



Central Finland

Leivonmäki National Park

Mountain Biking 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!



Leivonmäki MTB takes you into the beautiful nature of Central Finland, where the esker landscape shaped by the Ice Age is dotted with kettle holes, mires and clear forest ponds. The route is also suitable for beginners and can be adapted according to your skill and fitness level.

Trail guide

The Leivonmäki mountain biking trail (MTB) trail is a 22-km clockwise circle trail that starts and ends at Selänpohja parking area in Leivonmäki National Park. The route is varied and runs along forest paths, cart paths and narrow sandy roads. It also includes short duckboard sections and some challenging ascents and descents that have rocks and tree roots. The most challenging part of the trail is the wooded hill area before Soimalampi Pond, where you should be prepared to carry your bike. Both sides of Joutsniemi Esker provide magnificent views to Ruttajärvi Lake. Campsites along the route provide a chance to refresh yourself near the water or spend the night.

Leivonmäki MTB 22 km



Difficulty
Intermediate MTB route



Duration
3-6 h



Route markings
Yellow diamonds, black and white signage



Getting to the trail

Starting point: Selänpohja parking area (Syysniementie 1072, Joutsa). There are sign-posts to Leivonmäki National Park from the main road 4.

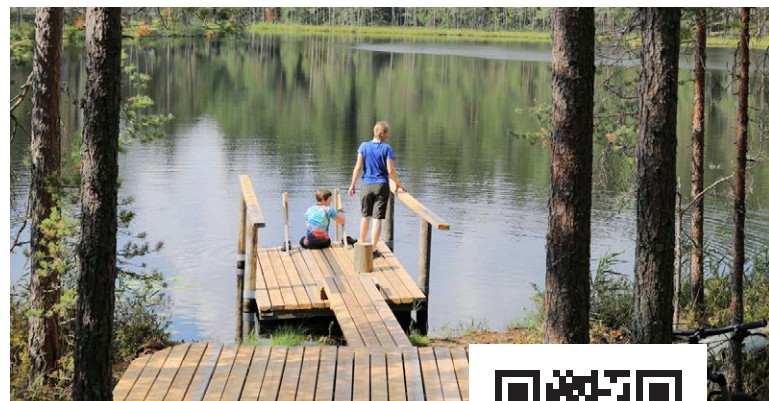
Good to know

Your own fitness level and bike model significantly affect the difficulty of the trail. Most of the route is a hard-surfaced trail or sandy road, but some sections have a lot of rocks and tree roots, and also some duckboards. Differences in elevation in the terrain require a higher level of fitness. If necessary, you can shorten the route in some places by taking a shortcut along a sandy road.

Part of the trail runs along the national park's hiking trail. Please take other trail users into consideration: Maintaining a moderate speed in all situations makes it safe for everyone. Since bikers are moving at a faster speed, you should always be prepared to yield to other trail users.

- There are dry toilets at campfire sites and at Selänpohja.
- When the forest fire warning is in effect, fires are not allowed – even at the campfire sites.
- Please remember to take your trash with you when you leave.

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More information

- [Nationalparks.fi/leivonmaki](https://nationalparks.fi/leivonmaki)
- [Joutsa.fi](https://joutsa.fi)



[Outdooractive.com](https://www.outdooractive.com)