

A woman with blonde hair tied in a ponytail, wearing a black puffy jacket and a large backpack, stands in a forest. She is looking up and to the right with a peaceful expression. The background is a dense forest of tall trees, with sunlight filtering through the leaves, creating a warm, golden glow. The overall mood is serene and inviting.

KOUVOLA

Enjoy nature

Recreational trails in Kouvola

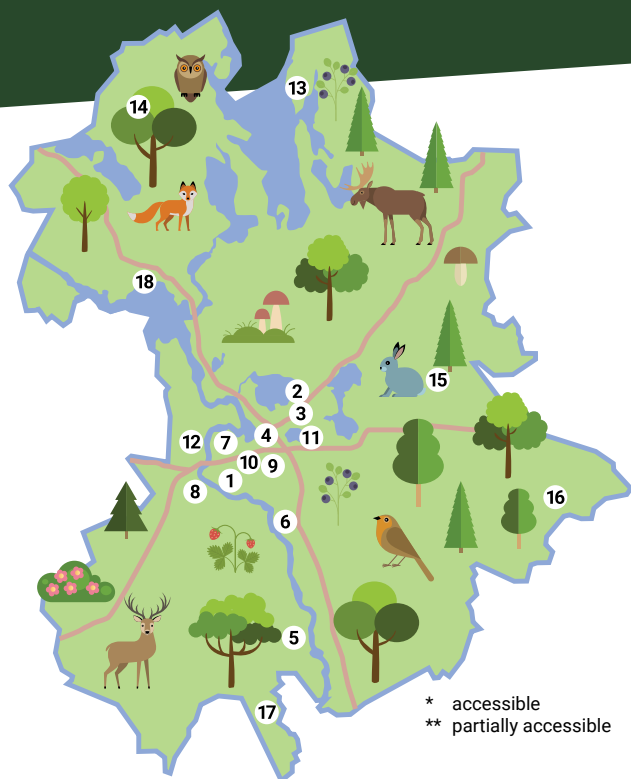


Learn more
visitkouvola.fi/en/pristine-nature/

March 2026

Plenty of reasons to step outside

Discover a variety of nature trails around Kouvola.



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|-----------------------------------|-------------------------------------|
| 1. Alakylä nature trail | 11. Lake Käyrälampi outdoor trail * |
| 2. Huikeinlenkki nature trail | 12. Keltti pools |
| 3. Jokela Myllykoski nature trail | 13. Reporeitti trails |
| 4. Kalalampi nature trail * | 14. Heisanharju recreation route |
| 5. Känkkärä nature trail | 15. Väliväylä recreation sites |
| 6. Myllypuro nature trail | 16. Kammarmäki recreation route |
| 7. Niivermäki nature trail | 17. Kuovinkallio lean-to shelter |
| 8. Pioneerimetsä nature trail ** | 18. Pyhäjärvi birdwatching tower |
| 9. Health forest * | |
| 10. River Kymijoki outdoor route | |

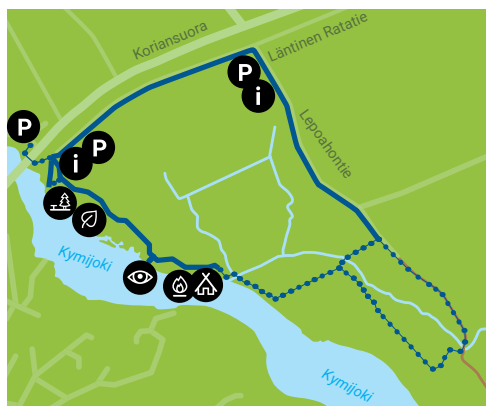
* accessible
** partially accessible

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1. Alakylä Nature Trail

The Alakylä nature trails starts from the bridges of Koria. About half of the trail follows River Kymijoki in a natural state forest. The nature trail is part of the River Kymijoki outdoor route.



