



Find out more about Trivselbygden at trivselbygden.se

The beautiful area Trivselbygden is located in the borderlands between Halland, Småland and Västergötland. This wonderful landscape, with its many glittering deep blue lakes, lush deciduous forests and red-tinted wild strawberry meadows, is the habitat for a multitude of animals and plants both great and small. At times, the old-growth fir and pine forests are adorned by characteristic carpets of moss and the fantastic scents of summer. In the blink of an eye, the landscape picture changes and fertile fields and meadows dominate withgrowing cairns and wild flowers.

Scattered through the forests like a string pearls, you will come across lakes of various sizes with abundant stocks of fish. Together with the blue waters of the Ätran river, which meanders calmly and serenely southwards through the valley, this is a paradise for both hikers and bird watchers, as well as for canoeists and fishing enthusiasts!

During your stay in Trivselbygden, you will constantly be standing on historical battlefields. Once upon a time, this was the border between Halland, then part of Denmark, and Sweden and many bloody battles were fought in these green fields before peace finally arrived. Periodically, the area was so badly torn and devastated by war that nearly 90% of the farms were exempt from paying taxes. At present, the traces left by wars are still visible in the form of old embellishments, fallen ancient castles and distinctive boundary stones, to name a few examples.



There are numerous ancient monuments and interesting historical buildings, waiting to reveal their exciting stories just for you. Ancient burial sites, rune stones, cultivation cairns and long stone walls also give the natural environment its distinctive genuineness. We dare to say that there is a gem for everyone here: on land or at sea, on a modern plant or in a clearing in the forest. You will find here places that will touch your heart – your journey begins here!

#### TOURIST INFORMATION

Thanks to the fact that Trivselbygden includes villages from three different municipalities, you have a number of tourist agencies to turn to for more information and an improved holiday experience.

SVENLJUNGA: MARK: FALKENBERG: FEGEN: +46 325- 183 07 +46 320- 21 81 00 +46 346- 88 61 00 +46 70-29 84 435 KINNAGATAN 2. BORÅSVÄGEN 40. HOLGERSGATAN 7, UHLABOVÄGEN 1. 512 51 SVENLJUNGA 511 54 KINNA 311 34 FALKENBERG 311 52 FEGEN

The area also has local "info-points" where you can also get good tips and advice.

2 TRIVSELBYGDEN

# Hiking

### IN THE BEAUTIFUL TRIVSELBYGDEN

Whether you belong to those who obviously book a range of activities on your holiday, or if you are looking for stillness for recovery and reflection, it can make sense for body and soul to spend a few hours out in the pleasant countryside's (Trivselbygden) beautiful recreation areas. The paths and trails are differently designed, passing through forests and along lakes, over historically interesting lands and to beautiful vantage points. You can hike on roads, forest paths, in mountainous or flat terrain – the choices are entirely your own.

It is common for our routes to be signposted or described in stages, and on several of them there are tables and benches for rest and socializing. Why not bring the picnic basket and eat lunch in the open air?!

More information, maps and brochures of the area, can be found at the tourist office in Svenljunga, Falkenberg, Fegen and Kinna.

#### ÖSTRA FRÖLUNDA

### Kurirleden

Coordinates: 57.335661, 13.0331103

Hiking trail, 50 km, running between Kindahus in Östra Frölunda and Öresten fort in Mark municipality. Around 600-700 years ago this would have been a route ridden by couriers (kurir) carrying post between the two strongholds. NOTE! Sometimes there's poor maintenance and lack of signage.

Photo Madeleine Redman

Wander through stunning forests and along mirrorored lakes at your own pace.

HOLSLJUNGA

### Gräne Mine

#### Gräne Gruva 1, 512 64 Holsljunga

The area around the old Gräne Mine has a number of hiking trails. Trail No. 1 runs for 1,800 metres up to the top of the hill. There are picnic tables both at the top of the hill and along the trail. Both rest areas have a fantastic view of Lake Hallången. Trail No. 2 is 3,600 metres long, initially follows the old railway embankment and crosses the bridge before turning north towards goat ridges, kettle holes, water locks and other sights, after which you turn back to the mine. Work on a "troll" trail of approximately 400 metres began in 2020 and is due for completed in 2021. This is directly adjacent to the mine and there is information on local flora and fauna along the trail, where we hope the occasional troll may be spotted among the rocks. Trail No. 3 runs from the car park northwards up to the south of Lake Holsjön, then past Fäxhult's Mineral Springs, and past Fäxhult's Cave to end in our Rhododendron Park. Rhododendron Park now has around 500 bushes, which we hope will bloom in May and June; take the time to sit and meditate by one of the three ponds.

Next to our barbecue area is a roofed shelter and windbreak. Our popular Trollstig (troll trail) is nearby with Gruve the mine troll, and an adjoining play area, also under expansion.

#### ÄLVSERED

### Östdanmark hiking trail

Ålarp, 311 63 Älvsered +46 70-34 12 580

gransleden.se

The trail starts at "Hättesten" in Ålarp. The stone is an ancient boundary mark between the former Danish Halland's province and Sweden. Here you can hike on historical grounds on one of Halland's most beautiful trails! The hiking passes through large forest areas, by streams, lakes and bogs with footbridge paths. Along the trail there are five geocaches hidden and there are also 35 displayed signs aimed to inform about the historical events that have taken place along the trail. Two alternative routes; A circular loop of 9 km and an A to B loop of 17 km are available. Food, coffee and lovely baths are available to enjoy near the trail.

#### KINDAHOLM

### Pilgrim's way hiking trail

Starting from any church in Kindaholm: Mårdaklev, Kalv, Håcksvik or Östra Frölunda.

On historical grounds, in a fairy-tale nature, you walk entirely at your own pace between the four churches in Kindaholm. Pilgrimsleden (Pilgrim's Way) is well marked with red signposts and is about 44 km long. The hiking goes on trails and smaller roads with low traffic and the enchanting beautiful places are replacing each other along the way. The trail can be started at any of the four churches, or at one of the neighbouring destinations. Food, coffee, accommodation and cooling baths are found along the route.

#### MÅRDAKLEV

### Klev Nature Reserve

#### Klevs Gästgiveri, 512 62 Mårdaklev

The beautiful nature reserve has a multitude of trails with great information boards in Swedish, German and English. Texts and images describe the species of plants and animals that live there, and also the area's exciting military history. The trails run through troll forests and glades, uphill and down and past ancient remains. The site was long one of Sweden's southernmost fortifications, and many bloody battles were fought here! The breathtaking wooden steps up the cliff lead to a lookout point with spectacular views. Picnic tables, a café, local museum, handicraft shop, a B&B and an evening restaurant can all be found in the area.

#### KAL'

### Backa hiking trail

Övre Backa 1, 512 61 Kalv

Starts from the picturesque Backa Loge, along the beautiful shores of Lake Fegen and into the nearby wilderness. Beautiful and peaceful in varied nature with bathing, diet and lodging facilities in connection. Distances of 2.5, 5 and 7.5 km.

#### ÖXABÄCK

### Jogging Track at Öxasjön lake

#### Öxavallsvägen 10, 511 95 Öxabäck

Starting at the Hagavallen, five very nice jogging tracks are run by Öxabäck's VIK. The tracks are between 1.6 and 13 km long and go through beautiful nature and close to the deep blue water of Öxasjön' lake. The loop at 1.6 km is illuminated.

#### HOLSLJUNGA

### Näset

### Fridolfs väg 3, 512 64 Holsljunga

Two walking trails next to glittering Holsjön lake, considering Holsljunga Camping & Café as the starting point. The trails are 1.8 and 2.8 km long and the surroundings has everything that one desires. Along the path there are several picnic areas and one may see as well several exercise equipment.

#### HÅCKSVIK

### Påarps Gård

#### Påarps Gård 1, 512 95 Håcksvik

There are several hiking trails of different lengths, including the famous 'Farmer's Mile' that begins from Påarp's Gård's magnificent location. No matter which one you choose, you'll be rambling through striking natural beauty with meadows, woods and streams along your trail.

#### HÅCKSVIK

### Kisteberget hiking trail

Drive from Håcksvik towards Sjötofta. After 1 km, stop the car beside a small blue sign pointing towards a forest road.

Follow the blue marked poles for 1.5 km where an adventure awaits you at Kisteberget. See more information under See & Do/culture/ Kisteberget.

ÄLVSERED-ULLARED

### Pyttebaneleden, 15 km (Hiking & biking trail)

The route runs between Älvsered and Ullared, on old embankment with heavily packed gravel. The trail is easy and about 15 km long. with three picnic areas and several interesting information signs along the way. Occasionally, it follows the beautiful Högyadsån and offers both exercise, beautiful views and quiet nature. Food, swimming and accommodation facilities are available in close proximity.

HOLSI JUNGA-ÖVERLIDA

### Pyttebaneleden, 8 km (Hiking & biking trail)

In 2021 and 2022, the section between Holsljunga and Överlida was renovated and gravelled to form a cycle track. The trail will be signposted as Pyttebane Trail in time for its inauguration in June. However, information boards about points of interest along the trail will be delayed until next year. But we can mention that a rest area will be constructed by the bridge over the Hiån river, roughly at the halfway point. There will also be a renovated motorised rail trolley and a section of track on sleepers.

SVENLJUNGA-HOLSLJUNGA

### Holsljunga tour

The tour goes on gravel roads and smaller country roads in a varied landscape. At times, the big forest fades gradually, being transformed afterwards into open farmlands with fertile lands and blue watercourses. Alternating flat and hilly areas Along the tour there are accommodation opportunities for the overnight stay as well as the possibility of lighter ingestion and a dip in the blue! Cycling following a map with detailed stage descriptions.

FALKÖPING-FALKENBERG

### Ätradal Trail

197 km

Panoramic forests, open landscapes and stunningly beautiful lakes. Under the above said for nearly 20 mil, your senses are fed with memories for life. The bike trail runs between Falköping and Falkenberg and the entire 146 km runs on car-free embankment with heavily packed gravel. The sights and cultural remains along your path are many, and perhaps you will find your favourite place to stay and refuel energy. Make a short detour and the entire Trivselbygden is in front of you!

### Pilgrimsleden (Pilgrim's way hiking trail)

KINDAHOLM

Starting from any church in Kindaholm: Mårdaklev, Kalv, Håcksvik or Östra Frölunda. On historical grounds, in a varied landscape, you bike entirely at your own pace between the four churches in Kindaholm. Pilgrimsleden (Pilgrim's Way) is well marked with red signposts and is about 44 km long. The journey goes on trails and smaller roads with low traffic, through lush beech forests and rolling farmlands. The trail can be started at any of the four churches, or at one of the neighbouring destinations. Food, coffee, accommodation and cooling baths can be found on the route. A passage rich in cultural relics!

