

Kestävyyssurheilija Deichmann uintijuoksee Suomen saariston läpi kesäkuussa

*Saksalainen extreme-surheilija **Jonas Deichmann** aikoo kesäkuussa edetä Turusta Maarianhaminaan uiden ja juosten. Suomessa vieraillessaan hän tutustuu samalla myös Järvi-Suomen luontoon mm. pyörällä ja kajakilla liikkuen. Deichmann saapuu Suomeen ja Pohjois-Karjalaan Visit Finlandin kutsumana.*

Jonas Deichmann on seikkailija, extreme-surheilija ja useiden maailmanennätysten haltija. Hän on purjehtinut maapallon ympäri, pyöräillyt 18 000 kilometriä Kapkaupungista Nordkappiin ja uinut 465 kilometriä Kroatian rannikkoa pitkin.

Deichmannin seikkailut vievät hänet usein Euroopan syrjäisimpiin kolkkiin ja seuraavaksi hän aikoo uintijuosta (swimrun) Suomen saaristossa sekä tutustua Itä-Suomen luontoon mm. pyöräilemällä, melomalla ja polkujuoksemalla. Visit Finland on kutsunut Deichmannin Suomen seikkailulle tavoitteenaan tehdä Suomea tutuksi Saksassa tavallisesta poikkeavalla tavalla.

- Järvi-Suomi eli *Land der tausend Seen* on iskostunut Suomen tunnetuimmaksi asiaksi saksalaisten mielissä. Deichmannin seikkailujen myötä saamme esiteltä saksalaisille Itä-Suomen ja rannikon luontotarjontaa aivan uudella tavalla, Visit Finlandin PR manager **Eevakaisa Mölsä** kertoo projektin taustoista.

Suomen luonto uudella tavalla

Suomessa Deichmannin matkan ensimmäinen etappi vie hänet Järvi-Suomeen. Kajakkimelonta Hossan kansallispuistossa, saunominen, riippumatossa nukkuminen, polkujuoksu ja pyöräily Kolin kansallispuistossa sekä saarihyppely Pielisellä odottavat Deichmannia.

- Olen erittäin innoissani päästessäni kokemaan Järvi-Suomen lukemattomat järvet ja saaret. Seikkailijana olen erityisen kiinnostunut koskemattomasta erämaasta, ja urheilijana löydän alueelta varmasti lukemattomia mahdollisuuksia pyöräilyn ja polkujuoksun parissa, **Jonas Deichmann** sanoo.
- Olen käynyt Suomessa jo useita kertoja, viimeksi vuonna 2019, kun pyöräilin Etelä-Afrikan Kapkaupungista Nordkappiin. Tällä kertaa tarkoituksena on uida ja juosta saaristossa noin 200 kilometrin matka sekä nauttia Järvi-Suomen tarjonnasta, Deichmann kommentoi.



Deichmannin on Suomessa 4.–18.6.2023 ja hänen seikkailujaan voi seurata Instagramissa: @jonas_deichmann. Pohjois-Karjalan ohjelmaosuudella hänet voi kuvauksia tai lehtijuttuja varten tavoittaa oheisen ohjelman mukaisesti.

Lisätietoja:

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PROGRAM FOR JONAS DEICHMANN

Wild Taiga - North Karelia 4.–10.6.2023

The largest Lakeland district in Europe, Finnish Lakeland, is a blue labyrinth of lakes, islands, rivers, and canals, interspersed with forests and ridges. Finland has 188 000 lakes and most of them are situated in the heart of Finland. There is no scenery more Finnish than a cottage by the lake surrounded by emerald-green forest. Nature is a huge part of our identity and a significant source of well-being for millions of Finns. We wish you a warm welcome to Lakeland to enjoy special Finnish moments!

4.6.2023

12.25-17.57 Flight to Kajaani from Helsinki

Arriving to Kajaani, capital of Arctic Lakeland Kainuu, the northernmost region of Finnish Lakeland.

Pick-up of the AVIS-rental car at the airport. (Andrea Wahl, reservation 1464-3548-FI-3 from Sun 04.06.2023 18:00 to Sat 10.06.2023 13:00.) Car is left to Joensuu.

Drive to Suomussalmi and Hossa National Park

~20.00 Meet & greet The Silent People and dinner - [Niitty Café](#)

Short stop by the Silent People. Travelers on Highway 5 are greeted by a peculiar sight of people-like figures. Niittykahvila Cafe next to the Silent People offers an unforgettable experience for all motorists driving along Highway 5. Come and taste our proper fire-brewed, kettle coffee and delicious butter-baked Finnish crepes.

Address: Viitostie 547, 89800 Suomussalmi



22.00 Accommodation - [Tentsile Hossa Wild Ecocamp](#)

Join the Tentsile tribe and spend a night in a tree with a beautiful lake landscape just next to Hossa National Park.

5.6.2023

8.00 Breakfast

Transfer together with the host to the starting point of the canoeing route.

