

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 a small bird with a wide-spread distribution within the coniferous forests in North Eurasia. Although its habitat is being fragmented, it is a common bird with a very wide range so the International Union for Conservation of Nature has assessed its conservation status as being of "least concern".



European SMELT

(Osmerus eperlanus) The body of the European smelt is typically 15 to 18 cm long, slender and slightly flattened on either side. The smelt lives for up to six years. One characteristic is its intense smell, reminiscent of fresh cucumbers.

Common HEATHER

(Calluna Vulgaris) is a perennial shrub growing to 20 to 50 centimetres tall, and is found widely in Europe and Asia Minor on acidic soils in open sunny situations and in moderate shade. It is the dominant plant in most heathland and moorland in Europe, and in some bog vegetation and acidic pine and oak woodland.



GREENSCHIST

are metamorphic rocks that formed under the lowest temperatures and pressures, typically 300–450 °C and 2–10 kilobars. Greenschists commonly have an abundance of green minerals such as chlorite, serpentine, and epidote, and platy minerals such as muscovite and play serpentine. The platiness causes the tendency to split, or have schistosity.

Indoor Winter

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



Supercomputer

Kainuu's most significant growth industry is the data centre ecosystem, centred on 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 or lingonberry filling. It is served as an accompaniment to coffee. The Kainuun Rönttönen has a protected geographical indication under the EU law.

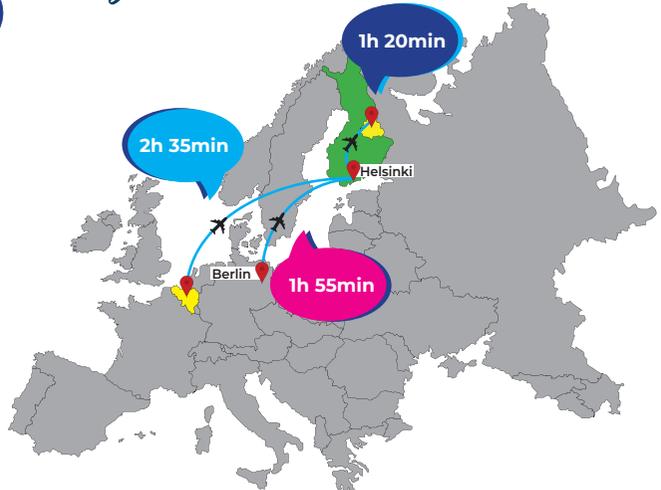


Swamp Soccer

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 an 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.

