



## THE TRAVELLER'S ETIQUETTE

### to the Land of National Parks

*Sustainable tourism requires awareness and responsible conduct from everyone involved in tourism. The purpose of these guidelines is to tell you, the visitor, about the priorities and values of the locals. The traveller's etiquette exists to make sure your visit is pleasant and safe. By following it, you'll be looking after the well-being of the locals and making their daily life easier as well.*

## GENERAL SAFETY

Our stunning seasons provide opportunities for a variety of outdoor activities. Shifting seasons also means shifting weather conditions – and sometimes they change on very short notice. Remember to check the weather forecast on a daily basis and consider its impacts on the activities you have planned for the day and travelling conditions on the highway, sidewalk and over rough terrain.

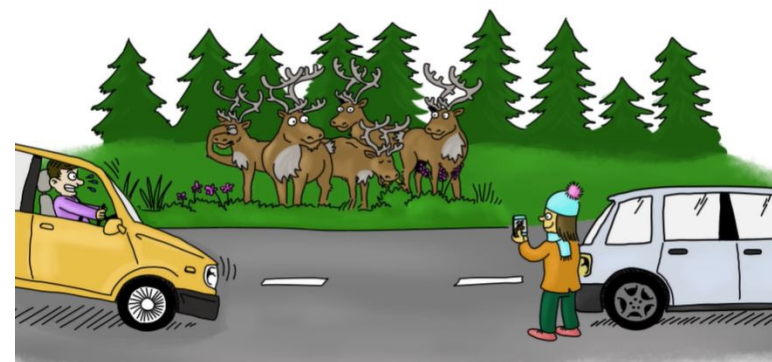
Please only build campfires on the official marked sites. The purpose of designated campfire sites is to make your camping trip easier. Building campfires on land that is not owned by the state or municipality always requires permission from the landowner. Remember that building a fire is forbidden altogether while a forest fire warning is in force.



Ice may become thin due to shifting weather, even if the ice cover appears solid. The ice is always thinner over currents. These weak spots may be hidden under a deceptive snow cover. Falling into freezing water can be fatal. Listen to the instructions and to locals to keep your feet dry. The shore is a perfectly safe spot to take great pictures!

## GENERAL SAFETY

While driving on the road you may encounter a herd of reindeer. How exciting! Please remember that stopping to admire the sight and take pictures can lead to dangerous situations, so please avoid doing so. Continue your journey as soon as the situation allows.



Even though we're in the middle of wilderness, locals know the value of certain pieces of technology. Please download the 112 (Finnish emergency services) application from the list of links below to make sure help is always within reach! Remember to make sure that your phone is charged, or that you have a portable power bank, before you hit the road or venture into the wilderness.



# OUTDOOR ACTIVITIES

Around here we have a saying: we don't get dressed, we put on clothes. Weather appropriate clothing makes outdoor activities more enjoyable and is also a matter of safety, especially in winter. Before you even leave home, it's a good idea to give your destination a call and ask for more information on appropriate clothing. You can also ask if they have rental equipment available that is suited for northern conditions.



You're welcome to try out different fun activities, we've got plenty of them! Make sure to check with the service provider to make sure the activity in question is a good fit for your skill level and physical condition or ask if it can be tailored for you. This way you'll get the most out of the activity.

# OUTDOOR ACTIVITIES

Always stay on the marked routes regardless of the season. By doing so, you'll be looking after your own safety and protecting nature from being trampled. Please be mindful of the other travelers from all age groups you'll encounter on these trails, roads and cycling paths.



