GRORUD VALLEY PARK (BIKE)

IFLA 2019 Common Ground / Walks + Talks #1b

A river bikeride along the reopened Alna River in Grorud valley, through waterfalls, wetlands, a water cathedral and more.

Time: 08:45 – 12:00
Please make sure to be on time, as the tour begins at 08:45

NB: biking experience is required for this tour

Meeting point: Narvesen Grorud, Bergensveien, Oslo

Remember to bring:

- a bottle of water
- an umbrella/raincoat (if the weather is unreliable)
- a return ticket for local transportation “Ruter Impuls”, distributed upon registration in Oslo Congress Centre

If you have any tour related questions, please contact:

Maja Kozak Dehlin  Taran Anderaa  Saji Ahi

+45 60605279  +47 45671221  +47 46161230
m: maja@ifla2019.com
This bike-ride will take you on a journey through the Grorud-Valley along Oslo’s longest river, the wild and green Alna. It is a journey making a cross-section through the history of Oslo. Starting in modernist housing suburbs, we will follow Alna as it is meandering between industrial areas, highways and car-based retail, through a primeval forest and ending up in the Old Town, where Oslo was founded a 1000 years ago.

**STOP 1:** GRORUD INITIATIVE / AMMERUD OUTDOOR GYM + BREAKFAST  
*Time:* 08.50 - 09.30  
*Theme:* Groruddal initiative and the participation project  
*Speaker:* Grorud initiative, District of Grorud, Oslo municipality - Cecilie Kjølnes Skar  
*Breakfast:* sandwich and coffee/drinks (grab n’ go)

Groruddalssatsingen is an initiative from the municipality of Oslo and the government to create various improvements in selected services and neighboring communities in the Grorud district. The initiative and investments last from 2017-2026. The projects around Ammerud started with a comprehensive participation process to make a clear-cut framework for design and content. A special desire and need for meeting places related to exercise and physical activity and a stage and play-area for young children were identified. The project was built in two phases, The Ammerud Gym and The Ammerud Tunnel in the summer of 2015 and The Ammerud Atrium the following year.

*Cycling to stop 2: 2 min.*

**Stop 2:** AMMERUD TUNNEL (PASSING THROUGH)  
*Time:* Cycling through  
*Theme:* The Groruddal initiative and the participation project

The development and design of The Ammerud Tunnel was initiated by a student project from AHO. The tunnel is a part of several other projects at Ammerud that has transformed areas that were previously negative and dark infrastructure space, to become attractive and identity-strong meeting places in the local community. The tunnel has a climbing wall and the city's longest monkey bar.

*Cycling to stop 3: 5 min.*

**Stop 3:** URBAN NATURE + ECOLOGY AND BLEIKEDAMMEN  
*Time:* 09.40 – 10.30  
*Theme:* Biological diversity, and water cleansing through biological filters  
*Speaker:* Kristoffer Bøhn from SABIMA (environmental organization who focuses on biodiversity loss)
Looking at how Oslo is placed geographically, facing south, close to water, well protected and with a friendly climate, it’s easy to understand that people settled here thousands of years ago. It’s also easy to understand that the area must have been a unique hotspot for biodiversity. More surprisingly perhaps, the modern Oslo still holds a rich wildlife. Careful planning will contribute to maintain as much of possible of the “green city”, and that will be of great value not only for nature itself, but also for the well-being of its inhabitants.

Grorud park project established a continuous landscape and recreational corridor from Lillomarka, via Grorud park, through to Leirfossen (waterfall) and Hølaløkka. The open watercourse with thresholds that form small and larger water levels create good biotopes for animals and plants. Water quality has improved significantly, as a result of measures for natural cleansing of stormwater, the soil and increasing the watercourses self-cleansing ability.

Cycling from stop 3 - 4: 30 min.

**Stop 4: SVARTDAL PARK**

**Time:** 11.00  
**Theme:** Primeval forest

This is a piece of wild nature in the middle of Oslo. It is a primeval forest with unique deciduous trees. Area is organized with walkways and suspension bridges across and along the Alna River. The valley of Svartdalen is the last part of Alna River you can follow on the surface before it is led underground to the fjord.

Cycling from stop 3 - 4: 10 min.

**Stop 5: ACTIVISM + VOLUNTEER WORK—GAMLEBYEN SPORT OG FRITID**

**Time:** 11.30 – 11.45  
**Theme:** The Town in the Clouds playground - Gamlebyen Sports and Leisure

A playground and a skatepark built on voluntary effort by a unique community of urban activists in Gamlebyen (Old Town). This project has transformed a backside of the city and a left-over highway bridge into a lively place for the neighborhood and a destination for skaters and children from all over the city.

After this we bike to the City Hall where the tour ends. 10-15 min.