

ASIKKALA | HEINOLA | HOLLOLA | LAHTI | PADASJOKI | SYSMÄ



SALPAUSSELKÄ GEOPARK



GUIDE TO GEOSITES



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A LANDSCAPE CREATED BY WATER

The Salpausselkä marginal features, deposited in the last ice age, are among the internationally best known Finnish geological formations. The first and second Salpausselkä stretch throughout southern Finland, but are at their highest and most impressive in the Salpausselkä Geopark area, that is situated in Päijät-Häme. Together with a fan-like series of eskers directed towards the north they represent unique illustrations of the flow orientation of the ancient glacial rivers. The Salpausselkä formations, with their lovely leisure terrain, were formed mainly by gravel and sand transported, sorted and deposited at the end stages of the ice age about 12 000 years ago. The continental ice sheet and its meltwaters did their part to carve the rocky landscape, that was formed almost 2 billion years ago, into more or less the way it is today.

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SALPAUSSELKÄGEOPARK.FI

The hundreds of lakes, from small kettle ponds to Finland's second largest lake, Päijänne, offer breathtakingly beautiful landscape and excellent recreational opportunities for both residents of the area and visitors. The Salpausselkä formations have hidden inside them abundant supplies of groundwater that has been filtered through the layers of gravel and sand. This groundwater come to light in the many clear water springs and lakes and streams with spring water sources within them. About a quarter of all Finns drink the water from our region: the local residents get high quality tap water from the groundwater, while the residents of the capital city get their drinking water supplies from the south of Lake Päijänne.

In this guide you will find interesting trekking sites from all six municipalities of Salpausselkä Geopark; Asikkala, Hollola, Heinola, Lahti, Padasjoki and Sysmä.

The guide has been produced by LAB University of Applied Sciences and the Geological Survey of Finland in their common project entitled Visibility for Salpausselkä Geopark in cooperation with the Salpausselkä Geopark organisation and the municipalities of the region. The project is funded by the European Agricultural Fund for Rural Development.

