

In touch with nature

Lahti Region nature guide



Lahti Region Environmental Service

Hollola – Lahti – Nastola



CENTRAL BALTIC
INTERREGIONAL
PROGRAMME
2007-2013

Welcome to the region of Lahtil

Nature decides



Exploring nature can be a refreshing and relaxing experience. It is important to respect nature when hiking outdoors. Minimizing the impact on the natural environment is vital. This handbook contains maps and other information about nature in the Lahti region. The guidebook was produced to make it as easy as possible to explore the great outdoors. The aim of this brochure is to give general guidelines and tips to help you enjoy your outdoor experience. This guidebook was created by the Lahti region environmental services as a part of the project “Rings in water”.

Lahti was founded in 1905. The city of approximately 101 906 (2011) people is located in Päijät-Häme in southern Finland. The area of the city is 154,5 km² and its water area covers 19,6 km². Lahti is the 8th largest city and 6th largest Central Region in Finland. The city is situated on a bay of lake Vesijärvi. Lahti city is world-famous for sports and well known for its cultural traditions.

Hollola and Nastola are part of the Lahti Central Region. Hollola is a municipality with 22 022 (2011) people and it encircles Lahti on the northern and western sides. The area of Hollola is 513 km² and its water area covers 68 km². The municipality of Nastola is located on the eastern side of Lahti and it has a population of 15 054 (2011). Nastola is 363 km² and its water area covers 38 km².

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Everyman’s rights (Jokamiehen oikeudet) allows everybody enjoy access to natural areas. The everyman’s right grants everybody access to nature regardless of who owns the land. With the freedom to enjoy the countryside comes the responsibility to leave the environment undisturbed. Privately owned lands or conservation areas may have their own regulations.

EVERYMAN’S RIGHTS IN FINLAND

Allowed

- moving on foot, skiing or cycling in the natural environment. Access can be limited on fields, meadows or planted areas. Everyman’s right does not cover gardens or the immediate vicinity of people’s homes
- temporary stays in the countryside, e. g. responsible camping far from homes
- picking berries, mushrooms and flowers
- fishing with a rod and line
- swimming and walking on ice during winter time

Prohibited

- disturbing reindeer and game
- cutting down, damaging, or breaking branches off trees on other people’s property. Collecting dead wood or moss or lichen
- damaging or disturbing bird nests
- lighting fire without landowner’s permission
- disturbing privacy of people’s homes, by camping too near them, or making too much noise
- littering
- driving motor vehicles off road without landowner’s permission
- fishing or hunting without the relevant permits
- allowing dogs to run free without the permission of the landowner or hunting rights holder

”Do not shout, do not make noise and do not disturb the peace of nature!”

LEGEND :



Routes suitable for children



Easy terrain



Demanding terrain



Wheelchair accessible



Brochure available for this site



Dog swimming beach



Camp-fire site



Beach



Bird-watching tower / view point



Camping site



Lean-to shelter (laavu)



Matt washing site





Fisheries management

FISHING

Fishing with a rod and line is allowed for everyone. Other forms of fishing and crayfishing in Finland require two types of fishery fee for people aged 18-64. The statutory fishing management fee should be paid to Nordea bank account: 166030-101496; 22 €/ a year or 7 €/ 7 days. A local fee is also required for all other form of fishing. When fishing with a reel and lure the fee can be paid in two different places, either regionally (in Southern Finland, Nordea: 166030-106594, 29 €/ a year or 7 €/ 7 days), or to the owner of the fishing waters or the holder of the fishing rights. When trolling with several rods, crayfishing, torch-fishing and using fish traps owner's permission is required. Lahti Region Environmental Services oversees matters related to fishing on lake Vesijärvi and waters owned by the city. The city requires a payment of 15 € per year for residents and 30 € per year for non-residents. The city of Lahti is not responsible for fishing matters relating to lakes which do not form part of the city region.

PICKING BERRIES & MUSHROOMS

Berries, mushrooms and flowers, as long as they are not protected species, may be picked freely wherever everyman's right applies. Under the Nature Conservation Act, picking plants and flowers is controlled in nature reserves.

"Know the berries and mushrooms you pick"

BOATING

Everyone has free access to most waterways, even when they are frozen in winter. Motor boat users may anchor temporarily proving they do not cause disturbance. It is extremely important to minimize the impact of protected waterways. Using motor boats and also snowmobiles or other motordriven vehicles during winter time is limited in all lakes of Lahti, Holola and Nastola.

FISH SIZE LIMITS:

Zander 42 cm (Vesijärvi)
Zander 37 cm (other water areas)
Freshwater trout 40 cm
Lake trout 40 cm
Grayling 30 cm

HUNTING

All hunters in Finland pay a statutory game management fee (30 €/year). New hunters pay the management fee with a specific form. Further information about the payments will come with the magazine Metsästäjä. Before the first payment, new hunters must pass a hunting degree. Under the Hunting Act hunters require permission from the landowner or the holder of the hunting rights. A firearms certificate is required for a hunting weapon. Hunters must strictly observe the specific hunting seasons for each game species.



The natural environment of Lahti region has given good foundation for its development. The first Salpausselkä divides the city into two parts, the northern side to the Finnish lake district and the southern side towards the coastal plane. In addition, the first Salpausselkä forms the third part of the city landscape. Because of the diversity in nature, Lahti region has a rich flora and fauna. There are five lakes in Lahti region out of which Vesijärvi is the most important.

NATURE SITES

Lahti has diverse nature sites that offer something for everybody throughout the year. Sights can be reached on foot, by bike, by bus or with a car. Many of the sites are unique so every effort should be made to minimize your impact on the environment. No special equipment is needed when exploring the sites but rubber boots can be useful depending on the season.

LUMO SIGHTS

LUMO sites were identified in Lahti 1995 for the first time (LUMO = resort that enriches biodiversity). The sites were updated 2000. Nowadays there are about 300 LUMO sites (covering a total area of area about 700 ha). The sites include a diverse range of environments such as meadows, groves, swamps and cliffs. Many of these can be reached by foot from the city centre such as the park of Mikkola mansion, the area of Häränsilmä and lake Pikku-Vesijärvi park.

CONSERVATION AREAS

Conservation areas are formed in order to protect the natural environment from human activities. Lahti has nine conservation areas. More information about these areas can be found on pages 6-9 and the locations of the conservation areas can be seen on a map in the middle of this brochure. Two of the city's conservation areas are national NATURA 2000-areas. NATURA 2000 is an ecological network of areas in EU to protect biodiversity.

The total of nature conservation areas cover 380 ha (2008) which is 2,7 % of the city's total area. Lahti owns 4800 ha of forest out of which 120 ha are conservation areas. When maintaining forest land, the following factors are considered: ambience, recreational use and in many places, protection of particular natural feature.

Protecting the nature is part of the conservation of the environment in municipalities. Department responsible for the environmental protection in the Lahti region is the Lahti Region Environmental Service.

