

Active Nordjylland

Beautiful scenery, fantastic light and a veritable treasure trove of activities await in North Jutland – for you and your whole family – regardless of whether you wish to cycle, surf, hike, run, fish, sail by kayak/canoe or play golf during your holiday. Active North Jutland represents a wealth of adventures that offer exciting experiences aimed at holidaymakers who wish to enjoy an active holiday, whilst also looking to learn about the natural surroundings or culture in which they find themselves.

The greatest adventures


Active North Jutland sees the countryside as a place of adventure with focus on activities carefully selected on the basis of the quality and safety of the attraction, as well as the competence of the instructor concerned. The aim is to give you an eventful and perhaps also challenging active adventure that is quite out of the ordinary in North Jutland's superb scenery.

This could include a guided tour on a mountain bike with a chance to experience the countryside and its challenges in an active manner that stimulates your senses and adrenaline. Experience the great feeling as trees and bushes rush by or the feeling of accomplishment you get when you've climbed a steep hill. You're in expert hands and can enjoy the tips and guidance of an experienced instructor with local knowledge.

Active North Jutland offers adventures for the whole family, for those who wish to try their hand at an activity for the first time, as well as for more experienced individuals – in other words, these attractions can be enjoyed by all.

Active North Jutland is not only for adrenaline junkies looking for action. There are also plenty of attractions for visitors whose focus is firmly on nature itself and the peace and tranquillity that can be found in attractive surroundings. Such attractions could include hikes in the beautiful North Jutland countryside, where the hike is just part of a holistic experience featuring both natural and historical elements brought to life by a guide for whom these themes are his or her passion.

Do you wish to try?

All the attractions take place in Danish, but a number can also be experienced in English or German. Activities that are marked with a British flag  offer instruction in English.

1 Evening trip with sea kayak and instruction

We begin with a brief review of, and introduction to, the sea kayak prior to paddling out onto the water. We stop for refreshments at a pleasant spot en route.

Before we paddle on, there's a chance to get your hair wet!

We're then ready to explore the fjord from the water. Perhaps we'll see birds on the beach or seals hunting for fish – the nature guide will describe the fjord, the wildlife and the surrounding landscape en route.

See other activities at www.limfjordscentret.dk

Dates / times:	Tuesday 4/8 – Thursday 13/8 – and Tuesday 18/8 – 2009. All days 17.00 – 21.00
Duration:	The trip takes around 4 hours
Participants:	Max. 10 participants
Conditions:	Warm clothes that may get wet.
Venue:	Limfjordscentret, Fjordstræde 1 Doverodde, 7760 Hurup Thy
Booking:	Booking at Limfjordscentret, tel. +45 97 95 92 66 is recommended if you wish to make sure that there are places available.
Price:	350 DKK per. participants
Organiser:	Limfjordscentret www.limfjordscentret.dk

2 Kayak trip on Klosterfjorden

Try handling a sea kayak. Following a brief introduction, we set off – led by instructor Michael Jensen – on a lovely guided tour of Klosterfjorden.

Dates / times:	Every Thursday during the period 9.07.2009 – 6.08.2009 at 13.00 and 15.00
Duration:	2 hours
Participants:	Max. 10 participants per trip
Conditions:	All equipment necessary is available. Participants are welcome to bring their own kayak.
Venue:	The Marina, 7900 Nykøbing Mors
Booking:	Book no later than three hours in advance of the tour: Morsø tourist office, tel. +45 9772 0488 or mt@visitmors.dk
Price:	250 DKK
Organiser:	Morsø Turistbureau www.visitmors.dk

3 By sea kayak and canoe on Mariager Fjord

Experience the beautiful Mariager fjord from the water on a guided kayak tour: We start with a brief introduction to the sea kayak and the equipment used. The tour then sets out for the picturesque Ørnedal, where we may be lucky enough

to see a seal hunting for fish or young seagulls playing tag on the tidal meadow. We then cross the fjord towards Hjerritsdal, where the old watermill can be seen in operation. We then continue along the beautiful fjord until we find a tidal meadow where we can take a short break and where coffee/tea and a snack are served. We then continue in our kayaks to Stinesminde, where we pass by the Stinesminde wreck and go ashore in the pleasant fishing village. Participants then have the option of paddling back to Hobro or can be driven back to Hobro.

Dates / times:	Every Sunday in July at 12.00
Duration:	5 – 6 hours
Participants:	Max. 12 persons
Conditions:	Participants must be able to swim – and swimming/float/life jackets must be worn (included). Children under 14 years of age must be accompanied by an adult.
Venue:	Kajakbutikken, Blåkildevej 26 A, 9500 Hobro
Booking:	Booking necessary if you want to make sure of a place on tel.: +45 3042 3763 or by mail kontakt@mariagerfjordkajak.dk. Any vacancies are filled up just before departure.
Price:	DKK 350 incl. rent of kayak/canoe, safety equipment and return transport by driver from Stinesminde to Hobro for picking up your car, if required.
Organiser:	Mariagerfjord Kajak c/o Carsten Nørgaard www.mariagerfjordkajak.dk

4 Kayak intro course

Introduction to sea and coastal kayak. Would you like to see if kayaking is for you and at the same time get an insight into, and good advice about, the sport? This 2-hour introductory course provides a good introduction into what it's like to paddle a sea kayak, and you'll be surprised at how easy and fun it is! You'll be introduced to the basic techniques of paddling, learn how to manoeuvre the kayak in all directions, how to get in and out of the kayak safely, as well as a few buddy rescuing exercises. You will also get used to being in the kayak and have a chance to play a few easy games en route! We attach great importance to this course being open to everyone so that all participants enjoy a good experience on the water. You can borrow all the equipment necessary for a safe trip. Read more: www.zappdivers.dk/kurser/kajak/kajak-intro-kursus.html

Dates / times:	In weeks 25 – 33 – every Tuesday at 19.00. Otherwise by appointment
Duration:	Approx. 2 hours
Participants:	Max. no. of participants per instructor in the water: 6 persons. Bigger events must be agreed separately. Min. no. of participants: 2 persons.
Conditions:	Anyone over 10 years of age can participate (children must be accompanied by an adult). Bring bathing costume and towel.
Venue:	Usual venue is the harbour in Ø. Hurup, but the weather is the primary determining factor as to where the event will be held.

