

ROUTE DETAILS:

Total length: 55km adult, 27km junior

Start: Baldernäs Harbour

Laxsjön 6.5km, 75 m.a.s.l.

Depot 1: Skåpafors. Lift height 19m, length 350m. Distance from start 6.5km.

Svärdlång 13.7km, 95 m.a.s.l.

Depot 2: Skifors. Services. Lift height 2m, length 130m. Distance from start 20.2km.

Västra Silen 14.1km, 97 m.a.s.l.

Depot 3: Gustavsfors. Lift height -3m, length 180m. Distance from start 34.3km. Start Junior course.

Lelång 11.2km, 94 m.a.s.l.

Depot 4: Herrenäs. Service. Lift (Elite class only*) length 55m. Distance from start 45.5km (Juniors 11.2km)

Lelång 9.5km, 94 m.a.s.l.

Finish: Bengtsfors Harbour

**Due to the constrictive nature of Elite class kayaks, a lift is added at this point so that Elite class competitors have the opportunity to stretch and maintain blood flow.*

