

Route_description_KR_eng side 1

Ref	Distance	Decription	Guidance	Distance to next point
1	0	START	Straight ahead, gravel road	480
2	480	Intersection	Straight ahead (right), gravel road	2 940
3	3 420	Intersection	Registration point To the right on gravel road, later jeep roa	580
4	4 000	Road ends -jeep road/track	Continue on technical jeep road/»bikers path»	2 030
5	6 030	Start gravel road	Turn LEFT on the gravel road	1 450
6	7 480	Intersection Mosjøen N	Continue straight ahead (slightly left) on the gravel road	4 530
7	12 010	Intersection, Øyangen Vel	Turn right on the tarmacroad	500
8	12 510	Intersection road/jeep road	Turn left on the jeep road. A small lake should be on your right hand side as you run this jeep road	210
9	12 720	Intersection	Turn right onto a trail – follow signs marked «Ringkolltoppen»	910
10	13 630	RINGKOLLEN 701 moh	Registration point Return to crossroads at ref point 7 (Øyangen Vel)	1 690
7	15 320	Intersection, Øyangen Vel	Straight ahead on the tarmac road	730
11	16 050	Jonsetangen, end of tarmac road	Bag drop # one. Keep straight ahead (slightly right) past the road block	1 750
12	17 800	Intersection	Turn left, follow the road sign "Uglaveien-Spålsveien" (gravel road)	1 140
13	18 940	Intersection	Turn right, follow the road sign "Steinbutjern-Spålsveien"	480
14	19 420	Intersection jeep road	Turn left, follow the trail marked "Spålsveien". After 40 meters, take the track "Trillesti" (trail,» bikers path»)	1 170
15	20 590	Intersection trail/road	Spålsveien, Turn RIGHT. Follow road sign "Storflåtan" (gravel road)	3 050
16	23 640	Intersection "Gunnar-skrenten"	Registration point keep straight ahead (road sign "Storflåtan") on gravel road	740
17	24 380	Intersection	Keep stright ahead, follow road sign "Storflåtan-Damtjerna" on gravel road	210
18	24 590	Intersection	Turn left, follow road sign "Heggelivann" on gravel road	2 080
19	26 670	Intersection	Turn left, follow sign "Kringla-Sørkedalen skole" on gravel road	2 290
20	28 960	Intersection N.Kuvelia	Turn RIGHT onto jeep road (after the hill top)	1 500
21	30 460	Intersection kjerreveier	Keep straight ahead (slightly right) After 30 meters turn right onto trail with blue markings.	970
22	31 430	OPPKUVEN 704 moh	Registration point return to road split at N Kuvelia (Ref 20)	2 560
20	33 990	Intersection Kuvelia	Turn RIGHT (sharp) onto the gravel road.	1 830
23	35 820	Intersection	Keep right and follow road sign "Kringla-Sørkedalen skole" on gravel road	2 830
24	38 650	Intersection Kringla	Registration point. Keep left, follow road sign "Sandungen" on gravel roa	1 180
25	39 830	Intersection (lowest point 320 m above see level)	Keep straight ahead. Follow road sign "Sandungen gård" on gravel road	2 570
26	42 400	Intersection	Keep straight ahead. Follow road sign "Sandungen gård" on gravel road	2 290
27	44 690	Intersection Sandungen gård	Registration point Turn LEFT and follow road sign "Katnosa gård" on gravel roac	2 500
28	47 190	Intersection	Keep straight ahead (slightly right) on gravel road	3 050
29	50 240	Intersection	Turn right, follow road sign "Gjerdingen dam-Stryken" on gravel road	1 600
30	51 840	Intersection	Registration point. Continue straight ahead (keep left)	1 600
31	53 440	Intersection	Straight ahead (slightly right), follow road sign "Gjerdingen dam-Stryken" on gravel road	760

Route_description_KR_eng side 2

Ref	Distance	Description	Guidance	Distance to next point
32	54 200	Intersection	Turn LEFT and follow road sign "Gjerdingen dam-Svartbekken". After 180 meters turn right, onto the dam. Continue on jeep road on the other side	230
33	54 430	End of Jeep road, intersection trails	Keep right on «bikers path»/technical trail. Follow the sign "Rajebråten-Svartbekken"	770
34	55 200	Intersection trail/road	Turn RIGHT on the gravel road. Follow road sign "Svartbekken-Grua" on gravel road	4 430
35	59 630	Intersection	Registration point. Keep straight ahead (right) on gravel road	580
36	60 210	Intersection Svartbekken	Drop bag # two Turn LEFT and follow the road (north)	2 720
37	62 930	Intersection	Turn LEFT, follow road sign « Mylla» on tarmac road	680
38	63 610	Intersection Mylla	Turn LEFT gravel road	100
39	63 710	Intersection	Turn right, pass the road block, follow road sign "Trantjern-Tverrsjøstallen"	2 300
40	66 010	Intersection Ålsjøvika	Registration point. Keep straight ahead on gravel road.	2 450
41	68 460	Intersection	Turn RIGHT, road sign "Olimb" on jeep road	510
42	68 970	Intersection	Turn right, road sign "Olimb" on gravel road	60
43	69 030	Intersection	Turn left on (gravel)/jeep-road	280
44	69 310	Intersection trail/road	Turn right. Follow the trail up the hill!	670
45	69 980	HELGEHAUGEN 705 moh	Registration point. Detour back to point number 44	660
44	70 640	Intersection trail/road	Turn RIGHT on the jeep road	1 250
46	71 890	Hill top	Turn RIGHT on the hill top. After 20 meters turn left on the trail	600
47	72 490	Intersection	Turn right by the cairn, follow the trail	280
48	72 770	LAMANNSHAUGEN 701 moh	Registration point. Detour back to gravel road (point 43)	2 420
43	75 190	Intersection	Turn (sharply) RIGHT on the gravel road	50
42	75 240	Intersection	Keep straight ahead. Follow sign "Tverrsjøstallen" on gravel road. NB... Be aware of the trail 290 meters ahead!!!!	290
49	75 530	Sindersetra. Intersection trail/road	Turn right on trail (rough) with blue markings. Signs "Ølja-Tverrsjøstallen".	1 490
50	77 020	End of trail. Start gravel road.	End of rough trail, keep straight ahead on gravel road	460
51	77 480	Intersection trail/road	Turn RIGHT by the sign "Svartjernshøgda" Follow the ascending trail	1 280
52	78 760	SVARTTJERNSHØGDA 717 moh	Registration point. Detour back to gravel road, point 5	1 320
51	80 080	Intersection trail/road	Turn right on the gravel road.	1 050
53	81 130	Intersection Tverrsjøen (toalett)	Turn right on the gravel road	370
1	81 500	FINISH Tverrsjøstallen	Finish! Registration.	

81.5 km = 50,6 miles