

Our area has active entrepreneurs with services, so you will find accommodation and dining options to suit every need.

See more:

[visitsuupohja.fi/en/majoitus-ja-ruoka/](https://visitsuupohja.fi/en/majoitus-ja-ruoka/)



Information on routes and services related to traveling in Southern Ostrobothnia:

**Visit Suupohja** [visitsuupohja.fi](https://visitsuupohja.fi)

**Lauhanvuori-Hämeenkanigas UNESCO Global Geopark** [lhgeopark.fi](https://lhgeopark.fi)

**Metsähallitus** [luontoon.fi](https://luontoon.fi) ja [retkikartta.fi](https://retkikartta.fi)

**Retkeile Lakeuksilla** [retkeilelakeuksilla.fi](https://retkeilelakeuksilla.fi)

**Kraatterijärvi Geopark** [kraatterijarvigeopark.fi](https://kraatterijarvigeopark.fi)

**Kuuden tähden reitistö** [kuudentahdenreitisto.fi](https://kuudentahdenreitisto.fi)

Layout: Riikka Timonen, 2024.

Photos: Aili Raudla-Majakangas, Outi Paasi, Terttu Hermansson, Ilkka Metsälä.

Translated by artificial intelligence.

### Do you know the Welcome Cyclist sign?

It is a sign created to make everyday life easier for bike travellers. Welcome Cyclist -service providers welcome bike travellers even when muddy, providing them with safe bike storage, pumps and basic tools, a charging point, and information about routes, services and bike services in the area.

The sign is granted by Bikeland. On their website, you will find a map showing all service providers with the sign!

[bikeland.fi/en/tervetuloapyorailija](https://bikeland.fi/en/tervetuloapyorailija)



# Experience Suupohja BY BIKE





# Welcome to cycle Through Suupohja

The Suupohja area has many cycling networks. There are plenty of routes to choose from. Some routes run locally within our area, but we are also part of the longer provincial routes. Through the longer routes, you can broadly experience the geologically historical and valuable areas of the Lauhanvuori – Hämeen kangas UNESCO Global Geopark and, if necessary, the entire diversity of Southern Ostrobothnia.

**You can find comprehensive route information in our area through the global OutdoorActive service.**

OutdoorActive can be easily accessed at: [outdooractive.fi](https://outdooractive.fi)



## Two National Parks' cycling route in Kauhajoki

How does 80 kilometers and two national parks sound? Explore the stunning landscapes of Lauhanvuori and Kauhanen-Pohjankangas National Parks and the Hyypänjokilaakso valley by mountain biking! The route follows forest roads and quiet country roads, offering sights such as Kauhanen, Lake Spitaalijärvi, and the Lauhanvuori tower.

## South Ostrobothnia Geopark tour

Traverse the wonders of the Geopark. Experience two national parks, stunning river valleys, and the cultural landscapes of the plains by bike! The 180 km long route offers geological attractions and takes you to some of the most beautiful sites in Southern Ostrobothnia, such as *Susiluola* and *Iso-Kakkori*. Enjoy nature and visit remarkable swamps and historical sites along the way.

**National parks also have their own cycling routes!**



## Muinaisvuori trails

Come experience the trail that follows the remnants of ancient mountains! You can choose a suitable distance for yourself from the Muinaisvuori trail network or cycle through the entire route. Although the route mainly runs through commercial forests, you will find vast fields of devil's stones, ravines, rock walls, groves, and rich flora, including marshlands shaped by the Ice Age.

## Kyrönjoki Road Trip

Kyrönjoki is surely familiar to many, and it flows through Southern Ostrobothnia. The agricultural plains along the river have been selected as one of Finland's national landscapes. The route is about 214 km long and is suitable for a multi-night trip. The route starts from the Lauhanvuori National Park in Isojoki and traverses the typical Southern Ostrobothnian landscape, ending at the Vähäkyrö church. The river continues its journey to Vaasa and all the way to the sea.



[visitsuupohja.fi](https://visitsuupohja.fi)



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## The art route from Kammi to Skantzi

This is a 37 kilometer route suitable for art lovers. Along the route, you will experience the Kammi-kylä in the middle of the swamps, the wonder of ITE art (contemporary folk art) at Alpo's Savannah, the experiential Anne's Art Café, the historic Karvia Church and outdoor museum area, and the Skantzi Cultural Center.

## Southern Ostrobothnia Booze Cruise

The Southern Ostrobothnia Booze Cruise does not encourage drunken biking but invites you to explore Southern Ostrobothnia's breweries and distilleries.

LEADER

Suupohja



Euroopan unionin  
osarahoittama