The following activities are permitted in the area:

- Walking and cycling on the nature trails.
- Bird watching.
- Using a bird hide.
- Bird watching tower.
- Making fires.
- Moving about within the nature reserve when the ground is not frozen.
- Walking and skiing on the ice, even in the summer.
- Picking berries and mushrooms.
- Fishing and boating in the nature reserve.
- Walking on Viikki's fields when the ground is not frozen.
- Moving about within the nature reserve when the ground is not frozen.
- Fishing and boating in the nature reserve.
- Picking berries and mushrooms.
- Bird watching.
- Making fires.
- Moving about within the nature reserve when the ground is not frozen.
- Walking and skiing on the ice, even in the summer.
- Picking berries and mushrooms.
- Bird watching.
- Making fires.
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- Making fires.
Diverse

**Vanhankaupunginlahti**

Vanhankaupunginlahti is Helsinki's bird paradise. The sea bay with its decomposing matter consists of a number of different habitats, from running, coastal marshes, small reed ponds, dune mudflats and fields, to shallow water areas. The diverse habitats attract a large number of birds, such as waders, ducks, wigeons, gadwalls, Eurasian coots, Eurasian wigeons, aythya, even the rare water rail, various aquatic plants. From late summer gadwalls, Eurasian wigeons, aythya, to plenty of watermilfoil, fennel pondweed and other aquatic reeds have closed Saunalahti off into a pond, which is home to numerous bird species, including herons, grebe colonies nest in front of Kivinokka. Nowadays the impressive collection of old spruces. Dozens of great crested grebes were added to the nature reserve. Including these areas, the nature reserve encompasses almost 350 hectares. In 2015 Mölylä forest and Pornaistenniemi were added to the nature reserve. Including these areas, the nature reserve encompasses almost 350 hectares.

**Protection**

Vanhankaupunginlahti is Helsinki's biggest nature reserve. A number of parts were protected in 1975, 1991 and 1997. In 2005 the nature reserve area was expanded to include Saunalahti. The nature reserve is part of the European Union’s Natura 2000 network, and the EU has funded conservation work in the area. In 2015 Mölylä forest and Pornaistenniemi nature reserve were added to the nature reserve. Including these areas, the nature reserve encompasses almost 350 hectares. The cloven hoof prints can be seen along the edges of the unfrozen areas in winter. Now there are a dozen or so roe deer. The roe deer settled in Viikki in 2010. The Eurasian bittern uses its burrows in Mäyrämetsä forest. The badgers go into hibernation in their burrows in Mölylä, and traces of them is at its easiest. In the winter finding mammals is an easy challenge. The Eurasian water shrews can be spotted in the east. European water voles and pine martens live in the forest areas along the edges of the unfrozen areas. European water voles have been spotted in the fields of Viikki. The otter's footprint can be found in the ice and beaches. The otter's footprint can be found in the ice and beaches. The otter's footprint can be found in the ice and beaches.

A fox? 

In the winter finding mammals is an easy challenge. In the winter finding mammals is an easy challenge. The Eurasian bittern uses its burrows in Mäyrämetsä forest. The badgers go into hibernation in their burrows in Mölylä, and traces of them is at its easiest. In the winter finding mammals is an easy challenge. The Eurasian water shrews can be spotted in the east. European water voles and pine martens live in the forest areas along the edges of the unfrozen areas.

Water rail

The cry it makes, similar to the squeal of a pig, is often heard during late summer and autumn. With a bit of luck, this galloping in a pond. The Eurasian wigeon nests in Lammassaari's grazing meadow every year.

**Viiikki's birds**

**Eurasian wigeon**

In yellowish at the citizen's warthog. This rare bird sits in Viikki's wetland on mornings.

**Common sandpiper**

In the late summer the common sandpiper can be seen hiking in Saunalahti.

**Lesser spotted sandpiper**

The lesser spotted sandpiper is only the size of a great tit.