

Fløyen – Brushytten – Skogmester Mo vei – Storediket – Nedrediket – Aasebu – Fløyen

From the top of the funicular, walk up

to the junction and follow the signposts leading to Brushytten cabin. Immediately before arriving at Brushytten, turn left and follow Skogmester Mos vei north, following the signposts to Munkebotn and Storediket. The lake is wonderfully calm and peaceful in good weather.

Continue across the dam and follow the track down to Nedrediket lake. This track was upgraded in 2010 and provides easy walking on gravel with good ditches and charming granite walls. You couldn't find a more perfect place for a stroll with young children in a pram.

The banks of Nedrediket lake are a great place for children to play and search for animals. If they are patient, they may catch sight of squirrel and field mice, maybe even a heron on the water. DISTANCE 2 - 3 hours 6 km GRADE Moderate

Continue uphill through the pine forest which is so typical of this area. At the junction, take the route towards Aasebu shelter which you can see 100 metres ahead, towards the right. Aasebu is the perfect place for a break and a picnic. There's nothing better than opening your packed lunch and quenching your thirst after a good walk.

To walk back, return from Aasebu to the track and turn right on Halfdan Griegs vei down to Blåmans-veien, where you take the right path and follow the signposts back to the start. Let the fresh mountain air blow away the cobwebs, and return refreshed and fully relaxed.

