



*Visit*  
**Suupohja**

ISOJOKI, KARIJOKI, KAUAJOKI, KURIKKA, TEUVA







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

# Suupohja

## - something for everyone

**Suupohja** located in Western Finland, is part of Southern Ostrobothnia, a home to smart and courageous people. The history of the area dates back thousands of years, evidenced by the Susiluola cave ("Wolf Cave"), which is the oldest known human residence in Northern Europe. This is where Neanderthal Man lived and used stone tools 120,000 years ago.

Today, the area thrives with 21st century know-how and skills. Suupohja offers high-quality education, product development partners in sectors such as 3D printing, and an extensive fibre optic network for convenient remote work.



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



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

LEADER

## Suupohja

**THE SUUPOHJA DEVELOPMENT ASSOCIATION** supports rural players in developing their home region and increasing its attractiveness. An important part of the activities is supporting the establishment of new companies and helping create jobs with the help of the EU's Leader funding.

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



The surrounding countryside grows fresh Finnish food, and the green gold of forests is upgraded for both Finnish and global markets. Suupohja combines interesting employment opportunities with high-quality and spacious living amidst nature.

The area offers diverse opportunities for tourists. The tips available on the Seikkaile Suupohjassa website help you find your way to these destinations easily and quickly. Events like the mobile sauna gathering and the Food Fair are among the best of the vast variety of activities Suupohja has to offer.

**Discover your own adventures in Suupohja!**

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



[www.suupohja.fi](http://www.suupohja.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.







# Karjoki



**The Susiluola cave** in Karjoki 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.

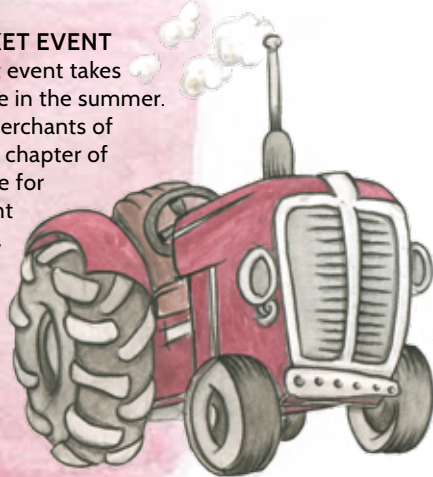
The Myrkky village in Karjoki is known for equine sports. The riding stables offer fun and excitement with jumping competitions, and riding lessons are available along the bridle path built on the foundation of the old decommissioned railway track.

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.

## KARIJOKI FLEA MARKET EVENT

The Karjoki flea market event takes place in the town centre in the summer. It is organised by the merchants of Karjoki and the Karjoki 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.



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

# 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.ruokamessut.fi](http://www.ruokamessut.fi)



Excitement on the speedway track.



The open-air theatre offers comfortable covered seating.



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



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

## 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. Kirsi and Mark Heidt 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.



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





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

# Kurikka



**The Jyllinkoski** power plant museum features a wide variety of things to see. The old wooden bridge offers a splendid view to the rapids below. The kiosk sells snacks, such as ice cream or sausages for roasting in the campfire on the riverbank. Kurikka is not just about beautiful landscapes but it also organises a variety of events, such as the Haku Päällä festival of dating and love. The festival is all about finding Mr. or Ms. Right, and it culminates in a night-time wedding ceremony visitors are



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



Haku Päällä -festival is all about finding Mr. or Ms. Right. The wife-carrying contest is for those who have already found love.



Kahvila Kropsu is a combination of a café with delicious pastries and an interior design and shoe store.



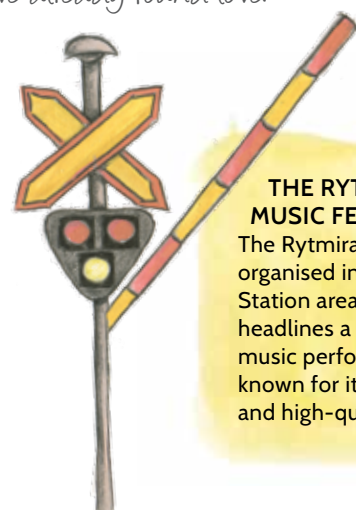
Water Ski Open is one of the attractions in Kurikka.

welcome to come watch. For those looking for a more extreme couples experience, there is the wife-carrying contest. The lively summer of events also includes the Rytmiraide music festival in August.

