

KAINUU FACTS

Province Coat of Arms



The Province Coat of Arms of Kainuu represents the vast forest and water areas of the region.

Area

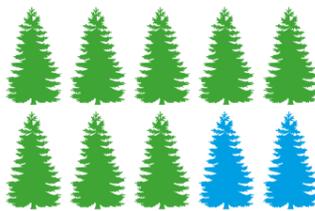
Kainuu region is roughly about the same size with Belgium. Kajaani is the capital of Kainuu.

30,528 km²

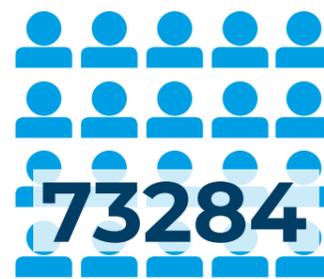


22,687 km²

Water 2,489 km²
Land 20,197 km²
Forests 80%



Population



Density: **3,36/ km²**

Signature Species

The Siberian JAY

(Perisoreus infaustus) is the smallest crow bird living in Finnish conifer forests. Jay is a trustful bird and it doesn't avoid contact with human. It often shows up to feeding places and visits hikers to find something to eat. It has a title as a lucky bird of a forest man.



European SMELT

(Osmerus eperlanus) is a small-sized fish. This yellow-greenish, silver-sided salmon fish has a big mouth with sharp teeth and an adipose fin on its backside. In Paltamo they celebrate smelt spawning with a festival in May.

Common HEATHER

(Calluna Vulgaris) is a perennial shrub growing on dry, slightly on acidic soils in open sunny situations and in moderate shade. Favorable spots can be found from rocks, conifer forests and sloughs. Kainuu regional festival is celebrated on Heather's name day in mid-August.



GREENSCHIST

is a common name for all the metamorphic rocks formed under a geological process and as a result turned green in color. It's common to find significant iron and gold ores, nickel concentrations and uranium deposits within the greenschist range. The greenschist zone in Kainuu is about three billion years old volcanic rock.



Indoor Winter

Snow conditions for cross-country skiing and snow-boarding all year around! The world's first ski tunnel is located in Vuokatti. Thanks to the even temperature of the tunnel, training is possible through the summer, as well as during the severe frosts of winter.



Supercomputer

Kainuu's most significant growth industry is the data center ecosystem, centered in the Renforsin Ranta Business Park. Also Kajaani University of Applied Sciences has a supercomputer at the students' disposal, used to study and develop artificial intelligence.



Rönttönen

is a traditional sweet delicacy. A small open-faced pie consisting of a crust made of barley or rye dough, filled with a sweetened mashed potato and lingonberry filling. Rönttönen can be made sweeter by adding sugar into the filling.

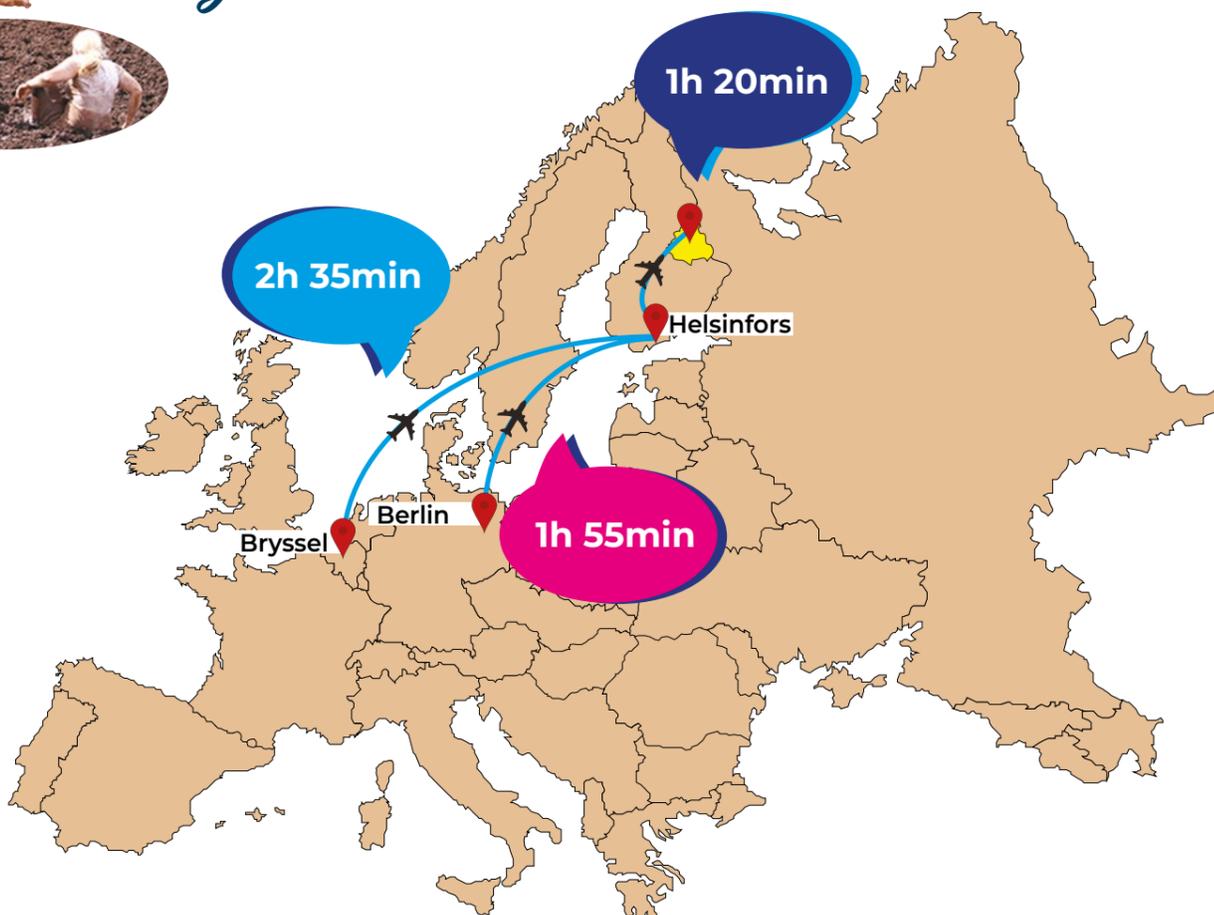


Swamp Soccer

is a form of football played in bogs or swamps. The sport is said to come from Finland where it initially was used as an exercise activity for athletes and soldiers, since playing on soft bog is physically challenging. There are currently estimated 300 swamp football teams around the world. The World Championships are annually held in Hyrynsalmi, Kainuu.



It's Easy to Come to Kainuu!



Wildlife Tourism

Wildlife tourism emerged in Finland at the end of 1970's and has been growing very popular since then. Today there are plenty of businesses in Kainuu area who organize wildlife watching and photography.

