



## Østmarka marsjklubb

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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). Turn right after the check point, and follow this path beyond the Coca Cola company. Continue beyond next building, turn left and after about 100m you reach a path. Turn right and follow this path throughout the forest (Checkpoint) All the way until you reach Skårerveien. Turn left and follow Skårerveien passing a Statoil gas station and continue straight ahead in to Marcus Tranes vei. Continue on right hand sidewalk. At the Paint shop turn left over road. Use crossing mark. Follow the walking road toward the railroad; turn left (Check point). Continue passing Railroad station (Lørenskog st.) Follow the road Høybråtenvn. To a bridge (Stovnerbrua). Turn right and follow the road Stovnerveien witch turn barely to right at bridge when you crossing Østre Aker vei. Continue to a grocery store (Spar matsenter). Turn left after passing the grocery store, walk downhill the road Stovnerbakken, (Check point) Follow this road until you reach the railroad station (Høybråten st). Cross the railroad over the bridge and turn right uphill to the road 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 6 month in your participating book. Write the starting no and name on an envelope. NOK 15, - 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: 22211422 or 95023732

**ENJOY THE WALK!**