

# Visit *Suupohja*

ISOJOKI, KARIJOKI, KAUHAJOKI, TEUVA





[www.isojoensaha.fi](http://www.isojoensaha.fi)



# Suupohjassa viihtyy

**Suupohja** on eteläistä Etelä-Pohjanmaata, jossa asuu fiksuja ja rohkeita ihmisiä. Historian jana on äärimmäisen pitkä, sillä alueella sijaitsevan Susiluolan oletetaan olevan Pohjois-Euroopan vanhin asuinpaikka. Suupohjassa olet laadukkaan koulutuksen, monipuolisten palvelujen ja harrastusmahdollisuuksien sekä ainutlaatuisten luontokokemusten äärellä. Yrittäjyteen kannustavassa ilmapiirissä etätyöt ovat aito mahdollisuus laajan kuituverkon ansiosta. Ympärille levitetyällä maaseudulla tuotetaan puhdasta suomalaista lähiruokaa, ja metsien vihreästä kullasta jalostetaan puutavaraa kotimaan lisäksi globaaleille markkinoille.



**LEADER**

## Suupohja

LEADER SUUPOHJA tukee maaseudun toimijoita oman kotiseutunsa kehittämisessä ja sen viihtyisyyden lisäämisessä. Ydin-toimintaa on tukea uusien yritysten perustamisessa, auttaa työpaikkojen luomisessa sekä kehittää kylien ja yhteisöjen toimintaa Leader-rahoituksella. Jos sinulla on hyvä kehittämäsidea, ota yhteyttä Leader Suupohjaan.

[www.leadersuupohja.fi](http://www.leadersuupohja.fi)

Suupohjassa yhdistyvät mielenkiintoiset työmahdollisuudet laadukkaaseen ja väljään asumiseen luonnon keskellä.

Matkailijalle Suupohja tarjoaa monipuolisesti tekemistä. Seikkaille Suupohjassa -sivulta sekä kuntien sivulta löytyvien vinkkien avulla löydät retkikohteisiin helposti ja nopeasti. Nummirock, Ruokamessut, Rompepäivät, Sauna-ajot ja Lauhan Spelit edustavat Suupohjan tapahtumakirjon parhaimmistoa.

**Tervetuloa Seikkailemaan Suupohjassa!**



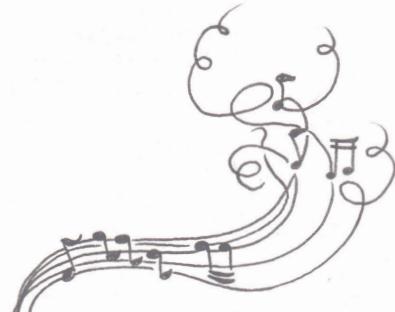
[www.laidunhereford.fi](http://www.laidunhereford.fi)



[www.mortmarkinperuna.com](http://www.mortmarkinperuna.com)



[www.suupohjanseutuverkko.fi](http://www.suupohjanseutuverkko.fi)



# Isojoki

**Start your trip** to Isojoki from Mustasaarenkeidas, a magical, protected bog inhabited by birds. An accessible nature trail winds through the bog to a bird-watching tower for ornithology enthusiasts. The slightly over one-kilometre-long trail is perfect for an outing with the whole family. Explore the booths at the Isojoki Fair in July and enjoy watching a fun tug-of-war competition.



The trails of Lauhanvuori National Park are perfect for a fun hike.



The Lauhansarvi Nature Resort mini-golf course invites you to test your skills.



The wonderful atmosphere at the Lauhan Spelit folk music festival attracts visitors from near and far.



**LAUHAN SPELIT** is an annual folk music festival in the beautiful milieu of Lauhansarvi Nature Resort. Join us for good music, delicious food and drinks as the summer day turns into a pleasant evening in the traditional Finnish landscape.

