



EXPERIENCE THE THRILLING
SUUPOHJA

TEUVA, KARIJOKI, ISOJOKI, KAUAJOKI AND KURIKKA

LEADER

Suupohja

VISIT


SUUPOHJA



Euroopan unionin
osarahittama

VISIT SUUPOHJA

"SEURAAHAN KURKKUA SUU"

"Suupohja" roughly translates to "Mouth Bottom" in Finnish. The saying "Seuraahan kurkkua suu" means "the mouth follows the throat". Academician Kustaa Vilkuna speculated that the name "Suupohja" originates from its location south of the Kvarken region. The word "Kvarken" translates into Finnish as "ocean throat," which aligns with the idea of Suupohja being situated 'after the throat' in a geographical sense. This is how the region got its name.

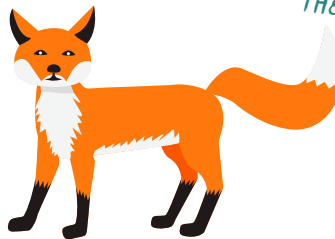
Through strong collaboration, we have compiled this publication to present the unique attractions of our region and valuable general knowledge.

Suupohja offers plenty for nature enthusiasts and culture-hungry travelers alike. Welcome to Suupohja!

What is Visit Suupohja?

The Visit Suupohja website highlights the natural and cultural attractions of five municipalities. Its purpose, along with its social media channels, is to showcase the area's natural sights, activities, dining, and accommodation options — everything a visitor might need, no matter the season.

The website also serves as a convenient information hub and source of inspiration for residents, entrepreneurs, and communities in the region.



THE MASCOT OF VISIT SUUPOHJA
IS VÄRE THE FOX

Behind Visit Suupohja

The site is managed by a regional communications team, including representatives from each municipality, the Vuoksi koulutuskuntayhtymä, and Leader Suupohja. It is the result of active collaboration and project work.

The site was initially developed through the Suupohjan Helmet project, with further improvements made under the Visit Suupohja Sykähdyttää and Satumainen Suupohja projects.

Layout: Riikka Timonen, 2024

Photos: Riikka Timonen, Pekka Suovaara, Mirja Koivisto, Tiina Rantanen, Jukka Kari, Aili Raudla-Majakangas, Elli-Noora Kivelä, Vikke Mikkilä, Jenni Kienokoski, Outi Paasi, Milla Mäkiakorpi, Isojoki Municipality, Teuva Municipality, Vuoksi, the City of Kauhajoki and the City of Kurikka.

Texts: The City of Kauhajoki, the City of Kurikka, Teuva Municipality, Karijoki Municipality, Isojoki Municipality ja Leader Suupohja.

Translated by artificial intelligence.



Tips from Väre the fox for exploring Suupohja

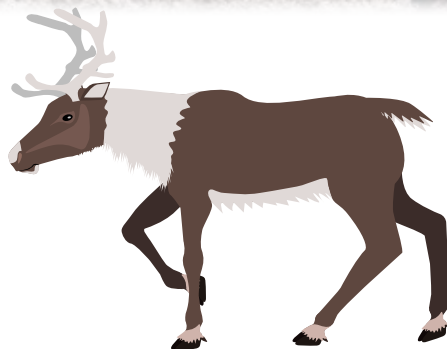


1. Väre has visited playgrounds and accessible sites in the area. You can find a list of these under the "For Families" section of our website!

2. The website also provides separate lists of cultural attractions, accommodation, dining, activities, and services. You can filter by municipality or category.



3. Do you need information in English or Swedish? Most of our website is available in both languages! Our main language is Finnish.



4. Did you know that Lauhanvuori National Park is one of the areas where forest reindeer have been reintroduced?

The forest reindeer is native to Finland and found only here and in northwest Russia. This species was hunted to extinction in Finland about 100 years ago. It returned after World War II, but the situation became concerning again in the early 2000s. The MetsäpeuraLIFE conservation project launched in 2016 has since reintroduced reindeer to areas like Lauhanvuori National Park.

FOR SAFE EXPLORINGS

When visiting natural sites, remember that weather conditions can change rapidly, and some locations feature water bodies or steep terrain. Always assess whether a site is suitable for your visit. Visit Suupohja is not responsible for site maintenance; this responsibility lies with the municipalities or other relevant organizations. The party responsible for the sites is mentioned in the site information on our website.



