

TRAINING

MIKKELI



BULLETIN

Mikkelin Tilitoimisto 

 **LÄHITAPIOLA**
Savo-Karjala

Mikkelin Tilitoimisto 

 **LÄHI**
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General information

Welcome to prepare for upcoming Jukola in Mikkeli area. The terrains may surprise some by “softness” of the surface and even though runnability is mostly good, the trainings are generally tough for amateur runners.

We offer many trainings (mostly with forking) in many different terrains to avoid unnecessary wear of forest but at the same time keeping the relevancy for Jukola in mind. It is notable that the terrain type in Mikkeli area is relatively similar with upcoming WOC2025 in Kuopio, so we keep the package available until then.

The goal is to keep the prices low so that there is no need for parties to print “pirate”-copies or plan own courses. We have plenty, so if you have ran all, —ask more!

We have estimated an equivalency -value for each training towards upcoming Jukola to make your choice easier. Also the measured values of “runnability” and “difficulty” may help amateur runners and beginners to calculate how much SISU* one might need to pass the course.

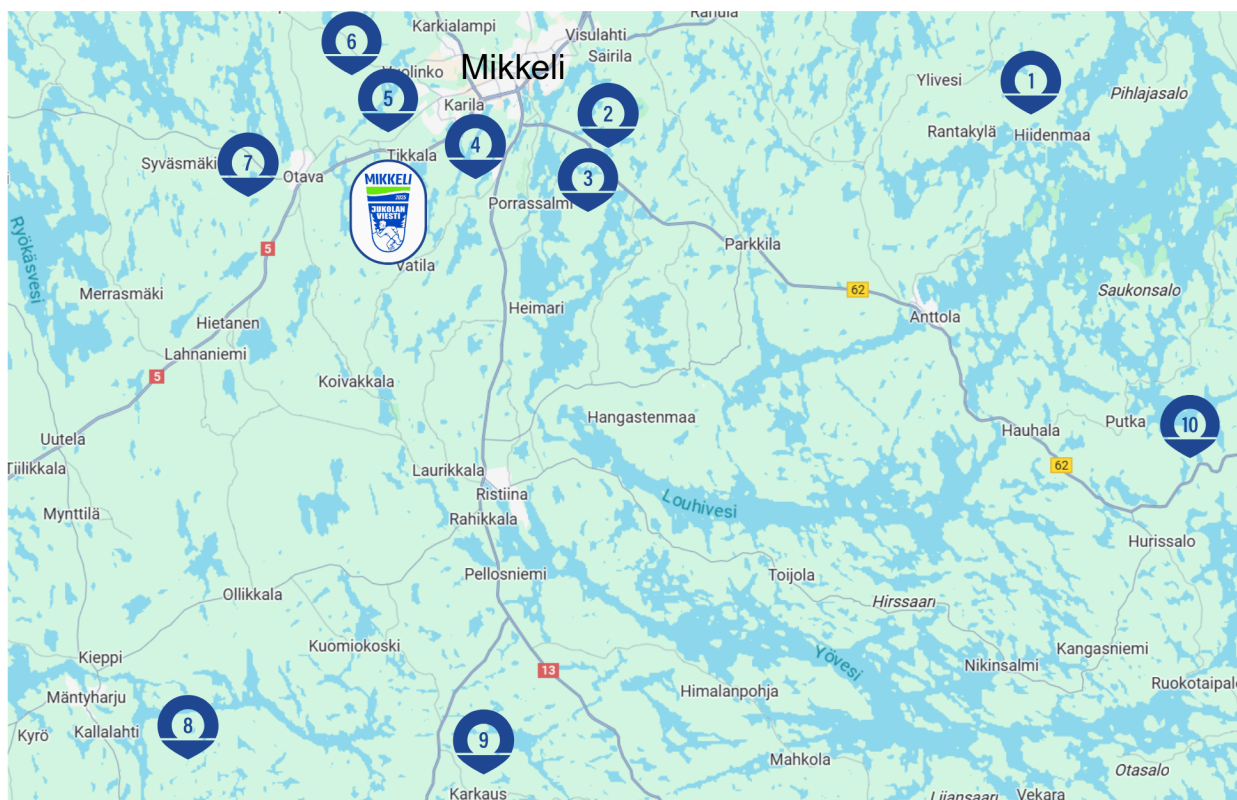
Please respect the parking informations and land owners. Do not leave any waste in forest.

We wish the best time in our forests!

Regards, Joonas



*Strength of will.



1.Hiidenmaa, Neitvuori 2.Tornimäki, Säynätti
3.Pahalamminvuori 4.Urpola 5.Rantakylä
6.Koivikko 7.Mannilan Sydänmaa 8.Saunalammit
9.Kirkkivuori 10.Haukkovuori

Relay trainings;

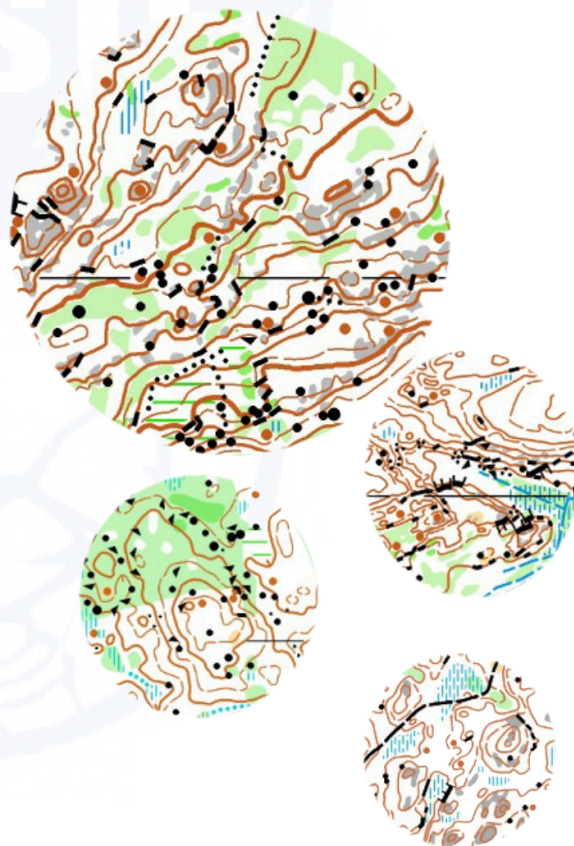
Hiidenmaa	1.4.25
Kirkkovuori	1.4.25
Neitvuori	8.4.25
Rantakylä	1.4.25
Säynätti	1.4.25
Tornimäki	17.5.25
Mannilan Syd.	1.11.24

Model event;

Mannilan Syd.	1.3.25
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Middle distances;

Saunalammit	8.4.25
Neitvuori	15.5.25
Pahalamminv.	1.4.25



Hiidenmaa

Relay training

Map

Jarmo Tonder /2018

10 000 / 5 m A4

CS J. Ahola

Address / Parking

Kirkkovuorentie 9-31, 51780 Juva



Training info

Distance	6.6km
Controls	Plastic pipe
Forking	Yes

3D Rerun

1.5.2025

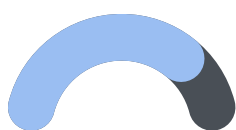


3Drerun

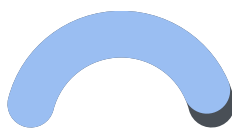
Description

The forest is part of the best map and terrain in Mikkeli area and I dare to say it's one of the best in Finland. Runnability varies from good to decent and the course has been planned high relevancy in mind for upcoming Jukola terrain with longer legs and some denser parts. — Some slopes are a bit too juicy for Jukola, where the elevation differences will be more mildish.

