

KA
I
U
U
N



Cultural adventure in Kainuu

kainuu.fi/culture

Experience culture and nature

In Kainuu, culture finds you. And not just any culture, but a strong, traditional, peculiar, collectively experienced, and innovative culture. Get ready to be surprised, because in Kainuu, nature and culture merge in a unique way, and art comes at people and life breaking out of galleries and museums.

Here you will find events and destinations where you can experience authentic adventures. Winter in Kainuu is marvelous – peace and tranquility surround you; culture and nature are just around the corner – what else do you need? On a summer day, nature offers its best and places you've only heard rumours of, open their doors. Even the people are unique, strong creators and artistic souls. Encounters here will stay with you for a long time.

Tread your own path at your own pace, explore mythical landscapes, and let history move you – here, stories become reality.

Experience, see, walk, and taste Kainuu

Kajaani Poetry Week

Enjoy poetry and get to know Finnish poets and the unique atmosphere at Kajaani Poetry Week in July. Here, poetry takes many forms: you can listen to performances and concerts, participate in workshops, and discuss poetry. Kajaani Poetry Week is one of the top events in the Finnish poetry scene and the whole city lives and breathes poetry during this week.

Kuhmo – UNESCO City of Literature

Did you know that Kuhmo is part of UNESCO's Creative Cities Network? The City of Literature has a special connection to the Finnish epic poetry collection Kalevala, but contemporary literature thrives here as well! The Juminkeko Cultural Centre preserves the cultural heritage related to Kalevala and the Juminkeko House is also at the forefront of new Finnish wooden architecture!

The Musical Forest – Suomussalmi

The Musical Forest is a place where music and nature meet in a breath-taking way. There are several paths in the woods where you can play large instruments and enjoy listening to others play. What would your forest sound like? Come and play!



Bread Cheese Fair and Hymn Singing Festival – Ristijärvi

Kainuu is a great place to eat! At the Bread Cheese Fair in August, you can experience Kainuu's food culture. Would you like your bread cheese with coffee, cream or cloudberry jam? The Hymn Singing Festival is a beautiful event where you can enjoy church concerts and diverse music – and sing along, of course!

Paltamo Summer

For a small town, Paltamo has a lot going on. Summer events start as early as May and include Finland's largest trolling competition, Oulujärven Kuhakunkku, Smelt Carnival, Melalahti Music Week, Toy Museum exhibitions, summer theatre, a rock festival, golf... on second thought – what can't you find in Paltamo?

Mustarinda – Hyrynsalmi

Mustarinda is an artist collective that focuses on the ecological rebuilding of society. Mustarinda's house serves as an artist residency and event venue. Events and exhibitions combine contemporary art, science, and social commentary. The unique location at Kainuu's highest point offers stunning views and opportunities to explore nature.

Puolanka Pessimism Days 1.1.–31.12.

Now we are at the heart of gloomy Kainuu. Spend a moment in front of deserted business premises with empty windows, sit on a famous bench by the lake, and visit an old Finnish style gas station – here you'll get good content for social media! On the other hand, what's the point, is it even worth stopping here?

Naapurinvaara – Sotkamo

Naapurinvaara is the oldest residential area in Kainuu. Here you can find one of Finland's most famous dance pavilions! The area's nature is lush forest and pasture. Hike or ski in traditional landscapes – there are plenty of routes and viewpoints!



Summer adventures

Hepoköngäs – Puolanka

A majestic gorge and one of Finland's highest natural waterfalls! At Hepoköngäs, you'll find stunning landscapes and beautiful hiking trails. The waterfall can be reached via an accessible route and the destination is also part of the UKK hiking trail.

Kivesvaara – Paltamo

Kivesvaara is a popular hiking destination offering spectacular views of the surrounding landscape. There are trails of various difficulty levels, and at the summit of the hill, you'll find a lookout tower. Kivesvaara also has an interesting rock park. The mythical hill has inspired one of the legendary pioneers of Finnish poetry, Eino Leino.

Castle ruins – Kajaani

Kajaani Castle was built for defence purposes in the 17th century and served later as a prison and noble residence. Now, only ruins remain in the vicinity of Kajaani city centre. Walking routes wind through the park-like castle ruins, and it is also a venue for interesting cultural events.

Hiisijärvi sands – Ristijärvi

Hiisijärvi is a unique beach destination. The beach, found amidst the forests, is extremely fine 9,000-year-old lake sediment that was revealed because of an environmental catastrophe in 1761. Now the lake is the perfect destination for a summer day, but what happened at Hiisijärvi in 1761 – find out!