The Botniarinki motor sports arena in Kurikka is the venue for races throughout the year. The F1 driver Valtteri Bottas holds the second fastest lap time in the arena so far. The popular Sälli Camping is located in the vicinity of the motor sports arena. It is a pleasant camping site with a great atmosphere and magnificent landscapes.



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



## THE RYTMIRAIDE MUSIC FESTIVAL

The Rytmiraide festival is organised in the Old Railway Station area. The festival headlines a variety of rhythm music performers and is well-known for its out-of-the-box and high-quality lineups.



[www.facebook.com/jyllinkoski](https://www.facebook.com/jyllinkoski)





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



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

The altarpiece painted by Tove Jansson depicts ten virgins.



Ars Nova Botnica is an exhibit of Ostrobothnian art.

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.

## 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.



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



[www.parra.fi](http://www.parra.fi), [www.luontoparra.fi](http://www.luontoparra.fi)



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



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





The Loukajanvuori observation tower in Kurikka.



## 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.

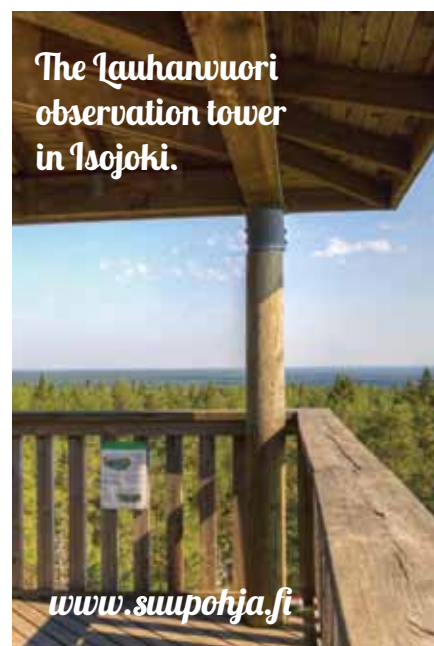
The Seikkaile Suupohjassa service is provided by the Suupohja Development Association. Your guide in the service is Seppo Seikkailija, a character created by the Development Association. Discover your own adventures in Suupohja!



[www.facebook.com/groups/seikkailesuupohjassa](https://www.facebook.com/groups/seikkailesuupohjassa)  
[www.seikkailesuupohjassa.fi](http://www.seikkailesuupohjassa.fi)



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



The Lauhanvuori observation tower in Isojoki.