Distances from parking:
1km to start, 200m from finish.



Equivalency
(Jukola25)



Difficulty



Runnability

Kirkkovuori

Relay training

Map

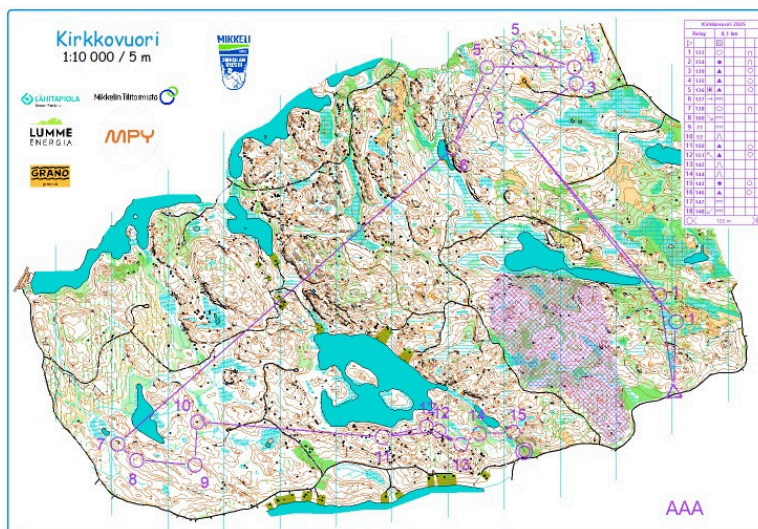
Sulkula + Roux /2024

10 000 / 5 m A3

CS J.Ahola

Address / Parking

Särkäntie 357-361,52420 Mikkeli



Training info

Distance	8.1km
Controls	Plastic pipe
Forking	Yes

Description

Here we offer a bit longer training with long routechoise challeges to sharpen "the eye" for the Jukola and Venla. Both runnability and visibility are mostly good. Training is a tough one and more suitable for experienced runners. Not many short cuts available. Map size is A3.

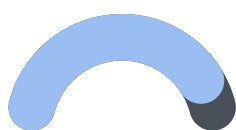
3D Rerun

1.5.2025

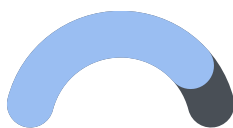


3Drerun

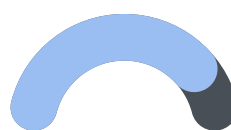
Distances from parking:
1km to start, 0m from finish.



Equivalency
(Jukola25)



Difficulty



Runnability

Neitvuori

Relay training

Map

Jarmo Tonder /2018
10 000 / 5 m A4
CS J. Ahola

Address / Parking

Neitvuorentie 656



Training info

Distance	5.5km
Controls	Plastic pipe
Forking	Yes

3D Rerun

1.5.2025



3Drerun

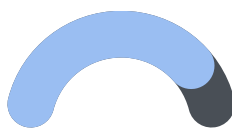
Description

The terrain is the nicest in Mikkeli area and the course highly enjoyable with routechoise challenges. Runnability and visibility are mostly good and course planning has been made Jukola relevancy in mind. The terrain is not the most equivalent for Jukola but this is absolutely suitable relay training for both easy and fast speed.

**Distances from parking:
300m to start, 0m from finish.**



**Equivalency
(Jukola25)**



Difficulty



Runnability

Rantakylä

Relay training

Map

Ilari Sulkula /2022

10 000 / 5 m A4

CS J. Ahola

Address / Parking

HK Foods Mikkeli,

Ukkopekkatie 1 Mikkeli



Training info

Distance	5.7km
Controls	Plastic pipe
Forking	Yes

Here we offer a training which is well suitable for a model event before the big race. The terrain is located closest to the Jukola arena and the parking lot has even it's own sausage scent to build up the right atmosphere. The terrain doesn't have as tough elevation differences as the main event but the trees grow as wide and strong as in the Jukola forest.

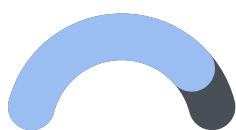
Distances from parking:
1.0km to start, 200m from finish.

3D Rerun

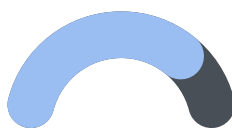
1.5.2025



3Drerun



Equivalency
(Jukola25)



Difficulty



Runnability

Mannila Syd.

Relay training

Map

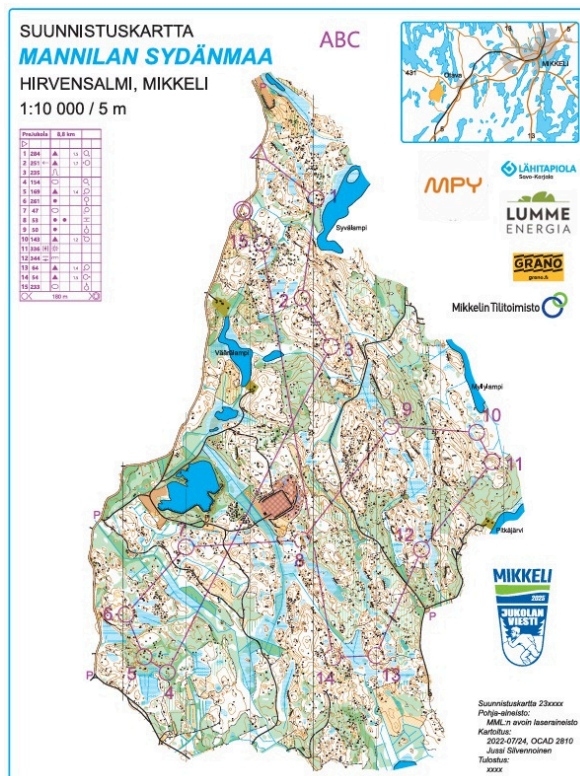
Jussi Silvennoinen /2024

10 000 / 5 m A3

CS J. Ahola

Address / Parking

Hasantie 74, Mikkeli



Training info

Distance	6.1 & 8.4km
Controls	Plastic pipes
Forking	Yes

Description

The terrain is the most relevant for upcoming Jukola. Here we offer a relay training which were ran as a mass start on 9.11.24. There are two options at length (short and long). The terrain is a tough one so it's recommended to have a couple easier days before the Jukola night after you hit this one. Map size is A3.

