

Bike travel guide for Päijät-Häme

Tips on routes and services for bike travel in the woodlands
and scenic countryside of Päijät-Häme



Lets go for a ride!



Mountain biking in Päijät-Häme

Photo: Kimmo Hirvonen



Päijät-Häme is a scenic county of opportunities, which offers bike travellers experiences varying from rural landscapes to forest trails and from lake shores to cultural sites and idyllic country villages.

On your bike tour, you can admire Salpausselkä Geopark's landscape created by water, climb one of the fantastic viewing towers in our area or take a closer look at the area's nature on one of the hiking trails in Päijät-Häme. Holidaying here has been made easy for you, as the cycling-friendly accommodation, restaurant and adventure services specialise in catering for the needs of cyclists.

This guide presents the best routes and services for cyclists in Päijät-Häme. The guide was produced by Päijät-Häme for Cycling Tourists, a joint project of LAB University of Applied Sciences and Päijät-Hämeen Liikunta ja Urheilu, with the operators in the region. The routes presented in the guide were selected in accordance with the wishes of municipalities. The project is financed by the European Agricultural Fund for Rural Development.

Further information: paivi.tommola@lab.fi

Cover photos from left to right: 1-2 & 4 Patrick Dormischian ja Miemo Penttinen.



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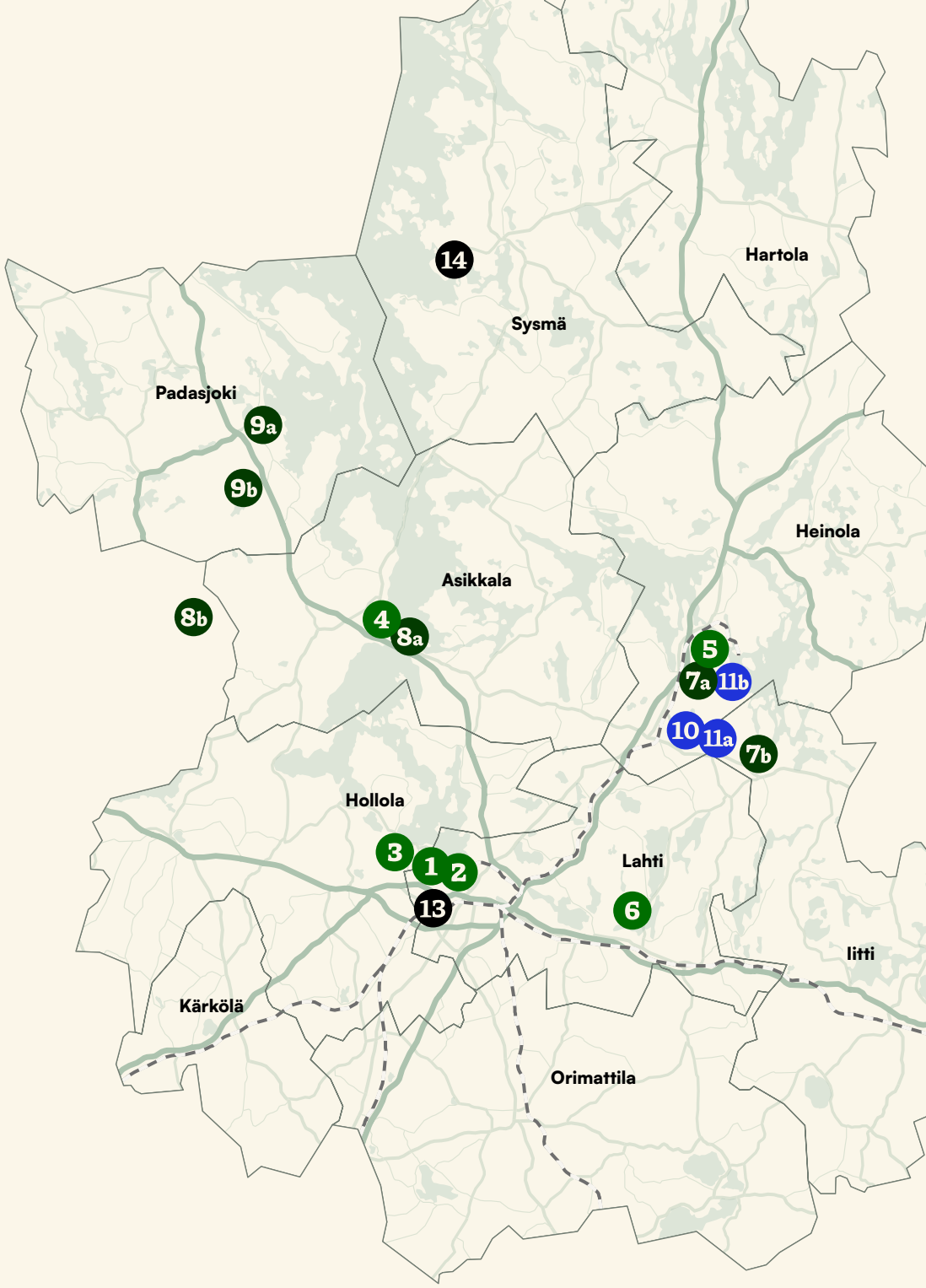
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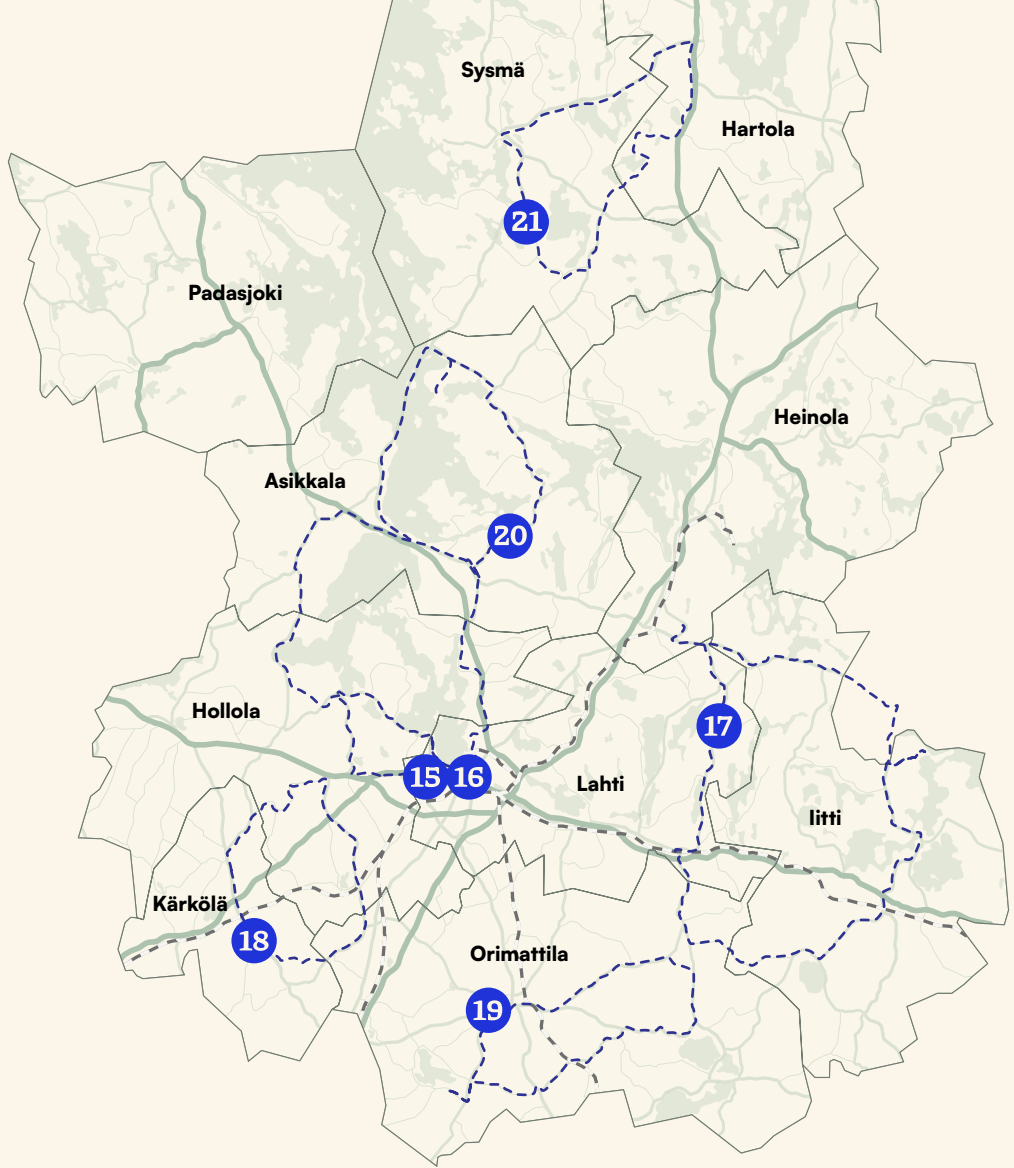
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Easily accessible off-road trails



Kintterön Kymppi



Length 10 km



Ascent in metres 160 m



Lahti

Route description

A varied mountain biking route that winds around Kintterönsuo, which crosses the First Salpausselkä along narrow mountain trails. There are no large continuous hills on the route, but short climbs and descents give rhythm to biking. The trail ranges from root-covered singletrack trails to needle-covered trails that are fast to ride.

Along the way, you can enjoy the atmosphere in the old Kintterönsuo forest, peek into the kettle holes of Salpausselkä and explore the cliffs of Hakalaukunmäki. Kintterön Kymppi is the most demanding route of the Salpausselkä Trails network, so in some places the route also offers small physical and technical challenges.

