



Route descriptions for Mountain Bikes

M: Mountain bike routes: average to advanced level

1. Lærdal – Vindedal – Lærdal. Flat (like A1), then rises to up to 3-4 km (to an average level). Total distance: 30 km.
2. Lærdal – Ljøsne – Raa – Råsdalen – Kvevasshytta – Råsdalen – Raa – Ljøsne - Lærdal. Total distance: 80 km. (A shorter version: Raa – Råsdalen – Kvevasshytta – Råsdalen - Raa: total distance about 50 km. Good brakes are required.
3. Another destinations: Borgund, Fillefjell, Hemsedal, Lo, Bjordalen, Valdresdalen, Frønningen, Eidsbugarden, Juklevatnet. From 10 to 40 km each route.
4. Flåm and the Flåm Valley; Flåm - Myrdal – Flåm. Total distance: 44 km. Starting point: Flåm Railway Station. A very famous in Norway “Rallarvegen” – bike road is inclusive. From average to very advanced difficulty grade (up to 1.000 m. a.s.l.). An easy version: up by Flåmsbana – train and down by bike.
5. Take the “Rallarvegen” up to Haugastøl/Finse and back to Flåm with an overnight stay in Haugastøl/Finse or Geilo. This route is only available from the end of June (closed from appr. Sept to beginning of June). Total distance is about 170 km with a starting point at Flåm.
6. Maristova in Fillefjell (appr. 50 km from Lærdal) “Kongevegen” – “Kings Road” up to Nystuen, Tyin or Eidsbugarden and back to Maristova: Total distance 100-110 km. This route is only available from the end of June.
7. Øvre Årdal (40 km from Lærdal) - Hjelle- Utladalen (up to the Vetti Waterfall) – Hjelle – Øvre Årdal. Total distance: 40 km. Typically Norwegian Mountain Landscape.

*Rent quality bikes from Steppenwolf (Germany) here:
www.steppenwolf-bikes.com*

For further information and booking:

www.laerdal-sport.com

Tel.: (+47) 57 66 66 95

www.laerdalferiepark.com

info@laerdalferiepark.com