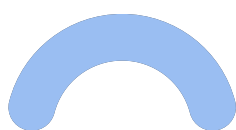
3D Rerun



10.11.2024

3Drerun

P-L 0,3 km M-P 0,5km



**Equivalency
(Jukola25)**



Difficulty



Runnability



Tornimäki

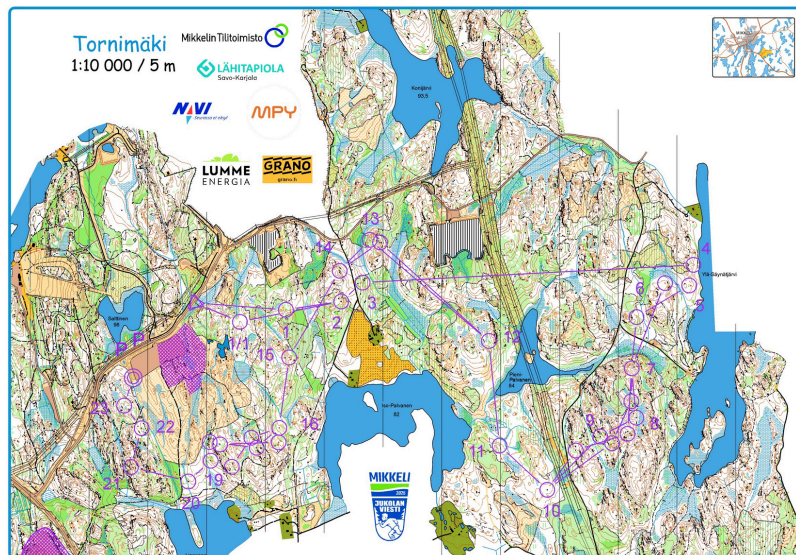
Relay training

Map

Jussi Silvennoinen /2021
10 000 / 5 m A3
CS T. Ahola

Address / Parking

61°39'39.7"N 27°20'24.5"E



Training info

Distance	6.0 & 8.5km
Controls	30x30 kites
Forking	Yes

3D Rerun

17.5.2025



3Drerun Long

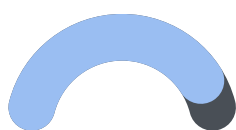


3Drerun Short

Description

The official mass start training from 17.5.2025 by the Venla relays course setter. After the start we offer only longer distance (8.5km) with normal control kites. The terrain contains lots of similarities with the main event. The map is updated by the Jukola's mapmaker and was used in SM relay 2021.

**Distances from parking:
200m to start, finish is in the parking.**



**Equivalency
(Jukola25)**



Difficulty



Runnability

Säynätti

Relay training

Map

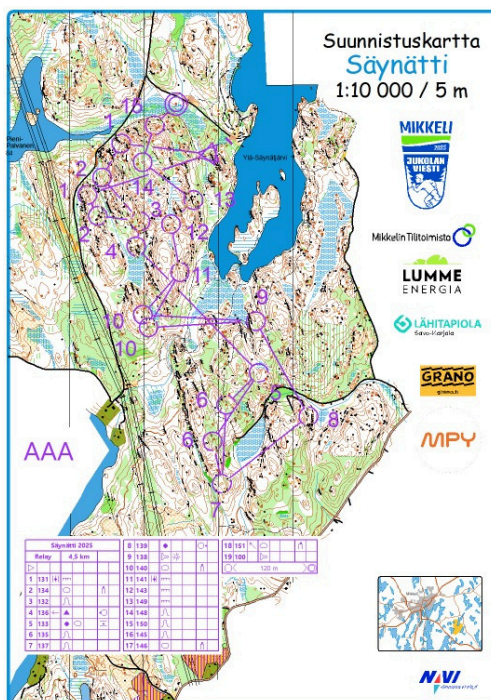
Jarmo Tonder /2018

10 000 / 5 m A4

CS J. Ahola

Address / Parking

Jokilahdentie 8, 50350 Norola



Training info

Distance	4.5km
Controls	Plastic pipe
Forking	Yes

3D Rerun

1.5.2025

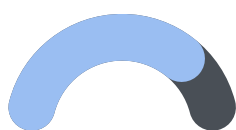


3Drerun

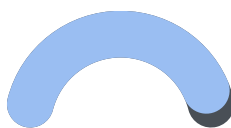
Description

The terrain is undoubtedly one of the trickiest and coolest near the Mikkeli city -area. The map is detailed so it's recommended to bring your "better eyes" along. Forest floor is heavy even though runnability is mostly quite good. Although the training is relatively short, it may require a good sense of humor from many of us. Visibility is decent.

Distances from parking:
300m to start, 100m from finish.



Equivalency
(Jukola25)



Difficulty



Runnability

Mannila Syd.

MODEL EVENT 2025

Map

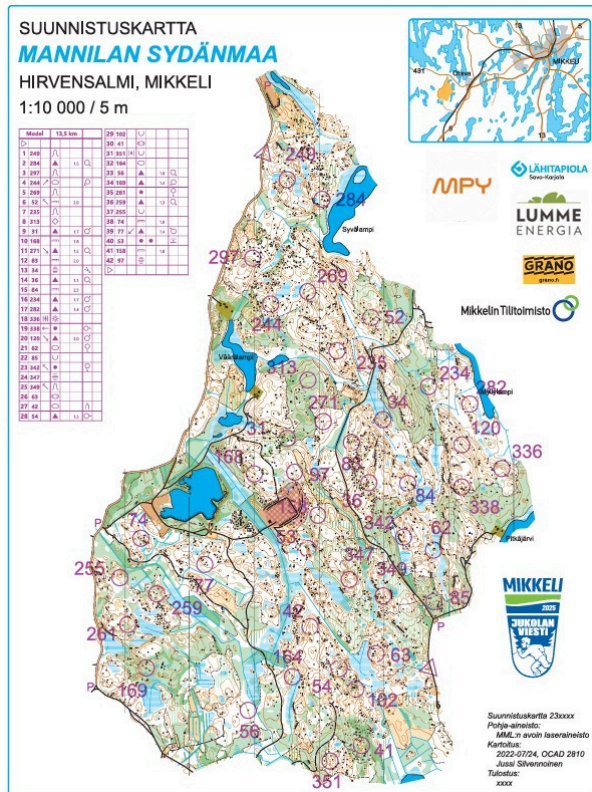
Jussi Silvennoinen /2024

10 000 / 5 m A3

CS Master of Jukola25

Address / Parking

Kaitalammentie 74, Hirvensalmi



Training info

Distance	***
Controls	Plastic pipe
Forking	***

1.4.2025

**MODEL EVENT
2025**

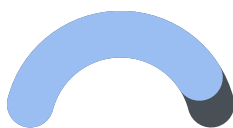
Description

The terrain is the most relevant for upcoming Jukola. Here we offer a classic model event without a course. There's plenty controls set in the forest so you are free to plan your own courses. Many different parking option available and you can see them from the map. By following the location link you'll find one of them. The control points have been updated to new ones from last year. No reflectors.

P-L *** km M-P *** km



**Equivalency
(Jukola25)**



Difficulty



Runnability

Pahalammenv.