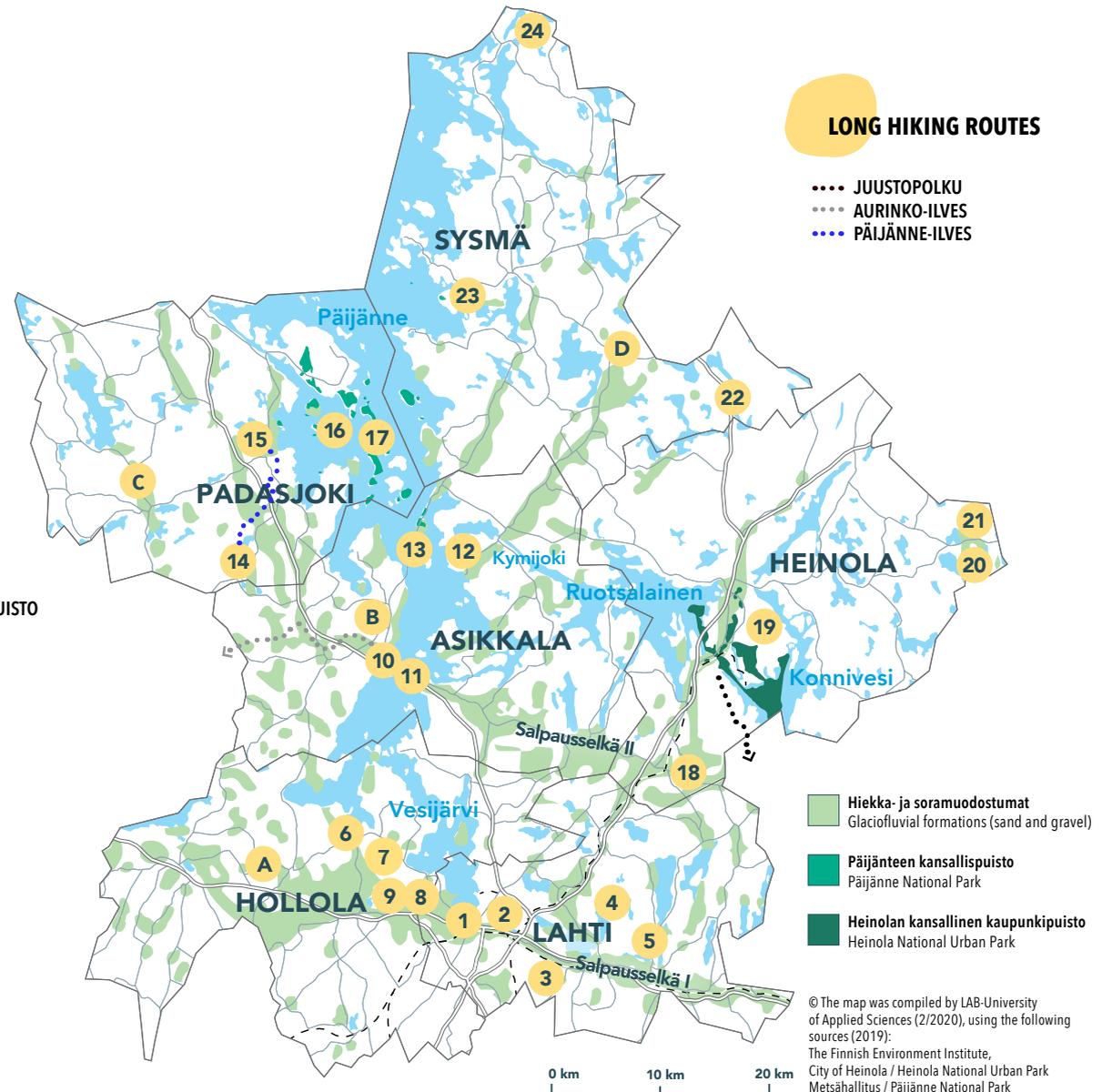
MAP OF SITES

MIELENKIINTOISIA KOHTEITA ALUEELLA SITES OF SPECIAL INTEREST IN THE AREA

- | | |
|--|--|
| 1. LAHDEN URHEILUKESKUS
LAHTI SPORTS CENTRE | 13. PULKKILANHARJU
PULKKILANHARJU ESKER |
| 2. LEHMUSREITTI
LEHMUSREITTI URBAN NATURE TRAIL | 14. TARUKSEN RETKEILYALUE
TARUS HIKING AREA |
| 3. LINNAISTENSUO
LINNAISTENSUO MIRE | 15. KULLASVUORI
KULLASVUORI HILL |
| 4. LAPAKISTON RETKEILYALUE
LAPAKISTO NATURE RESERVE | 16. PÄIJÄNTEEN KANSALLISPUISTO
PÄIJÄNNE NATIONAL PARK |
| 5. PAJULAHTI
PAJULAHTI SPORTS CENTRE | 17. KELVENNE
KELVENNE ISLAND |
| 6. KAPATUOSIAN LINNAVUORI
KAPATUOSIA HILL FORT | 18. VIERUMÄKI
VIERUMÄKI RESORT |
| 7. KUTAJÄRVI
LAKE KUTAJÄRVI | 19. HEINOLAN KANSALLINEN KAUPUNKIPUISTO
HEINOLA NATIONAL URBAN PARK |
| 8. TIIRISMAA & PIRUNPESÄ
TIIRISMAA HILL & PIRUNPESÄ GORGE | 20. PAISTJÄRVEN RETKEILYALUE
PAISTJÄRVI HIKING AREA |
| 9. SALPA-SUPPA
SALPA-SUPPA KETTLE | 21. PIRUNKIRKKO
PIRUNKIRKKO CAVE |
| 10. AURINKOVUORI
AURINKOVUORI HILL | 22. ONKINIEMEN LIIKKUVA KIVI
ONKINIEMI ROCKING STONE |
| 11. VÄÄKSYN KANAVA
VÄÄKSY CANAL | 23. PÄIJÄTSALO
PÄIJÄTSALO ISLAND |
| 12. KALKKISTEN KANAVA
KALKKINEN CANAL | 24. KAMMIOVUORI
KAMMIOVUORI HILL |

VALTAKUNNALLISESTI ARVOKKAAT MAISEMA-ALUEET NATIONALLY VALUABLE LANDSCAPE AREAS

- | |
|---------------------------------|
| A. KASTARI - HATSINA - KUTAJOKI |
| B. KURHILA - PULKKILA |
| C. AUTOINEN & VESIJAKO |
| D. NUORAMOINEN |



© The map was compiled by LAB-University of Applied Sciences (2/2020), using the following sources (2019):
The Finnish Environment Institute,
City of Heinola / Heinola National Urban Park
Metsähallitus / Päijänne National Park
GTK-Geological Survey of Finland / Sand and Gravel Formations
National Land Survey of Finland / Background map

1 LAHTI SPORTS CENTRE

"A MAGNIFICENT NATURAL ARENA FOR RECREATIONAL USERS AND TOP ATHLETES ALIKE"

● SITE DESCRIPTION

Salpausselkä is well known to the greater public as a winter sports arena, with Lahti Sports Centre acting as the main viewing point. International skiing events have been organised since the 1920s in Lahti and they represent an important part of the cultural history of the area, as well as a magnet for tourism. Because of the geology of the area the interest in the Salpausselkä landscape is assured: the Ice Age has carved the landscape into a complex array of kettle holes, steep slopes and raised beaches: Also, the landing pit of the sports centre's ski-jumps is a kettle hole left behind during the Ice Age. One of the main sights of Lahti are the ski-jump towers, during the summer season you can go up to the observation level on the highest one and admire views over the Salpausselkä, Lake Vesijärvi and Lahti city.

● GOOD TO KNOW

A fantastic network of trekking trails leads out from Lahti Sports Centre, which can be followed under forest cover all the way to Messilä Ski-centre or Heinsuo Mire in Hollola. The trail network has

illuminated ski- and walking trails, but outside of these there are also many paths that are narrow, but with firm surfaces. During the winter season the illuminated routes of the area are well maintained ski tracks. The Ski museum, that is located in Lahti Sports Centre, tells the history of winter sports in Salpausselkä. The ski-jump pit acts during the summer months as an outdoors swimming pool.

● LEVEL OF DIFFICULTY

The route network departing from the sports centre offers many alternative route options, with varying levels of difficulty. There are large differences in elevation in the landscape around the sports centre, which in turn offers additional challenges to the trekker.

● STARTING POINT OF ROUTE

Salpausselänkatu, Lahti



2 LEHMUSREITTI URBAN NATURE TRAIL

● SITE DESCRIPTION

The Lehmusreitti is a park trail that circles the city centre area of Lahti and allows the visitor to pass quickly and easily into the natural world. With a total length of 13 km the route guides you through the most attractive park areas of the city and the best viewing spots, as well as passing by interesting cultural history locations.

Along the way can be encountered Lahti Sports Centre, the Radio Hill, the passenger harbour, and the Lanu Sculpture Park, as well as many other sites of interest. One of these is the Häränsilmä kettle pond, that was formed during the late stages of the Ice Age. The trail keeps at all times within two kilometres of Lahti Market Square.

● GOOD TO KNOW

The trail is marked along the way by green lime tree (*Tilia* is the scientific name) leaf symbols. The signs may be hard to spot where it crosses a built-up area, for which reason it is recommended to take along a route map. The Lehmusreitti trail is loop-shaped, so it can be started at any

stage along the way.

● LEVEL OF DIFFICULTY

The level of difficulty of the trail varies. Mainly it is easy or medium difficult. The sections at Intiaanikukkula Hill and the Niemi rocky slopes have the largest variations in elevation and for that reason are the most demanding. Still, these sections can be bypassed by going along the road.

● STARTING POINT OF ROUTE

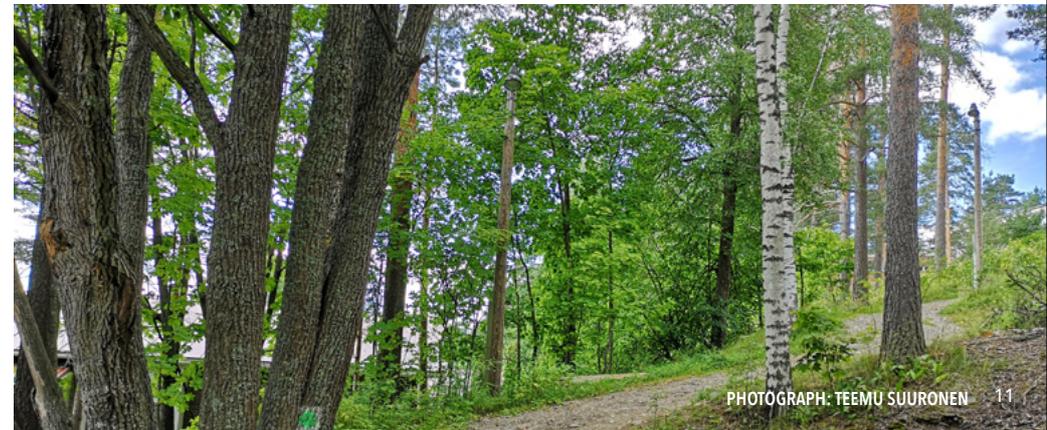
Satamakatu, Lahti
(The Passenger Harbour)
Salpausselänkatu, Lahti
(Lahti Sports Centre)
Radiomäenkatu, Lahti
(Radio Hill sports area)



"AN OUTDOORS LEISURE TRAIL AROUND THE CITY, WITH GREEN AREAS AND CULTURAL SITES"



PHOTOGRAPH: LASSI HÄKKINEN / CITY OF LAHTI



PHOTOGRAPH: TEEMU SUURONEN

3 LINNAISTENSUO MIRE

"A WILDERNESS EXPERIENCE NEAR
THE HEART OF THE CITY"



● SITE DESCRIPTION

Just a short car journey away from the centre of Lahti can be found Linnaistensuo Mire, which belongs to the Finnish National Mire Protection Programme. The thickness of the peat layer in the mire is about 3 metres. The area is surrounded by mixed forests. The relaxing landscape of the area can be admired along the duckboard route that crosses it. This is equipped with noticeboards giving information about the mire environment.

