



10

MILA

ÖREBRO 2022

Traffic-PM

Traffic information

The number of parking spaces in the area surrounding Ånnaboda is very limited, we appeal to everyone to ride with each other if possible.

Please note that all traffic to the arena must pass Garphyttan and that other route choices to the arena will not be possible.

Travel directions and arena position

Ånnaboda, 22 km northwest of Örebro, Närke (N 59°20.286', E 14°56.175'). Nearest railway station is Örebro C. Nearest airport is Stockholm Arlanda ([Map link to arena](#)).

Traffic guidance from road E20/E18

TRAFFIC FROM E20 VIA ÖREBRO

Exit 112 towards Garphyttan/Ånnaboda/Väster. Thereafter, follow the road signs Garphyttan/Ånnaboda. Road signs to 10MILA starts in Garphyttan.

TRAFFIC FROM THE WEST ON E18

Exit Avfart 107 towards Garphyttan/Vintrosa. Thereafter, follow road signs to 10MILA via "Lannaforsvägen" and Garphyttan.

Pre-booked campsites

See instructions on the next page and in "Accommodation PM"

Parking – Passenger cars

Friday

Follow road signs to 10MILA from Garphyttan. Parking by the arena. The parking lot must be emptied Friday evening since it will be used as a Bus stop during the weekend.

On departure, drive south towards Garphyttan again on the same road. .

Saturday and Sunday (P-Sånnaboda)

Parking area **Sånnaboda** opens on Saturday at 07.00.

Follow road signs to 10MILA from Garphyttan. After approx. 2.5 km, the road becomes a one-way road where only buses and vehicles with special permission are permitted to continue towards the arena. **Select the left lane** to enter the parking area. Follow the parking officials' directions.

The distance to the arena is approx. 800 meters. Follow the walkway signs to the arena.

Camping, and parking of camper vans/RVs **are prohibited**.

It is important to not leave any trash behind at the parking area. The area is used as pasture land after the event.

On departure from the parking, drive directly to Garphyttan. Follow the parking officials' directions.

Buses

To the arena for drop off/fetching

Buses can drop off/fetch runners at the **Bus stop**.

Follow road signs to 10MILA from Garphyttan. The road becomes a one-way road after approx. 2.5 km. **Buses continue in the right lane** to reach the arena.

At the entrance to the arena, buses turn right for drop off/fetching at the **Bus stop**. Follow the parking officials' directions.

After drop-off/fetching

Follow signs. NB, the exit road is hilly and ends with a steep slope – take it easy! After the downward slope there is a large parking area at **Södra Storstenshöjden**. Buses can park here during the competition.



KILSBERGEN



10
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After drop-off/fetching, cont.

The walkway (no bikes!) between the bus/RV parking area and the arena is approx. **2.6 km** (80 altitude meters). Follow the walkway signs to the arena (walking path).

It is prohibited to walk on the road between Södra and the arena since it is the only exit road from the arena, its steepness and risk for accidents.

Transporting runners to/from non-arena accommodations

We recommend that runners are dropped off/fetched at the parking area **Sånnaboda** which makes the travel back shorter. It is situated on the left side, approximately 2.5 km from Garphyttan.

During the night (Saturday 21.00 – Sunday 07.00) it is allowed to drop off/fetch runners at the **Bus stop**. However, this means that the road back to the accommodation becomes significantly longer since the exit road is via Södra Storstenshöjden.

RVs (not pre-booked camp sites)

RVs dropping off runners can make a quick stop (3 min) by the arena and thereafter continue driving directly since there is no parking area at the arena.

For not pre-booked RVs, free parking is offered at **Södra Storstenshöjden (2.6 km)**. Follow the parking officials' directions.

RVs who are not to drop off/fetch runners must follow road signs to **Suttarboda / Södra Storstenshöjden** in Garphyttan, i.e., **NOT** towards 10MILA.

The walkway (no bikes!) between the bus/RV parking area and the arena is approx. **2.6 km** (80 altitude meters). Follow the walkway signs to the arena (walking path).

RV and Camping (pre-booked)

If you have booked accommodation at the arena (camping, RV, etc.), follow road signs to 10MILA from Garphyttan. The road becomes a one-way road after approx. 2.5 km. **Continue in the right lane** to reach the arena and show your parking card to the parking officials. (The parking card will be distributed via e-mail per association.)

Then follow the instructions for arrival at your accommodation.

NB! During Saturday, arrival is recommended before the start of Ungdomskavlen (10.30). There is a risk of traffic jam due to a road passage for the runners. The directions of the traffic guards must be followed. The traffic guards' directions need to be followed also when exiting the arena until the competitions have ended.

Media and VIP

Pre-registered media and VIP will receive a parking card by e-mail. The parking card needs to be shown at a traffic passage to the arena area in Ånnaboda.

Follow road signs to 10MILA from Garphyttan.

After approx. 2.5 km, where the parking area **Sånnaboda** is located, the road becomes a one-way road. **Continue in the right lane** to reach the arena. Turn right before the camping area and continue to the parking area for Press/VIP.

NB! During Saturday, arrival is recommended before the start of Ungdomskavlen (10.30). There is a risk of traffic jam due to a road passage for the runners. The directions of the traffic guards must be followed. The traffic guards' directions need to be followed also when exiting the arena until the competitions have ended.