

# 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. Accessible parking space 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 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 self-directed nature-based activities. 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. Another path also passes through the forest. The track and path are not accessible.

## Health Forest is open to everyone

The Health Forest is meant for everyone. It supports the wellbeing of people living or working nearby. Patients recovering from different illnesses can use the Health Forest independently or guided by a social or healthcare professional. 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

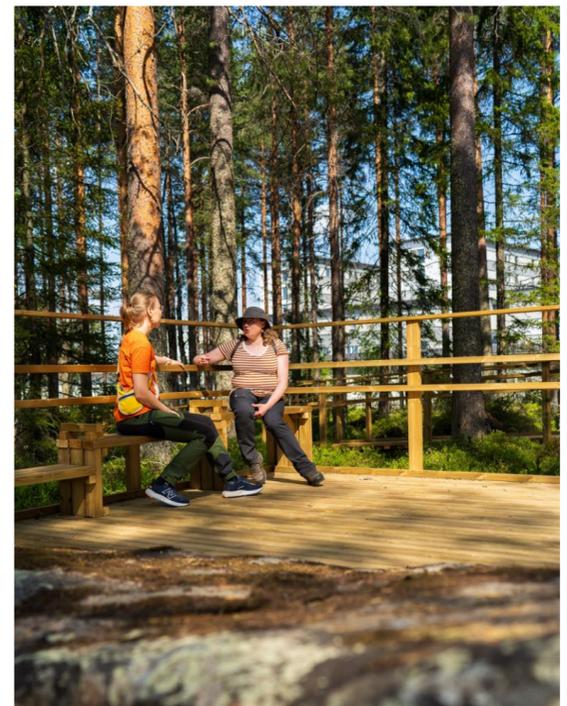
**Physical condition improves:**  
exercising feels easier in nature.

**Stress decreases while  
overall mood increases** - nature  
relaxes both the body and mind.

**Cognitive functioning recovers**  
more quickly in nature.

**The body's immune system  
strengthens**, since nature provides  
microbial exposure.

**Social interaction between people  
becomes easier**  
than in interior spaces.



Photos: Jari Lindeman, Luke