If marks of prohibited behaviour can be seen in the nature, please contact Lahti Region Environmental Service:

The contact person: Asko Riihelä, Environmental protection inspector
tel. (03) 814 3529 or 050 559 40 53

Nature conservation areas in Lahti

Videos about nature of Lahti Region you can see at www.lahti.fi (page 24).



THE FOLLOWING ACTIONS ARE PROHIBITED IN PROTECTED AREAS:

- digging ditches, damming water flow, polluting or damaging the soil in any way
- picking protected plants
- hunting, disturbing animals or birds
- lighting camp-fires or camping
- removing information boards
- organizing meetings or having parties
- driving motor vehicles
- constructing buildings, roads or trails
- any other action that may cause changes in the environment or have an impact on the flora and fauna



LINNAISTENSUO SWAMP (200 ha)

Description and location: A swamp located on the south-eastern part of Lahti which has been protected since 1982. The area suffered from trenching before it was conserved. Nevertheless, the majority of its rich nature has survived. Linnaistensuo is part of the network NATURA 2000. A variety of peatland types can be found in the area.

Animals: *Insects:* 36 species of macro-moths, out of which the rarest are endangered species such as *Lacanobia (Mamestra) w-latinum* and *freija fritillary (Boloria freija or Clossiana freija)*. *Birds:* Endangered species such as chiffchaff (*Phylloscopus collybita*) and three-toed woodpecker (*Picoides tridactylus*). *Mammals:* E.g. weasel, moose and Siberian flying squirrel. The flying squirrel is endangered and it is one of the species being protected in accordance with EU's directive.

SYDÄNKANGAS (1 ha)



Description and location: Because of a significant number of spring anemones which grow here, this area located in Kunnas was preserved 1980.

Plants: E.g. protected spring anemone (*Pulsatilla vernalis*)

Getting there: Bus number 3 (Hiekkanummi) goes to the area. Entering the area is possible by using Kehräkankaankatu.

Hiking: A nature trail goes towards the top of the hogback and rapidly descends to the pond of Sorvanen (Nastola). Camping and swimming places can also be found along the path.

Plants: Marsh tea (*Rhododendron tomentosum*), bog bilberry (*Vaccinium uliginosum*) and cloudberry (*Rubus chamaemorus*).

Getting there: Using the road 312 to Nastola. Then continuing to Kujanlankatu. That road leads to Korvenrannantie which ends to the car park at Linnaistensuo.

Hiking: There is a duckboard path through the swamp (1,5 km). From the west, path can be reached via Korvenrannantie. When coming from the east, Ilolantie is suitable. Hence, there is a marked way provided. For the sake of animals with nests it is recommended to use the area during the spring or summer. Take care when picking berries particularly in the swamp area. Remember that the ground is water-logged and deep ditches exist in the area. Rubber boots are always useful when visiting Linnaistensuo.

Nature conservation areas in Lahti



RITAMÄKI (12,5 ha)



Description and location: Ritämäki is a grove located next to the Mukkula mansion. It has been a conservation area since 1962.

Animals: *Invertebrates:* endangered species of butterflies and beetles. *Birds:* lesser spotted woodpecker (endangered). *Mammals:* Rare birch mouse (*Sicista betulina*) and bats.

Plants: Over 200 species of vascular plants, rare mushrooms and lichens.

Getting there: A bus number 30 from the central market place goes to the area every 20 min. There is a car park near Mukkula mansion. The area can be reached via Ritaniemenkatu.

Hiking: Numerous nature trails are available.



PESÄKALLIO (71 ha)



Description and location: Pesäkallio is located between Vääksyntie and Savontie. It is a conservation area that was founded 1989 in order to secure the types of forests and swamps that are in the area. There are 11 types of forests in the Pesäkallio region and most of them exist in the conservation area. Peatland types can be classified into 31 different categories and some of these are nationally endangered. Pesäkallio is a part of the network NATURA 2000.

Animals: *Birds:* three-toed woodpecker (*Picoides tridactylus*) (endangered), chiffchaff (*Phylloscopus collybita*) (endangered) and rare greenish warbler (*Phylloscopus trochiloides*).

Mammals: e.g. European badger, moose, rabbit and lynx.

Plants: e.g. marsh fern, bog stitchwort, bracken and alpine catchfly, which is endangered in the Päijät-Häme region.

Getting there: By bus number 31 (Merrasjärvi), by car or by bicycle using Vääksyntie road.

Hiking: Illuminated nature trail starting from Merrasjärvi beach. Nature trail has connection to Takkula, Kytölä and Holma. It is also connected to a path that encircles lake Merrasjärvi and to the nature trail in the conservation area. Nature conservation trail (5,5 km) is marked onto trees with paint. In order to avoid disturbing the wildlife, stay on the trails (15.4.-31.7.)!





LUHDANJOKI RIVER (8,5 ha)

Description and location: Luhdanjoki is a part of the main channel of Porvoonjoki. The river runs 10 km through the meadow shores of Nostava, a part of Hollola, and Luhtikylä which is part of Orimattila. The meadow area near the river has been a conservation area since 1998. The conservation area is located on the north side of the meadow area on the border of Lahti and Hollola. The area is famous for its birds. Some of the meadows are used for livestock grazing.

Animals: *Birds:* e.g. swan, hawk and corncrake (*Crex crex*). *Mammals:* e.g. musquash and white-tailed deer.

Plants: e.g. common duckweed, marsh cinquefoil and water purslane.

Getting there: This location can be reached by car, bike or on foot: Helsingintie – Lintulantie – Luhtijoentie. The terminal point of the bus number 12 is located at the intersection of Lintulantie and Helsingintie. The bus stop is 2 km away from the area.

Hiking: There is a bird-watching tower. There are no marked nature trails on the area. It is not recommended to use the area during the breeding and grazing season.



ENONSAARI ISLAND (15 ha)

Description and location: The central part of Enonsaari was established as a conservation area in 2008. Various types of groves are located in the area. Enonsaari is located in Enonselkä and is 5 km away from the harbour of Vesijärvi.

Animals: Circa 60 different bird species, e.g. redbreasted flycatcher and black woodpecker.

Plants: e.g. rare *Circaea alpina*, wonder violet (*Viola mirabilis*) and *Geranium robertianum*.

Getting there: By boat from the harbour of Vesijärvi.

Hiking: This is a popular site with a natural trail (1,8 km).

KILPIÄISTEN POHJA (27 ha)

Description and location: An inlet of Vesijärvi in Kilpiäinen. The area is magnificent in terms of water birds. Rare birds and dragonflies can be seen when visiting the area. This area was first protected in the 1980s.

Animals: *Birds:* e.g. black-headed gull (endangered), bittern, mute swan and other rare species such as bearded reedling can be found.

Invertebrates: About twenty species of dragonflies of which the most rare are protected *Leucorrhinia pectoralis* and *Leucorrhinia caudalis*.