Linnaistensuo Mire was approved as part of the European Union's Natura 2000 network in the year 1998 as a representative example of a southern Finnish raised bog. Under protection here at the moment is an area of about 200 ha. It is an objective of the Natura 2000 programme to protect those nature types and animal living environments that are defined in the EU Nature Directive. There are in total 15 different mire types represented in Linnaistensuo Mire. Most of it consists of raised bog.

● GOOD TO KNOW

The mire can be reached from two different starting points, one on the eastern site and the other on the western side. There is a duckboard walkway crossing the mire, which it is strongly recommended to use. The duckboards are reached from both starting points by following a path marked with yellow paint. Linnaistensuo Mire is a nature reserve, so visiting it requires abiding by the regulations. There is no campfire in the area or any structures suitable for camping.

● LEVEL OF DIFFICULTY

The mire is difficult to walk on when not frozen, but the duckboard way is easy to walk on. Linnaistensuo Mire is a good choice for a family with children, but it is not recommended for wheelchair users.

● STARTING POINT OF ROUTE

Korvenrannantie 262, Lahti (West)
Ilolantie 48, Lahti (East)



PHOTOGRAPH: RIIKKA MÄYRÄNPÄÄ

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LAPAKISTO NATURE RESERVE

"SURPRISINGLY VARIED, ON EVERY VISIT YOU CAN FIND NEW PATHS"

● SITE DESCRIPTION

Lapakisto nature reserve is a popular day excursion point and due to its size and varied natural features a significant nature reserve for south Finland. Typical for the area are the elongated lakes and the rugged bare cliffs along their banks, with forested mire areas in between them.

There is a good network of trekking trails in the area, as well as lean-tos and campfire sites. The reserve gets its name from the beautiful Lake Lapakisto, that is situated right in the middle of it.

● GOOD TO KNOW

There are five trails of different lengths in the area, which are marked in various colours on location. There are several campfire sites along these routes, as well as two lean-tos suitable for overnight stays. You can reach the Lapakisto hiking area by car from the west or the east.

There is a trail connection to the area also from Pajulahti. Lapakisto is one of the most popular hiking destinations in the Lahti region, which means that at peak times in particular the western arrival point can be quite congested.

A route map of the area is available for printing on the site: lahdenseuden-luonto.fi

● LEVEL OF DIFFICULTY

The terrain of the Lapakisto area is mostly fairly easy to trek on and height differences are not considerable. The way to the Lapakisto campfire site from the parking area is accessible to all.

● STARTING POINT OF ROUTE

Ristikankaantie 210, Lahti (west)
Kukkasjärventie, Lahti (south)

5

PAJULAHTI SPORTS CENTRE



● SITE DESCRIPTION

Pajulahti is located in Nastola and is a sports and leisure complex, 20 minutes drive from the centre of Lahti. The area offers active sports holidays and theme weekends, top quality sports coaching and coaching camps, as well as different kinds of occupational well-being days for enterprises.

The inner wall of the Pajulahti café consists of several metres of sheer excavated rock surface. The rock in the wall is made up of two main types – light coloured granite and dark mica schist.

Here the almost 2 billion year old bedrock that is typical of the area is visible in an exceptional manner. Pajulahti is surrounded by varied lakes-studded nature. Pajulahti outdoor sports facilities are crowned by Finland's largest climbing park, which offers a form of challenging and novel exercise activity for users of all ages.

A mountain bike trail was opened in the summer of 2020 in the vicinity of the sports centre and is called Spring Stream Trail. It goes around a varied route of about 1.5 km, going up a scenic hill and down again via two bridges back to the starting point at Ylhäistentie Road.

● GOOD TO KNOW

Pajulahti is 3km away from the old village of Nastola, which can be reached from the centre of Lahti by local bus. Fatbikes and kayaking equipment can be rented in the area.

● STARTING POINT OF ROUTE

Pajulahdentie 167, Nastola

"SURROUNDED BY NATURE, INSPIRING AND FULL OF OPPORTUNITIES"



PHOTOGRAPH: LAHDEN KAUPUNKI



PHOTOGRAPH: NIKI SOUKKIO 15

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KAPATUOSIA HILL FORT



● SITE DESCRIPTION

Kapatuosia is a steep sloped esker that was formed about 12 000 years ago by the glacial meltwater stream. (flowing from the continental ice sheet). Archaeological excavations in the area have tuned up remnants of wooden implements and hoards of silver coins.

In the vicinity of the hill the impressive grey stone Hollola Church was built in the Middle Ages. Kapatuosia Hill fort has an observation tower that is open during the summer season and offers magnificent views over Lake Vesijärvi.

The hill may have operated as part of a beacon system, which acted to warn of the approach of enemies from the lake direction. From the carpark at the base of the hill there is a path of about 300m leading through a pine forest up to the hill.

● GOOD TO KNOW

There is also an old village in Hollola with other sites of interest, such as the medieval greystone church and its bell tower designed by Engel, as well as a historic house museum and the traditional Kunnantupa Restaurant. Another place worth visiting while on the same excursion is Lake Kutajärvi bird watching tower, located only a short drive away.

● LEVEL OF DIFFICULTY

The path to the Hillfort is easy to walk on, but ascending the hill can represent a minor challenge to some visitors.

● STARTING POINT OF ROUTE

Parinpellontie, Hollola (A small carpark at the base of the hill)

”HISTORICAL CULTURAL LANDSCAPE AND MAGNIFICENT VIEWS OVER LAKE VESIJÄRVI”



PHOTOGRAPH: MARINELLA HIMARI

7

LAKE KUTAJÄRVI

”BIRDWATCHING IN A PEACEFUL NATURAL SETTING”

● SITE DESCRIPTION

Lake Kutajärvi is located to the south of Lake Vesijärvi, between Laasonpohja and Kirkonselkä. It was cut off from Lake Vesijärvi when the water level of this larger lake dropped. Both Lake Kutajärvi and the nearby bays of Lake Vesijärvi are part of the national bird conservation programme and of the Natura 2000 network. Together with the bays of Lake Vesijärvi this lake also forms part of the global agreement for the protection of wetlands – a so-called Ramsar Site.

In Kuivasniemi peninsula, at the northwestern end of Lake Kutajärvi, there is a bird-watching tower that gives the best view of the lake. Next to it is another, smaller wooden lean-to, that is also perfectly suited for bird watching. Along the path to the bird watching tower there are information boards describing the area's flora and fauna, especially its birdlife.

The information boards contain descriptions of almost 40 different birds.

● GOOD TO KNOW

You can get to the bird tower, for example, along the lane leading from Rantatie Road. The way is indicated by a signpost reading “Kutajärvi lintutorni” (Bird watching tower). Next to this signpost there is a small carpark with space for a few cars. This site is located about 15 kilometres from the centre of Lahti.

