki River and further to the slopes of hills with spruce forests and beard moss.

Toraslammen taival trail is the dream of an experienced mountain biker. On this trail, you will enjoy a meandering and sometimes challenging path cushioned with conifer needles in the shelter of old spruce forests with beard moss. At times the trail climbs to the gravel ridge traversing the mire, only to dive into the

depths of herb-rich forest on the banks of the stream, resplendent in its light green tones. This diverse trail contains both fast descents and climbs that will test you. You get to experience almost the full range of Syöte landscapes from the saddle of your bike.



**OPEN:** Available when the ground is unfrozen.

**TRAVEL TIME:** 4-8 h.

**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](https://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](https://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](https://nationalparks.fi/syote/instructionsandrules)

# Mountain Biking Trail: Toraslammen taival