Plants: e.g. common alder and cattail.

Getting there: Bus number 32 departs the market square every 20 min. There is a car park by the end of Kilpiäistentie.

Hiking: Notable place in terms of education and research. Species of birds can be observed from the bird-watching tower. Duckboards run only 20 m away from the shore.

“It is not recommended to walk dogs in the nature conservation areas. Dogs must be kept on a lead.”



KILPIÄISTEN TIKKAMETSÄ (8 ha)

Description and location: A significant grove area in Kilpiäinen located on the shore of Vesijärvi. The area has been a conservation area since 1995. This grove is unique in terms of tree species.

Animals: E.g. various species of woodpeckers such as black woodpecker and lesser spotted woodpecker (endangered). Regionally notable species of butterflies can be found.

Plants: E.g. European bird cherry, oak, mountain currant and raspberry.

Getting there: The area is reached by bus 30. It is also possible to enter the area via Kevätkatu and Vaskirannankatu or via the conservation area of Ritämäki.

Hiking: Magnificent resort for bird-watching!



HÄRÄNSILMÄ POND (1,2 ha)

Description and location: Häränsilmä is a kettle pond located on Salpausselkä. The pond has been preserved since 1983. Häränsilmä is an area where the lake and swamp ecosystems meet. As time goes by excessive plant growth will affect the pond.

Animals: *Birds:* e.g. mallard and northern hobby. *Mammals:* e.g. water vole and mountain hare. *Fish:* crucian carp and pike.

Plants: e.g. pine tree, pubescent birch, bog rosemary and cranberry.

Getting there: Buses 1, 2, 71 and 72 will stop in Jalkarannantie when requested. The bus stop is 200 meters away from the area when using Teivaankatu.

Hiking: The nature trail Teivaanmäki (2 km) tells about the geological history of Salpausselkä. A map of the route can be seen on the information board near the pond (see page 15).



Waterways of Lahti



Waterways cover 19,6 km² in Lahti. There are five lakes on the region: Alasenjärvi, Joutjärvi, Kymijärvi, Mer-rasjärvi and Vesijärvi. Several smaller ponds can be found including Mytjäinen, Likolampi and Häränsilmä. Kettle ponds formed during the ice age when the ice blocks that were buried in the ground melted. In Lahti Salpausselkä is the main drainage divide for surface water. The lakes, ponds and streams on the northern side of Salpausselkä are part of the Kymijoki water basin. Waterways on the south side of Salpausselkä belong to the Porvoonjoki water basin. Kymijoki and Porvoonjoki flow into the Gulf of Finland.

Human activities have affected the quality of water in Lahti's lakes. Attempts to improve the water quality have been made. These measures include aerating or oxidizing, fishing black clams, restock-ing predatory fish and by cutting cane-grass.



Lahden kaupunki maankäyttö © 2009

LAKE ALASENJÄRVI

Surface area: 2,86 km², average depth: 5,9 m, max. depth: 15 m

Alasenjärvi is a clear and deep lake located in Ahtiala. There is a high housing density along the shoreline. Actions have been made in order to improve the water quality and now the lake is great for fishing. The lake flows into Kymijärvi lake and via the lakes of Nastola to the Kymijoki river.



LAKE VESIJÄRVI

Surface area: 109 km², average depth: 6 m, max. depth: 42 m, shoreline: 181 km

Vesijärvi is the largest lake in Lahti with approximately 50 islands. Vesijärvi is considered as a gate into the Finnish Lakeland. Lake Keitele which is situated 300 km away from the Vesijärvi lake can be reached via water system. At one time the lake used to be eutrophic and polluted but it was saved by a water quality improvement project. These well-established measures are continued to this day. The lake area is rich in flora and fauna. Cruises from the harbour of Vesijärvi are available during summertime.

LAKE PIKKU-VESIJÄRVI

Surface area: 0,05 km², average depth: 1,7 m, max. depth: 2,5 m

Pikku-Vesijärvi, located near the bus station, used to be part of Vesijärvi. Due to a railroad being constructed in the 1860s, it was necessary to build a bank. This bank still separates Pikku-Vesijärvi from the Vesijärvi lake. Water exchange between these lakes still exists. Waste waters from the city used to flow into Pikku-Vesijärvi. Due to this the lake was polluted but in the late 1990s and action was taken for improving the water quality.

LAKE KYMIJÄRVI

Surface area: 6,48 km², average depth: 2,6 m, max. depth: 11 m

Kymijärvi is located in the regions of Lahti and Nastola. The lake is extremely shallow. Various water improving measures have been made. Nevertheless, the oxygen level has declined in recent years. This has had an impact to the amount of fish stocks. Kymijärvi runs to the river Kymijoki.

LAKE MERRASJÄRVI

Surface area: 0,26 km², average depth: 1,5 m, max. depth: 2,5 m

Merrasjärvi is a shallow, humous rich lake in northern part of the city of Lahti near the border of Hollola. The lake has low oxygen levels. For many years aeration has been done during wintertime. Measures have improved the quality of water in this popular swimming lake.

LAKE JOUTJÄRVI

Surface area: 0,4 km², average depth: 3,4 m, max. depth: 5 m

Joutjärvi lake is located in Möysä. Most of the water comes from the Salpausselkä terminal moraine. The lake flows into Vesijärvi. Joutjärvi is managed by reed cutting and by fishing less valuable species. A canoeing centre is located onshore.



POND MYTJÄJÄINEN

Surface area: 0,02 km², average depth: 3,5 m, max. depth: 11 m

Mytjäinen is a kettle pond in the middle of Lahti. It is located near the crossing of old Helsingintie road and road 12. There are no water flow out of the pond. Mytjäinen is a popular swimming place due to its beach. The pond is luxuriant and it suffers from low oxygen levels throughout the year. The pond has been aerated to improve water quality.



