



Østmarka marsjklubb

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Tilsluttet Norges Folkesportsforbund og Oslo Idrettskrets
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Route description Østre Aker Bygdevandring 10 km

Write your name in the registration book at start and starting time.

The Route has 4 Checkpoint on light post or trees. Write down the codes witch consist of letters

Start from Folkvang. Walk out the gate, turn left and follow Folkvangveien approx 30 m to Høybråtenveien. Turn right for 50 m, and turn right next road (Solbakken Alle) Follow this road straight ahead to Karihaugveien. Turn left and follow this road until you reach a hardware store named Maxbo. Turn left on the walking road, cross over Strømsveien on the walking bridge, and downhill (Check point). Continue straight ahead until you reach a big road bridge, turn right downhill to the creek. Follow along the creek and cross the creek over a wooden bridge. Continue along the walking way among the road (Lørenskogveien). Cross over Høybråtenveien, over the parking lot (Checkpoint) Turn left against Lørenskog railway station, continue passing the station, and follow Høybråtenveien to a bridge (Stovnerbrua). Turn right and follow the road Stovnerveien witch turn barely to right at bridge when you crossing Østre Aker vei. Turn right in to Idas vei, and turn left at Tangerudbakken. Follow this road to a road cross and turn left. You are now in Tangerudveien. Follow this road in to Stovnerbakken (Checkpoint). Follow the road and turn wright at Johnny Svorkmos vei. Follow the road to a wall with post boxes. Turn left and at a parking lot turn left and follow Stovnerlia, Fossummerget and Olaus Fjørtoft vei downhill. You are passing Tangerudveien, Stovnerveien and Fjellstuveien. Continue straight ahead to a turning place, and turn left at a yellow house. Follow this road and after approx. 150 m turn left and uphill on a walking road between Stovner School (Checkpoint) and Stovner church. Passing the church, and you are in Stovnerfaret. At the first houses on your right hand, turn right and follow this walking road downhill, crossing the

Østre Aker vei on a walking bridge. Continue straight ahead to a walking road (Ulvengfaret) and turn right. Follow this road until you reach the Stig School. Turn left before the school and follow this road to Linjeveien. Turn right and follow this road until road split Idrettsveien. Turn left to Folkvangveien, and follow this road back to Folkvang FINISH.

You may now stamp 10 km in your IVV km registration book and 1 time every 3 month in your participating book. Write the starting no and name on an envelope. NOK 20, - and check points in the envelope, and let this go in the bottom of the box. (Entering slot)

ØMK hope you have had a nice walk.

Walking date: _____ **Start no.** _____

Check point 1. _____

Check point 2. _____

Check point 3. _____

Check point 4. _____

Name:.....

Address:.....

Problems? Telephone: 95023732

ENJOY THE WALK!