

The Malminkartano sensory trail

Explore the Malminkartano area using all your senses. Listen, smell, look, touch and taste. Feel the seasons and history, while learning about the history and nature of Malminkartano. You can also try out some yoga-inspired exercises.

The sensory trail in Malminkartano is developed by the Rehabilitation Foundation, residents of Malminkartano and students of Jyväskylä University of Applied Sciences.





The content of the sensory trail

- The sensory trail aims to promote well-being, inclusion and sense of community among residents of Malminkartano and its surrounding areas.
- Depending on the spots you choose, the sensory trail is up to about 4 km long and includes six spots. You can walk the route alone or in a group. This material contains a map (p. 5) and a task for each spot. The first spot on the sensory trail is at the sign at Kartanonkaari 29, and the last spot is located in front of Malminkartano Library on Puustellinaukio Square. There are no signs along the trail; you have to find the spots by yourself using the images and map.
- Enjoy Malminkartano's nature and enhance your well-being.

About the effects of nature on well-being:

- Nature helps us to recover from the effects of stress and lifts our moods.
- Nature helps us to forget our everyday worries.
- Nature encourages us to be active and get out and about.
- Nature provides opportunities for social interaction.
- Spending time in our favourite spots, particularly in nature, restores us.
- Those who spend a lot of time in nature are happier and calmer than those who spend less time outdoors.

Source: The effects of nature on well-being. Natural Resources Institute Finland. 2016.



Description of the location of the spots

- **1. Arboretum** (*The woods on both sides of the road at the Kartanonkaari 29 sign*)
- **2. River** (*Walk left along the gravel road past the Rukkila housing unit down the rather steep hill. Stop at the bridge that crosses the river.*)
- **3. Allotments** (*The allotments located between Sorolantie and Juhannuskallionpolku.*)
- **4. Ancient stack of stones** (*The fenced area between Rukkilanrinne 2 and 4. You can see it if you look up to the left as you approach it.*) *Do not climb there.*
- **5. Malminkartano orchard** (*Kartanonkaari 29, behind the Rukkila housing unit.*)
- **6. Puustellinaukio Square** (*Hanna Vihriälä's three-part work of art on Puustellinaukio, Puustellinpolku and Malminkartanonaukio*)

The Malminkartano Sensory Trail



1. Arboretum

Welcome to the Malminkartano sensory trail. Start by awakening your senses with the following **HEART** breathing exercise:

- *Breathe in the scent of the spring forest. Feel the earth under your feet.*
- *Stop and close your eyes. Exhale your worries.*
- *Open your eyes. Turn your head to both sides and up, then diagonally up and down.*
- *Look up to see if you can find any hidden birds' nests.*
Can you hear any birds building nests or singing? You can also sense the rattle of bugs and the buzz of bees.



More information about the arboretum:

- The oldest parts of the arboretum were established in the 19th century.
- The pine trees with their thick bark are estimated to be 200 years old.
- The arboretum also features species such as mountain elms, ash-leaved maples and red maples, oaks, lime trees, pine trees and Serbian spruces. Lilacs and false spiraea grow on the verges.
- The first plants to appear in spring are ground elder and nettles.
- Yellow anemones also bloom in the spring.
 - Yellow anemone is a protected species so leave them growing in the ground and be careful not to step on them.

2. River

FEEL THE FRESHNESS OF THE WATER

Walk to the river. Touch the water and feel it.

- Would you dare to swim in such cold water?
- Do the **FISH** yoga exercise:
- *Stand still and feel the air flow inside your body.*
- *Raise your chest like the gills of a fish: push your shoulders, shoulder blades, elbows and neck back and open your palms.*
- *Exhale and bring your elbows and the backs of your hands forward as your fins. Bend your knees.*
- *Open your feet and take a deep breath. As you exhale, lower your back to a horizontal position.*



More information about the river area:

- The river Vantaa changed its course about 2,000 years ago when the land near Kaivoksela rose, forcing the river to find new paths.
- The number of salmon decreased. The trout still swam upstream when the Strömberg waterfall was formed. The fish there are now planted.
- Juicy hay grew in the in low-lying areas so sheep and a few cows could graze in the valley.
- Small villages may have formed even before the Middle Ages.
- Pigs were washed at the footbridge.

3. Allotments

FESTIVAL OF FLAVOURS

Walk along the side of the allotments. Smell the soil. Imagine what you could sow and plant, and then preserve in the autumn. Can you taste the flavours?