ÖSTRA FRÖLUNDA-HÅCKSVIK-KALV-MÅRDAKLEV

### Kindaholm's tour

Round loop between the villages: Östra Frölunda, Håcksvik, Kalv and Mårdaklev. Starts from and ends at Östra Frölunda church. The Kindaholm's tour goes on gravel roads and smaller asphalt roads and nature is constantly changing with deciduous forests, streams, spruce forests and meadows every now and then. Here the terrain is relatively flat and the area is quiet and beautiful. Accommodation, café, shop, cooling bath and a host of cultural attractions, are located along the route. Two nature reserves are also close by. A cycle ride that invites reflection and peace of mind. Cycling by stage description.

TORESTORP- ÄLEKULLA-ÖXABÄCK

### **Torestorp tours**

41 km/20 km

The cycle trail starts in Torestorp. You travel around on minor roads in the beautiful countryside of old farmlands and deep forests. You will be mostly cycling along minor gravel or asphalt roads where other traffic is almost non-existent.

GOOD TIPS AND GOOD MAPS FOR WONDERFUL CYCLING EXPERIENCES CAN BE FOUND AT OUR BEAUTIFUL TOURIST OFFICES AND ON THE WEB.

SVENLJUNGATRANEMO.SE FALKENBERG.SE UPPLEVMARK.COM



NATURE & OUTDOOR ACTIVITIES



Do you also love to fish?! Regardless of whether you made a conscious choice or if you have been simply lucky, we can only congratulate you-as you have ended up in the right area!

Trivselbygden is in itself a small fishing paradise with hundreds of lakes, streams and rivers. There are small and large lakes, deep and cold, shallow and with a little warmer water. Fishing can take place from land, from jetty or from any maritime vessel: motorboat, rowing boat or maybe canoe. Even a float raft is available for experiences out of ordinary. The entrepreneurs in the area are knowledgeable and are happy to assist you in your choice of equipment, means of transport and location-all according to your conditions and wishes! If you wish to sit alone by a gentle lake one day, you can quickly move to a larger, more well-visited fishing area the next day. Be your own trip planner and customise your own ultimate fishing package!

At ifiske.se you will find the necessary information about all the Trivselbygden's fishing conservation areas, where you can buy fishing licenses, put in the boat etc. Should any fishing area not be posted at ifiske.se, there is a website address where the information is available. There are excellent fishing brochures and maps at our tourist offices, as well as at some of the area's minor tourist information units involving the commitment of dedicated entrepreneurs – everything to make you feel safe and welcome here!

FISHERY CONSERVATION AREAS (FVOS ) BELONGING TO TRIVSELBYGDEN:

ÖSTRA FRÖLUNDA-MÅRDAKLEVS FVO I VITASJÖN FVOF I GRAVSJÖN FVOF I HOLSLJUNGA FVO I ÖVERLIDA FVO I HÖGSJÖNS FVO I ÖXABÄCKS FVOF I KALVS FVOF I MOGA- ANNLARPS FVO I HÖGVADSÅNS FVO

Fishery conservation areas consist of associations that own fishing rights to their waters and decide which rules apply in each fishery conservation area.

KALV

### **Kalv Family Camping**

Kyrkbyn, 512 61 Kalv

kalvs camping.se

Boat, canoe, kayak and bicycle rentals. Own fish cleaning station with access to freezers during your stay. Houseboat with overnight stays, from which fishing is permitted. Find out more under 'Accommodation'. Sale of fishing permits and camping permits.

HÅCKSVIK

### Påarps Gård

Påarps Gård 1, 512 95 Håcksvik paarpsgard.se

Fishing guidance, rental of boats, fishing equipment etc. Own lake with the game fish, including among other things the fine rainbow trouts. Transport to and from different fishing waters. Also organizes fishing events. Sale of fishing licenses. Find out more under 'Accommodation'.

KALV

## Joarsbo Farm Shop and Cabins

Joarsbo, 512 61 Kalv joarsbo.com

HOLSLJUNGA

## Holsljunga Camping & Café

Fridolfs väg 3, 512 64 Holsljunga +46 709-69 62 60

holsljungacamping.se

Rowing boat, canoe, Kayaks and Stand Up Paddle (SUP) board rental. Picnic baskets can be ordered in the café to take with you on fishing trips. A defibrillator is available. Sale of fishing licenses. For more information, see: "Accommodation" and "Restaurant & Café".

ÖXABÄCK

### Stockasjöarna

Stockasjöarna, 511 95 Öxabäck +46 73-71 63 429, +46 70- 25 22 844

stockasjoarna.se | • Stockasjöarna info@stockasjoarna.se

Visit us for a first-rate nature experience with a beautiful area for country walks right next door. What we offer are two Put and take lakes, Lilla och Stora (small and large) Stockasjön, with jetties adapted for fly fishing. In our lakes is found the rainbow trout with examples of the best quality, some of them with a weight of more than 8 kg. Between casting you can cook up something tasty at one of our barbecue areas, or why not book our grill hut and secure the barbecue conditions. We also arrange events where the entire facility can be rented and the guest can also get the food delivered. Please visit our website for booking and opening hours. Welcome!

ÖVERLIDA

## Överlida Camping & Holiday Village

Holsljungavägen, 512 60 Överlida overlidacamping.se

Rental of motorboats, canoes and kayaks. Sale of fishing licenses. For more information, see: "Accommodation" and "Restaurant & Café".

ÄLVSERED

### Sävekulla Countryside Accommodation

Sävekulla 110, 311 63 Älvsered +46 702-88 19 38

sävekulla.se

Boat and fishing licenses are included in the rent of the cottage/house on the farm. More info can be found under: "Accommodation".

KALV

### 25 Backa Loge

Övre Backa 1, 512 61 Kalv backaloge.se

Nice fishing waters in the proximity. Canoes, rowing boat and SUP board rental. For more information see under "Accommodation" and "Restaurant & Café".

ÖVERLIDA

### Överlida Fisheries Conservation Area

**+46 73-044 60 48** overlidatvo.se

Our lakes are rich in roach, perch and pike. Boats can put in and boats can even be borrowed in Stora Hallången. For further information, please visit out websiteor ifiske.se.

ÄLVSERED

### Högvads Canoeing & Fishing Adventure

Ödegärdsvägen, 311 63 Älvsered Coordinates: 57.241596, 12.872488 +46 76-0276130

Canoeing and Fishing Adventures! Rent a canoe and paddle in a cosy small river, free fishing on the route is included.. Experienced landlords with good knowledge of the area Only 15 kilometres north of Ullared.

8 🌞 NATURE & OUTDOOR ACTIVITIES



Trivselbygden area offers outstanding opportunities for an unforgettable paddling experience. The area has rivers and lakes with both calm and slightly wilder water and no matter where you choose to paddle, you will be greeted by a breathtaking nature that is very generous in everything it offers.

In the area there are several operating canoe rental companies who considers as their privilege to share their knowledge with just you! If you are persevering and adventurous, you can choose to paddle both upstream and downstream, but it is just as wise to book transportation back, after you paddle to your exposed target. Life jackets are of course available! In the "Kindaholm" area, i.e. in the villages of Östra Frölunda, Mårdaklev, Kalv and Håcksvik, there are no less than 12 camp sites with excellent conditions for one or more nights out in Swedish nature. All of them have waste disposal, toilet and equipped with BBQ facilities with wood storage. Some have shelters. Imagine the peace that arises at the crackling flames of the campfire, with only the unspoilt nature right next to it. The food bag has probably never tasted tastier!

Tip!
Buy your camping
checks digitally at
ifiske.se

#### NOTE!

To use the campsites, you need to have purchased camp checks in advance. The supervisor ensures that the sites are managed and that camp checks are used. Contact the tourist office in Svenljunga or in Fegen for information about purchasing camp checks etc., or buy them digitally at ifiske.se.

CANOE RENTAL IN THE KINDAHOLM AREA, AROUND THE LAKES KALVSJÖN, FEGENSJÖN. ETC:

KALV/BACKA ÖVRE

### Backa Loge

Övre Backa 1, 512 61 Kalv +46 70 45 39 339

backaloge.se

KALV

### Kalv Family Camping

Kyrkbyn, 512 61 Kalv +76 325 512 58

kalvscamping.se

HÅCKSVIK

## Siggebergs' flea market

Håskavägen 5, 512 95 Håcksvik +46 70-69 68 519

hacksvik.se

THERE IS A VERY NICE TOUR TO PADDLE IN HÖGVADSÅN, FROM ÄLVSERED AND DOWN TO HACKARPSSJÖN. CANOES ARE RENTED EASILY BY:

ÄLVSERED

### Högvads Canoeing & Fishing Adventure

Ödegärdsvägen, 311 63 Älvsered Coordinates: 57.241596, 12.872488 +46 76-0276130

hogvadskanot.se | 🚺 📵 hogvadskanot hogvadskanot@gmail.com

Canoeing and Fishing Adventures! Rent a canoe and paddle in a cosy small river, free fishing on the route is included.. Experienced landlords with good knowledge of the area Only 15 kilometres north of Ullared.



IF YOU OPT TO PADDLE AROUND ÖVERLIDA OR HOLSLJUNGA THE FOLLOWING CANOE RENTAL COMPANIES ARE AVAILABLE:

ÖVERLIDA

## Överlida Camping & Holiday Village

Holsljungavägen, 512 60 Överlida +46 325- 324 39

overlidacamping.se

HOLSLJUNG

## Holsljunga Camping& Café

Fridolfs väg 3, 512 64 Holsljunga +46 70-96 96 260

holsljungacamping.se

🛈 🎯 Holsljunga Camping & Café

Go paddling on beautiful Lake Holsjön. Go ashore on one of the many fine islands for a dip from a 'deserted' sandy beach or go straight across the lake for a walk to Gräne Mine. Suitable for families, beginners or the more experienced. Picnic baskets to take along on your paddling trip are available in the café. Defibrillator available.



10 👺 NATURE & OUTDOOR ACTIVITIES



KALV

### 34 'Kalvsjön'

Green bathing spot/area open to the public. The sandy beach and small rocks are surrounded by beautiful greenery and lawns with plenty of space. Great location and close to parking and Mulltoa type.composting toilet system. Barbecue area, benches and dressing booths are available. Located next to address: "Solvik". Close to the shop and café.



HÅCKSVIK

### 'Skäremosjön'

A communal bathing area open to the public. Nice piers at an angle with shallow water inside the piers. Sandy beach adjacent to the bath, suitable for picnics and a nice moment in the lounge chair. Parking right next to it and there is also an outdoor toilet. The lake is located about 4 km from Håcksvik towards Sjötofta.

