

The visitation numbers in 2018 of national parks, national hiking areas and other protected and hiking areas of recreational importance. All areas managed by Metsähallitus.

Source: the ASTA Visitor Information System of Metsähallitus.

| National Parks | 2018 |
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| Archipelago National Park | 83,900 |
| Bothnian Bay National Park | 5,800 |
| Bothnian Sea National Park | 90,100 |
| Ekenäs Archipelago National Park | 53,200 |
| Gulf of Finland National Park | 20,800 |
| Helvetinjärvi National Park | 26,200 |
| Hiidenportti National Park | 19,300 |
| Hossa National Park | 101,500 |
| Isojärvi National Park | 19,000 |
| Kauhaneva–Pohjankangas National Park | 11,400 |
| Koli National Park | 190,900 |
| Kolovesi National Park | 16,800 |
| Kurjenrahka National Park | 76,800 |
| Lauhanvuori National Park | 14,300 |
| Leivonmäki National Park | 21,800 |
| Lemmenjoki National Park | 16,900 |
| Liesjärvi National Park | 51,100 |
| Linnansaari National Park | 35,500 |
| Nuoksio National Park | 343,700 |
| Oulanka National Park | 199,500 |
| Pallas–Yllästunturi National Park | 549,200 |
| Patvinsuo National Park | 15,800 |
| Petkeljärvi National Park | 20,800 |
| Puurijärvi and Isosuo National Park | 9,000 |
| Pyhä-Häkki National Park | 21,700 |
| Pyhä–Luosto National Park | 174,400 |
| Päijänne National Park | 16,600 |
| Repovesi National Park | 134,300 |
| Riisitunturi National Park | 41,100 |
| Rokua National Park | 14,800 |
| Salamajärvi National Park | 19,400 |
| Seitseminen National Park | 42,500 |
| Sipoonkorpi National Park | 98,700 |
| Southern Konnevesi National Park | 33,500 |
| Syöte National Park | 68,900 |
| Teijo National Park | 105,700 |
| Tiilikkajärvi National Park | 15,800 |
| Torransuo National Park | 29,200 |
| Urho Kekkonen National Park | 340,500 |
| Valkmusa National Park | 17,400 |
| Total Number of National Parks | 40 |
| Total Number of Visits | 3,167,800 |

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| National Hiking Areas | 2018 |
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| Evo Hiking Area | 71,900 |
| Iso-Syöte Hiking Area | 37,200 |
| Kylmäluoma Hiking Area | 28,700 |
| Oulujärvi Hiking Area | 42,300 |
| Ruunaa Hiking Area | 83,800 |
| Total Number of Hiking Areas | 5 |
| Total Number of Visits | 263,900 |

| Cultural Heritage Sites | 2018 |
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| Aulanko Nature Reserve | 432,500 |
| Auttiköngäs | 20,600 |
| Kajaani Castle Ruins | 45,000 |
| Kuusisto Bishop's Castle Ruins | 26,800 |
| Langinkoski Nature Reserve | 72,900 |
| Raseborg Castle Ruin | 77,900 |
| Rapola Hill Fort | 19,300 |
| Svartholma Sea Fortress | 16,200 |
| Vallisaari | 68,600 |
| Total Number of Cultural Heritage Sites | 9 |
| Total Number of Visits | 779,800 |

| Other Areas | 2018 |
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| Arctic Circle Hiking Area | 92,600 |
| Bothnian Bay Islands | 6,200 |
| Espoonlahti Nature Reserve | 19,000 |
| Friendship Park | 31,400 |
| Hailuoto | 17,500 |
| Hammastunturi Wilderness Area | 22,000 |
| Hepököngäs | 16,300 |
| Hämeen kangas | 47,800 |
| Imatra Crown Park | 110,000 |
| Inari Hiking Area | 132,000 |
| Julmatlammit | 7,000 |
| Kaiuanvaara–Kivalo | 5,000 |
| Kalevala Park | 6,000 |
| Kanavuori | 4,300 |
| Karkali Strict Nature Reserve | 5,500 |
| Kilpisjärvi–Käsivarsi Area | 86,200 |
| Korouoma | 28,300 |
| Koskeljärvi and Vaaljärvi | 6,000 |
| Kuusistonlahti | 4,000 |
| Kvarken Archipelago | 81,400 |
| Laajalahti Nature Reserve | 95,400 |
| Martimoaapa | 13,000 |

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| Meiko | 31 500 |
| Mietoistenlahti | 6,500 |
| Neitvuori | 13 000 |
| Paistjärvi | 5 000 |
| Peurajärvi | 8 100 |
| Pihlajavesi | 37,000 |
| Pinkjärvi | 5,800 |
| Punkaharju Nature Reserve and Research Forest | 151,400 |
| Rokua Nature Reserve and Recreational Forest | 25,800 |
| Ryövärinkuoppa | 4,500 |
| Sallatunturi Area | 76,000 |
| Saltfjärden and Tavastfjärden | 3,900 |
| Seili | 16,100 |
| Sevetti–Näätämä | 9,500 |
| Siikalahti | 15,700 |
| Siikaneva Mire Reserve | 5,400 |
| Sompio Strict Nature Reserve | 10,000 |
| Syöte Recreational Forest | 38,200 |
| Söderskär and Långören Archipelago | 4,800 |
| Telkkämäki Nature Reserve | 1,800 |
| Tenojoki–Kevo | 43,400 |
| Tulliniemi | 29,300 |
| Usmi | 16,100 |
| Vaarunvuori | 3,000 |
| Valtavaara and Pyhävaara Nature Reserve | 85,800 |
| Vaskijärvi Strict Nature Reserve | 1,700 |
| Vehoniemenharju Nature Reserve | 21,800 |
| Vihaslahti | 28,000 |
| Total Number of Areas | 50 |
| Total Number of Visits | 1,536,000 |

Other Protected and Hiking Areas of Recreational Importance, Estimate 2018

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| Total Number of Visits | 1,111,100 |
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| All Areas, Total Number of Visits 2018 | 6,858,600 |
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