Length: 4 km

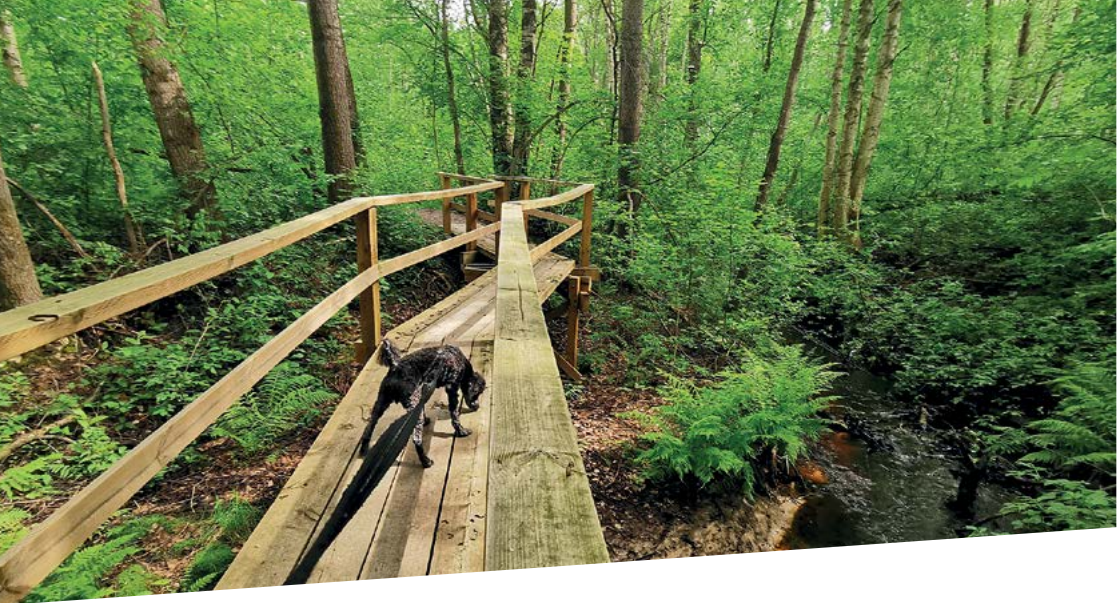
Address: Läntinen Ratatie 286, Koria. Parking can also be found at the intersection of Lepoahontie and north of Koriansuora.

Access: A bus stop is located by the starting point of the trail. Note that the connection from the bus stop to the trail is not accessible.

Along the path by the steep shore rocks, grooves hollowed by the melting waters of the Ice Age are clearly visible. In Alakylä, a wooden bridge crosses the Pyteränoja stream that has been preserved in its natural state. Its water is quite murky due to the clay soil.

The terrain is easy to walk on, and your shoes will keep dry on the gravelled path and duck-boards. Both ends of the bridge have long stairs, but the path is accessible from the parking area to the campfire site/lean-to shelter (distance 800 m). The riverbank near the Koria bridges also has a campfire site.

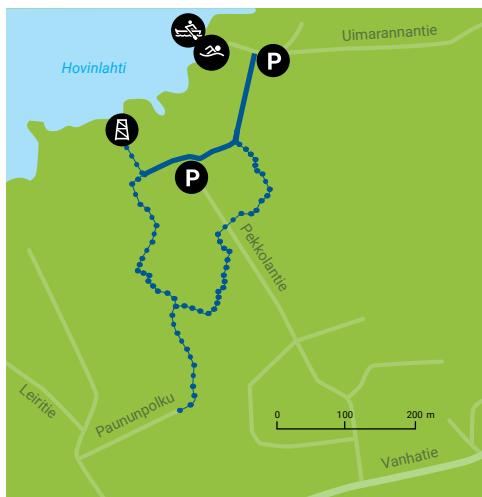
The path returns to the parking area along gravel roads when the route is circled counterclockwise. The area has been logged, but the most valuable parts of the forest have been kept. The Kymenlaakso provincial flower, the yellow iris (*Iris pseudacorus*), thrives in the forest landscape. You can also see wood-sorrel (*Oxalis acetosella*), baneberry (*Actaea spicata*) and herb Paris (*Paris quadrifolia*) along the path.