KARIJOKI

"CLOSE TO NATURE"

Peurajärvi
Photo by Jenni Kienokoski

Karijoki is located in South Ostrobothnia, nestled in the valleys of the Karijoki and Teuva Rivers, just north of the Lapväärtinjoki River. In addition to its fertile fields, the municipality boasts vast forests and peatlands. As a traditional rural community in Ostrobothnia, Karijoki offers its residents spacious living, a close connection to nature, and an uncomplicated environment for businesses to thrive.

Karijoki hides treasures that delight visitors with their variety. There's something to do for all ages, with a low threshold to participate.



From Kakkori Hill, you can enjoy beautiful views!

Why not climb the ruggedly beautiful Kakkori Hill to admire the stunning views of Karijoki Valley?

In the past, stones were quarried here for bridge structures and building foundations, and the quarrying sites can still be seen today. At the summit of Kakkori, it's the perfect spot to pause and enjoy the peacefulness of nature



Susiluola is an ancient relic from the Paleolithic period, representing the oldest Stone Age era.

If you're longing for a time-travel adventure back to the Ice Age, you should visit Susiluola, the oldest known dwelling site in the Nordic countries. The Susiluola Visitor Center is located in the center of Karijoki and is open during the summer, with visits available by appointment at other times. From Susiluola, you can hike up Susivuori, where the observation tower offers breathtaking views as far as the eye can see.





Following Ancient Routes!

The Muinaisvuori trails runs from Pyhävuori in Kristiinankaupunki, through Karijoki, and all the way to Teuva. Along the route, you'll find various lean-to-shelters and campfire sites. Note that the route has uneven terrain and is not suitable for all users. A map of the trail is available in the Karijoki town center near the sports field and on the wall of the hunting lodge.

You can also find the route on OutdoorActive's website!



Cool off with a swim!

Looking for a refreshing way to cool down on a summer day? Head to the Myrkkö Recreational Center's outdoor swimming pool or the beach at Peurajärvi. Both locations also feature cafés run by local children during the summer months. The Karijoki River, rich with fish, also flows through the municipality. Information and fishing permits can be found on the local fishing association's website. Permits are also available for purchase at a local store!

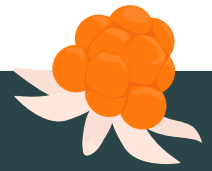


Explore History!

The Karijoki Local History Museum stands proudly on Marttunen Hill, where Karijoki's settlement is said to have begun. The museum is open to visitors during the summer and by special arrangement. Prosi's House, along with the nearby Liisa's School and smoke sauna, offers travelers a glimpse into traditional construction practices.



Don't Miss These!



Karijoki's summer events bring life to the municipality and attract visitors to the area. Check the website for up-to-date event information, summer activities, and details on accommodation and dining options!



ISOJOKI

"SPEND REFRESHING LEISURE TIME IN ISOJOKI"

Isojoki offers opportunities to explore, experience, and create unforgettable memories!



The Potato Peeler Statue is located in the town center!



Kyllikki Saari's Swamp Grave can be found along Kauhajoen Road.

How does snapping a selfie at the base of the world's largest potato peeler statue sound?

Or perhaps you'd like to visit one of Finland's most infamous murder mystery sites, Kyllikki Saari's swamp grave, sure to send shivers down your spine.

In the town center, you can enjoy outdoor activities and exercise on the accessible fitness trails of the village. The Kuntopolku Jokaaselle Trail offers a smooth workout for the whole family, with the option to stop for a snack at a rotating lean-to-shelter along the path!



The Kuntopolku Jokaaselle features a rotating shelter along the trail

In addition to the services and attractions in the town center, the true highlight of Isojoki is undoubtedly Lauhanvuori and the area surrounding Lauhanvuori National Park. From the highest peak in Western Finland, you can enjoy breathtaking views stretching across the forests of Ostrobothnia and even to the sea. The open pine heaths and spruce forests of Lauhanvuori conceal post-glacial shoreline formations, beautiful waterways, stunning natural springs, vast boulder fields, and easily accessible nature trails.

