

Information for the trek!

Start and finish from the Esso Station "On the Run" in Kalbakkveien 16

Ask the staff for the "PV-suitcase". Here you will find the protocol name, payment envelopes and IVV stamp is located. All necessary information about the course described in this folder, also located in the trunk. Include a brochure for the trail you go. Remember something to write with. Before the start: Write in the name of the protocol from the case. Payment for the IVV stamp placed in the envelope in the locked "mailbox", behind the desk. Ask the staff.

NOTE: FSK MILA note that it is not allowed to go more than 1 course each day!

Controls to 10 and 5 km, Winter and year run, has the following signs: ►
5 km has two controls / 10 km have four.

All controls have the club to be entered in the control box below logo top



The tags are about 12x17 cm, white with black lettering. Although controls are foiled in plastic. Self control has a letter or number

Price: NOK 20, - incl IVV stamp

Awards:

After 5, 10, 20, 30 etc you can buy fine glass w / FSK MILA logo at cost.

Date: Nr. start protocol: Start Time:

Participating for the time Paid NOK.....

Name:.....

Address:

Country:

Information obtained by contact:

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Control boxes:

<u>Control 1:</u>	<u>Control 2:</u>	<u>Control 3:</u>	<u>Control 4:</u>
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Remember to pay NOK 20, - each time you visit one of the trails.

Lillomarka vandrigen (PV70)

10 km – all year trail

Open from January 1 to December 31

Kr 20, - payable on stamping the IVV-proof, every time you have walked the course.



Start / finish:

**Esso-station / Deli De Luca,
Kalbakkveien 14, 0953 Oslo.**

When you reach the finish and has stamped IVV card, you deserve a break at the Esso station / Deli de Luca- Here you can buy some snacks, refreshments of various kinds, coffee, tea and daily newspapers and more. Take time to relax and welcome back.

Dear national sports Friends and walkers!

FSK Mila welcomes all to our permanent walk (PV). This 5 km trail is open year round. Would you like to go a little longer walk, we can recommend our 10 km which follows the same routes out until after Control 1. Controls are marked with white plastic plate and black lettering. In the summer we have our summer track of 12 km, which goes to central areas in Lillomarka. Here you will encounter nature as it is Osloomarka

We wish you a really nice trip!

Description 10 km:

From the petrol station, go straight to Kalbakkveien where you turn right on the sidewalk, against Brun & Blid and Rema1000. Pass the parking lot and Rema1000 to the right. Continue straight over two pedestrian crossings, passing the first underpass, slightly to the left and through the underpass; see the sign "Sentrum" and "Rødtvet". At the end of the underpass, at the bus stop, go up the walkway to the right, signposted cycle 4. On top of the ground, follow the walkway to the left, keep to the right (not through the underpass) and follow this path until it turns right (at Rødtvet subway station). Turn right and go down the small slope to the left, through the underground pedestrian tunnel and take road to the left into "Kakkelovnskroken". After a bit you get "Bademiljø" on your left side and "Møller Bil" on the right side.

At the junction (Rødtvetveien), cross road, turn left about 110m and the first right up "Sletteøkka". Go "Sletteøkka" to the end (about 1 km) and just before the next road (Utfartsveien), take the walkway to the left, cross a road, then right about 15 m and to the left on the pavement in the "Utfartsveien". Continue straight ahead to the garages located on the left side. Control 1 on the bar to the left, opposite the garage series. (You have walked about 2200 m). Then continue 50 m straight ahead, take about 5m to the left, and cross "Erich Mogenssønsvei" (right) at the pedestrian crossing (be careful). Cross the street (here separates 10 and 5 km) and turn right about 5m and then to the left on "Rødbergveien", (follow road sign "Tonsenhagen"). Use the left pedestrian. Uno-X. Continue uphill to the first pedestrian-crossing, at the busstop, cross the road, and then to the left, where you cross "Anna Rogstads vei" on another pedestrian-crossing. Continue straight ahead on "Rødbergveien". You cross "Ragna .Nielsens vei" and then "Selvbyggerveien". You pass "Narvesen" and "Eiendomsmebler1" (Real Estate), and after about 150 m you pass "Årvolldammen", a popular park area. (You have walked about 3400 m) When you passed "Stig" busstop, the road ends at a crossroad, "Rødbergveien/Årvollveien". Walk a bit to the right, cross "Årvollveien" to the left on the first pedestrian-crossing, towards "Stig frisør / Stig hairdresser". Continue to the right about 10 m, and turn left into "Kildeveien"