Lake Kutajärvi can also be reached by the bus that goes to Hollola Church. If going by bus you need to get off at the Kutajärvi old folks' home (Vanhainkoti).

A path / duckboard route leads to the bird watching tower in the vicinity of Rantatie Road.

● LEVEL OF DIFFICULTY

The path to Lake Kutajärvi Bird Watching Tower is easily accessible.



PHOTOGRAPH: MARINELLA HIMARI

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TIIRISMAA HILL AND PIRUNPESÄ GORGE



● SITE DESCRIPTION

Tiirismaa in Hollola is the highest point in Southern Finland, at 223 metres above sea level. Pirunpesä is an impressive gorge cut into the quartzite rock in Tiirismaa, it has attracted tourists since as early as the 19th century. The gorge is at its widest a few metres across and its walls extend to a height of 20 metres. Tiirismaa's rocky area is nationally recognised as highly valuable and it now constitutes a protected area.

There is a 4.5 km long signposted hiking trail in the area, the Tiirismaan kierros Trail. Along this trail can be found several interesting natural sites, as well as information boards that throw light on the cultural history of the area.

“ROCKY TRAILS IN A FAIRYTALE FOREST IN HOLLOLA”

● GOOD TO KNOW

The Tiirismaan Kierros Trail is marked along the way in orange paint. The area is also crisscrossed by many other large and smaller recreational pathways.

● LEVEL OF DIFFICULTY

The terrain of Tiirismaa is hilly and fairly rocky, so it requires a good level of fitness and for the visitor to be used to off-road trails.

From Arvi Hauvosentie Road you can reach Pirunpesä Gorge via an easy path. In the winter months the route is used by skiers.

● STARTING POINT OF ROUTE

Arvi Hauvosentie 2, Hollola
(Hollola Swimming Pool carpark)

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SALPA-SUPPA KETTLE



● SITE DESCRIPTION

The Salpa-suppa Kettle, located right in the middle of Hollola municipal centre is a 12-metre deep, symmetrically-shaped round kettle hole, that was formed about 12 000 years ago, during the melting phase of the ice age.

Wooden stairs lead to the lower level of the kettle hole, which are also suited for use in climbing for exercise purposes. There is an accessible viewing point located on the north-western edge.

● STARTING POINT OF ROUTE

Terveystie 6, Hollola
(Hollola Swimming Pool carpark)

● GOOD TO KNOW

The kettle is centrally located, beside various municipal services, such as the swimming pool. The fitness steps and viewing point are most easily accessible from the Terveystie Road direction. The kettle fitness steps are not maintained in winter.

“AN EXERCISE SITE IN AN ENVIRONMENT CREATED BY THE LCE AGE”



PHOTOGRAPH: KATI KOMULAINEN



PHOTOGRAPH: MARINELLA HIMARI

10 AURINKOVUORI HILL



● SITE DESCRIPTION

Aurinkovuori Hill is a nationally valuable large ice-marginal formation belonging to Salpausselkä II that dominates the local landscape. The Second Salpausselkä deposited at the edge of the retreating continental ice sheet about 11,600–11,800 years ago, when a cold period near the end of the ice age temporarily stopped the retreat of the ice-margin.

At Aurinkovuori Hill Salpausselkä II borders on Lake Päijänne to the north and Lake Vesijärvi to the south.

Aurinkovuori Hill is at its highest 70–80 metres above the surfaces of Lake Päijänne and Lake Vesijärvi, which guarantees great views over both lakes. Aurinkovuori Hill belongs to the Nationwide Esker Protection Programme and to

the Natura 2000 network. It is also an important groundwater area.

● LEVEL OF DIFFICULTY

The paths of Aurinkovuori Hill are well surfaced, but the height differences in the area are large. For this reason, the trails can be quite demanding for some users.

● STARTING POINT OF ROUTE

Asikkalantie 16, Asikkala (Vääksyn Urheilukeskus)

“A PANORAMA FROM THE TOP OF THE SECOND SALPAUSSELKÄ”



PHOTOGRAPH: MARINELLA HIMARI

11 VÄÄKSY CANAL

“THE BEAUTY OF THE NATURAL WORLD IN A UNIQUE CULTURAL HERITAGE SETTING”

● SITE DESCRIPTION

The Vääksy Canal, completed in 1871, forms a navigable connection between Lakes Vesijärvi and Päijänne, that are separated by Salpausselkä II. It is one of the busiest inland waterway canals in Europe, and Asikkala's best known attraction. To the west of the canal is the idyllic Old Vääksy, where you can find cafes, restaurants and handicraft workshops, as well as old canal environment building stock, part of which dates from the late 19th century.

The Vääksynjoki River meanders along nearby; on its banks there is a nature trail of about half a kilometre in length, as well as the old Vääksy mill. Right in the heart of the canal area is also to be found Päijännetalo House, containing a recreational fishing museum.

At walking distance from Vääksy canal rises Aurinkovuori Hill, the slopes of which offer a beautiful view over Lakes Päijänne and Vesijärvi.

● GOOD TO KNOW

In close proximity to the canal, on the Lake Vesijärvi side, is situated the beautiful Kalmari Beach. The beach has many activities on offer in the summer for outdoors enthusiasts of different ages. The shallow sandy beach is an ideal bathing place.

● STARTING POINT OF ROUTE

Kanavatie, Vääksy (Päijännetalo House carpark)



PHOTOGRAPH: MARINELLA HIMARI

12 KALKKINEN CANAL

● SITE DESCRIPTION

Kalkkinen canal, which made water transport possible between Lake Päijänne and the beginning of the River Kymijoki, then further on to Lake Ruotsalainen, was completed in the year 1878 mainly for the purpose of floating logs down river. The canal, which is over a kilometre in length and 20 metres wide has the longest distance between lock gates in Finland, at 500 metres. The canal currently operates on a self-service basis for users.

Kalkkistenkoski rapids, located to the south of the Kalkkinen canal is a valuable undeveloped rapid area, situated among an old forest, the site has been protected from hydroelectric power plant construction by the law for the protection of rapids. There have been Stone Age, Bronze Age and Iron Age findings on Kotasaari Island, which is located in the rapids zone. There are no fixed camping facilities in the area.

● GOOD TO KNOW

Along the side of the canal diverging from Kalkkistentie (road 3142) is an unsurfaced road. There is a parking area near the canal and a walking path right along the banks of the canal. The visitor can reach the rapids on foot from the canal. A large part of the surrounding area of the rapids is a nature reserve.

● STARTING POINT OF ROUTE

Kanavankulmantie, Kalkkinen



"AN INTERESTING WATERWAY
CONNECTING TWO LARGE LAKES"



PHOTOGRAPH: KATI KOMULAINEN

13 PULKKILANHARJU ESKER

"A SCENIC STRIP OF LAND LAID
DOWN BY GLACIAL MELTWATERS"



● SITE DESCRIPTION

The narrow Pulkkilanharju esker, which runs through southern Lake Päijänne, has deservedly been voted as the most beautiful scenic route in Finland.