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



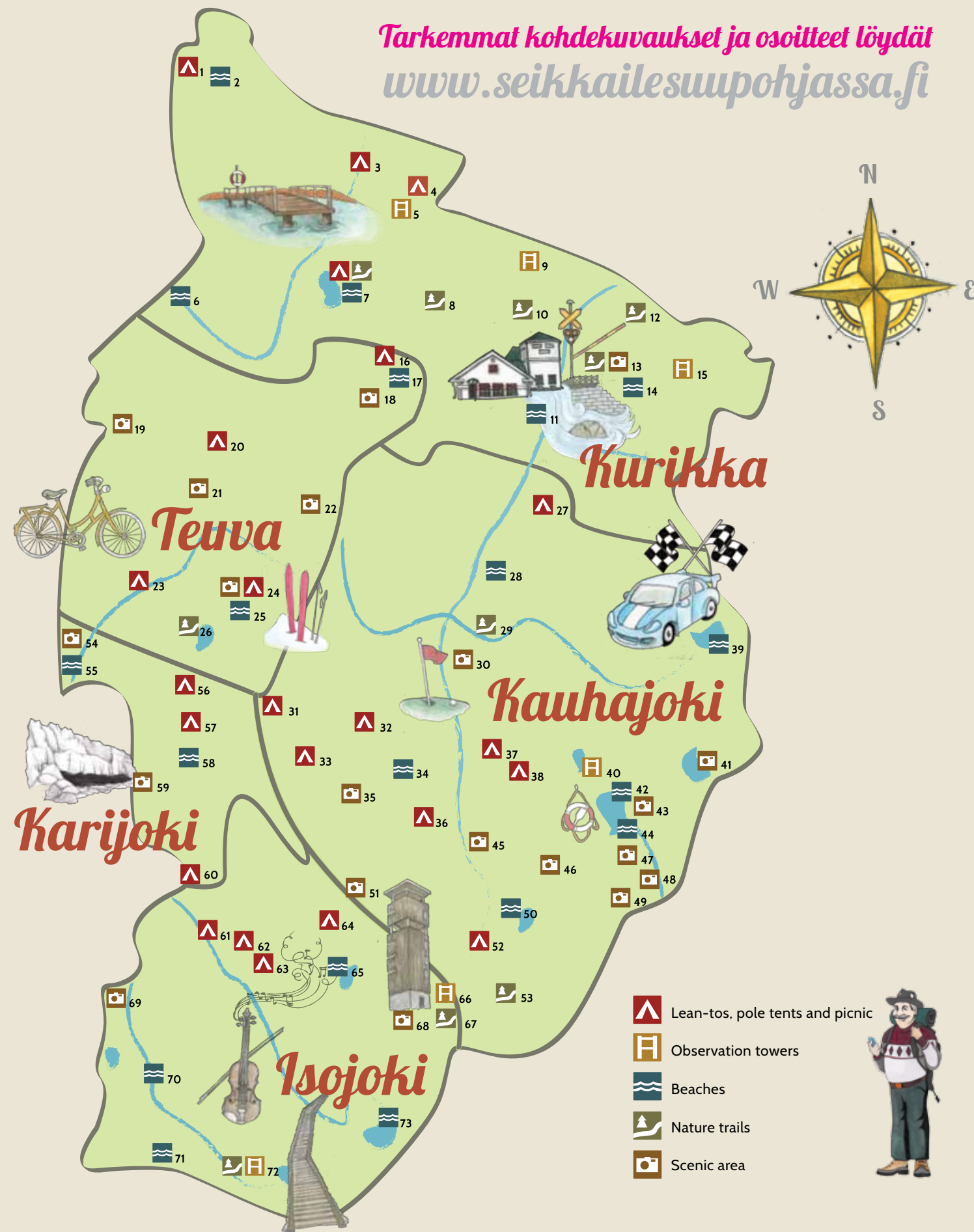
Lauhanvuoren näkötorni



Teatteri Kajo, Kauhajoki



Tarkemmat kohdekuvaukset ja osoitteet löydät  
[www.seikkailesuupohjassa.fi](http://www.seikkailesuupohjassa.fi)



# Local Seikkaile Suupohjassa adventures



## Kurikka

- 1 Isoomäki pole tent and lean-to
- 2 Sarvijoki village swimming pool
- 3 Pintapirtti lean-to
- 4 Pässilänmaja: nature trail, barbeque shelter and lean-to
- 5 Myötämäenkallio: Nature trail, lean-to and observation tower
- 6 Närvijoki recreational area: café
- 7 Sällin kierros nature trail: beach, barbeque shelter and café
- 8 Niinistöjärvi: Nature trail, barbeque shelter and lean-to
- 9 Pahkavuori: observation tower, pole tent and nature trail
- 10 Iso Karhuvuori: nature trail
- 11 Tripuunen bridge: swimming spot
- 12 Nuijapolku: nature trail
- 13 Jyllinkoski: power plant museum, dam, nature trail
- 14 Pitkämä: beach
- 15 Luova observation tower: lean-to

## Teuva

- 16 Aittakallio: lean-to and nature trail
- 17 Viiatti swimming spot
- 18 Viiatti giant spruce treest
- 19 Birthplace of Simo Korpela, a hymn writer and poet
- 20 Rinnemaja recreational area: barbeque shelter, jogging track
- 21 Kauppila king-post truss bridge
- 22 Moot stones
- 23 Pappilankangas: lean-to, pole tent, jogging track, playground
- 24 Parra: lean-to, jogging track, boulder field
- 25 Parra in the summer: beach, disc golf
- 26 Suksenjärvi: nature trail, lean-to, bird watching tower

## Kauhajoki

- 27 Laitasaari: barbeque shelter, jogging track, playground
- 28 Aronkylä: recreational area
- 29 Sotka: jogging track and lean-to
- 30 Kitutöyrä stables: petting zoo
- 31 Kettukivi lean-to
- 32 Kaarlanpuisto: lean-to, barbeque shelter, nature trail
- 33 Karhunkangas lean-to
- 34 Hiukkajärvi: Beach
- 35 Kaivojärvi: a bog lake in a nature conservation area
- 36 Tuluskangas lean-to
- 37 Hyypä cabin: jogging track, ski trail, lean-to
- 38 Jo-Pa-Ki pole tent
- 39 Ikkeläjärvi: swimming spot
- 40 Ylimysjärvi: bird watching tower

