

LIDA LOOP MOUNTAIN BIKING RACE

TRIP LENGTH: 4 Days

DAY OF DEPARTURE:
Saturday 12th June 2010

ACTIVITIES INCLUDED:

Mountain biking x 4 days
Note: own mountain bike required

PRICE:
On request. Dependent on which race you participate in and date of application.

FULL ITINERARY

Day 1: Lida/Tyresta National Park

LIDA LOOP MOUNTAIN BIKING TRAIL starts with a transfer from Stockholm to the county of Södertörn which lies just to the south of the city. This is an area noted for its beautiful countryside and can be most appreciated from the Sörmlandsleden, a hiking path that winds its way through the prettiest nature in the area including lakes, forest and coastal areas as well as cultural landmarks. Although it is principally a hiking path, there are many mountain bikers who test their skills on its rough and testing terrain. Today you can choose in which direction you head and for how long you want to cycle but either route will take you through varied terrain and rich vegetation, passing marshlands, lakes and forest of spruce and deciduous trees with their fresh, spring leaves. For the keenest amongst you, you could make it as far as Tyresta National Park, a primeval forests of some 5000 hectares with trees dating back over 400 years, sparkling forest lakes and a wealth of wildlife. Deer roam freely throughout whilst moose wait their turn as dusk falls.

Overnight; Södertörn, Bed & Breakfast

Meals; Lunch & dinner

Day 2: Lida Loop mountain biking race

This morning you prepare to take part in the Lida Loop mountain biking race which takes place a short transfer from your accommodation. To save your energy, we will transfer you the short way to Lida where the race starts. Lida Loop is Sweden's largest and most enjoyable mountain biking race and is an event in the Swedish Långloppscupen – mountain bike marathon cup. The terrain is typical for southern Stockholm, a bit hilly, very beautiful and perfect for mountain biking! A large portion of the course is on paths and trails, and



BRIEF ITINERARY

DAY 1: Saturday 12th June

Transfer from Stockholm to Södertörn
Mountain bike towards Lida/Tyresta National Park and return
o/n Bed & Breakfast

DAY 2: Sunday 13th June

Transfer from your accommodation to Lida activity centre
Participate in mountain bike race – Lida Loop
Transfer from Lida to your accommodation
o/n Bed & Breakfast

DAY 3: Monday 14th June

Mountain bike to Årsta Havsbad.
Boat from Årsta Havsbad to Utö archipelago island
Cycle/hike/sightseeing on Utö island
Return with boat and mountain bike
o/n Bed & Breakfast

DAY 4: Tuesday 15th June

Mountain bike towards Osmö and return
Transfer from Södertörn to Stockholm

Day 2 cont:

with very little on roads. **At Lida, you start by collecting your race gear and prepare for the start of the race. Food is provided during the race to keep your energy levels high and of course at the end of the race, you collect your well earned medal. A guaranteed great day out!**

After a long day of mountain biking, we transfer you back to your bed & breakfast for a good night's rest.

Overnight; Södertörn, Bed & Breakfast

Meals: Breakfast, lunch & dinner

Day 3: Utö island

This morning you can opt for a day of easy mountain biking and instead take the opportunity to visit Stockholm's magnificent archipelago, an area of some 24,000 islands with its distinct vegetation and calm, fresh waters. First you follow country roads, lanes and forest paths to Årsta Havsbad where you board the boat out to Utö island. In the summer, the harbour fills with boats and, the shops are busy selling fish, bread and handicrafts. The island is know for its beautiful nature, with its nature reserve and smooth rocks lining the shore – perfect for sunbathing. There are many small paths winding their way around the island enabling you to find every nook and cranny. You can even cycle to Ålö island over a little bridge where there is a beautiful white sandy beach and most of all tranquillity. Enjoy the fresh archipelago air on Utö island.

Overnight; Södertörn, Bed & Breakfast

Meals: Breakfast, lunch & dinner

Day 4: Osmö

Today offers another tough day of mountain biking. Again, you can follow the Sörmlandsleden, this time southwards and head towards Osmö. En route, you cycle through undulating wooded areas and wetlands with their rich birdlife as well as plenty of mud to help wipe the shine of the mountain bike! A section of the path path is where the Danish King Kristian I together with his army marched up towards Stockholm back in 1471. You pass by lakes, both large and small and a great chance to rest the legs, or even clean them, as you take a well deserved refreshing swim.

After you return to your bed & breakfast, you will be collected and transferred back to Stockholm for your onward journey having left your tyre tracks in the Swedish countryside.

Meals: Breakfast & lunch

TRIP COST INCLUDES

ACCOMMODATION:

Bed & Breakfast x 3

MEALS:

Breakfast x 3

Lunch x 4

Dinner x 3

ACTIVITIES:

Mountain biking x 4 days

Note: information only, own mountain bike required

TRANSFERS:

Stockholm/Södertörn (Day 1)

Södertörn/Stockholm (Day 4)

INFORMATION PACK:

Including detailed trail routes in

English, maps, contact number etc

Nordic Trails representative

Full trip briefing

24hr emergency service

TOTAL COST:

On request. Dependent on which race you participate in and date of application.

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NORDIC TRAILS
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LIDA LOOP RACE DETAILS

Categories LIDA LOOP – The categories are

Men Juniors - Born -91 or -92

Men/Women Elite - Born -92 or earlier

Men/Women 30 Years - Born -79 or earlier

Men/Women 40 Years - Born -69 or earlier

Men 50 Years - Born -59 or earlier

Men/Women Fun Riders - Born -92 or earlier

Shimano Double Loop Fun Riders - Born -96 or earlier

Single Loop Fun Riders - Born -96 or earlier

The LIDA LOOP Course

The course is 65k, and it's the same for all categories except for Single and Double Loop Fun Riders. It contains three different loops, the COMMENCAL loop (22k), the GIANT loop (22.5k) and the BIANCHI loop (20.5k). All loops start and end at the Lida Centre. The terrain is typical for southern Stockholm, a bit hilly, very beautiful and perfect for mountain biking! A large portion of the course is on paths and trails, with very little on roads. It's a great course for both elite and fun riders.

Lida Single Loop and Shimano Double Loop

Is 65k a bit too long? Try out the first of the three loops - Lida Single Loop, 22k, or the two first loops - Shimano Double Loop, 44.5k!