The Virpiniemi nature and athletics centre is situated about a 20-minute drive away from the Oulu city centre. The area has many attractions, including the Virpiniemi Sport Institute, Virpiniemi Golf, SF-C camping Rantasarka, activities for both horse and dog lovers, and the Virpiniemi coast guard station.

The area is sand-based, pine-dominated heath with coastal banks and dunes dominating the landscape. The Runtelinharju esker is located on the north side of Virpiniemi, offering magnificent seaside views. The lichen-dotted areas and other flora are very delicate, so it is recommended that visitors stick to marked paths in the area.

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<table>
<thead>
<tr>
<th>Starting point</th>
<th>Hiihtomajantie 30, 90820 Haukipudas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration</td>
<td>Various routes</td>
</tr>
<tr>
<td>Services</td>
<td>Several campfire spots, cafe-restaurant</td>
</tr>
<tr>
<td>Track markings</td>
<td>Clear markings on tracks</td>
</tr>
<tr>
<td>Difficulty</td>
<td>The trails are mainly easy to traverse, but the elevation varies greatly. Some campfire spots are located right at the edge of the parking area and are accessible.</td>
</tr>
</tbody>
</table>

The café-restaurant in the area is located at the centre of Virpiniemi, next to the main parking area. During the winter, the area offers maintained ski tracks, which are turned into hiking trails during the summer. There are 5 kilometres of lighted ski tracks, with ski racetracks in lengths of 1, 2, 3 and 5 kilometres. Other ski tracks include the about 10-kilometre track and the routes Virpiniemi-Kirkonkylä 6 km and Virpiniemi-Kiviniemi 4 km. There is a marked connecting route from the 10-kilometre ski track to the Runteli lean-to shelter (about 2 kilometres). The track elevation varies. During the summer, the trails and tracks are good for walking or mountain biking.

The area also hosts a disc golf track, sledding and tobogganing runs and several campfire spots.
Services
- Lean-to shelter
- Campfire spot
- Birdwatching tower or platform
- Parking area
- Restaurant, café

Hiking trails
- Racing 3 km
- Exercise 10 km
- Racing 5 km
- Exercise 5 km
- Länsituulenreitti
- Annalankangas-Runteli
- Annalankangas-Jatuli
- Virpiniemi-kiviniemi nature hike
- Virpiniemi-Haukipudas