



**SULKAVAN  
SUURSOUDUT**

Kirkkotie 140  
58700 Sulkava

Sähköposti:  
info@suursoudut.fi

## Information pack for King's Course rowing 60km

The King's Course 60km rowing is a classic rowing route that circles Partalansaari. There are two departures: a Friday evening row and a Saturday daytime row. This route is quite demanding, but the scenery, experiences and challenges it offers are guaranteed to be rewarding plus creating great memories.

### Registration

On the day of the race, your boat's coxswain or rower must register at the race office. Participants in Saturday's daytime race may register as early as Friday. The race office is least busy during the evening race on Friday between 3 pm and 7 pm. **Please note that on Saturday, registration takes place directly at the Hakovirta departure area, unless you have already registered on Friday.**

The race office is located in the front courtyard of the Rowing Stadium, on the upper terrace. Upon registration, you will be given a route map and wristbands, which entitle you to meals and the evening programme on the day of the race. In addition, each team will collect their own number plate, which must be attached to the boat in accordance with the instructions.

Upon registration, each Church Boat team will be given two complimentary tickets. These are primarily intended for the team organiser and the coxswain, but each team is free to distribute the tickets as they wish. The vouchers entitle holders to enjoy a delicious coffee break at the cafés in the event areas.

### Boats and GPS devices

Boats will be fitted with numbers and GPS devices before the start. On boats hired from Suursoudu, these will already be attached. You must attach them to your own boats



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yourself. You will receive your number and device from the race office when you register. Belongings must be handed in to the race office immediately after the race, where certificates of honour and participation medals will be issued in return.

### **Starts and non-stop transport**

Starts take place at Hakovirta (approx. 5 km from the village centre). There is a non-stop shuttle service to the start, running on two routes: Market Square – Accommodation School – Hakovirta or Rowing Stadium – Accommodation School – Hakovirta. The transport is free of charge, and we recommend using it to avoid congestion at Hakovirta.

The shuttle service begins on Friday at 1.00 pm and ends at approximately 3.45 pm, once the last members of the public have been taken back to the town centre. On Saturday, the shuttle service starts at 7.00 and ends at around 9.30, once the last members of the public have been taken back.

The start of Friday's evening rowing race is at 14.50 for the fours (coastal and inland) and at 15.00 for the church boats.

The start times for Saturday's daytime rowing are as follows: 8.30 am for church boats, 8.40 am for pairs, 8.50 am for relay rowing and special boats, and 9.00 am for single sculls.

### **Route**

The 60 km 'King's Route' race will be rowed anti-clockwise around Partalansaari, following the route marked on the map. The map can be found on the website under [Route Maps – Sulkava Grand Races](#). Maps will also be available at the race information desk (1 per boat).

Two service points are marked along the route:

- Käenniemi (approx. 34 km), where you can use the toilet
- A service raft on the water (approx. 50 km), where energy-rich snacks are available. You can stop next to the raft without getting out of the boat.



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- You can also stop to use the toilet at the rest points intended for recreational rowing: Varmavirta, Varviranta and Tölkääniemi.

There are several safety boats along the route, equipped to carry out rescue or first-aid operations. The entire route is also divided into monitoring sectors, where volunteers ensure that no one gets lost and provide assistance if necessary. **Please inform the organiser via the race information channel if you decide to abandon the race.**

### **Traffic arrangements and boat launch sites**

Boat launch sites, parking areas for buses and cars, and trailer storage areas are detailed in a separate traffic notice. A map is also included.

### **Landing**

All church boats may come ashore at the rowers' lounge area within the Rowing Stadium grounds. Please note, however, that boats cannot be lifted out of the water in this area; they must be moved to the designated boat-lifting area. Boats may not be left in the area for long-term storage, with the exception of boats hired from the Sulkava Grand Rowing Regatta.

On Saturday, the Rowing Stadium beach will serve as the launch site for small boats, with traffic control in place on Saturday afternoon.

### **Secure luggage storage**

Rowers can leave their belongings for storage at Hakovirta, from where they will be transported to the rowers' lounge at Lempeä, the Rowing Stadium area, where they can be collected later. Storage is free of charge and belongings are guarded by our staff.

### **Saunas and rowers' lounge area**

There are several sauna facilities available for rowers. In the rowers' lounge area at Lempeä Sauna & Design (located next to the Rowing Stadium), a newly opened sauna



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area has been set up where all rowers can shower, use the sauna and swim immediately after crossing the finish line. There are also two hot tubs in the courtyard for rowers' use. As the sauna is shared, swimwear is compulsory. There are separate changing rooms. There is a swimming area and a jetty on the shore.

Lempeä Sauna & design also houses a bistro and café, as well as the Marimakasiini gift shop for souvenir shopping.

In the centre of Sulkava, there are also separate saunas for men and women, which are freely available. The women's sauna is located at the municipal office building (address: Kauppatie 1) and the men's sauna at the sports hall (Etelätuvantie 4).

Caunacenter Lempeä are open to rowers only:

Friday: Lempeä Sauna 19:00–24:00 and for others 11:00-19:00

Saturday: Lempeä Sauna 12:00-18:00 and for others 8:00-12:00 and 18:00-22:00

Sunday: Lempeä Sauna for everyone 10:00-18:00

## **Meals**

Rowing meals are served at the Rowing Stadium's rowing restaurant. Rowers can dine on their own rowing day by showing their wristband. Rowers on Friday can eat their rowing meal before or after their rowing session; if neither option is suitable, they can also dine on Saturday.