2. Huikeinlenkki Nature Trail

Huikeinlenkki is an easy nature trail on the shore of Lake Lappalanjärvi in Valkeala. The area has a bridge and duckboards, and there are no major differences in elevation.

There is a bird observation tower along the trail, from which you can view Lake Lappalanjärvi and its surroundings. Its diverse birdlife includes, for example, the Eurasian bittern (*Botaurus stellaris*), the western marsh harrier (*Circus aeruginosus*), and the thrush nightingale (*Luscinia luscinia*) which can be heard singing in the shore groves. A portion of the shore area is part of the Natura 2000 network. The trail is suitable for all ages.



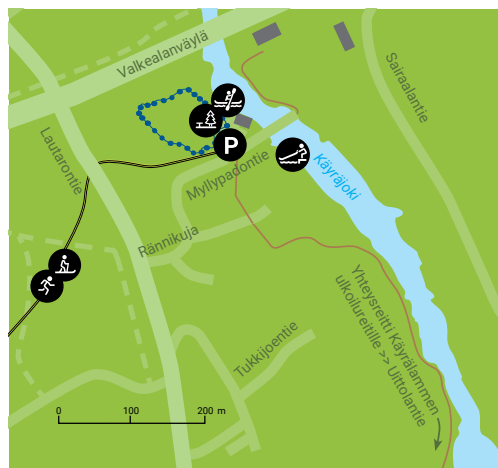
Length: 2 km

Address: Uimarannantie 79, Valkeala

Access: A bus stop is located at Valkealan-väylä, approx. 700 m from the trail.

3. Myllynkoski Nature Trail in Jokela

Myllynkoski Nature Trail in Jokela is an open for all recreation ground with an old mill by the shores of rapids, a nature trail, and a communal outdoor area.



Length: 0,6 km

Address: Myllypadontie 6, Valkeala

Access: The closest bus stops are at Valkealanväylä (600 m) and Lautarontie (350 m)

The Liito-oravan kierros (The Siberian Flying Squirrel Trail) nature trail of Myllynkoski Nature Trail in Jokela starts at the mill car park. The trail is an approximately 600-metre loop that goes up a nearby hill and returns through old fish farming ponds. The trail is narrow and has exposed tree roots, so it is not accessible. Informational boards along the trail introduce hikers to the local tree species.

A connecting trail to the Käyrälampi outdoor route also starts from the area. The connecting trail follows the beautiful banks of River Käyräjoki for approximately 1.1 kilometres and ends at the Käyräjoki pedestrian bridge. You can return to Myllynkoski Nature Trail in Jokela also via the bridge along Saarenmaantie road. The connecting trail is not accessible or guided.





4. Kalalampi Nature Trail

Kalalampi pond with its surrounding forest and marshy areas form a rich and diverse habitat in the middle of Lehtomäki neighbourhood.

In the summer, you can swim in the clear water of the rugged forest pond. The area is excellent for introducing kindergarten-aged children to nature and it is an interesting educational destination for schoolchildren. The trail is accessible and partially covered with wide duckboards. A variety of different birds, such as goldeneye (*Bucephala clangula*), Eurasian goshawk (*Accipiter gentilis*), whooper swan (*Cygnus cygnus*), and Eurasian treecreeper (*Certhia familiaris*) can be seen along the trail.

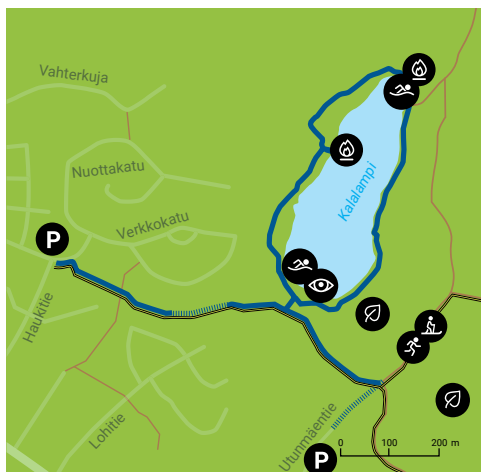
On the shore of Kalalampi stands a glacial erratic, a large boulder, reminding visitors of the area's Ice Age history. In Finnish, they are also known as hiidenkivi, hiisi rock. Mythological creatures called hiisi were believed to have moved these large boulders to their places.