The esker that was formed by glacial meltwater stream about 11 500 years ago belongs to the National Esker Conservation Programme and is also one of the most important geological sites in our region. Part of the esker is included in Päijänne National Park.

Going on foot, it is worth exploring the area via the nature trail of about 4 km in length, which starts around Karisalmi bridge and displays the formation of the ridge and its typical vegetation. Along this trail there are information boards telling about the nature of the area. Pulkkilanharju esker's stunning scenery can also be enjoyed by cycling in safety along the partly gravel-surfaced cycle path.

● GOOD TO KNOW

There are no constructed rest areas along the nature trail.

Pulkkilanharju is a nice family excursion place which can be reached from the cycling path that comes from Vääksy. Along the way you pass through beautiful rural landscape and such attractions as Asikkala Church. Karisalmi bridge rest area acts as a suitable starting point for the trip.

● LEVEL OF DIFFICULTY

The nature trail runs through well-laid forest terrain and is easy to navigate.

● STARTING POINT OF ROUTE

Pulkkilantie 955, Asikkala (Karisalmi Bridge carpark)



PHOTOGRAPH: MARINELLA HIMARI

14 TARUS HIKING AREA



● SITE DESCRIPTION

Tarus hiking area, located beside Evo hiking area is a large forested region, where there are several small lakes and 11 miles of shoreline.

The most interesting geological sites in the area include a beautiful Kelkutteenharju esker. Tarus hiking area is known for its cultural heritage based on logging (Savotta culture) and coping with wilderness, as well as its magnificent sandy beaches.

There are two marked routes suitable for day excursions in the area: they are called Savottalenkki and Karhunpolku. There is also a route connection from the Tarus hiking area to the Padasjoki (Päijänne-Ilves) and Evo hiking areas.

“SAVOTTA CULTURE, HIKING ROUTES AND CAMPING EXPERIENCES”

● GOOD TO KNOW

The area has some huts that can be reserved, as well as a network of campfire sites. Many rest areas are easily accessible, being nearby roads crossing through the area. Iso-Tarus beach is suitable for swimming and a great place to unwind after a hike.

● LEVEL OF DIFFICULTY

Savottalenkki and Karhunpolku are routes of intermediate difficulty. Both go through mainly rather level wooded terrain, but the trails do have rather poor surfaces in places. In the Kelkutteenharju part the height differences present more challenges to the visitor.

● STARTING POINT OF ROUTE

Taruksentie, Padasjoki

15 KULLASVUORI HILL



● SITE DESCRIPTION

From right next to the Padasjoki harbour Kullasvuori landscape tower offers an excellent view over Päijänne National Park and the surrounding landscape. Scaling Kullasvuori Hill is well suited as a short day excursion, acting as a highlight either at the beginning or at the end of a Päijänne National Park waterway adventure.

It is also worth checking out the nature trail that begins at Kullasvuoreнкуja Lane.

Kullasvuori Hill in Padasjoki is the most southerly part of an esker made up of gravel and sand deposits. Along the slopes of the esker, raised beaches from the ancient sea- and lake periods that came about after the continental ice sheet retreated, can be observed.

● GOOD TO KNOW

There are outdoor trails in the Kullasvuori area and a frisbee golf course, as well as winter ski tracks.

● LEVEL OF DIFFICULTY

Climbing Kullasvuori Hill using the regular route can be done in good walking shoes. It is easy going, but climbing all the way up the hill can be challenging to the walker.

● STARTING POINT OF ROUTE

Laivarannantie, Padasjoki

“THE REWARD OF A WONDERFUL VIEW AFTER A DEMANDING ASCENT”



PHOTOGRAPH: PÄIVI TOMMOLA



PHOTOGRAPH: KATI KOMULAINEN

PÄIJÄNNE NATIONAL PARK



● SITE DESCRIPTION

The esker islands in the Päijänne National Park, together with their rugged cliffs and bird sanctuaries form a unique combination of landscape and nature. The national park, which is located in the Padasjoki, Asikkala and Sysmä areas, contains about fifty undeveloped islands and islets as well as partly inhabited islands.

Some of the park's numerous islands continue as underwater eskers. They were formed at the end of the last ice age about 11,500 years ago. Between the lake stretches Hinttolanselkä and Tehinselkä there is located a particularly significant chain of esker islands from the scenic viewpoint. Together with an underwater esker between the islands this forms a representative, continuous entity extending as far as the mainland to the south.

The most spectacular esker island is the 8 km long Kelvenne Island, which is one of the largest and most beautiful esker islands in the country.

The rocky islands of the park are typical Päijänne hill county, which is a remnant of the fold mountains from almost two billion years ago. The beaches of the rocky islands are very different from the esker landscape of the park. For example, the cliffs of Haukkasalo Island rise as vertical walls several tens of metres above the surface of Lake Päijänne, continuing in places as vertical rock walls also beneath the lake

surface to a depth of more than 10 metres.

The clear water, wide-open lake scenery, sandy beaches of the esker islands and the rugged rocky islands create a magnificent location for hiking. Travelling over land connections, the park can be experienced on Pulkkilanharju esker, Päijätsalo Island and Virmaila Island. In the municipalities of the area there are guest marinas complete with services, and in summer the island of Kelvenne can also be reached by scheduled ferry traffic.

● GOOD TO KNOW

Päijänne National Park is especially suitable for exploration by water. In the park there is an excellent network of resting places. In order to guarantee bird nesting peace there is a ban on landing and wandering on part of the park's islands during the period April 15th to July 31st. In winter, depending on the ice situation in the area, you can visit it by skiing or skating.

"A HOME TO SPECTACULAR NATURAL ESKER ISLANDS, KETTLE BAYS AND SANDY BEACHES"



KELVENNE ISLAND

"SHELTERED COVES, IDYLIC SANDY BEACHES AND BEAUTIFUL ESKER SCENERY"



● SITE DESCRIPTION

Kelvenne in the Päijänne National Park by Padasjoki is Finland's one of the largest and most beautiful esker islands. Visitors to the island can expect to be met with lovely sandy beaches, ridge esker groves and lagoon-like beautiful, sheltered kettles that act as deep natural harbours. One of the specialties of the island is a kettle pond to be found in its southern part. A signposted pathway goes from one end of the island to the other, and along it there are also several resting spots with fireplaces. The path climbs sometimes up the top of the esker, while sometimes it follows the shoreline.

● GOOD TO KNOW

Kelvenne has six camping areas suitable for overnight stays, they are called: Kirkkosalmi, Hinttolanhiekka, Kyyränlahti, Nimetön, Isohietä and Likolahti. There are also several stunning sandy beaches along the island's shores, as well as eight campfire sites. If going on a visit there you should take along toilet paper and at least a sheath knife and matches for preparing and starting a fire.

● LEVEL OF DIFFICULTY

The trail through Kelvenne Island is mainly very solid, if rather narrow in places. There are no extreme altitude variations along the route.