ÄLVSERED

### 'Nabben'

Small sandy beach and large lawns with plenty of seating, offers this fine communal bathing area at the lake Horsasjön. U-shaped pier with framed shallower bathing place for the little ones and beach volleyball field for the slightly older visitors. Barbecue area and benches are available. Adjacent parking and toilet. Close to restaurant and shop.

MJÖBÄCK

### 'Korrasjön'

Small and cosy communal bathing area, located-on a slope above the fire station in Mjöbäck. Nice grassy beach with barbecue area and benches for cosy summer meals. Nice piers, close to the parking and with scent from the forest.

ÖSTRA FRÖLUNDA

### 38 1

### 'Vitasjön'

Lush bathing spot with jetties, sandy beach and lawns. Great opportunities for picnics and barbecues. Parking and waterless composting toilets are located in the proximity. The bathing area is open to the public and is a piece into the forest. Follow the signs "Vitasjön" along the road between Mårdaklev and Östra Frölunda.

ÖXABÄCK

### 'Öxasjön'

Small cosy sandy beach just outside the community, open to the public. Large lawns to play and have a picnic on. The water is waiting for the piers and a bit out there is a jump raft. Close to the car parking and waterless composting toilets.

HOLSLJUNGA

## 'Holsljunga bathing beach, Kyrklandet'

Beautiful, shallow, child-friendly 300-metre sandy beach at Holsjön. Open to the public. Sunbed, rowing boat, canoe, kayak, SUB board and bicycle rentals. Great jetties, one of which is handicap accessible. Close to a café with light refreshments, sandwiches, coffee and tea, waffles and ice cream. Car park, barbecue area and toilets. Dogs on leashes welcome on parts of the beach. Defibrillator available.



ÖVERLIDA

### 'Näset'

Lovely sandy beach at the lower Hallången, open to the public. There is a nice L-pier with a diving tower, swings, picnic tables and a good barbecue area. There is a short walk from the car park through beautiful words to reach the bathing area – the trail is illuminated from dusk to 22:00 every day.

12 \*\* NATURE & OUTDOOR ACTIVITIES



Where are your steps leading you this summer?

ÖXABÄCK



Långås Hembygdsgård 1, 511 95 Öxabäck +46 073-05 33 769

goran.oxaback@gmail.com

Långås is an old croft from the 19th century which has been in the ownership of the local heritage society since the early 1970s. Långås croft stands in a peaceful and protected location within the forest with no electricity or water. Here you can see how people lived in times gone by. A variety of activities are organised at Långås every year, such as Christmas celebrations and "slåttergille" (hay-making feast).

ÖXABÄCK

### Sockenstugan

Öxabäcks Kyrka, 511 95 Öxabäck +46 073-05 33 769

goran.oxaback@gmail.com

This small cottage, located in the proximity of the church, originates from the end of the 17th century. It was built by the parish to be used as a hospital, thus as care for the sick and infirm. Nowadays the building serves as a museum for objects that locals donated to the local heritage society.



ÖXABÄCK



### Hagavallen

#### Öxavallsvägen 10, 511 95 Öxabäck

Historical and listed sports ground. Öxabäck is called the cradle of women's football with its legendary women's team, Öxabäcks IF. Some workers at the village's garment factory joined forces and started playing football together in their spare time. This was the kick-off for the women's team that was officially launched in 1966, and was one of the of its kind in Sweden. Before it was disbanded in 1995, the team had brought home six SM GOLD and six WINS in the Swedish Cup. Today it is only the men who play football at Hagavallen.

ÖXABÄCK



### **Brokvarn**

Brokvarn 3, 511 95 Öxabäck +46 73-05 33 769

goran.oxaback@gmail.com

Öxabäck's hembygdsförening (local heritage society) owns Brokvarn with its mill and sawmill, which is run by water power. There is also a mediaeval stone slab bridge and a stone arch bridge from the 1830s, as well as an attractive nature trail that takes around 30 minutes.

HÅCKSVIK

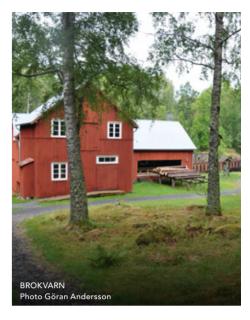


### **Kisteberget**

512 95 Håcksvik

Drive from Håcksvik towards Sjötofta for approximately one kilometre. Then follow the blue signs.

Mythical location just outside Håcksvik. "Kisteberget" has a deep karst formation that you can go down into. It's rumoured that there's ancient treasure buried there. You wouldn't be the first to try to salvage it because many have tried before, and failed. If the legend is correct, it would be gold coins worth a king's ransom. It would be guite an advantage if there were several of you in the party because there is a challenging cleft in the rocks that you might like to take on. It's narrow, high and winding, so you might get a few butterflies in the stomach when you squeeze your way in and clamber down to the bottom. Once there, you can certainly sense the lightly damp air that greets you from the high rock walls and the thought hits you that this is a place you want to be sure to be able to get out of. At the same time, the heart beats a little faster and you are proud and satisfied when you do come out. Certainly worth a cup of coffee from the picnic basket! More information under "Hiking".



HÅCKSVIK



### Kvarnagården

Between the lakes Kvarnsjöarna and Ballasiön, 512 95 Håcksvik Coordinates: 57.347032, 13.114933 +46 325-520 30

Håcksviks Hembygdsförening hembygd.se/hacksvik

There are three buildings here with a forge, a lathe and a shingle planer. The water wheel has been recreated, along with the whole of this historic industrial environment. The water wheel and machines are operated on certain dates. See "Activities" on our home page for opening hours etc.

HÅCKSVIK



### Klockaregården

Klockaregården, 512 95 Håcksvik +46 325-520 30

Håcksviks Hembygdsförening hembygd.se/hacksvik

Unique painted wall panels! In 1848 well-known painter Sven Erlandsson painted 33 biblical motifs on paper, which he pasted onto the walls of this hall. The colours are very clear and distinct. Open for guided tours in the summer. Find out more on our website.

O THINGS TO SEE & DO

HÅCKSVIK

### 49 Gammalsjö kvarn

Gammalsjö kvarn, (Gammalsjö mill) 512 95 Håcksvik Coordinates: 57.263404, 13.175982 +46 70-79 76 915

A "tullkvarn" (a mill that charged a fee) from 1850 with a mill wheel measuring a full seven metres in diameter. The door is always open and the information boards hang on the walls of this fine, old mill. Very beautiful and peaceful forest environment.

HÅCKSVIK

### Mor Britta's Cabin

Near S. Ingärdebo, Håcksvik +46 325 520 30, +46 70 3 471 905 hembygd.se/hacksvik

Mor Britta's cottage is beautifully situated by the lake, on a promontory near Södra Ingärdebo. The cottage was originally located in Bosebo and was called Mor Britta's Distillery because it was the way she built up her fortune. In the cottage there are utensils and furniture that were used in the old peasant home. The local heritage association organises an annual quiz walk. This is an ideal spot for a cup of coffee among the pine trees. Bring your own picnic basket. See website for more information.

HÅCKSVIK

### Olofsbygget

Near Håcksvik Community Centre +46 325-520 30, +46 70 34 71 905 hembygd.se/hacksvik

Old peat roof cottage that has been moved to its current location near the community centre. Inside, you will find furniture and textiles of the time. In the summertime, Sunday coffee is served with homemade bread and now and then a fiddle-player might turn up. See the website for information on opening times, etc.

ÖSTRA FRÖLUNDA

### Kindahus

Kindahus, 512 63 Östra Frölunda Coordinates: 57.335661, 13.0331103

Ruined fortress on a peninsula where the Ätran and Lillån rivers meet. Kindahus is documented in "Erikskrönikan" (the Eric Chronicle) and constituted Sweden's most southerly frontier fort against Danish Halland. Kindahus was besieged and destroyed by the Danes in 1502.

ÖSTRA FRÖLUNDA

### 53 Lerbäcksbyn

Lerbäcksbo Överbyn 1, 512 63 Östra Frölunda +46 325 303 03, +46 76 47 33 166 lerbacksbyn.se l 3 Lerbäcksbyn christina@lerbacksbyn.se

Lerbäcksbyn village was in the 19 century a significant förläggargård (larger estate originally housing the owner) and almost all houses from that time are still there at present. Together they form a unique farm environment, where groups are received for historical dramatized guiding and coffee service. The farmhouse can be rented for longer or shorter periods, in the "dye-house" you can rent rooms and in the garden there is the possibility to camp or set your recreation van/motorhome for a few days. Kindaholm's way goes through the Lerbäcksbyn village. Guided tour also in English. Welcome!



KALV

### Kummeludden in Gammalsjö

Kummeludden, 512 61 Kalv Coordinates: 57.246025, 13.145136

Bronze Age burial site on a promontory in Lake Fegen. The foliage of the beech woodland extends like a roof over the 35 graves, proof that this site has been inhabited for over 2000 years. A place of tranquillity on the shores of Lake Fegen.

KAIV

### **Stone Cottage**

Stenstugan (The Stone Cottage), 512 61 Kalv +46 70 69 46 567

Kalv's local heritage society was established 1950. A ridge cottage (ryggåsstuga) in Tranebäck donated to the municipality of Kalv was then taken over. This ridge cottage (ryggåsstuga) now forms, together with a relocated small byre/cowshed, linbasta (linen sauna facility for its drying preparation) and carriage/coach house, Kalv's local heritage centre. The collections include in addition to older utility items, a very old dugout, which was taken from the Södra Svansjön (southern Swan Lake). For access to the local heritage centre, please call. Welcome!

MJÖBÄCK

### 56 Tokabo

Tokabo Hembygdsgård 1, 512 65 Mjöbäck +46 325-340 30, +46 325-342 19, +46 70-61 70 004

mjobackhembygd.se, mjoback.snabber.se

The local heritage centre in Tokabo is run by Mjöbäck's highly-active local heritage society. The houses are in very well preserved condition and are a delight to visit. There are summer cafés on Wednesday evenings in July, as well as many other activities all year round. Visit the website for more up-to-date information on summer activities.

HOLSLJUNGA

### Högelycke Homestead Cottage

Fällhult Högelycke 1, 512 64 Holsljunga +46 70 66 33 381

holsljunga.se

Holsljunga's local heritage society hembygd@holsljunga.se

Högelycke croft is from the last half of the 18th century and was originally a croft under Fällhult farm. Holsljunga's local heritage society bought the croft in 1983 and Högelycke is now used as the village's Homestead Cottage.

HOLSLJUNGA

## Preacher Jacob Otto Hoof

Floghult, 512 64 Holsljunga Signposted with parking area and short path. Coordinates: 57.424897, 12.941080

Jacob Otto Hoof (born in Floghult, Holsljunga) was a renowned revivalist preacher of the early 19th century Sweden. Around him, Hoofianism emerged and grew and people came from far away, walking long distances, to hear the proclamation of his preaching in Holsljungaskogen. Today he rests on his hometown cemetery, where a lying stone, of considerable dimensions, marks his tomb.