Middle distance

Map

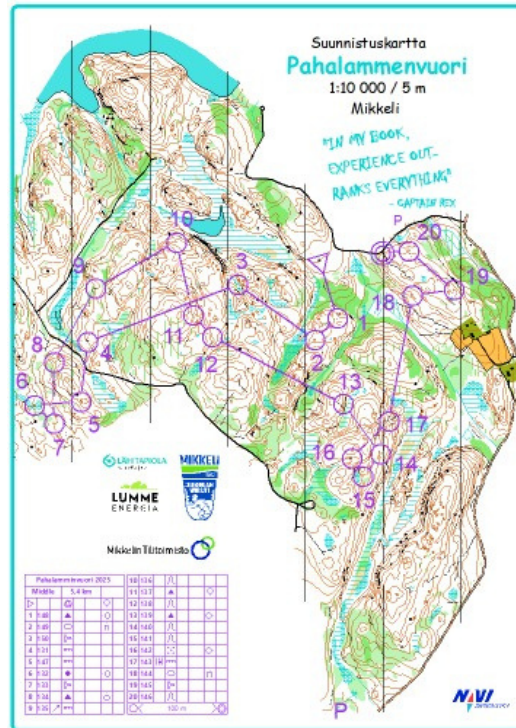
Oma Taivainen /2019

10 000 / 5 m A4

CS J. Ahola

Address / Parking

61°38'09.4"N 27°21'06.1"E



Training info

Distance	5.4km
Controls	Plastic pipe
Forking	No

3D Rerun

1.5.2025



3Drerun

Description

Here we offer a special wilderness forest right beside the city as it is in the Jukola's case. Course with middle distance characteristics and terrain with lots of similarities with upcoming Jukola. Tough but runnable terrain with slope orienteering and tricky control points.

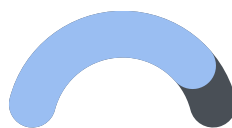
There is limited space for parking so be caution and respect other users of the road.

Distances from parking:

From parking to start 500m.



Equivalency
(Jukola25)



Difficulty



Runnability

Saunalammit

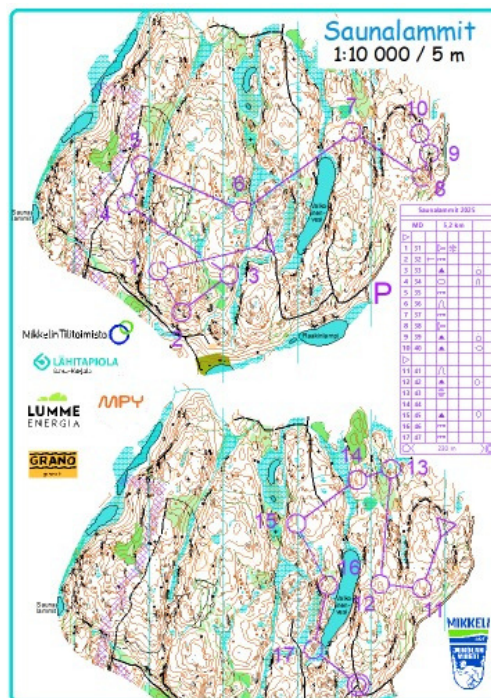
Middle distance

Map

Joonas Ahola /2024
10 000 / 5 m A4
CS J.Ahola

Address / Parking

61.386583, 26.974309



Training info

Distance	5.2km
Controls	Plastic pipe
Forking	No

3D Rerun

10.5.2025



3Drerun

Description

Here we offer a nice and runnable middle distance training in a beautiful terrain near Mäntyharju. The location suits well for the runners traveling from south as a break from traveling. Runnability and visibility are both great and there's not so much green on this map. Parking alongside the road. The course has a map change, both in the same paper.

Distances from parking:
800m to start, 150m from finish.



Equivalency
(Jukola25)



Difficulty



Runnability

Neitvuori

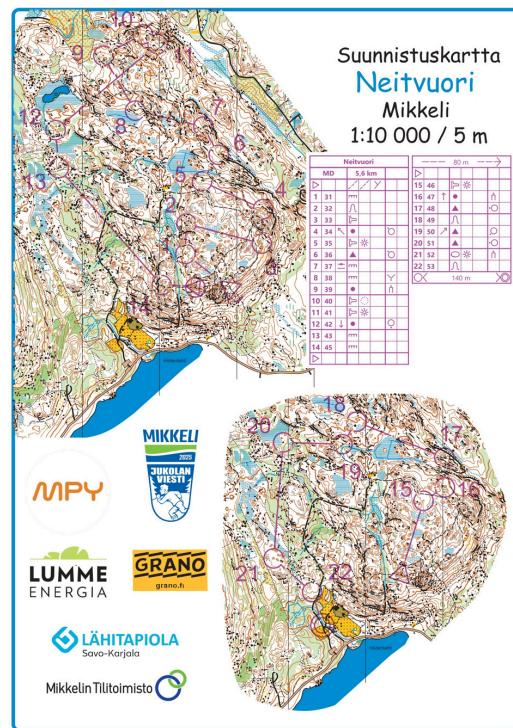
Middle distance

Map

Jarmo Tonder /2018
10 000 / 5 m A4
CS J. Ahola

Address / Parking

Neitvuorentie 656



Training info

Distance	5.6km
Controls	Plastic pipe
Forking	No

3D Rerun

1.5.2025



3Drerun

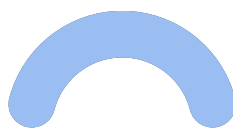
Description

The training has been planned WOC2025 in mind and is suitable for the elite runners preparing for Kuopio. The training will be open from quite late to protect the terrain from extra paths and wear of forest before the arrival of national teams. It is still highly recommended to all of you brave hearted to go and try out the Middle "race" in Neitvuori. Map contains a map flip.

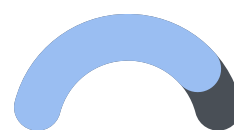
Distances from parking:
1.5km to start, 200m from finish.



