



PHOTOS: SAARA LAVI



Experience nature while trail running

Trail running is a fast-paced sport that you can do with your friends.

The majestic forests, high rocks and lakes with their clear waters in Repovesi National Park offer an outstanding trail network for running enthusiasts. This brochure tempts you with three suggested trails on Repovesi paths where you can delight in nature while

running; alone or in a group, enjoying a leisurely jog or running at a brisk pace.

All trails in the park are marked with dots of orange paint. There are no separate signposts for the routes suggested in this brochure. Do not forget to bring a map!

KUUTTI LOOP 7,4 km

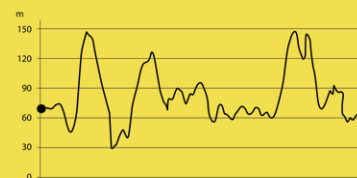
Kuutinkahti shore-Lapinsalmi

Waypoints on the trail: Mustalammi-
Mustalamminvuori-Kuutinkahti-
Katajajärvi-Katajavuori-Lapinsalmi

Difficulty: Total climb 155 m

On the initial section of the trail, the path is studded with tree roots and rocks. Climbing to Mustalamminvuori and Katajavuori will add to the physical challenge.

Special features on the trail: The start point of the trail is reached by water (for example by taxi boat). At the beginning, you climb to Mustalamminvuori viewing tower, from where the trail continues across the rocky outcrops to Kuutinkahti timber floating troughs, the majestic forests on the shores of Katajajärvi Lake and onwards to the wide top of Katajavuori. Towards the end, runners will cross Lapinsalmi suspension bridge.



KOPPELONKIERROS TRAIL 8,2 km

Circle trail. Tervajärvi parking area.

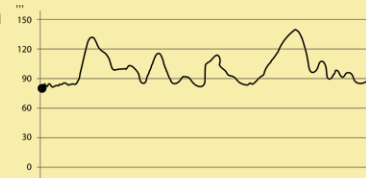
The route description follows the trail anti-clockwise.

Waypoints on the trail: Tervajärvi-
Lojukoski-Kuutinkahti-Talas-Tervajärvi

Difficulty: Total climb 150 m

The rocky paths on the initial section of the trail along the cliffs bordering Tervajärvi Lake are challenging, while the trail becomes more runnable towards the end. The route contains no steep long climbs, but its short and abrupt climbs and descents with tree routes on the path make running a challenge at times.

Special features on the trail: The trail leads you around Tervajärvi wilderness lake in the quietest part of the park. Highlights on the way include the views across Tervajärvi Lake from shoreline cliffs, the misty old-growth forest of Tukkiniemi, and Kuutinkahti trough, which offers a quick introduction to the history of timber floating.



CLIMBER'S TRAIL 10,1 km

Circle trail. Saarijärvi parking area.

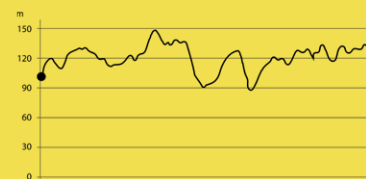
The route description follows the trail anti-clockwise.

Waypoints on the trail: Saarijärvi-
Sukeltajaniemi-Olhavanvuori-
Mustalamminvuori-Kirnuhuoko-Saarijärvi

Difficulty: Total climb 180 m

A fast and variable trail, the most challenging sections of which are half-way around on the slopes of Olhava and Mustalamminvuori. The paths are mostly narrow and criss-crossed heavily with tree roots. The paint markers on rocky sections can sometimes be difficult to see.

Special features on the trail: The Climber's trail leads you along runnable small paths crisscrossing the peaceful forest from Saarijärvi towards the best lookout points of the park, or Olhava and Mustalamminvuori. On the quieter final leg, the rocky outcrops close by Kirnunkangas lean-to shelter and a short road section will get you up to speed before the last steep descent from Tolosenvuori.



