

Information for the trek!

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

Inside the station, just to the left of the entrance, is a case where 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", mounted on wall plate next to it.

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:

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Control boxes:

<u>Control 1:</u>	<u>Control 2:</u>

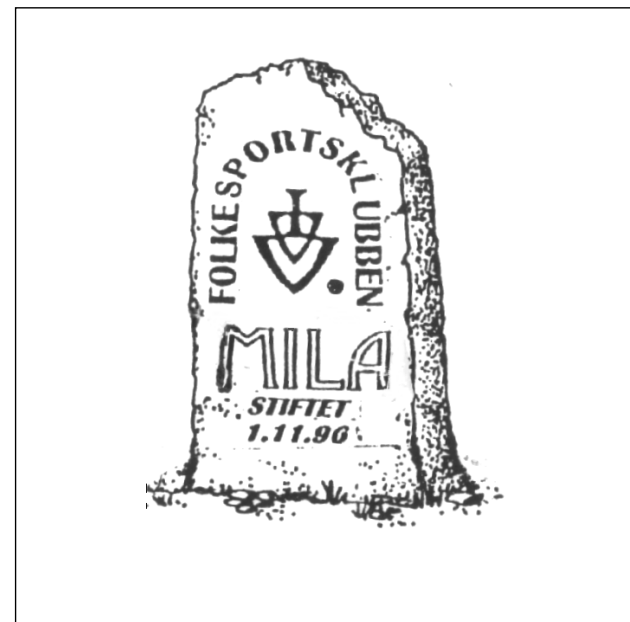
Remember to pay NOK 20, - each time you visit one of the trails.

Lillomarka vandringsen (PV70)

5 km – all year / handicap 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 "On the Run",
Kalbakkveien 16, 0953 Oslo.**

When you reach the goal and has stamped IVV card, you deserve a break at the Esso station, "On the Run".
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 Oslomarka

We wish you a really nice trip!

Description 5 km:

From the petrol station, go straight to Kalbakkveien where you turn right on the sidewalk, against Brun & Blid and Rema1000. Passing 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 turn 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 "Sletteløkka". Go "Sletteløkka" 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 left on the bridge of "Trondheimsveien". (Here you will meet again 10 km trail).

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 "Veitvetsvingen" twice. At the end of "Grevlingveien", go left through a barrier and onto a footpath /road. (You have gone about 3700m). 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 goal; Esso station "On the Run". You have now completed our walk which is about 4,900 m.

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

Greetings from Folkesportklubben MILA

