

Race description HJU

The race starts from Liseth Pensjonat and Hyttetun and follows the road to a path alongside the river Isdølo. The athletes run between the cabins at Gryteskarsete before starting the ascent towards Grytehorga.

The athletes follow the trail down towards the top of the ski slope 2 km from Grytehorga, before turning off and heading up towards the top of Grønenuten. After Grønenuten, there is a trail junction, further following a DNT path towards Kjeldebu. Here, the athletes run past a trail junction at Hallingspranget, and after approx. 15 minutes they climb into a steep descent down to Lake Sysenvatnet. Then over a bridge by the river Leiro before it goes up again from Lake Sysenvatnet along the river Kjeldo. Just before Kjeldebu, the trail crosses a bridge. The athletes pass Kjeldebu at approx. 22 km.

The trail continues the DNT-marked trail, up Kjelledalen and over Olavsbohæa down to the tourist cabin Krækkja. There is a nice path up Kjelledalen. Just before the bridge over the outskirts of Drageidfjorden, there is a new trail junction, and here you will cross the bridge in the direction of Krækkja. From Krækkja to Fagerheim mountain cabin, a trail follows the trail on the north side of lake Storekrækkja.

Out of Fagerheim mountain cabin, the athletes pass 42 km, and down a path to the main road: Rv. 7. The trail follows alongside the road and over a bridge and passes a boathouse shortly afterwards. On the trail again, the athletes follow the south side of lake Storekrækkja. At the end of the lake, they once again come to a trail junction at the end of Drageidfjorden. this time heading in direction of Halne.

The athletes meet some hilly terrain through Halnebotnane, before seeing Rv. 7 again. The trail goes straight down to the main road, without stopping by Halne fjellstova. The trail is DNT-marked, so the direction is obvious. The junction will be manned.

The path is now heading towards Bjoreidalen, in gentle and wavy terrain. At the end of the Loftstovedalen at approx. 60 km, the athletes have a beautiful view over the valley Bjoreidalen, which spreads through the landscape. A nice descent to Bjoreidalshytta, crossing over the road and onto the trail. Then follow along a river to a farm area called Nybu. It is important to note that one should not cross the river. The trail winds up the north side towards Nybunuten. It is a short uphill climb before looking over to the cabins at Dyranut.

At Dyranut, the athletes will cross the main road again. It will be guards that help them across the road. There is no DNT-marked trail to Kjeldebu, and this part is just under 10 km of mainly gentle descent.

After Kjeldebu, the athletes run on the same trail as at the start of the race to the finish.

Race description HJU 34k

The race starts from Liseth Pensjonat and Hyttetun and follows the road to a path alongside the river Isdølo. The athletes run between the cabins at Gryteskarsete before starting the ascent up Gryteskaret and towards Sysenlake. The path follows the DNT-marked trail, and there are a few trail junctions on the way to Kjeldebu that it is important that the athletes follow pay attention passing these.

After passing the trail junction at Hallingspranget, the athletes follow the trail alongside the ridge of Storaberget, before heading down towards the lake Sysenvatnet. The trail crosses a bridge over the river Leiro before it goes up alongside river Kjeldo. Just before Kjeldebu there is a suspension bridge. At Kjeldebu, the athletes turn and run the same trail back to the finish.