



NUTS SYÖTE 2026

RACE CARD 25KM

25 km “Around We Go and Together We Finish”

– The heart of Syöte’s trails!

The 25 km course showcases the best trails of Syöte National Park! Climbs, ridges, and a final ascent of Iso-Syöte before a fast descent to the finish at the foot of the fell.

RACE DETAILS



START & FINISH

Located at the base of Iso-Syöte, around LumiAreena



STARTING TIME

Saturday at 12:00



AID STATIONS

- Pärjänjoentie ylitys
- Loihtu

Pärjänjoentie overpass is passed twice

CHECKLIST



BIB PICK-UP

Race bibs and participant materials can be collected from the Event Office at LumiAreena.



MANDATORY EQUIPMENT

- Mobile phone
- Cup
- Spoon
- Elastic adhesive bandage
- Water bottle or hydration bladder
- Space blanket
- Signal whistle
- Emergency energy



TIME LIMIT

The finish line closes at 19:00 on Saturday.



GEAR STORAGE

There is a gear storage area at the event office where you can leave your belongings during the race. Please note that storing items is at your own risk.

ROUTE INFORMATION



Distance 25.5 km



Duration 4:05 h



Ascent 290 m

Highest point 412 m



Descent 304 m

Lowest point 181 m

[Download the GPX file for your watch here!](#)

More information:

[NUTS Syöte Participant Guide](#)

[Distances & Routes](#)

[Changes & Transfers](#)