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|----------|---|
| <x Place | Follow Sign x km to place |
| ↔/↔ | Left/Right turn |
| | Alternative description |
| F/S | Food/Sleep Service, Ica/Coop: Groceries |
| RB | Roundabout |
| .. | Continue |
| () | Extra information |

MSR 2023
v.230205

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| 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 Kungstemsv. |
| 21.9 | ↖ onto E12 |
| 23.1 | Lycksele 99> |
| 68.7 | C: Granö Beckasin 20-01:09 till 20-03:43 F |
| 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 Strängnäs |
| 197.4 | (Coop left 9-18) Storuman 32> |
| 229.3 | ↖ After QStar |
| 229.5 | ↗ Järnvägsgatan (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 Järnvägsgatan |
| 231.1 | 3. exit in RB ↖ E12 V |
| 294.5 | <57 Kittelfjäll |
| 297.6 | <54 Kittelfjäll |
| 305.6 | Kittelfjäll 46> (gravel till Dikanäs 20 km if mechanical issue 📞 +46 94 016 59 81) |
| 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 (left Coop 8-22) |
| 524.0 | E6 Mo i Rana> |
| 536.7 | <15 Hemnesberget |

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|--------|---|
| 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 |
| 590.5 | Nevernes 2> |
| 596.5 | Narvik E6> |
| 644.2 | C: The Arctic Circle 20-19:27-21-18:53 F |
| 675.8 | 77 Skellefteå > <Junkerdal 🚲 (not new tunnel) |
| 680.8 | ↖ Back to 77 (after new tunnel) |
| 724.1 | C: Tjaktjaure - Sandvikens Fjällgård 20-22:19 till 22-01:53 FS Back on 95 |
| 836.2 | ↖ after bridge in Arjeplog (Coop 7-20) |
| 836.7 | ↗ Hornavan Hotell> |
| 836.9 | C: Arjeplog Hornavan Hotell 21-02:21 till 22-11:46 FS Back to 95 (↗ back bridge on 95) |
| 838.4 | <59 Slagnäs |
| 896.7 | ↗ after railway crossing on Gammvägen |
| 897.3 | ↗ right on E45 after stop |
| 927.2 | Centrum> |
| 927.4 | ↖ Vindelvägen (before bridge) |
| 927.7 | ↗↗ Hotellgatan |
| 927.8 | C: Sorsele River Hotel 21-05:36 till 22-19:44 FS back & .. on Hotellgatan |
| 927.9 | ↗↗ follow 363/E45 |
| 955 | <233 Umeå (950 ICA 10-18) ..363... along Vindelälven |
| 1085.1 | C: Åmsele Camping (left) 21-11:26 till 23-08:25 FS back to 363 ... through Vindeln |
| 1149.4 | Rödånäs> |
| 1152.7 | Vännäsby 21 (↗ after ↖) |
| 1172.7 | Vännäsby 1> |
| 1173.3 | <Vännäsby 1 |
| 1173.8 | <Överboda 9 (over bridge) |
| 1188.5 | Stornorrfor Kraftverk 2> |
| 1191.5 | ↗ ... along Ume River to Volvo factory |
| 1201.3 | ↗ onto cycle path at Volvo factory |
| 1202.0 | ↖ after cycle path onto road (Bölev.) |
| 1202.9 | ↖ after traffic light onto Bryggargatan |
| 1204.1 | ↗ after Old Bridge to Scandic Plaza (under bridge along river, after ↖ up to Fin) |
| 1204.7 | F: Scandic plaza 21-15:54 - 23-17:07 F |

Use together with GPS map. If unsure double check with official course on RWGPS and GPX files.
Route on RWGPS: ridewithgps.com/routes/41111091
Brevet web site: midnightsunrandonnee.se