HOLSLJUNGA

### **Gräne Mine**

Gräne gruva 1, 512 64 Holsljunga Coordinates: 57.3748187, 12.919441 +46 0325 333 70, +46 073 04 31 156 Gräne Gruva

From 1899 to 1932, feldspar was mined in Gräne Mine, and was exported to the porcelain industry in Germany. The mine and the surrounding area is a unique environment with interesting acoustics and its own special atmosphere. On a sunny day, you can see the various types of rock glimmering in the light in the open-cast mine. Today the area has three hiking trails from which you can enjoy the area's beautiful nature and geology, along with its industrial history and the railway, and a whole lot more. Tables and benches have been set out in the area close to the mine, as well as a barbecue area. The area is being gradually expanded with new events under the supervision of Gruve the Mine Troll.

ÄLEKULLA

### Lunden Gardens

Lunden 2, 511 94 Älekulla +46 070 33 69 806

A flowering oasis specialising in thousands of brilliantly-coloured dahlias. Self-picking of dahlias from mid-August until the first night of real frost. Open on designated days during the dahlia flowering season in August and September. Visit the website for opening hours. It is also possible to book group and individual visits to the garden during this period. Welcome!

16 ♥ THINGS TO SEE & DO

HÅCKSVIK

### Siggeberg Flea Market

Håskavägen 5, 512 95 Håcksvik +46 70 69 68 519.

Out of hours: +46 70 54 22 542

hacksvik.se | 1 Håcksviks / Klubb Diverse

You are sure to find lots of flea market bargains here in Håcksvik's old shops. On the second floor you can purchase "MADE IN HÅCKSVIK" handicrafts. Rental of bicycles and canoes. Smaller "tourist office" offering tips on fishing and bathing in Håcksviks many lakes! Open Wednesday, Saturday and Sunday 14:00-17:00 See our Facebook page for opening hours.

ÖVERLIDA

### Överlidaljus

Köpmansvägen 4, 512 60 Överlida +46 70-41 50 328, +46 70-56 10 695

10 @ overlidalius overlidaljus@hotmail.se

Here you will find unique hand-made candles for both everyday use and special occasions. We offer candles with hand-painted motifs and in different shapes and colours. If you have your own idea, we can also make candles on demand. Wide range of seasonal and landscape lights, among other things! ALL manufacturing takes place in our own store where the visitor is also able to make an appointment to try out the craftsmanship. Welcome on Thursday and Friday: 16:00-18:00, Saturday 10:00-14:00. Other times by appointment!

ÖXABÄCK



### Öxabäck Antiques

Överlidavägen 13, 511 95 Öxabäck +46 70 51 94 281, +46 76 03 49 134 antikhuset.org

Antikhuset, Öxabäck @ antikhuset oxaback antikhuset@hotmail.com

Large selection of antique furniture and things from different eras and styles. Tables, chairs, cupboards and other furniture are intermingled with carpets, porcelain and retro posters. Here you may find something for every taste and wallet! No fixed opening hours, please contact us to book a suitable appointment. See "Antikhuset Öxabäck" on Facebook for daily opening hours!

MÅRDAKIEV



### **Viola's Handicrafts** and Flea Market

Kyrkbyn Källäng, 512 62 Mårdaklev +46 73 06 40 826

**⚠** Viola Fredman

Homely shop selling local handicrafts. Handcrafted jewellery (made from old nickel silver cutlery), knitted, crocheted, woven, etc. Wool and cotton yarns sold. There is also a flea market. Please visit me, Viola Fredman, on Facebook for opening hours.

MÅRDAKLEV



### Mårdaklev Heritage **Centre & Country Shop**

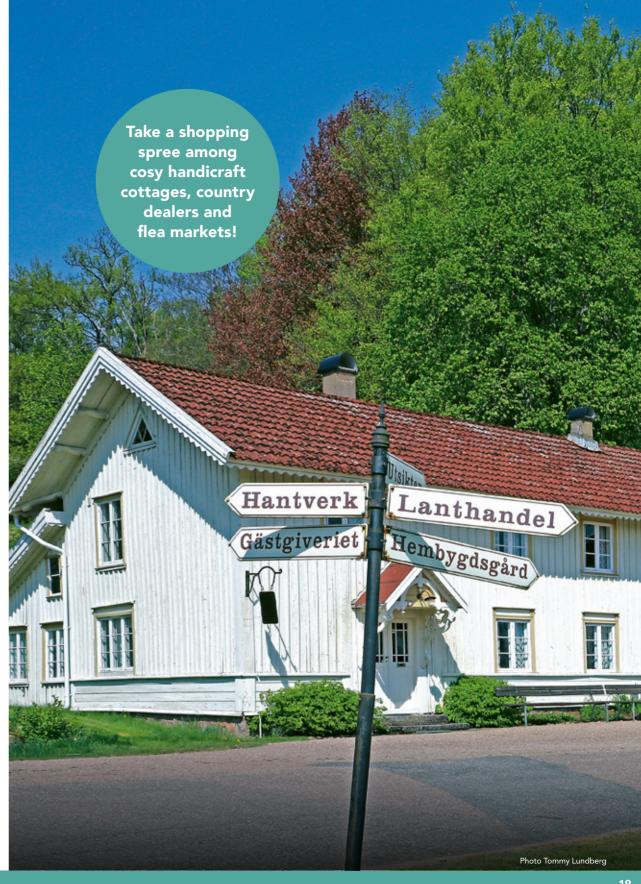
Klevs Gästgiveri, 512 62 Mårdaklev +46 70 56 89 930

Mårdaklevs Hembygdsförening jennymw1985@gmail.com

Local heritage centre on the beautiful Klev Nature Reserve, very well-preserved. This was once the site of one of Sweden's southernmost fortifications and was the scene of many bloody battles between the Swedes and Danes. The local heritage centre contains a treasure trove of everything from furniture and bric-a-brac to photographs and old church paintings.

The village shop sells local handicrafts, charming period children's clothes, great flea market finds, lottery tickets and yummy sweets. In 2022, the village store will also open a building conservation section with such things as linseed oil paints, carefully selected brushes and oils etc. The local culture centre is also a summer café with a large selection of home-baked pastries. Pause for coffee at one of the old tables or anywhere you choose in the beautiful outdoor surroundings.

Opening hours 2022: Saturday & Sunday 11:00-15:00 from Mother's Day 29 May through 14 August. Follow us on FB to see all our events, courses and news!



O THINGS TO SEE & DO

ÖVERLIDA

## Museum of industry & handicrafts

Hotellvägen 4, 512 60 Överlida +46 325 324 48

Numerous different businesses and interiors from the past, such as Överlida diversehandel in period style, the sub-post office and railway station from 1899, Överlida affärstryckeri from 1938, barber's, shoemaker's shop and school environment from 1914. Curious? You are welcome to get in touch with us!

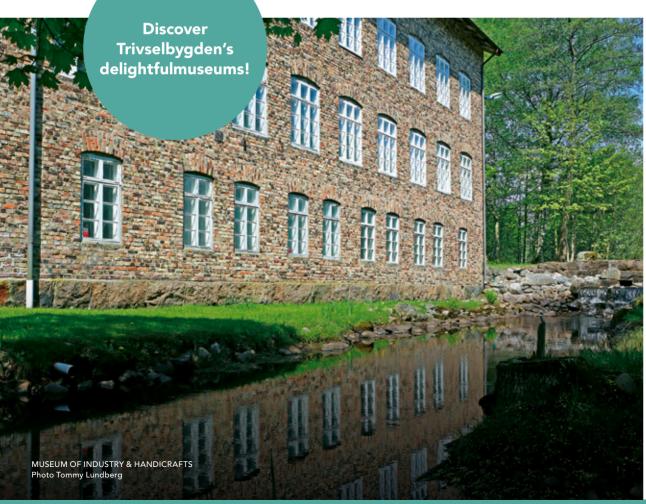


## Öxabäck women's soccer museum

Överlidavägen 13, 511 95 Öxabäck +46 70 51 94 281, +46 76 03 49 134 antikhuset.org

① Antikhuset, Öxabäck ② antikhuset\_oxaback antikhuset@hotmail.com

The lower floor of the "Antikhuset (Antique House)" welcomes a large exhibition about Öxabäck's notorious women's team, from the years 1966-1999. You may see here a lot of press clippings and photos from the time when Öxabäck IF took Sweden football by storm! The museum also has a large exhibition of tourist dolls. For opening hours, please visit our Facebook.



HÅCKSVIK

### Håcksviks minigolf

Håskavägen 5, 512 95 Håcksvik +46 70 69 68 519 Out of hours: +46 705422 542

hacksvik.se/turistinformation

Traditional mini-golf course in beautiful surroundings in the heart of the village. The clubs can be found at the Siggeberg's Flea market area or in small "treatment cure" next to the flea market. Always open to play!

KALV

## Kalvfestivalen11–14 august 2022

kalvfestival.se | 10 kalvfestivalen

18 years with Kalv as a meeting place for presenting contemporary art music, now also with international composition academy throughout the week. Visit our website kalvfestival.se for more information.

HOLSLJUNGA

### Stråviken Arena

Stråviken arena, 512 64 Holsljunga +46 70 35 05 810

holsljunga.se hif@holsljunga.se

Come here to enjoy some informal games and sports, and above all, have fun! Holsljunga IF built its arena on a wholly non-profit basis, through sponsorship and charitable contributions. It's there for everyone to use, whatever their age, gender or background.

HOLSLJUNGA

## Car meets at Holsljunga camp site

Fridolfs väg 3, 512 64 Holsljunga

There are car meets at Holsljunga campsite every Sunday from 15: 00–17: 00 from 8 May to 25 September. All fossil-free vehicles are welcome to exhibit. The campsite offers coffee and light refreshments for both exhibitors and visitors.

HOLSLJUNGA

### Mine Day

At Gräne Mine, we'll be celebrating Mine Day on 7 August 2022. For more information, see: "Hiking" and "Culture".

ÄLVSERED

### 3 Route 154

Falkenbergsvägen 10, 311 63 Älvsered +46 325 313 80

route154.se | 1 Route 154 Motell
 route 154 | info@route154.se

Are you tired of the heat or are you looking for shelter for the rain? Route 154 provides a range of indoor activities to brighten up your life, such as an 18-holes mini golf course, carpet curling billiards and darts play. The building has also very nice motel rooms for the ones who opt to extend their stay, and a restaurant with everything from American-inspired hamburgers to our very own schnitzels.

