# Kammiovuori

Spectacular views from Kammiovuori hilltop | Boulder "Linta" | Hiskias's Cave

Located in Vintturi, Sysmä, Kammiovuori ("Chamber Mountain") is the highest spot in the Eastern Häme (Tavastia) region, offering breathtaking views over the region's forests and lakes. The trail passes through atmospheric, hilly forest terrain. Interesting sights glong the path include the impressive, seven-metre boulder named "Linta", and Hiskias's cave. The cave is named after a vagabond who, according to local legend, used to live in the cave at the beginning of the 20th century. Despite the challenging terrain, Kammiovuori is a popular destination for families with children, as well.

### Description

The trail starts from the parking area and goes up through a mixed, mostly coniferous forest towards Kammiovuori. A clearly marked path leads to a lean-to shelter and campfire site. This is a good place to stop and rest before continuing the climb. After the lean-to shelter, the trail divides into a circular trail leading past Hiskias's cave and the boulder Linta all the way to the top of the Kammiovuori hill. The view from the hilltop is spectacular, but be very careful near the edge of the cliff. The trail passes through very varied landscape from groves to dry pine forests and romantic spruce forests.

### Good to know

The trail can be walked in running shoes, although hiking boots can be a better alternative for this varied terrain. One of the Struve Geodetic Arc triangulators is close to the summit of Kammiovuori. You can see several really large ant hills along the trail. Those arriving by boat can use the jetty in Vintturi village, 3 km from the trail. The nearest shops are in Sysmä.

### Difficulty

This trail is rated Hard. The rocky sections with large stubs and steep inclines make it challenging. Despite this, Kammiovuori is a popular destination for families with children, as well. Extra caution should always be applied near the edge of the hill. The trail is accessible during the snow-free seasons. There are support ropes to help climbing at the steepest sections.

## How to get there

You can get to the starting point of the trail by car. From Sysmä, take road 612 towards Luhanka and drive 24 km, then turn right onto Vintturintie and drive 2 km, turn left onto Nutturintie and continue about 1 km to the Kammiovuori parking.

START AND END POINTS: Kammiovuori parking, Nutturintie 104, Sysmä, N61 41.443 E25 41.366

TRAIL MARKINGS: Painted blue and white marks

**MORE INFORMATION, PHOTOS AND SERVICES OF THE SURROUNDING REGION:** www.visitpaijanne.fi



