

# Nature and soft adventure

## FULL DAY TOURS

### KULLABERG BY LAND AND BY SEA

We drive from Helsingborg to the Kullaberg Nature Reserve. The reserve includes everything from the rock down to the marine life in the sea. We start at the top with a guided tour. We then go down to the harbour, where we can see it all from out to sea as we sail around the peninsula on the Mölle boat. We also get a view Nimis, the famous work of art built of driftwood on the northern side of the peninsula. Back in Mölle, it's time for lunch before we continue south for a visit to Sofiero Palace Gardens, whose claims to fame include more than 10,000 rhododendrons.

**DURATION:** About 6 hours

**CONTACT DETAILS:** Kullaberg Guides, Mölle Boat, Hotel Kullaberg, Sofiero

### HALLANDS VÄDERÖ AND THE LUSH LANDSCAPE OF THE BJÄRE PENINSULA

Visit Hallands Väderö – the Weather Island of Halland – where you can enjoy the stunning landscape and lush wildlife. A guided tour of the island takes you through woods and near bird colonies. We might even see seals on the rocks. Back on the mainland, it's time for lunch at Hovs Hallar. After lunch, we make a brief stop at the Bäckdalen Nursery, which specialises in fresh herbs. At Norrviken Gardens, we are given a guided tour through the most interesting areas of the famous gardens.

**DURATION:** About 6.5 hours

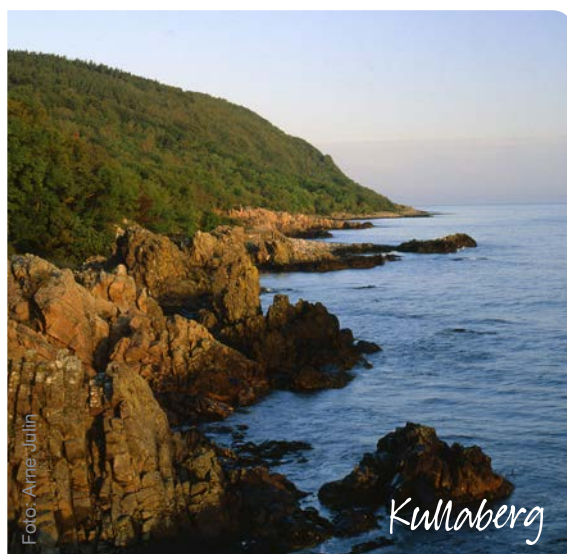
**CONTACT INFORMATION:** Väderöbåtarna (boats to Väderö), Hovs Hallar Hotel & Restaurant, Bäckdalen Nursery, Norrviken Gardens.

### NATURE TOUR OF SÖDERÅSEN

Start the day with a visit to Stenestad Park (the Swedish Pomological Science Centre), which specialises in fruit trees, berry bushes and other trees. Make a short stop at the Bonnarp's Hjortgård deer farm and their farm shop. After lunch at the Skärålid Restaurant, we enjoy a guided tour of Skärålid National Park – Skåne's own Grand Canyon. The tour ends with a visit to the cosy Kaffestuga Bialitt café.

**DURATION:** 5.5 hours

**CONTACT INFORMATION:** Stenestad Park, Bonnarp's Hjortgård Deer Farm, Skärålid Restaurant, Söderåsen National Park, Kaffestuga Bialitt



Kullaberg



Norrviken Gardens



Kaffestuga Bialitt

## HALF DAY TOURS

### LANDBORGEN TRAIL - THE COASTAL PEARL

Start your exercise walk at the centre of Helsingborg. Take the stairs (or the elevator) from the lower part of Helsingborg to the upper level, the Landborgen. Landborgen of Helsingborg is unique and was formed 13,000 years ago when the inland ice melted. Here is the tower Kärnan situated, the only remains of the Helsingborg Castle. Kärnan has guarded Helsingborg for more than 600 years and is now the symbol of the town. Start your scenic walking tour towards north. You will walk small paths in parks and along private gardens always overlooking the Öresund sound.

Further north you will arrive at Pålssjö forest, a beech wood forest almost in the city centre. This oasis is the main recreation area for the citizens of Helsingborg and highly appreciated. Have a coffee break with Swedish waffles at the Forest Pavilion from 1914 surrounded by high beech trees and a symphony of birdsong.

Continuing down to the coastline you will pass by the small Pålssjö Castle, which origin dates back to 1660, and the watermill from the beginning of the 19th century. You will also pass Pålssjö open-air swimmingbath, build back in 1912. You then return to the city by walking the promenade right next to the sea.

**DURATION:** 2,5 hours (7km) + return walk 30 min

**NOTE THIS:** This is a good exercise walk in modest-quick tempo. Good walking shoes and leisure clothing according to weather. You may take a bath at the open air swimming bath.

### KULLABERG CLIFF HANGER

Kullaberg peninsula, the promontory that like a finger points to the sea, guards the north approach into the Öresund sound. At the point you will find the Kullaberg lighthouse, northern Europe's brightest.