Good to know

The route is marked with red arrow signs, and it should be travelled in a clockwise direction. You can start from the parking area of Sykekatu or Koneharjunkatu. Both starting points have an information board with a route map. There is also a beach near Koneharjunkatu. You can also access the route from Tapanila ski lodge.

Kintterön Kymppi is part of the Salpausselkä Trails network. Hakalaukun lenkki (7 km), a route marked with purple arrows, criss-crosses the same area, and you can easily include it in this route. The Salpausselkä Trails are designed for multipurpose use, so bikers should always be mindful of the trail runners, walkers and dog walkers using the same routes.

Biking on Kintterön Kymppi is also possible in winter. However, there is no mechanical maintenance on the route, so during deep snow, you should have thick tyres and lower tyre pressures.

No facilities for breaks have been built along the route, but Tapanila ski lodge is only a short distance from the route (check the opening hours). A suitable environment for a meal break can also be found on the eastern

Diverse forest trails on the edges of the Kintterönsuo swamp

side of the Hakalaukunsuo swamp along the Hakalaukunpolku trail.

Difficulty

The route is demanding in some places and requires off-road riding skills. The most difficult sections are on the edges of Kintterönsuo, where climbs and descents on root-covered terrain require good riding skills and physical fitness. The eastern side of the swamp has mainly easy-to-travel coniferous forest trails with small elevation differences.

Route starting points

Sykekatu parking place (Sykekatu 11, Lahti). Don't forget the parking disc (max. 4 h).

Koneharju parking place (Koneharjunkatu 10, Lahti)

Tapanila ski lodge parking area (at the end of Mäkirinteentkatu) distance of approximately 400 m

“Welcome cyclist” services near the route



Ski Out Bike (bike maintenance, equipment sales) skiout.fi



Kitetirri Outdoors (guided tours, rental of electric bicycles) kitetirri.fi



Camping Messilä (accommodation, restaurant & café, rental equipment) campingmessila.fi

Hakalaukunlenkki



Length 7 km (short cut option)



Ascent in metres 70 m



Lahti

Route description

Hakalaukunlenkki is a beginner-friendly mountain biking route that winds along the slopes of Hakalaukunmäki, which is covered with rocks and small swamps. The route runs on fairly flat terrain along smooth trails. There are no demanding climbs or descents along Hakalaukunlenkki.

Along the route, you can see the shapes of Salpausselkä, created by the ice age, and experience the fascination of speed on smooth forest trails. At the beginning of the route, you will explore the edges of the Salpausselkä kettle holes. On the slope of Hakalaukunmäki, in the middle of spruce trees, you can also glimpse the view towards the Messilä ski slopes. Towards the end of the route, you can roll along the smooth needle-covered trails back to Sykekatu.

Good to know

The route is marked in the terrain with purple arrow marks (Hakalaukunlenkki: solid line, Hakalaukunpolku: dotted line). The route should be travelled in an anticlockwise direction. The best starting point for the route is the Sykekatu parking area, where you can find the route information board.

There is a shortcut on the route, which shortens the route to about 5 kilometres. By taking a shorter route (Hakalaukunpolku), you can avoid the most demanding root-covered terrain of the route.

Hakalaukunlenkki is part of the Salpausselkä Trails network. There is also Kintterön Kymppi (10 km), marked with red arrow signs criss-crossing near the route, and you can easily combine it with the same tour. The Salpausselkä Trails are designed for multipurpose use, so bikers should always be mindful of the trail runners, walkers and dog walkers using the same routes.

Biking on Hakalaukunlenkki is also possible in winter. There is no mechanical grooming on the route, so during deep snow, you should have thick tyres and lower tyre pressures.

No facilities for breaks have been built along the Hakalaukunlenkki route, but there are a table and chairs along the shortcut on the edge of the Hakalaukunsuo swamp, where you can have a snack. Tapanila ski lodge is only a short distance from the route (check the opening hours).

Difficulty

The route is fairly easy. The elevation differences along the route are small, and the trails are mostly easy to bike. Beginner mountain bikers may experience minor challenges with the short duckboard bridge that must be crossed along the way and with the root-covered trail section among the spruce woods of Hakalaukunmäki.

Route starting point

Sykekatu parking area (Sykekatu 11, Lahti). Don't forget the parking disc (max. 4 h).

Further information

- lahti.fi/vapaa-aika
- Salpausselkä Trails can be found in the [Retkikartta.fi](https://retkikartta.fi) service of Metsähallitus under the name of the route or by searching for "maastopyöräily" (mountain biking).
- Online route map and mobile positioning: kartta.lahti.fi

"Welcome cyclist" services near the route



Ski Out Bike (bike maintenance, equipment sales) skiout.fi



Kitetirri Outdoors (guided tours, rental of electric bicycles) kitetirri.fi



Camping Messilä (accommodation, restaurant & café, rental equipment) campingmessila.fi

Huippupolku



Length 5.4 km



Ascent in metres 70 m



Hollola

Route description

Huippupolku is an off-road trip to the forests on top of Tiirismaa, the highest hill in Southern Finland. The route is part of the Tiirismaa Trails mountain biking network, which enables even longer trips in the same scenery. On Huippupolku, you bike in the arms of the forest, enjoying the challenge posed by the winding trails and ever-changing scenery. At the beginning of the route, the terrain is rocky, and the ups and downs of small mounds make riding more challenging. After the first kilometre, you leave behind the rocky terrain and pine forest and enter a spruce-dominated forest with moss hummocks. You descend a gentle slope until you swing back, and the terrain starts to ascend gently. Even though you are biking on the slopes of the highest hill in Southern Finland, the climbs and descents are moderate. The narrow and winding trails require concentration.

Good to know

Huippupolku is part of the Tiirismaa Trails network of mountain biking trails. Huippupolku and the more demanding Villinlenkki trail can also be biked by combining loops of various lengths. The route crosses outdoor routes in several places, so be sure to pay attention to other people using the trails.

The recreational area of Tiirismaa has both archaeological sites and several separate nature reserves. The marked trails are aligned to protect valuable sites, so please stay on the marked routes.

The route is marked with blue and black arrow marks on the terrain, and it should be travelled in an anticlockwise direction. You can take a short cut to avoid the back loop of the route. The loop at the end, which is travelled in a clockwise direction, is marked with blue and white arrows.

You can also bike the Huippupolku trail in winter. There is no mechanical grooming on the route. The elevated terrain of Tiirismaa is a very snowy area, so it may take a while before the trails are again discernible after snowfall. During the

snowy season, you should be equipped with thick tyres and low tyre pressures.

No facilities for breaks have been built along the Huippupolku trail, but there is a lean-to called Martan Maja about 100 metres from the route.

The parking area for all of the Tiirismaa Trails for mountain biking can be found at the beginning of Arvi Hauvosentie. The starting and finishing points of the trail are 600 metres from the parking area.

Difficulty

The route is of medium difficulty. The elevation differences on the trail are quite small, but the narrow trails and some challenging rocky hillocks and root-covered terrain make the ride challenging. The route requires mastery of off-road riding skills, but there are also longer, easier sections along the way.

Route starting point

Arvi Hauvosentie parking area (Arvi Hauvosentie 3, Hollola)

Further information

- hollola.fi/maastoliikuntapolut

“Welcome cyclist” services near the route



Ski Out Bike (bike maintenance, equipment sales) skiout.fi

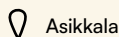


Kitetirri Outdoors (guided tours, rental of electric bicycles) kitetirri.fi



Camping Messilä (accommodation, restaurant & café, rental equipment) campingmessila.fi

Multipurpose routes of Aurinkovuori



Asikkala

Route description

A trail network in a great location criss-crossing the ridge between Päijänne and Vesijärvi, where you can enjoy mountain biking and spectacular lake scenery on longer or shorter routes. You can choose the best route for you from a comprehensive network of narrow ridge trails and trails used for skiing in the winter. You can enjoy snacks at one of the region's two well-equipped lean-tos, while admiring the magnificent scenery over Päijänne or Vesijärvi.

In addition to longer routes, the trails of Aurinkovuori include a small-scale training area for downhill biking (no lift). You should also check out the landscape stairs that rise from the direction of Päijänne to the top of the ridge and the lookout spot at the top of the stairs.

Good to know

The Aurinkovuori routes are marked with signs and painted marks on the terrain, with the markings varying depending on the route. The starting gate for the routes and a route map are at the sports centre. This is also the starting point for the Aurinko-Ilves route leading to Evo.

The trails in the Aurinkovuori route network are multipurpose trails, so there are also walkers, trail runners and dog walkers on the routes.

The route network is also used in the winter season, with the trails groomed approximately once a week. The area also has a large ski trail network, which means that only some of the trails can be used for biking in winter.

Difficulty

Most of the routes are easy to ride, and the terrain is technically easy. The fairly large elevation differences of the terrain make the routes physically demanding, but you have the option to minimise the climbs by staying on top of the ridge. The small-scale downhill routes in the area are easy and well suited for downhill biking, even for the less experienced.

Route starting point

Asikkalantie 16, Asikkala (Vääksy sports centre)

Further information

- asikkala.fi/kulttuuri-ja-vapaa-aika

Aurinkovuori

Photo: Kimmo Hirvonen



Korvenlampi route



Length 12 km



Heinola

Varied forest trail to Korvenlampi

Route description

After the initial urban part of the route, you dive along Juustopolku to the root-covered trails of the lakeside spruce forest of Konnivesi, which offer small challenges for bike riders. The climb up Korvenmäki may leave you breathless, but the sections of root-covered terrain are there for you to conquer. After crossing the hill, the Korvenlampi route separates from Juustopolku, and you continue along a narrow trail towards Korvenlampi (a small lake). At this point, you should rest for a moment while enjoying the beautiful scenery and some snacks, as there are still two small hills and one swamp to be crossed along the forest trail. For the rest of the way back to Jyränkö, you roll along the dirt roads of the Valo-Ilves route. You pass the Iso-Salijärvi campfire site and ascend a high ridge, where you can peek into the deep kettle holes of Salpausselkä and enjoy the forest atmosphere before returning to Jyränkö.

