

Arrival and contact information

Several of the city's bus routes stop by Central Park. You can get to Sunanniityntie and Puolarmetsä from Kampi and Espoo Centre. More information on bus stops and bus routes: www.hsl.fi

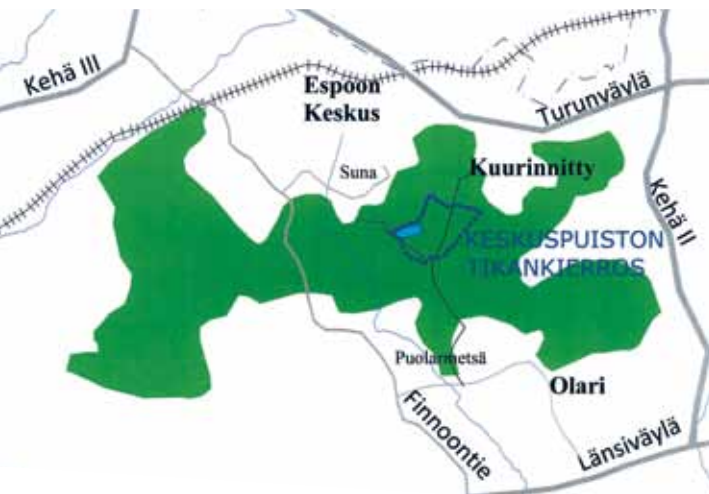
You can park your car in the Alamäentie or Hopearinne parking area.

In Central Park, you can freely use the numerous outdoor routes on foot or by bike, or ski on the illuminated ski tracks in the winter. Many people use Central Park for recreation. When you take others into consideration, everyone will be happy!

OTHER NATURE TRAILS IN ESPOO

There are a total of 26 nature trails in various parts of Espoo. Information on the nature trails is available from the Espoo Environment Department, tel. 09 8162 4832, and Nature House Villa Elfvik, tel. 09 8165 4400.

