

# Olari health nature trail

## The story of the nature trail

The Olari health nature trail is a nature trail in Espoo Central Park offering the chance to experience more natural elements that have a positive effect on health than an average nature trail. Along the trail of approximately 2.4 km, there are eight checkpoints with three separate exercises each. The exercises have been constructed with a view to the three main target groups of the trail. These are school and day-care children, those unfamiliar with the forest as a place and those who are seeking the health benefits offered by the forest. The exercises guide the hikers to observe, learn and experience nature's many health effects from mental well-being to improved physical condition. For children, the trail offers memorable learning experiences, and for those familiarising themselves with the forest, it provides a guided way to build their own relationship with nature and find new information. For those seeking health benefits, the exercises along the path offer a break from everyday life, helping them to connect to the sensations of the mind and body.

The health nature trail was created on the initiative of the Olari-seura association and has been promoted in cooperation between several parties. The design and building of the trail were funded by the cross-administrative development programme Healthy Espoo together with Environment and Technical Services. The design of the trail and its checkpoint exercises was devised by three workshops including representatives of nearly 20 organisations and residents' associations

operating nearby. These included the Olari Parish, two local scout troops, representatives from day-care centres and schools and the mental health association Espoon mielenterveysyhdistys Emy ry. The health benefits offered by nature have thus been considered in the design of the checkpoint exercises in many ways and for as many user groups as possible.

## Arriving

The health nature trail is located in Kokinmetsä, and it is easily accessible on foot or by bicycle, public transport or car. The main entrance to Kokinmetsä is from a small car park at the intersection of Ylismäentie and Olarinkatu. Bus lines 531, 532 and 533 stop closest to the main entrance, and there is a city bike station a few hundred metres away. Kokinmetsä can also be entered from several places in the direction of Puolarmaari and Henttaa. The entrances to Kokinmetsä are shown in the enclosed map. The health nature trail can be followed in both directions, and the checkpoints do not have to be visited in order.



1. Colossal erratic blocks
2. Soulful mixed forests
3. Sensory stop
4. At the foot of ancient pines
5. The growth in the brush
6. By the seal islet
7. The arc of a snag
8. In the fold of the aspen council



The health nature trail can be recognised by these blue hearts.

# Add quality and good years to your life!

Closer human interactions and relationships have an even greater effect on health than lifestyle. Love, affection and social relationships support a good life.

Do things that create good feelings. They don't have to be very big things. Even small everyday acts can change your life positively and help you to feel well and live well.

## FIVE WAYS TO LIVE BETTER AND LONGER

Add quality and good years to your life:

### I AM PART OF A COMMUNITY

Connecting with other people is a cornerstone of a good life. Create and establish connections at home, work, school and in your local community. Share your joys and sorrows with others daily - a trouble shared is a trouble halved, and a joy shared is a joy doubled! It is important to put time and effort into building and maintaining good interpersonal relations every day.

### I ENJOY EXERCISE

Step outside to get some fresh air, go for a walk or cycle with a friend. Do a dance, enjoy a game with friends, or take a deep dive. Find a physical activity that suits you best, and enjoy the great feeling it gives you.

### I LIVE IN THE MOMENT

Be curious - experience the world with all your senses. Notice the changing seasons, the sunset and the flora and fauna all around you. Live in the moment, wherever you are. Be aware of your feelings and learn to live with them. Share your experiences with others.

### I KEEP LEARNING

Try something new - it's never too late! Knit, fix something, learn to play an instrument or cook. Rediscover an old interest or do something new with your hands. Set a challenge, and enjoy fulfilling it. Learning new things is refreshing and makes you more confident.

### I SPREAD THE GOOD AROUND

A smile and a thank-you will brighten up anyone's day. Do something nice for a friend or a stranger. Devote some time to friends or to volunteer work. Look around you: good deeds increase happiness, both for others and for yourself.



### Contact information

Problems detected on the health trail can be reported to Technical and Environmental Customer Service:

Telephone +358 9 816 25000, Mon,Wed-Fri 8.00-15.30, Tue 10.00-15.30