

# 10 K – detailed description

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For distance references (in km), see the route map at [blefjellsbeste.com](http://blefjellsbeste.com).

Start – Fiskeløysen, 0 – 2,2 km: Good path, some marsh, slightly hilly terrain, easy to run.

Fiskeløysen – Butjønnseter parking, 2,2 – 3,0 km: Path and road along the lake Fiskeløysen. A narrow bridge when passing the dam.

Butjønnseter parking – Fiskestien, 3,0 – 5,8 km: Pay attention when passing the parking area at Butjønnseter. If many cars, it may be more difficult to see the ribbons. The route goes uphill, on a good path. Follow there the signs “10”.

After 1 km the two longest distances continue straight ahead, while the 10K takes a turn to the left. The route then follows a mountain ridge with very good runnability. The view from this ridge is very nice. After crossing a small stream coming out of Kroktjern, you enter an uphill section on good path up to the summit of «Lille-Ble» (932 masl). On the way up the 21K and 57K routes are joining with the 10 K. After Lille-Ble the routes continue downhill to the fishermen’s trail, «Fiskestien». Follow there the signs “10”.

Fiskestien – Besteby, 5,8 – 8,8 km: First 400 m downhill on a narrow path, you encounter a tractor road and take this to the left (north). After 700 m you will see a turnpike. Then take right (south) onto a broad dirt road. Follow it for 1,7 km to the parking lot of Blefjells Beste. Take the path uphill to the left, now only 200 m remains.

CONGRATULATIONS, YOU ARE A FINISHER!