Continue on "Kildeveien" about 800 m. You cross "Østreheimsveien", passes "Steinbakken" on your left hand, and "Stølsveien" on your right hand.

Control 2 on a pole on your right hand after "Stølsveien". (4300 m)

Continue on "Kildeveien" about 50 m, and turn left on "Årrundveien", which you follow to "Årvollveien". Turn right on "Årvollveien", continue straight ahead on pedestrian-crossing at the first round-about. Half-way on the bridge, turn left on the pedestrian-crossing, and to the right on the other side. Cross a new road, and turn slightly to the left, over the parking lot, towards "Rema 1000" (grocery-shop) and "Apotek1" (Pharmacy).

Walk towards sign "Trondheimsveien 275", and you are in "Refstadveien".

Turn left down "Reftsadveien" (5300m).

Cross "Refstadvingen", and about 450 m turn left in "Økernveien".

You cross "Brobekkeveien". Continue straight ahead at "Økernveien", along the wall, and continue the road as it turns to the right, down to "Øvre Lunden".

Turn left into "Øvre Lunden", which you follow to it ends in a turning-lot.

Control 3 on the pole straight ahead. (If its winter, and lots of snow, you will find the control on the first light-pole on your right hand after the uphill to "Trondheimsveien".) 6400m.

Up the walkway to the left side of the control, up to "Trondheimsveien". Continue to the right on the walk/bicycleroad along "Trondheimsveien".

You pass the gate to "Linderud gård"(1)

At the end of "Linderud senter" (Shopping mall), take the walkway up to "Erich Mogenssøns vei", and turn right. (7000m, and you meet 5 km)

Continue on the sidewalk and you pass three of four high-rise blocks on your right. After the last block, cross the pedestrian crossing at the sign marked: "Erich Mogenssønsvei". First, go to the right about 15 meters and then, at the end of the fence, turn left, across a small road ends (roundabout) and continue straight ahead between the blocks in "Veitvetstubben".

At the end of "Veitvetstubben", continue straight over the pedestrian crossing and go right down "Veitvetveien". After passing the underpass to the subway and Veitvet senter, turn left on "Grevlingveien". You shall follow this for about 650m and you will pass "Veitvetvingen" twice. At the end of "Grevlingveien", go left through a barrier and onto a footpath /road. (You have gone about 8300m). Continue up the hill along the subway that you have on your left side; to "Trondheimsveien".

Continue to the right on the sidewalk along the "Trondheimsveien" for about 350 m. Take the first path /road to the right; follow the walking/cycling path that runs in a left curve down to the underpass. Turn right just before the underpass, between the support wall on the left side and residential on the right side. Go through a residential area with a mix of row houses and blocks of approximately 100m. Take the first road on the left, the sign for entering forbidden, and into "Martin Skatvedtsvei". Control 2 on the bar on the right side.

Continue straight ahead between the blocks in "Martin Skatvedtsvei" to the "Nedre Kalbakkvei". Cross the street at the pedestrian crossing over to the right side and go up the left. Promote the roundabout, go slightly right, cross the road "Kalbakkveien" the first zebra crossing, go right and you follow the sidewalk to the finish; Esso station / Deli de Luca.

You have now completed our walk which is about 9.550 m.

We hope that you enjoyed the course and would like to welcome you back!

Greetings from Folkesportklubben MILA

(1) In the middle-age "Linderud Gård" was a "church estate". Main building was built, and a barock-garden was founded in 1715 by Erich Mogenson. "Linderud Gård" is "protected."