

ROUTES

HIKING TRAILS

	Length	Level of difficulty	Route summary
Iso-Parta nature trail	8,6 km	Intermediate	Loop around Salvonen pond in ridge terrain with some differences in elevation
Wheelchair accessible route	1,9 km	Easy	Wide, easy, wheelchair accessible out and back route from the centre of Partaharju to Ladun maja
Power trail	1,0 km	Intermediate	Fitness route in the hilly terrain of Salvosenmäki hill
to Nikkarila	4,6 km	Intermediate	Route connecting Partaharju and Nikkarila
Lake Kukkarjärvi circuit	5,4 km	Easy	Loop route winding in between ponds among dry pine forests
Mustonen pond circuit	4,1 km	Easy	Loop amongst the forests and shores of Mustonen pond
to Tahinsuo	2,3 km	Easy	Route connecting Nikkarila and Tahinsuo
Tahinlampi pond circuit	1,9 km	Easy	Forest path and dirt road connecting Tahinsuo swamp with Nikkarila
Tahinsuo swamp circuit	2,6 km	Easy	Loop route around Tahinlampi pond walking on duckboards
Jänisvuori hill circuit	3,1 km	Intermediate	Loop through Tahinsuo swamp walking along duckboards
			Loop route including Jänisvuori hill's open area and the terrain around Tahinsuo swamp

Choose an appropriate route!

Easy: Very little change in elevation, even surface, clearly marked, easy to follow route.

Intermediate: Some change in elevation, some more challenging parts, clearly marked, easy to follow route.

Demanding: Some steep and challenging sections on the route, might include wading, fewer signposts, slower route.

MOUNTAIN BIKING TRAILS

	Length	Level of difficulty	Route summary
Mtb Partaharju	12,6 km	Intermediate	Loop on hilly but sandy heath terrain, which includes a section on a dirt road
Mtb Ukonkangas	3,2 km	Easy	Compact and easy loop following paths in the mixed woodland of Ukonkangas
Mtb Nikkarila	8,8 km	Easy	Quick loop winding between ponds and dry pine forest
Mtb Kypäräkangas	7,4 km	Intermediate	Loop dominated by swamp, partially following gravel paths and partially in dense spruce forest
Route connecting Nikkarila to Tuoppu	2,3 km	Easy	Dirt road connecting Nikkarila to Tuoppu
Mtb Tuoppu	6,1 km	Demanding	Technical and demanding loop around Tuopunkangas, with rocky terrain and wetlands

Choose an appropriate route!

Easy: Relatively even and easy path. Suitable for those with regular fitness and basic cycling skills. Suits a variety of different bicycle types.

Intermediate: Some roots, stony sections and narrow parts. Suitable for those with regular fitness and mountain biking skills. Mountain bikes recommended.

Demanding: Demanding ascents and descents, lots of uneven and otherwise technical sections. Suitable for fit and skilled mountain bikers. Requires good equipment.