Booking:	Sign up at least one day in advance at the shop ZappDivers – Maritim & Fritid, Kystvejen 99, Ø. Hurup, 9560 Hadsund, or tel.: +45 23 72 85 62 or at mail@zappdivers.dk www.zappdivers.dk
Price:	DKK 395
Organiser:	ZappDivers – Maritim & Fritid

5 Trial dive

If you've never tried diving before, this is the right place to start! North Jutland offers fantastic diving for you to experience led by a qualified instructor. The trial dive can be a dive from the beach, or a wreck dive from our RIB boat – both to depths of 6 metres where you'll find a whole new world of life and colours! You'll be provided with full scuba-diving equipment of high quality.

Dates / times:	In weeks 25 – 33 every Thursday at 19.00. Otherwise by appointment.
Duration:	2 - 4 hours incl. briefing and preparation.
Participants:	Max. no. of participants per instructor in the water: 2 persons. Bigger events must be agreed separately. Min. no. of participants for beach dive: 2 persons. Min. no. of participants for boat dive/at wreck: 4 persons.
Conditions:	Participants must enjoy the water and be reasonable swimmers. Anyone over the age of 10 can participate (children must be accompanied by an adult). Bring bathing costume and towel.
Venue:	Usual venue is the shop in Ø. Hurup, but the weather is the primary determining factor as to where the event will be held. Agreed with each participant.
Booking:	Sign up at least one day in advance at the shop ZappDivers – Maritim & Fritid, Kystvejen 99, Ø. Hurup, 9560 Hadsund, or tel.: +45 23 72 85 62 or at mail@zappdivers.dk www.zappdivers.dk
Price:	DKK 595
Organiser:	ZappDivers – Maritim & Fritid

6 Surfhouse school - Kite

Our experienced teachers (surfers and sailors) make sure that you feel safe and sound at all times. Instruction is based on your wishes, abilities and personal limits. You'll be surfing with the newest equipment available in terms of kites, boards, wetsuits, etc. And we promise it'll be fun!

Experience has shown that new kite surfers are able to master the sport both on the water and in the air after just a few sessions on the water. After each session, newcomers feel that they've learnt something new. There are even some kites who manage to master advanced manoeuvres after just a single season.

You don't have to be able to windsurf before you try kitesurfing – in fact, kitesurfing is easier than windsurfing. We offer courses lasting one hour for just DKK 350 and full weekend courses for DKK 1500.

Dates / times:	Every day all year round depending on the weather.
Duration:	Day course: 1x3 hours Weekend course: 1x3 hours and 1x4 hours
Participants:	Min. 2 persons and max. 4 persons per instructor. If there are more than 4 participants, more instructors will take part.
Conditions:	You must be a good swimmer and at least 15 years of age. If you are under 18, permission from a parent is required.
Venue:	SURFHOUSE, Bavnbak 14, Klitmøller, 7700 Thisted. You meet up at Surfhouse Klitmøller with your towel, bathing costume/shorts, water/packed lunch and plenty of enthusiasm. We have the latest and best equipment on the market: Kites, boards, trapezes, lifejackets, helmets, wetsuits and surfing boots.
Booking:	Carsten Ishøy tel. +45 9792 0404/3132 0404 mail: info@surfhouse.dk Booking must take place no later than the day before the course is due to be held.
Price:	Day course: DKK 800 per person for 1x3 hours Option of weekend course: DKK 1500 per person 1x3 hours and 1x4 hours (min. 2 persons).
Organiser:	SURFHOUSE, Bavnbak 14, Klitmøller, 7700 Thisted www.surfhouse.dk

7 Kite school

Kite course – A new type of surfing that doesn't require much equipment. Instruction according to different degrees of difficulty. A course lasts 5 hours on the water, although what with transport and time for a little socialising, you should set a whole day aside.

Dates / times:	Kite starts at 10.00. Available from May 1st until October 1st.
Duration:	5 hours (set aside a whole day)
Participants:	1-4 participants per group.
Conditions:	You must like the water and be min. 12 years old.
Venue:	All courses start at the shop Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller
Booking:	Call +45 9797 5656, send a mail to klitmoller@westwind.dk or meet up at the shop.
Price:	DKK 1000 /139 euro
Organiser:	Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller www.westwind.dk

8 Surfriding, beginner course

Surfriding beginner course. A course lasts 2x2 hours over two days, of which about ½ an hour is spent on theory, nautical rules and safety. Westwind provides equipment and dry/wetsuits on the course.

Dates / times:	Surfriding starts with the first group at 10.00. Available from 1 May until 1 October
Duration:	2x2 hours over two days.
Participants:	1-10 participants per group.
Conditions:	You must like the water. Minimum age for surfriding is 6 years old.
Venue:	All courses start at the shop Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller
Booking:	Call +45 9797 5656, send a mail to klitmoller@westwind.dk or meet up at the shop.
Price:	DKK 400/55 euro
Organiser:	Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller www.westwind.dk

9 Surfriding, introductory course

Surfriding introductory course. A course lasts 2 hours. Westwind provides equipment and dry/wetsuits on the course.

Dates / times:	Surfriding starts with the first group at 10.00. Available from 1 May until 1 October
Duration:	2 hours
Participants:	1-10 participants per group.
Conditions:	You must like the water. Minimum age for surfriding is 6 years old
Venue:	All courses start at the shop Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller
Booking:	Call +45 9797 5656, send a mail to klitmoller@westwind.dk or meet up at the shop.
Price:	DKK 250/35 euro
Organiser:	Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller www.westwind.dk

10 Windsurfing, beginner course

Windsurfing beginner course. A course lasts 2x3 hours, of which about 2 hours are spent on theory, nautical rules and safety. We guarantee that you can windsurf after completing this course. Westwind provides equipment and dry/wetsuits on the course.

