



Sensory Accessibility and Arrival Instructions

SENATE SQUARE AND THE PARADE ROUTE

Senate Square > Snellmaninkatu > Aleksanterinkatu > Mannerheimintie > Eteläesplanadi > Kasarmikatu > Neitsytpolku > Kaivopuisto

The Pride parade is a large mass event. In the year 2025, up to 100,000 people participated in the parade. Most of the sensory load produced by participating in the parade comes from the number of people as well as the activity and program related to the parade. This guide describes the parade route to support the anticipation of participation as well as tells about those arrangements that Helsinki Pride has made to support sensory-sensitive and autistic parade participants.

In the traffic of Helsinki city center, there are exceptional arrangements during the parade. The traffic arrangements hardly affect the sensory overload.

In the Helsinki city center, there are a lot of people at the time of the event. If you use assistive devices to regulate sensory load (sunglasses and hearing protectors), it is worth taking them into use well in advance.

To help you understand, plan ahead for, and manage your sensory load during the event, some key times have been estimated in this guide. Please remember, however, that these times are only preliminary estimates, which may be affected by the number of people and the day's events.

Arrive at the event as well-rested as possible. Remember to bring along sunglasses, sunscreen, and water. You can buy food and drink from the event, but the sales points can be crowded.



COMMUNICATION CARD

Physical cards can be borrowed at Pride House from Greenhouse and from the info point.

Download Kaiao Pride Special Edition communication cards: [KAIAO.FI/MATERIAALIT](https://kaiao.fi/materiaalit)

Communication cards in Instagram: [AVAA](https://www.instagram.com/AVAA)

ASSISTIVE DEVICES

At the Senate Square INFO POINT, hearing protectors are available for loan. If talking is too much for you when overloaded, you can download Kaiao's free Pride Special Edition communication cards to support you.

CALM RECOVERY SPACES

Hobo Hotel's calm space GREENHOUSE is open for the overloaded also during the parade. There is a few minutes' walk from the Senate Square along Aleksanterinkatu. The accessible and sensory-friendly entrance is at the address Aleksanterinkatu 42B. It does not have Hobo Hotel's emblems separately. See more detailed information from Hobo Hotel's arrival guide.

If the space is full or you get overloaded far from it, you can safely ask for help from the Pride staff to get into the space. If necessary, you can communicate to them with communication cards.



1. Hobo Hotel's sensory accesible entrance



2. Calm space Greenhouse

THE PARK'S CALM AREA

Also in Kaivopuisto, there is a calmer recovery space made especially for the sensory-overloaded. It can be found easily near the entrance and the main pathway. If the space is full, but you feel that you are having an emotional meltdown/shutdown immediately, ask for help from a Pride volunteer.

In the area, there is shelter from visual load and there are loanable hearing protectors and seats where you can rest for a moment. A few people can fit into the area at the same time. In the area, it is not appropriate to chat, talk on the phone, or

watch videos that have sounds on. Please also do not make contact with other users of the area.

CALMER BLOCK

Sensory-sensitive and autistic people can choose to participate, instead of the big open block leaving from Senate Square, in a calmer walking block and avoid the Senate Square crowd completely!

You join the Helsinki Pride parade AT THE LEVEL OF KASARMIKATU FROM ESPLANADI PARK, where gathering into the calmer walking block begins at 13.

The Eino Leino statue serves as a landmark for the joining point. From the joining point, you will find Helsinki Pride's Kasper Gustafsson, who guides in joining the parade. The calmer walking block joins into the parade at around 13:15. Kasper has a sign in hand that says Calmer block. You can reach Kasper at the number 0408409320 or kasperg@pride.fi. The quiet block walks calmly to the Park Party.

Please note that the calmer block is "quiet" compared to the rest of the parade, not genuinely sensory-calm. The sensory load is estimated to be high, whereas in the open block it is very high.

Those arriving at the calmer block are wished to leave high-visibility (neon-colored) clothes and items as well as loud horns etc. at home. Rainbow colors, balloons, signs, etc. are ok. The calmer block is not a joyless block!



3. *Joining spot*



4. *Landmark: statue of Eino Leino*

The joining point of the calmer block is marked on the map of the next page at the corner of Pohjoisesplanadi and Kasarmikatu.



PARADE ROUTE



THE PARADE'S DEPARTURE PLACE

The main parade organizes and sets off from Senate Square. People start to arrive at Senate Square around 10 o'clock, and by 11 it is expected to be already full there. The DJ starts at 10:30. Generally, 11 is recommended as the arrival time to the square. Check out the Senate Square map on page six to see everything that can be found from the square!

