



Østmarka marsjklubb

Postadresse: Postboks 139, N-1471 Lørenskog,
Klubblokaler: Folkvangvn. 26, N-1086 Oslo
Tilsluttet Norges Folkesportsforbund og Oslo Idrettskrets
www.marsjklubb.no ostmarka@marsjklubb.no

Route description Østre Aker Bygdevandring 5 km

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

The Route has 2 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 (Check point) Turn left against Lørenskog railway station, continue passing the station, and follow Høybråtenveien to a bridge (Stovnerbrua). Turn right, and turn left after passing a Shell gas station in to (Nybrottveien), and continue straight ahead on a walking path. Follow this path 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 5 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. _____

Name:.....

Address:.....

Problems? Telephone: 22211422 or 95023732

ENJOY THE WALK!