

# Road Book Oslo 50 Miles Trail Run - Løypebeskrivelse Kristins Runde

Marking on map	Description	accumulated distance	Action	Track surface next leg	Distance to next marking
1	<b>TRANTJERN GÅRD</b>	0	<b>Stempling Start !</b> Downhill to intersection, turn right	gravel road	280
2	intersection	280	Head left, sign "Olimb"	Jeep road	500
3	intersection	780	Head right, sign "Olimb"	Gravel road	60
4	intersection	840	Head left	Jeep road	120
5	Road block (chain)	960	keep straight ahead	jeep road	140
6	Track leaves road	1 100	head right, uphill on the track <b>KR-sign</b>	track/terrain	650
7	<b>HELGEHAUGEN 705 moh</b>	1 750	<b>Stempling</b> Turn around, same way back downhill to jeep road	track/terrain	650
8	Track meets road	2 400	head right on jeep road	Jeep road	1 190
9	Hilltop	3 590	Head right, <b>KR-sign</b> - head left after 10-15 meters	track/terrain	580
10	trail-intersection	4 170	at landmark head right, <b>KR-sign</b>	track/terrain	280
11	<b>LAMANNSHAUGEN 701 moh</b>	4 450	<b>Stempling</b> return same way, to gravel road	track/jeep road	2 350
12	intersection	6 800	head right	Gravel road	60
13	intersection	6 860	Straight ahead, sign "Svartjernshøgda -Tverrsjøstallen"	Gravel road	3 510
14	intersection	10 370	head right towards Tverrsjøstallen	Gravel road	1 660
15	intersection	12 030	head right towards Ølja	Gravel road	1 070
16	Intersection road/track	13 100	head left, sign "Svartjernshøgda"	track/terrain	1 340
17	<b>SVARTTJERNSHØGDA 717 moh</b>	14 440	<b>Stempling</b> return same way, to gravel road (some <b>KR-signs</b> )	track/terrain	1 320
18	Intersection track/road	15 760	head right on gravel road	Gravel road	1 070
19	Intersection Tverrsjøen (toalett)	16 830	head right on gravel road	Gravel road	330
20	Intersection Tverrsjøstallen	17 160	head left on gravel road	Gravel road	470
21	intersection	17 630	straight ahead (right)	gravel road	2 960
22	intersection	20 590	head right, blue signs	Gravel road	550
23	Road ends -jeep road/track	21 140	head right to jeep road/bike road	Bike road/track/terrain	1 990
24	Start gravel road	23 130	follow the road (left)	gravel road	1 500
25	intersection Mosjøen N	24 630	straight ahead (left)	Gravel road	1 810
26	Øyangen (lake) on your left hand side	26 440	continue	gravel road	2 770
27	intersection, Øyangen Vel	29 210	<b>Servicepoint</b> head right, asphalt	Asphalt	500
28	Intersection road/jeep road	29 710	head left (lake on r. side when on the jeep road)	Jeep road	220
29	intersection jeep road/track	29 930	follow trail, <b>KR-sign</b>	track/terrain	90
30	Track intersection	30 020	head right <b>KR-sign</b>	track/terrain	140
31	Intersection track/skiing track	30 160	Straight ahead, <b>KR-sign</b> , sign "Ringkolltoppen"	Track/terrain	100
32	Intersection track/skiing track	30 260	Straight ahead, <b>KR-sign</b> , sign "Ringkolltoppen"	Track/terrain	580
33	<b>RINGKOLLEN 701 moh</b>	30 840	<b>Stempling</b> (top right of trail), return same way to servicepoint	track/asphalt	1 630
34	intersection, Øyangen Vel	32 470	<b>Servicepoint</b> straight ahead on asphalt	Asphalt	700
35	Jonsetangen, asphalt ends	33 170	straight ahead (slightly rightwards) past road block	Gravel road	1 790
36	intersection	34 960	head left, sign "Uglaveien-Spålsveien"	gravel road	1 150
37	intersection	36 110	head right, sign "Steinbutjern-Spålsveien"	gravel/jeep road	250
38	intersection	36 360	straight ahead (right) sign "Spålsveien"	Jeep road	250
39	intersection jeep roads	36 610	head left, blue signs, sign "Spålsveien"	Jeep road	40
40	intersection jeep road/track	36 650	head left, sign "Trillesti"	track/timber bridge	930
41	intersection track/skiing track	37 580	head left, sign "Trillesti"	Track/terrain	180