The red gneiss cliffs rise vertically from the sea up to 70 meters high. The hill is highest at Håkull, which is 187 meters above sea level. Kullaberg is a nature reserve well known for its dramatic sceneries and a paradise for mountain climbers. This tour includes a more modest way of getting the thrill and feeling of the mountain. You will be equipped with climbing gear for your safety and after thorough instructions you will be lowered whilst climbing down the hillside. An exiting experience!

The tour also includes an exercise walk along the cliffs to visit some of the caves. Can be combined with a half hour guided tour of the lighthouse.

**DURATION:** 4 hours inclusive transfer from Helsingborg

**NOTE THIS:** The walking can be physically hard. Good walking shoes and leisure clothes are recommended. Maximum personal weight is 100 kg/220 lbs.

**CONTACT INFORMATION:** Kullabergsguiderna



### KAYAKING ALONG THE WILD COAST OF KULLABERG

Kullaberg peninsula, the promontory that like a finger points to the sea, guards the north approach into the Öresund sound. This is a mountain climbers paradise, but also hikers, divers, canoeists and sailors appreciate the challenging adventures on and around Kullaberg. Try the ocean kayaking along the coast of Kullaberg peninsula where the steep cliffs raises upto 70 metres above the sea level. Under safe guidance of the instructor you will explore the coastline. This is a great way to experience the wildlife closely and it s fun challenging the ocean waves! The tour includes a picnic lunch on the cliffs ashore.

**DURATION:** 4 hours, inclusive transfer from Helsingborg

**NOTE THIS:** Changes may occur without further notice due to weather conditions. Leisure clothing, windbreaker is recommended, and sneakers. Bring a change of clothes. Maximum personal weight 100 kg / 220 Lbs.

**CONTACT INFORMATION:** Kullabergsguiderna

### SEAL SAFARI BY SPEEDBOAT AT KULLABERG

After a bus ride along the beautiful coast from Helsingborg you will arrive at the picturesque village of Mölle. Here you will enter the speedboat that will take you around the magnificent nature reserve peninsula of Kullaberg.

On the north side of the Kullaberg peninsula is the wooden sculpture called Nimis entirely made of drift-wood. The sculpture is illegally built in the nature reserve by the artist Lars Vilks who has been working on the project since 1980 using more than 160.000 nails.

Continue further north, approaching the small island of Hallands Väderö, also a nature reserve. We will find the Harbor seal colony in the archipelago outside the island and will be able to come quite close to them where they re basking on the rocks. The harbor seal live in the Baltic Sea, North Atlantic and North Pacific. In these waters they mate in July and the pup is born 11 months later. If you are lucky you will see a pup!

Before we return we will have a light picnic lunch ashore. On our way back we may let the driver give us a thrilling ride using the power of the speed boat. The group sets the limit.

**DURATION:** Approx 3 hours

**NOTE THIS:** Changes may occur without further notice due to weather conditions. You will be provided with a boiler-suit and gloves depending on the weather. Not permitted for persons with backbone problems or pregnant persons.

**CONTACT INFORMATION:** Kullabergsguiderna



## NATURE AND HISTORY AROUND SÖDERÅSEN NATIONAL PARK

The tour starts in Helsingborg with a short city sightseeing by bus before you continue your trip to the Skåne countryside. On your tour you will pass by the Wrangs Gunnarstorp Castle, a private owned palace from the 14th century, and the highest situated church of Skåne in Stenestad.

At Knutstorp Castle, a private owned stronghold and the birthplace of the famous astronomer Tycho Brahe, you will have a guided tour in the mansion.

Continue towards Söderåsen national park, “the Grand Canyon of Skåne”. The national park has northern Europe’s largest area of deciduous forest. It is home to various types of beech woods, and impressive slopes bear witness to where the power of nature has been at work.

In the south part of the national park you find the circular lake of Odensjön. The formation of the lake remains an enigma, although there are various theories about volcanic craters or subsidence in the bedrock. Every summer in August musical evenings are arranged and the concerts are performed from a floating platform in the lake, which is lit up by flames from torches in the dusk of the evening.

On your way back to Helsingborg you will pass by Tomarps Kungsgård (Tomarp State Demesne) from the 13th century and previously the residence of the regimental commander.

**DURATION:** 4,5 hours incl stop and walking tour, 2,5 hours excl stop and walking tour

**CONTACT INFORMATION:** Kullabergs Islandshästar, Knutstorp Castle, Tomarps Kungsgård

### ONE TO THREE HOUR ACTIVITIES

#### ROTHOFFSKA ALLOTMENT IN LANDSKRONA

The Rothoffska Allotment in Landskrona, built in 1903, is Sweden’s only garden allotment museum. The garden and the tiny cottage are open to the public. Guided tours can be arranged through the nearby Citadel Allotments.

**DURATION:** 1 hour

**CONTACT INFORMATION:** Rothoffska Allotment nature