**Equivalency
(WOC25)**



Difficulty



Runnability

Koivikko

Long distance

Map

Janne Weckman /2017
15 000 / 5 m A4 CS J.
Ahola

Address / Parking

Koivikontie 8, 50200 Mikkeli



Training info

Distance	7.8km
Controls	Plastic pipe
Forking	No

3D Rerun

1.5.2025



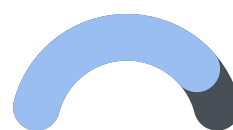
3Drerun



**Equivalency
(WOC25)**



Difficulty

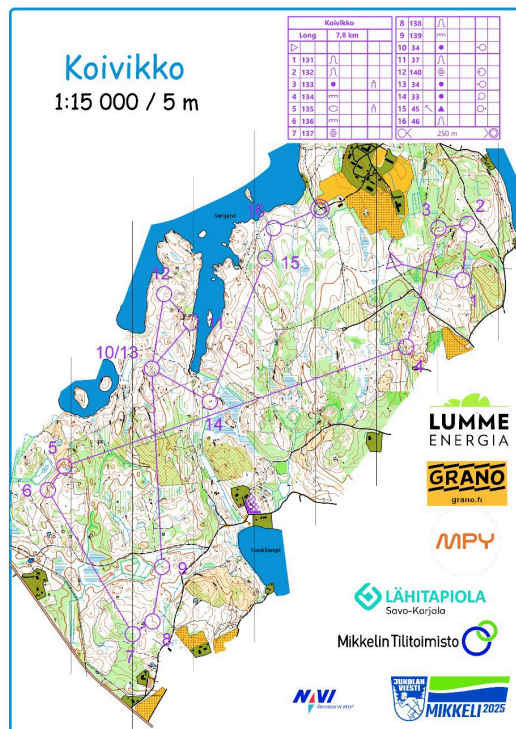


Runnability

Description

The training has been planned with WOC 2025 in mind and is suitable for elite runners preparing for Kuopio. The mapmaker is the same as for WOC and uses a somewhat simplified style. The course features long-distance characteristics.

Distances from parking:
400m to start, 200m from finish.





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BULLETIN 2024

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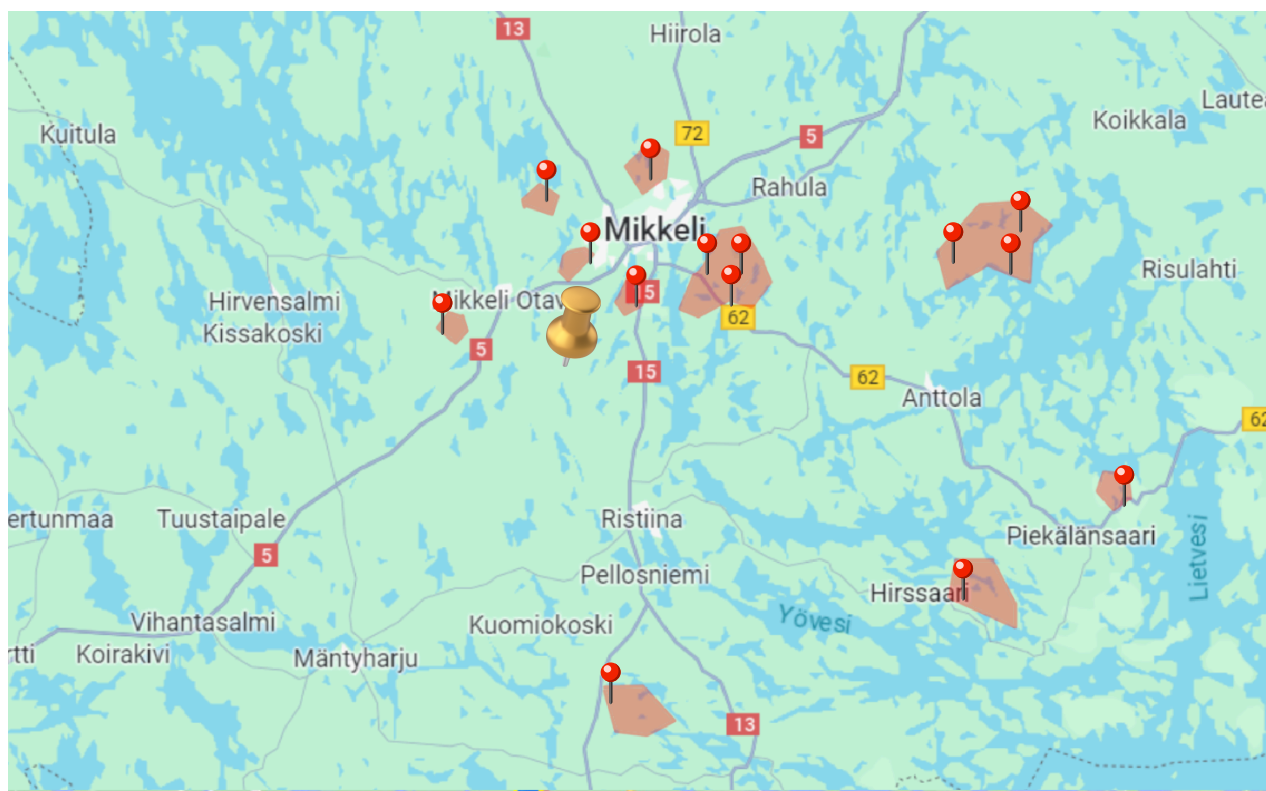

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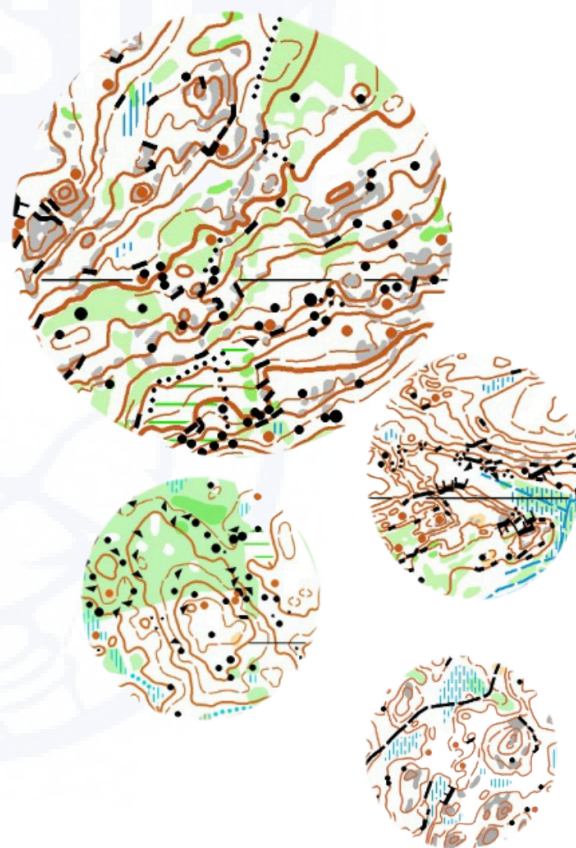
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**Jukola****Relay trainings:**

Hiidenmaa	1.6.-24
Kirkkovuori	1.7.-24
Neitvuori	1.6.-24
Haukkovuori	1.7.-24
Koivikko	1.9.-24
Rantakylä	1.6.-24
Mannilan Syd.	1.9.-24
Pahalammenv.	1.6.-24
Tornimäki	1.7.-24
Mannilan Syd.	10.11.-24

Middle distances:

