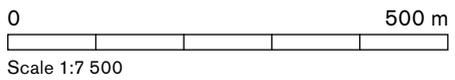


- Checkpoints
- 81 Hill
 - 82 Hill
 - 83 Boulder
 - 84 Power line pylon
 - 85 Knoll
 - 86 Hill
 - 87 Path crossing
 - 88 Boulder
 - 89 Pit
 - 90 Small marsch
 - 91 Hill
 - 92 Hill
 - 93 Cairn
 - 94 Hill
 - 95 Knoll
 - 96 Depression
 - 97 Boulder
 - 98 Hill
 - 99 Path junction
 - 100 End of ditch





Facts about Friska Örnsköldsvik

In your hand you have a map - the key to nature. This is an outdoor activity where your challenge is to get out in nature, breathe fresh air, get exercise, and have to use your brain to find the checkpoints. And everything is free.

1. We provide you with maps

Six maps are published in the magazine Tidningen 7:

28 April (Genesön & North Ö-vik)

19 May (Nordanås & Kvaved)

16 June (Gerdal & Norrvåge)

The maps can also be downloaded on your mobile or printed on your own printer. **Instructions are available on webben7.se/friska**

2. Find the checkpoints

Your challenge is to find as many as

possible of the 120 checkpoints, which will remain in the forest until **22 October**. They are marked with a wooden stick.

3. Register your checkpoints

On each post there are two letters to remember. Once home, **you register the codes through webben7.se/friska**. Register regularly to participate in all prize draws.

4. Win prizes

Each checkpoint that you register is a ticket. There will be **three lottery draws** and the winners will be published in Tidningen 7 and webben7.se on **22 June, 25 August** and after the season on **3 November**. To participate in the draws you have to register by Thursday the week prior.

Is the checkpoint gone?

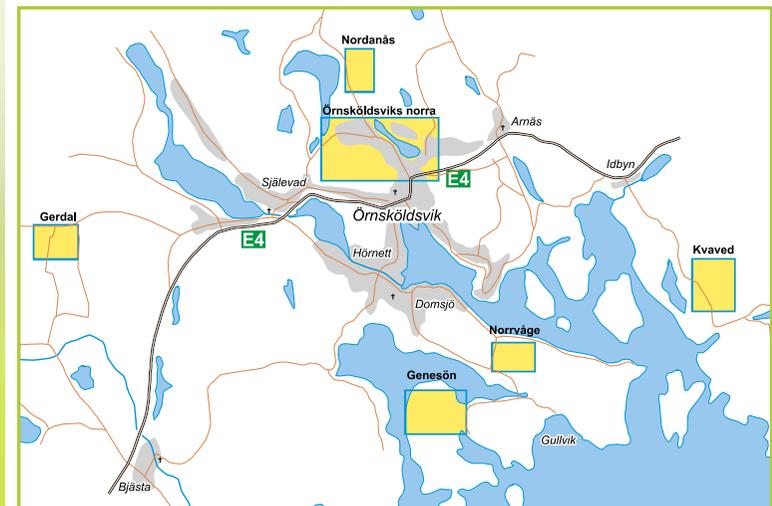
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