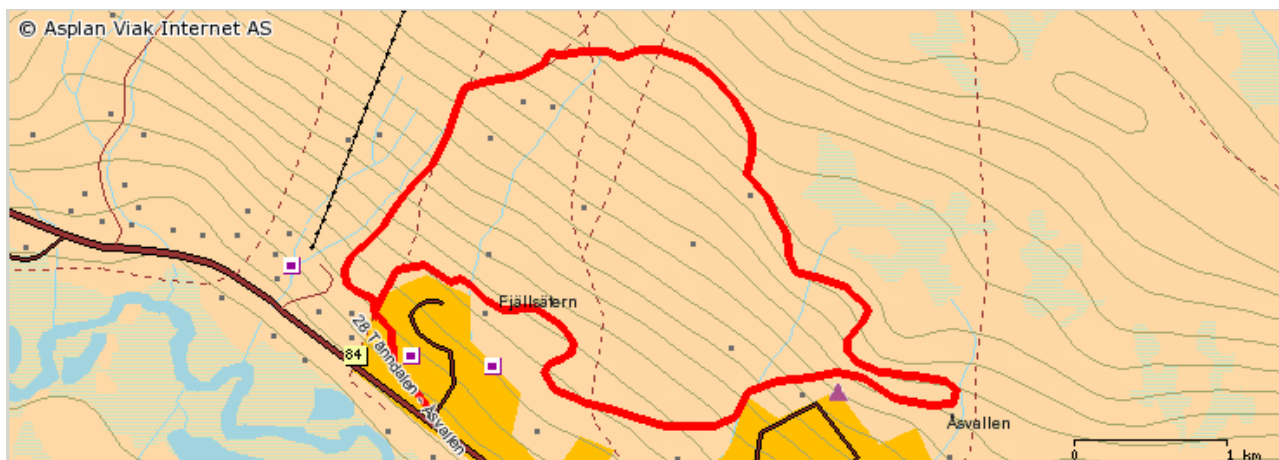


28. Tännaldalen - Åsvallen.



Red. 7 km. Height difference 170 meters.

A very nice and interesting trail that goes through birch forest up to the mountain.

Parking at Hotel Tännaldalen upper parking. The trail starts at by the row of row houses behind the hotel and is marked with tree signs.

The trip is an exciting challenge for those who want to test the psysical shape. During the first 4 kilometers, you will work in stages up 170 meters of elevation to get a speed-filled performs driving. The ground are for the most part a bigger path and winds up through the birch woods.

The trail begins with 1 km long climb along with the Nordic Ski-track. Then it becomes a few hundred meters downhill driving on a trail and you will then return back to the ski tracks. Now you start going uphill up and you pass after 2.2 kilometers Åsvallens track squares, and at 4 km you have reached the highest point of the runway.

After the first hard climb, you get a varied downhill where technical biking is put on test. Down at the Synasjöboden you will see the bare mountain region and Lillskarven to the right, take the opportunity to enjoy the view before the speed-filled last few kilometers begins. The last downhill to the hotel Tännaldalen you run on the ski track.

Back at the hotel do not hesitate to take a shower and swim in the pool or take a bath in the Jacuzzi. Would you like to do a test on your fitness, there is a modern physiology lab at the hotel and you can also get some training advices.