



RESPONSIBLE PADDLING

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ORAVI.

Let the water flow

Lake Saimaa is a paddler's paradise. Travelling by the lakes does not consume our precious nature, and paddling makes the trip comfortable.

Whether you're heading for a short day trip or for a longer adventure, from this guide you will find useful tips and safety instructions before you begin your trip.



Equipment

Before the trip, the equipment must be carefully selected. First, decide whether you're going to set off with a kayak or a canoe. You shouldn't take anything extra for a kayaking trip. The most important things are weather-appropriate clothes, a change of clothes and something to drink.

Equip your dryback with these:

- Map & compass
- Waterbottle
- Snacks
- Spare clothing
- Sunglasses and a hat
- first aid kit
- Paddling vest

NOTE!

If you are going to fish make sure you have fishing licences. You can get those from www.eraluvat.fi/en.

When the water is cold (10 or less) pay attention to these equipment:

- Warm, waterproof gloves
- Warm spare clothing
- Know the risk of hypothermia and find out how to act in dangerous situations



Planning the trip

Before the kayaking trip, you should plan the route carefully. If you are an inexperienced paddler, think about how far you are willing to go and what kind of environment is suitable for a first-time paddler. Do you want to paddle close to the shores or are you ready to cross bigger waters?

It's necessary to be on track of the weather conditions. Find out about temperature, precipitation and wind. Wind direction has a significant effect on paddling speed and its physical load. Be prepared to unexpected weather changes.

Are you going on a day trip or would you like to make a longer tour? Also think about whether you would rather go on a trip with a guide or with your own group. If you want to "take it easy" you should choose a guided tour. The guide plans the trip for you and makes sure that the equipment and skills are up to date.



Safety instructions

- 1. Swimming skills** are the best safety equipment. When paddling, always wear a life jacket.
- Prefer to **paddle in groups**. When paddling together help is always near.
- Plan a kayaking trip for your **own skill**, according to your fitness and experience.
- Predict the **weather conditions** as accurately as possible. Follow the weather change plan and possibly change your route and journey.
- Minimize the risks**: Avoid windy lakes and stay out of shipping lanes. Search the route options in advance.
- Learn to navigate** using a map and compass, because the routes are not marked on the terrain. Don't paddle in the dark.
- Inform someone** at home or in the canoe rental company about your excursion plan.
- Prepare for the cold** with suitable clothing and carry energy-rich food with you.
- Check the canoes and other **equipments condition** before departure.
- Shore up to **rest and walk** often enough, about every hour. The risk of accidents increases with fatigue.
- The **recommendation** is to spend about six hours / day paddling on the canoe. Average for a beginner paddling trips of 13 to 16 km / day is suitable length.

Environment

When going into the nature, it is good for everyone to know the everymans rights and to be aware of these when moving in nature. However everyman's rights do not always apply in the area of national parks. So find out in which area you move and which rules apply there.



- Hike and camp without leaving a trace. Prefer camping spots for breaks and overnight stays.
- Don't leave trash behind. Burn the paper packages in a bonfire, put the bio-waste in the composter in the toilet. Take other waste with you away from nature. Do not wash eating utensils near the shores.
- Respect nature and its inhabitants. If you encounter with an animal, stay away and be as quiet as possible. Respect the nesting peace. Also respect other people's property and don't aim for cabins or saunas that seem deserted.
- Make campfires only at campfire sites and be aware of the forest fire-warnings. While the warning is valid, you can only use the camping stove.

Learn about everymansrights and national park rules from: www.nationalparks.fi/everymansright

Check the forest fire warnings from: en.ilmatieteenlaitos.fi/warnings

Ready to go!

Enjoy the peace of the national parks and the sounds of the nature. Behind every island and ancient landscape there is new adventure waiting for you!