Kirkkovuori	1.6.-24
Urpola	1.6.-24
Säynätti	1.6.-23
Kirkkovuori Itä	1.7.-24



Hiidenmaa

Relay training

Map

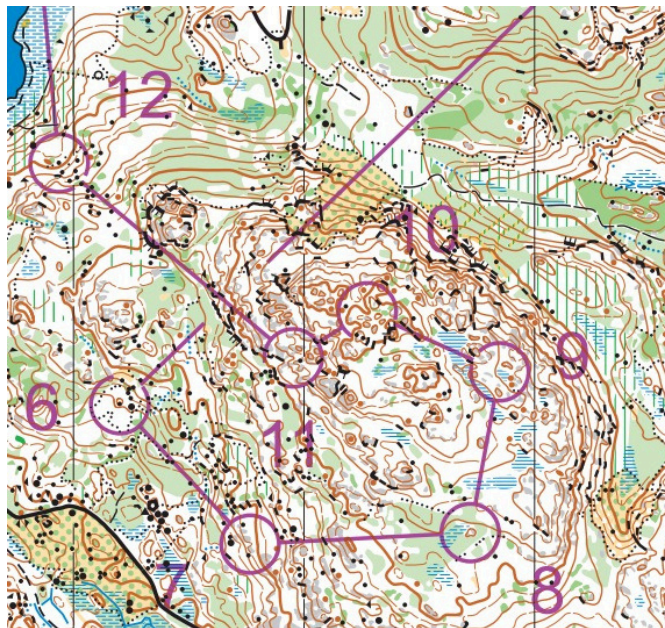
Jarmo Tonder /2018

10 000 / 5 m A4

CS J. Ahola

Address / Parking

Kirkkovuorentie 9-31, 51780 Juva



Training info

Distance	6.6km
Controls	Plastic pipe
Forking	Yes

3D Rerun



1.6.2024

Description

The forest is part of the best map and terrain in Mikkeli area and I dare to say it's one of the best in Finland. Runnability varies from good to decent and the course has been planned high relevancy in mind for upcoming Jukola terrain with longer legs and some denser parts. — Some slopes are a bit too juicy for Jukola, where the elevation differences will be more mildish.

**Distances from parking:
400m to start, 200m from finish.**



**Equivalency
(Jukola25)**



Difficulty



Runnability

Kirkkovuori

Relay training

Map

Sulkula + Roux /2024

10 000 / 5 m A4

CS Corentin Roux

Address / Parking

61.422775, 27.220363



Training info

Distance	7.3km
Controls	Plastic pipe
Forking	Yes

Description

There are two mapping styles for this training, Finnish and French style! Will you see the difference? Both runnability and visibility are mostly good. Start and finish are little far away but you will enjoy the best parts of the map.

3D Rerun



Distances from parking:

1700m to start, 1km from finish.

1.7.2024



**Equivalency
(Jukola25)**



Difficulty



Runnability

Neitvuori

Relay training

Map

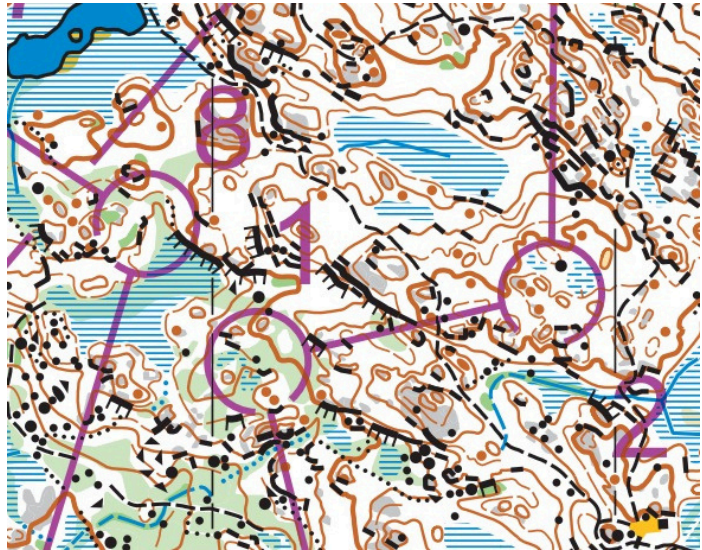
Jarmo Tonder /2018

10 000 / 5 m A4

CS J. Ahola

Address / Parking

Neitvuorentie 656



Training info

Distance	6.6km
Controls	Plastic pipe
Forking	Yes

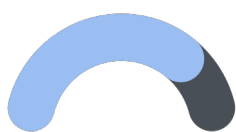
3D Rerun



1.6.2024

Description

The terrain is the best we can offer in Mikkeli area and pure enjoyment. So I can gladly advertise the usage of the "shittiest" parts of this amazing piece of art for this training (there's nice parts also). Even though I've tried to collect all the greens I could find, I see the training still highly enjoyable. The course makes the best out of the terrain in terms of Jukola relevancy. Shortcut 4.9km. Distances from parking: 500m to start, 400m from finish.



**Equivalency
(Jukola25)**



Difficulty



Runnability

Haukkovuori

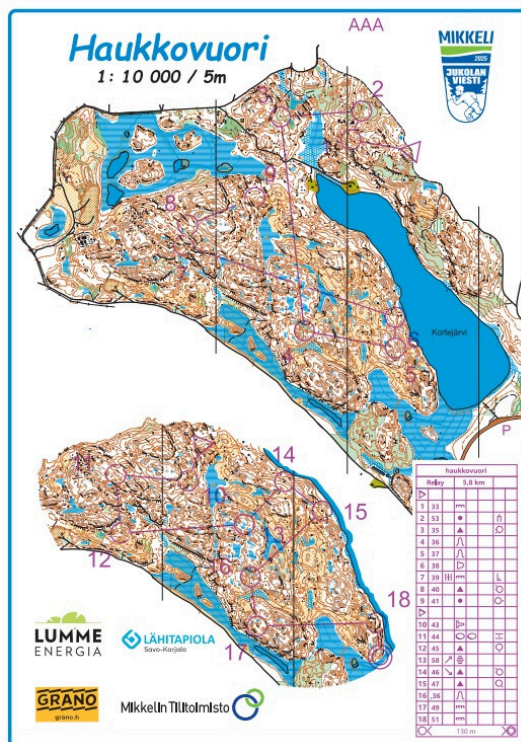
Relay training

Map

Rauno Asikainen /2006 (update 2023)
10 000 / 5 m A4
CS J. Ahola

Address / Parking

Lietvedentie 2659, Puumala



Training info

Distance	5.8km
Controls	Plastic pipe
Forking	Yes

3D Rerun



1.7.2024

Description

The terrain is one of the nicest we can offer. The visibility and runnability are both good and hills are as sharp as they will be in Jukola terrain. The course has a map change (both on the same side, above). It's a bit of a warmup till the start point so to compensate this we offer a nice swimming opportunity right next to the parking area. Enjoy!

Distances from parking:
1.2km to start, 300m from finish.



