



NUTS SYÖTE 2026

SUPPORTER'S GUIDE

Cheering is allowed – and highly encouraged!

In trail running, cheering is an important part of the event atmosphere. Encouragement along the course can give runners exactly the extra boost they need on a long journey. A smile, applause, cheering shout, or even a sign along the route can make a runner's day much better.

Supporting and Assisting Runners



The race is semi-supported, and runners must be self-sufficient between aid stations.



Support from family, friends or crew is only allowed at the official aid stations

- Loihtu
- Anninkoski
- Pärjänjoentien ylitys



At the aid stations, runners can refill their fluids and enjoy the snacks provided. Runners are welcome to take snacks with for the next section of the trail. Additional nutrition and supplies from your own support crew may only be received at official aid stations.



Results & Live Tracking

Follow the event and track runners live on the event website and NUTS social media channels.




HOP-ON HOP-OFF EVENT SHUTTLE BUS


The shuttle bus runs hourly around the Syöte area
On Saturday, 13 June
From 10:00 to 18:00.


The shuttle bus is free of charge!

[Check the timetables!](#) 

How to get to the aid stations?

 **Loihtu** Board the event bus at the bus stop located in the event area and travel to the National Park Gate. From the National Park Gate, it is about a 50-meter walk to the maintenance area. There is also a parking area at the National Park Gate, where you can arrive by your own car.

 **Anninkoski** Board the event bus at the bus stop located in the event area and travel to the National Park Gate. From the National Park Gate, follow the marked trail on foot to the maintenance area, approximately 2 km away. There is also a parking area at the National Park Gate, where you can arrive by your own car.

 **Pärjänjoentien ylitys** Board the event bus at the bus stop located in the event area and travel to Romesuvanto. From Romesuvanto, it is about a 1 km walk to the maintenance area.



No littering in the event centre or on the trails. This includes biodegradable waste and banana peels. Littering may result in a time penalty or disqualification.



If a runner gets injured or has to withdraw from the race, please inform the organisers.



Event emergency service +358 40 6605 281