Good to know

The Korvenlampi tour is a combination of the Juustopolku and Valo-Ilves routes. Both route sections and the route from Juustopolku to Valo-Ilves are marked routes, but you will have to navigate the urban section in Jyränkö yourself. A route map is available on the website of the City of Heinola.

You can travel the route in either direction. However, it is good to know that the Valo-Ilves section is an easy dirt trail, whereas the Juustopolku section is a medium-level trail with off-road riding. The beautiful lean-to site of Korvenlampi is approximately at the midpoint of the route, regardless of the direction you take. Another excellent site for taking a break is at Lake Iso-Salijärvi.

Difficulty

The difficulty level of the route varies, as the trail includes both easy (Valo-Ilves) and medium-level (Juustopolku by Konnivesi lake) sections. Juustopolku includes a few duckboard sections that you may need to cross by foot. Elevation differences are moderate. There are only a few completely flat sections, but the hills are not very big.

Route starting point

Kangasvuokontie, Heinola (parking area of Valo-Ilves)

Further information

- heinola.fi/vapaa-aika/luontoaktiviteetit

“Welcome cyclist” services near the route



Vierumäki (bike rental, accommodation and restaurant services, activity services)
vierumaki.fi

Urajärvi mansion

Photo: Kimmo Hirvonen



Salpausselkä Trails


Photo: Juha-Pekka Huotari /
City of Lahti

Heinola lakeside route



Length 5 km (one way) + 3.4 km (Saittalahdenpolku, circular route)



Ascent in metres 90 m (mostly along the Saittalahdenpolku trail)  Heinola

Route description

The Heinola lakeside route from Sahanniemi to Kaivanto is a historic lakeside promenade next to the national urban park. It presents a magnificent setting of historic parks, museums, allotments and beaches, as well as the atmosphere of a lush summer town. Along the way, you can enjoy a campfire in an urban setting or play a round of disc golf. On the lakeside route, cycling is easy and effortless, and you can stop to enjoy the local cafes and restaurants, as well as the resting places offered by parks. In the popular panoramic cafe in the water tower, you can admire the cityscape from above. If you wish, you can easily visit the popular Heinola Bird Rescue and Sanctuary near the route or stop for local delicacies at the Harju pavilion, which is of historic value.

The route runs mainly along the river Kymijoki, past the picturesque railway bridge. If you wish, you can continue your journey to the Saittalahti lean-to, which is by Lake Ruotsalainen. Unlike the rest of the route, this section also includes parts where some off-road biking skills are needed.

Good to know

The Heinola lakeside route section that runs in the urban area is not marked on the terrain, but between Sahanniemi and Kaivanto, you are always following the Kymijoki river close to the city centre, so getting lost is difficult.

If you wish, you can continue your journey north from Kaivanto by going under the motorway bridge and bypassing the Saittalahdenpolku trail, which is marked with light-coloured spots and arrow marks on the terrain. Most parts of this route section are a relatively easy wide trail. The route section between Sahanniemi and Kaivanto is about 5 km in one direction and Saittalahdenpolku (circular route) 3.4 km.

Difficulty

The route section in the urban area is very easy. This section has very small elevation differences,

Cultural attractions, parks and lakeside views near the city

and the route runs along gravel-surfaced leisure trails. The Saittalahdenpolku trail is rather easy mountain biking with moderate elevation differences, but it is still significantly more demanding than the other sections of the route.

Route starting point

Kyminkatu 73, Heinola (Tommola dog park in Sahanniemi)

Kaivannonlahdentie 3, Heinola (Kaivanto beach in the city area)

Laaksotie 69, Heinola (parking area under the motorway bridge)

Pitkänientie 93, Heinola (parking area at the northern end of the route)

Further information

- heinola.fi/wp-content/uploads/2022/01/Cross-Culture-Route_pien.pdf
- heinola.fi/vapaa-aika/luontoaktiviteetit

“Welcome cyclist” services near the route



Vierumäki (bike rental, accommodation and restaurant services, activity services)
vierumaki.fi

A varied route with beautiful nature right next to the services of Pajulahti

Kevätpuronpolku



Length 1,5 km



Lahti

Route description

Kevätpuronpolku, the new mountain biking trail in Pajulahti, provides a glimpse of the forests surrounding the Training Center and is extremely suitable for novice mountain bikers. Kevätpuronpolku trail takes you through forest sceneries up on a rocky hill, from where you roll back down next to a beautiful brook. Along the varied route, you can challenge yourself when climbing the hill. After stopping briefly to catch your breath, you continue onwards to enjoy rolling back down the hill. The final rocky descent is exciting and makes your pulse race for a moment.

Good to know

The route should be travelled in a clockwise direction. The route is marked on the terrain with paint marks.

Kevätpuronpolku is located in the immediate surroundings of Pajulahti Training Center. You can easily rent a fatbike from Pajulahti for this tour. If you want to bike a longer route,

you should head to the pine forest trails of Nastonharju or to the Lapakisto trails, which offer slightly more challenging cross-country biking.

After your bike trip, you may want to take advantage of the excellent accommodation and restaurant services of Pajulahti Training Center. In the immediate vicinity of the route, there is also an adventure park that especially children will find interesting.

Difficulty

The Kevätpuronpolku trail is of medium difficulty. The most challenging part of the route is the rocky descent at the end, but there is also an easier route option that is suitable for beginners.

Route starting points

Ylhäistentie, Lahti

Further information

- pajulahti.com/wp-content/uploads/2020/07/Pajulahden_Kevatpuronpolku_kartta.pdf



Pajulahti

Photo: Niki Soukkio /
Liikuntakeskus Pajulahti

Off-road routes for more trail-oriented cyclists



Photos from left to right: Iida Hollmen, Päivi Tommola, Iida Hollmen & Kimmo Hirvonen

Juustopolku



Length 17 km (one way)



Heinola

Route description

The Juustopolku trail leads cyclists from Jyränkö in Heinola to the Vuolenkoski village in Iitti through deep forest landscapes and over rocky hills. Juustopolku is an old market route that was used to transport cheese from rural villages to Heinola market. Nowadays, Juustopolku serves as a hiking trail, which is also ideal for mountain biking. Along the route, the landscape varies from the rugged spruce bogs in the lakeside forests of Konnivesi to clear-cut areas, lichen-covered rocks, grove forests and the pine forests at the end. For a short while, you can also gaze at lush field landscapes. The most interesting attraction along the route is the massive erratic boulder, Kupparinkivi, which was dragged into place by the continental glacier during the ice age.

Good to know

The route is marked on the terrain with signs and white paint marks. The route map can be viewed at the starting point. You can also print it out on the website of the City of Heinola. The Läpiä lean-to is a good place for taking a break approximately midway down the route. Mountain bikers planning a long daytrip should note that Juustopolku, Valo-Ilves leading from Heinola to Vierumäki, and the connecting route between Vuolenkoski and Vierumäki form a route network that is enough even for longer trips. You will have to navigate the Jyränkö urban section yourself; otherwise the route is marked. Length 17 km (one way)

Difficulty

When leaving Jyränkö in Heinola, the root-covered lakeside trail of the first stretch requires riding skills and in some sections, good physical condition. After the first section, the trail becomes smoother, and it is easy rolling to the Läpiäntie road. After you leave the road, you will face the most demanding root-covered terrain on the route and a steep, enduro-type descent towards the Läpiä lean-to. As you approach Vuolenkoski, there are a few tough ascents

Deep forests, rocky hills and a touch of cultural landscape

hidden in the spruce forests and long single-track stretches that delight even skilled mountain bikers. The last kilometres before arriving in Vuolenkoski are smooth forest trails. Along the way, there are a few short duckboard sections and a ditch crossing, for which you may need to hop off your bike. The route's elevation profile is variable, but the climbs are rather small.

Route starting points

Tamppilahdenkatu, Heinola (end of the road)
Herjontie 14, Iitti (Vuolenkoski sports field)

Further information

- [visitpajanne.fi/aktiviteetit/retkeilyreitit](https://www.visitpajanne.fi/aktiviteetit/retkeilyreitit)
- [heinola.fi](https://www.heinola.fi)

“Welcome cyclist” services near the route



Vierumäki (bike rental, accommodation and restaurant services, activity services)
[vierumaki.fi](https://www.vierumaki.fi)



Juustopolku

Photo: lida Hollmen



Juustopolku

Photo: Pasi Hyttinen

Aurinko-Ilves



Length 31 km (one way)



Asikkala

Route description

Aurinko-Ilves leads cyclists from the beautiful surroundings of Vääksy towards the thick forests of the Evo hiking area. Along the route, you will find the Aurinkovuori ridge with its magnificent views, Syrjänsupat kettle holes with the stories of their creation, and Kurhila village and Evo forests with their beautiful scenery. You should also enjoy breaks while on the Aurinko-Ilves trail, as pleasant lean-to sites along bubbling brooks await bikers along the route. The many fishing spots and forest cottages in the Evo hiking area are popular places to visit.

Good to know

The route is marked on the terrain with signs and yellow/orange paint marks. In Vääksy, the off-road section of the route starts at the Sports Centre, but you can already start your excursion from Päijännetalo's parking area, where you can view the route map. At Evo, the route ends at Mustalammi, from where you can continue your journey further into the route network of the Evo hiking area. The route connection along the Päijänne-Ilves route to Padasjoki is an interesting addition for cyclists.

