

INDOOR SPORTS

SWIMMING HALL

The Poukama Spa in Kemijärvi and the Revontuli Spa in Sallatunturi provide a nice change from training. Massages and other treatment services are also available.

Poukama Spa

www.visitkemijarvi.fi

The price of admission includes use of the gym. Swimming hall facilities include fitness pool 10 m x 25 m, instruction pool & slide 30 m, wading pool, play pool, therapy pool with aqua massage points, Turkish and Finnish saunas (altogether 4 saunas), two gyms (one fitted with pace equipment, the operation of which is based on two-way hydraulically adjustable workload), cafeteria.

Address: Värjärintie 6, 98100 Kemijärvi

Revontuli Spa

www.salla.fi

children's pool, entertainment pool with waterfall and massaging showers, jacuzzi, fitness pool 16 metres, Finnish sauna (2 saunas).

INDOOR ICE RINKS

KEMIJÄRVEN WIRTA-AREENA

www.visitkemijarvi.fi

The indoor ice rink was built in 2001. It operates as the home ground for the local ice hockey team. The hall has four curling sheets. Seating for around 600 spectators. Reservations for the ice rink also available for the summertime.

Address: Pelkosenniementie 34, 98120 Kemijärvi

SALLA INDOOR ICE RINK

The indoor ice rink was built in 1999. It is used by schoolchildren, sports clubs and people visiting the region. The rink is open from September through to the end of March. Practice at other times by agreement. Seating for around 200 spectators. The ice rink is located close to the centre of Salla.

Address: Kuusamontie 65, 98900 Salla



SPORTS HALLS

KEMIJÄRVEN SPORTS HALL

www.visitkemijarvi.fi

The Sports Hall has spaces for a variety of activities: hall 23 x 38 metres, can be divided into three parts, each having a full-size volleyball court. Athletics area, with four running tracks of 60 metres and four photocell devices. Gymnastics area with vault pit and vault run. Gym, aerobics hall, classroom. The cafeteria only operates during events.

The sports hall is also ideal for arranging various events.

Address: Särkeläntie 8-10, 98120 Kemijärvi

SALLA SPORTS CENTRE

www.salla.fi

Salla Sports Centre is located in the Sallatunturi resort. The hall has a floor space of 1,300 m². The sports hall can be used for a variety of ball games, such as badminton, volleyball and floorball. In the winter, the services include different instructed group exercise and gym instruction. The hall is quickly adaptable to host different events. The sports hall has a cafeteria.

Facilities include:

Sports hall 22 x 28 metres, can be divided into two sections (1/3 and 2/3 space). Gym, spinning hall, weight training hall, children's play corner, trampoline for hire. Separate saunas for men and women. Address: Eraustie 5, Sallatunturi, 98900 Salla

FREESTYLE
AVALANCHE SKI CLUB

Avalanche Ski Club assists sports clubs in arranging comprehensive freestyle training packages (accommodation, meals and hall times). The club also provides sports coaching.

For dry runs there is the Eurotramp trampoline and the foam pit. In the winter, close to the Kemijärvi town centre is a small slopestyle park that has two rails and a jump box. Mogul runs and slopestyle can be practiced at the local ski centres that provide ideal places for all to safely practice freestyle.

Contact details: www.avalancheskiclub.fi
email: info@avalancheskiclub.fi

ICE HOCKEY CLUB
KEMIJÄRVEN KIEKKO

Kemijärven Kiekko provides professional coaching services for training sessions and assists with arranging meals and accommodation. We also help with booking playing and training times at the ice rink and other sports facilities.

The club organises customised camp packages for visiting ice hockey teams. Professional coaching services can be given in English (to be agreed separately with the coach).

