

Hiking trail

GPS coordinates (WGS84):

Starting point

N62 07.499 E22 03.512

Kaivolammi Nature Trail

Isojoki

SOUTH OSTROBOTHNIA



October 2014

Kaivolammi Nature Trail 7.6 km

This wilderness-style, peaceful trail runs mainly on heaths and connects the Lauhansarvi Nature Resort to Lauhanvuori National Park. In the Huhtakorpi spring complex flows the groundwater that is being formed in abundance at Lauhanvuori Hill. The unique scenery at the Huhtakorpi stone field provides a nice spot for resting before you continue towards the pond at Ahvenlammi, another great spot for enjoying the wonders of nature. Only half a kilometre from Ahvenlammi, there is another pond, Kaivolammi, and at this well-equipped rest spot you can even grill sausages at the campfire site.

Trail rating: Medium

Suitability: The trail is a suitable day trip destination for those with some hiking experience, as well as for fit beginners with map reading skills.

Duration: About 3-4 hours one way 7.6 km and 5-7 hours there and back, 15.2 km.

Trail markings: The trail is marked with green-tipped poles; some of the poles also have a blue paw sign on a grey background and the text 'Suupohjan reitistöt'. Along the trail, there are signposts at trail crossroads. **Please note!** The old signposts will be removed and the trail markings will be harmonised in the national park and areas outside it during 2014-2015.

3 Facts

- Wilderness-style trail from the nature resort to the ponds in the national park
- Beautiful spring complex and a stone field with duckboards
- Peaceful rest spots filled with natural beauty

Getting to the trail

Lauhansarvi Nature Resort parking area
Lauhanvuorentie 490, Isojoki
N62 07.486 E22 03.347

The trail's starting point N62 07.499 E22 03.512 is near the eastern end of the parking area. There is a small wooden gate and bridge construction at the start. Above the gate you will see the text 'Luontopolku Ahvenlammille' ('Nature Trail to Ahvenlammi').

Trail description

The trail starts from the Lauhansarvi Nature Resort and soon crosses Leppikyläntie. It meanders in a forest landscape, first in varied commercial forests, with a glimpse of fields behind the forest edge.

The trail mainly runs on heaths. The dominant trees are pines and spruces, but you can also spot junipers, birches, aspens and rowans along the trail.

The groundwater being formed at Lauhanvuori bubbles up at the foot of the hill as springs with crystal-clear water. The spruce-dominated Huhtakorpi spring complex is an oasis with lush vegetation that differs from that elsewhere along the trail. The microclimate there is stable; cooler in the summer and warmer in the winter than in the surrounding areas. One of the flowers thriving there is the alternate-leaved golden saxifrage. The trail includes a short path (less than 50 m) to the Huhtakorpi stone field, where you can take a break. At Ahvenlammi, you can sit by the pond and admire the peaceful wilderness scenery, just like at Kaivolammi, which is the finishing point of this trail; you will turn there and hike back the same way. There are no residential sites along the trail.

Level of difficulty

The trail runs in varied terrain along paths and forest roads. Duckboards will take you across sections where the terrain or the vegetation might otherwise suffer damage. Bridges have been constructed to provide easy crossing of wet ditches. Roughly 2.5 km from the starting point you will reach the trail's most difficult section (ca. 1 km) that has very uneven ground in places, and signposts at rather long intervals. The trail has no steep uphill or downhill sections.

Good to know

Some signposts only have an arrow showing the direction in which to go. You may see some old signposts with the text 'Sarviluoman luontokeskus', which was in use at the time the trail was constructed. However, these signposts actually point to the current starting point at the Lauhansarvi Nature Resort.

The old signposts point to Ahvenlammi, but the trail now continues further until Kaivolammi. The

old signposts will be removed and the trail markings will be harmonised in the national park and areas outside it during 2014–2015.

Some of the duckboards are partly covered by moss and therefore very slippery, especially in wet weather. The duckboards leading to the stone field are loose in places, so you should be extra careful when stepping on them.

Some stretches are overgrown with grass and are wet, so you should have waterproof footwear at least if hiking in the morning dew or wet weather; otherwise you will be fine with outdoor clothing to suit the weather.

You should take a packed lunch and something to drink with you, as well as some toilet paper.

There is no organised waste management along the trail, so take a plastic bag with you. This way, you will be able to take away everything that you bring with you.

Within the national park, the mobile phone network may have some dead spots. Coverage also varies according to the mobile phone model.

The trail network in [Lauhanvuori National Park](#) includes interesting attractions, such as the top of Lauhanvuori Hill, which has never been under water, and the scenic lookout tower there; Lake Spitaalijärvi and the stone field. The distance between the lookout tower and the stone field is 7 km.