All meals are lactose-free, nut-free and fish-free. The most common food allergies have also been taken into account, so gluten-free and vegan options are available for hot meals and breakfast upon request.

Please let us know if you have any other special diet via e-mail: [info@suursoudut.fi](mailto:info@suursoudut.fi).

Dietary requirements received by Wednesday, July 9th, can be accommodated in time.

The Rowing Stadium's Rowing Canteen will be open throughout the rowing weekend.

### Breakfast:

Thursday, Friday and Sunday 9.00–11.00

Saturday 6.00–10.00



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### Rowing meals:

Friday 11.00–16.00 (pasta bar) and 16.00–23.00

Saturday 12.00–20.00

Sunday 11.00–15.00

Rowers can purchase additional meals either in advance via the website or on the day at the information desk or the indoor café. Meal prices: breakfast €10 or rowing meal €13.

Menu and further information, on this site you can purchase more food vouchers: [Rowing Meals](#)

### **Cafés and food stalls are open**

In addition to the Rowing Restaurant, the Rowing Stadium features two canteens, a bar, Tiittala Manor's pop-up waffle café, the Jolly Reds BBQ food stall and other service points.

### **Sports nutrition and Linola products**

There is a Kotivuorisport sales point at the Rowing Stadium, where you can buy high-quality Squeezy sports nutrition and energy products on Friday from 10.00 to 21.00 and on Saturday from 08.00 to 17.00. The sales point is also open at Hakovirta on Friday from 13.00 to 15.00.

A representative from Linola will be presenting products and handing out samples on Friday at the Rowing Stadium from 11.00 to 13.30 and 15.30 to 18.00, and at Hakovirta from 13.00 to 15.30. On Saturday, the presentation will take place from 7.00 to 10.00 at the Rowing Stadium.

### **Insurance**

Each participant is responsible for their own accident insurance.



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## Responsible behaviour

The organisers reserve the right to refuse entry to the race to any crew member under the influence of alcohol. Everyone is responsible for keeping the area clean, so please do not throw rubbish into the water or onto the ground. Rubbish bins are available at Varviranta and in the start and finish areas at the Rowing Stadium.

## Distress signals and other competition rules

The signal for help is to hold an oar horizontally, with your hands above it, moving it up and down. Remember this important advice: only ONE person at a time should move around in the boat, and keep a low profile. If the boat capsizes, hold on to the floating boat. Do not swim to the shore. If a storm breaks out, beach the boat and wait for the storm to pass. [Competition rules](#)

## Returning race numbers/GPS devices, certificates of honour and prize-giving

Boat numbers and GPS devices must be returned without delay to the race office after the race, where rowers will receive their certificates of honour and participation medals.

The top three rowers or teams in each category will be awarded prizes, and all participants will receive wooden participation medals designed by Kolo Design. The prize-giving ceremony will take place in stages on Friday and Saturday on the beach stage in the forecourt of the Rowing Stadium. A more detailed timetable is available at <https://www.suursoudut.fi/osallistuminen/kilpailuaikataulu/>.

## Supporting programme

There will be plenty of supporting programme events throughout the event. On Saturday, Timo Haavisto will be entertaining guests on the terrace of Lempeä Sauna & design, whilst the Aftersoudut will kick off on the indoor stage at the Rowing Stadium on Friday and Saturday from 7 pm to 1.30 am. You're even welcome to join in wearing your rowing shorts. On both evenings, the duo of Harri Kautonen and Tommi Seppänen, along with DJ Verude, will be keeping the party going.

The headliners for the evening parties are Osmos Cosmos, known for their spectacular stage show, on Friday, and the charismatic Antti Ketonen on Saturday. An evening party ticket is included in the price of a rowing ticket on the day of the rowing event. Tickets for



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the second evening's party can be purchased at a reduced price (€10 on Friday and €15 on Saturday) from the information desk.

On Sunday, the programme features a charity auction hosted by auctioneer Aki Palsanmäki, starting at 10.30. The proceeds from the auction will go towards covering the costs of launching the rowing museum to be established in Sulkava. Anyone can donate items for this cause.

This year's rowing programme concludes with a rowing dance at the Rowing Stadium from 12 noon to 1 pm. For further information on the supporting programme, see [the Sulkava Grand Rowing Festival programme 2026 – Sulkava Grand Rowing Festival](#)

### **Sulkava offers a wide range of things to see and do**

It's easy to enjoy a stay of several days in Sulkava. In addition to the rowing programme, the beautiful scenery, fantastic canoeing and cycling trips, and the services provided by local businesses will tempt you to stay a little longer. Comprehensive information can be found on the Visit Sulkava website [www.visitsulkava.fi/en](http://www.visitsulkava.fi/en)

### **Rowing Shop**

Suursoutu's own merchandise is on sale at the Rowing Stadium information desk and in our online shop. Show your colours and buy team clothing for yourself or even for the whole rowing crew. There is a limited stock of items and sizes, so it's worth ordering in advance from our online shop.

Rowing advisor vests are also available. A new colour: dark blue.

**Enjoy a wonderful day of rowing and your stay in Sulkava!**