

<x Place	Follow Sign x km to <i>place</i>
↑/↓	Left/Right turn
	Alternative description
F/S	Food/Sleep Service
RB	Roundabout
..	Continue
()	Extra information

KM	NR: ____
0.0	S: Brännlands Wårdshus 19-23:07 till 20-00:07
0.4	<Ume Älvdal
2.1	<2 Sörfors
19.3	<6 Vännäs
20.9	↑ Fröv ↑ Blomsterv ↑ E12 Kungstems.
21.9	↑ onto E12
23.1	Lycksele 99>
121.6	🇸🇪 Lappland> 1. exit RB 🇸🇪
121.7	<Lappland 🇸🇪
121.8	C: Lycksele Hotell Lappland 20-02:42 till 20-7:15 F
122.1	..back to RB .. 1. exit Mo i Rana
122.4	..Mo i Rana E12..
178.7	Åskiljeby 2>
179.9	<1 Åskiljeby
193.6	↑ after Strängnas
197.4	(Coop left 9-18) Storuman 32>
229.3	↑ After QStar
229.5	↑ Järnvagsg. (ICA 7-21 right)
230.4	↑ Turistinfo. ↑ right to camping
230.6	C: Storuman Camping 20-05:56 till 20-14:27 FS back & .. on Järnvagsg.
231.1	3. exit in RB ↑E12 V
261.0	(🚧):10km gravel over 20km 📞 +46 76 788 48 80 if mechanical issue there. Alt. gravel route: 277.3↑, 2.5↑, 5.6↑back to main @km 281.2km)
294.5	<57 Kittelfjäll
297.6	<54 Kittelfjäll
305.6	Kittelfjäll 46> (gravel till Dikanäs 20 km, 📞 +46 94 016 59 81 if mechanical issue there)
326.1	Kittelfjäll 25> (Coop 9-12,13-18)
351.0	(Handlarn 9-18) <Kittelparken
351.0	C: Kittelfjäll - Fjälltorget (I) 20-09:43 till 20-22:31 FS
351.0	back on main road ..
441.9	Hattfjelldal 8>
449.3	<Trofors
449.7	1. exit RB Sentrum > ↑ <Skulpturlandskap (Coop 9-20)
450.3	↑ Hottelveien
450.6	C: Hattfjelldal Hotell 20-12:55 till 21-05:07 FS Back to 73 (↑ coming back from Hotelveien)
452.6	Bleikvassli 48>
501.0	↑ 806(↑200m Coop 9-19)
523.2	Sentrum >
523.8	↑ on Leirskarveien

524.0	(left Coop 8-22) E6 Mo i Rana>
536.7	<15 Hemnesberget
537.6	Finnejdfjord 0.5>
538.3	<1.4 E6 🚲
539.8	↑ onto E6
545.8	↑ Camping (after Rana kommun)
546.0	C: Mo i Rana - Yttervik Camping 20-16:07 till 21-11:31 FS Back to E6... Follow E6 through Mo i Rana
564.7	2. Exit RB Narvik (REMA 100 6-23 3rd exit 200m) (566 7/11 6-23 right)
573.0	Narvik 🚲>, next ↑ <🚲 Narvik
577.1	↑ back to E6
642.7	C: The Arctic Circle 20-19:27-21-18:53 F
667.0	77 Skellefteå > <Junkerdal 🚲 (not new tunnel) ↑ Back to 77 (after new tunnel)
697.5	C: Tjaktjaure - Sandvikens Fjällgård 20-22:16 till 22-01:48 FS
722.9	Back ... on 95
835.1	↑ after bridge in Arjeplog (Coop 7-20)
835.7	↑ Hornavan Hotell>
835.9	C: Arjeplog Hornavan Hotell 21-02:19 till 22-11:41 FS Back to 95 (↑ back bridge on 95)
837.3	<59 Slagnäs
895.7	↑ after railcrossing on Gammvägen
896.3	↑ right on E45 after stop
926.2	Centrum>
926.7	<Hembygdsgård
926.8	C: Sorsele Hembygdsgård 21-05:34 till 22-19:39 FS
927.0	Back to E45 ... Storuman 71>
954.8	<233 Umeå (950 ICA 10-18) ..363... along Vindelälven
1084.9	C: Åmsele Camping (left) 21-11:26 till 23-08:25 FS back to 363 ... till Vindeln
1131.9	↑ direction Lycksele > (ICA 8-21)
1132.8	<14 Tvärålund
1149.1	<49 Umeå
~1170	<28 Umeå
1171.0	Vännäsby> ↑ Blomsterv. ↑ Fröv. ↑ Umeåv.
~1174	Överboda 9> (over bridge)
1188.3	Stornorrfor Kraftverk 2>
1191.3	↑ .. . along Ume River until Volvo
1201.1	↑ onto cycle way at Volvo factory
1201.9	↑ after cycle way onto road (Bölev.)
1203.3	↑ after traffic sign onto Bryggarg.
1204.0	↑ after cycle Bridge to Scandic Plaza (under bridge along river,after↑ up to Fin)
1204.5	F: Scandic plaza 21-15:54 - 23-17:07 F

Use together with GPS map. If unsure double check with official course on Strava / GPX files. Route on Strava: [bit.ly/3xsavBP](https://www.strava.com/routes/123456789) | Brevet web: midnightsunrandonnee.se