Trail facilities

Two benches for resting along the trail, and a rest spot (campfire site, firewood shed and dry toilet) at Kaivolammi.

Tourist information

[Lauhansarvi Nature Resort](#)

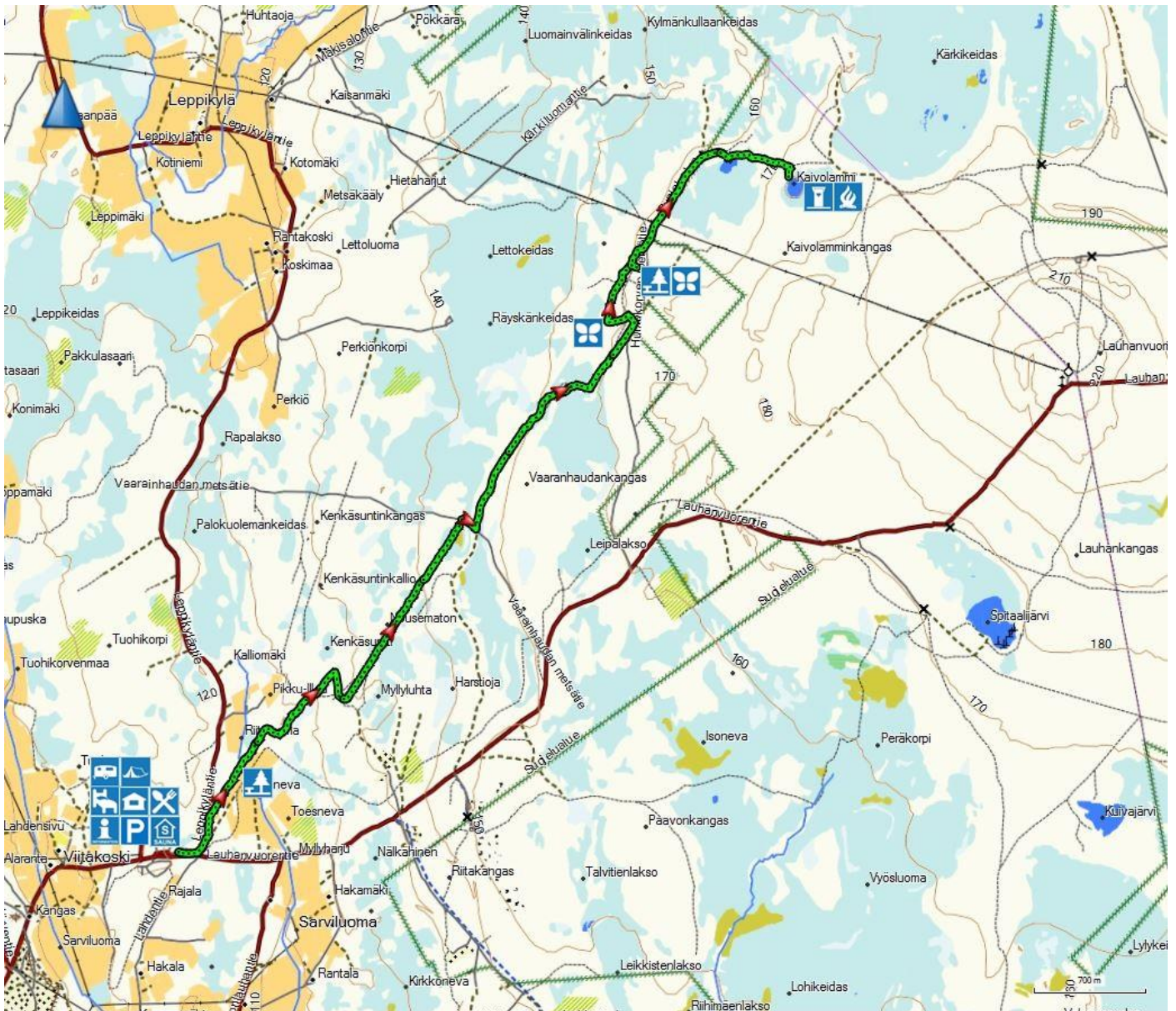
Lauhanvuorentie 490

64900 ISOJOKI

☎ +358 40 825 8751

info (at) lauha.fi

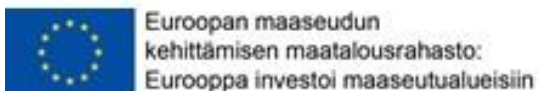
Trail map: Kaivolammi Nature Trail 7.6 km, Isojoki, Finland



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