



4,5 km

2-4 h

Demanding

#syotenationalpark #syote  
#landofnationalparks

## TOP 3

1. The rest stop at the top of the hill
2. Beautiful views of the national park
3. Snow-draped trees



## Teerivaara Day trail in Syöte National Park

Teerivaara circle trail is a magnificent destination of beautiful views and just next to Syöte Visitor Centre.

You'll see old spruce forests, spring streams, and rugged cliffs during a summer trek. The challenging climb to the top of Teerivaara fell is well worth it, as you'll be treated with

magnificent views! During winter the snowy landscape and snow-draped trees will enchant you with their beauty.



**OPEN:** Open year-round.

**TRAVEL TIME:** 2-4 h.

**CHALLENGE LEVEL:** The circle trail starts from the visitor centre. The trail circles both peaks of Teerivaara fell. The route that goes through the southern peak is shorter and easier to walk. The northern peak route is demanding with rocky ground and climbs. The trail is open for year-round. Snowshoeing is possible during winter season.

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

**MARKING OF THE TRAIL:**  
Yellow paint signs.

**EQUIPMENT:**  
For variable terrain, you should wear sturdy waterproof shoes, such as all-terrain runners or walking boots. Clothing: Weatherproof hiking clothes. In the day pack: a drink, a picnic, spare clothing, rain gear, a rubbish bag, a first aid kit, a charged phone and a map. To light a fire: matches and a knife. Bring your own toilet paper.

**SAFETY:**

- In case of emergency, call 112.
- Reserve enough time to detour the route

More information about hiking in Finland:  
[nationalparks.fi/hikinginfinland](https://nationalparks.fi/hikinginfinland)

**RULES AND GUIDELINES:**

- 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/visitorguidelines/litter](https://nationalparks.fi/hikinginfinland/visitorguidelines/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/en/syote/instructionsandrules](https://nationalparks.fi/en/syote/instructionsandrules)

# Day trail: Teerivaara