There are three resting areas, two with a campfire site. The trail can be accessed from both Utunmäentie and Haukitie.

Length: 2 km

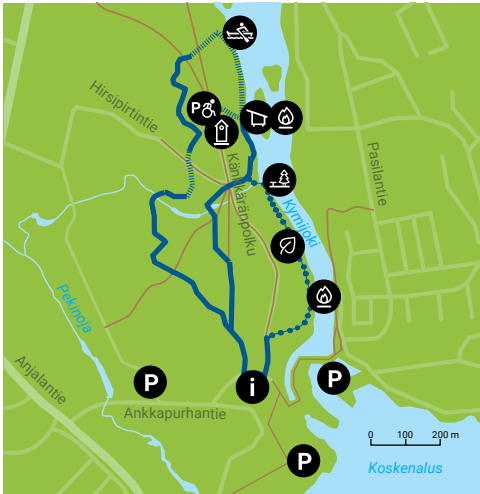
Address: Verkkokatu 2. Kouvola (parking) / east end of Utunmäentie (parking between houses 10 and 12)

Access: Tyttilammenkatu bus stop is located approx. 700 m from the trail



5. Känkkärä Nature Trail

This forested nature trail is located in the historic landscapes of River Kymijoki in Anjala, on the outcrops and woods of Känkkärä.



The trail rises onto a cliff with magnificent views of River Kymijoki and the factory milieu on the opposite bank. The terrain is variable, but the most challenging sections have railings and stairs. Along the route there are campfire sites, a lean-to shelter, and an accessible outhouse toilet.

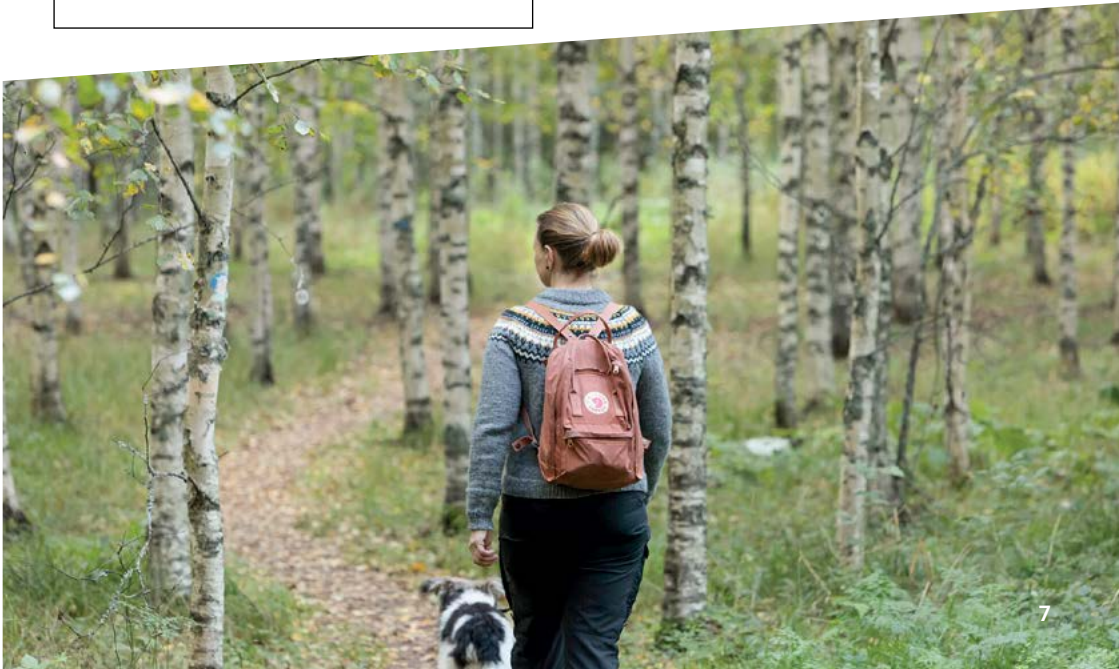
The nature trail is suitable for the whole family, as you can choose a suitable route based on your group's accessibility needs.

