

A stylized illustration featuring two brown salamanders with dark spots and stripes. They are positioned on a large, thick, brown log that winds across the frame. The log has a segmented, scale-like texture. The background is white, and the bottom of the image is a solid green area representing grass. The salamander in the foreground is larger and more detailed, showing its legs and spots clearly. The second salamander is positioned higher up the log, looking towards the top right. A speech bubble containing the word 'Helsinki' is located in the upper left corner.

Helsinki

With Sissi on the Herp Trail

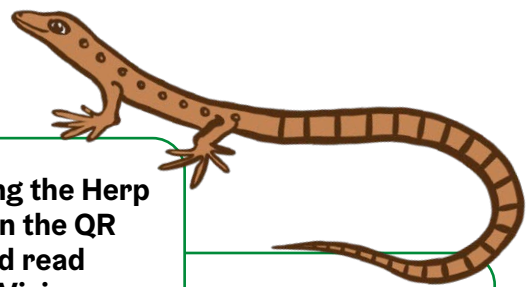
**Supplementary material for those
visiting the Herp Trail in Uutela,
Helsinki, with children**

With Sissi on the Herp Trail

The *With Sissi on the Herp Trail* supplementary material is designed for use by groups of children and families visiting the Herp Trail. The Herp Trail is located in Uutela, Helsinki. The material introduces children to herps in an age-appropriate way and through play. You can utilise the material directly or adapt it to suit the needs of your group.

THE HERP TRAIL is a nature trail located in Uutela, Helsinki. It teaches you about the snakes, lizards and frogs of Uutela through photos and text.

Walk along the Herp Trail, scan the QR codes and read Sissi the Viviparous Lizard's messages.



Here's how it works

Before your visit:

- Familiarise yourself with the *With Sissi on the Herp Trail* material and instructions.
- Set up your mobile phone's QR scanner or print out the location cards.
- You can prepare your group for the visit with additional games. You can find them under the section: More lizards games and activities.
- Familiarise yourself with the Herp Trail at hel.fi/uutela > Routes and nature trails > Herptile trail.

During your visit:

- Walk along the Herp Trail. Start with information board 1 and continue in numerical order. The map and green pinecone markers will point you in the right direction.
- Stop at the information boards along the Herp Trail. Scan Sissi's QR codes from the information board posts and read the content to the children on your mobile phone. Alternatively, you can print out the location cards before you visit and use them.
- The material also includes optional games to play at the start or end of the route.

After your visit:

- You can think back on the herps and the visit with the help of Sissi's colouring page.

HERP is the collective name for snakes, lizards, turtles, tortoises and amphibians. A person who studies them is a **herpetologist**.



This environmental education material was produced in cooperation with SYKLI Environmental College. Text by Hannamari Nylander and a team of experts, edited by Mosatonttu Oy. Map template by WSP. Graphic design and drawings by Vappu Ormio. KYMP/YMPA 2026.

Tips for your visit

Timing your visit

The best time of year to see herps is April–May. Herps are shy animals that you may not see on every visit or at all in winter. However, you can view great photos of the herps of Uutela all year round on the information boards along the Herp Trail.

Gear

Dress in weather-appropriate clothing. If you happen to come across an adder on the trail, boots will provide the best protection. Remember to pack a lunch with you! Pack your lunch in a reusable lunch box to avoid waste during your trip. There are picnic tables and an accessible Helsinki-Outhouse next to the Uutela kota. Pick up your litter and take it with you.

Adders

The adder is a unique and valuable animal, and there is no need to be afraid of it. However, adder bites are dangerous, especially for children, people with allergies and pets. In the event of an adder bite, call 112, stay calm, avoid moving the bite site and follow the instructions provided. Staying on the trail reduces the risk of bites.

Uutela kota

Daycare groups in Helsinki can reserve the Uutela kota (sheltered fire pit) for their use. Instructions can be found on the City of Helsinki intranet. Those hiking by themselves can drop by the kota while it is being kept open by volunteers (often on Sundays). You can find the kota's opening hours on Facebook on the page 'Uutelan kota'.



Location and route

Location

The *With Sissi on the Herp Trail* material follows the Herp Trail. The Herp Trail is located in the Uutela outdoor recreation area, approximately 3 km from Vuosaari metro station at Särkkäniemi, 00990 Helsinki.