Equivalency
(Jukola25)



Difficulty



Runnability

Koivikko

Relay training

Map

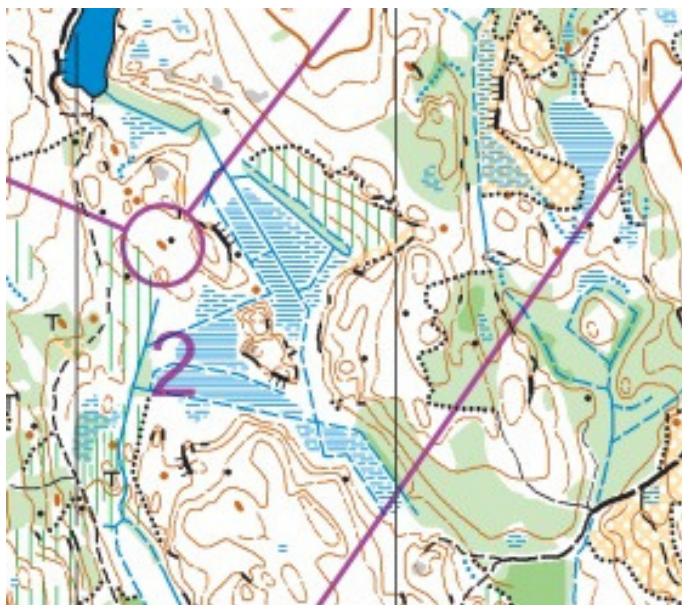
Janne Weckman /2017

10 000 / 5 m A4

CS J. Ahola

Address / Parking

Koivikontie 8, 50200 Mikkeli



Training info

Distance	5.9km
Controls	Plastic pipe
Forking	Yes

3D Rerun



1.7.2024

Description

This is one of the two trainings in this package we offer to sharpen your work in dense forest. This is not the most relevant for upcoming Jukola but suitable for an extra run in between the harder sessions. I find the terrain physically easier in contrast to most in Mikkeli. Economic forest means there's some forestry done but at it's best the terrain is really enjoyable.

**Distances from parking:
400m to start, 300m from finish.**



**Equivalency
(Jukola25)**



Difficulty



Runnability

Rantakylä

Relay training

Map

Ilari Sulkula /2022

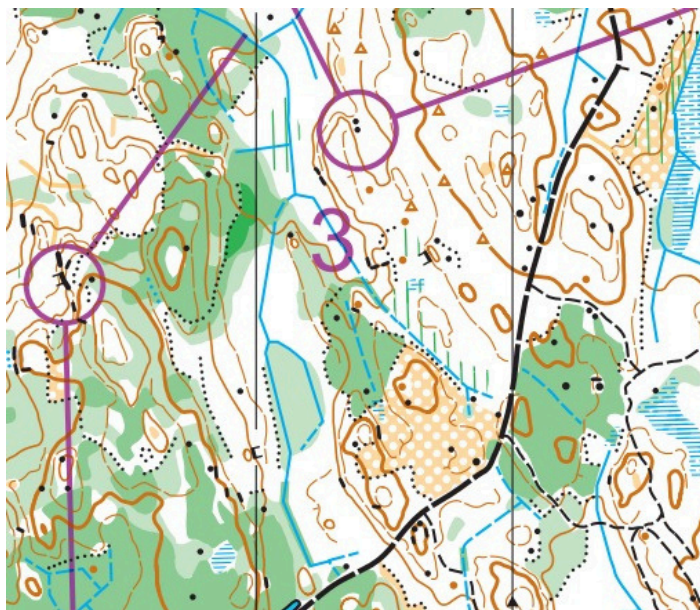
10 000 / 5 m A4

CS J. Ahola

Address / Parking

Kunnanmäki 3, 50600 Mikkeli

Rantakeidas kylpylä



Training info

Distance	5.9km
Controls	Plastic pipe
Forking	Yes

3D Rerun



1.6.2024

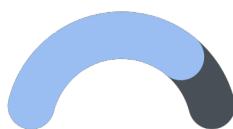
Description

The terrain hits the perfect note if you want to prepare for the upcoming Jukola's "greens". The runnability and vegetation in the denser parts are highly relevant for the most difficult areas in the Jukola terrain. I recommend elite runners to find the way to enjoy this terrain to feel it easy in Jukola night. Ofcourse this is just one element and the open parts don't hit the relevancy for upcoming Jukola. Still worthy training for most!

Distances from parking: 1.0km to start, 1.1km from finish.



**Equivalency
(Jukola25)**



Difficulty



Runnability

Mannila Syd.

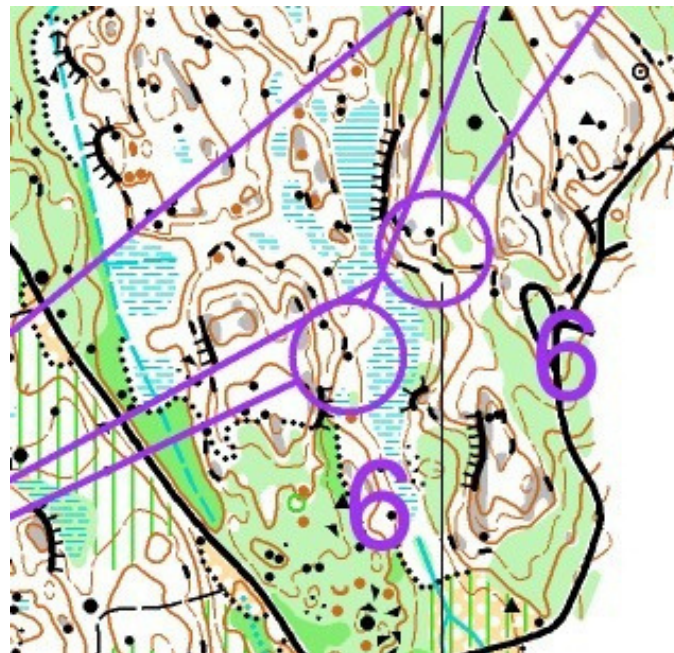
Relay training

Map

Jussi Silvennoinen /2024

10 000 / 5 m A3

CS T. Ahola



Address / Parking

Kaitalammentie 74, Hirvensalmi



Training info

Distance	6,2km
Controls	Plastic pipe
Forking	Yes

Description

The terrain contains a lots of same elements as the Jukola 2025. Runnability varies from fast hill tops to slow and visibility wise limited forests in between the hills. Terrain offers in general both physically and technically challenging orienteering. There's some very detailed areas also. The course offers similar challenges as upcoming Jukola as the CS is the very same (Venla relay).

3D Rerun



1.9.2024

The terrain will have an official Model event and we will offer more training here in the future as well, as we rate this the most relevant one for the upcoming Jukola.

P-L 0,5 km M-P 0,5km



Equivalency
(Jukola25)



Difficulty



Runnability

Mannila Syd.

MODEL EVENT 2024

Map

Jussi Silvennoinen /2024

10 000 / 5 m A3

CS Master of Jukola25

Address / Parking

Kaitalammentie 74, Hirvensalmi



Training info

Distance	***
Controls	Plastic pipe
Forking	***

1.10.2024

**MODEL EVENT
2024**

Description

The terrain is the most relevant for upcoming Jukola. Here we offer a classic model event without a course. There's plenty controls set in the forest so you are free to plan your own courses. Many different parking option available and you can see them from the map. By following the location link you'll find one of them.