The nature trail to the outcrop trail starts from the grounds of Anjala Youth Centre, approximately 120 metres from the gates of the hydroelectric power plant, to the right after the power line. The accessible section of the route starts from the car park at Känkkäränpolku 86, where there is also an accessible outhouse toilet.

Length: 2,3 km

Address: Ankkapurhantie 15, Anjala

Access: A bus stop is located at Anjala church approx. 1.5 km from the trail



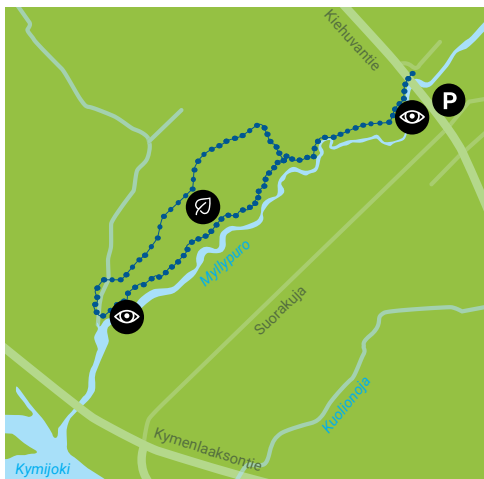


6. Myllypuro Nature Trail

The Myllypuro nature trail follows Myllypuro stream, made cloudy by its clay banks.

Nearly the entire trail runs through a nature reserve. Along the trail are information boards, duckboards, and bridges. There is a dam at the old mill that measures waterflow. Many kinds of animals, such as elks (*Alces alces*), roe deer (*Capreolus capreolus*), Eurasian badgers (*Meles meles*), Eurasian otters (*Lutra lutra*), and red foxes (*Vulpes vulpes*) visit and live in the area. The old-growth forest has a rich and diverse selection of bird species and a lot of decaying wood. In spring the forest floor dazzles hikers with lungworts (*Pulmonaria*) and wood anemones (*Anemone nemorosa*).

The terrain is very susceptible to erosion, so it is mandatory to remain on the path. Signage marks the route.



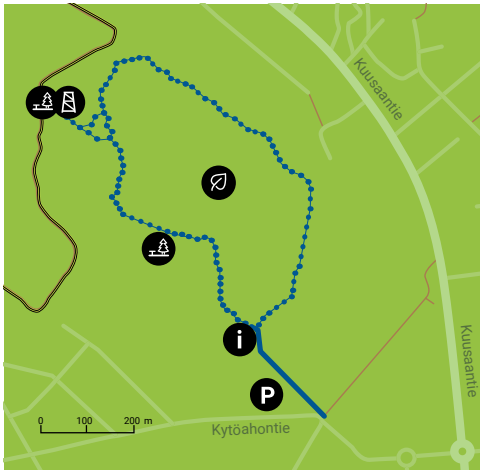
Length: 2,5 km

Address: Ojamaantie 6, Kouvola (parking), approx. 200 m from the start of the trail

Access: A bus stop is located approx. 200 m from the trail by Kiehuvantie.

7. Niivermäki Nature Trail

The nature trail and an observation tower are within the Niivermäki nature reserve in Kuusankoski close to shopping centre Veturi.



