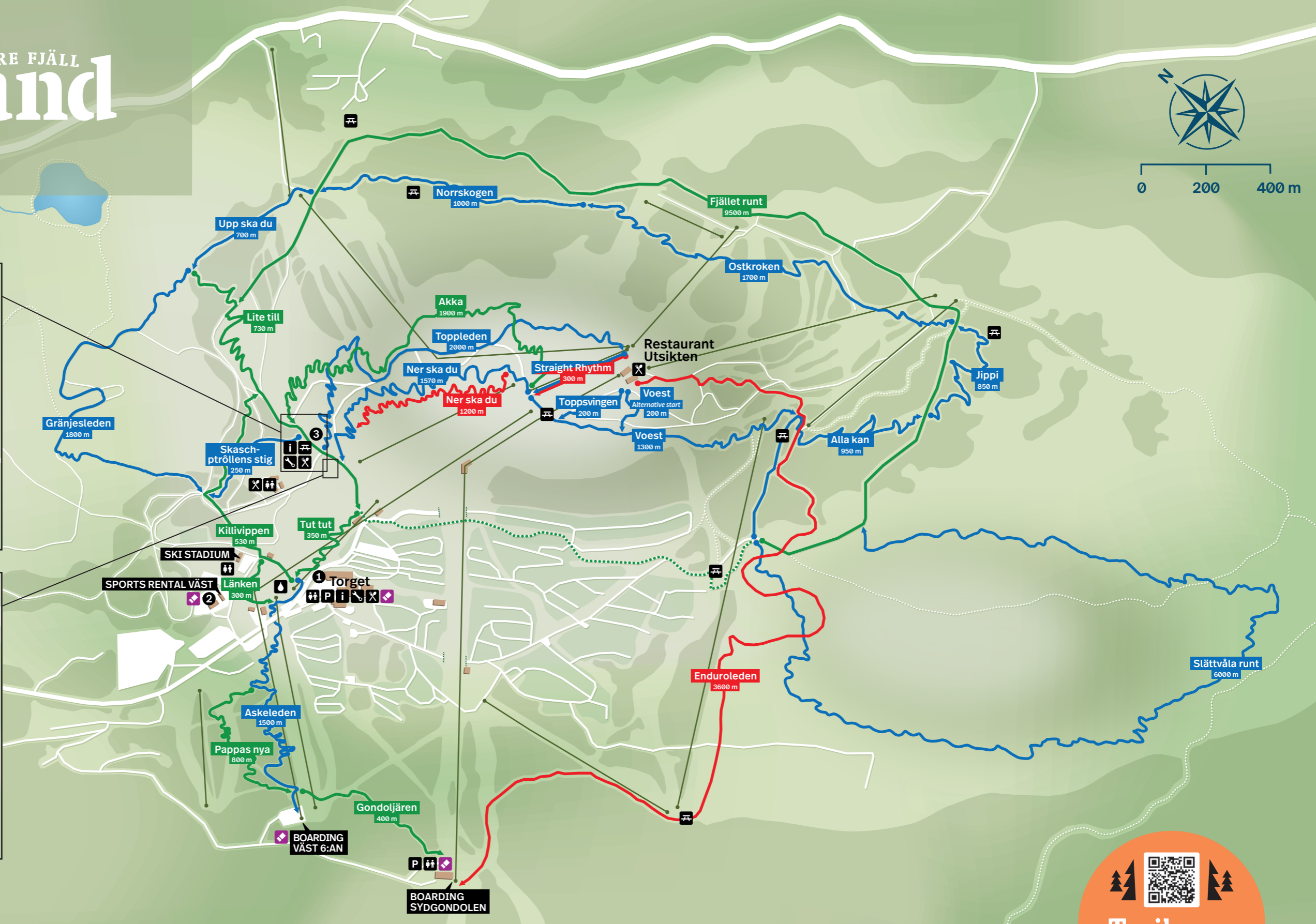


### SKILLS AREA

- Drop Zone
- Balance Practice
- Endurå
- Curve Practice
- Rock Garden
- Drop Zone
- Hop & Drop
- Jump Line
- Pump Track
- Jump Line
- Dual Slalom
- Skill Course
- Aske's Skill Course

### PUMP TRACK



#### FIND THE RIGHT CROSS-COUNTRY TRAIL FOR YOU

- VERY EASY** Easy to bike on mostly flat terrain on gravel and forest path. Obstacles up to 10 centimetres may occur.
- EASY** Trail on gravel and forest path with occasionally high elevation differences. Obstacles up to 20 centimetres may occur.
- MEDIUM** Technical trail with greater elevation differences. Obstacles up to 40 centimetres may occur.

#### SYMBOLS

- P** Parking
- i** Information
- ♿** Toilet
- 💧** Bike wash station
- 🔧** Bike repair station
- ☕** Café/restaurant
- 🛖** Resting place
- 🛒** Buy/pick up lift pass
- 1** Torget (Bike rental and repair shop, Mountain Sports, ICA, Reception)
- 2** Delivery of pre-booked rental bikes
- 3** Café Navet

#### OTHER

- Biking is undertaken at your own risk
  - Wear a helmet, ride according to your own ability, and have fun!
  - In the event of acute injury, call 112
  - Important information about lift-based biking is available in "SLAOs lilla gröna", [www.slao.se/en](http://www.slao.se/en)
- Contact Idre Fjäll: tel. +46 253 41253



**Trailpass**

Scan the code or visit [idrefjall.se](http://idrefjall.se) to buy your Trailpass