For the best forest views, climb to the top of the Lauhanvuori observation tower. Another must-see is Spitaalijärvi, a lake steeped in fascinating history. You can even reach Spitaalijärvi with a wheelchair from the parking area.

Kangasjärvi
Photo by Aili Raudla-Majakangas





Lauhanvuoren näkötorni

Photo by Aili Raudla-Majakangas

In good weather, it is possible to see the tallest chimneys of Kristiinankaupunki and Kaskinen, located 60–70 km away, from the tower.

For those who enjoy cycling, the Lauhanvuori Geobike mountain biking trail is a must-visit, offering a good overview of the national park. For those seeking some speed, there are downhill sections as well!

If you're planning to stay longer, you can find nature-friendly accommodation at the Lauhansarvi Nature Tourism Center or from other local businesses offering cabins.

Located next to the national park, Kangasjärvi is a clear-water gem of South Ostrobothnia, offering a variety of campsite services along its shore. Fed by natural springs, its water stays cooler than the darker lakes, making it a perfect spot for a refreshing dip.



The water of Spitaalijärvi is believed to have healing properties.

The wonder of the swamp world is offered by Mustansaarenkeidas, a valuable mire conservation area on the border of Satakunta and Southern Ostrobothnia. Mustansaarenkeidas is an excellent destination for a summer day trip. The path is easy to walk, and along the way, there is a nature tower from which you can admire the swamp scenery.

It's also worth visiting the various villages of Isojoki, where you can experience the genuine Finnish countryside atmosphere and peace. The active villages of Isojoki offer excellent hiking destinations such as Korpilaavu or Myllylaavu! Myllylaavu is a rotating shelter in an open sunny spot, allowing you to turn the shelter in the direction you desire.



Isojoen raitilla

Isojoki hosts many interesting events during the summer. Visitors should definitely check out the Isojoen Raitilla weekend, which offers activities for all ages, from children to grandparents. You can also enjoy live music in the stunning setting of Lauhansarvi at Lauhan Spelit, a music festival featuring a diverse lineup from afternoon until late at night.





KURIKKA

Enjoy a joyful summertime at the NÄRVIJOKI outdoor swimming pool in Jurva!

"COME AND SPEND A FUN FAMILY HOLIDAY IN KURIKKA!"

Kurikka offers plenty of activities for families! Check out the best tips and enjoy a fun-filled holiday in Kurikka!

Thrilling Fun at Skate Parks and Pump Tracks

Kurikka's skate parks and pump tracks are a source of local pride, designed based on the wishes of young enthusiasts. Whether on a bike, scooter, skateboard, rollerblades, or balance bike, there's room for everyone—from beginners to seasoned riders. The parks are daily gathering spots for children and youth of all ages from Kurikka and nearby municipalities. Additionally, the Jurva skate park features a climbing park.



The Jurva Activity Park offers fantastic climbing opportunities!

Various Activities in Traffic and Play Parks

Traffic parks can be found in the center of Kurikka, Jalasjärvi, and Jurva. In these parks, you can experience the thrill of riding pedal cars and scooters while learning traffic rules in a fun way. The traffic parks are open during the summer months – be sure to check the schedules on the City of Kurikka's website!

In Kurikka, there's plenty to choose from in the play parks – nearly 50 in total! For example, visit the Moomin play park in Jalasjärvi!



You'll find the magnificent Linnapuisto playground at the corner of the market square in Kurikka's center.



Time to Swim!

In Kurikka, visitors are served not only by several beaches but also by two indoor swimming pools. The Jurva area also has three outdoor swimming pools, so you can swim in any weather!



Lamminjärvi Beach is located in the center of Jalasjärvi. Next to the beach, you'll also find a traffic park and a skate park.

Nature Fun for the Little Ones

A great nature spot for families with small children is the beautiful Niinistö area. It features a shelter and an outhouse. You can drive all the way there, and it's also accessible with strollers. There's plenty of space for multiple groups to grill sausages, and there is a roofed area for shelter from the rain.



Family Fun at the Sports Park

Kurikka's Sports Park offers activities for the entire family: you can play baseball, football, frisbee golf, or tennis, try track and field, or challenge yourself at the outdoor gym. If you have extra energy, run up the stairs or take a jog along the winding trail through the park. Afterward, you can take a dip at the nearby beach.