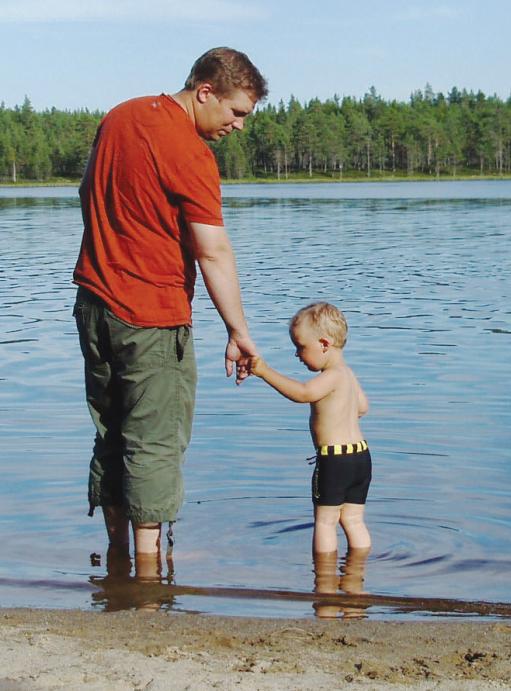
The Kangasjärvi camping site offers a perfect ending to a warm summer day with a sauna and a swim in the clear waters of Kangasjärvi Lake. The camping site is located in the immediate vicinity of Lauhanvuori National Park. The national park has dozens of kilometres of biking and hiking trails. The scenery varies from sandy forestlands to open bogs, flowing brooks, clear springs and banks formed along ancient shorelines.

[www.isojoki.fi](http://www.isojoki.fi)

The accessible nature trail in Mustansaarenkeidas.



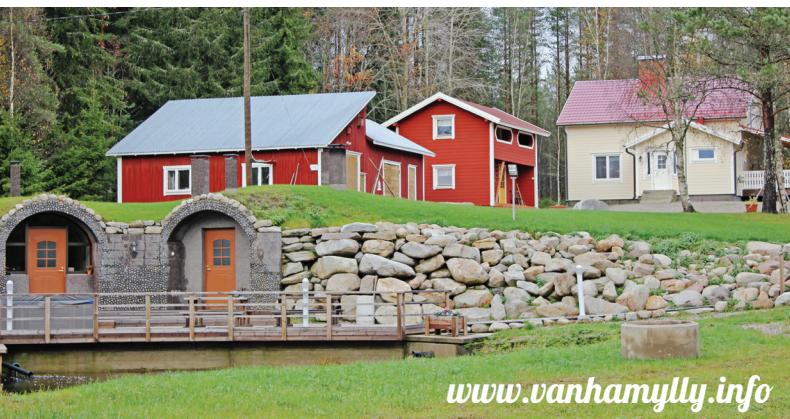
[www.lauhanvuoriregion.fi](http://www.lauhanvuoriregion.fi)



# Karijoki



The **Susiluola cave** in Karijoki feeds the imagination about the life of Neanderthal Man who inhabited the area in ancient times. The cave caters to a variety of interests thanks to the nearby ancient shoreline bank and the running trails zigzagging the pine forestland. Enjoy the relaxing warmth of the turf smoke sauna in the Vanha Mylly ("Old Mill") cabin resort after a trip to the cave.



[www.vanhamylly.info](http://www.vanhamylly.info)



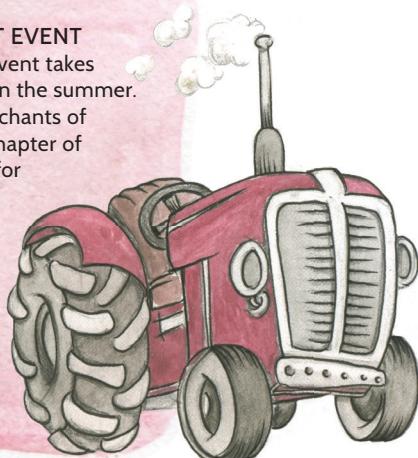
Having fun on a Zetor ride through the village.



The Ohriluoma bridge area is the setting for a Midsummer Eve celebration every year.

## KARIJKI FLEA MARKET EVENT

The Karijoki flea market event takes place in the town centre in the summer. It is organised by the merchants of Karijoki and the Karijoki chapter of the Mannerheim League for Child Welfare. The event showcases old vehicles, a flea market and farm exhibits for children. Hop onboard an old Zetor tractor for a leisurely ride through the village, free of charge.



The Myrkky village in Karijoki is known for equine sports. The riding stables offer fun and excitement with jumping competitions, and riding lessons are available along the bridle path built on the foundation of the old decommissioned railway track.

The award-winning Harjunpää Nursery is known for its high-quality seedlings, and Heidi the gardener gladly helps you pick just the right perennials for your home.

Come experience the magic of Midsummer Eve and bonfire by the suspension bridge in Ohrikylä on the border of three municipalities. The kiosk run by the village residents offers snacks for sale.