● STARTING POINT OF ROUTE

Kelvenne can be reached in summer by cruise boat or by boat taxi. The companies offering transportation are listed on the website luontoon.fi run by the national forest authority Metsähallitus. There are several excursion ports on the shores of the island, where boats or canoes can be landed.



PHOTOGRAPH: KATI KOMULAINEN

18 VIERUMÄKI RESORT

"AN OUTDOOR RECREATION CENTRE NESTING AMONG NATURAL RIDGES"

● SITE DESCRIPTION

Vierumäki is located along Salpausselkä II, which was deposited on the edge of the continental ice sheet about 12 000 years ago. In the vicinity of the sports college are several steep narrow eskers bordered by small lakes, and from the paths running along these the beautiful scenery can be admired.

There are also a lot of kettle holes in the terrain, some of them are water-filled kettle ponds. For example, below the main building of the sports college, the clear-watered Lake Valkjärvi deepens rapidly from its banks. Lake Valkjärvi gets its water from several springs in its bed and on the shoreline.

The Salpausselkä marginal formation, and the related esker that makes up the Vierumäenkan-gas-Musterinharju area, belongs to the National

Esker Conservation Programme because of its geological significance.

The buildings of the Finnish Sports Institute, on the other hand, represent nationally significant built cultural environment. Around Vierumäki there are excellent outdoor trails and a network of paths that allows excursions of varying length to be undertaken in the surroundings. The route network extends as far as Jyränkö in Heinola.

● GOOD TO KNOW

You can get more information about the services and events at Vierumäki from the Vierumäki Friends app.

● STARTING POINT OF ROUTE

Koulutuskeskuksentie 1, Vierumäki



PHOTOGRAPH: KATI KOMULAINEN

19 HEINOLA NATIONAL URBAN PARK

● SITE DESCRIPTION

Heinola National City Park is a wonderful combination of elements, that includes the city's attractive centre with its culturally and historically valuable city parks and buildings, the cultural environment of the church area and natural environment made up of the esker, the River Kymijoki, several lakes and the Salomaa nature protection area.

This entirety is defined as a City Park under the Land Use and Construction Act and the city of Heinola is committed to caring for it as such. The area took its current form when the River Kymijoki broke a route through Heinola esker at Jyrängönkoski rapids about 7000 years ago.

"A CITY OF NATURALLY BEAUTY LOCATED AT THE MEETING POINT BETWEEN AN ESKER AND THE RIVER KYMIJOKI"



PHOTOGRAPH: KATI KOMULAINEN

20 LAKE PAISTJÄRVI HIKING AREA



● SITE DESCRIPTION

In the Paistjärvi hiking area you can enjoy a real wilderness atmosphere and the diversity of the natural world at less than 30 kilometres from downtown Heinola. The best-known attraction in the area is the impressive Pirunkirkko Cave.

Other hiking destinations in the area are the beautiful Kujjärvenharju esker as well as Ketturiutta with its sandy beaches and cooking shelters. Lake Sonnanen, known for its clear waters and favoured by divers, is also located in the area. Paistjärvi is a hiking area owned by Metsähallitus, and contains a total of approx. 9 km of signposted routes.

“REAL WILDERNESS ATMOSPHERE,
WITHOUT THE CROWDS OF SOUTHERN
FINLAND’S NATIONAL PARKS”

● GOOD TO KNOW

There are three campfire places and one camping area here. Although there is no official beach, the shores of the area are well suited to swimming. The lakes and ponds are also good for small-scale boating and canoeing excursions. Lake Paistjärvi is situated in eastern Heinola to the east of motorway 5 (E75), there are no public transport connections to the hiking area.

● LEVEL OF DIFFICULTY

The paths are mostly easy going, but that to Pirunkirkko Cave is demanding in places.

● STARTING POINT OF ROUTE

Sonnasentie Heinola
(Lake Paistjärvi carpark)

21 PIRUNKIRKKO CAVE



● SITE DESCRIPTION

Shaped by the ice sheet, the sloped walled Pirunkirkko (meaning the Devil’s Church) is an impressive geosite in the Paistjärvi hiking area of Heinola. Pirunkirkko is a rapakivi granite, massive slanting cliff, that resembles a giant lean-to. It is one of Salpausselkä Geopark’s most significant rock sites. According to stories told, people fled to Pirunkirkko Cave during the Great Hatred (1713–1721) for fear of Russian military forces.

● GOOD TO KNOW

Pirunkirkko can be reached from Niinilampi pond carpark by a hiking trail which takes you on a loop of around 4 km in length (you can also just visit Pirunkirkko Cave and return directly).

The path is marked with yellow paint along the way. At the starting point of the path at Niinilampi pond there is a campfire place and a dry toilet.

● LEVEL OF DIFFICULTY

The path to Pirunkirkko from Niinilampi pond carpark has quite demanding terrain.

● STARTING POINT OF ROUTE

Pirunkirkko, Heinola
(Niinilampi carpark)

“THE RUGGED ROCK FORMATION
IS AN EMPOWERING EXPERIENCE”



PHOTOGRAPH: KATI KOMULAINEN



PHOTOGRAPH: KATI KOMULAINEN

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ONKINIEMI ROCKING STONE



● SITE DESCRIPTION

Positioned on a rock smoothed out by the continental glacier, the boulder is Finland's best-known rocking boulder. It is easy to spot as it is located beside motorway E75. The ice sheet has left this mica gneiss boulder standing in this peculiar position.

● STARTING POINT OF ROUTE

The stone is situated in Onkiniemi in Sysmä, beside motorway E75. There is a small parking spot next to the stone.

**"IT LOOKS LIKE IT COULD
ROLL DOWN ONTO THE ROAD
ANY TIME AT ALL"**



PHOTOGRAPH: KATI KOMULAINEN

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PÄIJÄTSALO ISLAND

**"WIDE OPEN LANDSCAPE AND
BEAUTIFUL NATURAL BEACHES"**

● SITE DESCRIPTION

The rocky island of Päijätsalo by the east coast of Lake Päijänne is a nationally valuable landscape area and partly belongs to Päijänne National Park. Situated near Sysmä, the island is almost attached to the mainland, and you can get there by road. The rugged summit of the island rises at its highest to 85 metres above the surface of Lake Päijänne, and from the observation tower a beautiful view over Päijänne's largest stretch of open water, Tehinselkä, can be had.

The island has a 4.1 km long nature trail that passes by the observation tower. Along the route there are notice boards telling about the nature of the area.

● GOOD TO KNOW

The area is accessible by road from the direction of Sysmä via Päijätsalontie Road. Arriving in Päijätsalo from the lake it is worth landing at Pyydysniemi pier, which also has a campfire site.

● LEVEL OF DIFFICULTY

The trails in Päijätsalo are fairly rocky in places and not suitable for the disabled. There are large height differences when going up the path to the observation tower.

