



Around Lake Røgden

Category: Cycle trip

Length: 34 km

Degree of difficulty: Moderate/strenuous

Region/area: Grue, Innlandet



Route description

16 square-kilometre Lake Røgden is one of the larger lakes in Finnskogen and the trip encircling it is a real treat for those who enjoy cycling. The route crosses into Sweden at the eastern end of the lake, so it's an *international* ride no less!

Few people live in Finnskogen so there are few cars on the roads, making cycling that much safer. During the Røgden round, you'll be sure to experience that special silence that so many Finnskogen enthusiasts talk about. This is not a particularly strenuous ride, but the last one and a half kilometres up to Finnskogtoppen at the end of the trip provide a significant incline. Here the route climbs about 120 metres.

The trip is just long enough to suggest it's not suitable for everyone, but it shouldn't be a problem for normally fit people, even if many will chose to get off and push towards the end.

There are no refreshments to be found on the route itself but a 2.8 kilometre detour from the west end of the lake provides easy cycling to Svullyra, where there's both a café and a grocery store.

Digital map of the route: <https://ridewithgps.com/routes/32097304>

EI-cycles can be hired at Finnskogtoppen, price NOK 280 per day.

Time: Approx. 2.5 hours at moderate speed

Surfaces: Approx. 60% asphalt and 40% gravel

Recommended equipment: Off-road cycle or hybrid cycle

Traffic: Little/very little

Start & finish:

Finnskogtoppen **Marking:** None

Accommodation, places to eat, attractions

Finnskogtoppen Spa og Velvære
www.finnskogtoppen.no
+47 62946300

The Finnskog Trail
www.finnskogleden.com

Opaker Gård
www.opaker.no
+47 62946650

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Elevation profile