#### ÄLEKULLA

### 74) Skållareds Market

Skållared, 511 94 Älekulla Coordinates: 57.21010, 12.43898 www.skallaredsmarten.n.nu

Twice a year, Älekulla IF and Älekulla Skytteförening arrange the Skållared's Market. The spring market is in April and the autumn market in October. Here you can do special deals with the traders, hang out with animals, buy lottery tickets, sausages, waffles, pea soup and a whole lot more.

MÅRDAKLEV

### 75 Mårdaklev DiscGolfPark

Coordinates: 57.253252, 12.984114 Johnny: +46 70-629 09 06

Welcome to a round of disc golf at our newly opened course in Mårdaklev. Challenge the family or your buddies to find out who's the best player. The course is available on the UDisc app. Price: SEK 25 per day via Swish at venue. We welcome all contributions to help us make the course as good as we can; the money will go toward course maintenance.

20 THINGS TO SEE & DO

# Fairytale churches

IN TRIVSELBYGDEN

Trivselbygden boasts ten splendid church buildings, all with their own unique charm and architecture. It is difficult not to marvel at the high level of professional skills obtained by the people who created these buildings, wood carvers, stonemasons and painters. Some of the churches are open with café activities during certain periods of the year, others open to worship services, groups of children or at other special occasions. If you want to make a visit, the caretaker can be on duty, several times to assist you.



MJÖBÄCK-HOLSLJUNGA PARISH

### **Holsljunga Church**

made by Johannes Andersson from Mjöbäck. The revival preacher Jacob Otto Hoof is buriedin the church cemetery. The textile artist Elisabet Brenner is responsible for the latest colouration applied to the church. The church is open on Thursdays during July between 15:00-18:00. Service with music at 15:00. Home-baked pastries and coffee.

Sunday 17 July at 16:00 in Holsljunga Church 'Håll mitt hjärta'. Samuel Björkman, Eva Kälvelid and David Norén sing and play various instruments.



MJÖBÄCK-HOLSLJUNGA PARISH

### Mjöbäcks kyrka

The church was built 1851 and underwent renovation works during 2019. The pulpit, the altarpiece and the hymn-number boards were made by Johannes Johansson in Tokabo. The church is open on Mondays during July between 15:00-18:00. Service with music at 15:00. Home-baked pastries and coffee.

Thursday 23 July at 18:00 in Mjöbäck Church Summer music with Mjöbäck, Holsljunga, Kindaholm Church choirs and Bengt Olausson, accordion.



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MJÖBÄCK-HOLSLJUNGA PARISH

### Överlida Church

The church was inaugurated on 22 Dec 1963 and is also called the "Church of Gifts", as most of it is bestowed. Eva Spångberg has carved the altarpiece and a Mary statue adorns the church hall. The building resembles to a tent. Feel free to come inside an look around our distinctive church and enjoy home-baked fika. Opening conjunction with worship services.

Saturday 23 July at 18:00 in Överlida Church (Note the day!) Astrid Arvidsson, David Norén and Ann-Christine Aronsson. A glorious mixture of songs and instruments.

Sunday 31 July at 16:00 in Överlida Church Jenny and Samuel Grahn, songs and guitars. Songs of faith, trust, and meaningfulness in life

FOR FURTHER INFORMATION REGARDING FIKA AND RELIGIOUS SERVICES, PLEASE VISIT OUR FACEBOOK PAGE @MJOBACKHOLSLJUNGA

YOU CAN ALSO FIND US AT SVENSKAKYRKAN.SE/KIND/MJOBACK-HOLSLJUNGA



ÄLVSEREDS PARISH

### Älvsered Church

Externally, the panelled timber frame dating from 1838 is almost entirely preserved. The baptismal font is dated back the 13th century and is made by the so-called Fagered's master, working at the "Funtaliden" quarry. The great bell is one of the country's oldest church bells, which is still in use, and bears a runic inscription from the 14t century.

READ MORE ABOUT ÄLVSERED CHURCH ON SVENSKAKYRKAN.SE/FALKENBERG/ALVSEREDS-KYRKA KINDAHOLM' S PARISH

### Håcksvik's Church

This wooden church is built in neoclassical style and opened in 1826. It replaced the shingle-clad building that had served as parish church since Catholic times. The tower has its own history and may have originally been a watchtower when the old border ran along the Stång River. An altarpiece originating from the old church stands at the baptismal font which dates back to the 12th century. The church is open Sundays 3, 10, 17 and 24 July 15:00-8:00.

Sunday 3 July at 18:00 in Håcksvik Church Eivy vocal ensemble – a girl guartet singing songs and popular music in folksy tones. One or two instruments might also appear.

KINDAHOLM' S PARISH

### Mårdaklev's Church

For at least 800 years now, a church is erected on the hill surrounding the Ätran river. The current building was erected in the years 1875-1876 and the baptismal font dates back to 13th century, the altarpiece and the pulpit (preaching chair) are furnishings from the former 17th century church. The altarpiece depicts Christ on the cross and is declared to be the work of a Dutch master, a copy of Rembrandt. The pulpit (preaching chair) and altarpiece are created by Sven Nilsson Morin. The church is open Wednesdays from 29 June 14:00-16:00. Service at 14:00. Coffee, pastries.

Sunday 31 July at 16:00 in Mårdaklev Church Jenny and Samuel Grahn, songs and guitars. Songs of faith, trust, and meaningfulness in life.

KINDAHOLMS PARISH



### Östra Frölunda kyrka

Stone church is erected in 1826. The baptismal font in sandstone is octagonal and made in Västergötland (West Gothland region) during the 12th century. The pulpit (preaching chair) is quite unusual with its triangular shape and concave pad edges. It is adorned with two golden medallions, depicting Martin Luther and Gustav Vasa. The church is open in conjunction with worship services.

Sunday 17 July at 18:00 in Östra Frölunda Church 'Håll mitt hjärta'. Samuel Björkman, Eva Kälvelid and David Norén sing and play various instruments.

KINDAHOLMS PARISH

### Kalv's Church

Built in neo-Gothic style and inaugurated in 1900, after the previous 19th century church burned down. The new Kalv's church was build based on the drawings by Carl Crispin. From the former churches, the baptismal font dating back to 13th century and the wooden sculptures from the 17th century have been preserved. They adorn the west wall. At the back of the church, a work by Eva Spångberg is visible for the visitors, depicting the angel Gabriel and Maria. The Church is open Tuesdays from 28 June 09:00-11:30. Service at 09:00. Coffee & pastries in parish hall garden.

Sunday 10 July at 18:00 in Kalv Church Kind's string quartet will perform summertime music.

FOR FURTHER INFORMATION, PLEASE VISIT: SVENSKAKYRKAN.SE/KIND/KINDAHOLM



#### ÄLEKULLA PARISH

### Älekulla Church

The church is built in stone and originates from the Middle Ages. The church area within the building is richly decorated with paintings. The ceiling includes the six creation days, produced by the Church painter Ditleff Ross (1760). In 1794, these paintings were supplemented with motifs from Genesis, by I M Hultgren. The altarpiece is made in 1796. An older altarpiece dating back to 1687 is set on the southern long wall. The oldest inventory in the church is the richly decorated baptismal font in soapstone from the 14th century. The big bell is from 1590, the little bell bears the year 1732.

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#### ÖXABÄCKS PARISH

### Öxabäck's Church

Öxabäck's Church was erected in 1874-1875. The tower in the West has an unusual architecture and with its staircase tower it resembles the churches in Denmark. In the church there is a so-called the Calvary group painting - a Christ painted with Mary and John on Calvary. This is a prestigious cultural work in oak from the Middle Ages. A baptismal font of soapstone originates from end of the 13th century. The large bell is of a late medieval type.

READ MORE ABOUT ÄLEKULLA AND ÖXABÄCKS CHURCHES ON TORESTORPSPASTORAT.SE/KYRKORNA

THINGS TO SEE & DO



ÖVERLIDA

## Överlida Camping & Holiday Village

Holsljungavägen, 512 60 Överlida +46 325 324 39

overlidacamping.se

**(i)** Överlida Caamping info@overlidacamping.se

Beautiful camping and holiday village by the lake Lilla (little) Hallången. The camping area is located on a headland surrounded by the deep blue lake on several sides. The inhouse cafeteria offers light refreshments, fika (good coffee/tea with cakes), ice cream and refreshing drinks. Fully-licensed.

ÄLVSERED



Falkenbergsvägen 10, 311 63 Älvsered +46 325 313 80

route154.se

extend their stay.

Route 154 Motell | o route\_154 info@route154.se

Route 154's own restaurant prepares an imaginative menu with everything from American-inspired hamburgers to our very own schnitzels. Well worth a try! After your meal, there is a range of indoor activities to brighten up your day, such as an 18-hole miniature golf course, carpet curling, billiards and darts. The building also boasts very nice motel rooms for people wishing to

ÄLVSERED

### Mandy's Diner

Kinnavägen 2, 311 63 Älvsered +46 325-311 30

mandysdiner.se

mandysdiner
info@mandysdiner.se

Experience a true American Diner in a unique environment where all decor and collectibles are original. We play rock 'n' roll in a pleasant '50s and '60s atmosphere in which you can sit back and enjoy delicious drinks and great food inspired by American cuisine. Takeaways are also available if you prefer. We recommend that you call and book a table by phone: 0325-31130 during restaurant opening hours. You can also call the same number between 12:00 and 15:00 Tuesday to Thursday. We only take telephone bookings. Visit the website for more info and to see the opening hours.

MJÖBÄCK

### Mjöbäcksbaren Du & Jag

Öxabäcksvägen 7, 512 65 Mjöbäck +46 325 344 44

mjobacksbaren.se

1 Mjöbäcksbaren Du&Jag

Cosy pizzeria in the middle of the village which also offers today's home-cooked lunch, Monday to Friday at 11:00–15:00. 11:00-14:00 On Tuesday-Sunday the exquisite pizzas are prepared and baked and in addition remains open up to 20:00. Welcome!

MÅRDAKLEV

### 90 Home at Klev

Klevsgatan 1, 512 62 Mårdaklev +46 70 60 52 264

hemmapaklev.se

Hemma på Klev I @ hemmapaklev info@hemmapaklev.se

Welcome to our home at Klev. Our food philosophy is local fresh produce and sustainable ingredients that we prepare from scratch. Often our own lamb with trimmings from producers we know. In season and weather permitting we use our garden kitchen for alfresco dining, and there's also seating under a roof. See our website for opening hours and reservations.