● STARTING POINT OF ROUTE

Sorolantie 28, Sysmä



PHOTOGRAPH: MIKA MARKKANEN

24 KAMMIOVUORI HILL

"SPLENDID VIEWS, WITH ROCKY FEATURES AND A TOUCH OF MYSTERY"



● SITE DESCRIPTION

In Sysmä, in the northerly part of the Salpausselkä Geopark area within a relatively small area there are as many as seven nationally significant rugged rocky features. In Kammiovuori the Lake Päijänne shore scenery offers great views and excellent new camping facilities, together with attractive lean-tos.

There is a 4 km long marked trekking route leading up Kammiovuori Hill, and along the way can be seen wonders including the seven metre high erratic boulder, known as "Lintä", as well as Hiskia Cave, which is a space formed by large boulders, which according to legend, was the home of a hermit who lived on Kammiovuori Hill.

● GOOD TO KNOW

The route up to the top of Kammiovuori Hill is marked in blue and white paint along the way. There is a lean-to along the hiking trail.

● LEVEL OF DIFFICULTY

The route up the Kammiovuori Hill is demanding due to the large height differences, the route is steep in places and the surface is both rocky and has protruding roots. For these reasons, this site is not suitable for people with reduced mobility.

● STARTING POINT OF ROUTE

Nutturintie 104, Sysmä



PHOTOGRAPH: MARINELLA HIMARI

NATIONALLY VALUABLE LANDSCAPE AREAS

The Salpausselkä Geopark area has areas classified as nationally valuable landscape, including the most representative Päijät-Häme cultural landscapes. The value of these regions is based on the diverse culturally influenced nature, the managed agricultural landscape and the traditional building stock. Our geological heritage with its form of terrain has provided the basis for human activities and thus for the development of this cultural landscape.

● AUTOINEN AND VESIJAKO

Located near Padasjoki, the traditional villages of Auttoinen and Vesijao are nationally significant built cultural environments and together compose a valuable, miniature landscape feature. Auttoinen, that has maintained the compact grouped village nature, is surrounded by four lakes, and the River Kylänjoki flows through it. A distinctive esker runs through the villages and connects them. The ribbon-like formation of Vesijako village follows the shape of this esker. The village of Vesijako is bordered to the north by the lake of the same name, connected to the Padasjoki water route. Both villages are mentioned in documents for the first time as early as 1464, and a culturally and historically valuable building stock is still evident here.

● KASTARI-HATSINA-KUTAJOKI

The old Hollola church village dominates the rich cultural environment of the north slopes of Salpausselkä I, the heart of this is the greystone Hollola church, dating from the middle ages. Kastari-Hatsina-Kutajoki is a distinctive part of this landscape.

From Kapatuosia Hillfort, on the ridge rising up from near to the church, a beautiful view over Lake Vesijärvi can be enjoyed. The village is surrounded by flat agricultural landscape that then becomes undulating as you go eastwards or southwards. The area also has lakes of significant natural value and stretches of open water, such as Lake Kutajärvi and the Kirkonselkä section of Lake Vesijärvi, that belong to the Natura 2000 and Ramsar sites networks. Lake Kutajärvi, Kirkonselkä and Lake Sairakkalanjärvi also belong to the Finnish national waterbird protection programme.

● KURHILA-PULKKILA

The Kurhila-Pulkkila landscape area in Asikkala, located in the vicinity of the municipal centre is a good example of the open agricultural land of the Päijänne region, as well as having a valuable lake environment complete with eskers. The second Salpausselkä is surrounded by a cultural landscape with high ridges and steep slopes from which Lake Vesijärvi can be seen in the distance. Salpausselkä is connected in the northeast to a spectacular esker, which runs through Lake Päijänne as Pulkkilanharju esker, offering great views over large lakes on both sides.

Asikkala's old village with its brick

"IDYLIC RURAL LANDSCAPE
THAT INVITES YOU TO LINGER
A LITTLE LONGER"



church and other cultural-historically valuable buildings is a nationally significant cultural environment. Typical of the agricultural landscape of Kurhila and Hillilä villages are the long open views and undulating fields. As a geological specialty of the region there are the Kurhila mounds, which are glacial karst mounds composed of fine material. There are no similar features known elsewhere in Finland.

● NUORAMOINEN

The area village of Nuoramoinen in Sysmä is characterised by a manor landscape, consisting of three manor houses and representing a nationally significant built cultural environment, resplendent with its groups of old buildings, lush gardens and birch lanes.

In a semi-open agricultural landscape behind the undulating fields Lake Nuoramoisjärvi looms. The well-known Tainionvirta Stream kayaking route flows through the northerly part of the landscape area, where the village has a historic mill and hydro-electric power station site, called Nuoramoistenkoski. Nuoramoinen has been settled since as early as the end of the Iron Age, as indicated by prehistoric findings.

Salpausselkä Geopark's fifth nationally valuable landscape area, **Päijätsalo** is presented elsewhere in the guide.



HIKING TRAILS



IN THIS PUBLICATION WE PRESENT THREE LONG TRAILS: JUUSTOPOLKU, AURINKO-ILVES AND PÄIJÄNNE-ILVES. THESE TRAILS ARE SUITABLE BOTH FOR TREKKING AND MOUNTAIN BIKING.



JUUSTOPOLKU TRAIL

● SITE DESCRIPTION

The 17.2 km long Juustopolku (literally "Cheese Trail") leads the walker from Jyränkö in Heinola to the village of Vuolenkoski in Iitti, passing through wild landscape and over rocky hills. Juustopolku is an old market route, along which cheese was previously transported through rural villages for sale at Heinola Market. Nowadays, it serves as a hiking trail that is ideal for mountain biking, hiking and trail running alike.

Along the route, the landscape changes from the rugged spruce forest shores of Lake Konnivesi to forest openings, lichen-covered rocks, forest groves and finally pine-studded heaths.

Briefly the walker also catches a glimpse of lush green-fielded landscape. The most interesting geological feature along on the route is a massive erratic boulder, called Kupparinkivi, that was dragged into place by the continental ice sheet during the last ice age.

● GOOD TO KNOW

The route is marked along the way by signposts and white paint. The route map can be found at the starting points. You can also download it and print it off to take with you from the city of Heinola website.

Around halfway along the route the Läpiä lean-to offers a good place to take a break. Do keep in mind, however, that there are also a lot of mosquitoes thereabouts. If you are a mountain biker planning a long day trip you should

consider that the Juustopolku Trail, from Vierumäki the Ilvesreitti Trail to Jyränkö, together with the connecting route between Vuolenkoski and Vierumäki all form a route network, which provides plenty of pedalling for a whole day. In the Jyränkö residential area you have to navigate using your own creativity to get from the end point of the start of the Ilvesreitti Trail to the Juustopolku Trail.

● LEVEL OF DIFFICULTY

(This description is written from the mountain biking viewpoint)

The route is both physically and technically moderately demanding for mountain biking. When departing from Heinola at the start of your journey the shore path with lots of protruding roots requires cycling skills and also good physical fitness in places. After the beginning the path becomes smoother and the cyclist can proceed with ease as far as Läpiäntie Road. After crossing the road, there is the most demanding protruding root section in front of you, as well as a steep enduro-type descent to Läpiä lean-to. Approaching Vuolenkoski there are several tough climbs and long stretches for with a delightful single track to cheer up the skilled mountain biker.