Dates / times:	Windsurfing starts with the first group at 10.00. Available from 1 May until 1 October.
Duration:	2x3 hours over two days.
Participants:	1-10 participants per group.
Conditions:	You must like the water. Minimum age for windsurfing is 6 years old.
Venue:	All courses start at the shop Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller
Booking:	Call +45 9797 5656, send a mail to klitmoller@westwind.dk or meet up at the shop.
Price:	DKK 800/108 euro
Organiser:	Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller www.westwind.dk

11 Windsurfing, introductory course

Windsurfing introductory course. If you wish to try your hand at windsurfing, you can take part in an introductory course. This course is based on the first 3 hours of the beginner course. If you wish to continue and complete the beginner course, we will deduct the amount already paid. Westwind provides equipment and dry/wetsuits on the course.

Dates / times:	Windsurfing starts with the first group at 10.00. Available from 1 May until 1 October.
Duration:	3 hours.
Participants:	1-10 participants per group.
Conditions:	You must like the water. Minimum age for windsurfing and surfing is 6 years old; kiting minimum age is 12 years old.
Venue:	All courses start at the shop Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller
Booking:	Call +45 9797 5656, send a mail to klitmoller@westwind.dk or meet up at the shop.
Price:	DKK 400/55 euro
Organiser:	Westwind Klitmøller, Ørhagevej 150, 7700 Klitmøller www.westwind.dk

12 Fishing trip to »The Yellow Reef«

Sea fishing for anglers. Special/evening trips for mackerel fishing are arranged for groups in August. Please contact Thy tourist office.

Dates / times:	15.03.09 – 15.10.09: 05.00 – 16.00.
Duration:	11 hours.
Participants:	Max. 12 persons Min. 6 persons

Conditions:	Normal warm clothing. Children min. 12 years must be accompanied and supervised by an adult.
Venue:	Pier 5, Fibigersgade 7730 Hanstholm
Booking:	Booking is necessary at Thy Turistbureau, +45 97921900 or info@thy.dk, or direct to the shipping company, +45 21668006 and +45 96182009. Always contact the shipping company between 18.00 and 19.00 on the day before the trip in order to make sure that the trip will be going ahead (dependent on the weather forecast).
Price:	DKK 800.
Organiser:	Shipping company Dommerby www.ny-mini.dk

13 **Sea fishing at »The Yellow Reef«**

Fishing at »The »Yellow Reef« from Hanstholm Harbour.

Dates / times:	14-03-2009 - 12-10-2009: 06.00 – 17.00 daily.
Duration:	11 hours.
Participants:	12 persons on 4 of the boats, 25 persons on M/S Tindur
Conditions:	No conditions. Warm clothing and waterproofs. Children OK, not too small.
Venue:	Pier 5, Fibigersgade 7730 Hanstholm
Booking:	Booking is necessary: Contact/mail Thy Turistbureau, +45 97921900 or info@thy.dk, or direct to the shipping company, +45 97975394, www.gulerev.dk Always contact the shipping company between 18.00 and 19.00 on the day before the trip in order to make sure that the trip will be going ahead (dependent on the weather forecast).
Price:	DKK 850.
Organiser:	Shipping company »Gule Rev« – www.gulerev.dk

14 **Sea fishing at »The Yellow Reef« from Vorupør**

Deep-sea fishing at the Yellow Reef from the beach at Nr. Vorupør.

Dates / times:	We sail every day during the period 01.04 - 01.10 if the weather allows.
Duration:	10 hours.
Participants:	Max. 12 persons and min. 8 persons
Conditions:	No children under 12 years of age.
Venue:	The landing site, Vesterhavsgade in Nr. Vorupør, 7700 Thisted
Booking:	Shipping company Skagerak-T248, tel. +45 97920741 or +45 20850741. Always contact the shipping company between 18.00 and

19.00 on the day before the trip in order to make sure that the trip will be going ahead (dependent on the weather forecast).

Price:	DKK 600
Organiser:	Ole Jensen, M/S Skagerak T248

15 **Sea fishing**

Deep-sea fishing at the Yellow Reef

Dates / times:	Every day from May until mid-October. Departure from Hanstholm at 04.00 (see calendar on the website)
Duration:	A day-trip lasts 12 hours
Participants:	Max. 26 persons
Conditions:	None
Venue:	When you arrive at the port at Hanstholm, drive along Kaj Lindberg's Gade out to Pier 6 and follow it all the way out to Østmolen. That's where you'll find us. 7730 Hanstholm
Language:	Danish and German
Booking:	Sign up at tel.: +45 30249865 or +45 24279148 or thailand@findmail.dk. Always contact us between 18.00 and 19.00 on the day before the trip in order to make sure that the trip will be going ahead (dependent on the weather forecast).
Price:	DKK 800 for day-trips DKK 1800 for two-day trips
Organiser:	M.S Thailand c/o Michael Dahl Hansen www.msthailand.dk

16 **Sea fishing trip from Thorupstrand**

The tour starts when the boat is pulled off the beach at Thorupstrand by the tow cable. We sail to different fishing locations (for example wrecks and stony grounds) where we jig for cod, mackerel and pollack. There's also an option of an 11-hour trip costing DKK 850 per person. A packed lunch can be ordered for day trips and dish of the day for evening trips.

