

7,2
km

3-4 h

mode-
rate

Mäkrän kierto Trail – hike through Finland's national landscape in the Koli National Park

Numerous scenic vistas and natural sights are the reward for the challenging climb to the top of Mäkrävaara Hill. And, you can stop for a picnic in, for example, an idyllic meadow, Ikolanaho, sitting round a campfire.

The most popular day hike in Koli National Park will take you to its most beautiful landscapes and natural sights. Along the way, you'll pass through the sheer natural diversity of the park. From Koli's most famous hilltop vista, you will backpack down through spruce forests to the slash-and-burn meadows (i.e. former settlements) and then climb Mäkrävaara Hill, whose summit offers spectacular views of the surrounding landscape that inspired the first artists to come here over one hundred years ago. One of the

most ardent lovers of Koli's landscape was painter Eero Järnefelt. The pine tree he once captured in oil still stands at the top of the hill. Indeed, the tree has been given the nickname "Järnefeltin mänty" (Järnefelt's Pine).

You can take a lunch break at, for example, the Ikolanaho campfire site. Ikolanaho is one of three meadows along the trail where hay is still mown and gathered in the traditional way. The best time to see the meadows in all their floral glory is at the beginning of July.

RECOMMENDED SEASON

When there is no snow on the ground.

DISTANCE 7,2 km

DURATION 3-4 h

TRAIL MARKING AND SIGNS

Signposts on the crossroads. Follow the black dots on the signposts. Each signpost has a number that matches numbers on Koli Outdoor and Service Map (1:25 000).

DIFFICULTY Moderate.

The trail is quite challenging due to variations in elevation and long staircases. Some of the trails are rocky and crisscrossed with tree roots.

STARTING POINT Koli Nature Centre Ukko

EQUIPMENT

For variable terrain, you should wear sturdy shoes, such as all-terrain runners or walking boots. Clothing: Weatherproof hiking clothes. In the day pack: a drink, a picnic, a rubbish bag, a first aid kit, a charged phone and a map. To light a fire: matches and a knife. Bring your own toilet paper.

REMEMBER!

- Check if there is warnings in effect en.ilmatieteenlaitos.fi
- Light your fires at designated campfire sites only. Do not light a campfire when a forest or grass fire warning is in effect.
- Dogs are allowed in the park, but they must be kept on a leash at all times.
- Follow the principle of Leave No Trace. Do not litter.
- You may pick berries and mushrooms. Collecting plants or rocks is not permitted.

FOR MORE INFORMATION

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