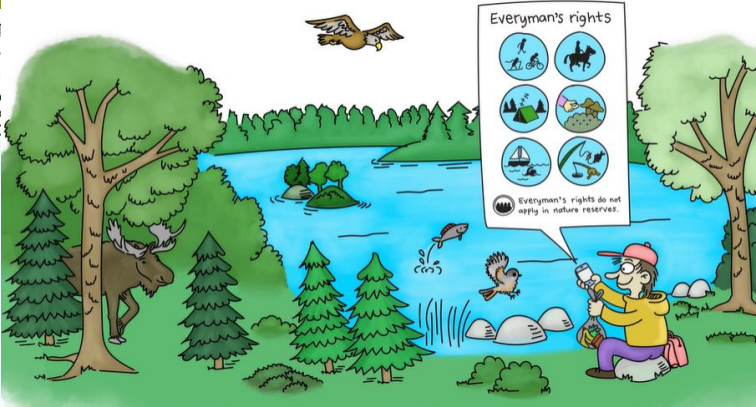
The location and equipment matter. By picking the correct location in relation to your equipment, you're also ensuring an enjoyable experience for yourself. For example, keeping ski paths in good condition for the skiers who use them is a matter of safety. Walking and cycling on them is generally forbidden in winter because it can lead to dangerous situations. Paths where this is allowed are marked separately.



# LIMITED NATURAL RESOURCES AND LITTERING

Our local nature is very clean. Let's make sure it stays that way, for everybody's sake. There are no waste containers next to most paths, and there is a reason for this. The local principle is that everyone who visits nature also makes sure to take their belongings and litter with them when they leave. You can do your part to reduce waste by packing your food in reusable containers. You can find waste collection points in the villages and at the ski centres. If there is no waste container immediately available when you're waiting in line for a ski lift or eating your lunch, please take the litter with you until you find one.

For now, everybody is free to enjoy our local nature, but doing so comes with responsibility. Read up on the Finnish "Everyman's Rights" etiquette and especially the related responsibilities!





# LIMITED NATURAL RESOURCES AND LITTERING

“Clean your plate” is a phrase heard in many homes in Finland. Let’s remember this advice on our travels in the Land of National Parks. When eating at a buffet, please only take the amount of food you can eat. Going for seconds is perfectly fine and helps us cut down on food waste.



In Finland, around 90% of empty bottles and cans get recycled. We have our very easy bottle return system to thank for this. Please do your part and return your empty bottles and cans (or any you find) to a shop and earn some change while you’re at it! Don’t forget to also read up on the recycling guidelines for your accommodation or activity.

# LIMITED NATURAL RESOURCES AND LITTERING

Try to conserve firewood when lighting a campfire, fireplace or sauna. We may have plenty of forests, but not enough to waste. Even a small sapling grows into a large tree, so please don’t break off branches or cut trees in nature – let’s let them grow and bring joy to people and animals alike.

By stopping at official rest stops you’re conserving nature. They also often include other services you may need, such as restrooms.

During your visit you may notice that our free-flowing rivers and lakes are clean and abundant. Despite this, please conserve water. Your accommodations may have specific guidelines for ventilation, heating and using the sauna. By following these guidelines, we’re all helping our planet stay green!



# PEACE AND QUIET

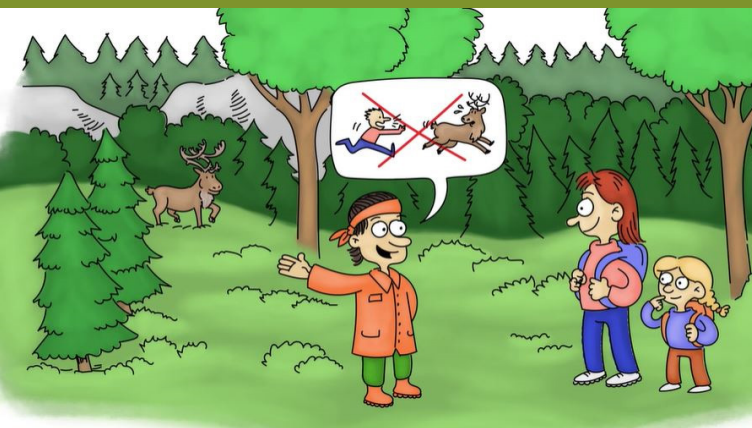
Nature can be enjoyed by humans and animals alike. Studies show that walking in nature is an excellent way to reduce stress! Please give others the chance to enjoy the peace and quiet as well.