- 41 Alpon savanni: animal-related art made of recycled materials
- 42 Salakari beach
- 43 Kammikylä: a truly unique destination for the whole family
- 44 Nummijärvi: beach and camping
- 45 Venho cave
- 46 Katikka canyoni
- 47 Lapinkaivo and Lapinharju: traces of the Ice Age
- 48 Särkikoski mill
- 49 Pohjakangas National Park in Kauhanneva
- 50 Kauhajärvi recreational area
- 51 Hukanluoma: a picturesque brook
- 52 Paholuoma lean-to
- 53 Muurahainen Nature Resort: nature trail

## Karijoki

- 54 Myrkky capercaillie hen forest
- 55 Myrkky recreational centre: swimming pool, disc golf track, pole tent, tennis court, jogging track, café
- 56 Korpinpesä lean-to
- 57 Iso-Kakkori pole tent
- 58 Peurajärvi: beach
- 59 Susiluola cave
- 60 Ohriluoma: suspension bridge and pole tent

## Isojoki

- 61 Vanhakylä: lean-to
- 62 Lähteenkylä: lean-to
- 63 Köllikoski: lean-to
- 64 Möykkykylä-Heikkilänjoki lean-to
- 65 Kangasjärvi: beach, jogging track, camping
- 66 Lauhanvuori: observation tower
- 67 Spitaalijärvi: nature trail, cooking shelter, campfire site
- 68 Ancient shoreline bank
- 69 Somerokallio: ancient shoreline bank
- 70 Vesijärvi youth association: beach
- 71 Sarvijärvi: swimming spot, sauna
- 72 Mustasaarenkeidas: accessible nature trail, bird-watching tower
- 73 The Kangasjärvi camping: camping site and beach
- 74 Kodesjärvi: beach



# Discover your own adventures in *Suupohja!*



## Suupohjan Kehittämisyhdistys ry

Teknologiapuisto 1

61800 Kauhajoki

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

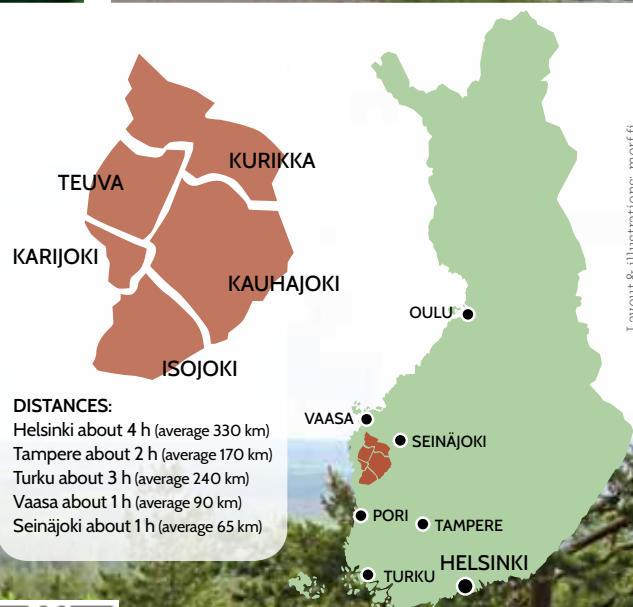
[suupohjankehittamisyhdistys@sky.suupohja.fi](mailto:suupohjankehittamisyhdistys@sky.suupohja.fi)

0400-284843

TEXTS AND EDITING: Maija-Liisa Laitila, Sirkku Ylikoski, Ulla Norrbo, Jenni Rankaviita, Sirpa Autio, Jouni Lilja, Anne Koskela ja Marjo Nevala

PICTURES: Tanja Koivisto-Nisula, Jenni Rankaviita, Vaasan urheilukuvaus, Heikki Mahlamäki, Esa Saarinen, Mia Perkiö, Juha Mänty, Teppo Toivanen, Hannu Koivisto, Mikko Kalijärvi, Mirja Koivisto, Kaisa Niinisalo. *Kiitos myös kaikille muille esitteeseen kuvia toimittaneille.*

*Viesti virtaa Suupohjassa -hanke yhteistyössä Isojoen, Karijoen ja Teuvan kuntien sekä Kauhajoen ja Kurikan kaupunkien ja Suupohjan elinkeinotoimen kuntayhtymän kanssa.*



### 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)

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

[www.facebook.com/suupohja.fi](https://www.facebook.com/suupohja.fi)

Twitter ja instagram @suupohja

