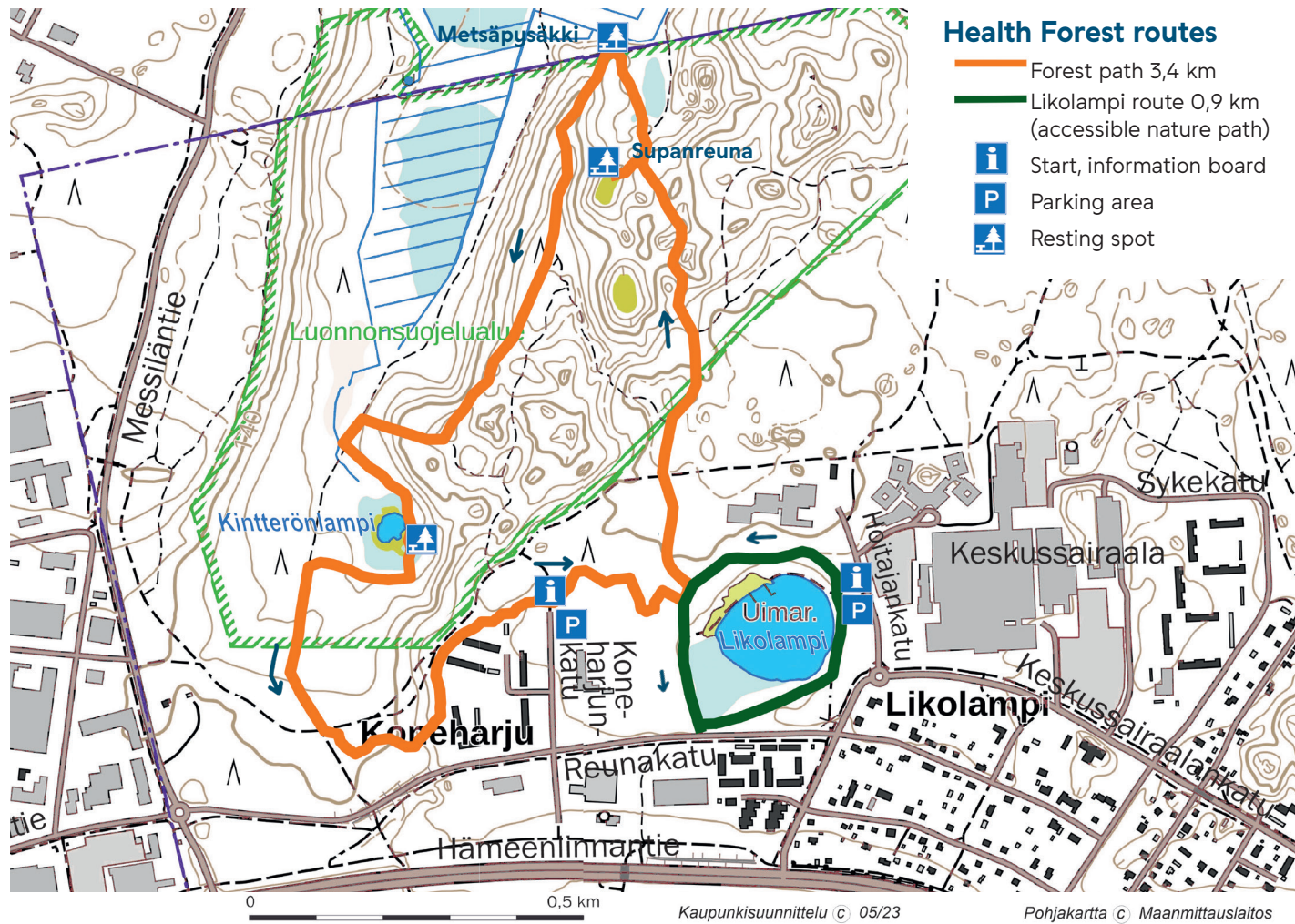


# Lahti Health Forest



## Remember the outdoor etiquette

Respect the nature • Keep your dog on a leash • Only walk on marked paths • Do not collect plants • Do not litter





The Kintterönlampi pond, boggy around the edges, was formed in a kettle hole.

## Well-being from nature

Lahti health forest is located in the Salpausselkä recreation ground near the Päijät-Häme Central Hospital. The health forest is part of the internationally valuable UNESCO Global Geopark area in Salpausselkä.

Natural environments support well-being in many ways: being in nature invigorates, improves the mood and motivates you to move.

In the health forest, you can consciously slow down and stop to enjoy the refreshing effects of nature.

Your own local forest can also be a health forest for you - all you need to do is enjoy its beneficial effect.

**Evaluate the well-being of your body and mind before and after a forest walk on a scale of 1-5.**

**Can you notice a change?**

tired and powerless 1 2 3 4 5 energetic and lively

## The Health Forest offers two different routes

**Forest path 3.4 km, medium difficulty**



The forest path goes through the Kintterö nature reserve, the diverse kettle hole terrain of Salpausselkä ridge. Kettle holes are depressions in the ground formed at the end of the Ice Age and they create a distinctive look for the area.

There are a few steep hills along the forest path. There are places to rest along the way, such as a yoga platform, a shelter, and some benches. The route is partly on a cross-country exercise path, which is intended for both walking and cycling. The route does not have winter maintenance, but the route is available all year round.

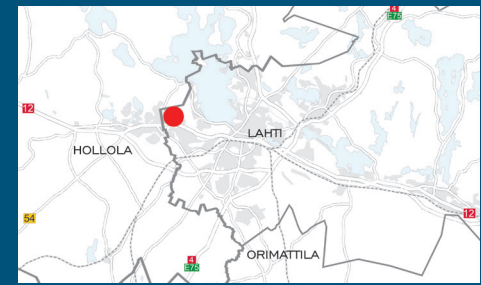
**Tip:** Information boards along the route instruct you to observe nature using your different senses.

**Likolampi route 0.9 km, accessible nature path**



The Likolampi trail is easy to walk. The flat terrain is also suitable for people who use assistive equipment. On the trail, you can enjoy the calming view of the pond and the shelter that the surrounding forest provides. Likolampi also has a beach for swimming.

**Tip:** Along the route there are wooden sculptures by the Lahti Artists' Association.



The health forest is located six kilometres from Lahti centre, right next to the Päijät-Häme Central Hospital.

The health forest has two starting points:

At Likolampi (Hoitajankatu 2) and at the end of Koneharjunkatu (Koneharjunkatu 10).

You can access the area easily by bus or bicycle. There are limited parking facilities at both departure points.

The City of Lahti is responsible for the maintenance of the health forest's routes.

More information:  
[lahti.fi/terveysmetsa](http://lahti.fi/terveysmetsa)

**Lahti**

**Salpausselkä Geopark**  
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Wellbeing services  
county of Päijät-Häme

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