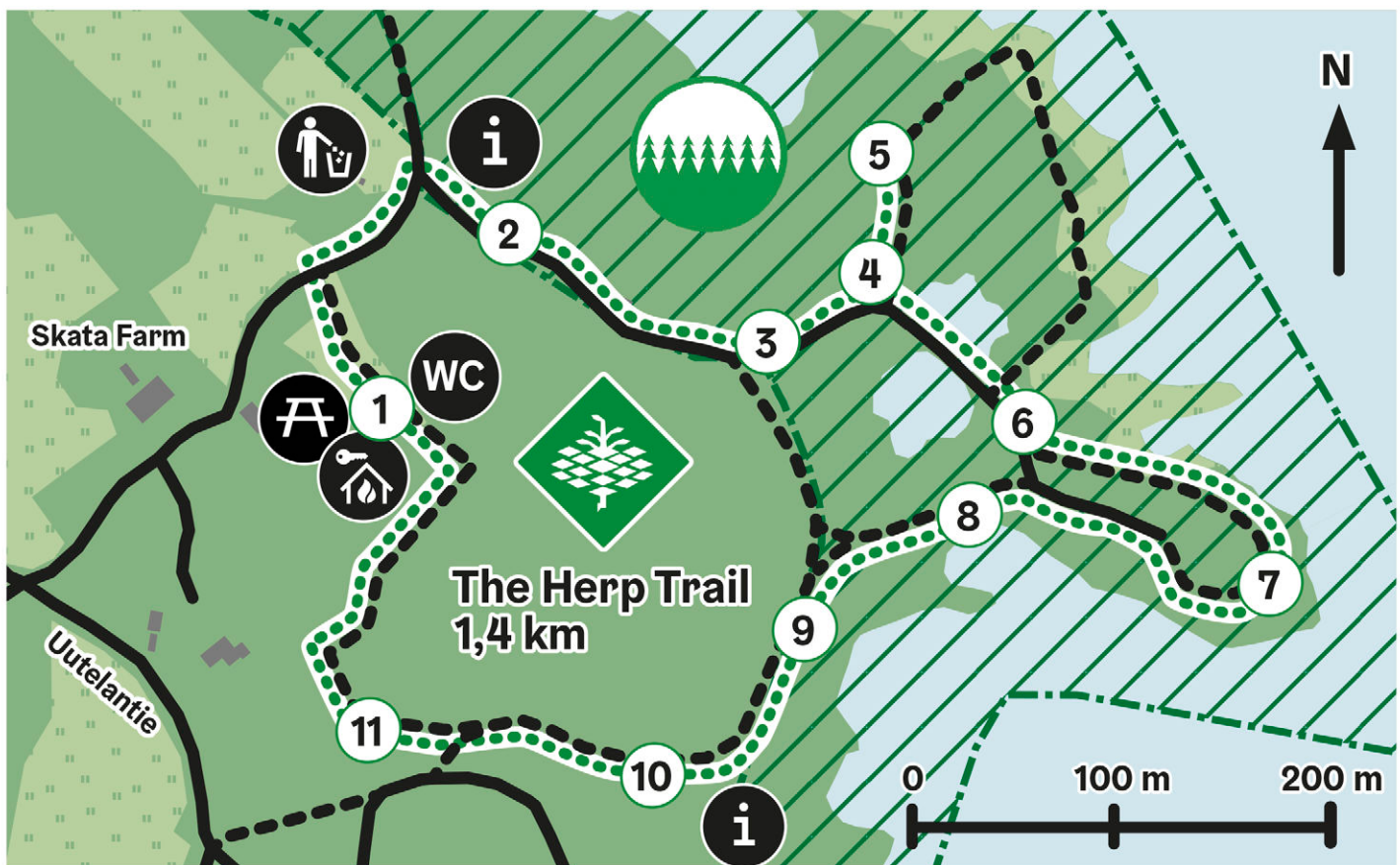
More information on the location and how to get to Uutela: hel.fi/uutela.

Route

- The Herp Trail is 1.4 km long.
- Open all year round, no winter maintenance.
- Visiting all the information boards should take approximately two hours.
- The Herp Trail starts and ends next to the Uutela kota.
- There are 11 information boards along the Herp Trail in three languages (Finnish, Swedish, English), featuring many photographs. The posts of the information boards have QR codes that provide access to the *With Sissi on the Herp Trail* supplementary material.
- The route is marked with green pinecone markers. There are signposts at all the intersections along the route.
- The ground along the entire nature trail is hard-surfaced, but there are small holes and duckboards in places.
- There are benches and tables near the Uutela kota for taking a break. The benches are sized for adults.
- There is an accessible dry toilet (Helsinki-Outhouse) near the Uutela kota.
- More information about the Herp Trail and more details on accessibility: hel.fi/uutela > Routes and nature trails > Herptile trail

The posts of the information boards have QR codes that provide access to the *With Sissi on the Herp Trail* supplementary material.

Map of the Herp Trail



- 1 Welcome to Uutela, a place of frogs and snakes!
- 2 Common adder
- 3 Adders will defend themselves
- 4 Frogs
- 5 Viviparous lizard
- 6 Common toad
- 7 Grass snake
- 8 Smooth newt
- 9 Molting
- 10 Slow worm
- 11 The herps of Uutela

- Trail or duckboards
- Road or hiking trail
- Forested area
- Open area: pasture, meadow, field or allotment
- Water area
- Buildings
- Nature reserve map board
- Picnic tables
- Helsinki-Outhouse
- Kota
- Waste bin