



25 MANNA

LIDA BOTKYRKA 2023

TRANSPORT FINAL DETAILS 25MANNA AND 25MANNA MIDDLE DISTANCE

General information

Arena Lida Friluftsgård, Tullinge (59.16347, 17.8800)

See a separate map [Trafik översiktskarta](#).

As the weather situation has been difficult during the summer, the organisers have, in addition to regular parking (on a field), arranged satellite parking on hard surface on Saturday and created a shuttle bus line from Tullinge Station to the arena (Saturday and Sunday). Prepare for your journey to and from Lida by reading the following document.

Shuttle bus from Tullinge station

Shuttle bus departs after each arrival of the commuter trains (south and northbound trains arrive almost simultaneously) from Tullinge Station Södra (south bus stop), departing every 30 minutes from 07:20 to 11:50. Travel time about 30 minutes. Distance to the arena: 0 metres.

See [Trafik detaljkarta Tullinge Station](#).

Parking your own car in the adjacent car park at Tullinge Station is a possibility in bad weather.

The return journey from the arena is not timetabled but the bus departs approximately every 30 minutes or when the bus is full.



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Club buses

Signage from road 226 in Tullinge (at Västerhaningevägen) and from road 257 (at Pålamalmsvägen). The traffic lights at road 226 will be a bottleneck, so participants arriving via Södertälje are recommended to go via road 257.

Drop-off and pick-up will take place at Lida's car park next to the arena. It is important that it goes as quickly and smoothly as possible as there are many buses coming. Follow the official's instructions!

Thereafter, the buses will be directed to another parking place about 10 km from the arena during the day. It will be possible for bus drivers that are running the race to get a ride to the arena from the bus park.

NOTE: It can be crowded also when travelling home. Do not call your bus to Lida until you know that everyone is ready to travel. Buses that arrive too early may be turned away and return at a later time. We also want to prioritise our Finnish participants who have a ferry to catch.

NOTE 2: Do not use alternative routes through Tullinge (Bernströmsvägen or Flottiljvägen). The connections to road 226 consist of single-lane railway underpasses with a maximum height of 3.5 metres.

Arrive at the arena with your own car

Signage from road 226 in Tullinge (at Västerhaningevägen) and from road 257 (at Pålamalmsvägen). The traffic lights at road 226 will be a bottleneck, so participants arriving via Södertälje are recommended to go via road 257.

NOTE: It is absolutely forbidden to enter the arena through the forest/competition area from the west. Violation may result in disqualification of all teams in the club.

There is only one road into Lida and the main car park is on grassland. Carpooling is recommended. Distance from parking to arena: 1200-1500 metres, partly along a small forest

path. Limited access for prams, see separate heading below. For traffic safety reasons, it is not allowed to walk along the tarmac road to and from the arena.

On Saturday, there are two satellite car parks on hard surface on the way to the arena, from where there is a shuttle bus to the arena. Follow officials' directions. Distance to the bus stop: 50-750 metres. Distance to arena from drop-off: 0 metres. Bus departures approximately every 10-15 minutes. Travelling time: 5-15 minutes.

Parking fee on Sunday: 30 SEK. Paid via Swish 123 180 78 82. Saturday parking fee is included in the registration fee.

NOTE: Satellite car park A will be used on a smaller scale on Sunday. However, with lower shuttle bus frequency than on Saturday.

No parking along Lidavägen

For safety reasons parking along Lidavägen is prohibited.

Alone in the car?

The parking situation may be strained in case of bad weather conditions. The organiser encourages carpooling. People travelling alone are asked to find their own parking near Tullinge Station and from there use the shuttle bus to Lida or use the satellite car parks.

Minibuses

Same instructions as for "Arrive at the arena with your own car" above. However, minibuses will mainly be directed to the main car park in the grass field 1200-1300 metres from the arena. The organiser has reserved the most solid/dry land for minibus parking.

Departure from the arena

Shuttle bus from the arena to satellite car parks.

NOTE: Make sure you get on the right bus.



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As with the arrival at the arena, the traffic lights for the exit to road 226 will be a bottleneck. Participants who are able to use road 257 are encouraged to do so. For further transport via Södertälje, the latter will certainly be faster.

Avoid using alternative roads through Tullinge. The exits via Bernströmsvägen and Flottiljvägen are single lane and not traffic light controlled. Queuing is the rule even on weekdays.

Strollers

The road from the main car park to the arena is partly along a small path. The path is accessible with a pram, but cannot be called pram-friendly. Use one of the satellite car parks (A&B Saturday, only A Sunday) to avoid this.

On Sunday, it is also possible to park at the car parks next to Tullinge station and from there take the shuttle bus to the arena.

Drop-off at the arena

The car park closest to Lida will be used for bus drop-offs and pick-ups during the morning and afternoon and as a landing area for any rescue helicopter. Private cars will therefore not be allowed to pick-up and drop-off passengers. Passenger drop-off is recommended at Tullinge Station or Satellite Parking A..

Caravans & motorhomes

Caravans and motorhomes are parked on a hard surface adjacent to Satellite Parking A. See a detailed map [Trafik husvagnar husbilar](#). From there, a shuttle bus departs approximately every 15 minutes and the travel time is 10-15 minutes.

NOTE: Follow the map and do not park in the intended bus boarding area.

Transport from accommodation (Riksten school)

Leave your car behind. Bike or walk directly to

the arena (about 4.5 km) or walk about 1.5 km to the satellite car park and from there take the shuttle bus directly to the arena every 10-15 minutes with 10-15 minutes travel time. NOTE: On Saturday, satellite car park B is recommended due to higher shuttle bus frequency, while on Sunday only satellite car park A is in use. The route is not signposted. See the map under [Trafik översiktskarta](#).

Public transport

Commuter train to Tullinge Station. Bus 721 has five departures to and from Lida during the day. See [sl.se](#) for details. NOTE: See also "Shuttle bus from Tullinge station" above.

Bicycle

Cycle along asphalt and gravel roads (exercise trails) about 5-7 km(30 min) from both Tumba and Tullinge. The route is not signposted. See the map under [Trafik översiktskarta](#) for directions and to avoid travelling through the competition area in the last bit towards the arena.

Transport of materials to and from the arena

The car park area closest to Lida will be used for bus drop-offs and pick-ups in the morning and afternoon and as a landing area for any rescue helicopter. Drop-off and pick-up of heavy materials (windshelters, etc.) at the arena is only permitted until 05:30 on Saturday morning and from 14:00 on Sunday afternoon and also on Saturday from 19:00 to 22:00.

Welcome to 25manna 2023 from IFK Tumba SOK and Tullinge SK!



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