The info point, from where you can get assistive devices, can be found near the first aid point.

In addition to the mass of people, sensory load comes from vehicles and the program. The total overloadingness of the area is very high.

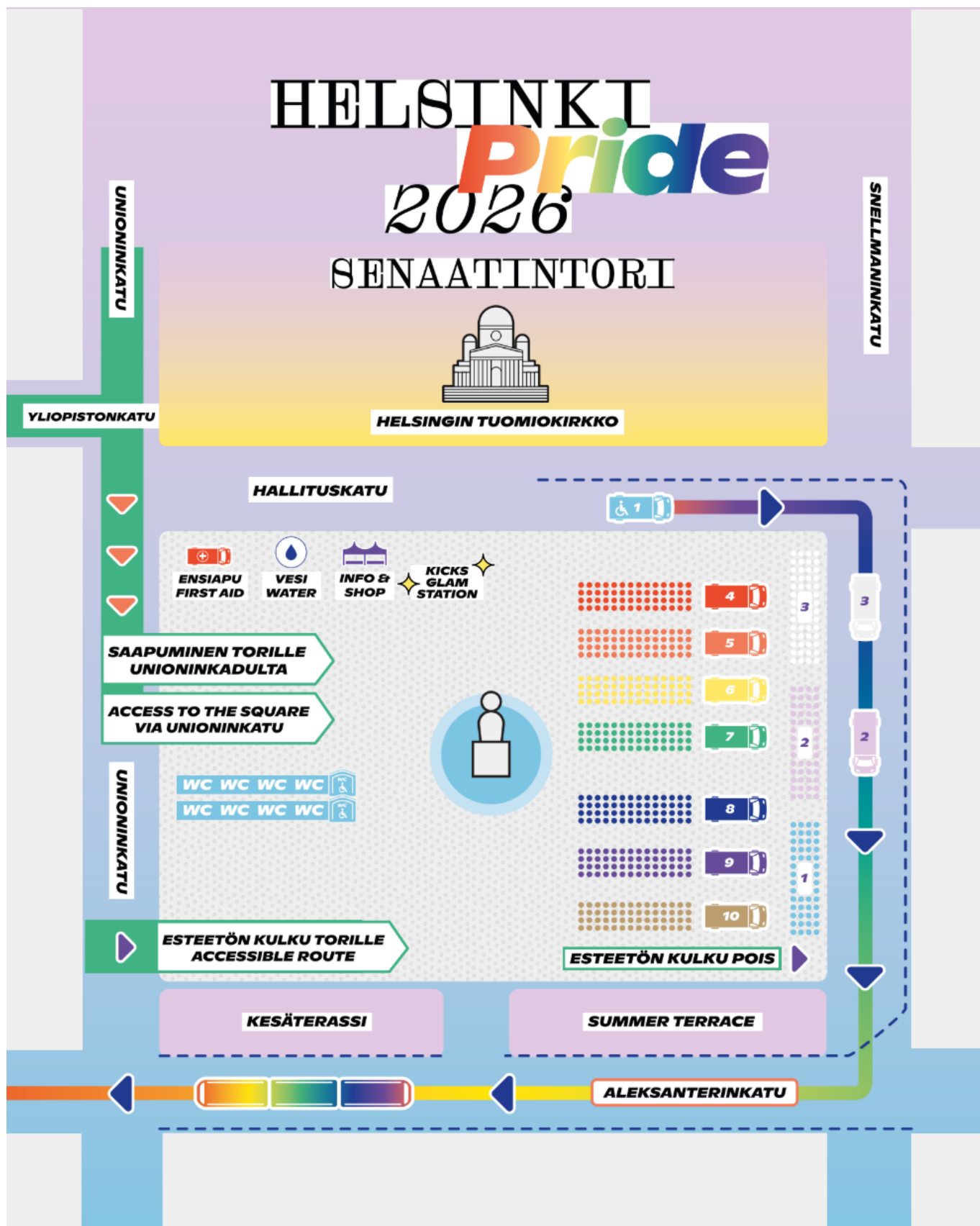
The head of the parade leaves Senate Square at 12, but the open block where most walkers are will likely get to leave only well after 13.