Length: 2 km

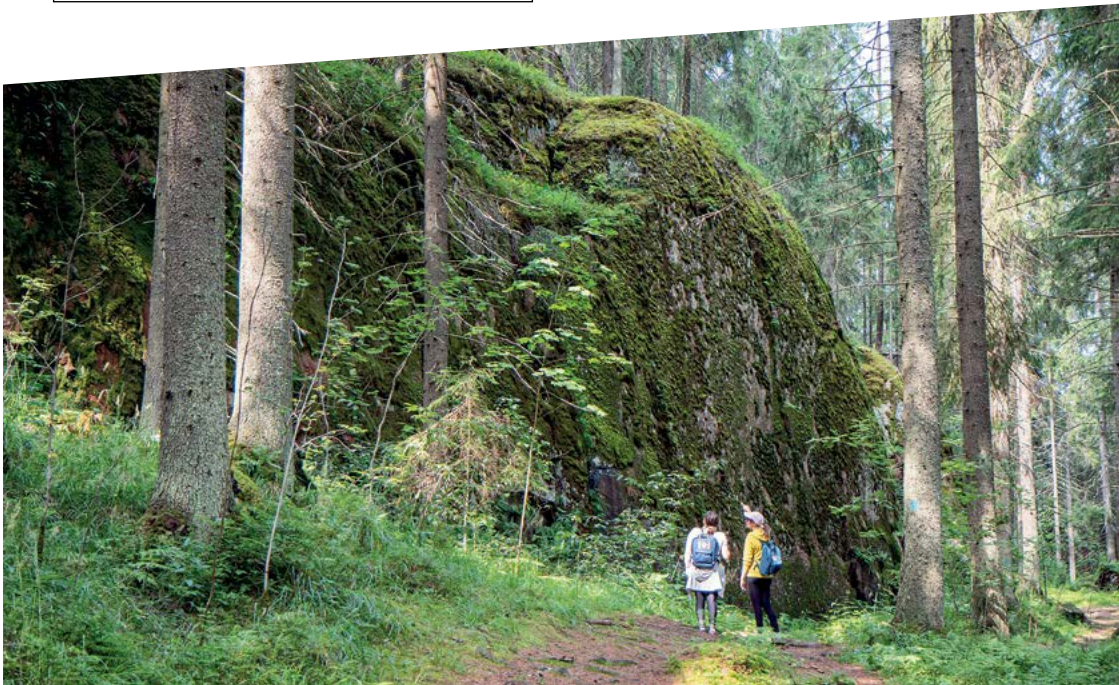
Address: Kytöahontie 2, Kuusankoski

Access: Bus stops are located approx. 200 m from the trail along Tervaskankaankatu and Kuusaantie.

Niivermäki is a unique nature site where steep rapakivi granite cliffs, diverse species, and the visible developmental phases of the forest become a fascinating ensemble.

The forest has been allowed to grow in a natural state since loggings in the 1950s. The area mainly consists of old and majestic spruce forest where damage by the European spruce bark beetle (*Ips typographus*) can be seen in places. There are also some temperate deciduous forest trees, and a lush fern grove grows along a natural winding stream.

There is an observation tower on a tall hill for watching life in the forest. Below the tower is a dining shelter. The tower's picnic area is approximately one kilometre from the car park.





8. Pioneerimetsä Nature Trail

Pioneerimetsä is a former garrison by River Kymijoki.

The area is historically significant and there is, for example, a steel arch bridge brought from Russia during World War II. The River Kymijoki shoreline and areas by its side stream Ahkoja are part of the Natura 2000 network, and part of the groves by Ahkoja are a protected nature reserve.

The trail network at Pioneerimetsä is in active recreational use. Some trails are accessible and can be used by wheelchair and baby buggy users. The more forested route along the banks of River Kymijoki descends to run along Ahkoja and is more challenging to navigate. Along Ahkoja grow marsh-marigolds (*Caltha palustris*), the nature is lush, and the water burbles in the stream audibly.

Swimming is not recommended, as the current in River Kymijoki is strong.



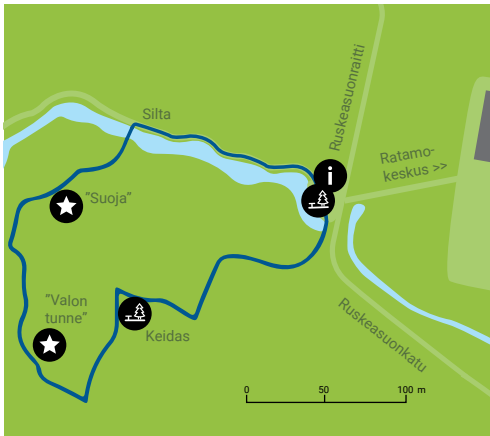
Length: 2,7 km

Address: Pioneeritie (parking) / Tallitie – Kouluaukio (trail starting point), Koria

Access: A bus stop is located at Koriansuora, approx. 800 m from the trail.