Do the **WINDMILL** yoga exercise:



- *Stop and stand with your legs apart.*
- *Touch your shoulders with your fingers, let your forearms flutter like the wings of a bee. Move your fists to your armpits. Rotate your wrists in all directions as if you're opening a lid of a jar.*
- *Extend your arms and rotate them. Change direction, move them forwards and backwards, and alternate directions. Let your knees and hips be flexible.*



More information about the allotments:

- Allotments were set up to allow working-class people in the cities to spend time in the countryside in summer and to improve their diet.
- There were small cottages with vegetable patches in the area.
- The allotments in Malminkartano were given to the staff of the university's test farm in 1941.
- Apples were also sold in the area 30 years ago.
- Residents can now rent vacant allotments.

4. Ancient stack of stones

FEEL THE TIME AND MEMORIES

Think about people you love and the places where you have lived and visited with them. What did you see, hear, taste, smell? Can you feel the heat of the sun on your skin?

Do the **CRANE** yoga exercise:

- *Stand with your feet together. Inhale and stretch yourself tall.*
- *Move your right foot behind your left foot.*
- *Lift your right palm over your head, fingers facing the sky.*
- *Raise your left arm horizontally, turn your wrist so that your fingers hang down. Take a deep breath.*
- *Lower both arms slowly. Bring your feet together.*
- *Change sides.*



More information about the area's ancient history:

- The ancient stack of stones in Malminkartano is either a grave or a place of worship. It dates back to the Kiukainen culture of the Bronze Age (1800–1500 BCE).
- Pieces of ceramic dishes have been found in Malminkartano from the Stone Age, i.e. from about 5,000–6,000 years ago, but it is likely that people settled permanently in the area around the start of the Common Era. The dead were burned here and buried on the shore of the bay or the river bank, facing the rising sun. Weapons and jewellery, even toys, were buried with them. The Vikings (around 700–1,000 CE) preferred to bury corpses.

5. Malminkartano orchard

ENJOY THE SCENTS

Open the gate to the orchard and imagine how the branches of a tree come to life. The trees may not be in flower right now, but you can already sense their scent in advance. You can smell tree trunks, leaves or buds if you wish.

Do the **TREE** yoga exercise:

- *Keep your pelvis, relaxed and light, on the heavy soles of your feet, tighten your lower abdomen to straighten your back.*
- *Inhale as you lift your arms up on your sides and let your ribs expand, drop down your shoulders and shoulder blades.*
- *Your palms face each other. You can also swing your fingers like opening shoots.*
- *Try lifting one foot up along the calf of the other leg.*
- *Change sides.*



More information about the orchard:

- Different varieties of apple, pear and plum trees as well as some berry bushes grow in the orchard.
- The side gate to the orchard is kept open in summer. There are picnic tables.
- The orchard was designed in 1936.
- It was originally designed to serve as the university's research project.
- More than half of the apple trees were felled when the residential block on Kartanonkaari was built in the late 1980s, leaving about 350 trees standing.
- Malminkartano manor is located next to the orchard. Its single-storey main building is made of light wood and it was built in the 18th century.
- Malminkartano manor's first master, from 1579, was Admiral Bengt Juusten. Juustenintie in Malminkartano was named after him.

6. Puustellinaukio Square

WHAT CAN YOU SEE AROUND YOU?

Walk and see what's around you. Imagine fields of corn and cows grazing here before the new blocks of flats were built.

Do the **COW FACE** yoga exercise:

- *Start walking. Feel your weight land alternately on the balls of your feet and on your heels, push your toes against the ground to give your body strength and flexibility.*
- *As your right foot steps forward, lift your left elbow and vice versa. Let your hands move behind your neck and lower back, one from the top, the other from below. Try to make your hands touch each other behind your back. See if you can bring your fingertips together.*



More information about Puustellinaukio:

- **Hanna Vihriälä's work Laidunmaa** (The Pasture), consists of three parts and is located in Puustellinaukio, Puustellinpolku and Malminkartano Square.
 - The first part, located on Puustellinaukio, is a large split stone with a cow shape.
 - The second part of the work is on the wall of a block of flats in Puustellinpolku. The work depicts bronze shadow images of butterflies.
 - As you walk along Puustellinpolku, you come to the third part of the work on Malminkartano Square. It is a bronze sculpture that depicts a shadow of a stone wall.
- The construction of the residential area in Malminkartano began in the 1970s and 1980s on both sides of the new railway line.
- The central block was designed by architect Ralph Erskine.
- The covered paths will lead you to the station and will keep your feet dry even when it rains.
- Space was made for the cultivation of plants in the courtyards and on the balconies.

“I am the field, I am the barn, I am the trees; mine are the flocks of birds, and this young hare who leaps, at the last moment when I step almost on him. Mine is the heron that stretches its vast wings lazily; and the cow that creaks as it pushes one foot before another munching; and the wild, swooping swallow.”

Virginia Woolf, *The Waves*.

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If you'd like to create a sensory trail in a different natural environment using a similar concept, please contact: tuuli.vilhunen@kuntoutussaatio.fi; we can help you to use this material in your project.