POND LIKOLAMPI

Surface area: 0,023 km², average depth: 3,8 m, max. depth: 10 m

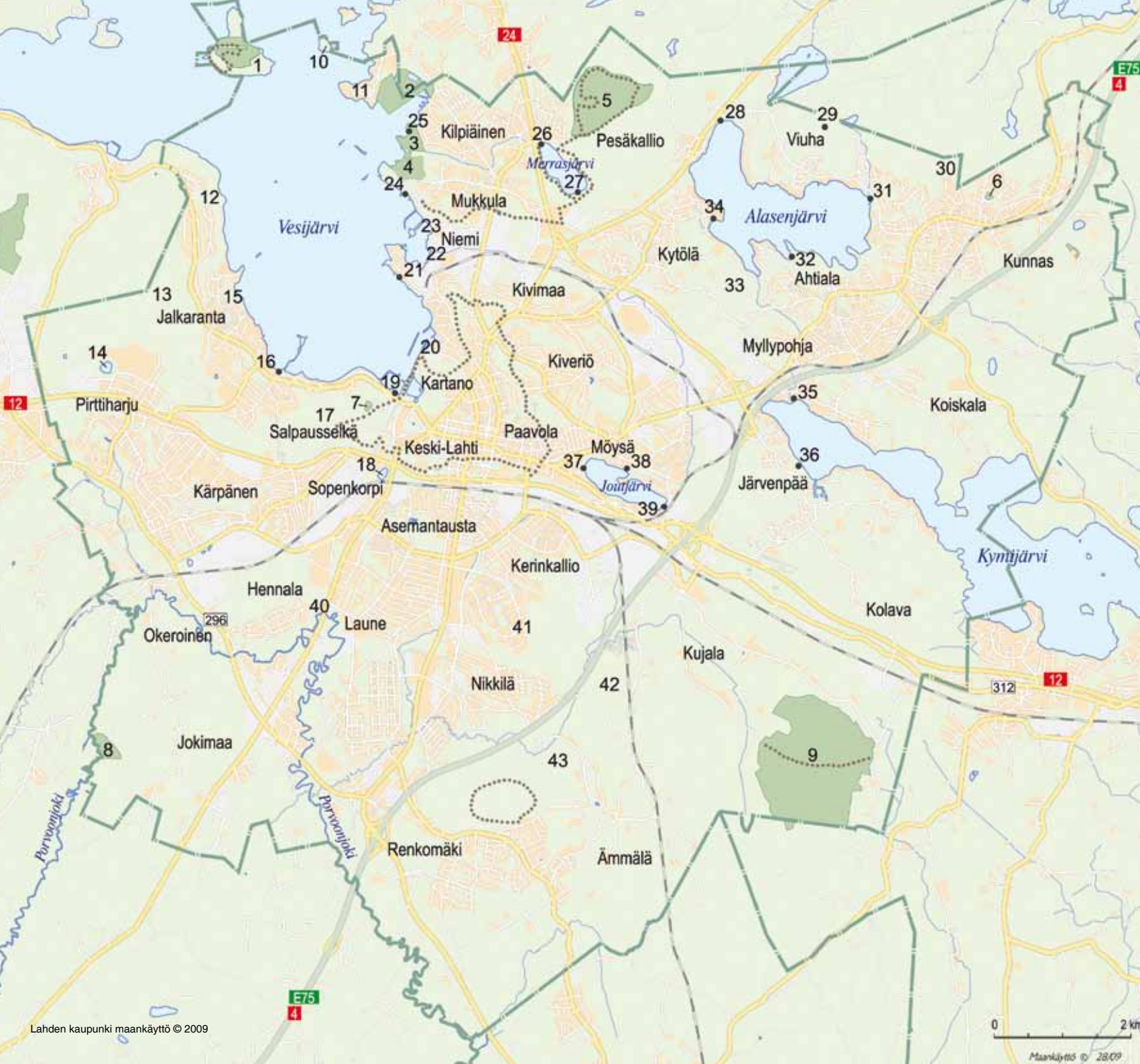
Likolampi is a deep kettle pond on the western part of the city near the Päijät-Häme Central Hospital. The pond is one of the most popular beaches in Lahti. Likolampi is luxuriant and it suffers from low oxygen levels during winter. The pond has been aerated. In the summer 2002 special equipment was used in order to improve the water quality (see the picture).

PORVOONJOKI RIVER

Length: 143 km

Porvoonjoki is a river that runs through the southern clay grounds of the Salpausselkä terminal mo-raine into the Gulf of Finland. Porvoon-joki meanders and the banks of the river hold rich flora. Dominant tree species are European alder, European bird cherry, bay-leaved willow and tea-leaved willow.

Canoeing is possible in the river (90 km). A great starting point is Ristola near "Sylvia-koti". Porvoonjoenpolku is a marked nature trail that starts from Hennala and ends up in Miekkiö (4,5 km). Luhdanjoki, part of Porvoonjoki, is famous for its birds which are the reason area was made a conservation area in 1998.



Nature conservation areas

- | | | |
|---|------------------------|--|
| 1 | Enonsaari | |
| 2 | Kilpiäisten pohja | |
| 3 | Kilpiäisten tikkametsä | |
| 4 | Ritamäki | |
| 5 | Pesäkallio | |
| 6 | Sydänkangas | |
| 7 | Häränsilmä | |
| 8 | Luhdanjoki | |
| 9 | Linnaistensuo | |

Other areas

- | | | |
|----|----------------------------------|--|
| 10 | Selkäsaari | |
| 11 | Karjusaari | |
| 12 | Rautakankareen perintömetsä | |
| 13 | Korkealaavu | |
| 14 | Likolampi | |
| 15 | Kankola | |
| 16 | Myllysaarentie | |
| 17 | Salpausselkä | |
| 18 | Mytäjäinen | |
| 19 | Teivaan satama | |
| 20 | Lahden matkustajasatama | |
| 21 | Ruoriniemi | |
| 22 | Joutjoen suu | |
| 23 | Niemen satama | |
| 24 | Mukkula | |
| 25 | Kilpiäinen | |
| 26 | Merrasjärvi | |
| 27 | Merrasjärvi, koirien uittopaikka | |
| 28 | Takkula | |
| 29 | Kaarlammi | |
| 30 | Paterinkallio | |
| 31 | Viuha | |
| 32 | Herrasmanni | |
| 33 | Kiiliäisvuori | |
| 34 | Kotiniemi | |
| 35 | Kaukkari | |
| 36 | Karisto | |
| 37 | Möysä | |
| 38 | Suopursu | |
| 39 | Joutjärvi, Pekantie | |
| 40 | Kenttäpuisto | |
| 41 | Liipola | |
| 42 | Härkämäki | |
| 43 | Renkomäki | |

Parks in Lahti

KARINIEMI/ LANU PARK (20 ha)



The park of Kariniemi (Lanu park) is located near the harbour of Vesijärvi in Kariniemi. The area consists of conservation areas and other recreation areas. On the north side of Kariniemenmäki is a rich forest grove and there is an old pine tree forest on the south side. The park is also a culturally interesting site. There are 12 massive cement statues in the park made by professor Olavi Lanu. *Address:* Kariniemen puistotie.

MARIANPUISTO PARK



Marianpuisto is located in the centre of the city in between Harjukatu and Vuorikatu. The park is one of the earliest parks in Lahti and it was built to be a city's fire wall. A statue of Eetu Salin can be seen in the park. The Siberian larches and poplars located in the park are one hundred years old. *Address:* Mariankatu.



PIKKU-VESIJÄRVI PARK



Around the lake Pikku-Vesijärvi is a park called Pikku-Vesijärven puisto. The park was built in the 1950s. Previously the land belonged to August Fellman. The park is an important green area for the city and it has great number of different tree species; 40 species have been planted into the park. In addition, it has musical fountain and a nature trail. *Address:* Jalkarannantie and Kariniemenkatu.