HOLSLJUNGA

### Holsljunga Camping & Café

Fridolfs väg 3, 512 64 Holsljunga +46 70 96 96 260

holsljungacamping.se | 1 holsljungacamping info@holsljungacamping.se

Holsljunga Camping & Café overlooks the beach and lake at Holsjön. In fine weather, you can sit on the terrace and enjoy a delicious fika, sandwiches, light meals, waffles or ice cream. Weather not permitting, we also have a small cosy indoor café. You can also order a take-away picnic basket to enjoy on the beach, during your cycling tour or out on the lake in one of our hire boats. Or why not play a match on our boules court. We have something for everyone! Open 09:00-18:00 Mon-Thur and 08:00-20:00 Fri-Sun (every day in high season). Defibrillator available.

KAL

### 👧 Backa Loge Café

Övre Backa 1, 512 61 Kalv, +46 70-45 39 339

backaloge.se | 🚺 🎯 Backaloge info@backaloge.se

This rustic gem is located on beautiful Lake Fegen. It's the place to eat and enjoy a delicious meal, hold events, parties and conferences and truly enjoy a great nature experience. There is also every opportunity for our guests to swim, fish and paddle during their stay with us. Our preference is to prepare organic, locally produced ingredients from scratch using raw materials with no additives. See our website for opening hours or follow us on social media. If you're part of a large group, we can agree on 'out of hours' times. Welcome aboard!

KAI

### Café Solvik

Solvik 1, 512 61 Kalv +46 72-50 52 151

kalvscamping.se l 🛈 Café Solvik kalvscamping@telia.com

Charming summer café near the beach/bathing spot and Kalv's family camping. At Solvik, everything is homemade and locally produced that is sought after and every order is cooked with care. We offer a range of goodies such as waffles, ice cream in many flavours and ice cream treats as well as lovely homemade flatbread rolls. Picturesque setting at the northern tip of Lake Kalvsjön.

HOLSLJUNGA

### Gold City - Gräne Gård Café

Gräne Gård 1, 512 64 Holsljunga +46 070 79 95 272

goldcity.se | **1** Gold city Gräne gård info@goldcity.se

This rustic and charming waffle café is situated on a hill in the quiet corner of the forest. You will find here a welcoming atmosphere and dirty walking boots are more the rule than the exception! It's very much like being back in "The wildwest". The Gräne mine is within easy walking distance. Open Saturdays and Sundays 11:00-16:00 from 25 May through 28 August. Check FB for additional opening hours and special events. Howdy!



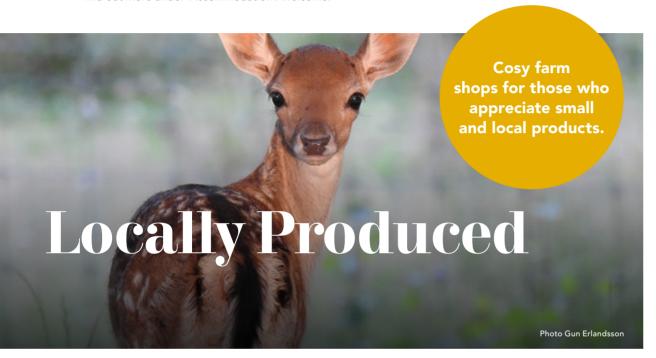
4 = FOOD & DRINK

HOLSJUNGA

### **Apelkvisten Inn**

Idrottsvägen 4, 512 64 Holsljunga, +46 734 23 41 87 apelkvistenswardshus.se | wardshuset@apelkvistens.se 1 Apelkvistens Wärdshus & Logi | apelkvistens wardshus

Restaurant offering today's specials and à la carte menus, and we also cater for takeaways. See our social media for this week's menu. Open for lunch Tuesday-Friday 11:15-14:30. À la carte menu Fridays 17:00-20:00, Saturdays 14:00-20:00 and Sundays 14:00-18:00. We also have single and double rooms; find out more under 'Accommodation', Welcome!



ÖXABÄCK



### Brohage kött

Brohage 1, 511 95 Öxabäck +46 70 57 68 039 🕧 🎯 Brohagekött www.brohagekott.se

brohage@outlook.com

Well-stocked farm shop in Öxabäck. Locally raised beef and pork for sale here. The beef is from our own farm, but butchered at the Dalsjöfors slaughterhouse for further processing in our farm shop. We buy our pork from Persgården farm in Haby. We produce all of our products ourselves. Choose from sausages, burgers, cold cuts, smoked products, meat boxes and everything for the BBQ season. Various game products are available for sale at certain times of the year. Open Friday 12:00-18:00 and Saturday 10:00-14:00. Welcome to Hans-Olof and Carina's place.

### Joarsbo Gårdsbutik

Joarsbo 2, 512 61 Kalv +46 70-227 30 85

info@joarsbo.com | 1 joarsbo joarsbo.com

Great farm shop that sells juices and jams from its own production. Old, tried-andtested recipes and pure raw produce, Swedish wherever possible! Also honey and a lot of other local produce. When you visit us, treat vourself to a walk in the woods and along the shore of Lake Fegen. There are tables where you can stop for any coffee and cakes you may have brought along. And there's a BBQ area and playground. There's also good fishing and two nice rental cottages in a great location in Joarsbo.

### Överlida Bageri

Skenevägen 4, 512 60 Överlida +46 73 14 05 939

lisbeth4702@hotmail.com

Bakery with homemade fresh rolls and buns etc. Open Tuesdays and Fridays from 7 am to 3 pm "Welcome!", say Lisbeth and Anders.

ÖSTRA FRÖLUNDA



### Karsbo Deer Farm and Game Shop

Karsbo 1, 512 63 Östra Frölunda +46 79 34 03 921

karsbohjort.se | 10 @ karsbohjort karsbohjort@netatonce.net

The Karsbo Deer Farm and Game Shop is located 8 km south of Östra Frölunda. Deer are fantastic at maintaining the landscape, keeping the pasture around the farm open, and we enjoy following their progress throughout the year. On the farm, we have a Swedish Food Agency approved facility for butchering and packaging game. We offer a range of products including dry-aged and filleted joints, top-quality vacuum-packed and frozen meats, as well as sausages and mince with a very high percentage of venison. Fallow deer meat is tender, with a mild gamey flavour and is excellent for grilling. If you are a hunter, we also offer the opportunity to stalk deer in our paddock. Please visit our website for prices and further information.







### **Bocksås Eco Organic Butcher's**

Bocksås 2, 511 94 Älekulla +46 70 55 57 808

bocksaseko.se

1 Bocksås Eko | Bocksasbonden mikael.bocksas@gmail.com

We raise grass and herb fed organic cattle in Trivselbygden's s naturally beautiful surroundings. Visit our farm shop and buy meat directly from us. For opening hours and other information, see our website. And you can join us on social media too.

HOLSJUNGA



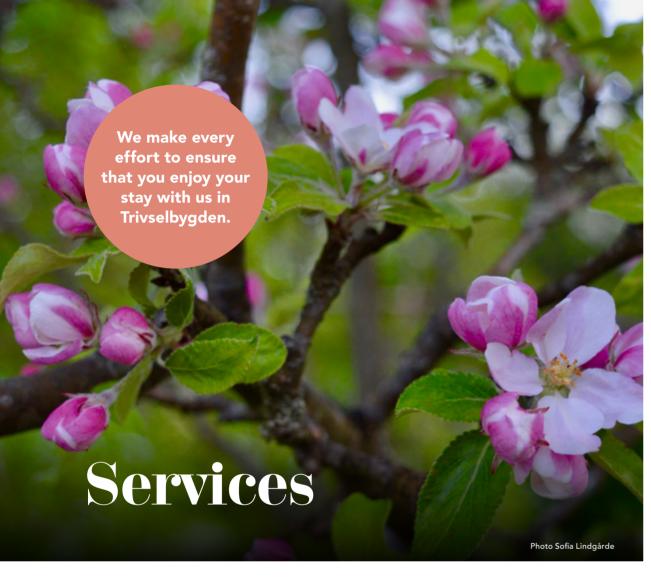
### Lindåsen Gård

Holsljunga Tommared Lindåsen 1 512 94 Svenliunga Linda +46 70-322 59 38 Michael +46 70-322 59 33

🔞 🎯 Lindåsen Gård lindasengard@gmail.com

Lindåsen Farm is just off of Route 154 outside Holsljunga. On the farm, the Edman family produce organic meat on a small scale. Lindåsen Farm, where both cows and pigs are raised, sits in a beautiful elevated location just outside Holsljunga. The farm shop sells frozen pork and organic beef, either in joints or as complete meat boxes from animals. The animals are sent to a small local slaughterhouse in Österöö. The meat is organic. The farm shop is usually open on Saturdays but please check our Facebook or Instagram account for up-todate opening hours.

➡ FOOD & DRINK



ÖVERLIDA

### Jezz Interior

Västgötavägen 3, 512 60 Överlida +46 70 33 38 420, +46 70 92 28 032 jessica.hedstrom@jezzinterior.se conny.waern@jezzinterior.se jezzinterior.se | 100 jezzinterior

Jezz Interior is a well established company that since 2018 is active in the Överlida. The focus lies on sewing and special carpentry emphasising the public environments/spaces. The awareness and experience is important and here is carried out the sewing of curtains, bed covers, pillows and headboards. Including cushions, tents, chapels etc. Everything is possible in the carpentry section. "Can you think so, we can produce it"! Do not hesitate to get in touch with us for a stylish pub bar/ club or other special requirements. We also draw and produce exhibition stands.

ÖVERLIDA

## Hedström's recreational vehicle

Skenevägen 4, 512 60 Överlida +46 70-34 54 544

hedstromsfritid.se | 1 jhfritid jonas@hedstromsfritid.se

Needing help fixing your holiday home for the season? We have 35 years' experience in sales and service of motorhomes, caravans and trailers and carry out service and repairs on all brands. Hedströms is a full service workshop where all repairs are carried out. Authorized workshop for LMC, Knaus Group products, Alde and Truma. For camping guests, we also carry out emergency repairs at the campsite! We are dealers for AGA/Linde gas for motorhomes/caravans.

ÖVERLIDA



### Mjöbäcks Sparbank

Lidavägen 1, 512 60 Överlida +46 325 327 00

mjobackssparbank.se

() (a) mjobackssparbank
info@mjobackssparbank.se

Mjöbäcks Sparbank is Trivselbygden's bank. We offer financial services for private individuals and companies. There is a 24-hour ATM next to the bank and a car park with charging posts for bank visitors during opening hours.

ÖVERLIDA

### 💆 Överlida Carwash

Hallavägen 10, 512 60 Överlida +46 73 86 03 431

overlidaspolhall.se © överlidaspolhall

info@överlidaspolhall.se

Wash your car, caravan and other vehicles. Book directly on the website. ÖXABÄCK

### Gullander's Car Repairs & Service

Öxavallsvägen 2, 511 95 Öxabäck +46 760-22 97 12

verkstad@gullanders.com

Gullanders Bil & Mek AB

If you need to service or repair your car, caravan or trailer, you can turn to us. We have extensive knowledge about vehicles old and new. We complete digital service books and carry out service to OEM specifications to adhere to warranty conditions. We always provide a quotation before any repair or service work is begun. We also repair and service ATVs, tractors, mopeds and outboard motors etc. Welcome!