There are a total of four lean-to sites along the route, of which Uusimylly and Kaupinsaari are by brooks and offer the best conditions for camping. The Aurinkovuori lean-to is at a lookout spot on top of a ridge. Along the route, Vanha Kievari and HilleRin offer cafe services in the village of Kurhila. There are a camping area and a cookhouse in the courtyard of the Kurhila clubhouse. Be extra careful on the route section between the Kurhila clubhouse and Uusimylly, as horse riders also use the terrain.

Difficulty

When you leave Vääksy, the first kilometres of the route are wider cart tracks or easy ridge trails. However, physical exertion is required, because the route starts with an ascent of Aurinkovuori. After you have crossed Kirkkotie road, the trail surface becomes slightly more demanding. In the village of Kurhila, the route

Forest trails, field landscapes, and lush brook banks

runs along the edges of fields and briefly along the road, until it becomes a narrower trail when approaching the Uusimylly lean-to. After the Uusimylly lean-to, forest road sections and narrower trails alternate on the route. The last kilometres before reaching the Evo hiking area are mainly roads.

As a whole, the route is technically easy, with some short, medium-level sections. Physically, the route's difficulty is medium due to the large elevation differences in some places on the slopes of Aurinkovuori. There are only a few short duckboard sections on the route.

Route starting point

Asikkalantie 16, Asikkala (Vääksy sports centre)
Talvilammentie 549, Hämeenlinna (Mustalammi Evo)

Further information

- visitpajanne.fi/aktiviteetit/retkeilyreitit
- luontoon.fi/evo

"Welcome cyclist" services near the route



Vierumäki (bike rental, accommodation and restaurant services, activity services)
vierumaki.fi

Päijänne-Ilves

Photo: Päivi Tommola



Aurinko-Ilves

Photo: Päivi Tommola



Päijänne-Ilves



Length 13 km (one way)



Padasjoki

Route description

The varied Päijänne-Ilves is a connecting route from Padasjoki to the Tarus hiking area and Evo. In Padasjoki, the route starts from the harbour, with the Kullasvuori lookout tower near the harbour offering stunning views over Päijänne. The highlight of the first section of the route is the beautiful spruce alley of Hietaranta. After a short stretch of forest, you come to the fields of Nyystölä and the monument to the Cudgel War. After crossing the main road, the rolling field landscape changes to a more forested environment, where the beautiful lean-to spot of Nuijamiehenkolo awaits cyclists along a brook.

After the Nuijamiehenkolo lean-to, the journey continues towards the nature reserve of Frans Joosef lakelet and Iso-Tarus, where the other end of the route has a campfire place, a beach and a camping area.

Good to know

The route is marked on the terrain with signs and yellow paint marks. The route map can also be viewed in the Tarus hiking area. The starting point in Padasjoki is the Padasjoki harbour, where the summer cafe is a good place for a break or meal after your trip.

The Nuijamiehenkolo lean-to is an excellent site for taking a break along the route. There are good hiking and camping facilities on the shore of Iso-Tarus.

Päijänne-Ilves is a point-to-point trail, but you can easily combine it with a journey back to the starting point along the village road between Iso-Tarus and Padasjoki. The route can be ridden in either direction. You can also continue your trip from Iso-Tarus to the Evo hiking area and onwards along the Aurinko-Ilves route towards Vääksy.

Difficulty

When leaving Padasjoki, the first kilometres of the route are an easy dirt road. After a short stretch of forest, the route continues along a field road past the village of Nyystölä. After crossing the main road, the environment becomes more forested, but the trail surface remains easy. The trail becomes narrower as you approach the Nuijamiehenkolo lean-to, but biking is still fast and easy. After the lean-to, the character of the route will change completely, with alternating short road sections and demanding narrow trails, where the surface becomes smoother only a short time before arriving on the shore of Iso-



Päijänne-Ilves

Photo: Päivi Tommola

From Päijänne through the countryside into the woods


Tarus. The stretch of the trail that lies to the west of the forest road between Nuijamiehenkolo and Iso-Tarus is partly unsuitable for biking, but you can easily bypass it by taking the forest road.

There are some short duckboard sections along the trail, but they are wide and cyclist-friendly. There are no big ascents or descents along the way.

Route starting point

Laivarannantie 41, Padasjoki (Padasjoki harbour)
Taruksentie 290, Padasjoki (Iso-Tarusjärvi)

“Welcome cyclist” services near the route

 **Vierumäki** (bike rental, accommodation and restaurant services, activity services)
vierumaki.fi

Further information

- visitpajanne.fi/aktiviteetit/retkeilyreitit
- luontoon.fi/evo

Mountain biking Päijänne-Ilves

Photo: Kimmo Hirvonen



Part 1 South

Scenic trails for road cycling



Take a lakeside road to the countryside and the cultural environment of Hollola village

Hollola village route



Length 37 km



Ascent in metres 230 m



Lahti, Hollola

Route Lahti sports centre — Messilä — Hollola village centre — Hollola municipal centre — Lahti sports centre

Route description

The route leads cyclists from the Lahti harbour along Rantatie meandering on the slopes of Salpausselkä towards the vibrant Hollola village. After Messilä, the forest scenery changes into countryside surrounding the picturesque Pyhäniemi manor milieu. In the village centre, the medieval grey stone church of Hollola already welcomes cyclists from a distance. Other interesting places for cyclists to visit in the summer are the heritage museum and Kapatuosia hill fort, where the observation tower offers spectacular views over Lake Vesijärvi. Refreshment is provided by the church village kiosk, village shop and the beach.

The journey from the Hollola village centre continues on a bicycle path through Hälväjä forests. You can pass the Hollola municipal centre either by taking the bicycle path along Hämeenlinnantie or through Terveystie, where you can take the wooden stairs to Salpa-Suppa, which presents traces of the ice age. From the Hollola municipal centre, you go back to Lahti through the world-famous winter sports stage of the sports centre. After your trip, you might want to take a dip in the refreshing waters of the outdoor swimming pool at the bottom of the ski jumping hill.

Good to know

This route description follows the route in an anticlockwise direction, but the route can be travelled in either direction. If you choose a clockwise direction, you immediately ascend to Salpausselkä, from where you descend before the Hollola village centre.

The route runs along asphalt roads and bicycle paths that are in good condition. In summer, there may be quite a lot of traffic on the section between the centre of Lahti and Hollola. Between the Hollola village centre and the municipal centre, you can bike most of the way on bike

paths, which is also the case at the beginning and end of the route when leaving Lahti.

You can also start the route from Messilä or Hollola municipal centre, which eliminates the detour to Lahti, and the route is shortened to less than thirty kilometres.

Difficulty

The route is easy and suitable for a day trip even for beginner cyclists. Along the way, there is only one major ascent and a descent with gentle slopes.

Route starting points

In Lahti: Salpausselänkatu, Lahti (Sports Centre)

In the municipality of Hollola: Terveystie, Hollola (parking area of the swimming hall)

In the village of Hollola: Kirkkotie, Hollola (parking area for the beach)

Further information

- visitlahti.fi

“Welcome cyclist” services near the route



Ski Out Bike (bike maintenance, equipment sales) skiout.fi



Kitetirri Outdoors (guided tours, rental of electric bicycles) kitetirri.fi



Koiskala Manor (private dining) koiskala.fi



Camping Messilä (accommodation, restaurant & café, rental equipment) campingmessila.fi

Vesijärvi tour



Length 80+ km



Ascent in metres 480 m



Asikkala, Hollola, Lahti

Route Lahti Sports Centre — Paimela — Vesivehmaa — Vääksy — Kurhila — Viitaila — Hollola village — Messilä — Lahti Sports Centre

Route description

The Vesijärvi tour is a classic route common to Asikkala, Hollola and Lahti, which is also well suited for a day trip. The highlights of the trip are the Lahti harbour area with its many cultural attractions, the idyllic canal setting of Vääksy, the rural landscapes of Kurhila—Viitaila, and the centre of Hollola village with its grey stone church and hill fort. You can also enjoy beautiful lake scenery in many places along the route.

The route is of varying terrain. Along the way, there are some heart rate-elevating climbs, but also some speedy descents. Good stops along the way are the Vääksy canal area, Hollola village centre and Lahti harbour area, all of which have cafes or restaurants suitable for cyclists' breaks. The Kalmar beach in Vääksy, which is said to be the most beautiful beach in Southern Finland, is an excellent choice for enjoying your own snacks.

Good to know

The route can be biked in either direction, and you can easily extend it, for example, by including the Vääksy church in the loop, which adds a short dirt road section to the route.

When passing Lahti and Vääksy and in Kurhila, the route runs on a bicycle path. The most congested roadside section of the route is between Lahti and Hollola (Rantatie). Apart from these sections, the route runs on relatively quiet asphalt roads.

You can find excellent services for recreation or accommodation along the way in the Lahti city area, Messilä, Hollola village and Vääksy. The exhibitions of Päijännetalo on the history of fishing, Salpausselkä Geopark and the nature in the area are all worth a closer look.

Cultivated landscapes, cultural villages, waterfront streets and the idyllic Vääksy canal

Difficulty

A variable route with moderate elevation differences. The most demanding ascents of the route are to the west of Vesijärvi, between Hollola and Kurhila. The rest of the route is quite flat and easy.

