



TCS LIDINGÖLOPPET

Grönsta gärde
START:
 TCS LidingöRuset
 TCS LidingöRullet
 TCS Lidingöfemman
 TCS Lilla Lidingöloppet
 Rosa Bandet-loppet
 TCS Knatteloppet
 Juniorer/Veteraner 4/10 km



Welcome to Grönsta gärde

- | | | | |
|---|----------------------------------|----|---------------------------|
| 1 | Start | 9 | R: Result/prices |
| 2 | Finish | 10 | Stage |
| 3 | Drink | 11 | Shower |
| 4 | Food | 12 | Health care/defibrillator |
| 5 | Bags and clothing | 13 | Viewing area |
| 6 | Bags and clothing
Pink Ribbon | 14 | WC Toilet |
| 7 | Water refill | 15 | Recycling |
| 8 | Info Information | 16 | Friends zone |

Welcome to Koltorps gärde

- | | |
|---|---------------------------|
| 1 | Start |
| 2 | Cover |
| 3 | Drink |
| 4 | Info Information |
| 5 | Health care/defibrillator |
| 6 | Viewing area |
| 7 | WC Toilet |
| 8 | Café |

Welcome to LidingövalLEN

- | | |
|----|------------------------------|
| 1 | 1286 Number bibs/race office |
| 2 | Expo |
| 3 | Food |
| 4 | Bag |
| 4A | Bags stored at LidingövalLEN |
| 4B | Bags transferred to Grönsta |
| 5 | Info Information |
| 6 | water refill |
| 7 | Shower |
| 8 | Defibrillator |
| 9 | WC Toilet |
| 10 | Stadium Shop |
| 11 | Recycling |
| 12 | Food |



FREE SHUTTLE
 to Stockholm
 boarding point

Footpath/bicycle path
 to Ropsten
 approx. 3,5 km

Footpath to
 START Grönsta gärde
 approx. 0,8 km

NORRA KUNGSVÄGEN

RÅDJURSVÄGEN

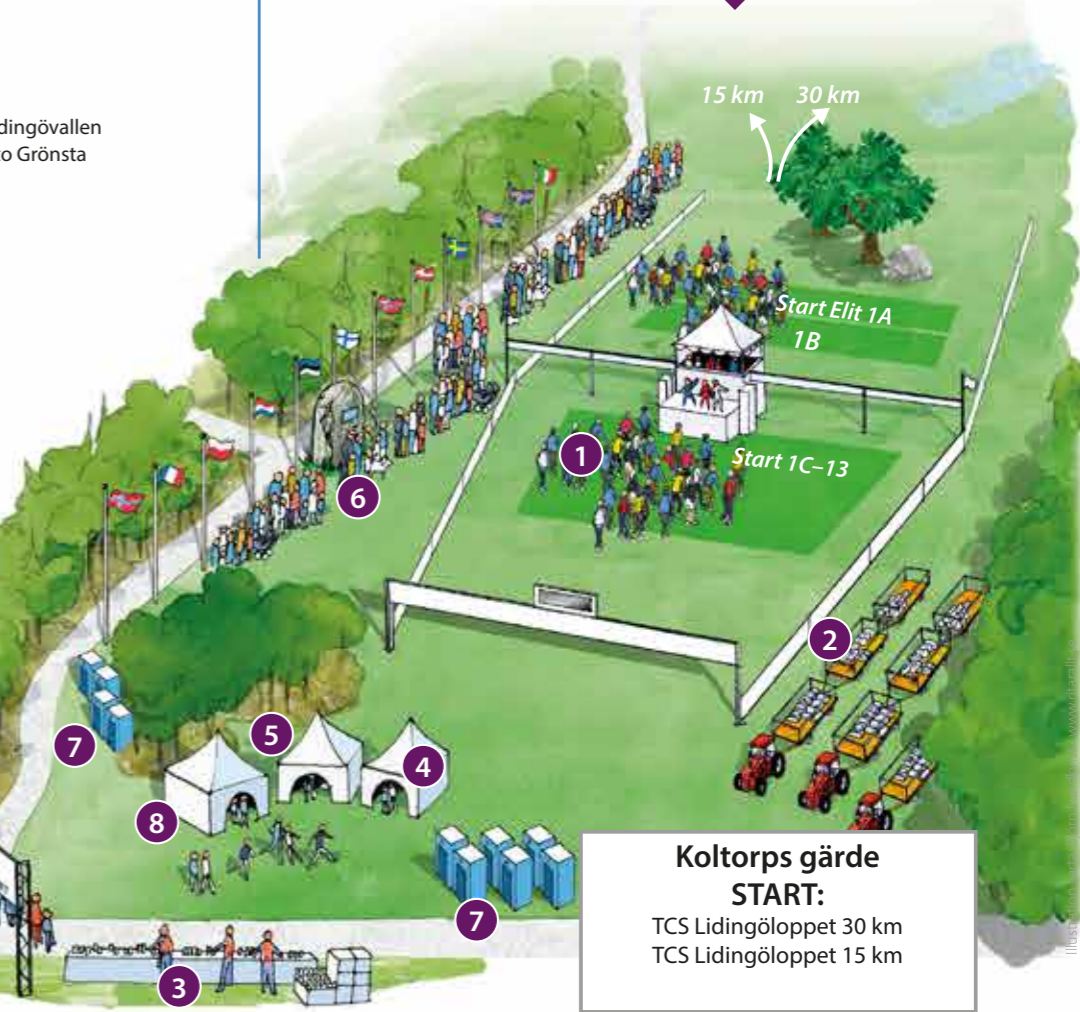
FREE SHUTTLE
 drop off point

KYRKVÄGEN

Oops!
 a lot of traffic!

Note! Remember that there is a lot of traffic around the LidingövalLEN. If you want to go along the course, we recommend you walk or go by bike.

Footpath to START Koltorps gärde 1,8 km



Koltorps gärde
START:
 TCS Lidingöloppet 30 km
 TCS Lidingöloppet 15 km