



7.5 km

3–4 h

demanding



TOP 3

1. Views from the peaks of Koli
2. Järnefelt's painting view on the top of Mäkrävaara
3. Meadows blooming in the midsummer

Koli National Park

Mäkrän kierto Trail

Experience the most beautiful landscapes of Koli and its diverse fell nature with its forests and meadows on a demanding half-day hike. The idyllic Ikolanaho meadow is a great place to stop for lunch.

The Mäkrän kierto Trail is one of the most popular day hikes in Koli, leading you to the highlights of the national park. Hike up from the courtyard of Koli Nature Centre Ukko to the best-known viewpoints on the tops of Koli. From the top, descend through spruce forest down to Mäkränaho and Purolanaho where the villagers used to cultivate land using the slash-and-burn method.

Before the Mäkrävaara summit, you'll face a steep and demanding ascend. Once you reach the top, you will see the sweeping views that charmed the first artists who, inspired

by Karelianism, visited Koli over a hundred years ago. Eero Järnefelt's paintings often depict a twisted pine tree that still guards the landscape in its old position. A little further away you can test your strength against Mäkrä's large "rocking stone".

Stop for lunch at the idyllic Ikolanaho campfire site. All meadows along the trail are still managed traditionally with scythes which helps diversify the modest range of flora and fauna in the area. The meadow flowers bloom at their most beautiful in early July.

AVAILABLE: In the snow-free season.

STARTING POINT: Koli Nature Centre Ukko's courtyard, Ylä-Kolintie 39, Lieksa.

TRAIL MARKINGS: Black circles on signposts at trail junctions. The signposts have been numbered and the numbers correspond to the numbering of the Koli service and trail map (1:20 000).

RECOMMENDED GEAR: Weather-appropriate clothing and shoes suitable for varying terrain, drinks, lunch, fire-making tools, toilet paper, rubbish bag, first aid kit, charged phone and map.

SAFETY: The emergency number: 112
Koli's peaks and many other scenic viewpoints have a rough terrain and the bare rock areas are particularly slippery when it rains. There are no handrails at the viewpoints. Visitors must leave the hilltop during a thunderstorm. You may encounter snakes in the meadows and rocky areas as well as ticks in high grass. Before your trip, always check for any weather warnings:

en.ilmatieteenlaitos.fi/warnings

INSTRUCTIONS AND RULES:

During a forest and grass fire warning, making a fire is not allowed at any of the trail's campfire sites. Keep pets on a leash and stay on the trail to protect the sensitive nature of the area from erosion. Please read before your trip:

nationalparks.fi/hikinginfinland/visitorguidelines
nationalparks.fi/kolinp/instructionsandrules



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Mäkrän kierto Trail

