

TABLE OF CONTENTS

WELCOME BACK TO NATURE IN FINLAND	6
THANK YOU!	8
ARCHIPELAGO	10
BENGTSKÄR	16
ÖRÖ	26
STORA BUSKÄR	32
FROM VIKINGS' WAYS TO HIISI SITES	39
MAP & MORE INFO	42
LOHJA	44
KARKALI NATURE RESERVE	46
HILLFORT	56
THE OAK OF PAAVOLA	60
THE SACRED OAK	68
ÅLAND	72
NÅTÖ GROVE	78
LEMBÖTE CHAPEL	85
GETA MOUNTAIN	86
GIANT'S GARDEN	96
MAP & MORE INFO	100
SAIMAA	102
FIEND OF PAASVESI AND DEVIL-ROCKS	104
UKONVUORI	107
FIEND OF PAASVESI	115
DEVIL-ROCKS	120
DEVIL OR DEITY?	125
MAP & MORE INFO	130
KOLI	132
MYTHICAL KOLI	135
PIELINEN	138
DEVIL'S CHURCH	146
UKKO-KOLI AND PAHA-KOLI	150
THE STORY OF THE TRIAL STONES	152
MAP & MORE INFO	156
KALAJOKI	158
FROM THE KALAJOKI SAND DUNES TO KALLANKARIT	161
SIIPONJOKI RIVER	162
SAND DUNES	170
KALLANKARIT – MAAKALLA AND ULKOKALLA	172
BOTTLE SLING KNOT	182
DECREE ON THE ISLES	186
MAP & MORE INFO	192
KAINUU	194
THE WILDS OF KAINUU	196
VIENA KARELIA TRAIL	198
KALMO-SÄRKÄ	208
JULMA-ÖLKKY	212
THE BEAR IN FINNISH MYTHOLOGY	227
MAP & MORE INFO	228
INARI	230
LEMMENJOKI RIVER AND THE SEITAS OF POWER	233
UKONSAARI ISLAND	236
LEMMENJOKI	240
PYHÄ-NATTANEN	250
SACRED SEITAS OF THE SÁMI	260
MAP & MORE INFO	264
FOOD TIPS	266
DELICACIES OF THE ARCHIPELAGO	266
MUURINPOHJA CREPES WITH LOCAL APPLE JAM	268
ÅLAND SPECIALTIES	270
THE SAIMAA RINGED SEAL'S FAVORITES	272
THE KOLI WITCH'S MUSHROOM SOUP	274
KALLANKARIT WHITEFISH	276
KAINUU RÖNTTÖSET	278
LAPLAND REINDEER PIZZA	280
CROCHETED VIKING HOOD	282
BOOKS, BLOGS & OTHER INTERESTING LINKS	286