Dates / times:	We sail every day during the period 01.04 - 01.10 if the weather allows.
Duration:	4-hour trips every day from 1 June until 30 August: 6:00-10:00, 13:00-17:00 and 18:00-22:00. Not Sundays. Otherwise all-year-round by appointment.
Participants:	Min.: 7 participants for the trip to take place Max.: 12 participants

Conditions:	Fishing licence, warm, waterproof clothing, wellington boots, packed lunch. It is not recommended that children take part in 11-hour trips. Fishing licence can be purchased at the local tourist office.
Venue:	Thorupstrand, Thorupstrandvej 329, 9690 Fjerritslev
Booking:	Mobile: +45 23237814 e-mail: contact@northsea-fishing.eu
Price:	4-hour trip DKK 350 per person Rent of fishing rod DKK 125, purchase of terminal tackle and jig DKK 70.
Organiser:	Northsea-Fishing c/o Richard Kristensen www.northsea-fishing.eu

17



4 hour fishing trip with Seadog from Vesterø harbour

Get a chance to catch a lot of fish. The Seadog sails from Vesterø harbour, where the fishing for mackerel, in particular, is good in June, July, August and September. You can also catch cod and weever. There are usually plenty of fish for everybody. By using the underwater camera, we can also see when the fish take the bait.

Dates / times:	Departure 06.00: Monday, Wednesday and Friday from 28/6 until 16/8. Additional dates: 15/5, 29/5, 12/6, 26/6, 18/8, 25/8, 4/9, 18/9 and 14/10. Trips may be cancelled in the event of bad weather.
Duration:	4 hours
Participants:	Max. 12 persons
Conditions:	Wear practical outdoor clothing. You don't have to be an experienced angler; we're very willing to help you fish.
Venue:	Vesterø harbour at the ferry office.
Booking:	Sign up no later than an hour before departure on tel.: +45 29 80 14 38 or www.seadog.dk
Price:	Adults: DKK 320; Children: DKK 230
Organiser:	Seadog c/o Klaus Madsen

18



5 hour fishing trip with Seadog from Vesterø harbour

Get a chance to catch a lot of fish. The Seadog sails from Vesterø harbour, where the fishing for mackerel, in particular, is good in June, July, August and September. You can also catch cod and weever. There are usually plenty of fish for everybody. By using the underwater camera, we can also see when the fish take the bait.

Dates / times:	Departure 06.00 every Sunday from 1 May until 1 October and every Wednesday from 1 May until 28 June and 16 August until 1 October. No departures on 13/5 and 31/5. Trips may be cancelled in the event of bad weather.
Duration:	5 hours
Participants:	Max. 12 persons

Conditions:	Wear practical outdoor clothing. You don't have to be an experienced angler; we're very willing to help you fish.
Venue:	The southern pier at Sæby harbour, close to the lifeboat building.
Booking:	Sign up no later than an hour before departure on tel.: +45 29 80 14 38 or www.seadog.dk
Price:	Adults: DKK 390; Children: DKK 290
Organiser:	Seadog c/o Klaus Madsen

19 Seals and fish with Seadog from Vesterø harbour

On this trip you can kill two birds with one stone. We start with the Seal Safari as described above, and then you'll get the chance to go fishing. There are good chances of making a catch. The crew will happily help you fish. Since these trips always take place in the evening, you'll also see the beautiful sunset over Kattegat. Using the underwater camera you can see when the fish take the bait. The fishing trip departs from Vesterø.

Dates / times:	Departures at 19.00 every weekday except Tuesday from 29/6 until 16/8. Every Tuesday and Thursday from 17/8 until 31/8. Trips may be cancelled in the event of bad weather.
Duration:	2 hours and 45 minutes
Participants:	Max. 12 persons
Conditions:	Wear practical outdoor clothing. You don't have to be an experienced angler; we're very willing to help you fish.
Venue:	Vesterø harbour at the ferry office.
Booking:	Sign up no later than an hour before departure on tel.: +45 29 80 14 38 or www.seadog.dk
Price:	Adults: DKK 260; Children: DKK 200
Organiser:	Seadog c/o Klaus Madsen

20 Experience Denmark's most beautiful fjord by canoe

A guided canoe tour on the most beautiful stretch of Mariager fjord. We begin with a brief introduction to canoeing and the equipment used. We then paddle slowly to the hills at Bramslev, which look fantastic from the water. At around midday we find a tidal meadow where we take a break and where coffee/tea and a light lunch are served. The tour continues along the beautiful fjord towards Stinesminde where we pass Høllet, which is the fjord's most attractively located marina.

We end in Stinesminde, a picturesque fishing village. From here, there's transport available back to Hobro.

Dates / times:	Every Tuesday in August at 10.00. Otherwise by appointment.
----------------	--

Duration:	5-6 hours
Participants:	Min. 8 persons Max. 24 persons
Conditions:	Swimming/float/life jackets must be worn (included). Children under 14 years of age must be accompanied by an adult.
Venue:	The lawn at the entrance to Hobro marina, Nedre Strandvej, 9500 Hobro
Booking:	Tel.: +45 4098 3545 Mail: info@teampplatz.dk On the day before the tour at 16.00 at the latest.
Price:	DKK 225 incl. rent of canoe, safety equipment and return transport by driver from Stinesminde to Hobro, if required.
Organiser:	TeamPlatz c/o Bjarne Platz

21 Experience the beautiful stream of Lindenberg Å from both, land and water

We begin the day with a brief review of, and introduction to, canoeing, before we set course in a north-easterly direction towards the Limfjord. On the trip we hope to be able to see the grey heron, kingfisher, otter and several birds of prey. We make stops at several of the most famous springs in the forest of Rold Skov. At midday we take a break and eat our sandwiches and replenish our thirst. The canoe tour ends at the bridge of Håls Bro some 16 km from our starting point. At Håls Bro there'll be freshly-baked cakes, fresh fruit and soft drinks. When everyone's ready, we'll get up on mountain bikes and ride over Flamsted and Volsted towards Rebild. On the bike ride through the forest of Rold Skov we'll visit Bjergskoven, where Denmark's biggest orchid (Frueskoen) grows. We'll also visit the spring at Ravnkilde and the brook of Kovrsbækken. The day concludes at the original starting point, where the famous chalk mines of Tingbæk Kalkmine are the last stop on our tour.

There are instructors/guides present throughout the day.