www.espoo.fi > Nature trails

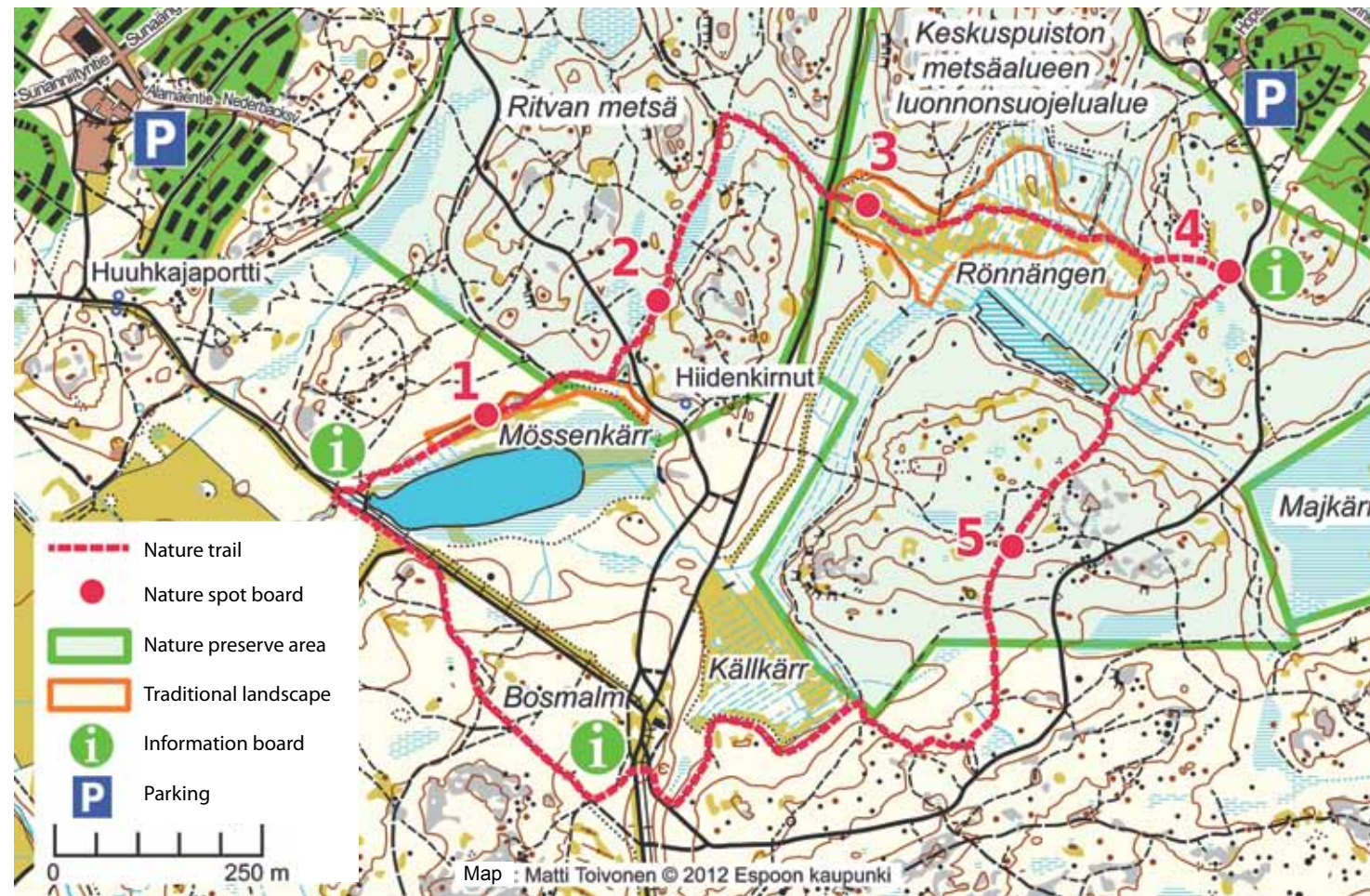


Tikankierros

The nature trail is approx. 3 km long. It intersects various outdoor routes, so you can easily walk just part of it. It is marked with signposts and has five information boards. The nature trail follows old forest paths and is challenging in parts. There are duckboards in the wetter sections to make it easier to proceed.

The Tikankierros nature trail circles around typical Central Park forest terrain, where the conditions vary from rugged rocks to lush hollows. Along the route, there are also two meadows classified as traditional landscapes. In addition, the two glacial potholes of Central Park are located near the nature trail. The path to them is signposted.

The rocks along the nature trail provide nice places for eating snacks and taking a rest. There is no waste management on the route, so please take your litter home or to the nearest waste bin. Please remember that open fires are not allowed. Let's take good care of Central Park together! Please respect nature and take others into consideration.



Welcome
TO THE TIKANKIERROS
NATURE TRAIL IN
ESPOO CENTRAL PARK





1 MÖSSenkÄRR POND

The willow marsh around the pond provides shelter for many water birds. There is also lots of life under the surface. The beautifully blooming meadow plants attract butterflies.

Can you recognise the common goldeneye with its dark head?



2 CONIFEROUS SWAMP

Lush and rich in nutrients, coniferous swamps are formed in hollows and stream valleys. Common flora includes ferns and horsetails as well as sphagnum moss, which turns into peat as it decomposes.

Did you know that only female mosquitoes suck blood, since they need the protein to develop eggs?

3 RÖNNÄNGEN MEADOW

Most of the meadow is taken over by high grass in the summer, and is filled with the sweet scent of meadow-sweet. The traditional meadow is maintained by annual scything. The flowers of Rönnängen meadow are also important for butterflies.



4 DIVERSE NATURE RESERVE

The coarse woody debris is essential for many endangered species and the diversity of the forest. Valuable parts of Central Park have been preserved as nature conservation areas.



5 DEAD TREES AND LICHENS ON THE ROCKS

Rocks and dry pine forests are second nature to Central Park. In the harsh conditions, pines can be very old despite their small size. Please note that the lichens covering the rocks do not withstand treading on during dry periods.

