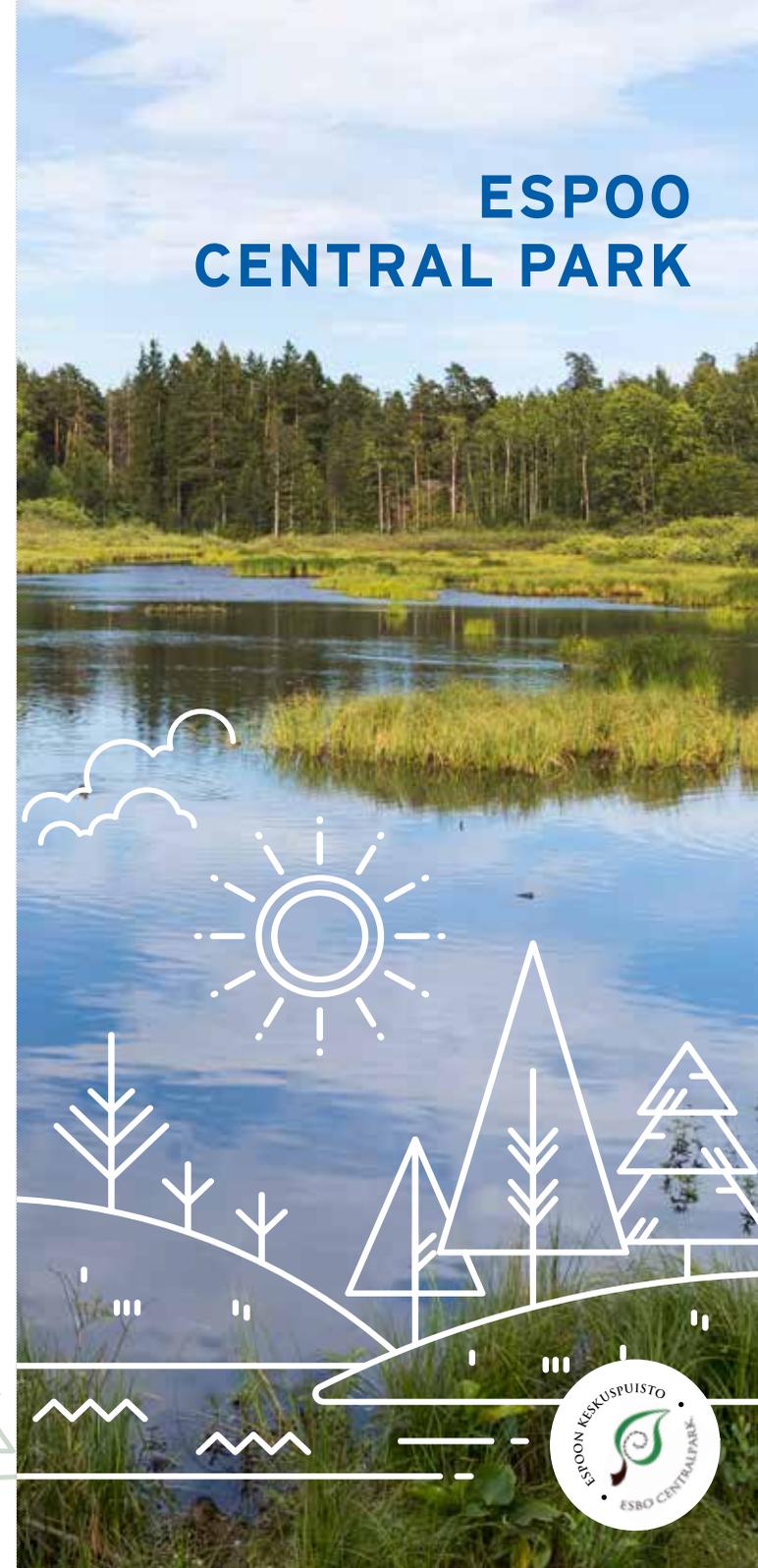


- Centralpark, forest
- Centralpark, meadow
- Nature conservation area
- Traditional landscape
- Underpass
- B Bus stop  
(stop information:  
[www.hsl.fi/EN/mobile](http://www.hsl.fi/EN/mobile))
- Parking area
- N Central Park nature gate
- I Nature trail information board
- D Dog park
- Outdoor exercise route
- Ski trail
- Outdoor exercise route and ski track
- 4.5 Fitness track, ski track in the winter
- Nature trail
- H Aklies hut
- Radiomast
- Glacial pothole
- Boulder



# ESPOO CENTRAL PARK



## The Central Park is easy to access

The Central Park is accessible via many city bus lines from Kamppi in Helsinki as well as Espoon keskus. More information on bus stops and bus routes: [www.hsl.fi](http://www.hsl.fi)

Environmental Center 2019  
Art work: Moods Oy  
Cover image: Anita Raunio  
Map: Sitowise Oy  
Gground map: Espoon karttapalvelut  
[www.espoo.fi/keskuspuisto](http://www.espoo.fi/keskuspuisto)