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42	intersection track/road	37 760	Spålsveien, head right, sign "Storflåtan"	gravel/jeep road	3 050
43	intersection "Gunnarskrensen"	40 810	straight ahead, sign "Storflåtan"	Gravel road	760
44	intersection	41 570	straight ahead, sign "Storflåtan-Damtjørna"	gravel road'	180
45	intersection	41 750	head left, sign "Heggelivann"	Gravel road	660
46	Dam/swimming site	42 410	straight ahead	gravel road	1 440
47	intersection	43 850	head left, sign "Kringla-Sørkedalen skole"	Gravel road	2 340
48	intersection N.Kuvelia	46 190	head right (right after the top of a gravel road hill)	Jeep road	1 510
49	intersection jeep roads	47 700	straight ahead (right)	Jeep road	30
50	intersection jeep road/track	47 730	head right, blue signs	Track/terrain	100
51	track crossing jeep road	47 830	straight across (slightly rightwards), blue signs	Track/terrain	310
52	border "Naturreservat" (natural reserve area)	48 140	straight ahead	Track/terrain	470
53	<b>OPPKUVEN 704 moh</b>	48 610	<b>Stempling</b> , return to crossroad N.Kuvelia (some KR-signs)	Track/terrain	2 420
54	intersection N.Kuvelia	51 030	head right	Gravel road	1 840
55	intersection	52 870	head right, sign "Kringla-Sørkedalen skole"	Gravel road	830
56	Svartengrana (pine tree) 38 m, 200th anniversary	53 700	continue	Gravel road	290
57	intersection	53 990	straight ahead	Gravel road	1 690
58	intersection Kringla	55 680	head left, sign "Sandungen"	Gravel road	1 140
59	intersection (lowest point of the race, 320 mas)	56 820	straight ahead, sign "Sandungen gård"	Gravel road	2 610
60	intersection	59 430	straight ahead, sign "Sandungen gård"	Gravel road	2 110
61	intersection	61 540	straight ahead	Gravel road	210
62	<b>Sandungen gård intersection</b>	61 750	<b>Stempling</b> , head left, sign "Katnosa gård-Gjerdingen"	Gravel road	2 500
63	intersection	64 250	straight ahead (right)	Gravel road	3 050
64	intersection	67 300	head right, sign "Gjerdingen dam-Stryken"	Gravel road	140
65	intersection	67 440	straight ahead	Gravel road	1 450
66	intersection	68 890	straight ahead (left)	Gravel road	1 610
67	intersection	70 500	straight ahead (right), sign "Gjerdingen dam-Stryken"	Gravel road	740
68	intersection	71 240	head left, sign "Gjerdingen dam-Svartbekken"	gravel/jeep road	180
69	Gjerdingen dam, intersection jeep roads	71 420	head right, across the dam	Gravel road	60
70	end of jeep road, intersection tracks	71 480	head right onto bike road, sign "Rajebråten-Svartbekken"	rough track/timber	760
71	intersection track/road	72 240	head left onto gravel road	Gravel road	930
72	<b>Rajebråten, cabin</b>	73 170	<b>Stempling</b> , continue straight ahead	Gravel road	1 000
73	road block	74 170	continue	Gravel road	190
74	intersection	74 360	head left, sign "Tverrsjøstallen"	Gravel road	2 680
75	intersection	77 040	head right, sign "Tverrsjøstallen"	Gravel road	1 100
76	intersection	78 140	head right, sign "Trantjern"	Gravel road	1 920
77	intersection road/trail w blue signs	80 060	continue straight ahead on gravel road	Gravel road	710
78	intersection	80 770	head right, towards Trantjern	Gravel road	980
79	intersection	81 750	head right, uphill to Trantjern Gård	Gravel road	150
80	<b>TRANTJERN Gård</b>	81 900	<b>Stempling Finish</b> Congratulations!	Gravel road	0
<b>50.9 miles</b>					