TOWN HALL PARK



Town Hall park was designed by Eliel Saarinen in 1912 and is located in the centre. Town Hall Park is one of the oldest parks in Lahti. Common lime (*Tilia x vulgaris*), *Cotoneaster lucidus* and *Rhododendron catawbiense* can be found here. Colorful flowers are planted in the park every summer. *Address:* Harjukatu.

FELLMAN PARK (5 ha)



Park is located in Kartano, in between Paasikivenkatu, Ståhlberginkatu and Kyösti Kallionkatu. More than 60 different species of plant can be found, e.g. *Cercidiphyllum*, different kinds of poplars and *Juglans*. Moreover, in the middle of the park is a pond with a fountain.

THE CENTRAL PARK OF LAUNE



This park was founded in 1989. The park consists of arboretum, family park, duck pond, frisbee golf, a skate park, roller-skating route and other outdoor recreation areas. A dog park is also located within the park. Arboretum is a place where various arborescent plants grow (approximately 415 species). This free park is perfect for a family day out. *Address:* Kaarikatu 26.

Nature trails in Lahti

LEHMUSREITTI (13 km)



Lehmusreitti is a footpath located in the centre of the city of Lahti. The Lehmusreitti route is located only a few kilometers from the central market place. The route includes different types of forests, cultural landscapes, viewpoints and remnants from the Ice Age. The route is marked onto pillars with green basswood leaf symbols. This city nature walk consists of eight sites. See picture below.

LEHMUSREITTI (13 km):

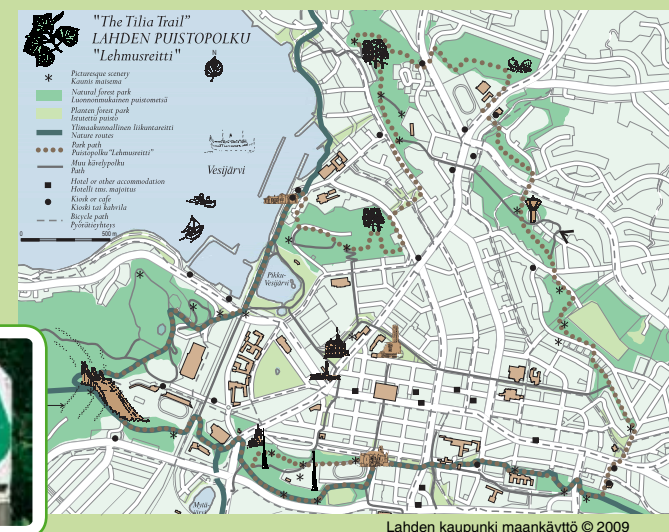
Vesijärvi (0 km) →
Teivaanmäki (n. 1 km) →
Radiomäki (n. 3,6 km) →
Kaupungintalo ja
Lotilan-harju (n. 4,4 km) →
Metelinmäki ja
Mustankallionmäki (n. 7 km)
Vesteräs (n. 9,3 km) →
Niemenkalliot (n. 10,6 km) →
Kariniemi (n. 12 km) →
back to Vesijärvi
harbour (n. 13 km)



KOIVUKUJA (3 km)



Koivukuja also known as the Mukkula-Holma-path connects the park of Mukkula mansion with lake Mallasjärvi. The route is marked onto the trees and pillars with birch leaf symbols. The Koivukuja-path: the tourist centre of Mukkula → Tanssimäki park → Mukkulas sports fields → Mukkula park → Mallasjärvenkatu or Jatkokatu → Mallasjärvi. The bus number 30 goes to Mukkula.



Lahten kaupunki maankäyttö © 2009

OTHER NATURE TRAILS

Liipola nature trail (3 km)



This trail is suitable for observing forest nature. It was the first wheelchair-accessible trail in Lahti. The route is also accessible from Saksala and through Apilakatu in Nikkilä. A lean-to shelter and a water fountain can be found along the nature trail.

Teivaanmäki nature trail (2 km)



The information boards on the footpath tell the story about Salpausselkä's geological history and forests. The first sign on this footpath is a tourist map of the Häränsilmä conservation area.

Nature trails in Karisto (2 km)



There is a nature trail in Karisto region. There is also a footpath from Karisto to Nastola.

Additional information see pages 6 - 9:

Pesäkalio nature trail 5,5 km

Enonsaari nature trail 1,8 km

Linnaistensuo nature trail 1,5 km

Porvoonjoki trail (4,5 km) and canoeing route (90 km)

Renkomäki nature trail 2 km





KARJUSAARI GROVE



By the end of Karjusaarenkatu there is rich grove full of small-leaved lime trees. The grove is classified as a type of nature that should be well preserved. Cliffs on the shore offer magnificent views across lake Vesijärvi. The area can be reached by bike, on foot or the bus 32 which goes to Karjusaari.

KIILÄISVUORI HILL



Kiiläisvuori is in northern part of Lahti between Kytölä and Ahtiala. There is a beautiful view on the top of the hill. The area is unique especially due to its small-leaved lime trees. The Kiiläisen-vuori hill can be climbed starting from Vuoren-rinteentie. Bus number 11 goes to this area.

KIVERIÖ



In Kiveriö there is mixed forest, cliffs, the pond of Palolampi as well as trails. To access the area use nearby roads such as Purokatu. Area can be reached on foot, by bike or by bus number 12.

FOREST OF RAUTAKANKARE



Forest of Rautakankare in Jalkaranta is a heritage site – the WWF and landowners have preserved this area for future generations. The area covers 3,9 ha and has been protected since year 2000. The area contains spruce copses and hardwoods. A tourist map is located in Rautakankareenkatu's turn around area. The area can be reached by bus number 2.

“Did you know that it takes 5 years until a chewing gum is decomposed and 500 years until the same has happened to a plastic bag?”



HARBOUR OF VESIJÄRVI



Vesijärvi harbor used to be in Jalkarannatie. In summer 1996 it was relocated to the Ankkuri district. Every summer special cruises are offered. Every summer hundreds of gulls congregate on the breakwater pier in the harbor.



JOUTJOEN SUU



The mouth of a river Joutjoki stays open throughout the year because of the warm water coming from Kymijärvis power plant. Hundreds of mallards (*Anas platyrhynchos*) hibernate in the area and tufted duck (*Aythya fuligula*) as well as coot (*Fulica atra*) can be seen in the mouth of the river Joutjoki. From Niemenkatu it is possible to observe birds throughout the harbour of Niemi. The area can be reached by foot, by bike or by bus number 30.



SALPAUSSELKÄ FORMATION



The first Salpausselkä consists of terminal moraine from the ice ages that was formed 12 500 years ago. The highest point in Lahti, 174 meters above the sea level, is located in Salpausselkä. Forest and grove are found in the area. There are many routes for outdoor activities in Salpausselkä and they all begin from the sport centre of Lahti (Salpausselänkatu 8). There is an information board in the sport centre of Lahti. Nature trails are illuminated.

“Glass and metal do not decompose. They stay in nature and cause harm.”



