

Kajaani Health Forest at Kainuu Central Hospital

Arriving

The Health Forest in Kajaani is located in the woods next to Kainuu Central Hospital. The address of the hospital is Sotkamontie 13, 87300 Kajaani. Parking takes place in the hospital's chargeable parking lot. Inva parking spaces can be found around the main entrance and in front of the I and J buildings. There are more parking spaces in Vimpeli, behind the sports hall (Kuntokatu 6). From there, it's around 0,5 km to the campfire site. The access from there is demanding and it's uphill. An accessible toilet can be found inside the Kainuu Central Hospital.

Route Description

The route's starting point is located within 200 m from the parking lot, in between the buildings I and J. There is a map and an info point.

The Health Forest includes a 120 m long, wooden route, which is accessible and has handrails. The route leads to an equally accessible campfire site that holds a fireplace and seats in three different heights. There is firewood provided. The route also has a wooden resting place with seats in three heights, as well as instructions on how to conduct activities for different senses. The accessible route is not maintained during winter season.

The area is surrounded by a 1 km long track (ski trail during winter) that has sharp ascents. An other path also passes through the forest. The track and path are not unobstructed.

Health Forest is open to everyone

The Health Forest is meant for everyone. It may support the wellbeing of people living or working nearby. Patients recovering from different illnesses can use the Health Forest independently or together with professionals from social and health services. The Health Forest is also a suitable learning environment for day-care centers, schools and other learning institutions.

Leverage from
the EU
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Health benefits from spending time in nature

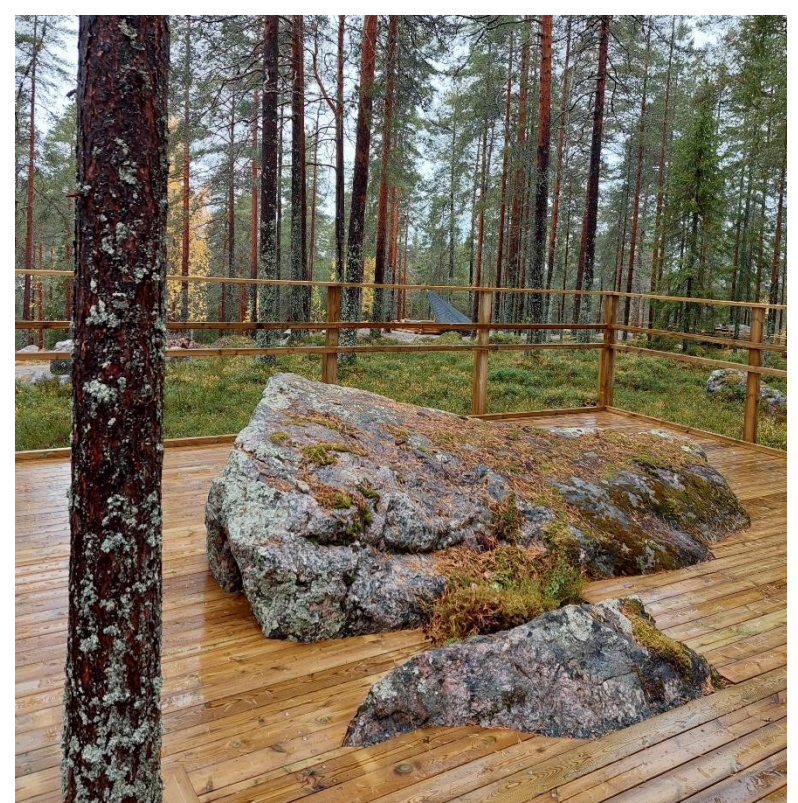
Physical shape improves: in nature, exercising is easy and effective.

Feelings of stress decrease while overall mood increases - nature relaxes both the body and mind.

Senses grow stronger and concentration skills recover more quickly in nature.

The body's immune system strengthens, since nature provides microbes supporting the immunity.

Interaction with different people is easier in nature than in interior spaces.



Photos: Maija Lipponen, Luke

Additional information

Maintenance: the City of Kajaani and Kainuu Social Welfare and Health Care Joint Authority (Kainuun sote)

Contact: the City of Kajaani customer service
<https://asiointi.kajaani.fi/eFeedback/en>
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The route has been built in collaboration between the City of Kajaani, Kainuun sote and *the Health Forest Models in Promoting Work and Functional Abilities* project.



Kajaanin kaupunki



Kainuun sote