At Kiuaskallio in Jalasjärvi, you can rent a bike and gear for downhill biking in the summer, and in the winter, enjoy skiing down the slopes!



The slopes of Kiuaskallio offer thrilling downhill biking!

Spot Rural Animals and Farm Machinery!

Kurikka is a paradise for young tractor spotters! There are fields along the roadsides all around Kurikka. What could be better than watching tractors working in the fields and cows, horses, or sheep grazing in the pastures during a car ride? The backseat passengers can even have a competition to see who can spot the most tractors, combine harvesters, or cows!



Look more:
visitkurikka.fi
FB: VisitKurikka
IG: VisitKurikka





KAUHAJOKI

"WELCOME TO KAUHAJOKI – THE HEART OF SUUPOHJA"

Kauhajoki Local History Museum

Kauhajoki is the heart of Suupohja, offering a variety of services, excellent recreational opportunities, and clean, varied nature and cultural environments. Here, you'll find activities and events all year round.

Kauhajoki offers history and contemporary art for culture enthusiasts.

Kauhajoki Cultural House

Located in the "Terijoki Wing" of the Cultural House, the Parliament Museum is a historically interesting destination to explore the rooms where parliamentary sessions were held during the Winter War (1939-1940) when the parliament worked in Kauhajoki.

An exhibition about the 100-year history of the Kauhajoki Home Economics Institute provides an overview of the diverse education from the 1920s to the 1960s.

In the museum corridor, you'll also find the furniture of blacksmith master Matts Alanco and his wife Serafia from Hämes-Havunen, showcasing skilled craftsmanship and a Könnilä-style grandfather clock from the early 1800s.

The gallery of the Cultural House hosts several art exhibitions during the summer, which can be read about in more detail on the website: kauhajoki.fi/kulttuuri

Kauhajoki Local History Museum

The Local History Museum is owned by the Kauhajoki Museum Association. The museum's buildings and artifacts tell the story of peasant life from the 1800s to the 1940s. More information can be found at kauhajoenmuseo.fi



The Parliament Museum

Kauhajoki Veterans' Heritage House

This museum shows the local history of national defense in Kauhajoki. While the majority of the materials are from Kauhajoki, the museum also provides an overview of Finland's war history. For more information: perinnetalo.fi

Hella Gallery

Located in the center, Hella Gallery features a new exhibition every month. The gallery is on the upper floor of Café Valkoinen Puu. More information and opening hours: hellagaleriala.fi

Church Museum – Museum Chapel

In the summer of 2021, the church museum was transformed into a Museum Chapel, where religious ceremonies and various events can be held. In the Museum Chapel, you can also explore the parish's old artifacts. More information:

kauhajoenseurakunta.fi/kirkot-ja-tilat/kirkkomuseo





Be Inspired and Empowered by Nature Destinations

Boardwalks to National Parks, Field Paths into Cultural Landscapes? Are you looking for the peace of nature? Want to be active in the wilderness, birdwatch, or explore a living cultural landscape? In Kauhajoki, you can gain well-being from both wilderness nature and rural cultural landscapes.

Kauhajoki is part of the significant Lauhanvuori-Hämeen kangas UNESCO Global Geopark. Our national parks offer a variety of interesting nature tourism destinations with well-marked trails. Popular hotspots include Kauhalmppi's boardwalks, the Katikka Canyons with their shelters, Lauhanvuori's observation tower, Kivijata, and Spitaalijärvi. In Kauhajoki, you can enjoy day trips not only in wilderness nature but also in the stunning cultural landscape of the Hyypänjoki River Valley.

Explore nature destinations
kauhajoki.fi/luontokohteet
ltheopark.fi



Events in Kauhajoki

Kauhajoki hosts events all year round. Our biggest events include the annual Culture Week Kriuhnaasu in spring and the Ruokamessut (Food Fair) in the stunning Hämes-Havunen surroundings every autumn.

During Midsummer, the Nummirock festival takes place at Nummijärvi in Kauhajoki. This four-day festival is a favorite among heavy metal music fans and offers an unforgettable experience for those who enjoy hard rock music in a relaxed environment.

Learn more about events at:
kauhajoki.fi/tapahtumat



Diverse Sports Opportunities

Kauhajoki offers year-round, high-quality sports opportunities for all ages.