ENONSAARI ISLAND (47,3 ha)



Enonsaari is located in Enonselkä which is a part of lake Vesijärvi approximately five kilometers away from Vesijärvi harbour. Diverse nature can be found in Enonsaari. The Finnish Forest and Park Service has protected 4,2 ha of forest in there. Conservation area in the middle of the island is 15 ha wide. There is a nature trail marked with yellow spots (1,8 km), fire places and jetties in Enonsaari. In addition, there are summer cottages and a great historical villa build in the 1910s.

FOREST OF LIIPOLA



In the eastern parts of Liipola and Nikkilä there is a forest area. There are many nature trails, some of which are quite demanding. There is also an easier nature trail. The area can be reached by bike or with buses 21 or 30.

RENKOMÄKI



Renkomäki is located in the southern part of Lahti. Glacial formations can be observed here, Sudenkuoppa, a very deep landform, being the most impressive formation. There are paths in the area and magnificent views of the surrounding landscape can be enjoyed from the hill (147m). The area can be reached by bus number 8 and 72. The 2 km nature trail begins from gravel pit situated in Tarolankatu.

PLEASE REMEMBER WHEN CAMPING:

- reduce waste
- compost organic waste
- burn only clean cardboard and food wrapping paper
- take other waste with you when leaving the area

HERRASMANNI



The outdoor recreation area and Herrasmanni beach are a part of an outdoor area of Alasenjärvi. This area is located on the south-eastern and eastern side of the lake. A nature trail (2 km) follows the shoreline of lake Alasenjärvi. The path is boarded by common alders which make the habitat rich in bird life. Area is reached by bus 11. From Herrasmanni region it is possible to continue to Ahtiala's Paakkolanmäki where houses from the Iron Age, dating from 300-800 AD, used to stand.

Outdoor activities



BEACHES IN LAHTI



The condition of the beaches, equipment level and the water quality are inspected prior to the swimming season (15.6.-31.8.). Water samples are taken four times in a season. Results from the water samples are displayed on the beach notice boards and are also published online in the city's website. Following bacteria are tested from the swimming water: Enterococcus, Escherichia coli and Cyanobacteria. Herrasmanni, Likolampi, Merrasjärvi, Mukkula, Mytjäinen and Möysä are EU-beaches and their results are sent to the European Commission. If cyanobacterium is discovered, there is a notice displayed at the beach. If there is lot of algae, swimming is prohibited (see the map, pages 12-13).

Vesijärvi lake

Enonsaari: locker rooms, WC

Kankola: locker rooms, WC, lawn area

Kilpiäinen: locker rooms, WC

Mukkula: locker rooms, WC, lawn area

Ruoriniemi: locker rooms

Kymijärvi lake

Karisto: pavilion, lawn area

Kaukkari: locker rooms, WC, lawn area

Merrasjärvi lake

locker rooms, WC, pier, matt washing area

Joutjärvi lake

Möysä: opportunity for ice swimming in the winter, locker rooms, WC, pier, volleyball field, life guard on duty in summer

Suopursu: locker rooms, WC

Alasjärvi lake

Herrasmanni: locker rooms, WC, volleyball field, lawn area

Kotiniemi: locker rooms, lawn area, WC

Takkula: WC, pier

Viuha: WC

Likolampi pond

locker rooms, WC, pier, lawn area

Mytjäinen lake

opportunity for ice swimming in the winter, locker rooms, WC, diving boards, life guard on duty in summer

BEACH RULES AND REGULATIONS

- mind other beach users
 - washing cars is prohibited
 - keep the area clean and safe
 - camping and putting on fires is prohibited
 - taking pets to the beach is not allowed
- (There are places where dogs can swim in the harbours of Teivaa and Niemi as well as in Merrasjärvi on the opposite shore of the public beach)

PETS

It is not allowed to keep a dog free in nature without landowners or hunting rights holder's permission. Animals (including cats) should never be free in the urban area. There are seven fenced areas for dogs in Lahti where dogs can run free. When using these dog parks the rules must be obeyed.

It is prohibited to leave dog feces in the street, park or in dog parks. Feces must be collected and deposited to a waste container.

Erviänpuisto dog park: In Riihelä, between Jankkarinkatu and Uotilankatu.

Jyrkkärinteenuisto dog park: In Liipola, by the end of Jyrkänkatu, near a playground.

Keskuspuisto dog park: In the central park of Laune.

Myllypohja dog park: In Myllypohja, in the corner of Ahtialantie and Holma-Kymijärvi-road.

Paavola dog park: In Paavola, in the corner of Kannaksenkatu and Kirkkokatu.

Tapanila dog park: In Jalkaranta, in the beginning of Hiihtomajantie in old career area.

Mukkula dog park: In the park of Mukkula manor.

LEAN-TO SHELTERS IN LAHTI (laavu)



There are many lean-to shelters or buildings with fire places along the nature trails where it is possible to enjoy packed lunch. These places are designed for all outdoor users. It is allowed to light campfires but there are some restrictions (see the map, pages 12-13). Care must be taken when dealing with fire.

"It is allowed to light a fire to a marked place unless there is an ongoing fire restriction. Landowners' permission is not required for using a camping cooker."

1. Enonsaaren laavu
10. Wellamon laavu
29. Kaarlammien laavu
30. Paterinkallion laavu
36. Kariston laavu
41. Liipolan laavu
42. Härkämäen laavu
43. Renkomäen laavu



CYCLING

Lahti offers good opportunities for cycling. In total there are 365 km of cycling roads. Certain nature roads can also be used for cycling. Maps for cycling are available in the Environmental Counselling Centre (Vesijärvenkatu 27). Bicycles can be rented from Lahti Travel Oy (15 €/day, 25 €/weekend). Information about the traffic regulations for cyclists can be found on Liikenneturva's website.

HIKING IN THE NATURE

- fresh air and exercise
- opportunity to pick berries and mushrooms
- fishing and hunting opportunities with the proper permissions
- opportunity to pick flowers
- provides rest, peace and pleasure for a stressed mind

NORDIC WALKING

There are four routes marked to a map for Nordic walking. The total distance covered by the routes is 35 km. The walking routes are: Vanha Lahti (6,5 km), Luontoreitti (15 km), Vesijärvi harbour (6,5 km) and Perhereitti (7 km). Paths are not marked but maps are available from Lahti Region Environmental Services (Vesijärvenkatu 27). Nordic walking is possible on other nature trails as well.

WINTER ACTIVITIES

SKIING

There is both illuminated and unlighted ski tracks in Lahti. The total length for skiing tracks make 170 km. The following routes begin from the sports centre of Lahti: a route to Tapanila's ski lodge (4,2 km), route to Rautakankare (8,6 km), route to Korkealaavu (6 km), route to Messilä (7,2 km), route to Pirupesä (7,8 km) and a route to Tiirismaa (13,2 km). These paths are illuminated (see page 24).