Hiidenportti – Sotkamo

The landscapes of Hiidenportti National Park in Sotkamo are dominated by a deep gorge, high rock walls, and waterfalls. It's an excellent destination for hikers. Hiidenportti has fascinating remnants from the past – remains of logging tradition, burn-clearings, and traces of forgotten hideouts.



Quiet People – Suomussalmi

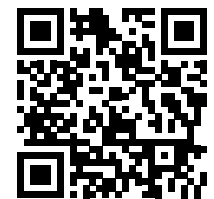
Quiet People is a mystical environmental art installation consisting of about a thousand dressed human figures. The local artist behind the piece is Reijo Kela. Quiet People stands in a field by Highway 5. Stop by and wander amongst them!

Kaunislehto Farm Museum – Hyrnsalmi

Kaunislehto Farm Museum portrays the past lifestyle of Kainuu. The old peasant houses show the traditional way of life and culture in the region. Kaunislehto's name comes from the beautiful grove that grew from the last burn-clearing of the estate.

Kuhmo Chamber Music Festival and Sommelo Music Festival

Kuhmo Chamber Music is a prestigious classical music festival that brings together top musicians from around the world. Here, you don't have to dress up or worry about etiquette; you can participate in the event as you are and focus on enjoying the music. Or are you interested in folk music? Sommelo Music Festival offers traditional folk music from Kainuu and around the world.



Explore the events in Kainuu:
tapahtumienkainuu.fi/en-fi

Winter experiences

Paljakka – Puolanka

Paljakka is a dream come true for winter sports enthusiasts. The area has excellent ski slopes and cross-country skiing trails, as well as many other activities, such as snowmobile safaris and winter hikes.

Autioniemi Trail – Paltamo

Near the town centre, the Autioniemi Trail winds through fairy-tale forests and along the shore of Lake Oulujärvi. The well-maintained trail, which is just over five kilometres long, is suitable for all kinds of outdoor enthusiasts. The nearby lean-to is perfect for a picnic!

Ukkohalla – Hyrynsalmi

Ukkohalla is a versatile resort surrounded by beautiful nature. Here, you can go skiing, snowboarding, and snowmobiling, not to mention winter cycling and safaris!

Kajaani City Theatre

Ambitious, artistically high-quality, and bold – that's what Kajaani City Theatre is all about. The theatre offers a diverse program throughout the year and is particularly known for its high-quality acting performances and cosy atmosphere.

Hiukka Light Art – Sotkamo

When darkness falls, Hiukka Beach comes alive. The Lights are visible every winter on the ridge of Hiukka Beach and shine every evening during the dark season. On Saturdays, you can see a luminous show. It's worth coming to see from afar!



Hossa National Park – Suomussalmi

You can hike around Hossa all year round! Walk along ancient trails used by the area's first inhabitants 10,000 years ago. Hossa's painted rock art is one of the largest in Finland, and its rugged ravines are an impressive sight. Hossa is a versatile destination for outdoor activities, with several hiking trails and viewpoints.

Saukkovaara – Ristijärvi

Saukkovaara is a popular outdoor destination with stunning views of the surrounding Kainuu landscape. You can stay overnight at Saukkovaara during a winter vacation, ski, and go sledding – the slopes are perfect for families with children!

Kuhmo Winter

Kuhmo Winter is a winter festival that celebrates Kainuu's cultural heritage with interesting international flavors. Every year, there is a high-quality and diverse selection of music, dance, theatre, and exhibitions.



Explore the events in Kainuu:
tapahtumienkainuu.fi/en-fi

Survival tips for Kainuu

There are plenty of cultural and natural attractions in Kainuu, and this brochure offers just a glimpse of everything that is going on. Check out local summer theatres, rock festivals, art galleries, and smaller nature sites!

Buzzing isn't part of the concert program. When dressing for summer, be sure to protect yourself from mosquitoes at nature and outdoor venues and events.

In Kainuu, you'll also experience a real winter! Remember to dress warmly and protectively.

It's also a good idea to bring snacks and a sense of adventure if you're heading farther from urban areas.

What about the people of Kainuu – should you approach them? Kainuu locals are considered approachable, down-to-earth, and friendly people. Don't be fooled by pessimism.

Welcome to Kainuu – to the highway of freedom!



kainuu.fi/culture



arcticlakeland.com/en



MINISTRY OF
EDUCATION AND CULTURE