At the head of the parade leave Helsinki Pride's accessible truck, Dykes on Bikes motorcycles, and the rainbow tram. Walkers who have been assigned a block organize into walking blocks between the partner trucks. Clearly the biggest block is the so-called open block, which is, according to its name, open to everyone. It leaves behind the last, 10th truck. The sensory load produced by the parade varies in different parts (e.g. trucks playing music), but except for the calmer block, it is very high. Even in the calmer block, it is high. The parade also gathers a lot of audience, which brings its own addition to the loadingness of the event.



5. Senate Square serves as the gathering and organizing place for the main parade.

The calmer block leaves from Esplanadi instead of Senate Square, so by participating in it you can, if you want, avoid Senate Square completely.



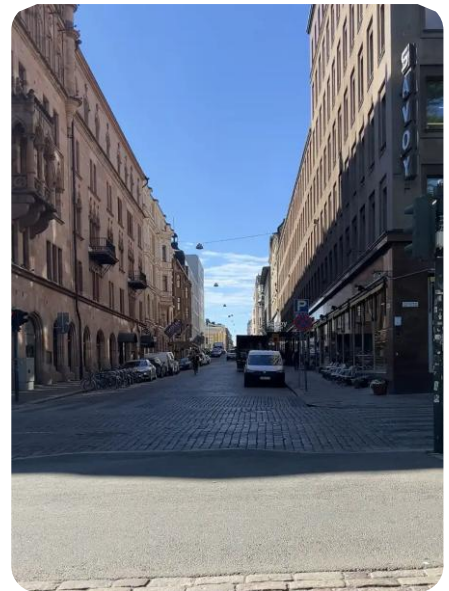
ALEKSANTERINKATU-ESPLANADI

The parade advances along Aleksanterinkatu, from which traffic has been cut off. After Stockmann, the parade turns towards Esplanadi park from the Eteläesplanadi side. Also in Esplanadi park, there can be a lot of people, but we do not expect the crowd to be as bad as at Senate Square.

The organizing place of the calmer block is visible in the picture. You will recognize it from the Helsinki Pride employee present at the location. The calm block joins the parade at an estimate around 13:15. Participants are wished to arrive at Esplanadi around 13.



6. The joining point of the calmer block in Esplanadi park



7. Kasarminkatu from the direction of Esplanadi.

ESPLANADI-KASARMITORI

From Esplanadi, the parade turns towards Kasarmikatu.

KASARMITORI-KAIVOPUISTO

We advance first along Kasarmikatu uphill and then downhill. The route is straight, but also passes by a couple of smaller parks. The parade ends upon arriving at Kaivopuisto's main entrance. In the vicinity of the main entrance, there is also a place where those who arrived in the trucks exit from the trucks.



8.



9. The name of Kasarmikatu changes at this point to Neitsytpolku, although the direction does not change.



10. Neitsytpolku after the intersection of Tehtaankatu



11. At the end of Neitsytpolku on the left, before Kompassitori, is the entrance of Kaivopuisto



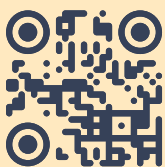
KAIVOPUISTO

Also in Kaivopuisto, there are a lot of people. Last year, about 50,000 people participated in the Park Party. However, overload management is made easier by the fact that the number of people spreads over a wide area. In addition, in Kaivopuisto there are partners' tents and program points. Check out the map to see everything that can be found from Kaivopuisto!

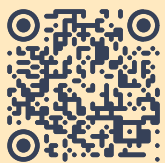
In Kaivopuisto, there is also a program and loud performances. Overload management is made easier by the size of the park, which enables avoiding the noisiest places. In the park, there are several sales points for food and drink, but if you want, you can avoid queues and crowding in their vicinity by packing along picnic snacks.

Kaivopuisto's CALM AREA/OVERLOADED PEOPLE'S RECOVERY SPACE is right near the entrance and near the main pathway.

Helsinki Pride 2026 esteettömyyssivu: <https://pride.fi/helsinki-pride-2026/helsinki-pride-esteettomyys-ja-aistiesteettomyys-2026/>



Kaiaon kotisivut



Kaiaon aistipalvelut

Kaiaon **Aistikävely-** ja **Aistiopastus**palvelut auttavat luomaan aistiystävällisiä toimi- ja asiakastiloja. Niiden avulla tavoittaa aistiherkän kokemuksen ja saa aistiherkkien tarpeisiin nähden riittävän yksityiskohtaista havaintotietoa aistiympäristöstä. Tutustu Kaiaon Aistiym-
päästöpäalveluihin tarkemmin kotisivuilla.



Kaiao

YHDENVERTAISUUDEN PUOLUSTAJA
- MYÖS KOKO SATEENKAAREN LEVEYDELTA