Route starting point

In Lahti: Salpausselänkatu, Lahti (Sports Centre)

In Hollola: Rantatie, Hollola (Hollola village)

In Asikkala: Asikkalantie 14, Vääksy (Sports hall/ Sports centre)

Further information

- visitlahti.fi

“Welcome cyclist” services near the route



Ski Out Bike (bike maintenance, equipment sales) skiout.fi



Kitetirri Outdoors (guided tours, rental of electric bicycles) kitetirri.fi





Koiskala Manor (private dining) koiskala.fi



Camping Messilä (accommodation, restaurant & café, rental equipment) campingmessila.fi

A hundred kilometres in the countryside of Iitti

 Length 105+ km

 Iitti, Lahti

Route Kausala — Iitti village — *Hiidenvuori — Kimola canal — Vuolenkoski — *Vierumäki Sports Institute — Immilänkoski — Kuivanto — Metsälä — Perheniemi — Kausala

*The site is not directly on the route

Route description

The route through the lovely Iitti village and the Kimola canal, which is popular with boat enthusiasts, offers a hundred kilometres of beautiful lake scenery and vibrant rural villages. In the heart of the Iitti village, the beautiful milieu with a red wooden church is a delight. On your way north from the village, you cross the beautiful Virran silta bridge. You arrive at a junction that is a short distance from the base of the magnificent Hiidenvuori hill. If you are interested in a small hike, there is only a short hike to one of Päijät-Häme's most spectacular viewpoints.

On the Kimola canal, which connects the Päijänne and Kymijoki water systems, you get momentarily swept away by the joy of boating. The 70-metre canal's rock tunnel is also accessible by paddling. From the canal, the journey continues through the vibrant rural

village of Vuolenkoski towards Vierumäki, where the services of the Sports Institute can easily be used. After the cultivated landscapes and short forest sections, you reach the scenery of Lake Sylvöjärvi. Immilä rapids and the Myllykahvila cafe right next to the rapids provide an opportunity to take a break at the scenic spot.

After crossing highway 12, you bike through the countryside towards the beautiful rural villages of Arrajärvi and Perheniemi. After just over a hundred kilometres, you will return via the Kausala municipal centre to Iitti, a village that was voted the most beautiful village in Finland.

Good to know

You can travel the route in either direction. Most of the sights along the route are to the north of highway 12.



Kimola canal

Photo: Visit Lahti

The road leading to Hiidenvuori is a dirt road. The rest of the route is asphalt road. There is a hiking trail of approximately 0.5 km from the parking area (Hiitolantie 5—9, Iitti) to the lookout spot on top of Hiidenvuori.

The Kimola canal offers a good opportunity to get acquainted with the world of boating (open May—October). There is also a summer kiosk at the canal.

Along the way, the Iitti village centre, Vuolenkoski, Vierumäki and Immilä offer great spots for cyclists to take a break. Visits to Hiidenvuori and Vierumäki increase the length of the route to about 120 km.

Difficulty

The route is of medium difficulty. There are no large hills on the route, but it has nicely rolling terrain. The elevation differences to the north of highway 12 are greater than to the south of the road.


Route starting point



Sähkötie 2, Uusikylä (Uusikylä club house)

Hallitie 1, Kausala (Kausala ABC)



“Welcome cyclist” services near the route

 **Radalla Resort** (accommodation services, restaurant services)
radallaresort.fi

 **Lomakivi** (accommodation services, restaurant services)
lomakivi.fi

  **Vierumäki** (accommodation services, restaurant services, activity services, bike rental)
vierumaki.fi

 **Koiskala manor** (private dining)
koiskala.fi

  **Yli-Kaitala Resort** (accommodation services, restaurant services, rental bikes)
yli-kaitala.com

Iitti church

Photo: Päivi Tommola



Rural tour in Kärkölä



Length 54 km



Ascent in metres 340 m



Kärkölä, Hollola

Route Kärkölä — Kärkölä village — Tennilä — Korpikylä — Herrala — Keituri — Tienmutka — Kärkölä

Route description

The rural tour in Kärkölä takes you to the beautiful countryside of Päijät-Häme with its riversides, golden fields and forest trails. The route also offers a hint of exoticism in the form of the English-style landscaped park of Huovila, which lies in the middle of fields north of Kärkölä. Huovila Park is a unique landscape site in Finland, which has been restored to its original form dating back to the early 20th century. The park is in a lush meadow-like brook valley at the end of a handsome spruce alley. There is a summer cafe in the park, and there are also summertime events and exhibitions.

In addition to Huovila Park, Kärkölä's rural tour introduces the cultural landscape of rural Päijät-Häme. The roadside is mainly lined by open field views, but every now and then you dive into the forest for a moment. Along the way, you pass Korpikylä riding stables and Luhdanjoki flood meadows, which are also a good place for birdwatching. The surroundings of the railway station of the rural Herrala village are a cultural-historical attraction with cherished scenery. In Herrala, there is also the Hahmajärvi beach, where you can have a refreshing swim or simply enjoy the beautiful lake scenery and a delicious packed lunch.

Good to know

This route description follows the route in the clockwise direction, but you can bike the route in either direction.

The rural tour of Kärkölä runs entirely along paved roads, but the surface is slightly coarser in some places. In the population centres of Kärkölä and Herrala, the route runs on a bicycle path, otherwise amid traffic.

Rolling farmland, riverside and a landscaped park in the English style

Huovilanpuisto is an excellent place for taking a break along the route. The park area is open all year round, with a cafe serving the area during the summer. There is an entrance fee to the area when the cafe/information desk is open.

Difficulty

The rural tour of Kärkölä is a moderate route in terms of elevation differences, and it is suitable for a day trip even for beginners. There are no demanding climbs or descents along the route. The route runs mainly along quiet rural roads.

“Welcome cyclist” services near the route



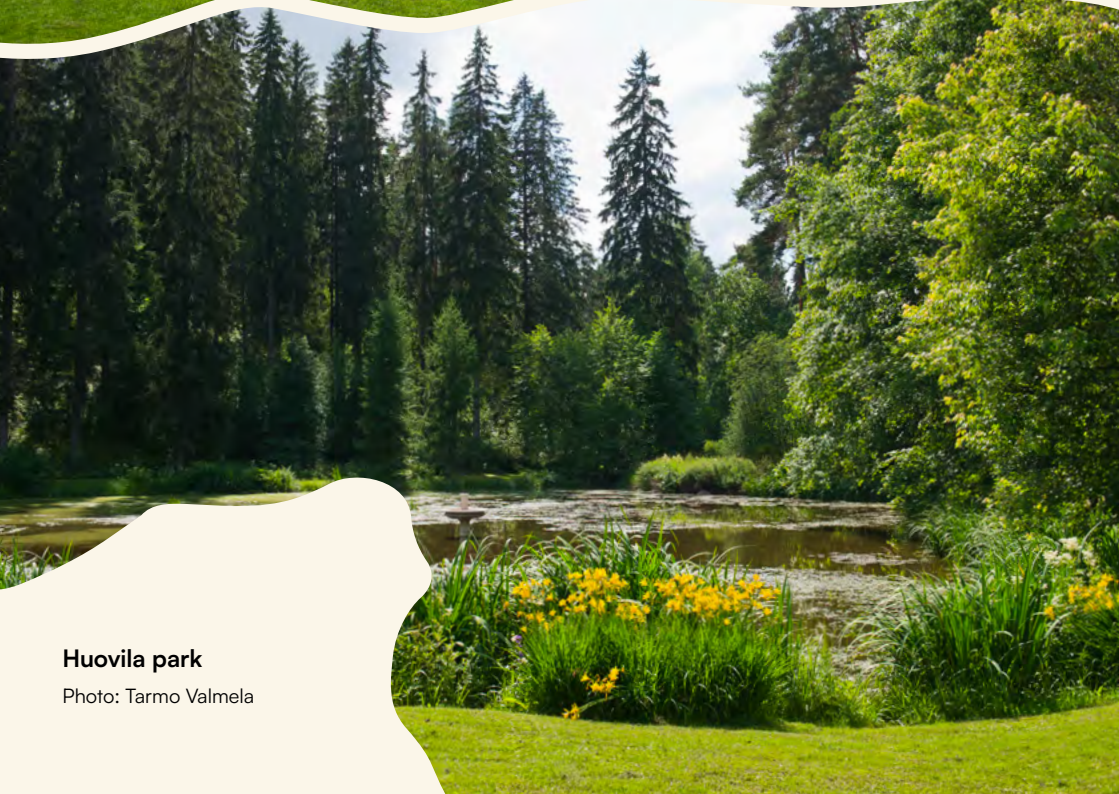
Ski Out Bike (bike maintenance, equipment sales) skiout.fi



Kitetirri Outdoors (guided tours, electric bicycle rental) kitetirri.fi

Huovila park

Photo: Tarmo Valmela



Huovila park

Photo: Tarmo Valmela

Nature lovers' scenic trip from Orimattila



Length 60 km



Ascent in metres 120 m



Orimattila

Route Orimattila — Tönnö — Mallusjoki — Kangasmäki — Pakaa — Niinikoski — Villikkala — Köykkölä — Montari — Kairessuo — Orimattila

Route description

On this route, you explore three different nature sites and the nationally valuable protected landscape around them.

At the beginning of the route, you will admire the old Tönnö Bridge with cultural-historical importance and the Tönnönkoski rapids. You will bike south following the river Porvoonjoki, enjoying the views of the Porvoonjoki river valley, which is classified as a nationally valuable protected landscape. At Mallusjoki, you take a nature trail to feel the atmosphere of an ancient forest. You bike through the villages of Pakaa and Niinikoski in the countryside. In the village of Villikkala, you should stop for a scenic break, as the cultivated landscape of Artjärvi opening up in front of you is included in the list of nationally valuable protected landscapes. Traditional construction methods, significant manors and traditional rural biotopes increase the value of the area.

The journey continues from Villikkala through the villages of Köykkölä and Montari to Kairessuo-Mieliäissuo, the last nature site of the trip. Here you can explore the swamp nature by taking a marked nature trail. The highlight of the trail is the observation tower, from where you have a bird's eye view of the scenery and swamp life. The place is also perfect for enjoying a picnic before returning to the urban bustle.

