



## Rokua National Park

# Pookinpolku



The Pookinpolku Trail takes you, via Pitkäjärvi, to the scenery of Pookivaara Hill, the heart of Rokua National Park, where the fireguards used to work in the past. Here you can see rolling heaths and silvery beds of lichen, in a postglacial landscape formed by dunes, kettle holes and esker slopes.

The Pookinpolku Trail passes around the gorgeous Lake Pitkäjärvi and continues through a handsome pine forest, all the way to the top of Pookivaara Hill. Pookivaara is the Rokua National Park's highest point, where the fireguards used to watch over Rokua-vaara, which is very vulnerable to fires.

You can set off for Pookinpolku Trail from the Pitkäjärvi parking area, by Keisarintie Road. The initial section of the trail is wide and has a stone dust surface (0.8 km). This section also functions as an accessible trail. From Pitkäjärvi onwards, the trail can be travelled both anticlockwise and clockwise. Here, the trail becomes narrower, following the shores of Lake Pitkäjärvi through an old pine forest. Alternatively, you can set off for the trail from the Pookivaara parking area, from which there is a one-kilometre connecting trail to the Pookinpolku Trail.

The eastern section of the trail between Pitkäjärvi and Pookivaara runs along an open, gently rolling pine heath, amid beds of lichen. Along this section, there are long stairs that ascend to the north. The western section of the trail runs via the shores of the idyllic Lake Hätäjärvi through a

varied pine forest. Here, the terrain is also undulating. There are stairs in the terrain between Lake Hätäjärvi and Pookivaara.

You can take a break either on the top of Pookivaara Hill or at a rest spot on the lakeside of Pitkäjärvi. There are also other rest spots located along the trail.

### Hiking structures:

- The Pitkäjärvi rest stop, with an accessible campfire shelter and an accessible dry toilet.
- The Pookivaara rest stop, with the Pookin paussi day-use hut, the Palovartija wilderness hut, an observation tower and a dry toilet.



### TOP 3

1. Pookivaara hill
2. Lake Pitkäjärvi
3. Lichen heaths

METSÄHALLITUS 4/2022  
PHOTO: HEIDI KONTIOKARI

**LENGTH:** 4,9 km

**TRAVEL TIME:** 2 h

Available when the ground is unfrozen.

**STARTING POINTS:** The Pitkäjärvi parking area (Keisarintie 1720, 92810 Vaala). It is worthwhile driving onto Keisarintie Road from the southern side of Rokua National Park, via Nuojunkoskentie Road. The Pooki parking area has no official address. The parking area is located along a forest road (the so-called Halkivaarantie Road), which branches off to the left from Salmisentie Road, Utajärvi, after the Rokua Camp Centre. There is a one-kilometre connecting trail from the Pooki parking area to Pookinpolku Trail.

**DIFFICULTY:** Intermediate (some altitude differences and narrow paths with roots)

**TRAIL MARKINGS:** The trail is marked on trees with blue paint signs. There are brown signposts at the intersections.

### SAFETY:

- There may also be mountain bikers in the southern and western sections of the trail (between the Pitkäjärvi parking area and the Pookivaara rest spot).
- Take enough time to walk the trail.
- In case of emergency, call 112.













**EQUIPMENT:** A good pair of water proof hiking boots. Wear clothes that are suitable for the weather and take some extra clothes, food, and drink with you. Prepare with a map, a phone, plastic bag for trash, first aid kit, matches, and a knife. Bring your own toilet paper for the dry toilets.

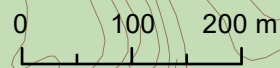
### INSTRUCTIONS AND RULES:

- The terrain is sensitive to erosion, so please keep to the marked trails and only camp at the marked rest spots and only light an open campfire at marked rest spots, using the firewood reserved for the purpose. During the periods of forest and grass fire warnings, lighting a fire is prohibited in the entire national park (including inside the campfire huts and day-use huts).
- Campfire and camping are only allowed at sites marked for this purpose.
- Biking is allowed only on marked trails.
- There are no waste bins along the trail and at the rest spot. Take your rubbish with you from the terrain
- Always keep your pets on a leash.

**More information:** [nationalparks.fi/rokuanp/instructionsandrules](https://nationalparks.fi/rokuanp/instructionsandrules)

**POOKIVAARA**

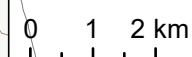
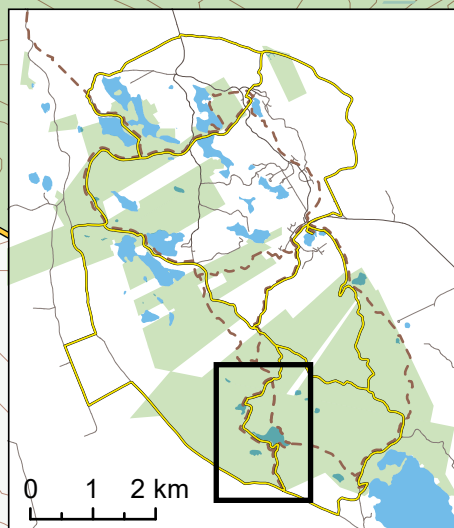
-  National park  
Kansallispuisto
-  Parking and information  
Pysäköinti ja opastus
-  Campfire hut  
Kota
-  Day-use hut  
Päivätupa
-  Wilderness hut  
Autiotupa
-  Observation tower  
Näkötorni
-  Natural feature of interest  
Luonnonnähtävyys
-  Dry toilet  
Kuivakäymälä
-  Accessible services  
Esteettömiä palveluja
-  Pookinpolku trail 4,9 km  
Pookinpolku 4,9 km
-  Hiking trail  
Retkeilyreitti
-  Mountain biking trail  
Maastopyöräreitti
-  Distance  
Välimatka



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**Maintenance:**  
Metsähallitus, National Parks Finland

**National park customer service:**  
Liminka Bay Visitor Centre  
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liminganlahti@metsa.fi



Stairs

1,9

1,4

0,8

Keisarintie

Hätäjärvi

Pitkäjärvi

**PITKÄJÄRVI**

**PITKÄJÄRVI  
PARKING AREA**

**Pi**