[www.karijoki.fi](http://www.karijoki.fi)



[www.suupohjanratsutalli.fi](http://www.suupohjanratsutalli.fi)



[www.susiluola.fi](http://www.susiluola.fi)



[www.perennat.fi](http://www.perennat.fi)



[www.valkoinenpuu.fi](http://www.valkoinenpuu.fi)



Excitement on the speedway track.



The open-air theatre offers comfortable covered seating.



It's possible to order quale eggs from Mimmis stable.

**KAUHAJOKI FOOD FAIR**  
The Kauhajoki Food Fair is organised in the yard of the Hämes-Havunen rustic mansion, featuring a different theme every autumn. The Fair showcases clean Finnish products and the companies making them.



The Kammikylä village in Nummijärvi is a truly unique experience. The imaginative decorations of the saunas built in the centre of the bog, the Julmettu cabin as well as the peaceful nature of the bog are a source of inspiration for visitors. The soft warmth of the turf sauna and coffee made on an open fire complete the unique experience.

Kirsti and Mark run the Valkoinen Puu ("White Tree") café in the centre of Kauhajoki and treat your taste buds with delicacies such as Grandma's chocolate cake. According to agreement you can visit the farm animals at Mimmis stable. There you can buy quale-eggs and goatmilk to take home with you.

# Kauhajoki

**Kauhajoki is the home** of the nationally recognised Botnia Golf course. The course was ranked as Finland's second best golf course by the public in terms of its price-quality ratio. The Botnia Golf fairways follow a pleasant, rolling landscape. The course is suitable for beginners but is also demanding enough for more seasoned golfers. The Kajo amateur theatre company produces open-air performances at the foot of the Sotkanrinteet slopes. The plays offer fun and excitement, and the covered seating ensures a pleasant experience for the audience even if it rains.

[www.kauhajoki.fi](http://www.kauhajoki.fi)





# Teuva



In Teuva, you can experience both nature and culture. Teuva Church features the only altarpiece painted by Tove Jansson, the creator of the Moomin books. The story has it Jansson was writing her Moominsummer Madness book while staying in Teuva. The best works of Ostrobothnian artists are showcased in the annual Ars Nova Botnica exhibition in the Orrela culture house.



The altarpiece painted by Tove Jansson depicts ten virgins.



Ars Nova Botnica is an exhibit of Ostrobothnian art.

## MOBILE SAUNA GATHERING

Organised every August in Teuva's Parra region. Come take a wash in a sauna built in a combine harvester, phone booth or even in an airplane, and take part in a sauna whisk ("saunavihta" in Finnish) throwing contest.



More eccentric experiences are available in Teuva's Parra region with the mobile sauna gathering. The event brings together a variety of mobile saunas built in, for example, phone booths, combine harvesters or airplanes. Visitors are welcome to try out these off-beat constructions. The Parra ski resort is among the most popular slopes in the region. In addition to the slopes, Parra also features dozens of kilometres of hiking and skiing trails, which wind through forests, boulder fields and between cliffs. Teuva is also known for agriculture. The Laidun Hereford beef farm produces and sells high-quality meat straight from the producer to the customer.



[www.parrakeskus.com](http://www.parrakeskus.com)

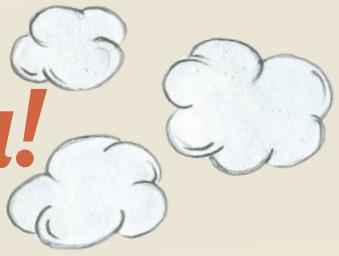


[www.sauna-ajot.com](http://www.sauna-ajot.com)



[www.pappilankangas.com](http://www.pappilankangas.com)

# Adventure in Suupohja!



## Teuva

[www.teuva.fi](http://www.teuva.fi)

- 1 Aittakallio: lean-to and nature trail
- 2 Viatti swimming spot
- 3 Viatti giant spruce treest
- 4 Birthplace of Simo Korpela, a hymn writer and poet
- 5 Rinnemaja recreational area: barbecue shelter, jogging track
- 6 Kauppila king-post truss bridge
- 7 Moot stones
- 8 Pappilankangas: lean-to, pole tent, jogging track, playground
- 9 Parra: lean-to, jogging track, boulder field
- 10 Parra in the summer: beach, disc golf
- 11 Suksenjärvi: nature trail, lean-to, bird watching tower



## Kauhajoki

[www.kauhajoki.fi](http://www.kauhajoki.fi)

