

Swedens most MTB-area



38 Mittådalen - Kappruet - Anådalen.



Length: 25 km
Difficulty: Red
Time 4-5 h

A very beautiful ride towards Anådalens Sami camp. Mostly biking on trails in the real mountain landscape.

Start out from the center of Mittådalen. Bike the asphalt north until it forks. Here you take to the right to Messlingen and Baggården. You follow this road for about 7km. In the end, you will pass Kappruliftens entrance on the right side, but you continue on for a kilometer to the next turn where you turn right.

This road has a road barrier further down as you run around and down over the "tin bridge". Soon begins a winding road up towards Kappruet. The road is very fine, and despite being over 100 meters of altitude you take effective height meters after height meters without becoming totally exhausted. You end the climb with a drive through something that resembles a birch avenue until you reach the mountains.

Up on the plateau there are 100 meters mire but if it has not rained too much is still solid and fine. On the side of the mire there are 2 paths to choose from, but the most flexible option is a clear path to the left up to the signs Anådalen 1.5 kilometers. There is also a direct path that is slightly soft and with tough biking up to the crest of Kappruet. Both routes converge just before Anådalens Sami camp and here you stay on the snowmobile trail closest Kappruet.

Take the opportunity to stay down in Anådalen and enjoy one of the most beautiful places in the area. This is also the family Jan Fjällgrens well-built facility Anådalen samesittje. Do not sit on their porch, show respect and find your own picnic spot.



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From Anådalen you go you west on a 4-wheels road for 6 kilometers, which follows a ridge up to the gravel road. This section of trail is signposted guldtursled and is a bit difficult for MTB-cyclist with some rocks and creeks crossings. Here it is important to keep your tongue right in the mouth.

When you reach the gravel road turn right back to the car in Mittådalen or go forward directly south towards Funasdalen and make the tour 14 km long with a lot of downhills.