Dates / times:	Saturday 11 July at 10:00 (Last chance to sign up is 3 July) Thursday 23 July at 10:00 (Last chance to sign up is 16 July) Saturday 1 August at 10:00 (Last chance to sign up is 23 July)
Duration:	Approx. 8 hours
Participants:	Max. 20 participants – min. 10 participants
Conditions:	The activities require good physical health as we shall be active for most of the day. Children over the age of 12 are welcome if accompanied by an adult.
Venue:	Vælderskoven, just below Rold Storkro, 9520 Skørping
Booking:	www.lej-en-kano.dk Booking: info@rebildkanoudlejning.dk or tel. no. +45 26 60 40 89
Price:	DKK 550
Organiser:	Rebild Kanoudlejning in collaboration with Rebild Hus.

22 Guided mountain bike and lunch buffet

Be guided through some of Denmark's most beautiful scenery and best terrain in which to ride mountain bikes. Our guides are seasoned mountain bike riders that will tailor the level of difficulty of the ride to those taking part.

When we return to the holiday resort at Feriecenter Slettestrand, tired but enriched by our experiences on the tour, a tasty lunch buffet will be waiting for us to provide renewed energy.

Dates / times:	There are scheduled tours on 13 June, 4. July, 1 August and 26 September at 10.00. The majority of our guided tours start in the morning, so we're sure of being able to return in time for lunch at 12.30. If you wish to ride at other times of the day, this can also be organised.
Duration:	The majority of our guided tours last from 1½ hours or longer. We plan the length of the tour depending on your wishes, fitness and the weather.
Participants:	Min.: 7 participants for the trip to take place Max.: 12 participants
Conditions:	We tailor our tours to the conditions and wishes of the participants, and thus both to those who've never sat on a mountain bike before and to those who are experienced mountain bike riders that are simply looking for a new and exciting experience on a mountain bike. Feriecenter Slettestrand rents out mountain bikes incl. helmet for DKK 75 per day.
Venue:	Feriecenter Slettestrand, Slettestrandvej 142, 9690 Fjerritslev
Booking:	Contact Feriecenter Slettestrand on tel. +45 98217044 or write to mail@slettestrand.dk Find more information about the holiday resort and our many activities on offer at www.slettestrand.dk
Price:	2 to 3 hours' guided mountain bike ride, lunch buffet incl. 1 soft drink or beer and the chance to change before lunch: DKK 250 per person for min. 4 persons. Rent of cycle and helmet DKK 75.
Organiser:	Feriecenter Slettestrand

23 Mountain bike orienteering in Rold Forrest

Would you like to cycle in Denmark's most beautiful forest?

We begin with an introduction to the map and compass. You'll then be sent off at intervals of a few minutes. On your tour in Rold forest you have to find a number of control points that are marked on the map. The control points consist of a number of tasks that you have to solve. There are points which you have to puzzle over and others which are more physical. The tour is about 12 km in length. When everyone has crossed the finish line, there's a small prize for the top 3 riders. It's not just your finishing time that counts, but to a great extent how correctly you've solved the tasks.

Dates / times:	Every Thursday in August at 10.00. Otherwise by appointment.
Duration:	3 - 4 hours
Participants:	Min. 6 persons Max. 12 persons
Conditions:	Everyone over the age of 12 can take part – Cycle helmet obligatory. You're welcome to ride on your own mountain bike.
Venue:	Car park at Skørping Idrætscenter (sports centre). 9520 Skørping
Booking:	Tel.: +45 4098 3545 Mail: info@teampplatz.dk By 16.00 at the latest on the Tuesday before the event
Price:	DKK 250 incl. rent of mountain bike. Soft drinks and baguettes at finish.
Organiser:	TeamPlatz c/o Bjarne Platz

24 **Cycle tour in the mo-clay landscape**

We meet at the Molermuseet, where Henrik Madsen will take the participants on a lovely cycle ride through the landscape. There will be a stop at the mo-clay pits, where there's a chance of finding fossils.

Dates / times:	8.07.2009, 15.07.2009 and 22.07.2009 at 19.00 – 21.00.
Duration:	Approx. 2 hours
Participants:	Min. 6 persons Max. 12 persons
Conditions:	Bring a cycle and practical clothes that may get dirty.
Venue:	Molermuseet, Skarrehagevej 8, Hesselbjerg, 7900 Nykøbing Mors
Language:	Danish
Booking:	Sign up by 17.00 at the latest on the day of the tour on: Tel. +45 9775 1716 or dueholm@museum.dk
Price:	DKK 50 per person. Children under 12 free.
Organiser:	Morslands Historiske Museum, Dueholm Kloster, 7900 Nykøbing Mors. www.dueholmkloster.dk

25 **Golf for tourists and residents**

Tourist Golf – 18-hole golf match with fine prizes for the best three scores.

Dates / times:	2 July, 9 July, 16 July, 23 July, 30 July and 6 August at 09.00.
Duration:	Approx. 4 hours
Participants:	Max. 40 / Min. 10

Conditions:	"Golf licence". Children are welcome (1/2 price)
Venue:	Øland Golfklub, Rolighed 5, Øland, 9460 Brovst
Booking:	Tel. +45 98236623 Mail: kontoret@hotmail.com Golfbox – Also on match day at 0800-0845.
Price:	DKK 200
Organiser:	Øland Golfklub

26 Golf for all

Golf for everyone. Receive instruction and play on our Pay & Play course
Equipment can be borrowed from the club.

Dates / times:	1 July at 10.00 and 14.00 / 8 July at 10.00 and 14.00 / 15 July at 10.00 and 14.00 / 22 July at 10.00 and 14.00 / 29 July at 10.00 and 14.00
Duration:	Approx. 3-4 hours
Participants:	Max. 25
Conditions:	No conditions. Children are very welcome.
Venue:	Øland Golfklub, Rolighed 5, Øland, 9460 Brovst
Booking:	A time can be booked on tel. +45 9823 6623 or you can meet up at the start time.
Price:	DKK 100 for adults DKK 50 for children under 18 years of age.
Organiser:	Øland Golfklub

27 Looking for an adrenaline kick? Try rappelling down a 34 m high silo

Are you looking for a personal challenge – then here's your chance. Rappelling from a 34 m-high silo. In clear weather, you can see the approach to Mariager Fjord from the top of the silo and on the other side the fjord all the way in to Mariager.