9.00 Challenge of the day - Canoeing through Hossa Nationalpark

The magnificent wilderness of Hossa is an excellent destination. The magnificent wilderness of Hossa is an excellent destination: the trails running along pine heaths invite you to hike and cycle, and the crystal-clear lakes to go canoeing and fishing. The rock paintings of Julma-Ölkky and Värrikallio depict stories of shamanism, dating back thousands of years. Finland's northernmost rock paintings and the biggest canyon lake Julma-Ölkky are the highlights of this canoeing route.

Address: Julma-Ölkyntie 86, 93700 Kuusamo,

15.00 Lunch at the Hossa Visitor Center

Address: Jatkonsalmentie 6, 89920 Ruhtinansalmi

16.00 Departure

16.30 Bear Sauna - [Hossan Karhut](#)

Come and experience two age-old experiences at once. Watch bears and other wildlife through the window while you relax in the heat of the sauna.

Address: Hossantie 113, 89920 Ruhtinansalmi

22.30 Accommodation - [Matkalaisen Pirtti](#)

Around Matkalaisen Pirtti, you can feel the past rural landscape, the beauty and purity of nature. On summer evenings, the gentle steam baths of the beach sauna invite you to take a sauna. It is also easy to take a dip to swim and enjoy the silence and peace of your own beach. Address: Hossantie 72, 89920 Ruhtinansalmi

6.6.2023

7.00 Breakfast

7.30 Check out and departure to Kuhmo

10.30 Lost In Kainuu Adventure Race



Meeting point: Kuhmo market square (Torikatu 22, 88900 Kuhmo)

Contact: Jukka Liuha, +358 44 7679533 (jukka.liuha@rastiviikko.fi)

Equipment needed for 6th – 7th July:

- Jonas et al.: clothes etc., personal medicine etc
- Jukka organizes:
 - > One bike (MTB + helmet)
 - > Basic outdoor equipment's (for over-night stay, knife, matchstick, Trangia or similar gas/fuel camping stove, first aid kit)
 - > 2 x Sleeping bag and mattress (for sleeping outside in a lean-to shelter or tent)
- Outdoor / sport clothing for all weather :) (changing clothes and warm clothing for breaks and evening/night), two sets of sport underwear

Challenge of the day: orienteering, biking (mostly gravel) and adventurous tasks

Lost In Kainuu is an exciting adventure race which gathers annually about 500-700 adventure racers (amateurs to top athletes) to survive this ultimate challenge of physical and mental endurance!

*One enjoys hard, versatile and challenging endurance experience with different kinds of disciplines like **MTB-biking, running, trekking, orienteering, inline skating** (in AR 48 H category), **canoeing** (not in all categories), **swimming** (and some other water related tasks) and **upsailing/climbing/zipline** only some to mention. In addition, we have large amount of good quality **adventure quests** and tasks for you to enjoy!*

Organized 7.–9.9.2023 Kuhmo

11.00-12.30 Prologue - Kuhmo city centre

Kuhmo city centre challenge water related action (swimsuit not needed 😊)

- Clothing for water related action: long underwear and some warm softshell clothes
- before and after the water action there is warm dressing room provided.

12.30 Lunch break in Kuhmo at Kaesa Restaurant

13.00-15.00 Gravel biking (50 km)

Gravel biking and orienteering to Jonkerinsalo nature reserve *Jonkerinsalo nature reserve contains almost a kilometers long beautiful gorge, Hiidenportti - Devil's Gate. At the base of the canyon flows the dark-watered Louhipuro stream.* Bikes will be left (in a van) to be transported to the other side of the nature reserve. Organizer will do the transport. Trekking/hiking and orienteering through the Hiidenportti canyon area (3.5+1.5 km).



15.30/16.00-17.00 Picnic in a Hiidenportti's lean-to shelter. Traditional Finnish dish (Makkara/sausage) in the wilderness with soot pot coffee. After lunch: trekking to the bikes by foot 1.5 km.

17.00-19.00 Gravel biking (35 km) Gravel biking and orienteering to Jämäsvaara recreational forest area *Almost the entire catchment area of Lake Jämäsjärvi at the centre of the Jämäsvaara area is in its natural state; no logging or ditching. On the south-eastern shore, there's the steep Jämäsvaara with dense spruce forests. Due to abundance of decayed wood, many species of polypores and insects thrive there. In the forest, there are patches of marsh and fen. The area has many ponds and streams. All these features make Jämäsvaara a great destination for enjoying the nature. The forests are dominated by spruce, but you can also find great old pines with thick bark, and moss covered fallen trunks. All campfire sites and lean-tos have great views to ponds or lakes. The sunny Lake Jämäsjärvi is starkly contrasted by the dark Jämäsvaara on the background.*

19.00 Camping in Kaksilampinen lean-to shelter

19.00-21.00 Cooking some traditional Finnish outdoor dinner + open fire crepes (in Finnish "Lettu")

21.00-23.00 Evening hike in Jämäsvaara (Possible visit in Jämähovi wilderness hut, depends on weather conditions.)

