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Welcome to Vuokatti-Ruka

Where science meets practice

From Science

University of Jyväskylä, Sports Technology Unit Vuokatti
(JYU-Vuokatti)

The Sports Technology Unit specializes in multidisciplinary and applied research in sport biology and in Master's and PhD studies in sport technology. On the research side, JYU-Vuokatti specializes in applied and technology-based research, particularly in Nordic skiing.

To Practice

Vuokatti Sport, Ruka Ski Resort Vuokatti-Ruka Sports Academy
and National Olympic Training Center

The Nordic home of winter sports. Our training center offers the most diverse training facilities and conditions in the Nordic countries for winter sports and Finnish baseball. The facilities of different sports match the needs of both elite athletes and juniors, serving the athlete during their whole career.



VUOKATTI SPORT
BECOME A CHAMPION

All year round facilities for Winter sports

The most versatile conditions in the Nordic region for winter sports and side training as well as athlete testing.

X-Country skiing

The world's best training conditions for cross-country skiing regardless of the season

Fist Snow track
Roller ski circuits
150km skiing trails in varied terrain

Biathlon

Shooting under high technology laboratory conditions

Biathlon stadium right at first snow track and roller ski circuits
Automatic target systems are equipped with lead catchers
One of a kind athlete testing conditions

Other facilities and used technology

Hypoxic living and training facilities
Center for ski service RDI
2 Ice Hockey rinks, 1 equipped with Wisehockey
Strength and conditioning facilities including gyms, swimming hall...

Athlete testing

Measurement conditions for high performance sports



[Click for virtual tour](#)

Laboratories:

Shooting (indoor and outdoor)
Biomechanics
Physiology
Skiing
Low/high temperature
Strength and endurance



World Cup level training facilities

RUKA!
SKI RESORT

[Click for Ruka training centre video](#)

AERIALS

WC level training facilities including single, double and triple jumps

MOGULS

Battery run

Vertical drop 106m, length 225m, Inclination 29 degrees

Pessari training slope

Vertical drop 75m, length 200m, inclination 24 degrees

ALPINE SKIING

Track booking options for various slopes
Salt orders available



high-level slope style snowboarding and freeskiing training on a FIS-standard course

Competitions

FIS Ruka Nordic

FIS Freestyle Ski World Cup Opening

X-Games League Finals (2027)

VUOKATTI-RUKA IN NUMBERS

2018 **MORE THAN 80** **8** **80%**

ESTABLISHED AS AN OFFICIAL
NATIONAL OLYMPIC TRAINING
CENTER

YEARS OF EXPERIENCE IN TOTAL

FINNISH
NATIONAL TEAMS
SERVED

FINLAND'S MILANO-CORTINA
2026 WINTER OLYMPIC MEDALS
TIED TO VUOKATTI-RUKA

First facilities
established
(Vuokatti Sport)

1945

First international
teams arrive

1950's

Sports High School
Sotkamo

1976

Facilities and Sports
development
Ruka Alpine School
(1995)

1980-90s

University of
Jyväskylä (RDI)

2003

Vuokatti-Ruka
Sports Academy
established

2010

**National Olympic
Training Center**

2018

Ice Arena and
major events

2020's

Contact information:



NATIONAL
OLYMPIC TRAINING CENTER
Vuokatti-Ruka

National Olympic Training Center

Janne Vuorinen (Leader of the NOTC)

janne.vuorinen@vrua.fi
+358 45 1303538

Sports Technology Unit Vuokatti (University of Jyväskylä)

Ritva Mikkonen (Head of JYU-Vuokatti)

ritva.s.mikkonen@jyu.fi
+358406621330

Olli Ohtonen (Professor of practice)
olli.ohtonen@jyu.fi

Reservations Vuokatti



sales@vuokattisport.fi
+358 08 61 911

Jyri Pelkonen (Manager of training center)

jyri.pelkonen@vuokattisport.fi
+358 40 8445 882



Information website;
training, accomodation,
restaurant



Trails and routes

Reservations Ruka



sales@ruka.fi
+358 10 382 5222*



Track Booking calendar



Slope map

*The cost of calling the business number is a mobile call charge when dialed from a mobile phone and a local network charge when dialed from a landline. The call cost is determined based on the caller's phone contract. When calling from abroad, the cost is determined according to the local operator's price list.