



NUTS SYÖTE 2026

RACE CARD 40KM

40 km “The more the merrier”

– A challenge for those who want more!

The 40 km route runs along the best trails of Syöte National Park! Ascents, technical sections, and the summit of Iso-Syöte before a fast descent to the finish.

RACE DETAILS



START & FINISH

Located at the base of Iso-Syöte, around LumiAreena



STARTING TIME

Saturday at 11:00



AID STATIONS

- Anninkoski
- Pärjänjoentien ylitys
- Loihtu

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 40.8 km



Duration 6:20 h



Ascent 462 m

Highest point 412 m



Descent 462 m

Lowest point 181m

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

More information:

[NUTS Syöte
Participant Guide](#)

[Distances & Routes](#)

[Changes & Transfers](#)