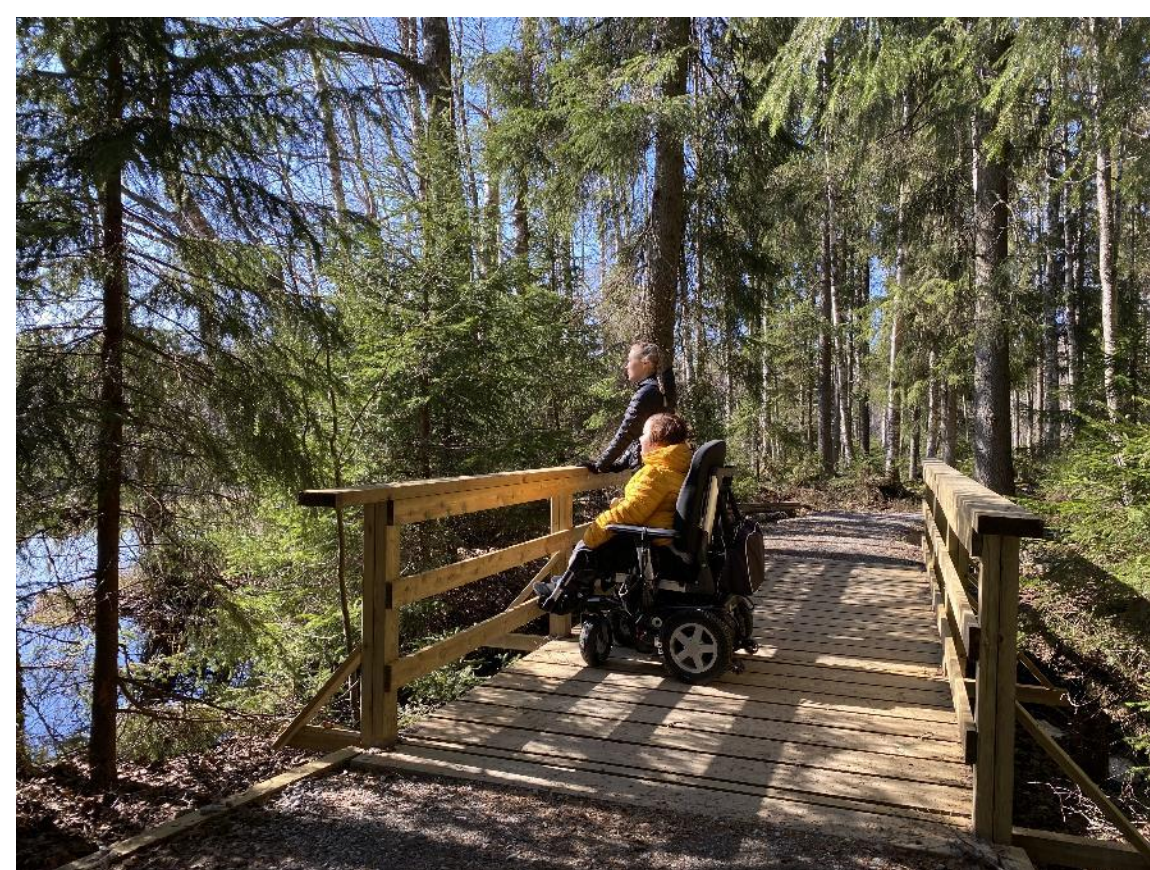


The Meaning of Accessible Nature

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Being outdoors as part of the national identity



Project

«Nature Access to All»



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Finland

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www.centralbaltic.eu



Sanna Kalmari

- Accessible travel specialist, world traveler, tour leader, educator, inspirer, Bachelor of Social Services and **nature lover**.
- Travel blog Palmuasema since 2011. Today it's the most popular accessible travel blog and resource in Finland www.palmuasema.fi
- Spinal Muscular Atrophy, a power wheelchair and a personal care assistants have always been part of everyday life at home and abroad, indoor and outdoor.

Finland

- Most forested country in Europe, forests cover more than 75 per cent of the land area of Finland.
- “Everyman’s right” – all people have the right to enjoy nature anywhere in the Finnish countryside regardless of land ownership.
- Nature is a big part of identity, it’s a basic human right.
- Wild nature, clean lakes and sustainability are reasons to travel to Finland.
- 40 National Parks and lots of other parks, nature reserves and recreation areas.
- Approximately half of National Parks have accessible trails: Accessible nature trails and Demanding accessible nature trails.
- During last years Metsähallitus' Parks & Wildlife Finland has improved the accessibility and guidelines in nature together with disability associations via many successful projects.
- <https://www.nationalparks.fi/accessibledestinations>



Accessible nature for me

- I can enjoy nature using my own power wheelchair.
- I get advance information what is ahead of me when I go to nature trails.
- Beauty, inspiration and feeling of togetherness.
- Easy access to campfire.
- Possibility to strengthen my “I manage” feeling – nature doesn’t need to offer too easy solutions.
- I can use the toilet while in long trails.
- Possibility to enjoy nature in every season.





People have very unique needs for accessibility. Describe the trail and services around it with the text and photos as well as possible so each person can make the decision whether it's suitable or not.

Take care that it's easy to find information from the website of the nature destination and local tourism board, but also that the people working in customer service know the details of accessibility.





People with accessibility needs want to make choices just like everybody else. That's why we need different kind of accessible trails: short ones and long ones, easy and rough ones. Trails for a short trip, daytrip and overnight trip.

The whole travel chain needs to be accessible:
pre-information,
transportation,
accommodation,
activities, guided tours,
food providers etc.





We can be proud
of our accessible
nature and let the
whole world
knows about it.

Thank you!

www.palmuasema.fi

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