No matter the weather, Virkistysuimala-Urheilutalo Virkku keeps you active!

The versatile Virkistysuimala-Urheilutalo Virkku is located in the Kauhajoki leisure center area. At Virkku, you can relax in the hot tubs, train at the gym, use the sports halls, enjoy the throwing and hitting area, bowl, play on the golf simulator, or play tennis.

The leisure center is conveniently located near the town center. The area also features a variety of outdoor sports facilities, including a central sports field and spaces for beach volleyball.



Rämäpark offers great speed!

From the same area, you'll also find a stunning 24-hole Frisbee golf course located in the riverside park. Additionally, the Leisure Center area features Rämäpark, which includes a paved pump track.

The Sotka Sports and Outdoor Center offers activities year-round! In the winter, the area boasts an extensive network of ski tracks, a skiing and biathlon stadium, Sotkanrinteet ski center, and a motorsport stadium, where competitions are held throughout the year. In the summer, you can raise your heart rate at the fitness area, with options like the fitness stairs located on the ski slopes, or enjoy performances at the Summer Theater Sotkanpesä

Explore more sports opportunities:
kauhajoki.fi/liikuntapaikat





TEUVA

"TEUVA FULL OF EVENTS"

Portable saunas' gatherings
Photo by Pekka Suovaara

Teuva is known for its diverse and original event offerings. The summer of events starts with **Teuva-Revy**, the **May Day event**, and **yard sales**, continuing with the **Teuva Summer Market** and the **Pohjanmaa Classic Motor Show** featuring car and motorcycle classics. Art is available at the **Ars Nova Botnica** exhibition, and the evening can be concluded by dancing at **Kaarihovi**.



Ars Nova Botnica

For the Siirrettävien Saunojen kokoontumisajo (portable saunas' gatherings), be sure to bring a towel and swimsuit, as the saunas are open to the public. Before the sauna gatherings, there is a **Sauna Parade**, a parade of portable saunas through the center of Teuva to Luonto-Parra.

Eloystit is a Teuva-based cultural and summer event week that includes exhibitions, music, dance, and other activities. There's something for all ages. You can explore cultural attractions along a **walking route** that takes you through the municipality's historical and artistic gems. The Sunday Café at the old municipal building's park is open on summer Sundays.



Pohjanmaan Classic Motor Show

Teuva Church is famous for the altarpiece "Ten Virgins" by artist **Tove Jansson**, which is her only sacred artwork. The altarpiece was painted using the al secco technique directly onto the church's wall, with lime mortar applied to the dry surface.





Ten Virgins
Kuvaaja Tiina Rantakoski

Did you know that while Tove Jansson was painting the altarpiece, she was also writing the Moomin book "Moomin and Midsummer Madness"?

Cultural House Orrela offers events throughout the year. In the upper floor of this historic century-old building, you can explore rare museum collections on display. You can also learn about the history of Orrela by listening to a five-part podcast series, where education counselor Kalervo Niemelä shares stories about the building's colorful past. The podcasts are available on YouTube and Spotify.

On the grounds of Orrela, you'll find the **local history museum** and **Finland's only bicycle museum, Pyörätalli**, where you can explore the history of bicycles and cycling. The collection includes bicycles, approximately 400 items, and numerous photographs.



Teuva Summer Market Pekka Suovaara

Enjoy beautiful nature and the joy of outdoor activities year-round at the **Luonto-Parra** and **Pappilankangas** recreational areas. You can ski, hike, run, berry-pick, swim, or play disc golf. Pappilankangas also features a kids' forest and fitness stairs for both children and adults. At Luonto-Parra, you can stay overnight and enjoy the services of the café-restaurant.



Luonto-Parra Kuvaaja Jukka Kari

The Muinaisvuori Trails runs from Teuva through Karijoki to Pyhävuori in Kristiinankaupunki. Alternative routes head from Parra to Äystö and Pappilankangas. Along the trail, you can stop at shelters and campfire sites.