Experience a real adrenaline kick as you step over the edge and the feeling of accomplishment when your feet touch the ground again.

It just has to be experienced.

Dates / times:	Every Wednesday in August at 13.00. Otherwise by appointment.
Duration:	2 hours
Participants:	Min. 4 persons Max. 12 persons
Conditions:	Anyone over the age of 14 can participate – Clothing: clothes that may get dirty. Footwear: sports shoes
Venue:	Car park at Aalborgvej 46, 9560 Hadsund

Booking:	Tel.: +45 4098 3545 Mail: info@teampplatz.dk By 16.00 at the latest on the day before the event
Price:	DKK 150 incl. certified instructor and safety equipment, as well as a soft drink when you're back on terra firma.
Organiser:	TeamPlatz c/o Bjarne Platz

28 Guided riding tour on Icelandic horses in magnificent scenery

Experience a fantastic 3-hour guided tour on horseback on Icelandic horses through protected inland dunes and along the beach of the North Sea. Riding through the breathtaking scenery is a unique experience combined with the pleasure of being transported on a brave and powerful tölting Icelandic horse – it's something you'll never forget. We describe the countryside we're riding through en route, as well as the Icelandic horse, its gaits and the methods of riding it. The pace is regulated according to the wishes and experience of the riders. We also have shorter and longer tours that include food.

Dates / times:	Every Monday, Wednesday and Friday at 9.00 in the high season (week 27 up to and including week 32). Every Wednesday at 10.00 outside the high season throughout the year.
Duration:	Approx. 3 hours
Participants:	Max. 15 – 20 riders, depending on the experience of the riders. There must be at least 5 participants before a group can be formed.
Conditions:	Open to all, although small children must have experience of riding in order to take part. Riding helmets may be borrowed. Practical outdoor clothing for different weather conditions should be brought by the participants.
Venue:	Skallerup Klit Ridecenter, Klithusevej 116, Sønderlev, 9800 Hjørring
Booking:	Book the day before the tour at the latest on tel. 0045 30705423 or ridecenter@skallerup.dk In the case of large groups, please book 2-3 days in advance.
Price:	DKK 450
Organiser:	Skallerup Klit Ridecenter – Owner Lone Hansen

29 Riding tour

Enjoy a unique experience on horseback. Ride out across the magnificent heath with its aromatic heather, stimuli for all the senses and rich variety of wildlife. Experience Ålbæk Klitplantage's countless delightful paths and distinctive vegetation. Tölting on the beach at the water's edge provides a unique feeling of freedom and tranquillity.

Dates / times:	From 6 July until 9 August there are tours every day at 10.00 and 16.00. From 15 August until 18 October there are tours every Saturday and Sunday at 10.00 and 16.00. Tours may be cancelled in the event of bad weather.
Duration:	1½ - 2 hours
Participants:	2-10 persons
Conditions:	Solid shoes/trainers/wellington boots. Riding helmets can be borrowed.
Venue:	Napstjerteste c/o Jette Kaldahl, Napstjert Mose Vej 6, 9981 Jerup
Booking:	Sign up no later than 30 minutes in advance on tel. +45 5131 6699
Price:	DKK 250
Organiser:	Napstjert Heste www.napstjerteste.dk

30 Riding in the country side on Icelandic horses

Tours on horseback in attractive natural surroundings, as well as saddling up and dismantling of the saddle.

Volume discount for groups of more than 10 persons.

Possibility for longer riding trips. Children under 8 years of age can be led by their parents.

Dates / times:	Every day at 10.00 and 14.00 from 1 June until 31 August. From 1 Sept. until 31 May by appointment.
Duration:	1 hour
Participants:	No restrictions
Conditions:	Practical clothes & footwear (something that may get dirty). Min. 8 years of age.
Venue:	Meldgaard Heste, Sjørupvej 13, Grønnerup, 9640 Farsø
Booking:	Booking is not necessary during the period from 1 June until 31 August. From 1 Sept. until 31 May booking can take place at short notice on tel. +45 9649 5900 or mail@meldinfo.dk
Price:	DKK 175
Organiser:	Meldgaard Heste www.meldgaardheste.dk

31 Riding tours in Denmark's most extensive wilderness

Horseback riding on Icelandic horses in the area around Bulbjerg, the only bird cliff in Denmark, whilst you enjoy the spectacular North Sea.

Dates / times:	Every day at 9.00 all-year-round
Duration:	Approx. 5 hours incl. lunch

Participants:	Min.: 4 participants Max.: 10 participants
Conditions:	Outdoor clothing suitable for different weather conditions. Riding helmet can be borrowed.
Venue:	Thorupstrand, Thorupstrandvej 102, 9690 Fjerritslev
Booking:	Mobile: +45 9650 8094 e-mail: valhallaridingtours@mail.dk
Price:	DKK 1000
Organiser:	Valhallaridningtours.dk

32 Riding on Icelanding horses

We offer rides on our Icelandic horses. Lovely riding tours through forests and near lakes, or at riding grounds. All tours are with a riding instructor. We have horses suitable for all riders: children, beginners, experienced riders and disabled persons.

Dates / times:	Tuesday 9.00-15.00, Saturday 10.00-15.00, Sunday 10.00-15.00. From week 27 until week 44.
Duration:	1-4 hours
Participants:	Min. 2 participants, max. 5 participants
Conditions:	None.
Venue:	Ranumvej 49, 9670 Løgstør
Booking:	Booking in advance is necessary on tel. +45 40 90 43 68 during the hours of 8.00-15.00 every day or mail vdt@vesthimmerland.dk
Price:	DKK 100 per hour (incl. saddling up and dismantling of the saddle).
Organiser:	Vilstedsøgård www.123hjemmeside.dk/Vilstedsogaard

33 GIMLEGAARD viking life Viking sports and games

This is really something in which the whole family can get involved. You can try your hand at archery, play the games that the Vikings used to play, get your pulse racing and have a good laugh.

