



POLARDISTANS 2012

Trail description

News for 2012

The trail for both PD 160 and PD 300 have been changed which have led to the following news:

PD 160

- The checkpoint in Lofsdalen has been moved to Häggingåsvallen.
- From Häggingåsvallen the trail goes to Lövnåsvallen, which will be checkpoint number 2 for PD 160.

PD 300

- At Morvallen the trail turns south towards Lövhögen before it turns toward north again.
- The checkpoint in Lofsdalen has been moved to Häggingåsvallen. Due to this fact there are now two road crossings less, one at Slagavallen and one at Lofsdalen.
- Instead of crossing the road at Slagavallen the trail turns to southeast and follows the road on the south side.

Start – Häggingåsvallen (PD 160 approx. 60 km, PD 300 approx. 105 km)

The start for both PD 160 and 300 is at Särna Camping, Särna. The trail goes north-northeast over the lake (Särnasjön). A short uphill slope and a road crossing and the trail is out in the "forest". The trail now runs through a landscape changing from a pine/spruce forest to marsh for about 7 km. The trail goes slowly uphill over Höstet and then drops down and out on marsh. When the trail has passed Ormkojan with approx. 500 m the trail turns east and comes in to a 3 km long "rollercoaster" and contains, beside the ups and downs, also some narrow turns. During this path the trail passes Fjätan (a watercourse) and Dalakojan (a cottage). After this somewhat tricky passage the trail turns north and goes slowly uphill on a road (not ploughed) for about 3 km and then turns east. Now the trail climbs approx. 170 m during 3 km and then slightly downhill during 1 km to the point where PD 160 and PD 300 go in separate directions. This point is about 200 m south of Morvallen.

PD 160 continues north through a vegetation of low birches, passes Morvallen and will soon be out on the open mountains. It is uphill the whole time and the steepest part of the whole trail comes approx. 1 km after Morvallen. When the slope is beaten the trail reaches its highest point and if the weather is clear, there will be a magnificent view both to the north and south. The trail continues towards north at first slightly downhill and then some uphill to the point, Västra Långheden, where the trail for PD 300 connects.

At the point where PD 160 goes north, PD 300 goes south through varied landscape of low birches and marsh. After 5 km the trail turns northeast and goes slightly uphill for about 3 km and will soon be out on the open mountains. Now the trail turns southeast and goes slightly downhill. After approx. 2 km the trail passes a small cottage (locked) turns east and goes downhill to Lövåsen. The trail is now once again down in a landscape of low birches, turns northwest and follows Stor-Härjån (a watercourse). After 7 km the watercourse is passed and the trail is up on the open mountains. Now the trail goes west for 1 km and then it turns towards north and runs in that direction until it reaches the point, Västra Långheden, where it connects with the trail for the PD 160.

From Västra Långheden the trail "climbs" uphill on the east slope of Fonnfjället and PD 300 here reaches its highest point. From this point it is downhill to Hågtjärn. PD 160 turns east and will after 2 km reach a sparse birch forest. After another 3 km the trail begins to go downhill more and more. The birch forest changes to a pine/spruce forest and the checkpoint Häggingåsvallen will be reached approx. 8 km from Hågtjärn.

PD 300 turns west as it leaves Hågtjärn. Then it turns north-northwest towards Slagavallen. The vegetation is now varies from sparse birch to marsh and pine/spruce forest. At Slagavallen the trail turns east-southeast towards Lofssjön (a lake), runs on the lake and after approx. 7 km the trail goes up on the south side of the lake. After another 4 km the trail turns southwest and now there is only 1 km uphill to the checkpoint Häggingåsvallen.

Häggingåsvallen - Lövnåsvallen (PD 160 approx. 55 km)

From Häggingåsvallen the trail goes south. After 4 km it turns west and after another 2 km the trail turns southeast. At this point the trail has climbed 180 m from the checkpoint and has reached the last birches before the open mountains. Southeast will now be the main direction for approx. 25 km and the landscape will change from open mountains to marsh and pine/spruce forest. At Digerflon the PD 160 and PD 300 separates. PD 160 turns west-southwest and then only 19 km remains to the checkpoint Lövnåsvallen. The trail runs slightly up and down in a marsh and pine/spruce landscape.

Häggingåsvallen – Lillhärdal (PD 300 approx. 77 km)

PD 300 runs the same trail as PD 160 until it reaches Digerflon. Here PD 300 continues in the same direction as earlier (southeast). When there is about 12 km left until the checkpoint Lillhärdal the trail begins to go slightly downhill. Approx. 4 km before checkpoint the trail becomes flat as it goes around the village of Lillhärdal.

Lillhärdal - Lövnåsvallen (PD 300 approx. 70 km)

When the trail leaves the checkpoint it goes west on the river Härjån for about 1,5 km. Here the trail turns south. Leaves the river and goes up into the forest. During the first kilometer there is quite a lot of climbing, but when the trail turns southwest the climbing

reduces drastically. The trail then runs in this direction (southwest) for about 26 km continuously rising, not much but still and reaches approx. 800 m at Skräppåsen.

From Skräppåsen the trail runs northwest towards LövnäsvalLEN which is 32 km away. The checkpoint lies on the north side of the road 1061/753 (Särna – Lillhärdal), so the road crossing will be at the checkpoint. The landscape during this part of the trail is a mixture of pine/spruce forest and marsh. From Skräppåsen to LövnäsvalLEN the trail drops approx. 220 m.

LövnäsvalLEN - Finish (PD 160 & PD 300 approx. 48 km)

When the trail leaves LövnäsvalLEN it goes northwest for about 14 km in a steady climbing of 180 m. The trail then turns west-southwest, slightly downhill and will pass Lövhögen after 2 km. Then the last "climbing" begins and it lasts for 3 km and the trail climbs 150 m. This is the same passage that the PD 300 have done earlier, but then in the opposite direction. When the trail has reached the cottage it is once again up on the open mountains. Here the trail turns south and a long downhill slope begins and does not stop until it reaches the Särna 30 km later. The first 7 km is on open mountains, then first the birches, the marsh and finally the pine/spruce forest meets you. At this point the trail has turned towards southwest, passed LisselåvalLEN, Fjätan (watercourse) and will at Ol Hansblästan turn southeast. The trail follow this direction for about 5 km and then it turns southwest. The slope downhill now increases and you will soon pass Östomsjön, where the trail crosses road 1061 (Särna – Lillhärdal). The trail now goes down on the lake (Särnasjön) turns west for the last 2 km. When there is 1 km left the trail passes under "The Bridge" (road 1061 Särna – Lillhärdal) and then everybody who have taken part of this race before knows that a special feeling of happiness will be spread in your body. The remaining kilometer now feels very easy and soon the finishing line will be in sight.

Commentary: The above given distances are measured mostly on the map. This is not always the true distance and often the true distance is somewhat longer.