



Mire Reserve

Martimoaapa



The Martimoaapa - Lumiaapa - Penikat Mire Reserve is one of Northern Finland's most important places designated for the protection of mires. There are also old-growth forests in the reserve.

Particularly rich nature

The Martimoaapa Mire Reserve contains barren mire types but also nutrient-rich fens. The bare Lumiaapa and Simoska-naapa mires offer unobstructed space. The blue silhouettes of the hills on the western edge of the area, provide an impressive contrast to the barren mires. There are also old-growth forest, with spruce, pine and large aspen trees.

Martimoaapa is a paradise for birds, with almost 100 species nesting there. You might spot an Arctic Loon (*Gavia arctica*), the Red-Throated Diver (*Gavia stellata*), or hear a crane. The area's diverse population of birds of prey includes the Eurasian Buzzard (*Buteo buteo*), Northern Goshawk (*Accipiter gentilis*), the Western Honey Buzzard (*Pernis apivorus*), the Hen Harrier (*Circus cyaneus*), the Northern Hobby (*Falco subbuteo*), the Merlin (*Falco columbarius*) and the Common Kestrel (*Falco tinnunculus*). Owls and tetraonids are also abundant in Martimoaapa.

In the nutrient-rich hillside fens, species such as Scottish Asphodel (*Tofieldia pusilla*), the Common Butterwort (*Pinguicula vulgaris*), the Early Marsh-orchid (*Dactylorhiza incarnata*), the Buckthorn (*Rhamnus frangula*), the Moor King (*Pedicularis sceptrum-carolinum*) are found.

Fen plains are dominated by numerous sedges and sphagnum mosses, the wet flarks grow eg. Bogbean (*Menyanthes trifoliata*), Intermediate Bladderwort (*Utricularia intermedia*) and Scheuzeria palustris.

Variety of trails

The Martimoaapa trails are suitable for day trips or short overnight hikes. The Martimoaapa accessible trail (815 m/ direction), the 3 km Martimoaapa nature trail and the 9 km Järviaapa trail start from Hangassalmenaho, at the eastern edge of the area. The Keski-Penikat observation tower trail (2 km/ direction) start from the north-western part of the area. The 12,8 km Martimoaapa hiking trail runs through the entire Mire Reserve. The 36 km long Lautiosaa-ri-Puukkokumpu trail, a cross-country skiing trail in winter and a hiking trail in summer, runs through the western part of the area.



Common Butterwort



Hen harrier.



Moor-king

Mire Reserve Martimoaapa

• Location: Simo, Keminmaa



METSÄHALLITUS Taking care of the area

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- pilke@metsa.fi
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- nationalparks.fi/martimoaapa

Hiking and protecting nature

- Respect nature and take other hikers into consideration.
- Make a fire only on designated fireplaces. Open fire is prohibited if the forest fire warning is in effect.
- Hike litter free. There are no waste bins at Martimoaapa, carry your rubbish back with you.
- You can pick berries and mushrooms, but not stones or plants. Do not disturb animals.
- Keep the pets on a leash.
- Bring your own toilet paper.
- Driving motor vehicles outside official roads is prohibited.

Nationalparks.fi/martimoaapa > Instructions and rules

EMERGENCY NUMBER: 112

Know where you are – there might be gaps in the mobile phone network.