Good to know

Along the route, you can take the nature trails of Mallusjoki (1.5 km) and Kairessuo-Mieliäissuo (3.5 km). Both trails are marked on the terrain. The nature trail in Mallusjoki's old forest is easy to walk, whereas the Kairessuo-Mieliäissuo route

Cultural Heritage, riverside scenery and peaceful forests

has some duckboard sections and forest trails covered with tree roots. During spring floods, the route may be very wet in some places. Both nature trails have a small parking area (Mallusjoki: Selventie 71, Orimattila & Kairessuo-Mieliäissuo: Koskustentie 525, Orimattila), where you can leave your bike while hiking. Just in case, you might want to bring a lock with you for the trip.

The route runs mainly on asphalt roads, but there are also short dirt road sections along the way.

Difficulty

Nature lovers' scenic trip from Orimattila is an easy route with no major climbs or descents. The route is also suitable for beginner bike tourists for longer day trips.

Further information

Nature path information, please see the website of the City of Orimattila



Kairessuo-Mieliäissuo

Photo: Päivi Tommola



Tönnö Orimattila

Photo: City of Orimattila

Part 2 North

Scenic routes for road cycling



Tour in Kalkkinen



Length 80 km



Ascent in metres 510 m



Asikkala

Route Vääksy — Pulkkilanharju — Kalkkinen canal — Kalkkinen — Vesivehmaa — Vääksy

Route description

The tour in Kalkkinen is a scenic day trip on the shoreline roads of Finland's second largest lake, Lake Päijänne. At the departure point at Päijännetalo in Vääksy, you can learn about the history of fishing at Päijänne and explore Salpausselkä Geopark and the nature in the area. Along the way, you can bike through the magnificent Pulkkilanharju ridge, with a glittering blue open lake on both sides. At Pulkkilanharju, you move from one island to another along beautiful bridges and take in the scenery of Päijänne National Park. If you want to explore the National Park more, you can do so on a cruise that departs from the Karisalmi bridge.

On the north side of Karisalmi, a rest stop and a summer kiosk offer the opportunity to take a break, and the ridge trail lures you on a hike to explore the area's nature. The bicycle path that runs alongside road 314 has a gravel surface on the national park section, and it passes through the forest, but still very close to the main road. From Pulkkilanharju, the journey continues to the Kalkkinen canal and rapids, towards the village of Kalkkinen, where Mari bar, Pihamaa vineyard and berry farm and the village shop are popular places for taking a break. On the Kopsuontie road between Kalkkinen and Vesivehmaa, you will encounter the toughest ascents and the fastest descents on the route, so you should check both your energy reserves and brakes before you head towards this section. When the fitness test is over, you can still explore the traces of the ice age in Vesivehmaankangas. The expedition is crowned by a speedy descent from Salpausselkä back to Vääksy.

Good to know

This route description follows the route in a clockwise direction, but you can bike the route in either direction.

From Kalkkinen towards Vesivehmaa, you

bike the first kilometres on a dirt road. The Pulkkilanharju National Park section also has gravel bicycle paths, so it is not advisable to take this route with the lightest road bike tyres

Kalmari beach in Vääksy is an excellent place to take a swim at the end of your trip. In Vääksy, you will also find a wide range of services for both dining and accommodation.

In many places, the Kalkkinen tour follows the same route as the Church-to-Church route, but the tour is slightly longer, and it focuses on the natural attractions of the area instead of church sites.

Difficulty

The Kalkkinen Tour is a medium-level route. The route from Vääksy to the village of Kalkkinen is easy, with small elevation differences. The route between Kalkkinen and Vääksy is considerably more demanding, with quite large elevation differences measured on the Southern Finland scale.

Route start point

Meijeritie 1, Asikkala (Päijännetalo, Vääksy)

Further information

- visitpajanne.fi

“Welcome cyclist” services near the route



Manor Cafe Hugo & Lily (café)
kahvilahugojalily.com



Café Vesis (café)

Church-to-Church



Length 62 km



Ascent in metres 390 m



Asikkala

Reitin kulku Vääksy — Asikkala kk - Pulkkilanharju — Kalkkinen — Vesivehmaa - Vääksy

Route description

The route runs through the beautiful ridge and lake landscape of Asikkala through six different church sites. Along the way, you can admire the new and old church culture and relax in the middle of beautiful nature. The newest of the churches, the Asikkala parish building, is next to the idyllic Vääksy canal. From there, the journey continues to the nature church of Aurinkovuori and further to the Asikkala village to marvel at the church of a million bricks. You cross the magnificent landscape of Pulkkilanharju through a road that was voted Finland's most beautiful scenic route. After crossing Päijänne, you reach the lively rural village of Kalkkinen, with its handsome wooden church as the focal point of the village.

In the village of Kalkkinen, the Mari bar, Pihamaa vineyard and berry farm and the village shop are popular places for cyclists to take a break. It is good to rest here for a while before continuing to Kopsuontie, where you will encounter the route's biggest ascents and descents.

After this, you can still explore the church of Vuoksenlaakso's Methodist congregation, which is in the village of Vesivehmaa in a rural idyll.

Good to know

This route description follows the route in a clockwise direction, but you can bike the route in either direction.

From Kalkkinen towards Vesivehmaa, you bike the first kilometres on a dirt road. The Pulkkilanharju section also has gravel bicycle paths, so it is not advisable to set off on this route with the lightest road bike tyres

Kalmari beach in Vääksy is an excellent place to take a swim at the end of your trip. In Vääksy, you will also find a wide range of services for both meals and accommodation.

New and old church culture in scenic ridge and lake landscape

The Church-to-Church route is in many places the same as the Kalkkinen tour route, but the route is a little shorter, and the focus is on the church sites in the area, in addition to which you can also explore the nature in the area.

Difficulty

Overall, Church-to-Church is a medium-level route. The route from Vääksy to the village of Kalkkinen is easy, with small elevation differences. The route between Kalkkinen and Vääksy is considerably more demanding, with quite large elevation differences measured on the Southern Finland scale.

Route starting point

Kalmarintie 3, Vääksy (Asikkala parish building)

Further information

- asikkala.fi/matkailu-ja-tapahtumat/

“Welcome cyclist” services near the route



Manor Cafe Hugo & Lily (café)
kahvilahugojalily.com



Café Vesis (café)

Vellamo biking tour routes



Multiple options of varying lengths



Sysmä, Hartola

Romantic manors, lake scenery and cyclist-friendly services

Route description

The joint routes of Sysmä and Hartola, which consist of several road routes that you can combine according to your own interests. The Luhanka-Vääksy road section, voted the most beautiful scenic route in Finland, passes through the route in the west, with the best parts of it the lake scenery at Päijänne and the vibrant rural villages. Along this route, you can also explore Päijätsalo's observation tower and trails and the rapids of Tainionvirta and climb Kammiovuori, the highest point of Sysmä. The beautiful manor landscapes and valuable cultural sites of Sysmä-Hartola also delight cyclists on the Vellamo biking tour route.

Along the route, the camping areas of Sysmä, Koskenniemi and Krouvi, as well as a rich network of cottages, cafes and restaurants, attract visitors to stay in the area for several days. The canoeing route of Tainionvirta and the hiking trails of Päijänne National Park and Kammiovuori can be easily combined with the Vellamo routes.

Good to know

The route network includes several sections of varying lengths, which you can combine as you wish.

Difficulty

The Vellamo biking tour routes combine several sections of varying lengths, so you can easily choose the route that suits you best. In the area south of the Sysmä-Hartola line, the terrain is quite flat, but the elevation differences increase considerably as you head north. Cyclists who love hill terrain should head in the direction of Vintturi-Vuorenkylä-Luhanka.

Route starting point

Huitilantie 3, Sysmä (Camping Sysmä)
Koskenniementie 66, Hartola (Gasthaus-Camping Koskenniemi)
Kalhontie 459, Hartola (Krouvin Camping)

Further information

- **Municipality of Sysmä:** sysma.fi/pyoraily
- **Municipality of Hartola:** hartola.fi
- **Route map:** retkikartta.fi

Tervetuloa pyöräilijä – palvelut reitin lähialueella



Pyöräpalvelu Ari Kääriäinen
(bike service, equipment sales)



Rantala lomamökkit (accommodation services) rantalanlomamokit.com



Tervalepikon Torpat
(accommodation services) tervalepikontorpat.fi



Jari-Pekka (restaurant services) jari-pekka.fi



Gasthaus-Camping Koskenniemi (accommodation services, restaurant services) koskenniemi.com



Camping Sysmä (accommodation services, restaurant services) campingsysma.fi



Keskustien Kotikahvila (café) Hartola



Café Kivibaari (café) Hartola



La Kar de Mumman Herkkukammari (café) Hartola



Photo: Patrick Dormischian



Photo: Patrick Dormischian

Vellamo biking tour section: Sysmä-Hartola tour



Length 65 km



Ascent in metres 180 m



Sysmä, Hartola

Route Hartola — Valittula — Sysmä — Virtaa — Kukkolanmäki — Nuoramoinen — Kalho — Tokeensalmi — Hartola

Route description

The tour around Lake Joutsjärvi is the most important core route of the Vellamo biking routes, which leads cyclists from the river Tainionvirta through the countryside. The rapids of Tainionvirta, which are also popular with fishers and paddlers, are not far from the route. A rich selection of museums and atmospheric village cafes await cyclists in Sysmä. For example, along St Olaf's shore route, you can explore Sysmä's handsome grey-stone church and the memorial to Olavi Virta. From Sysmä, the

journey continues to the beautiful Virtaan manor and onwards on a dirt road to Kukkolanmäki. In the village of Nuoramoinen, it's worth stopping to admire the historically valuable manor landscape and the Nuoramoistenkoski rapids, with its old mill and power plant buildings.