HOLSLJUNGA



## Rastplats "Bertas Camping"

Coordinates: 57.403537, 12.957958

Beautifully-situated picnic area beside Lake Holsjön in the south of Holsljunga. There are tables and benches, toilet and information board-all clean and tidy! The finest picnic area along the whole of county road 154, according to many people.

SHOPS



#### LVSERED

### Älvsered Lantmän (shop)

Mårdaklevsvägen 22, 311 63 Älvsered +46 325 311 08

falvseredslantman.se info@alvseredslantman.se

Opening hours: Mon - Fri 07:30–17:30 Saturday 09:00–13:00

Personal service is characteristic of this store, which supplies farmers, house owners, DIYers, companies, pet owners and cottage owners. Wide assortment!

HOLSLJUNGA



### Västkuststugan Building Supplies

Öxabäcksvägen 10, 512 65 Mjöbäck +46 325-186 16

vastkuststugan.se

① vastkuststuganbyggvaror
info@vastkuststugan.se

Mon-Thur 07:00–17:30 Friday 07:00–16:00 Saturday 09:00–12:00

Opening hours:

Well-stocked builders merchants shop where you'll find almost everything you need for new construction or renovations. Welcome!



28 SERVICE



ÖXABÄCK

### ⊢Handlar´n i Öxabäck

Överlidavägen 11, 511 95 Öxabäck Store: +46 73 567 5090 Pizza ordering: +46 76 037 5095 1 Handlarn Öxabäck

Opening hours:

Mon-Fri 09:00–21:00 Sat-Sun 10:00–19:00

ÄLEKULLA

### 🔟 Ica Nära Älekulla Livs

Gunnarsjövägen 11, 511 94 Älekulla +46 320-500 77

Älekulla livs

Opening hours:

Mon-Fri 09:00–18:00 Sat 09:00–13:00 Sun Closed

MJÖBÄCK

### 112 Ica Nära Monicanders

Öxabäcksvägen 7, 512 65 Mjöbäck +46 325-340 04

**1** ICA Nära Monicanders

Opening hours:

Mon-Fri 08:00–20:00 Sat-Sun 09:00–18:00 Click here for our local grocery stores and their opening times. Welcome in!

KALV

### 🕦 Handlar´n i Kalv

Kyrkbyn, 512 61 Kalv +46 76 172 85 99

handlarnkalv@gmail.com

Opening hours:

Mon-Fri 09:00–19:00 Sat 09:00–18:00 Sun 10:00-17:00

HOLSJUNGA

### Apelkvisten's Grocery

Vallvägen 3, 512 64 Holsljunga +46 734 23 41 87

A 24-hour shop. Use your bank ID to enter. Has everything you need for your daily shop. Such as fresh produce, dry goods, soft drinks and snacks. MJÖBÄCK

### Oljeshejkerna Johnsson (sells and distributes petroleum products)

Öxabäcksvägen 7, 512 65 Mjöbäck

Fuel: Gasoline & Diesel

Payment method: Card

Other: Located next to the grocery store & Pizzeria.

### **SMART**

#### Köpmansvägen 2, 512 60 Överlida

Fuel: Gasoline & Diesel

Payment method: Card

Other: Located near the motor

home stopover.

ÖXABÄCK

ÖVERLIDA

### 117 Qstar

#### Överlidavägen 15, 511 95 Öxabäck

Fuel: Gasoline & Diesel

Payment method: Card

Other: Located next to the

grocery store.

ÄLEKULLA

### Oljeshejkerna Johnsson (sells and distributes petroleum products)

Gunnarsjövägen 11, 511 94 Älekulla

Fuel: Gasoline, Diesel & charging

station for electric car.

Payment: Card

Other: Compressed air for loading tires

available. Is located next to the

grocery store.

KALV

## Kalvsjöholmsbolaget Kyrkbyn Kalvsjöholm 1, 512 61 Kalv

Fuel: Gasoline & Diesel

Payment method: Card

Other: Is located next to the

grocery store.

ÄLVSERED

### 20 Din-X

#### Falkenbergsvägen 10, 311 63 Älvsered

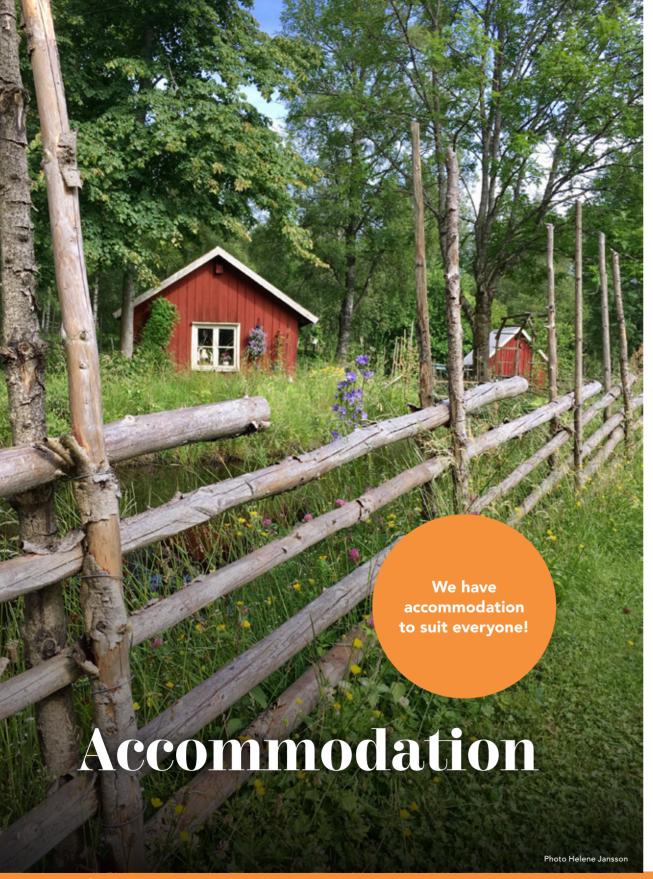
Fuel: Gasoline & Diesel

Payment method: Card

Other: Is located next to the

Motel & restaurant.

30 SERVICE 3



ÄLVSERED

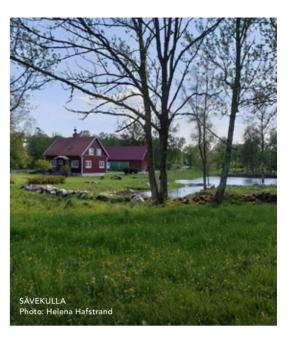
# Sävekulla,accommodationclose to nature

Sävekulla 110, 311 63 Älvsered +46 702-88 19 38

sävekulla.se

f Sävekulla - naturnära boende savekullanaturnaraboende savekulla110@gmail.com

In a fantastic woodland with archaic meadows and pastures, lies Sävekulla. Here, you feel noticeably close o nature and Storasjön's (lake) undulating waters attract fishing, picturesque views and cool baths just next to it. There is a building that sleeps eight. So why not hold theme nights, lectures or even a dog course here with us! Four-legged friends are more than welcome. A boat, fishing permit and WIFI are included in the rent. Welcome!



ÄLVSERED

### Route 154 - Motell

Falkenbergsvägen 10, 311 63 Älvsered, +46 325-313 80 route154.se | info@route154.se | Route 154 Motell | o route 154

Motel with retro-feeling, near Ullared. We have built up an environment of older vehicles, petrol pumps and other curiosities. We can offer double rooms and family rooms, all equipped with private bathroom. The rooms have a fridge, microwave and water heater. We offer a range of indoor activities such as an 18-holes mini-golf course, carpet curling, billiards and darts play. There's a delightful bathing area 150 meters from the hotel, and we also have our own restaurant with an imaginative menu with from American-inspired hamburgers to our very own schnitzels in the building. Our guests have given us a rating of 9.3 on booking.com, which we are proud of. Book either via our website or by phone.

ÄLVSERED

### Lin's B&B

Mårdaklevsvägen 7, 311 63 Älvsered comhem88@gmail.com

Located in Älvsered near the Nabben Lake, Lin's B & B offers en suite rooms with a flat-screen TV with Netflix, fridge, microwave and tea/coffee maker. Lin's B & B features a garden with outdoor furniture and barbecue facilities, and free private parking. A Continental and Asian breakfast is served every morning. In the area you can go hiking, swimming, fishing and canoeing. The property is just a 2-minute walk from the grocery store and restaurant. At Booking.com you will find more information. Welcome!





## accommodation

Lerbäcksbo Överbyn 1, 512 63 Östra Frölunda +46 325-303 03, +46 76-47 33 166 lerbacksbyn.se | 1 Lerbäcksbyn christina@lerbacksbyn.se

In the 19th century, Lerbäcksbyn was a significant förläggargård (larger estate originally housing the owner) and it is still highly alive today! The farmhouse can be rented for longer or shorter periods, in the few days. Kindaholm's way goes through the Lerbäcksbyn village. Guided tour also in to wonderful natural surroundings.

### Motorhome pitches

Köpmansvägen 2, 512 60 Överlida +46 70-57 78 373

Overlooking the lake Hallången, you spend the night safely and beautifully at this newly built location with rooms for 8-10 motorhomes. Electrical connection is available, as well as the ability to refuel water and empty the latrine. Toilets are available. Wi-Fi available from summer 2021. Cost of SEK 180 is payable on site. Welcome!



### Överlida Camping & **Holiday Village**

Holsljungavägen, 512 60 Överlida +46 325-324 39

overlidacamping.se | 1 Överlida Camping info@overlidacamping.se

Beautiful camping and holiday village by the lake Lilla (little) Hallången. The camping area is located on a headland surrounded by the deep blue lake on several sides. It has its own swimming area with fine sandy beach and plenty of activities for young and old holidaymakers/ vacationers. The surroundings are open with large areas to run and play on and for swimmers there is a jetty a bit out in the water. We have our playground, service shop and cafeteria, as well as a thrilling adventure golf course and paddle tennis court. Good fishing opportunities and access to rent of canoe, kayak and motorboat. Welcome to us!



### **Joarsbo Cottages**

Joarsbo 2, 512 61 Kalv +46 325-540 64, +46 70-227 30 85 ioarsbo.com | 1 Joarsbo info@joarsbo.com

Joarsbo is incredibly beautiful with cottages that peek out towards Lake Fegen. Here, you can birdwatch, fish, bathe, hike or simply enjoy the serene surroundings. In Joarsbo there are two modern cabins with a total of 13 beds, one newly built in 2018. They are fully equipped and all tenants have access to their own boat and nice BBQ facilities. The cottages are winterized and available all year round! There is also a sign posted 3-km hiking trail, with the opportunity to carry on to Backa Loge.

