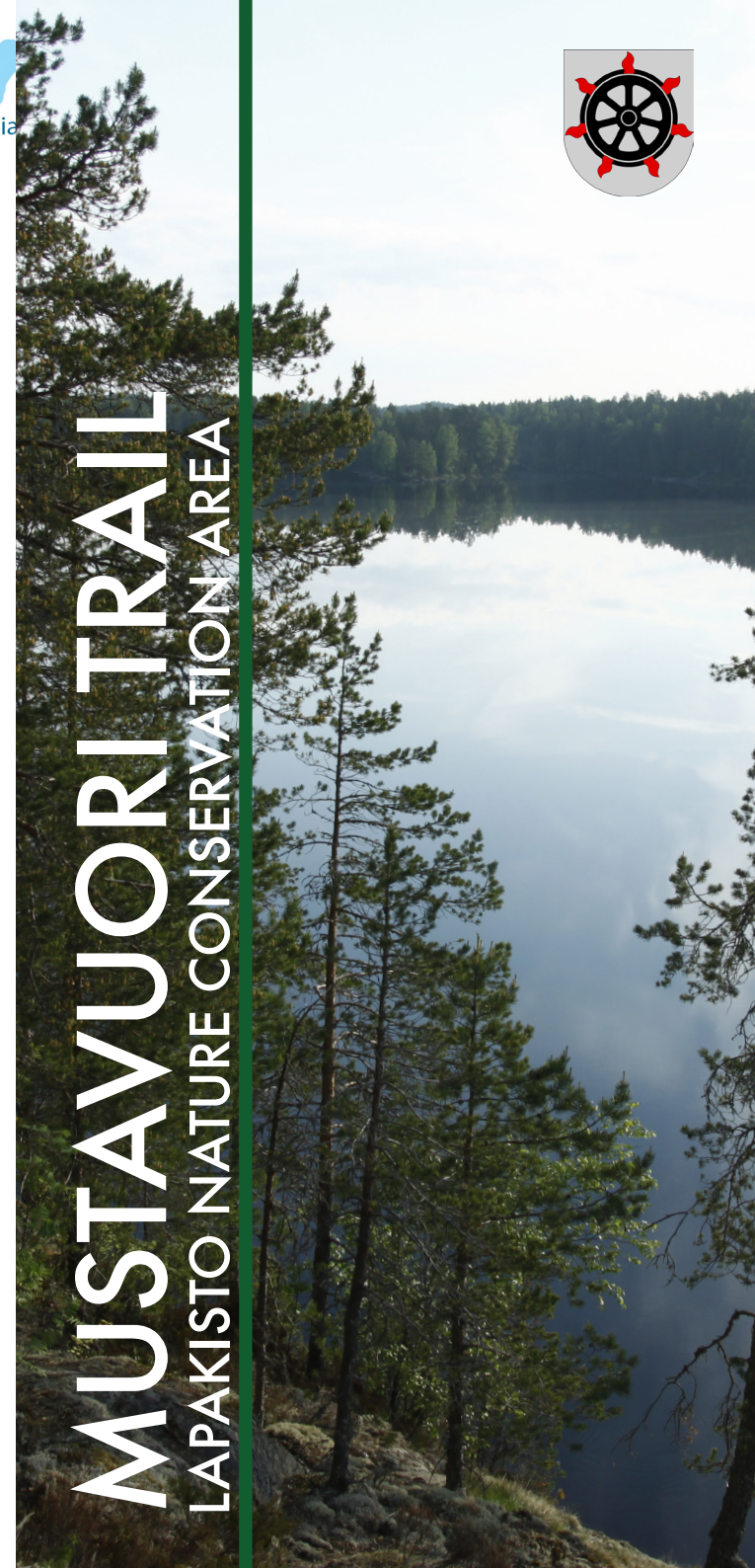


# MUSTAVUORI TRAIL

## LAPAKISTO NATURE CONSERVATION AREA





The Mustavuori trail offers both challenging trail-running and beautiful landscapes for the peace-seeking trekker. Completing the full circuit takes about an hour, but it is best to allow more time, for taking stops at the most beautiful spots and stopping at scenic lookout points.

You can reach the start of the Mustavuori trail either via the Sammalisto trail or straight from the car parking lot after the Erämaatie-road. This route is the area's most vigorous one for hiking and jogging, an area with a lot of changes in elevation, but the scenery is well worth the challenge. Though rocky in places, this trail is in good condition.

crossed, the trail rises to the most magnificent pine forest in the Lapakisto area.

As you approach the Kalliojärvi lean-to shelter, you should savour the area's beauty, to enjoy the beautiful lake views behind the treetops. To get the best view of the scenery you can descend a bit closer to the edge of the cliff, by a narrow but clearly visible path. After a while the trail carries on to the left from a crossroads. On the right there is the Kalliojärvi shelter and campfire site. The rest of the route consists of winding terrain through various old forests until you reach the Sammalisto lake.



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Tip! If the Mustavuori trail doesn't seem long enough, you can continue straight on towards Pajulahti from a crossroads south of Kalliojärvi and walk around the lake Kilpanen. This partially rocky trail has several steep slopes, but a lake dammed by beavers and the Kinnankoski rapids are definitely worth these three additional kilometres.

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In its western reaches, after the trail has separated from Sammalisto and passed by Erämaatie, the trail climbs up to an old logging site. The marked trail does not rise up quite to the very highest point, but climbing there certainly pays off: You will see endless stretches of forest landscape in the area where you came from, and even the Lahti radio masts are visible, to the right, in clear weather. Red signposts will guide you back to the trail and down from the rocks to a small swamp.

If there has been rain, waterproof footwear is best for crossing the swamp, even though there are wooden planks over the ditches. When all of the four ditches have been