Between Nuoramoinen and Hartola, you can get initiated into the secrets of gravel riding. You bike on small dirt roads meandering between small lakes towards Tokeensalmi, past the Krouvi dance pavilion. Before returning to Hartola,



Virtaa mansion

Photo: Virtaan kartano

Manor culture, the currents of the Tainionvirta river and gravel vibes

you cross Tainionvirta once more. In Hartola, the Eastern Häme Museum introduces you to the manor culture and the beautiful scenery of Tainionvirta invites you to take a short extra tour on the dirt roads along the river.

The route passes through three camping areas. They are also an excellent starting point and provide accommodation: **Camping Sysmä**, **Camping Koskenniemi** and **Krouvin Camping**.

Good to know

This route description follows the route in an anticlockwise direction, but you can bike the route in either direction. It is worth noting that the section between Hartola and Sysmä runs along a road, while the section between Nuoramoinen and Hartola has mainly narrow dirt roads. This section is rough gravel, so you should not bike the route with the narrowest road bike tyres.

There are four great beaches along the route, where you can have a refreshing swim even mid-trip. Right next to the road by the Tainionvirta river, you can also find the Keijulankoski lean-to, which is a good place to have a break.

Along the route, Sysmä offers excellent cafe and restaurant services, as well as many sights for cyclists interested in cultural sites. From Sysmä, we recommend a round trip to Suopelto to enjoy the Päijänne landscape and restaurant services. You should at least stop in the Virtaa and Nuoramoinen villages to take in the manor landscapes.

Difficulty

Elevation differences along the route are relatively small, so the trip is not arduous even for beginner cyclists.

Route starting point

Koskenniementie 66, Hartola (Gasthaus-Camping Koskenniemi)


Yhdystie 2, Hartola (Jari-Pekka)

Huitilantie 3, Sysmä (Camping Sysmä)


Further information


- **Municipality of Sysmä:** sysma.fi/pyoraily
- **Municipality of Hartola:** hartola.fi
- **Route map:** retkikartta.fi

Tervetuloa pyöräilijä — palvelut reitin lähialueella



 **Pyöräpalvelu Ari Kääriäinen** (bike service, equipment sales)

 **Rantala lomamökkit** (accommodation services) rantalanlomamokit.com

 **Tervalepikon Torpat** (accommodation services) tervalepikontorpat.fi


 **Jari-Pekka** (restaurant services) jari-pekka.fi

  **Gasthaus-Camping Koskenniemi** (accommodation services, restaurant services) koskenniemi.com

  **Camping Sysmä** (accommodation services, restaurant services) campingsysma.fi

 **Keskustien Kotikahvila** (café) Hartola

 **Café Kivibaari** (café) Hartola

 **La Kar de Mumman Herkkukamari** (café) Hartola

Vierumäki routes



Useita eri pituisia vaihtoehtoja



Heinola

There are also great opportunities for mountain biking in the surroundings of Vierumäki. A varied network of outdoor trails and paths meanders through the easy-to-ride forest terrain, allowing for mountain biking trips of varying lengths. The tour around Kalaton is suitable for an initiation into mountain biking, Ilkankuru Bike Park is good for technical training, and Valo-Ilves for slightly longer trips. In Vierumäki, you can enjoy biking even in winter, when you can use the route network groomed for winter biking.

You can rent bikes and riding equipment from Luontoliikuntakeskus next to Pihkala café. While there, you can also ask for tips on the most suitable routes for you. Will you choose an e-fatbike with electric assistance, or do you want to test the trails in a sportier fashion on a traditional mountain bike?

Starting point for the routes

Pihkalantie 1, Vierumäki (Vierumäki Sports Hall)



**Tour around
Kalaton lakelet**

Photo: Digiland

Tour around Kalaton lakelet



Length 10 km or shorter version 7 km



Ascent in metres 182 m
Elevation difference 40m

Rolling through forest trails around Kalatonlampi lakelet

Route description

The tour around Kalaton runs on technically easy terrain, but the elevation differences are quite big in some places. There are two route versions, both of which run alongside Kalatonlampi lakelet, which is at the bottom of a deep kettle hole. There is a lean-to by the lakelet where you can enjoy your snacks. There are also two docks on the beach, and on hot summer days, a dip in

the water feels extremely good. After you pass Kalatonlampi and descend from the ridge, the route will become very moist as you reach the Rampsinsuo swamp.

Difficulty

Easy

Valo-Ilves



Length 12 km (one way)



Ascent in metres 215 m
Elevation difference 44 m

Pleasure-seekers' city trip across the ridges

Reittikuvaus

Valo-Ilves is a lit route from Vierumäki Sports Institute to Heinola. It runs along the ski track routes from the Sports Institute to Jyränkö in Heinola. The route follows the area's ridges and sometimes slips between them. In lower places, you will often find small lakes or swamps, where it is nice to stop and enjoy the tranquil nature at beautiful resting places. Combining Valo-Ilves with the more technically challenging Juustopolku between Vuolenkoski-Heinola will allow you to bike a longer route, which provides challenges even for experienced mountain bikers.

From the marked finishing point of the route in Jyränkö, the distance to the centre of Heinola is about 1 km.

Difficulty

Very easy

Ravis Bike Park

Photo: Juho Sipilä



**Special fun for
biking enthusiasts**

Ravis Bike Park



BMX track, pump track and jumps for young and old bikers alike

A small-scale wonderland for biking built on the old Lahti trotting track, where you can practise biking skills on a variety of bikes. There is a BMX track, pump track and bends suitable for children, as well as a large and small jump line where you can practise your jumping skills. All of them are in a compact area, so you can easily chat with fellow bikers.

Ravis Bike Park is a developing area, where event activities and bike rental are also planned in the future, so you should check out the bike park's own website!

One of the starting points of the Salpausselkä Trails is right next to the bike park, so you can easily head for an off-road trip to the forests of Salpausselkä after practising your biking skills.

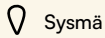
Starting point for the routes

Vaskelaisrinne, Lahti (Old trotting track)

Further information

- ridesalpaus.fi/ravis

Päijätsalo Bike Trail



Sysmä

Mountain biking and forest scent on the edge of Päijänne National Park

The new site will open in the summer of 2022!

To be built on the beautiful island of Päijätsalo in the summer, the bike trail takes you to the shore of Päijänne to enjoy mountain biking and the scent of the forest. The varying topography and the winding route challenge bikers, but the levelled ground makes it possible to ride, even if your driving technique is not the strongest. The route is 6 kilometres long, so you may want to bike this route several times.

The peak of Päijätsalo island belongs to Päijänne National Park, but the new bike trail runs entirely outside the national park area. The destination is perfect for a multisport-type excursion. When

the biking part is over, you may want to climb up to Päijätsalo's observation tower to admire the magnificent scenery of Päijänne or hike to Pyydysniemi to enjoy some snacks at the vantage point. If you arrive by car, please note that the starting point of the biking route is approximately 500 metres from the parking area.

Route starting point

Sorolantie 28, Sysmä (parking area of Päijätsalo)

Further information

- Map: sysmansisu.fi/bikepolku
- Municipality of Sysmä: sysma.fi



**Mountain biking
in Päijätsalo**

Photo: Kimmo Hirvonen

Pyydysniemi Päijätsalo

Photo: Sysmän kunta



Ravis Bike Park

Photo: Juho Sipilä

Nordic Gravel Series – Falling Leaves Lahti event

Photo: Miemo Penttinen



Events for bike travellers

Päijät-Häme has several interesting events for cycling enthusiasts – pick yours at visitlahti.fi/events.



**Nordic Gravel Series – Falling
Leaves Lahti event**

Photo: Miemo Penttinen



**Nordic Gravel Series – Falling
Leaves Lahti event**

Photo: Miemo Penttinen

“Welcome cyclist” badge and the Finnish Center for Cycling Tourism

The “Welcome cyclist” badge was designed to make life easier for cyclists when they are looking for the right services: places and services where cyclists always know they are welcome, and that offer a slightly better service than usual to adventurers on bikes. The badge is managed by the Finnish Center for Cycling Tourism, which specialises in the national development and marketing of cycling tourism. More information on their activities and the “Welcome cyclist” badge can be found on the bikeland.fi website.



In Päijät-Häme, the “Welcome cyclist” badge has been granted to the following companies:

Tervalepikon Torpat, Sysmä, tervalepikontorpat.fi
Lomakivi, Iitti, lomakivi.fi
Radalla Resort, Iitti, radallaresort.fi
Ski Out Bike, Hollola, skiout.fi
Kitetirri tmi, Lahti, kitetirri.fi
Koiskala manor, Lahti, koiskala.fi
Pyöräpalvelu Ari Kääriäinen, Hartola
Rantalan lomamökit, Hartola, rantalanlomamokit.com
Suomen Urheiluopisto, Heinola, vierumaki.fi
Gasthaus-Camping Koskenniemi, Hartola, koskenniemi.com
Jari-Pekka, Hartola, jari-pekka.fi
Camping Sysmä, Sysmä, campingsysma.fi
Keskustien Kotikahvila, Hartola
Yli-Kaitala Resort, Iitti
Camping Messilä, Hollola, campingmessila.fi
Café Kivibaari, Hartola
La Kar de Mumman Herkkukammari, Hartola
Café Vesis, Asikkala
Kartanon kahvila Hugo & Lilly, Asikkala, kahvilahugojalilly.fi
Ranskalainen kyläkauppa, Asikkala, ranskalainenkauppa.fi
Café Peurankello, Iitti, peurankello.fi

Yli-Kaitala Resort

Photo: Juha Juntto






Kiteiri Outdoors

Photo: Harri Hytönen

“Welcome cyclist” companies in Päijät-Häme

Camping Messilä



 Hollola

Customer service languages:  

An all-year camping area eight kilometres from the centre of Lahti by Lake Vesijärvi in the Messilä holiday centre. The area offers camper van, caravan and camping facilities, camping cabins and 6-person villas with saunas. Camping Messilä also offers restaurant and meal services. The lovely beach in the area and Lake Vesijärvi also provide good water sports facilities. In addition to biking, the varying terrain in the surrounding area is suitable for hiking and skiing. If you want to go out and have some fun, Camping Messilä also offers events, dancing and karaoke.