9. Health Forest

An accessible outdoor route located by Ratamokeskus Hospital.



Length: 0,8 km

Address: Ruskeasuonkatu 3, Kouvola
(Ratamokeskus Hospital car park)

Access: A bus stop at Kauppalankatu is located approx. 350 metres from the route

The less than a kilometre long main route of the Ratamo Health Forest runs through areas of different ambiance and varying vegetation.

Permanent and temporary art, as well as places to rest and relax are dotted along the route. An "oasis" for peaceful meditation and enjoyment of the surrounding nature can be found in the middle of the forest. Access to the health forest is from the car park on the western side of Ratamokeskus Hospital or from Ruskeasuonraitti.

There are two permanent art installations and many temporary ones in the health forest. The installation Valon tunne (The Feeling of Light) consists of words related to senses and feelings cut out of steel. The installation Suoja (Shelter) is an environmental work made from natural materials, doubling as an insect hotel.

Please note that the route is unpaved and at times wet.





10. Kymijoki Outdoor Route

Enjoy the diverse landscape of River Kymijoki along this outdoor route.

The approximately 25-kilometre outdoor route runs from the city centre of Kouvola to Kuusankoski and further to Koria, offering a diverse outdoor experience in varying landscapes and terrains. Along the route there are sections with stairs, duckboards, and bridges. These can be bypassed via different sections of the route.

The route can be altered to a shorter circular route by utilising other recreational routes in the area. Outdoor enthusiasts can walk through the cultural landscape of factories and rural countryside along River Kymijoki.

The outdoor trail is marked by orange-headed signage, and there are informational boards on the area's history and nature along the route. Parking is available at multiple locations along the route.

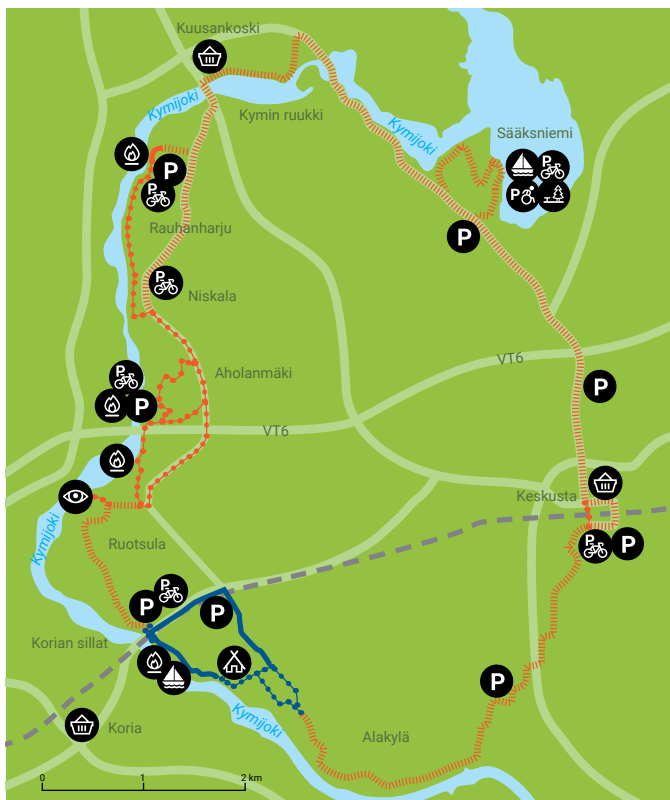




Length: 25 km

Address and access:

Public transportation to several bus stops is available along the route and there are multiple car parks.