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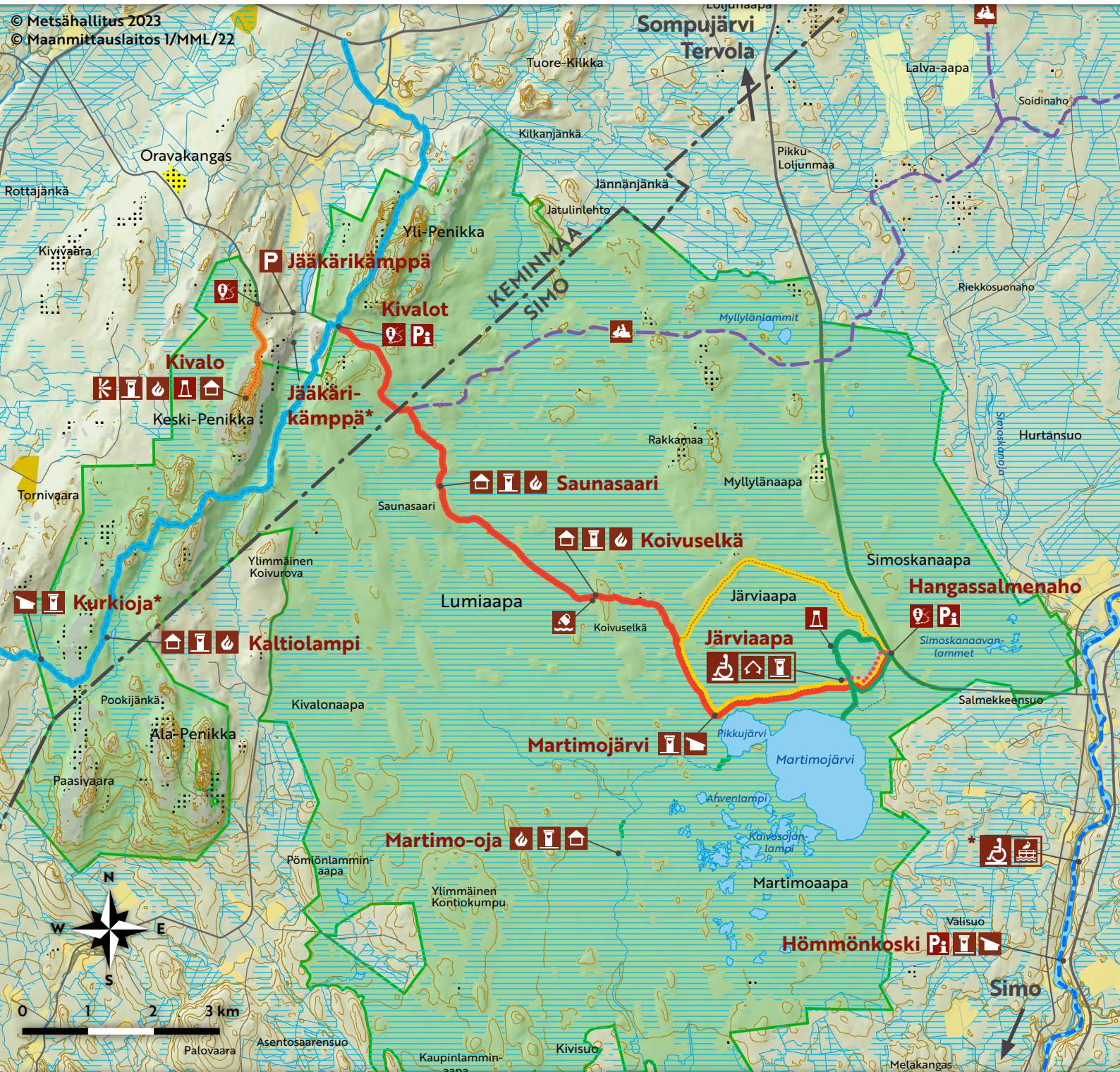
Martimoaapa



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Protected area	Trail starting point	Birdwatching or observation tower	Keski-Penikka observation tower trail (2 km/direction)
Summer Hiking trail	Parking, information	Spring (water must be boiled before use)	Martimoaapa nature trail (2,7-4 km)
Snowmobile track	Wilderness hut	Viewpoint	Järviaapa trail (9 km)
Canoeing route	Day-use hut	Accessible services	Martimoaapa hiking trail (12,8 km)
Road	Lean-to shelter	Maintained by other than Metsähallitus	Lautiosaari-Puukkokumpu-trail (36 km, ski track/hiking trail)
Mire	Campfire site	Martimoaapa accessible trail (815 m/direction)	
Rock	Dry toilet		
Boulder field	Campfire shelter		