SNOWMOBILING

The use of a snowmobile is only possible with a permission of the landowner. Special permission is not needed when using official roads for snowmobiles. T-class driving license is required when using the snowmobile in the roads. When driving off road, the driver must be over 15 years old. Using motor vehicles is restricted on almost every lake in Hollola, Lahti and Nastola. Please find more information on page 24.



The nature of Hollola



Water is what makes the city of Hollola environmentally rich. The nature in Hollola has made it possible to establish recreational trails within the urban environment. There are 717 ha of land placed under the environment protection law (2008).

NATURA 2000-SIGHTS IN HOLLOLA

KUTAJÄRVI (1051 ha)



This is an internationally important area for water birds. The area consists of Kutajärvi and of the following bays of Vesijärvi: Kirkonselkä, Laasonpohja, Lahdenpohja, Teräväiset and Kailanpohja. On the Kutajärvi region there is 1,5 km nature trail. The trail begins from the old people's home and ends to the lake shore. There is a tower for bird-watching near the beach. Kutajärvi is the only trekking place in the province that is equipped with a shelter made for teaching. A drive to nature paths' car park takes 15 min from the Lahti city centre.

KOTAJÄRVI LAKE (11 ha)

Kotajärvi is a small clear lake. Subterranean flow changes the water in the lake. There is swamp and a ridge in this area.

KIVIJÄRVI (32 ha)

Endangered Siberian flying squirrel (*Pteromys volans*), gray-headed woodpecker (*Picus canus*) and black woodpecker (*Dryocopus martius*) can be found here. Several small areas with deciduous trees exist in Kivijärvi.

TIIRISMAA (245 ha)



The area consists of Soissalmi swamp, the cliff area of Tiirismaa and three separate broad-leaved forests. The highest point in Southern Finland is in Tiirismaa (222,6 m). There are many nature paths:

- Televisiomasto route: 3,5 km
- Messilän-Korpikankare route: 3,5 km
- Swamp route: From Messilä to Messilä 7 km
- Soissalmi route makes it 4 km
- Pähkinälehto route: 4 km
- Kulttuurikasvi (culture plant) route: from Messilä to Messilä 5 km

1. PIRUNPESÄ (34 ha)



Pirunpesä is a rock gorge that is located on the east side of the TV- and radio tower of Tiirismaa. Pirunpesä has been a tourist attraction since 19th century. The site is part of the conservation area. There is a nature trail (1 km) and a place for campfires.



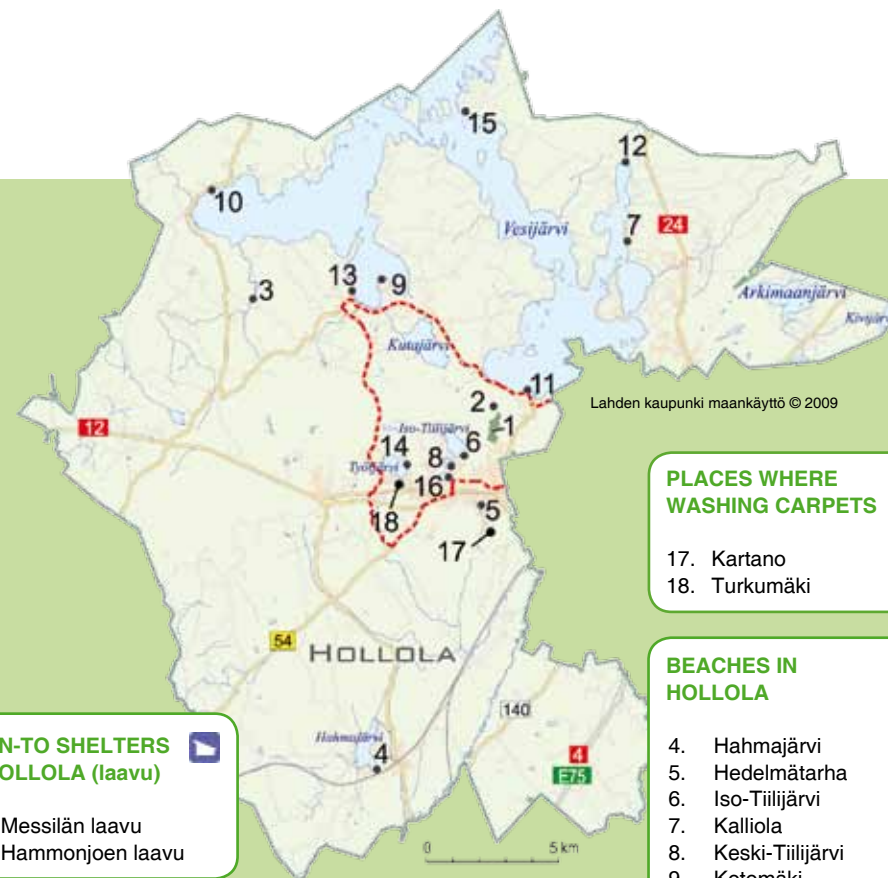
KAPATUOSIA HILL FORT AND NATURE TRAIL



The hill of Kapatuosia is located on the northern side of the church of Hollola. There is an observation tower on the top of the hill. In addition, there is a guided cultural path around the hill (2 km). It takes 15 min by car to get there from Lahti.

LAKES IN HOLLOLA

- Arkiimaanjärvi 2,08 km²
- Kutajärvi 1,62 km²
- Hahmajärvi 0,93 km²
- Työtjärvi 0,56 km²
- Iso-Tiilijärvi 0,53 km²



Lahten kaupunki maankäyttö © 2009

PLACES WHERE WASHING CARPETS

- 17. Kartano
- 18. Turkumäki

BEACHES IN HOLLOLA

- 4. Hahmajärvi
- 5. Hedelmätarha
- 6. Iso-Tiilijärvi
- 7. Kalliola
- 8. Keski-Tiilijärvi
- 9. Kotomäki
- 10. Laitiala
- 11. Messilä
- 12. Paimela
- 13. Pappila
- 14. Työtjärvi
- 15. Vaania
- 16. Vähä-Tiilijärvi

LEAN-TO SHELTERS IN HOLLOLA (laavu)

- 2. Messilän laavu
- 3. Hammonjoen laavu



THE CULTURAL ROUTE OF HOLLOLA



The cultural route of Hollola (red line on the map) includes the cultural as well as natural sites of Hollola. The road begins from the Lahti bus station and it goes around sites including Pirunpesä, bird-watching tower of Kutajärvi, Hollola church and Kiikunlähde. The cultural route is approximately 50 kilometers. For more information, please go to the Hollola's website (see page 24).



View from Kapatuosia

The nature of Nastola



Salpausselkä cuts through the terrain of Nastola. The terrain provides excellent opportunities for hiking and for other recreation. Untouched wilderness can be found in the area. Clear water lakes as well as ponds exist there. There are 52 ha of protected nature conservation areas in Nastola (2008).