11. Käyrälampi Outdoor Route

Experience wilderness in the middle of the city at Lake Käyrälampi

The Käyrälampi outdoor route is an approximately 6-kilometre, accessible circular route for hiking and cycling. The route can be accessed at multiple points where it intersects with fitness tracks and pedestrian and cycle routes. Information boards along the route include map of the area and information about the nature and local history.

On the eastern side of Lake Käyrälampi, the forest route partially follows the shoreline. This section of the route features diverse forest and beautiful views of Lake Käyrälampi and River Jyräänjoki. In places, visitors can experience a deep wilderness-like atmosphere despite the vicinity of settlement. Between Paaskoski and Saarenmaa the route runs on a gravel road.

On the western side of Lake Käyrälampi the route runs on paved pedestrian and light traffic roads. Near the public beach the route crosses through a natural park and passes a dog park by the water. There are four resting areas with campfires, three of them accessible, on the banks of Lake Käyrälampi and River Jyräänjoki. The public beach also has a barbecue area.

Parking is available around the year by Käyrälämmentie and at Paaskosken maja within its opening times. The outdoor route is marked with orange-headed signage.



Length: 6 km

Address: Käyrälämmentie 20, Kouvola

Access: Bus stops are located at Lautaron tie and Karjalankatu (1 km from the trail)

Other Nature Sites and Recreational Routes

There are many more nature sites and recreational routes in Kouvola to visit. They are excellent destinations for a daytrip, recreation, and enjoying nature.

12. The Keltti pools in Kuusankoski are a well-known resting and nesting sites for migratory birds (Vikiäntie 76).

13. Reporeitti trails expand the Repovesi National Park trails and rest areas on the northern side of the park for mountain biking and hiking. The trails run from Orilammen maja around Repovesi all the way to the national park's Saarijärvi entrance (Orilampi trail) or north to Mäntyharju (Reporeitti). The rest areas of the outdoor routes are Murjavuori rest area in Repovesi (Kärkilahdentie 22), Särkilampi rental huts (Kannuslammentie 256), and Pitkälampi rest area (Kuismantie 530) on the eastern side.

14. The 2.9-kilometre Heisanharju recreation route in Huhdasjärvi, Jaala, runs in the magnificent landscapes of Heisanharju Ridge. The area has a hut and a campfire site, and a rental hut for overnight stays (Viitasentie 345, Jaala).

15. The rest areas of the **Väliväylä recreational sites** are located along a canoeing route with landscapes of rapids and lakes, where both canoeists and hikers are welcome. The rest areas of Véliväylä are in Kyykoski and Sulunkoski (Kyykoskentie 203), Taikinakoski (Kannuskoskentie 551), Tirva (Tirvantie 674), and Mankki (Pajumäentie 94). It is possible to swim at Triva.

16. The 4.6-kilometre **Kammarmäki recreation route** is in Saaranmaa, Kouvola. There is a lean-to shelter and separate campfire site (Kammarmäentie 110) on the route.

17. The Kuovinkallio lean-to shelter of Ahvio can be found on the banks of River Kymijoki. It can be reached via Ahvionkoski riverside trail by following the swift, branching River Kymijoki (Kuovinkalliontie 141).

18. There is a bird observation tower on the **Lake Pyhäjärvi** shore in Jaala (Kukkomäentie 103).





**Everyone's rights apply on all routes,
except for nature reserves.**

Kindly follow hiking etiquette on the trails.
Remember to dress appropriately for the
weather and enjoy nature!

- Stay on the marked route
- Light fires only at official campfire sites,
observing any forest fire warnings in effect
– **bring your own firewood!**
- Do not leave litter at the rest areas or
anywhere on the routes
- Be mindful of other hikers and do not
disturb the peace of nature

- Pets must be kept on leads within nature
reserves
- Picking and destroying plants is forbidden,
but you are allowed to pick berries and
edible mushrooms
- Driving a motorised vehicle is forbidden

Note that the nature trails and outdoor routes
do not have winter maintenance, including
accessible routes.

More information:

kouvola.fi/luontopolut

luontoon.fi

outdooractive.fi

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