



Rokua National Park

- Location: Muhos, Vaala and Utajärvi
- Area: 17 km²
- Founded: 1956

Metsähallitus, national park management

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nationalparks.fi/rokuanp
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National Park

Rokua



The trails running along the rugged sandy heaths in Rokua provide you with options for long and short walks, as well as for mountain biking. From the Pookivaara observation tower in the heart of Rokua National Park, you will see all the way towards Lake Oulujärvi, or the Sea of Kainuu.

Traces of the Ice Age and the Ageing Pine Forest

The Rokuanvaara esker formation is a marvellous cake of sand, and the rugged natural world is charming. It is full of kettle holes created by the Ice Age and dunes piled up by the wind. Today, the dunes are covered by a dry pine forest and a beautiful, white bed of lichen. Over the course of time, fire has shaped

the forests of Rokua, regenerating the pine forest in a natural way. You may find a charred scar on the side of an old pine, as evidence of a forest fire. Small deciduous forest islands manage to survive on the shores of the crystal-clear lakes of Rokua.

Rokua National Park is part of UNESCO Global Geoparks Network, together with the Oulujoki River Valley and Lake Oulujärvi. This way, the distinctive, natural-state esker landscape will also be preserved for the coming generations.

Abundance of Trails

Rokua's renewed network of trails offers good hiking opportunities. The terrain is sensitive to erosion, which is why it is best to only hike along the marked trails – damages are visible for a long time in a slowly growing

blanket of lichen. Harjunpolku Trail (2.5 km) is the shortest route in the area, running in the shore scenery of Lake Lianjärvi. Pookinpolku Trail (4.9 km) is a circle trail in the Pookivaara area. You can explore the landscape shaped by the Ice Age – such as Syvydenkaivo (the 'Well of the Depths'), one of Finland's deepest kettle holes, by trekking along the Syvydenkierros Trail (6.2 km). The Keisarinkierros Trail ('Emperor's Trail', 20 km) presents the most outstanding scenery that can be seen along one route in this national park.

There is an accessible trail (0.8 km in one direction) from the Pitkäjärvi parking area to the Pitkäjärvi campfire hut. The area boasts more than 40 kilometres of mountain biking trails, and in the winter, the undulating terrain is suitable for snowshoeing.



Instructions for Outdoor Activities

Stay on the trails, as the terrain in Rokua is very sensitive to erosion!

- You may walk, cycle, snowshoe and ski in the area.
- Cycling is only allowed along the cycling routes.
- Horseback riding is only allowed on roads.
- Driving a motor vehicle outside the official roads is forbidden.
- Camping for a short period of time is allowed in the tent areas. Pitch your tent on a camp site on which the terrain is already worn!
- Always take your rubbish with you. You may burn combustible waste at campfire sites and put biowaste in a composter or the chamber of a dry toilet.
- Lighting a campfire is only permitted at designated sites.
- When a forest fire warning is in effect, lighting a campfire is also forbidden at campfires sites with a chimney.
- Bring some toilet paper with you for using a dry toilet!
- You may pick berries and mushrooms, but not stones or plants.
- Do not disturb wild animals.
- Pets must be kept on a leash.