Camping Sysmä



 Sysmä

Customer service languages:  

Camping Sysmä is in the middle of the beautiful village of Sysmä on the shore of Lake Päijänne. In recent years, we have strongly developed the area, with the latest holiday cottages completed for the summer of 2021. We have small new holiday cottages with saunas, traditional camping cottages, caravan parking with electricity supply, various activities and a cosy cafe-restaurant. Book accommodation with us: campingsysma.fi

Gasthaus Koskenniemi



 Hartola

Customer service languages:  

Pleasant and peaceful accommodation in Hartola. The accommodation options include Gasthaus hotel rooms, holiday cottages with their own beach and sauna and camping cottages. There is also a kiosk, cafe and restaurant in the area. Book accommodation: koskenniemi.com

Lomakivi hostel

 Iitti

Customer service languages:  


A holiday farm in Iitti, with accommodation services for 40 guests in two-person rooms and four holiday houses with saunas. We also provide private restaurant services. There are many nature destinations nearby and golf courses, for example. Book accommodation with us: lomakivi.fi/



Radalla Resort

 Iitti

Lakeside accommodation in hotel or manor rooms. A wide range of restaurant services is also available. Book accommodation with us: radallaresort.fi


Jari-Pekka



 Hartola

Customer service languages:  

Service station Jari-Pekka 24/7 in Hartola provides the following services, for example: Kotipizza, Heshburger, Subway, buffet breakfast and lunch, à la carte, cafe, K food shop and FinnMari interiors shop. Read more about our services: jari-pekka.fi/hartola

Kartanon kahvila Hugo & Lilly

 Asikkala

Customer service languages:  

The cafe and park area of Urajärvi manor is a great destination for a bike trip in the immediate vicinity of road 313 on the Vierumäki—Vääksy route. While you are there, visit the manor museum, book a sauna or take a swim. In summer, cottage accommodation is available

Cycling in Heinola

Photo: Digiland





Vierumäki

Photo: Digiland

(four rooms), so you can even stay overnight. Read more about our services: kahvilahugojalilly.fi In summer, there will be many events at the Urajärvi cafe — see the up-to-date event calendar: FB: @urajarvenkartanonystavat, urajarvenkartano.fi

Kitetirri Outdoors


 Lahti region

Customer service languages: 

Kitetirri Outdoors is a full-service e-mountain bike rental shop at Salpausselkä, providing guidance, rental and excursion services. In addition, comprehensive services for SUP boarding, snowkiting, snowshoeing and hiking for individuals and groups, easy booking through our online shop: kitetirri.fi


Koiskala manor

 Lahti

Customer service languages: 


Koiskala manor is an organic farm providing meal services, accommodation and various facilities in Lahti. Further information and bookings koiskala.fi


Keskustien Kotikahvila

 Hartola

A cosy and affordable small cafe in the centre of Hartola. Offers coffee, cocoa, tea, soft drinks, fresh coffee bread, bread rolls, pizza slices, etc. In the morning, doors often open already at 4 a.m. and close at 5 p.m. (or later, as necessary) in summer. Read more about the cafe: facebook.com/Keskustien.Kotikahvila

Pyöräpalvelu Ari Kääriäinen


 Hartola—Sismä


Customer service languages: 

Fatbike rental and bike maintenance, spare parts and supplies in the Hartola-Sismä area.

As required, we pick up and return any broken bikes for maintenance. Rent a bike from us or book maintenance: pyorapalvelu-ari-kaariainen.webnode.fi

Rantala holiday cottages


 Hartola

Customer service languages: 

Dog-friendly holiday cottages on the shore of Lake Iso-Paljo in Hartola. All our rental cottages have a private lakeside location with their own yard, a jetty and a rowing boat. Rent a cottage from us at any time of the year: rantalanlomamokit.com

Ski Out Bike


 Hollola

Customer service languages: 

A speciality shop for biking, downhill skiing and ski sports in Hollola and online. Read more about our shop and online store: skiout.fi


Tervalepikon Torpat


 Sismä

Customer service languages: 

Rental cottages in Päijät-Häme close to Lahti and a nature activity centre, where you can experience an active person's paradise. In addition to cottages, we rent many types of equipment, such as e-bikes, fatbikes and mountain bikes. Rent a cottage from us in Sismä with good transport connections: tervalepikontorpat.fi

Vierumäki

 Heinola

Customer service languages: 

Vierumäki provides activities and accommodation options for all needs. For example, visit the new Pihkala sport hotel and

Virtaa bridge in Iitti

Photo: Digiland



Tiirismaa Trails in Hollola with Kitefirri Outdoors

Photo: Digiland


the Fennada hotel, test how brave you are at the Flowpark adventure park or rent a SUP board and go paddling. Did you know that you can also rent e-fatbikes and mountain bikes from us? All Vierumäki's services are listed at vierumaki.fi



Yli-Kaitala Resort

 Iitti

Lakeside accommodation in villas, cottages and igloo boat in Iitti. In addition to accommodation, we offer a wide range of activities such as e-fatbikes and great trail networks close to the accommodation. Book accommodation and the activities that suit you best: yli-kaitala.com/


Cafe Vesis

 Asikkala

Customer service languages:  


Cafe Vesis is along road 313; halfway on the Vierumäki—Vääksy route. Address: Lentotie 89, Vesivehmaa (Asikkala), with Päijät-Häme's aviation museum and the Vesivehmaa airport located in the same area. From June to August, the cafe is open Friday—Sunday from 11 a.m. to 5 p.m. Queries: kahvila@phnet.fi or phone 0400 777 717; WhatsApp: 044 335 3852

Kivibaari

 Hartola


Cafe Kivibaari is the village meeting point, where you can enjoy various refreshments and savoury snacks. The bar also has a corner kiosk. The large sunny terrace is the place to be in summer kivibaari.fi




La Kar de Mumman Herkkukammari

 Hartola

If you are feeling peckish, Cafe La Kar de Mumman Herkkukammari offers tasty sweet and savoury delicacies. You are most welcome to enjoy our delicacies on your bike trip!

Ranskalainen kyläkauppa

 Asikkala

Customer service languages:   

French alp-style café and restaurant in idyllic surroundings of the Vääksy Canal. ranskalainenkauppa.fi

Café Peurankello

 Iitti

Handicrafts and café in rural village of Vuolenkoski in Iitti. Read more: peurankello.fi



Tervalepikon Torpat

Photo: Tervalepikon Torpat




Urajärvi mansion

Photo: Kimmo Hirvonen

Other companies interested in bike travel



Best Lake Nature Adventures

 Lahti region

Guided adventure excursions around the year in Finnish Lakeland — for example, hiking, paddling, snowshoeing or nesting box building. Book your customised excursion: bestlakenature.com

Hattapukki




 Sysmä

Customer service languages:  

A cottage in the heart of country scenery with a great lakeside view in Sysmä. The cottage surroundings offer many fun things to do, such as a nature trail, mountain bike rental, canoes and SUP boards. Book Villa Himpula: hattapukki.fi


Hotel Tallukka

 Vääksy

Customer service languages:   


The Tallukka event hotel in Vääksy offers accommodation in Päijät-Häme's lake scenery, along the best biking routes and main road 24. Book your accommodation with us: tallukka.fi

Hotel Telttä

 Orimattila


The idyllic and cosy hotel/hostel is a tent village on the fourth floor of an old spinning mill in Orimattila. You can take your bike with you in the lift and park it right next to your tent. Book a night at the tent hotel: hotellitelttä.fi





Kalliorent

 Lahti region

E-bike rental for the whole family in Nastola next to the Pajulahti sports centre's varied trail networks with great scenery. We have high-quality full-suspension e-fatbikes and two children's e-mountain bikes with suspension forks. Rent an e-bike experience from us in Pajulahti: kalliorent.fi & pajulahti.com

Punainen Tupa

 Padasjoki

Customer service languages:    

Accommodation at Punainen Tupa for 1–8 persons, including sauna and the use of bikes, with a boat located on the shore of Päijänne two kilometres from the accommodation.

You can also rent Mökkeröinen for 1–2 persons, approximately 1.5 km from the shore of Päijänne; includes the use of a sauna. Book accommodation at Padasjoki: punainentupa.net

Villa Elina

 Kärkölä

Accommodation in an outhouse with a sauna, summer cafe, boutique and events in Kärkölä. Events throughout the summer ranging from summer theatre to outdoor gigs on Fridays. Book accommodation: and read more about the events: villaelina.fi

Camping Sysmä

Photo: Visit Lahti



Yli-Kaitala Resort

Photo: Pentti Yli-Kaitala

Winter cycling

Photo: Juha-Pekka Huotari /
City of Lahti



Winter vibes from bike rides

The content of this guide is targeted for the summer and autumn season 2022. However, we would like to remind you that Päijät-Häme also has some very beautiful places for winter cycling. You should at least check out the Salpausselkä Trails, Tiirismaa Trails for mountain biking, Vierumäki trails for winter cycling and the multi-purpose trails of Aurinkovuori!



Winter cycling

Photo: Juha-Pekka Huotari /
City of Lahti



Vierumäki

Photo: Juuso Havia



Welcome summer of cycling!

Photo: Kimmo Hirvonen

