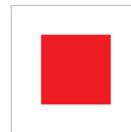
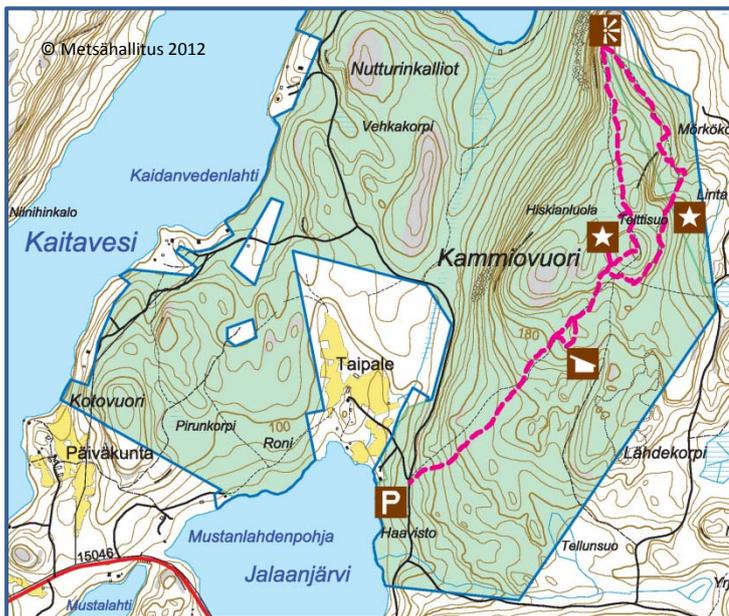


KAMMIOVUORI TRAIL, SYSMÄ



TRAIL DIFFICULTY: Medium
DISTANCE: 4 km
DURATION: about 2- 3 hours



ROUTE DESCRIPTION:

The Kammiovuori trail is situated in Sysmä and is especially suitable for day trip. The trail can only be reached by car from villages of Vääkysy (75 km) or Sysmä (24 km).

How to get there: Drive from Sysmä along road 612 towards Luhanka for 24 km, then turn right onto Vintturintie. Drive along this road for 2 km, and then turn left onto Nutturintie. Kammiovuori car park is located about 1 km further down this road. There are signs for Kammiovuori at the junctions on Vintturintie and Nutturintie.

The trail starts and ends at the car park at Kammiovuori and is suitable for hiking and Nordic walking although the **start of trail is challenging because of the climb and partly rocky path.**

The trail is marked with blue and white marks painted on trees. The trail passes through varying landscape, which was shaped by **the Ice Age**. The hiker is mostly surrounded by mixed forest, but at the top of the mountain you will find traditional Finnish pine forest. **Hiskias's cave** can be found at the beginning of the trail, where a vagabond by the name of Hiskias used to live at the beginning of 20th century, according to legend. After the cave there is another 1 km climb until you reach the target – **the summit of Kammiovuori Mountain. The view from the top is breathtaking.** To the south and the west, the glittering blue waters of Lake Päijänne dominate the landscape. On the route back the trail passes by a massive

boulder, known locally as "Linta". **The service facilities along the trail are limited.** There is a **lean-to shelter** on the way back but no other services. Please note: no firewood is supplied, so please bring your own firewood. **Nearest shops and restaurant services can be found in the village of Sysmä, www.sysma.fi.**

The trail is suitable for trainers, although in some rocky places hiking boots can be a better alternative.