Nature has its own special soundscape. Stop and listen to its message. Which sounds fit in nature and which ones disrupt its tranquility? Sometimes making specific sounds requires permission; for example, you need permission to fly a drone in certain areas.

## PEACE AND QUIET

If you encounter reindeer or other animals on the road or in nature, please don't chase after them. They deserve some relaxation as well! If you'd like to get to know the local wildlife better, please do so under the guidance and supervision of a guide. This also ensures your memories of these encounters will be fond ones!



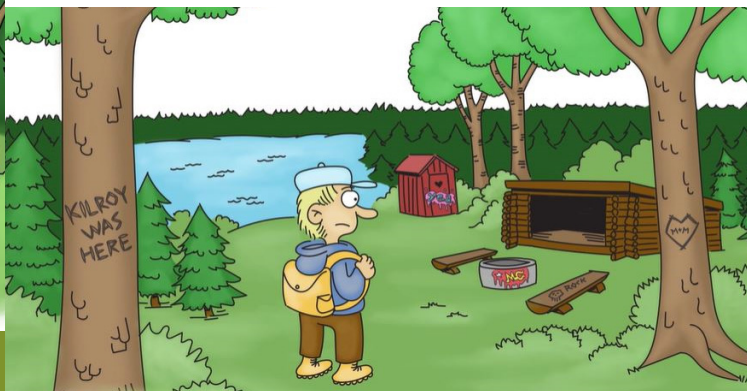
You may notice during your visit that there is quite a lot of space around here. It's something us locals are used to having. Please note that Finns may need more personal space – both physical and quiet – than is the cultural norm in your home country.

You can also get more peace and quiet by planning your trip at a time other than the busiest seasons. The local businesses will be happy to tell you about the quieter destinations and seasons.

## LOCAL FLAVOUR

Support local business! You'll get to enjoy different culinary adventures and by buying local items such as crafts you'll be helping the local economy.

Aren't there so many great things to photograph here? Please keep in mind that homes and yards are private property. Always ask permission first if you want to take pictures of the locals, children in particular. You might be surprised how many of them are happy to comply!



The local buildings and structures are beautiful as they are. Please don't leave your signature or any other marks on them. That way the visitors who come after you can also admire their picturesque appearance.

Finns love the sauna! Our saunas and spas have their own set of hygiene and etiquette guidelines, so please familiarise yourself with them. That way we can all stay safe and enjoy our relaxing bathing experience.

## Last but not least:

***You are very welcome in our pristine and safe Land of National Parks.***

### Useful links

#### The 112 emergency application

- ENG: <https://digia.com/en/112-suomi/>

#### Porokello (alerts the user of an increased risk of reindeer crashes)

- Download the application ENG: <https://porokello.fi/en/porokello>

#### Traffic situation (disruptions and roadwork)

- FI & ENG: <https://liikennetilanne.tmf.fi/>

#### Road safety (traffic-related regulations and advice on, e.g. for accidents with wildlife)

- ENG: <https://www.liikenneturva.fi/en/road-safety>

#### Finnish Meteorological Institute (weather warnings on a map)

- ENG: <https://en.ilmatieteenlaitos.fi/warnings>

#### Drone information

- General regulations
  - ENG: <https://www.droneinfo.fi/en/>
- National parks and nature reserves
  - ENG: <https://www.nationalparks.fi/visitorsguidelines/respectnature>

#### Everyman's rights (your rights and obligations in nature)

- ENG: <https://www.nationalparks.fi/everymansright>

#### Animal welfare in tourism services

- ENG: <http://urn.fi/URN:ISBN:978-952-316-247-1>

#### Sauna etiquette (information on saunas and sauna culture)

- ENG: <https://www.visitfinland.com/article/10-sauna-tips-for-beginners/#39024935>