NORTH KARELIA

7.6.2023

06.00-08.00 Open fire breakfast (bacon and eggs, porridge, soot pot coffee etc.)

- packing the bikes and other stuff in a van. Driving to North Karelia, Koli holiday resort. (Driving time app. 2 hours) **NOTE! Mika Okkonen / Kontiolahti Outdoor company is a person who will be responsible of all activities and transfers in North Karelia. He will also send to Jonas GPX before the adventures. Mika Okkonen +358 50 3756733, Jonas +41796252694.**

10:00 **Accommodation at the cottage Hiekkaniemi** (Ukko-Kolin Rantamökit), address: Rantatie 58 b, Koli. tel. +358 400 182851. The keys to the cottage are under the door mat. In urgent questions, contact Marianne Markkanen +358 40 4874897

Mika Okkonen will bring a second bike for Andrea to Koli to the cottage.

13:00 **Meet Tiina Kanninen, CEO of Kolin Matkailu, at Koli Tourist Info.** Address: Ylä-Kolintie 2, Koli.
tel. +358 50 440 33 85.

Lunch in a cafe in the center of Koli village. Tiina will tell you about Koli and show you the best biking routes. After lunch you can also visit a local glossary shop to buy some products for the cottage.

Free time at the cottage and biking in Koli.



19:00 Dinner in Gastro-Pub Kolin Ryynänen, Ylä-kolintie 1, 83960 Koli. +358 445695757

Kitchen is open until 20:30.

8.6.2023

7.15 Check out from the cottage and drive to Sokos Hotel Koli, address Ylä-Kolintie 39 , Koli, 83960

7.30 Breakfast at Sokos Hotel Koli, address Ylä-Kolintie 39 , Koli, 83960. +358 20 123 4662

8:15 Drive to your swimming adventure starting point, Hiekkaniementie 12, 83960 Koli (Koli Camping area)

8.30 Swimming adventure at Lake Pielinen (15 km)

Island hopping with a swimming or on a swimming mattress (you can choose). There are in total 11 islands to discover. Address: Hiekkaniementie 12, 83960 Koli.

Lake Pielinen is the fourth biggest lake in Finland, and it has over 1 400 islands. Your task is to swim with the swimming mattress and hike through 11 islands from North-West to South-East. There will be a safety boat with you, which allows filming/photographing along the way. When you reach the South-East part of the island Laitosaari, you will be directed to Korvenkota hut +358 45 137 3000. There will be lunch and time to change your biking clothes.

After lunch you will bike to the Pirunkirkko (Devil's Church) parking area. Address: Rantatie (Koli) 115, 81590 Lieksa. You will get instructions for the cave adventure. When you have finished discovering the cave, you will have a gpx-track to Kiviniemi Outdoor Center.

Accommodation in a [barn](#) in Kiviniemi. Dinner and an opportunity to visit a sauna.

9.6.2023

7.00 Breakfast

8.00 Trail running on Herajärvi Trail (34 km)

Starting point: Kiviniemi.

End point. Sokos Hotel Koli, Ylä-kolintie 39, 83960 Koli. You will get gpx code before the leaving.

[Herajärvi Trail](#) is located in Koli National Park and it is 61 km long. In October there will be held Vaarojen Maraton running event. The trail goes along the Koli hills, and it includes several ups and downs.

13:00 Guided tour to the top of Koli. Irja Tanskanen +358 400 184 267



When you reach Break Sokos Hotel Koli you will meet the local guide Irja Tanskanen at the hotel reception. She leads you to the Koli Hills. During the Trail of the Tops -tour you will hear stories of the Koli area and for instance of the mystical witch "Ukko Kinolainen".

14:00 Lunch at Grill it! restaurant in the Sokos Hotel Koli.

15:30 Biking from Koli to Kontiolahti (70 km)

When you have seen Koli Hills, the trip continues by bike along a sand road to Kontiolahti. You will get a gpx-track. Mika Okkonen will bring the bikes to Sokos Hotel Koli

Accommodation at [Venejoen Piilo](#) in Kontiolahti. Terhi +358 44 320 49 68

Address: Romppalantie 4, 81160 Kontiolahti

Sauna, dinner and free time

Mika Okkonen will bring your baggage to the cottage.

10.6.2023

Breakfast and free time

11:00 Departure from Venejoen Piilo to Joensuu

12:00 Brunch in Joensuu in restaurant Sulo, shopping mall Iso Myy, second floor. Address: Kauppakatu 28, 80100 Joensuu

12:50 Departure from Joensuu to the airport.

13:05 Arrival at Joensuu airport. Lentoasemantie 30, Joensuu

14.-15.05 Flight from Joensuu to Helsinki

CONTACT US

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