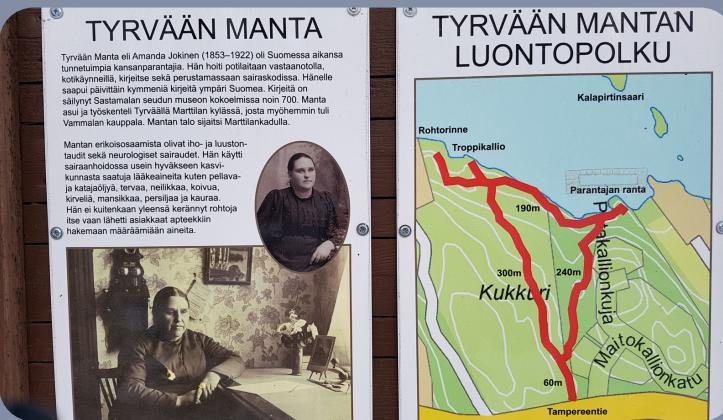
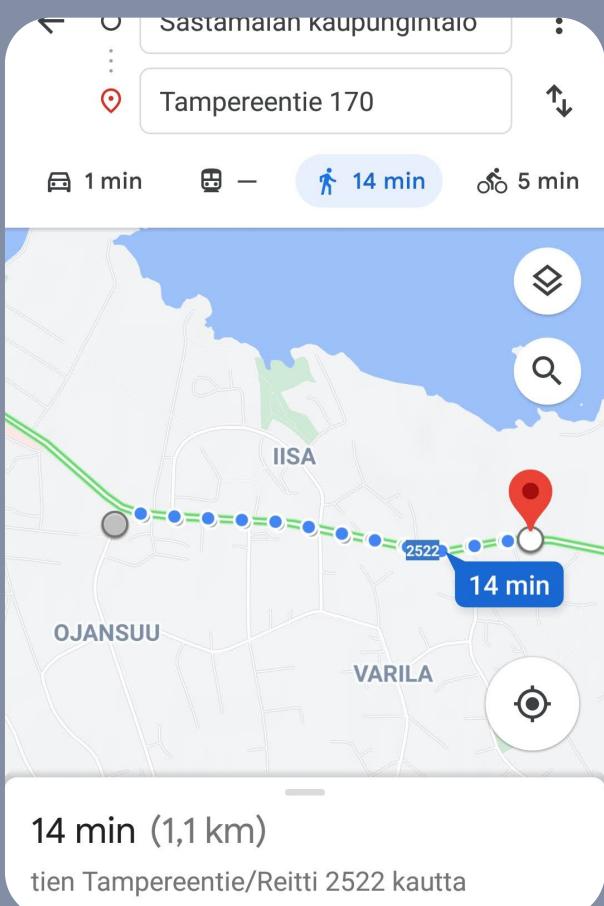


Green

Location:
Sastamala,
Finland



Bridges

A "Green Way" journey to
Tyrvää Manta luontopolku
(Manta of Tyrvää Nature Trail)

Arriving by bus:

- Take a bus at the main bus station. Many busses from Vammala bus station go towards Tampere.
- You should get off at the **Sastamalan kaupungintalo** bus stop. From there continue walking straight on along the road following the direction of the bus.
- Walk 1,1 km (15 minutes) until you see an instruction board of the nature trail on your left. See picture.

Arriving by car:

- The address for the starting point is **Tampereentie 170, 38200 Sastamala**.
There is a small area for parking.





Walk the path 60 meters until the path splits into two.

You will see two signs:

Rohtorinne ja Troppikallio and **Parantajan ranta**.

Turn left towards **Rohtorinne ja Troppikallio**.

Walk along the path 300 meters through the forest.

You'll see a sign. Turn left after which the path splits again.

You can choose which way you want to go to see the lake; up to the rock or downhill.

Option one: turn left:

the path climbs up, about 60 meters, to the rock where you can see a nice view.

The path continues forward, but at this point you should turn back where you came from.

Option two: turn right:

down to the lake. There is a good place there to stop for a hot drink or some snacks.

Go back to the sign **Rohtorinne ja Troppikallio**.

Continue by following the path on the left (the lake always on your left). Be careful! The path is very steep when you are going downhill.

Walk 190 meters the lake on your left hand side at all times.

Soon you will see a big rock on your left: turn to the right there. The residential area stays always on your left.

Walk 240 meters and you will arrive to the same two signs where you started the loop.

Turn left to find your way back to the main road (60 meters).



Preparations for a winter walk



If you go on a nature trail in the winter time you should be aware of the following:

- Wear supportive shoes that are not slippery.
- Dress up! Wear warm clothes (woollen undergarments are a good choice).
- Be careful on the path; some parts can be steep.
- Don't walk on the ice if you are not sure if the ice will carry you.
- Bring with you some snacks and a thermo with warm drink! Eating outdoors makes everything taste better.
- Enjoy, breathe, see, hear, smell, feel and touch everything around you. Just remember not to harm the nature around you.

Stay observant



The forest of *Kukkuri* where the trail takes place, is a unique and whole ecosystem of its own. Ecologically it is the richest forest area in Sastamala region.

- It is an example of an old and wild forest
- pines, aspens, and decaying trees offer nutrients and living space for many organisms and species.
- 46 different species of polypores (fungi) have been found in the *Kukkuri* forest.