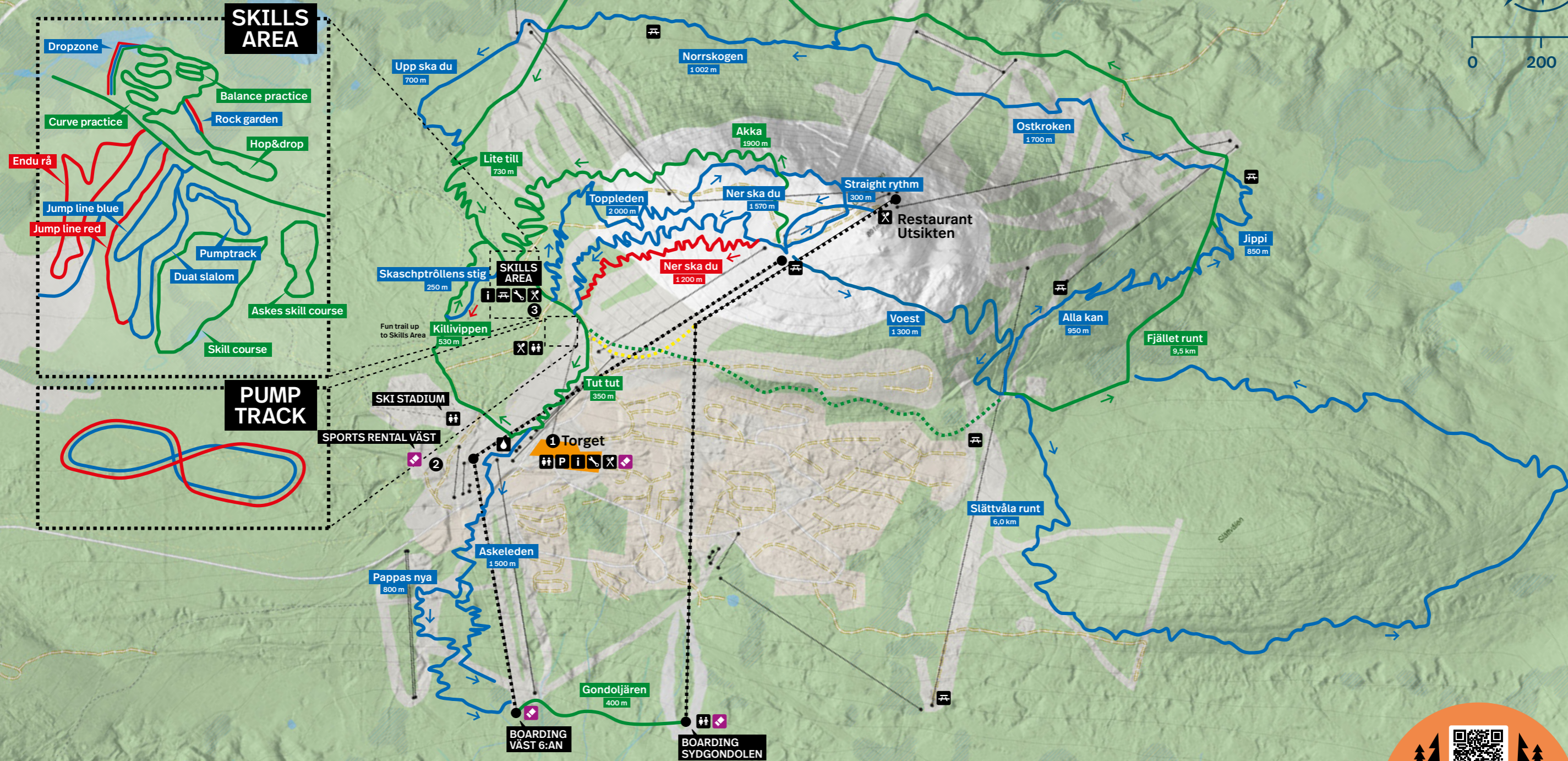


Biking trails



FIND THE RIGHT CROSS-COUNTRY TRAIL FOR YOU

- VERY EASY** Easy to bike on mostly flat terrain on gravel and forest path. Obstacles up to 10 centimetres may occur.
- EASY** Trail on gravel and forest path with occasionally high elevation differences. Obstacles up to 20 centimetres may occur.
- MEDIUM** Technical trail with greater elevation differences. Obstacles up to 40 centimetres may occur.

SYMBOLS

- P** Parking
- i** Information
- T** Toilet
- B** Bike wash station
- R** Bike repair station
- C** Café/restaurant
- R** Resting place
- B** Buy/pick up trail pass

- 1** Torget (Bike rental and repair shop, Mountain Sports, ICA, Reception)
- 2** Delivery of pre-booked rental bikes
- 3** Café Navet, starting point biking trails

OTHER

- Biking is undertaken at your own risk.
- Wear a helmet, ride according to your own ability, and have fun!
- In the event of acute injury, call 112.
- Important information about lift-based biking is available in "SLAOs lilla gröna". www.slao.se/en

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