"FOREST WILDERNESS, ROCKY HILLS AND A TOUCH OF CULTURAL LANDSCAPE"



● STARTING POINT OF ROUTE

Tampilahdenkatu, Heinola
(Heinola, at the end of the road)

Herrojentie 14, Iitti
(Vuolenkoski sports field)

The last few kilometres before arriving at Vuolenkoski consist of level pine forest. There are a few duckboard sections along the way. Some of the ditch crossings may oblige you to dismount and go on foot. The elevation profile of the route is variable, but the height differences along the route are quite modest.



PHOTOGRAPH: PÄIVITOMMOLA

AURINKO-ILVES TRAIL



"VARIED OPEN LANDSCAPE WITH LUSH STREAM BANKS ALONG THE WAY"

● SITE DESCRIPTION

The 31 km long Aurinko-Ilves Trail leads from the picturesque environs of Vääksy towards the dense forests of Evo hiking area. There are things to do and experience along the way, between the stunning views from Aurinkovuori Hill, the Syrjänsupat kettles with the story of their origin, the village of Kurhila and finally the lovely scenery of the Evo area.

Along Aurinko-Ilves Trail it is worth taking a break at a number of the numerous lean-tos available for wanderers along the banks of gurgling streams. Popular places to visit in the Evo hiking area are the many good fishing spots available, as well the forest cabins there.

● GOOD TO KNOW

The route is indicated along the way by signposts and yellow or orange coloured paint. In Vääksy the off-road section of the route starts at the Sports Centre, however, you can already start your trek from the carpark of Päijännetalo House, where you can see the route map. The end point of the route at Evo is at Lake Haara-järvi carpark, from which you have the option of continuing on further through the Evo hiking area route network. An interesting additional alternative for the cyclist is a route connection to Padasjoki along the Päijänne-Ilves Trail.

There is a total of four lean-tos along the route, of which those beside streams at Uusimylly and Kaupinsaari offer the best conditions for camping. Aurinkovuori Hill lean-to is located at a place with a good view from up on a ridge.

In the yard of the Kurhila village community hall there is a camping area and kitchen canopy. Between Kurhila community hall and Uusimylly you need to watch out especially for horses crossing the way, as it is a popular riding route.

● LEVEL OF DIFFICULTY

(This description is written from the mountain biking viewpoint)

When leaving Vääksy, the first few kilometres of the route vary between a wider cart track or a well-surfaced ridge path. It is, however, quite physically demanding since right at the beginning of the route there is a climb up to Aurinkovuori Hill.

After crossing Kirkkotie Road at the Syrjänsuppa kettles the path surface becomes a little more demanding. In Kurhila village the route follows the edges of fields and also goes along the road for a stretch, until it changes at Uusimylly lean-to into a smaller path.

After the Uusimylly lean-to the route alternates between forest road sections and a narrower path. The last few kilometres before arrival at Evo hiking area are mainly along the road.

As a whole, the route is basically easy to cover, with a few short moderately demanding sections. Physically, this somewhat demanding aspect of the route is due to the height differences on slopes of Aurinkovuori Hill, that are considerable in places. There are only a few short sections of duckboards on the route.

● STARTING POINT OF ROUTE

Vääksy Sports Centre, Asikkalantie 16, Asikkala

Haarajärvi carpark (Evo), Talvil-
ammentie 549, Hämeenlinna



PÄIJÄNNE-ILVES TRAIL



● SITE DESCRIPTION

The 12.6 km long Päijänne-Ilves Trail serves as a connection between Padasjoki and the Tarus hiking area and Evo. In Padasjoki, the route starts from the harbour area, in the vicinity of which there are also magnificent views over Lake Päijänne from Kullasvuori viewing tower. A highlight of the beginning of the route is the beautiful spruce-lined lane of Hietaranta. After a short forest section you come to Nyystölä fields and a memorial of the so-called Cudgel War. Rolling fields give way, after a main road crossing, to a more wooded landscape environment, in the heart of which the visitor comes across a beautiful lean-to location alongside a stream at Nuijamiehenkolo.

After this lean-to the trail leads on towards the Frans Joseph Pond nature reserve and Lake Iso-Tarus, on the shores of which the end point of the trail can be found, and the trekker is rewarded with a beach for swimming and a camping site.

● GOOD TO KNOW

The route is marked on location with signposts and yellow paint. In the Tarus hiking area there is also a route map provided. In Padasjoki the starting point is the harbour, where a restaurant that operates in summer is suitable for a break and for food and refreshment after the trip.

Along the route, the Nuijamiehenkolo lean-to offers a great opportunity for a rest. On the Lake Iso-Tarus beach are good facilities for such things as camping.

Päijänne-Ilves is a straight one-way route, however, it is easy to vary the return trip to the starting point by going along the village road between Lake Iso-Tarus and Padasjoki. The route is well suited to driving both ways. You can also continue your trip from Lake Iso-Tarus to the Evo hiking area and from there along the Aurinko-Ilves Trail towards Vääksy.

● LEVEL OF DIFFICULTY

(This description is written from the mountain biking viewpoint)

When leaving Padasjoki, the first few kilometres of the route are an easy to navigate unsurfaced road. After a short section of forest the route continues past Nyystölä village along a field road. After crossing the main road the environment becomes more forested, but the surface still remains easy to use. On approaching Nuijamiehenkolo lean-to the path becomes narrower, but it still has a fast surface that is easy to cycle on.

After the lean-to, the nature of the route changes completely and there are short sections varying between roads and paths, that level out just before your arrival at Lake Iso-Tarus beach. Nuijamiehenkolo and the Lake Iso-Tarus forest road section to the west is partially unusable, but it can

“A ROMP OVER THE FIELDS FROM THE BOAT HARBOUR THROUGH TO THE DENSE WOODS OF EVO”

be easily bypassed along the forest road.

There are a few short stretches of duckboards along the path, but they are of a wide, cycling-friendly type. There are no steep climbs and descents along the way.

● STARTING POINT OF ROUTE

Laivarannantie 41, Padasjoki (Padasjoki harbour)

Taruksentie 290, Padasjoki (Lake Iso Tarusjärvi)



PHOTOGRAPH: IIDA HOLLMEN

MORE INFORMATION ABOUT THE SITES
IN THIS GUIDE CAN BE OBTAINED FROM
THE FOLLOWING SOURCES:

visitlahti.fi/salpausselkageopark

luontoon.fi
(For the Metsähallitus sites mentioned)

The city and municipality sites

lahdenseudunluonto.fi



PHOTOGRAPH: LASSI HÄKKINEN / CITY OF LAHTI



SALPAUSSELKÄ GEOPARK

is located in Lahti Region and in the southern Lake Päijänne Region. Lahti is one hour away from Helsinki by train.

www.salpausselkageopark.fi



1h 15 min



51 min



The European Agricultural Fund
for Rural Development:
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COVER PICTURE: JOHANNES SIPPONEN

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