We've established a large area for playing where there are a lot of things to do and try. The whole experience comes with a good story and an instructor for 1 hour. After that you'll be on your own. You're welcome to bring your own packed lunch. You can stay and participate in the other activities we have on offer for as long as you like.

Dates / times:	Every day from 22 May until 30 September and week 42 from 10.00-17.00. Closed on Mondays and Tuesdays in May, June, September and October.
----------------	---

Duration:	One hour's instruction followed by free use of the facilities for the rest of the day.
Participants:	From 2 to 10 participants
Conditions:	There are no particular conditions for participation. Everyone can get involved - adults and children, young and old alike. The activities are tailored to match the participants' abilities and wishes. Clothing and footwear must be practical as the activities take place on grass.
Venue:	GIMLEGAARD, Løkkenevej 461, Stenum, 9700 Brønderslev
Booking:	Instructor must be booked by 12.00 at the latest on the previous day on tel. +45 41 26 25 87 or by mail bifrost@pc.dk.
Price:	Adults: DKK 75 Children 4 – 12 years old: DKK 50 Children under 4 years of age are free
Organiser:	GIMLEGAARD Viking centre

34 Adventure Day / Teambuilding

Outdoor Adventure

If you enjoy fun, breathtaking challenges, competition and teamwork, then this will be an eventful day for you.

With your friends and family you'll take on challenges in a range of activities which all depend on good teamwork.

This day of adventure will take you to Rebild's outstanding scenery. You'll take part in exercises on both high and low ropes.

All activities are located in the unique and beautiful hilly landscape of Rebild and as activities will take place outdoors all day, we offer shelter, nice picnic areas and good toilet facilities.

Dates / times:	22 August at 10.00-14.00. Otherwise during daylight hours throughout the year by appointment. Longer events can also be organised with food. See more at www.bjergsoebye.dk
Duration:	4 hours – may be extended if desired
Participants:	Min. 8 participants, max. 16 per group Up to 4 groups (= max 64 participants)
Conditions:	Bring clothes that you can afford to get dirty. Hiking boots or trainers. Waterproofs, if necessary. Check dmi.dk the day before and bring clothes in accordance with the weather forecast. Events for children as young as 6 years of age are available. The terrain is not suitable for disabled persons.
Venue:	Car park at Thingbæk Kalkminer, Røde Møllevej 4, 9520 Skørping
Booking:	Sign up no later than 3 days in advance on: Tel. +45 23 71 40 81 or +45 23 71 40 82 or info@bjergsoebye.dk
Price:	DKK 500 + lunch, if required, at DKK 60.
Organiser:	Bjerg & Søbye ApS · www.bjergsoebye.dk

35 **Active all-year-round**

On the first weekend in every month throughout the year you can take part in an exciting day of activity, the content of which changes with the season. Try different activities from kayaking to mountain bike orienteering.

A detailed programme for each month can be found at www.x-dream.dk

Dates / times:	5 June 2009. Canoeing tour on the stream of Uggerby Å, 2-day trip with overnight stay. 3 July 2009. Kayak weekend. 28 Aug. 2009. Northern Team Challenge. 5 Sep. 2009. Adventure Race. 2 Oct. 2009. Mountain bike orienteering. 6 Nov. 2009. Hiking trip in the beautiful countryside of North Jutland. 4 Dec. 2009. Training for the skiing season.
Duration:	From 3 hours to 2 days. See programme and times for each activity at www.x-dream.dk . The majority of activities begin after 1 p.m. on Friday.
Participants:	The events will take place provided that there are at least 10 participants.
Conditions:	Ordinary level of physical fitness required
Venue:	Info concerning meeting place at x-dream.dk from 01.07.09 9990 Skagen
Language:	Danish
Booking:	Book your activity at: www.x-dream.dk or info@x-dream.dk or tel. +45 2089 0770. Deadline for signing up is one week in advance for the following activities: 5 June 2009. Canoeing tour on the stream of Uggerby Å. 3 July 2009. Kayak weekend. 2 Oct. 2009. Mountain bike orienteering. 6 Nov. 2009. Hiking trip in the beautiful countryside of North Jutland. 4 Dec. 2009. Training for the skiing season. Deadline for signing up is one month in advance for the following activities: 28 Aug. 2009. Northern Team Challenge. 5 Sep. 2009. Adventure Race.
Price:	From DKK 150. See prices for each activity on www.x-dream.dk
Organiser:	Søren Diget, X-DREAM

36 Northern Team Challenge (NTC)

Take part in North Jutland's biggest team event...

Teams will compete against each other in alternative disciplines. Each discipline challenges the teams in terms of: Teamwork - Mental strength - Physical ability

Total prize money of approximately DKK 50,000.

Further info at www.x-dream.dk

Dates / times:	Friday 28 Aug. 2009 at 09.00 Registration and breakfast from 07.00
Duration:	Activities from 09.00 - 17.00
Participants:	48 teams/192 participants A team consists of 4 participants
Conditions:	Ordinary level of physical fitness required
Venue:	Info concerning meeting place at x-dream.dk from 01.07.09 9990 Skagen
Language:	Danish
Booking:	Sign up by 28 July at the latest at info@x-dream.dk tel. +45 2089 0770 www.x-dream.dk
Price:	DKK 7,500 per team (4 pers.)
Organiser:	X-DREAM, Søren Diget

37 Adventure Race

Tasks in the beautiful countryside of North Jutland on land, on water and in the air, e.g. canoeing - orienteering - teamwork tasks - mountain biking - running