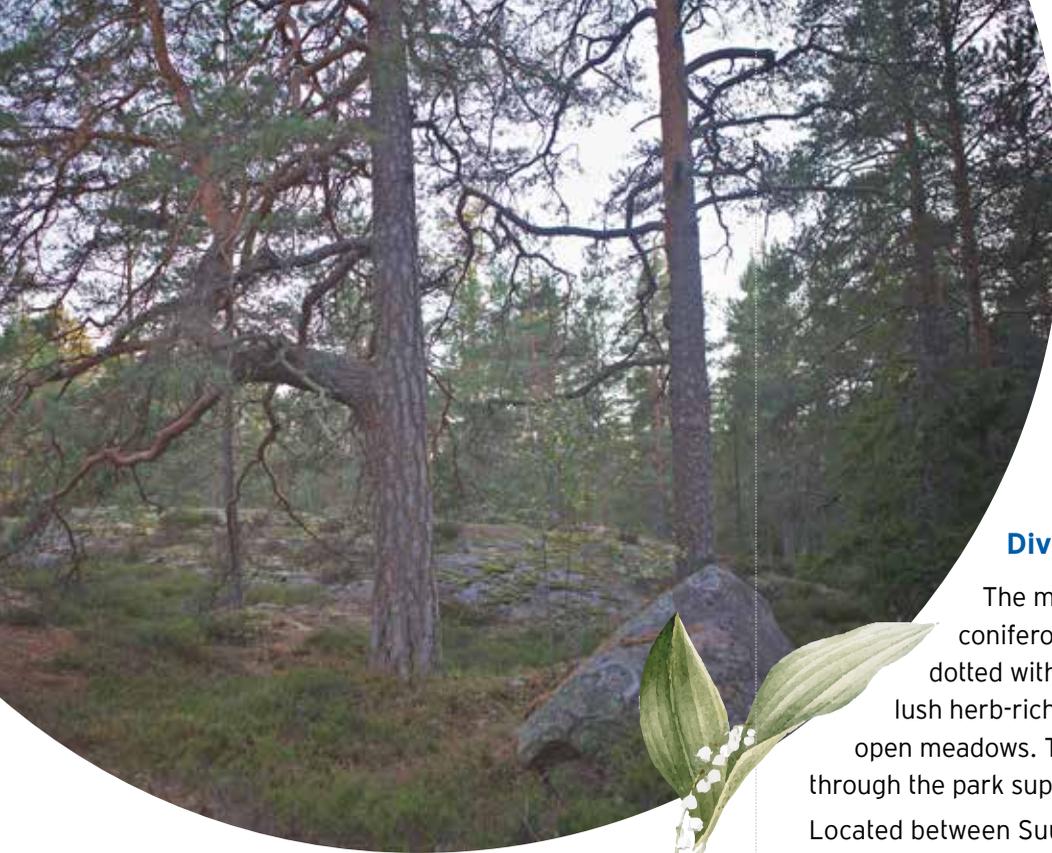
## Let's take good care of the Central Park together!

Thanks to the public access rights in Finland, you can go hiking and pick mushrooms and berries in the Central Park - even in nature reserve areas. However, do remember that

- the Central Park is a destination for day trips and that camping and open fires are not allowed.
- Motor vehicles and mountain bikes are not allowed in nature reserve areas.

- There is a diverse and well-established path network in the area. Please keep to the paths to avoid trampling damage to the environment.
- Do not leave litter! Put your rubbish in the bin or take it home.
- Dogs must be kept on a leash when outside fenced dog parks.





■ The heart of western Central Park, Harmaakallio is an area characterised by cliffs, forests and wildwoods. It is a beautiful wilderness-like area with rugged rock formations and pine stands in a good natural state. The Harmaakallio Nature Reserve covers 51 hectares.  
Photo: M.E. Takanen

### Diverse nature

The majority of the Central Park is coniferous forest rich in blueberry bushes, dotted with pine-dominated rocky ridges, lush herb-rich forests, wildwood hollows and open meadows. The Finnoonpuro brook coursing through the park supports a natural trout population.

Located between Suurpelto and Kuurinniitty, Lillträsk (Henttaansuo) covers approximately 13 hectares, making it the largest wetland area in Southern Espoo. It was conserved to honour the 100th anniversary of Finland's independence in 2017. It is an open bog with a variety of wetland flora and fauna, from cranberries to endangered orchids. The moss species in the bog are particularly valuable.

### Espoo Central Park

Located in the middle of the city, Espoo Central Park is an expansive nature area consisting of forests, meadows, cliffs and wetlands. Despite the comprehensive network of outdoor exercise routes, the Central Park has the feeling of a real forest.

Covering an area from Vanttila to Suurpelto and from Espoon keskus to Latokaski, the Central Park covers approximately 880 hectares, making it Espoo's second largest contiguous green area after Nuuksio National Park. It is also an important ecological corridor from the sea to Northern Espoo.



■ Photo: Stefan Eppu Blomqvist

■ A flying squirrel eating. Photo: H. Rajamäki



### Hiking and exercising in local nature

The Central Park offers multiple opportunities for recreation in the nature. Besides forest trails, there are attractions such as:

- **Lit outdoor exercise routes and three fitness trails** Central Park fitness trail 4.3 km, Latokaski fitness trail 2.5 km, Olari fitness trail 1.6 km.
- **An extensive network of ski tracks is maintained in winter.** You can check the service [Ulkoliikunta.fi](http://Ulkoliikunta.fi) for up-to-date information on ski tracks, such as their length, lighting and condition.
- **Orienteers are provided with 20 fixed orienteering points, most of which are considered easy.** More information about orienteering points [Espoo.fi](http://Espoo.fi) -> Fixed orienteering points.
- **There are also geocaching opportunities in the park.** More information on geocaching: [geokätköt.fi](http://geokätköt.fi)

■ Glacial pohtole in Central Park. Photo: Stefan Eppu Blomqvist



■ Robin  
*Erithacus rubecula*.  
Picture: Karoliina Hämäläinen

**Tikankierros trail in Central Park** is a nature trail running from the Mössenkärr pond along old forest trails and across the Rönängens meadow classified as a traditional landscape. The Central Park's two glacial potholes are also located near the route. The route is approximately 3 km long. It intersects various outdoor routes, so you can easily walk just part of it.

### DID YOU KNOW?

The Central Park has many valuable natural sites as well as rich and diverse flora and fauna. In addition to the six nature reserves established in the area, there are protected.