Contact details: keki@pp.inet.fi

Enter Lapland
for sports activities

KEMIJÄRVEN

SALLA

SUOMU



www.salla.fi

www.visitkemijarvi.fi

www.suomu.com



Kemijärvi and Salla are located in East Lapland – set in the heart of natural wilderness with a wide range of activities. Nature offers sport-people the perfect setting for practice on marked and maintained routes in different seasons. The long winter provides outstanding conditions for cross-country and downhill skiing, and a whole host of other winter sports. The modern resorts of Sallatunturi and Suomu are excellent year-round training venues for sportspeople.

The state-of-the-art indoor sports halls add more possibilities for sports and a training variety of disciplines. Whether your preference is swimming, ice hockey or ball games – we have it all! Practice sessions and appointments are available by agreement.

For the purpose of longer coaching sessions, the area has a broad selection of high standard accommodation and restaurant services, activities and shopping opportunities. Massages and other treatment services are also available.

Enter Lapland for sports activities

It is easy to reach Kemijärvi and Salla by car, train, plane and bus.

Explore the wide variety of opportunities our area offers sportspeople!

SUMMERTIME SPORTS

SPORTS FIELDS

Kemijärvi sports field has modern track and field venues. The middle area of the field has sand turf.

Address: Urheilukatu 16, 98100 Kemijärvi

Salla sports field
Address: Kansantie 9, 98900 Salla

CYCLING

The roads in the area are perfectly suited for cycling. The roads are mostly surfaced roads. Salla also has signposted gravel and forest roads ideal for mountain biking.

TENNIS

In the summertime, tennis can be played on the outdoor courts. Salla has two clay courts free for public use.

Salla: Kuusamontie 65, 98900 Salla

Kemijärvi has two tennis courts located next to the swimming hall. The surface of the court is sand-filled artificial grass. Playing times need to be reserved.

Kemijärvi: Värjärintie 6, 98100 Kemijärvi

HIKING AND JOGGING

In the summertime, you can test your condition with the hiking and jogging trails of varying lengths in the Salla, Suomu and Kemijärvi landscapes. Many marked trails are suitable for jogging and Nordic walking in the summer and for cross-country skiing in the winter.

WATER JUMP

Kemijärvi holds one of Finland's three water jumps catering for all freestyle enthusiasts from beginners to professionals. The water jump is located in the town centre, close to the town's facilities. Address: Hietaniemenkatu 7, 98100 Kemijärvi

SWIMMING IN OPEN WATER

In the summertime, the area has a number of public beaches. Take a break from training by taking a dip in the lake or a longer swim in open water.

Kemijärvi: Hietaniemenkatu 7, 98100 Kemijärvi

Salla: Saijantie 8, 98900 Salla

CANOEING

Kemijärvi and its surroundings have numerous waterway routes ideal for canoeing. Canoes are also available for hire. In Salla, guided canoeing is possible.

MOTOCROSS

During the summer, the Pöyliövaara motocross track, located close to the centre of Kemijärvi, is open for members and other enthusiasts for a fee.

Address: Luusuantie 440, 98100 Kemijärvi

WINTER SPORTS

SNOWMOBILING

Kemijärvi and Salla have a diverse snowmobile route network. Kemijärvi has around 200 kilometres of official routes with 175 km in Salla. The official routes are marked and groomed routes maintained with snow groomers.

DOWNHILL AND CROSS-COUNTRY SKIING

The Sallatunturi and Suomu downhill skiing centres have excellent facilities for winter sports with its machine-maintained slopes and ski tracks. The town of Kemijärvi and its surroundings has an expansive network of well-maintained ski tracks.

Salla

15 downhill skiing slopes / 6 ski lifts
Biggest height difference 230 metres
Longest run 1,300 metres
160 kilometres of ski tracks, 43 km of which are lit

Suomu

13 downhill skiing slopes / 4 ski lifts
Biggest height difference 250 metres
Longest run 1,700 m
33 kilometres of ski tracks, 16.9 km of which are lit

Kemijärvi

35 kilometres of ski tracks,
12.3 km of which are lit

