

What to wear?

Although the trail offers the option to mostly surround some swamp parts, I would encourage you to think of your own personal option, how you could move directly through them.

Here some ideas for inspiration, what I tested: Always depending on the season of course! On the right you can see the different options.

1-4 are shoes/boots what you could wear on the complete trail.

A-D +4 are options what you can carry with you as an extra shoe/boot only for the swamp parts.

Usually I focus on lightweight and less stuff to carry with me, but for the swamp experience I'm willing to carry more.

If you go in the summer month, you basically can also go barefoot, as it's warm enough. Still I would recommend to take with you something like aqua shoes, something what protects your feet, as still in between there could be some sharp branch under the moss. And especially in the parts when, open swamp and forested swamp is changing all the time, barefoot is not the most comfortable (and safe) option.



1 Hiking rubber boots

2 Hiking boots

3 trail runners

4 barefoot rubber boots 1080g

a barefoot water shoes

b neoprene socks 120g

c socks (normal/waterproof)

d boot covers 300g

1 Hiking rubber boots

Equipment and especially clothes are pretty individual decisions, depending on needs, budget and interests. But in the case you are going to spend a lot of time in nature in autumn, I can't help to recommend rubber boots. These keep your feet warm and dry and you can enjoy to the fullest to step in every swamp pond. Make sure you test them on longer walks, before you go on a more day hike. You can also buy rubber boots, what are made for hiking and give you a little bit more stability. I personally change in the beginning of autumn to rubber boots when moving around in nature.



2 Hiking boots or 3 trail runners

Especially in the summer times hiking boots or trail runners could be enough. Hiking boots can usually stand for some time also moisture ground before you get wet feet. Trail runners might get wet pretty fast, but they will also dry in summer. Of course depending on the shoe,



4 Barefoot rubber boots

You could either use them as your only boot on the hike, or carry them with you as they weigh for boots just about 1kg. As with all barefoot shoes you should be used to walking with them, if you go on a longer hike. As they are also produced to be light, they might not have a good enough profile to prevent you from slipping on wet rocks. When testing the trail in late march, when the swamp was partly under ice partly under water, switching to the barefoot rubber boots felt good!



A (barefoot) water shoes /aqua shoes & C socks

Solution for the spring/summer time: If it's warm enough for your feet, of course you can just go barefoot! I warmly would also recommend you to test this out, especially on peat moss. Usually the swamp is soft and it feels good to walk barefoot, but some small grasses or little plants can be a bit tickling or poking, or even causing small wounds. To avoid that, you could also just use an thick extra pair of socks, what can get wet. Or some light shoes, like aqua shoes or sandals, if you happen to have them at home. Just remember,

B neoprene socks



These could be a solution for the early autumn, when the water of the swamp is becoming to cold, that you could enjoy walking barefoot. I guess, when temperatures are starting to drop regularly under zero degrees, they might not help enough any more. So far I only tested them in late summer. They also helped against the poking plants and the swamp surface felt good under them. These are not too expensive and they are light and small to pack. In early september I crossed the complete section from lake Mustjärvi to the swamp pond Tränuhals with them, it worked well to also walk with them on some forest/rocky ground in between and forested swamp parts.



D boot covers

I found these "Lundhags boot covers" on the second hand market. For longer distances they would be maybe a bit annoying, but for a trail like this, these are just perfect. As they are so light and don't take much space. I couldn't put them over my hiking boots, so used them just over my socks. If you happen to have something like that, it could be a good option to have something light and practical with you for the swamp parts. When it get's colder you would have to use some extra wool socks with them, or you could cut from a old foam hiking pad, a part for your feet, to give them some kind of insulation.