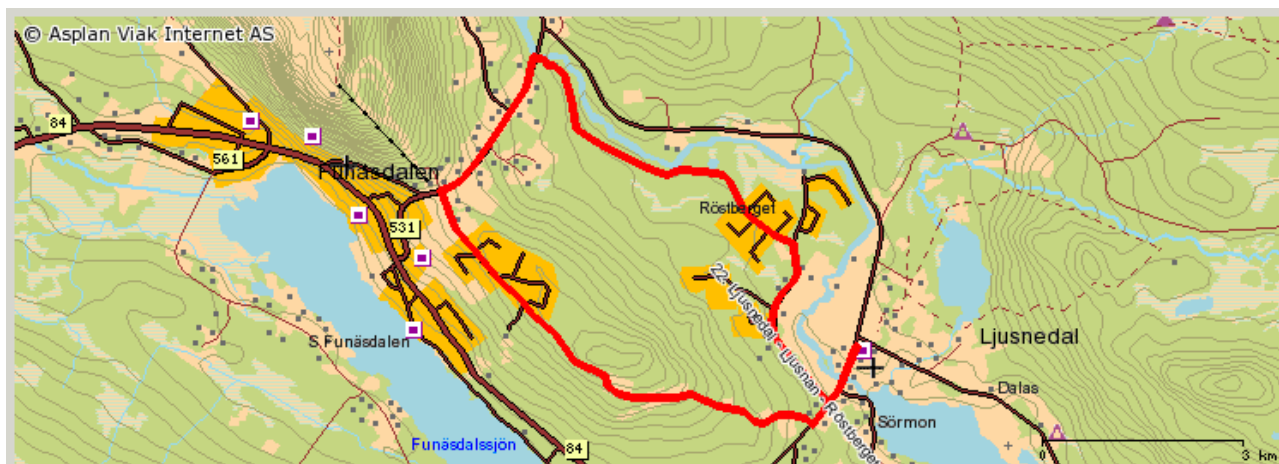


Swedens most MTB-area



22 Ljusnedal - Ljusnan - Röstberget.

Red. 9 km



Start out from the hotel Gyllene Bocken in Ljusnedal.

Run asphalt road (towards Funasdalen) south of Ljusnan and turn right on first road to the cottages are. The road becomes a gravel road after 1.5 kilometers. Continue past the cottages area and turn left according to the signs by the little red building (pumping station).

Gravel road becomes narrower and after you have crossed a gravel pit on the left hand, hold the right at the signs and turn onto a path that follows Ljusnan. The height of the rapids Kvarnströmmwn you will reach the Nordic Ski Center-track, turn right and continue on the asphalt road. Turn left and bike up the long hill.

Up on the top, turn left onto Åsargatan towards Röstberget. After 800 meters the asphalt road turns to the left, you continue straight ahead on the gravel road. The gravel road eventually becomes a path. Take to the right at the "Päråkerstig". The path goes slightly into the Nordic Ski-track and then becomes wider. You ride along a shelf, with fine views and now the fun begins!

When the ski tracks reach a meadow, turn right and go down the meadow. After this you'll enter a gravel road (Päråker-vägen) that offering 1 km downhill biking down to the asphalt in Ljusnedal. Note: be sure to keep the right side of the road where you can meet hikers potato growers and horse riders that is going up.

Out on the asphalt, turn left, drive over Ljusnan until Gyllene Bocken.

PS. After the gravel pit is a lovely sandy beach and a wind protection made for a break.