Nationalparks.fi/rokuanp > Instructions and rules

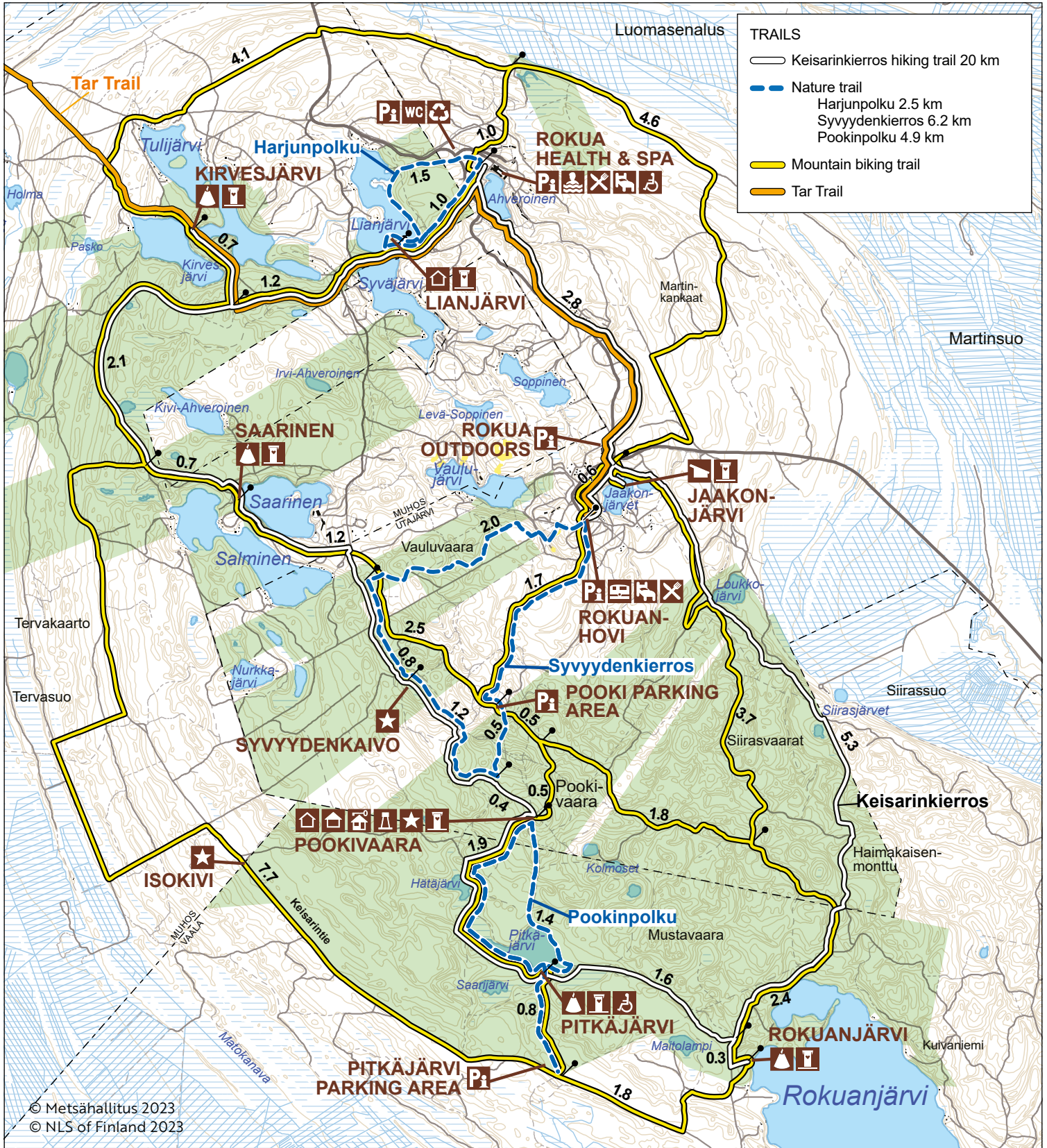
Emergency number 112

Pay attention where you are phoning from – mobile phone coverage is not available in all parts of the national park!

METSÄHALLITUS 08/2023
 PHOTOS: HARRI TARVAINEN



National Park Rokua



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- National park Kansallispuisto
- Parking and information Pysäköinti ja opastus
- Lean-to shelter Laavu
- Campfire hut Kota
- Day-use hut Päivätupa

- Wilderness hut Autiotupa
- Rental hut Vuokratupa
- Camper sites Matkailuajoneuvoalue
- Observation tower Näkötorni
- Spa Kylpylä

- Natural feature of interest Luonnonnähtävyyks
- Restaurant Ravintola
- Hotel Hotelli
- Dry toilet Kuivakäymälä
- Toilet Käymälä

- Recycling Jätteiden lajittelupiste
- Accessible services Esteettömiä palveluja
- Distance Välimatka

