



Central Finland

Himos-Jämsä Cycle Trail



Nature is not far away, but in Central Finland! Hike and bike in our magnificent forests, experience the crystal-clear lakes, rivers and rapids, and fall in love with our five national parks!



The Jämsä cycle trail takes you to the idyllic and diverse countryside of Central Finland. The peaceful countryside and its fields, forests and animals will make bikers feel better both physically and mentally on the 36-kilometre trail. The trail includes undulating hills, a spectacular long section by a river and its rapids, and the towns of Jämsänkoski and Jämsä with their services and destinations. Take a journey to the past in the local history museums of Jämsä.

Cycle trail 36 km



Difficulty
Intermediate



Duration
3-6 h



Suitability
For people in good basic physical condition.

Route description

The trail goes around in a circle, and the recommended route goes counterclockwise. The surface of the trail varies between gravel and asphalt. If you depart from Himos, the trail begins with a lush lake scenery. The beautiful fields and relaxing forest trails will make your journey to Jämsänkoski seem effortless. There are a couple of demanding uphill sections before Jämsänkoski. You can stop to shop or enjoy a meal and a cup of coffee at the towns of Jämsänkoski and Jämsä. You can marvel at the enchanting rapids or enjoy a relaxing picnic while admiring the riverboats. The river provides a variety of places to swim in on sunny summer days. The rest of the trail to Himos is on a lovely bike path through hilly fields.



To the beginning of the route

You can start your journey wherever you want. However, the recommended places to start are Himos Center (Länsi-Himoksentie 4, 42100 Jämsä), Villansalmi along highway 9 and the towns of Jämsä and Jämsänkoski.

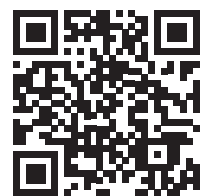
Good to know

It is advisable to bring plenty of water and snacks on your bike trip. You can also enjoy a meal or a cup of coffee in Himos, Jämsänkoski or Jämsä. A significant part of the trail is on a gravel road. Please be extra careful when crossing highway 9. It might be a good idea to walk your bike in the long uphill on Paljakantie. Completing the trail at an easy pace takes about three hours, but if you want to take breaks and learn more about the environment, you can also spend an entire day.



More information

- himosjamsa.fi
- Outdoorsfinland.com



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