CONSERVATION AREAS IN NASTOLA

1. HAIKKARINNIEMI (16 ha)



Haikkariniemi is located on the shore of Kymijärvi. The conservation area was established in 2004. This was done on the basis of there being a diverse area of forest with a special grove and an old birch wood. White-backed woodpecker (*Dendrocopos leucotos*) can be seen in the area.

SAMMALSUO (6 ha)

Sammalsuo is located by the end of Suopursuntie. An almost overgrown pond surrounded by a swamp and a broad-leaved forest. This area plays a vital role in terms of the protection of endangered species.

2. SEESTA (24 ha)

Seesta is area located near Kivijärvi. The area consists of several smaller fields, such as the protected parklands of the Seesta mansion and old forests.

RAUHANNIEMI AND PUUKKOLANSAARI (5 ha)

This area is located on the shore of Iso-Kukkanen and it consists of two sites. There are several protected deciduous trees and old forest.

LAKES IN NASTOLA

Salajärvi 7,79 km ²	Iso-Kukkanen 2,52 km ²
Kymijärvi 6,48 km ²	Sylvöjärvi 2,35 km ²
Ruuhijärvi 5,76 km ²	Kivijärvi 2,15 km ²
Oksjärvi 2,54 km ²	

SAMMALSILTA NATURE PATH



The nature path begins from the farmyard of Manna-koti in Uusikylä (Heinolantie 506). The footpath passes through the terrain of Sylvöjärvi and Sammalsillansuo.

LOISTOPOLKU NATURE PATH (10 km)

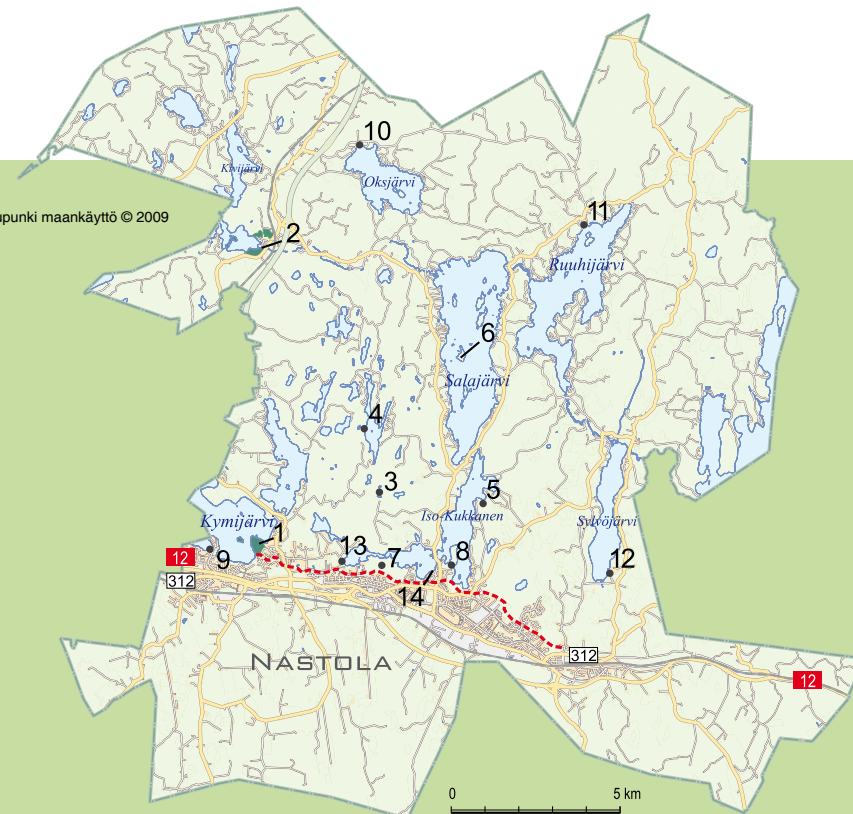


Illuminated outdoor recreation route (red line on a map) goes between Villähde and Uusikylä. Until Toivonojantie the path is part of a regional route and it passes the conservation area of Sammalsuo.

CANOEING IN NASTOLA

Routes for canoeing from Kymijärvi to Kymijoki (50 km) and from Kymijärvi to Arrajärvi (30 km). Maps for canoeing are available in the town hall of Nastola. Canoes can be rented from Pajulahti, Pajulahdentie 167.

Lahden kaupunki maankäyttö © 2009



LEAN-TO SHEDS IN NASTOLA (Laavu)



- Seelammin laavu
- Kalliojärven laavu
- Jatankallion laavu/kota
- Kangassaaren laavu
- Loistolaavu

OUTDOOR RECREATION TRAILS IN PAJULAHTI



Several illuminated or partly illuminated routes for outdoor activities. For more information: The sport center of Pajulahti, Pajulahdentie 167.

PLACES WHERE WASHING CARPETS



- Kymijärvi
- Sylvöjärvi
- Villähteen kukkanen
- Pikku-Kukkanen

BEACHES IN NASTOLA



- Hevosniemen uimaranta
- Kymijärven uimaranta
- Oksjärven uimaranta
- Ruuhijärven uimaranta
- Uudenkylän uimaranta
- Villähteen kukkanen uimaranta



Turnip rape field



Immilänjoki river

FOR MORE INFORMATION

Lahti Region Environmental Service

Vesijärvenkatu 11 C, 15140 Lahti
p. (03) 814 11 vaihde
etunimi.sukunimi@lahti.fi
www.lahti.fi > Asuminen ja ympäristö

Environmental Counselling Center

Vesijärvenkatu 27, 15140 Lahti
p. (03) 814 3160
open: Mon - Fri: 09:00-16:00
Thu: 12:00-16:00

www.lahti.fi

- **Asuminen ja ympäristö**
 - **Ympäristönsuojelu**
 - Vesistöt ja kalastus
 - Kalastus; www.mmm.fi/kalastus/luvat
 - Lahden seudun järvet
 - Vesi- ja maastoliikennerajoitukset
 - Luonto
 - Lahden luonto
 - Luontokohteet
 - Videot
 - Luonnonsuojelualueet
 - Retkikohteet
 - Kaupunkiluontopolut
 - **Puistot ja metsät**
 - Puistoja Lahdessa
 - Koira-aitaukset
 - **Terveysvalvonta**
 - Uimavedet ja uimarannat
 - **Satamat**
 - **Kulttuuri ja liikunta**
 - **Liikuntapalvelut**
 - Ulkoilureitit ja ladut
 - Laavut
 - Uimarannat ja uimapaidat

www.hollola.fi

- **Matkailu**
 - **Matkailukohteet**
 - Hollolan kulttuuritie

www.hollola.fi/tekninen/liikunta/uimarannat_luettelo.htm

www.nastola.fi

www.nastola.fi/liikunta_ulkoilu/pdf/Uimarannat.pdf

www.ymparisto.fi

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www.ymparisto.fi/jokamiehenoikeudet



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