Repovesi National Park

Additional information and ideas for planning your trip and up-to-date information:

www.nationalparks.fi/en/repovesin

 [repovesikansallispuisto](https://www.facebook.com/repovesikansallispuisto)

Repovesi Virtual Guide:
www.visitrepovesi.fi



- Repoveden kansallispuisto**
Repovesi Nationalpark
Repovesi National Park
Национальный парк "Repovesi"
- Arnikotkan metsän luonnonsuojeluala**
Arnikotka skog naturskyddområde
Arnikotka Forest Nature Reserve
Заказник "Arnikotka"
- Opastustaulu** - Informationstavla -
Information board - Информационный стенд
- P** **Pysäköintialue** - Parkeringsplats -
Parking - Парковка
- Kaivo** - Brunn -
Well - Питьевая вода
- Tulentekopaikka** - Eldplats -
Camp-fire place - Кострище
- Keittokatos** - Koksjiul -
Cooking shelter - Летняя кухня
- Laavu** - Skärmskydd -
Lean-to shelter - Навес
- Varauskoti** - Hyreskåta -
Rental lapp hut - Чум (аренда)
- Vuokrakämpä** - Hyresstuga -
Rental cabin - Изба (аренда)
- Leirialue (varattava)** - Lagerområde (reserverbart)
Camp (reservable) - Кемпинг
- Näkötorni** - Utsiktstorn -
Senic lookout tower - Вышка наблюдения
- Kaunis näköala** - Vacker utsikt -
Fine view - Красивый ландшафт

- Luonnonnähtävyys** - Naturobjekt - Site of natural beauty
Природная достопримечательность
- Kävelysilta** - Gångbro -
Foot bridge - Пешеходный мостик
- Kanoottilaituri** - Kanotbrygga -
Canoe launching place - Место для спуска байдарки
- Veneenlaskupaikka** - Båtramp -
Boat ramp - Место для спуска лодки
- Kuivakäymälä** - Torrtoalett -
Dry toilet - Сухой туалет



Matkailuyritys
Privat turistföretag
Private tourism company
Туристическая компания

Rengasreitit - Rundslingsor - Circular routes - Кольцевые маршруты

- Ketunlenkki**
Ketunlenkki rundslinga
Ketunlenkki Trail
Маршрут "Ketunlenkki" 3,5 km/km
- Korpinkierros**
Korpinkierros rundslinga
Korpinkierros trail
Маршрут "Korpinkierros" 4,3 km/km
- Koppelon kierros**
Koppelon kierros rundslinga
Koppelon kierros Trail
Маршрут "Koppelon kierros" 8,3 km/km

- Kaakkurinkierros** 26,0 km/km
Kaakkurinkierros rundslinga
Kaakkurinkierros Trail
Маршрут "Kaakkurinkierros"
- Kansallispuiston retkeilyreitti**
Nationalparks led
National Park hiking route
Пешеходная тропа Национального парка
- Muu retkeilyreitti**
Övrig vandringsled
Other hiking route
Другой пешеходный маршрут
- Climber's Trail**, 10 km
- Koppelonkierros Trail**, 8,2 km
- Kuutti Loop**, 7,4 km

- Pyöräily sallittu** - Kykling tillåtet - Cycling allowed
Передвижение на велосипеде разрешено
- Tie** - Väg - Road - Дорога
- Rautatie** - Järnväg - Railway - железная дорога
- Puomi** - Vägbom - Road barrier - Шлагбаум

- ! Kaikki reitit on merkitty maastoon oransseilla maalimerkinneillä.**
All leder är markerat i terrängen med orange målarfärg.
All trails are marked with orange paint in the terrain.
- ! Все маршруты на местности промаркированы оранжевыми метками.**

- ! Yksityinen mökkipanta. Pida vähintään 50 metrin etäisyys rantaan.**
Privat område. Håll ett avstånd på minst 50 meter till stranden.
Private Property. Leave a distance of at least 50 metres to the shore.
- ! Частный коттеджный пляж. Соблюдайте дистанцию как минимум в 50 метров от берега**

