



An adventure to Nuuksio National Park in Finland

芬蘭努克西奧國家公園的冒險之旅



Did you travel abroad in your summer vacation? If not, you may consider visiting Finland in your next long vacation. In Finland, there are more than 40 national parks; therefore, it is very easy to stay in touch with nature. Nothing is more enjoyable than taking a walk through peaceful forested landscape, dotted with clear lakes. Located in

Espoo area, Nuuksio National Park is one of the top natural attractions in Finland. This national park can be easily visited on a one-day trip from Helsinki, the capital of Finland. To visit the park, travelers can take a communal train from Helsinki central station to Espoo train station and transfer to a local bus.

你今年暑假有到國外旅行嗎？倘若沒有，你在下次的長假可考慮到芬蘭走走。芬蘭有四十幾個國家公園，很容易就可以接觸大自然。沒有什麼比在寧靜且佈滿著清澈湖泊的森林景觀中散步更享受的了。位於艾思博地區的努克西奧國家公園是芬蘭重要的自然景點之一。從芬蘭的首都赫爾辛基市區出發，只要一天的時間便可輕鬆拜訪這國家公園。遊客可以從赫爾辛基中央車站搭乘區間火車到達艾思博火車站，接著轉乘公車即可抵達目的地。





The best way to discover Nuuksio National Park and explore the diverse flora and fauna is by hiking on marked trails. There are more than 10 hiking routes in this park, ranging from 2 to 10 kilometers. Both beginners and experienced travelers can find suitable nature trails for their hiking adventures. In the complete wilderness surrounded by forest and lakes, you can temporarily forget about the hustle and bustle of the city. Put on comfortable hiking shoes and start your adventure in your next vacation.

在森林中規劃好的路線上健行是探索努克西奧國家公園，並了解各種動植物最佳的方式。在公園裡有超過十條健行步道；路線長度從兩公里到十公里不等。不管是新手或者是富有經驗的遊客皆可以找到適合自己在森林中探險的路線。在森林和湖泊環繞的荒野中，你可以暫時忘掉城市的喧囂。穿上一雙舒適的登山鞋，下一個假期就開始展開你的冒險旅途吧。



Photo taken by Chinsia Tang.

Vocabulary and phrase

1. stay in touch with 保持接觸

【Definition】 to maintain contact with something or someone

【Example】 I love hiking because I can really stay in touch with nature.

2. national park 國家公園

【Definition】 an area of countryside for public use designated by a national government as being of notable scenic importance.

【Example】 Taroko is one of the national parks in Taiwan.





3. flora and fauna 動植物

【Definition】 life and wildlife, collectively.

【Example】 She is a scientist, studying flora and fauna in this region.

4. be located in 座落於

【Definition】 belong to a certain place or area

【Example】 One of the campuses of National Kaohsiung University of Science and Technology is located in the center of Kaohsiung City.

5. rang from 在...範圍內

【Definition】 vary within a specified area

【Example】 A weather report shows that the temperature in summer of this year ranges from 28 to 40 °C

◎ Reference:

<https://www.nationalparks.fi/en>

<https://www.tripadvisor.com>

[https://www.freeictionary.com](https://www.freedictionary.com)



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