Pappilankangas

More information:
visitsuupohja.fi
teuva.fi



Kyntäjantie Campus

VUOKSI

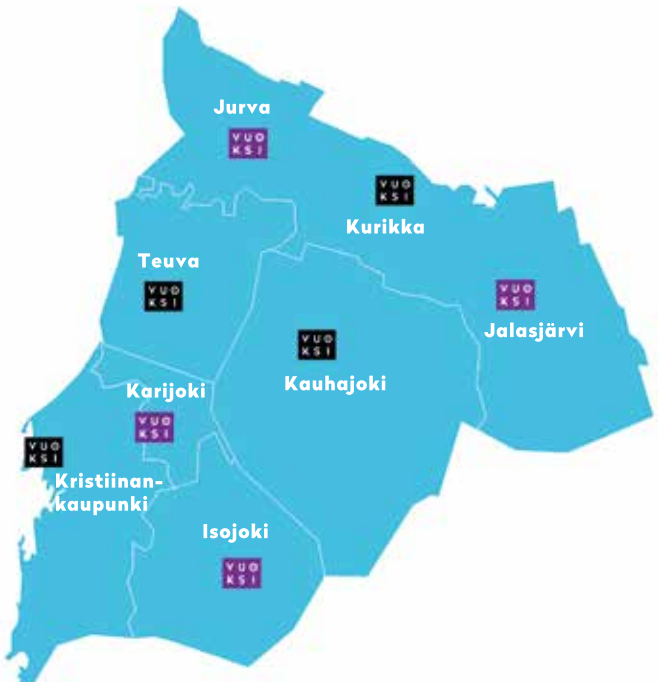
"BOLDLY ON YOUR OWN JOURNEY"

Suupohja koulutuskuntayhtymä Vuoksi is an expert in education and employment, serving the entire Suupohja region. The campuses located in Kauhajoki, at Oppitie and Kyntäjantie, offer diverse educational opportunities and instruction that supports the individual development of students. The institution emphasizes practical teaching and close cooperation with local businesses and the workforce.

Employment Services

In 2021, the Suupohja koulutuskuntayhtymä was tasked with preparing and managing the employment municipality experiment for the Southern Ostrobothnia region. This area includes Kurikka, Kauhajoki, Teuva, Isojoki, Karijoki, Alavus, and Soini, and the program will continue until the end of 2024. During the employment experiment, some of the customers of the Southern Ostrobothnia TE Office transferred to be clients of their own municipalities, bringing new challenges and many opportunities. As the TE services transition to municipalities in early 2025, Vuoksi will take full responsibility for organizing employment services in the Suupohja region, which will include Kurikka, Kauhajoki, Teuva, Isojoki, Karijoki, and Kristiinankaupunki

– When education and employment services are in the same organization, it fosters cooperation in both directions, says principal and municipal federation leader Ari Loppi.



The Suupohja Employment Area. Employment service offices are marked with a black logo, and service points are marked with a purple logo





Oppitie Campus

– After the turn of the year, Vuoksi will see an increase in employment services clients, as we have not yet had all the TE service customer groups during the municipality experiment, he continues.

– We also offer local services in the region because we want to ensure that the accessibility of employment services is as good as possible for all clients. Every municipality in the employment region will have either a Suupohja employment office or a smaller service point.

Studying

The cooperation between educational institutions and the workforce is increasingly emphasized. It adds practical relevance to studies and provides direct contacts with local businesses. This, in turn, helps students find employment and businesses secure labor. However, organizing this in practice is not entirely straightforward.



– Companies that can invest in workplace learning guidance will benefit from it in the long run, Loppi speculates

– However, many small and medium-sized enterprises may not have the resources to guide students, as that time takes away from their own work input. Workplace learning is likely to increase in the future, so both educational institutions and the workforce need to focus more on developing it.



According to Vuoksi's strategic goals, the organization strives to be an influential, active, and attractive regional developer of education, employment, and skills. It aims to develop itself and its region while serving the needs of the region in a changing world.

– The experiences of meeting students, quality, and individuality can be factors that attract people to a small educational institution, reflects Ari Loppi.





visitsuupohja.fi/en/



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SEE ALSO

Explore the Lauhanvuori-Hämeenkanigas UNESCO Global Geopark
lhgeopark.fi/en/

We provide funding for
businesses, associations, and communities!

Our operating area includes Kauhajoki, Isojoki, Karijoki, Teuva, and Kurikka (excluding the Jalasjärvi area)

LEADER

Suupohja



**We are an active
developer in our region!**

Learn more about Leader Suupohja
leadersuupohja.fi