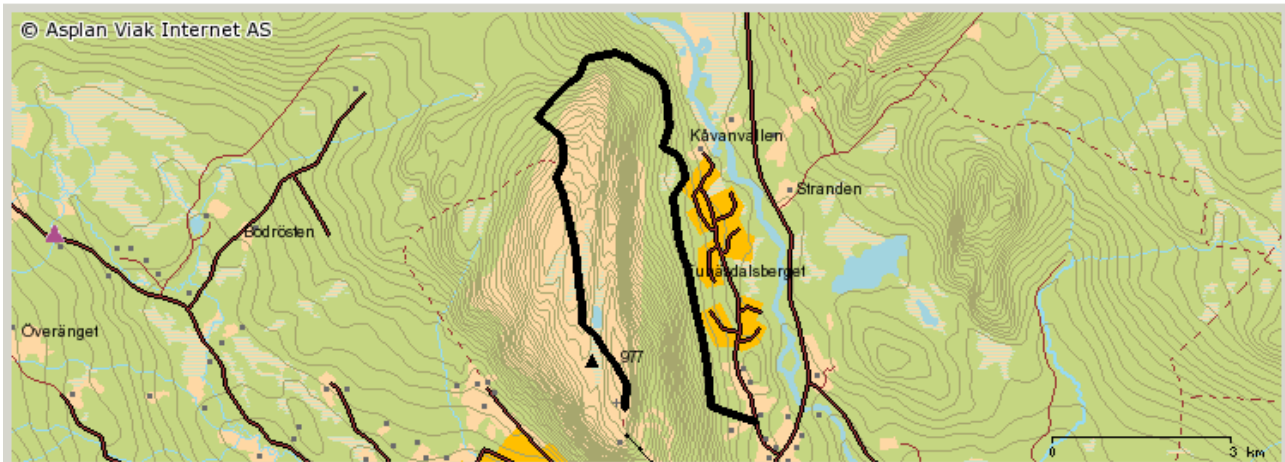


# Swedens most MTB-area



## 14: Top of Funäsdalsberget down to Kåvan.



### Start out from the top of Funäsdalsberget

Park your car at Kåvan base station after you checked the opening hours in our Summer guide. Buy a single ticket with 6-chair lift and ride up to the top.

**NOTE: During the summer of 2010 the 6-chair lift is not running. Start at the Röstberget lift instead and follow the dirt road to the top.**

Enjoy the views and look forward to one of the best trails in the area for those who like to run a bike downhill!

Once up on the mountain, bike up right to the top 977 meters above sea level. Steep in the beginning and a little bumpy trail first 300 meters but well worth it! Here from the top, you can take the opportunity to get off the cycle and study the mountain profiles, made in the wooden stand. In good weather you can see Helags, Sweden's southernmost glacier, and just behind you can see Sylarna.

Turn left just before the peak for an easier way. Want more challenge bicycling the last 100 meters to the top you take the steep road that goes to the left at the top.

The trail continues down to a big mire, and perhaps the toughest hill, except the starting hill, begins. On the other side of the mire, you take the right at the signs MTB. (But if you want: turn left and check out the old sami camp about 100 m and then turn back and continue on the path).

The path will come up in a crest where you must pass through a fence for reindeers to come down a bit more on "low-ground" again.

200 m after the fence do a short detour up on a comb to once again enjoy the view! Jump of your bike and take a 5 min break. Run down the ridge the same way you came up and follow MTB sign. From here it becomes more technical and more downhill.

After about 450 m, look for the sign for snowmobile sign and follow the snowmobile trail down the mountain. Fun drip, mires and leaps if you want a challenge and be extra muddy.

Eventually you will come down to a clear-cut forest and there you follow signs MTB down to the right.

Many curves takes you down to a "GLACIAL SEA-stripe" a large shelf that was formed when the ice receded after the Ice Age. More curves and a plateau of hope before you are down on level ground again. Continue over the clear-cut forest and the trail will take you to the old Nordic Ski track. This distance is extra challenging when it have rained a lot.

After some mires and some slopes you will reach the ski slope Nöl i Egga, which is one of Sweden's steepest slopes, turn down the left and go back towards the base station and the car.