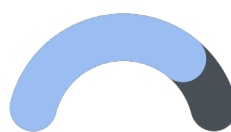
P-L *** km M-P *** km



**Equivalency
(Jukola25)**



Difficulty



Runnability

Pahalammenv.

Relay training

Map

Oma Taivainen /2019

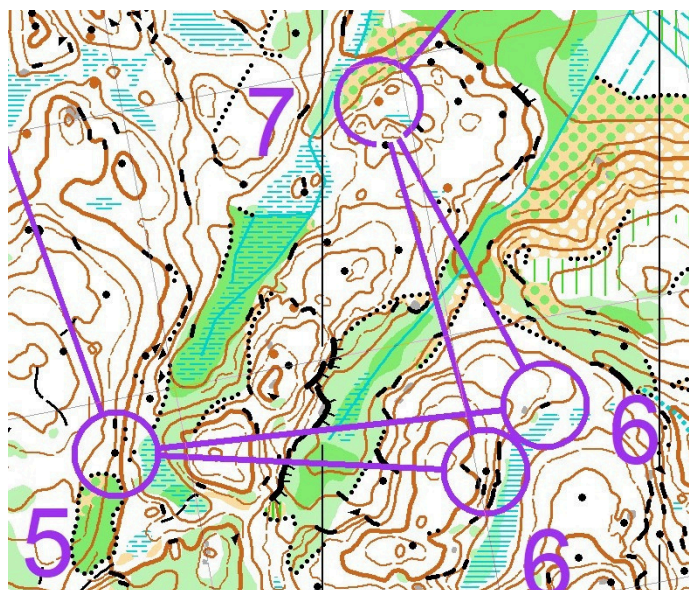
10 000 / 5 m A4

CS Oma Taivainen

Address / Parking

A; 61°38'41.8"N 27°18'58.7"E

B; 61°38'09.4"N 27°21'06.1"E



Training info

Distance	2+3km
Controls	Plastic pipe
Forking	Yes

3D Rerun



1.6.2024

Description

Here we offer a special wilderness forest right beside the city as it is in the Jukola's case. Not much forestry done past years. Tough but runnable terrain with slope orienteering characteristics. The course is by Jukola's course setter.

There is limited space for parking so be caution and respect other users of the road.

**Distances from parking:
Varies from parking, between 300m and 1km.**



**Equivalency
(Jukola25)**



Difficulty



Runnability

Tornimäki

Relay training

Map

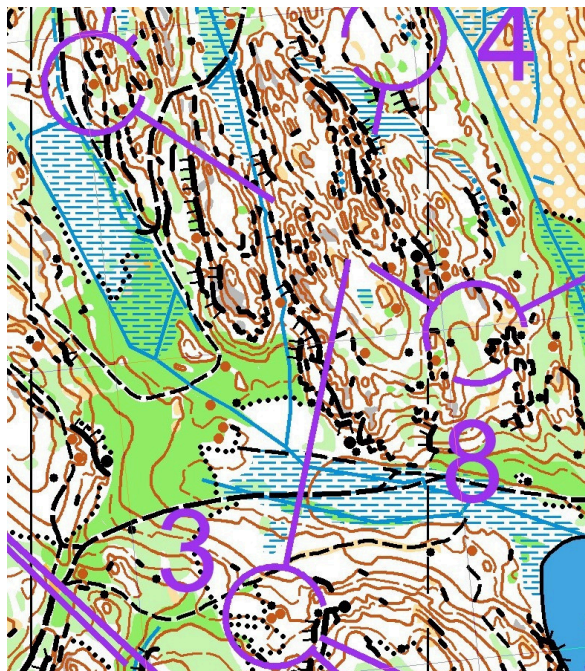
Jussi Silvennoinen /2021

10 000 / 5 m A4

CS Oma Taivainen

Address / Parking

61°39'39.7"N 27°20'24.5"E



Training info

Distance	5.0km
Controls	Plastic pipe
Forking	Yes

3D Rerun



1.6.2024

Description

The map is updated by the Jukola's mapmaker and was used in SM relay 2021. It challenged the best of us by it's variability and the similar challenges will be expected in the Jukola's terrain. Steepness, low visibility and demanding orienteering. After this the Jukola will be piece of cake. Course is by the Jukola's course setter.

Distances from parking:
600m to start, finish is in the parking.



Equivalency
(Jukola25)



Difficulty



Runnability

Kirkkovuori

Middle distance

Map

Ilari Sulkula /2023

10 000 / 5 m A4

CS J. Ahola

Address / Parking

61.422745, 27.220311



Training info

Distance	5.5km
Controls	Plastic pipe
Forking	No

Description

The terrain is highly relevant for the nicest parts of upcoming Jukola. Both runnability and visibility are mostly good. There has been some forestry done in western part of the forest and for that reason the start point is located further south to minimize the "shitty" parts.

3D Rerun

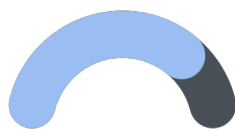


Distances from parking:
600m to start, 250m from finish.

1.6.2024



Equivalency
(Jukola25)



Difficulty



Runnability

Urpola

Middle distance

Map

Ilari Sulkula /2023

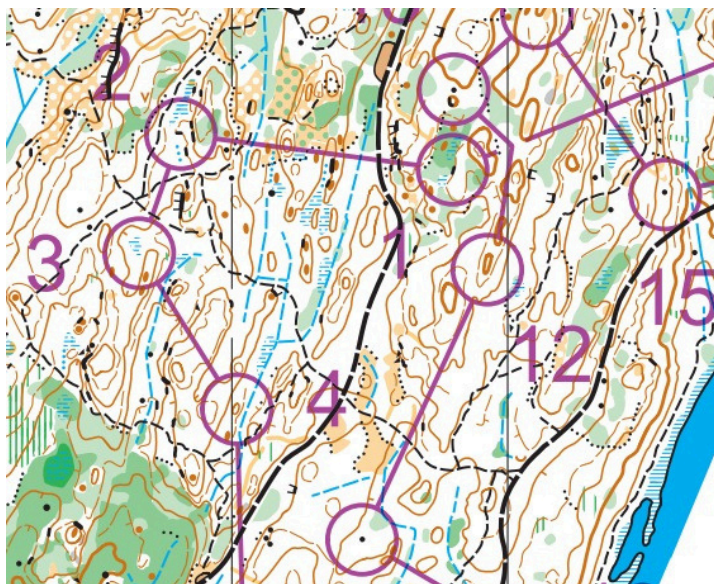
10 000 / 5 m A4

CS J. Ahola

Address / Parking

61.658882, 27.259268

Tuukkalan jalkapallokenttä



Training info

Distance	5.1km
Controls	Plastic pipee
Forking	No

3D Rerun



1.6.2024

Description

The terrain is not the most relevant for upcoming Jukola but suitable for an extra training in between the harder sessions. The forest is more runnable and physically easier than most in this area and it's location in the city may tempt some tired runners. The course uses mostly the best and nicest parts of the terrain.

**Distances from parking:
50m to start, 100m from finish.**



**Equivalency
(Jukola25)**



Difficulty



Runnability