### **Backa Loge Holiday Homes**

Övre Backa 1, 512 61 Kalv +46 70-45 39 339 backaloge.se | 1 Backaloge info@backaloge.se

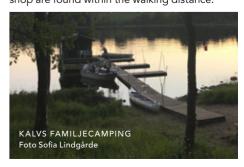
The holiday paradise at Lake Fegen – just the place to take a break from the hustle and bustle of the big city. Here you can enjoy nature on the lake, whose diversity and simplicity will surprise you. We offer cosy accommodation with lake views and selected, quality meals that we prepare from scratch. In the kitchen we use fresh, locally produced ingredients, if possible also organic. Due to the high level of interest, we're renting out the whole holiday home in 2022 and until further notice. If you would like to rent a woodfired hot tub or our holiday house, please contact us by SMS or email. Today we have 6 rooms with 2 beds and one room with a single bed (sleeps 13 people).

KALV

### **Kalv Family Camping**

Kyrkbyn Kalvsjöholm 2, 512 62 Kalv +46 325-512 58, +46 72-50 52 151 kalvscamping.se | 1 Kalvs Familiecamping kalvscamping@telia.com

In the midst of a large lake system with beautiful waterways and canals, this is the fishing and outdoor paradise! The campsite has 35 seats with electrical connection, of which we can boast lake views from all of them! Nature's lush beauty and the oak forest's whiff create a serene atmosphere that characterizes your stay with us. The fishing opportunities are many and at the campsite, the big fisherman can take care of his catch in his own fish cleaning. There are boats, canoes, kayaks and bicycles available for rent. Even a cool houseboat is available for rent for those who are looking for even more adventure and seclusion. Both the sandy beach and the cliffs are available and the café and shop are found within the walking distance.



"dye-house" you can rent rooms. In the garden there is the possibility to camp or set your recreation van/motorhome for a

English. Welcome!

**accommodation** 

KALV



### Kaly Schoolhouse

Kalvs Skolhus AB, Kyrkbyn Skolhuset 1, 512 61 Kalv

+46 73-05 72 735, +46 76-84 67 244 kalvsskolhus.se | 🕜 📵 KalvsSkolhus info@kalvsskolhus.se

Kalv Skolhus with Kalvsjön Lake and the forest on the doorstep, is a well-preserved building recently remodelled for use as a youth hostel/ course farm / campsite. Sleeping 36 in bunk, beds, divided into seven rooms on two floors, it also has a fully equipped kitchen/dining room and a number of living areas with sofa groups and billiard tables. The schoolhouse is ideal for a host of group activities as the gymnasium and two school halls are in good order. It is possible to rent the entire building for larger groups, meetings or parties. It has an attractive outdoor area with inviting lawns and is equipped with garden furniture, BBQ facilities and a small football pitch. There are also hard stands for camper vans and also two clamping tents equipped with real beds, seating and a fridge. is also parking for motorhomes and bicycle hire. Kalvsjön, with its pleasant bathing area, fishing and canoeing, is withing walking distance. The schoolhouse is close to splendid hiking trails which take you into the forest and past the deer paddocks. Welcome!



HOLSJUNGA

### Apelkvisten Inn

Idrottsvägen 4, 512 64 Holsljunga +46 734-23 41 87

 Apelkvistens Wärdshus & Logi @ apelkvistens wardshus wardshuset@apelkvistens.se apelkvistenswardshus.se

We offer single and double rooms in our inn in Holsljunga. Our accommodation is close to the lake at Holsjön and its beautiful beach, as well as many lovely walking paths and nature i all its simplicity. For those seeking a little more activity on their visit, we are located close to a gym and multisport arena. If you prefer shopping, the inn is only just over half an hour from Ullared! Our restaurant also serves lunch and an à la carte menu, find out more under "Restaurants and cafés". Double room SEK 895/night and single room SEK 695/night, which naturally includes our delicious breakfast. Welcome!

MJÖBÄCK



### Mandy's Inn

Mjöbäcks Prästgård 1, 512 65 Mjöbäck +46 70-32 51 480

mandysdiner.se | 1 0 Mandy's Inn info@mandysdiner.se

Mandy's Inn Motel in Mjöbäck offers different and familiar accommodation in a very unique environment. Here, you will kind among other things, music memorabilia from the 50's / 60's with rock 'n' roll influences, together with original American and Swedish collectibles. Each room has its own theme. There's also a large living room with a balcony. Breakfast included. Package deals available which include accommodation, booked table with dinner at Mandy's Diner in Älvsered with there-and-back transport in a Limo. Enjoy an overnight stay in our fresh and different cottage located right next to Mandy's Inn Motel. The cabin follows our typical Mandy's Diner style with rock 'n' roll and the 50-60's / 60's. Includes 3 rooms and kitchen, equipped for self-catering. Sleeps up to 6, made and ready. Perfect for those who want to do their own catering and for families with children. Breakfast and cleaning are available as optional extras. Disabled accessible. Access to large garden and patio, free Wi-Fi and free parking for both accommodation options. Bookings by phone. Open all year round!



HOLSLJUNGA



### Holsljunga Camping & Café

Fridolfs väg 3, 512 64 Holsljunga +46 70-96 96 260

holsljungacamping.se | 1 holsljungacamping info@holsljungacamping.se

Holsljunga Camping & Café is a peaceful little family campsite located beside the wonderful sandy lakeside of Holsjön. The site has parking for motorhomes and caravans, as well as pitches for tents. We also have three newly renovated cabins for various sizes available for rent. In fine weather, you can sit on the terrace and enjoy a delicious fika, sandwiches, light meals, waffles or ice cream. Weather not permitting, we also have a small cosy indoor café. Enjoy a swim in the shallow waters beside the beautiful, child-friendly 300-metre-long sandy beach.

Rent a Stand Up Paddle (SUP) boar. Go by kayak, boat or canoe and take a trip on the lake. Holsjön offers fantastic fishing waters and you can but a fishing license from us. Rent a bicycle and explore the beautiful local landscape, perhaps visiting one of the many nearby farm shops or or take our excellent new cycling trail to Gräne Mine. We have excellent hiking trails through forests with elk, foxes, deer, berries and mushrooms. You can even order a picnic basket to take with you on your excursion. We also have boules courts and adjacent football pitch, croquet and barbecue area. Gekås in Ullared is only 38 km away and is of course a very popular destination. Dogs are welcome on the campsite and even on some parts of the beach! Come and experience a wonderful, fun holiday with us. Get away from it all, relax and enjoy the wonderful outdoor camping life, as well as delicious food, on your Swedish holiday. A defibrillator is available.

HÅCKSVIK



### Påarps Gård

Påarps Gård 1, 512 95 Håcksvik +46 325-530 11, +46 70-66 53 011 paarpsgard.se | 100 paarpsgard info@paarpsgard.se

Very tastefully decorated courtyard hotel with fresh nice rooms spread over ten ordinary and two suites. The property also features several cabins, a nature campsite and overnight accommodation in a loft or military tent. Various activities can be booked on site. Well maintained scenic resort on small lake. with high quality and beautiful surroundings. Own fishing waters with game fishing Boat rent and bookable trained fishing guide. Great place for fishing, hiking and biking!

MÅRDAKLEV



### Home at Klev - The Klev Inn

Klevs Gästgivargård 1, 512 62 Mårdaklev +46 70-60 52 264

hemmapaklev.se

1 Hemma på Klev – Klevs gästgiveri

6 hemmapaklev

info@hemmapaklev.se

Welcome to our home at Klev. Here you live and eat in a culturally historical environment with nature on your doorstep. In our B&B dating back to the 17th century there are four rooms with wide floor boards and sturdy timber walls. Breakfast is included and dinner can be booked in advance. Pets are welcome. Book rooms via the website.

**accommodation** 



ÄLVSERED

### Framfoten

Mårdaklevsvägen 13, 311 63 Älvsered +46 70-61 62 147

framfoten.se | 100 Framfoten marie@framfoten.se

Welcome to the Forefoot! You can come here if you look for help with your feet; ingrown toenails, warts, corns and heel cracks are some examples of common problems. If you have no trouble, you are just as welcome, it is never wrong to indulge your feet extra attention with a relaxing foot care!

HOLSLJUNGA

### **Lenas Kost & Träning**

Idrottsvägen 2, 512 64 Holsljunga +46 70-54 33 487

lenaskostochtraning.se info@lenaskostochtraning.se

Lena, who runs this well-equipped gym, is a certified training consultant and nutritionist and help you along the way to your personal goals! The gym is modern with a wealth of fitness equipment and machines, and has changing rooms, showers and saunas. Training is carried out under gym agreements. A range of duration periods are possible. The company also offers personal training, diet advice, group training and running coaching.

### 138 Mårdaklevs Klippstuga & Life and Body

Vallenvägen 1, 512 62 Mårdaklev +46 70-65 00 450

lifeandbody.se inger@lifeandbody.se

At Inger, everyone is welcome, young and old! Your hairstyle is quickly unrecognizable in a cheerful and professional manner; Permanent, cut, colour or maybe both! Welcome in and get a fresh holiday look! Open Tuesdays and Thursdays between 10:00 and 14:00. Closed for the summer holidays between weeks 29 and 32. In our salon, you may find also Swedish, natural and organic skincare products for sale. My own web-shop has magnetic jewellery, water purifier and skincare products.

HÅCKSVIK



### Morema

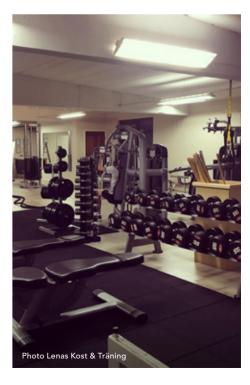
Lisseberg 1, 512 95 Håcksvik +46 70-52 05 282

**1** moremareflexochmassage frassefriis@hotmail.com

Morema is located in Håcksvik and is run by Monika Söderberg, a qualified reflexology therapist and wellness masseuse who provides classic massage. I offer classic massage, raindrop massage, deep Tibetan facial massage and reflexolgy. As a reflexologist, I seek to release blockages in the body to achieve a flow and put the body in a better condition to heal itself.

Raindrop massage is a soft massage where I work with essential oils that help to release any blockages in the neck and back. I use pure, chemical-free essential oils.

Deep Tibetan facial massage is a treatment that promotes peace and calm; the system works by tightening the face and promoting circulation. It also stimulates the lymphatic system. I also apply scalp and neck massages. During the final relaxing part, I massage hands and feet. I also make sure you get the added energy you need for the day. Reservations via telephone. Welcome!



TAKE CARE OF YOURSELF

