



Seitsemien National Park

- 45,5 km²
- Established: 1982
- Location: Ylöjärvi, Ikaalinen



Metsähallitus, national park management

- Seitsemien Nature Centre
- Seitsemientie 110, 34530 Länsi-Aure (Ylöjärvi)
- tel.int. +358 (0) 206 39 5270
- seitsemien@metsa.fi
- nationalparks.fi/seitsemien
- nationalparks.fi/seitsemien/service
- facebook.com/seitsemien-kansallispuisto



National Park

Seitsemien



Experience how crofters used to make their living in these remote backwoods at the heritage farm at Kovero. Learn about the park's flora and fauna at the pleasant Seitsemien Nature Centre – the best place to start exploring the old forests, lakes and marshes of this fascinating part of Finland's backwoods.

Welcome to Seitsemien

About 80 km north of Tampere, the varied natural forests and marshes of Seitsemien National Park lie at the southern end of the sparsely populated watershed region of Suomenselkä. Visitors can see ancient forests, pine-clad esker ridges and impressive open bogs.

Diverse mosaic landscapes

The ancient forests of Multiharju with their 400-year-old pine trees lie in the heart of the park. Old-growth forests also survive around Pitkäljärvi, by the River Seitsemijoki, and in the wooded "islands" in the park's extensive bogs. These old forests are home to hole-nesting birds including pygmy owls, Ural owls, three-toed woodpeckers and red-breasted flycatchers, as well as many rare insects.

Most of the park's bogs are pine mires, but the bogs of Kivineva, Pikkulamminneva and Soljastensuo have extensive open marshes dotted with pools. In spring whoo-

per swans and cranes return to the bogs to nest and raise their young.

Kovero Heritage Farm

Seitsemien long remained remote and unpopulated. First established in 1859, Kovero Crown Tenant Farm in the southern part of the park has been restored to illustrate how farmers used to make their living here in the 1930s. Cattle and sheep graze the farm's grounds in summer to keep these valuable cultural landscapes open.

A great place for a day out

Seitsemien is an excellent destination for a day in the outdoors, for a longer trek, for educational purposes or as an interesting stop on a tour of the region. Campfire sites and camping areas are provided along the park's trails.

Circle trails:

- **Harjupolku** (esker trail) 5,2 km. The trail goes round the base of Seitsemisharju Esker through spruce bogs or pine forest islands in the middle of open bogs.
- **Torpparin taival** (Tenant Farmers trail) 6,3 km. Trail starts at Kovero Crown Tenant Farm. Along the trail you can see meadows, dry pine forests, mires with duckboards, and dimness of the old-growth forest.
- **Seitakierros**, 18,8 km. The trail follows Seitsemisharju Esker towards south. The trail goes through dry forests, and forest

islands on the bogs. After the old-growth forest of Pitkäljärvi and large mires the trail returns to the Nature Centre.

- **Virkatie**, 25,9 km goes around the park and suits perfectly for an overnight hike. In the middle of the trail lies a lean-to-shelter of Liesjärvi.

Nature trails:

There are three shorter nature trails which suits for whole family.

- **Runokangas** (2 km) starts from the Nature Centre and gives a sample about the versatile nature of Seitsemien.
- **Saari-Soljanen** (2 km) mire trail starts from the Saari-Soljanen parking area and it illustrates the diversity of Finnish mire landscape.
- **Aarnipolku**, The Multiharju Old-Growth Forest Trail (1,8 km), starts from the corner of the Multiharju parking area. The trail meanders in the midst of Scotch pines, grey dead standing pines and large aspens and spruces, giving an excellent demonstration of the species to be found in an ancient forest.

Services by entrepreneurs

The partner companies of the national park provide information and food services, rental equipment and accommodation:

nationalparks.fi/seitsemiennp/services/partners

Nature-friendly hiking – everyone enjoys!

- Walking, skiing, cycling, rowing and canoeing is permitted except in the restricted areas. Bicycles may only be used on marked cycling trails and on roads running through the park (see map).
- Riding horses is allowed only along marked riding trail (see map).
- Camping out temporarily is allowed in the sites indicated and shelters. Larger groups planning to camp out should inform the Nature Centre (tel. +358 206 39 5270).
- Lighting a campfire is permitted only on designated campfire sites. When forest fire warning is in effect, fire may only be lit in the cooking shelters.
- Follow the rules of litter-free hiking. Safely combustible litter can be burned in fireplaces and organic waste left in toilet compost. Please take all other wastes away when you leave.
- You may pick berries and edible mushrooms, but do not collect rocks or plants. Please do not disturb the wildlife.
- Everyman's right allows you to engage in angling and ice fishing with a rod.
- Please note that toilets are not equipped with toilet paper.
- Pets must be kept on a leash.

nationalparks.fi/seitsemien
> Instructions and Rules

• **Emergency number 112 – know where you are calling from – some parts of the park have no mobile phone reception!**