Further info at www.x-dream.dk

Dates / times:	Saturday 5 Sept. 2009 at 08.00
Duration:	12 hours
Participants:	60 teams/180 participants A team consists of 3 participants
Conditions:	Ordinary level of physical fitness required
Venue:	Info concerning meeting place at x-dream.dk from 01.07.09 9990 Skagen
Language:	Danish
Booking:	Sign up by 28 July at the latest at info@x-dream.dk tel. +45 2089 0770 www.x-dream.dk
Price:	DKK 2,250 per team (3 pers.)
Organiser:	X-DREAM, Søren Diget

38 Active Rold Forrest tour

A tour in the forest that doesn't leave any chance of the participants getting bored, whatever their age. We lead you down winding forest paths through bogs and hills on a route which includes crawling through a so-called eye-tree. The tour leads you to Rold Skov Adventure's activity site. Here you can try your hand at axe-throwing, double buck sawing, archery and pole climbing. When you begin to feel peckish, we provide food that you can cook over the fire. After enjoying your food and a short rest, we take the shortest route through the forest to the car park. Only Rold Skov Adventure's safety equipment is used. Personal equipment can be used if necessary. The tour is led by local guides and certified instructors.

Dates / times:	11.00 on 4 July. Otherwise by appointment.
Duration:	Approx. 4 hours
Participants:	Minimum 10 participants.
Conditions:	Ordinary level of fitness for walking, and good spirits
Venue:	Car park at Skørping Idrætscenter (sports centre), 9520 Skørping
Booking:	+45 28 80 29 32 kontakt@rolldskovadventure.dk www.rolldskovadventure.dk Sign up no later than 3 days prior to the tour.
Price:	DKK 750 based on 15 persons. Contact us for prices for bigger or smaller groups.
Organiser:	Rold Skov Adventure. www.rolldskovadventure.dk

39 Rold Skov Challenge

In the forest of Rold Skov you can take the opportunity to test your mettle and physical capabilities. You start on a mountain bike, where the guide leads you down challenging single tracks leading through the forest. 10 kilometres later you'll reach the activity site where you can test yourself on the Parcour course, which is an obstacle course up under the tree crowns where you try to beat the fastest time on the course. When your pulse rate has returned to normal, you have to test your courage on our 25-metre high climbing poles. The climb up the poles is quite a challenge and you have to try to swing between the poles. The view from the top makes it all worthwhile.

Following these physical exertions, we eat delicious sandwiches by the bonfire before cycling at a slower pace back to the starting point.

Only Rold Skov Adventure's safety equipment is used.

Personal equipment can be used if necessary.

The tour is led by local guides and certified instructors.

Dates / times:	All days by appointment
Duration:	Approx. 4 hours
Participants:	Minimum 10 participants.

Conditions:	Medium level of physical fitness required
Venue:	Skørping Station, Sverriggaardsvej, 9520 Skørping
Booking:	+45 28 80 29 32 / kontakt@roldskovadventure.dk www.roldskovadventure.dk Sign up no later than 3 days prior to the tour.
Price:	DKK 795 based on 15 persons. Contact us for prices for bigger or smaller groups.
Organiser:	Rold Skov Adventure. www.roldskovadventure.dk

40



Active meeting with all creatures great and small in the forest of Rold Skov

In the area around the hills of Rebild Bakker in the forest at Rold Skov you'll feel the presence of history. Stories have been told down through the ages of trolls, robbers, poachers and other folks. We take you back in time and visit the places that prove that the stories are true. On foot through the hills and the forest you'll meet some of the main characters in the stories face-to-face. You'll visit the poacher and see if he'll offer you a dram, find out whether there really are trolls in the enchanted forest, see the hidden traces and remnants of the war, while at all times keeping an eye out for robbers. An exciting walk through the beautiful countryside where you'll encounter the main characters of the region's stories and legends.

Dates / times:	All days by appointment
Duration:	Approx. 3 hours
Participants:	Minimum 15 participants.
Conditions:	Ordinary level of fitness for walking, and good spirits
Venue:	Car park at the National Park, Rebild, 9520 Skørping
Booking:	+45 28 80 29 32 / kontakt@roldskovadventure.dk www.roldskovadventure.dk Sign up no later than 3 days prior to the tour.
Price:	DKK 625 based on 15 persons. Contact us for prices for bigger or smaller groups.
Organiser:	Rold Skov Adventure. www.roldskovadventure.dk

41

Awaken your forgotten senses

When everyone has gathered together, you'll be blindfolded and led down into the dark mine. Here we light 2 bat lights and you'll walk in the faint glow of the light through the mine. Here you'll meet death and receive an explanation as to why bats sometimes land on people's heads. At the bottom of the mine we switch on the lights and on the way out the guide will describe the mine and its use. Once outside, we test your senses once more in an amusing and challenging sensory experience. You'll finish at the information centre where delicious sandwiches are served.

The tour is led by local guides and certified instructors.

Dates / times:	16.00 on 5 July. Otherwise by appointment
Duration:	Approx. 2½ hours
Participants:	Minimum 10 participants.
Conditions:	Ordinary level of fitness for walking, and good spirits
Venue:	Car park at Thingbæk Kalkminer, Røde Møllevvej 4, Rebild, 9520 Skørping
Booking:	+45 28 80 29 32 kontakt@rolskovadventure.dk www.rolskovadventure.dk Sign up no later than 3 days prior to the tour.
Price:	DKK 495 based on 15 persons. Contact us for prices for bigger or smaller groups.
Organiser:	Rold Skov Adventure. www.rolskovadventure.dk

42

The Outdoor c/o Brdr. Vestergaard

Thy Outdoor is a shop with more than 450 m² of floor space providing a huge choice of equipment for nature lovers, hunters, riders, anglers and canoeists and kayak paddlers.

Sennelsvej 2B, 7700 Thisted
Tel. +45 9792 4508, toa@brdr-vestergaard.dk
www.brdr-vestergaard.dk

Opening hours:	Monday - Thursday	9.30 - 17.00
	Friday	9.30 - 18.00
	Saturday	9.00 - 13.00