- 12 Laitasaari: barbecue shelter, jogging track, playground
- 13 Aronkylä: recreational area
- 14 Sotka: jogging track and lean-to
- 15 Vaskivuori farm, Mimmi's stable farmvisit.
- 16 Kettukivi lean-to
- 17 Kaarlelanpuisto: lean-to, barbecue shelter, nature trail
- 18 Karhunkangas lean-to
- 19 Hiukkajärvi: Beach
- 20 Kaivojärvi: a bog lake in a nature conservation area
- 21 Tuluskangas lean-to
- 22 Hyppää cabin: jogging track, ski trail, lean-to
- 23 Jo-Pa-Ki pole tent
- 24 Ikkäläjärvi: swimming spot
- 25 Ylimysjärvi: bird watching tower
- 26 Alpon savanni: animal-related art made of recycled materials
- 27 Salakari beach
- 28 Kammikylä: a truly unique destination for the whole family
- 29 Nummijärvi: beach and camping

- 30 Venho cave
- 31 Katikka canyon
- 32 Lapinkaivo and Lapinharju: traces of the Ice Age
- 33 Särkkoski mill
- 34 Pohjakangas National Park in Kauhaneva
- 35 Kauhajärvi recreational area
- 36 Hukanluoma: a picturesque brook
- 37 Paholuoma lean-to
- 38 Muurahainen Nature Resort: nature trail



## Karijoki

[www.karijoki.fi](http://www.karijoki.fi)

- 39 Myrkky capercaillie hen forest
- 40 Myrkky recreational centre: swimming pool, disc golf track, pole tent, tennis court, jogging track, café
- 41 Korpinpesä lean-to
- 42 Iso-Kakkori pole tent
- 43 Peurajärvi: beach
- 44 Susiluola cave
- 45 Ohriluoma: suspension bridge and pole tent



## Isojoki

[www.isojoki.fi](http://www.isojoki.fi)

- 46 Vanhakylä: lean-to
- 47 Lähteenkylä: lean-to
- 48 Köllikoski: lean-to
- 49 Möykkylä-Heikkilänjoki lean-to
- 50 Kangasjärvi: beach, jogging track, camping
- 51 Lauhanvuori: observation tower
- 52 Spitaalijärvi: nature trail, cooking shelter, campfire site
- 53 Ancient shoreline bank
- 54 Somerokallio: ancient shoreline bank
- 55 Vesijärvi youth association: beach
- 56 Sarvijärvi: swimming spot, sauna
- 57 Mustasaarenkeidas: accessible nature trail, bird-watching tower
- 58 Kodesjärvi: beach

*More detailed descriptions, addresses and destinations*  
[www.facebook.com/groups/seikkailesuupohjassa](http://www.facebook.com/groups/seikkailesuupohjassa)  
[www.seikkailesuupohjassa.fi](http://www.seikkailesuupohjassa.fi)





## Discover your own adventures in Suupohja!

The Seikkaile Suupohjassa Facebook group and website offer information on top attractions in the region: beaches, observation towers, nature trails and lean-tos, museums, cafés, flea markets and direct sales farms. The links to each destination and maps make finding the destinations easy.

The Seikkaile Suupohjassa service is provided by EU's Leader funding.

Discover your own adventures in Suupohja!





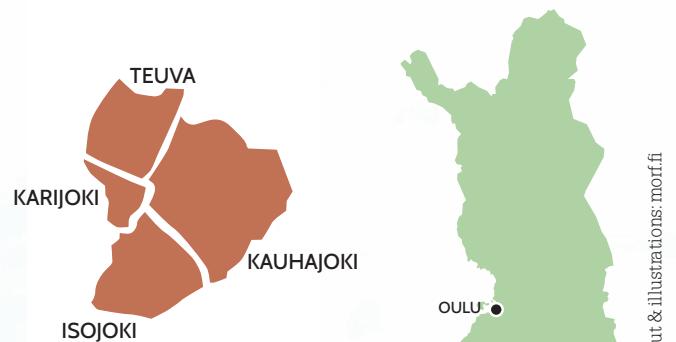


# *Discover your own adventures in Suupohja!*



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DISTANCES:

Helsinki about 4 h (average 330 km)  
Tampere about 2 h (average 170 km)  
Turku about 3 h (average 240 km)  
Vaasa about 1 h (average 90 km)  
Seinäjoki about 1 h (average 65 km)



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