

57 K – detailed description

Updated 26.06.2020

For distance references (in km), see the route map at 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 – Hvite Hesten, 3,0 – 6,1 km: Pay attention when passing the parking area at Butjønnseter. If many cars, it may be more difficult to see the ribbons. After Butjønnseter it is mostly uphill, on a good path. Follow the signs “57”.

Hvite Hesten – Blenut (1213 masl), 6,1 – 9,0 km: Open mountain terrain. Mostly uphill, on a good path.

Blenut – Åklinut (1245 masl), 9,0 – 12,3 km: The route follows the mountain ridge to the south. No path here, but easy to run. Elevation up to Nystulfjellet and further to Åklinut.

Åklinut – Krokjønn south end, 12,3 – 16,9 km: The route takes to the north from the summit. The descent is quite steep, on a narrow path. Mostly downhill, and the path widens towards Krokjønn. South of Krokjønn the route takes off from the path, to the right (south-east).

Krokjønn south end– Fiskestien, 16,9 – 17,8 km: The route follows a narrow path across a mountain hill, «Lille-Ble» (932 masl), and further to the fishermen’s trail, «Fiskestien». Follow the signs “57”.

Fiskestien – Eriksbustien, 17,8 – 18,9 km: The route follows Fiskestien for 200 m and takes to the south, into the terrain (no path here). After 900 m you enter a broad T-marked path, Eriksbustien.

Eriksbustien – Eriksbu, 18,9 – 22,3 km: Broad T-path all the way, easy to run, some elevation. The path is followed until one reaches Eriksbu (DNT cabin).

Eriksbu – Brørsteinan, 22,3 – 28,7 km: The route continues to the south on T-path. Elevation up to the mountain Uverud. Then crossing the valley Sløkjedalen followed by elevation up to the mountain Gråfjell and the iconic Brørsteinan. If you dare, run between the stones 😊.

Brørsteinan – Bletoppen (1342 masl), 28,7 – 32,5 km: Continue on the same T-path for 3 kilometers until you encounter BB marking. Follow the ribbons off the T-path to the right (west) onto another path to get up to Bletoppen, the highest point on Blefjell, 1342 masl.

Bletoppen – Sørstul, 32,5 – 39,7 km: The route continues on a good path down on the south side of Bletoppen and enters there again a T-path. The T-path splits two times, beware to follow the BB marking. At Sigridsbu (DNT cabin) the T-path splits again, follow the BB marking. Now a downhill part, and at 37 km the T-path splits. Follow then the BB-marked path to the left. Soon after you cross a different T-path (go straight, follow the BB marks). The T-path becomes smaller and a section of it, approx. 200 m long, goes through a field of rock blocks. Then, on the way down to Sørstul the path widens and the runnability is improved.

Sørstul – Grøtebu, 39,7 – 45,7 km: At Sørstul the route takes to the left (north), off the T-path and onto a different, very good, path. No more Ts remain to be seen now. After 2,2 km the route takes right (north) into the terrain (no path). The route follows a small mountain ridge with very good runnability. Then a longer section in nice marshy terrain. In a wet summer, this section may be a bit demanding, though.

Grøtebu – Gunnulvsbu, 45,7 – 47,6 km: From Grøtebu you follow the Grøtebu stream for about 500 m. After crossing the stream you enter into a good path. After 1 km another stream is crossed, shortly after you arrive to Gunnulvsbu.

Gunnulvsbu – Krokstøl, 47,6 – 51,2 km: The route follows a good path uphill for 600 m. Then you take right (north) into the terrain, without path. The terrain is marshy, with a few minor heights. In the last 0,4 km before Krokstøl it is a good path, easy to run here.

Krokstøl – Besteby, 51,2 – 56,2 km: Follow a tractor road downhill for 3 km to a parking lot. Follow there to the north and east a quite broad dirt road in 1 km. In a road intersection you take to the left (north) and follow the road for 1 km to the parking lot of Blefjells Beste. From this parking lot, take the path uphill to the right and follow it for the last 200 m of the race.

CONGRATULATIONS, YOU ARE A FINISHER!