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Uddevalla & DU



COVER PHOTO

The sculpture Syrian Horse is a five-meter-high horse and made of iron by the artist Mohannad Solaiman. The sculpture stands at Skeppsviken.

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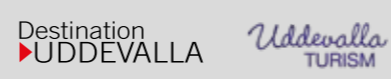
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Get inspired by Uddevalla!

Uddevalla is the place with an absolutely wonderful archipelago. Here are calm waters with the taste of salt, rocks, rich forests, lakes and what we insist on calling mountains. A lovely place simply. Yes, slightly amazing indeed!

The city carries a long and eventful history and the location by the sea has played a big role for our development; Already in the 16th and 17th centuries, timber transport from Uddevalla harbor was an important industry, Lyckorna and Gustafsberg, which are two of Sweden's oldest seaside resorts and shipbuilding industry are other examples. The city center now undergoes an extensive reconstruction where the city's history and identity are highlighted. The old takes place in the new. Now there are also digital guided walks in Swedish to download in the app Uppliv Uddevalla that you can walk when it suits you. Drive and forward thinking is also visible in our entrepreneurs like LO Multisport in Ljungskile where David and Angela inspire everyone to move. Here are fantastic opportunities for sports, whether it is paddling, sailing, cycling or running. At Bokenäset, Håkan and Marina welcomes you to Stallgården, a destination which offers inspiration and good food in a peaceful environment.

In the magazine you can read more about what you can see and do in Uddevalla, get tips on nice nature experiences, sporting challenges, events and food. Or why not find your very own special place. Welcome to a lovely summer in Uddevalla, the heart of Bohuslän!

Roger Salomonsson
Roger Salomonsson
Executive Director, Destination Uddevalla

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Ann-Louise Öhrn
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En ren nyhet!

Nu får Uddevalla fyra elbussar på linje 1 och 4.

Tack för att du reser tillsammans.



UDDEVALLA

The heart of Bohuslän



Surrounded by bare rocks, the salty ocean, mountains with lush forests and rich greenery, Uddevalla is situated by the calm waters of Bohuslän's beautiful inner archipelago. Here, you can experience boat trips all year round, hike to historic outlooks or swim in the ocean from a heritage property. The city's history is really exciting; for example, Uddevalla has changed nationality seven times. It has been Swedish, Norwegian and Danish at different times, but it was the

Norwegians who named the city Oddevall in 1498 and also named Byfjorden, the body of water that winds its way into the city centre along the coastal landscape. As he sailed into the city in 1746, botanist Carl von Linnæus exclaimed "It was if we had arrived in Venice, when we came to Uddevalla. Just like then, one can still sail all the way to central Uddevalla, which is a perfect starting point for experiencing the whole city and this beautiful region of Bohuslän.



Ulrica and Stefan bring Uddevalla's history to life

Uddevalla's exciting history and colourful characters are the focus as the city's centre is transformed into a more attractive hub. Step by step, Uddevalla Council is reinvigorating the streetscape through the use of new materials and details.

"We're getting a more vibrant and creative city centre that is accessible to everyone," say Ulrica Wallin and Stefan Björling who are involved in the project.



Ulrica & Stefan are behind popular events such as Häng på Hamngatan (Street party at Hamngatan) and Gömda glömda gårdar (Secret Forgotten Courtyards).

When Uddevalla's centre was last rebuilt some 50 years ago it was to provide space for a growing population and car traffic. Now that it's time again, cars don't have the same high priority. Instead, Uddevalla's unique features are highlighted to give the city a clear identity. The goal is to create a more vibrant shopping area with more meeting places close to the water. "The same development is underway in many other city centres throughout the western world. When e-commerce changes our shopping behaviour, it's important that other values are added to the city centre," says Stefan Björling, city centre coordinator at Uddevalla Council.



Eventful history

"All cities are unique in one way or another. As tourists, we are happy to look up historic places. Uddevalla's city centre is our 'Old Town', the scene of many exciting historic events and we're finally bringing

Ulrica & Stefan's best tips

- Don't miss Konst-Pausen (Pause for Art) at Kungsgatan 19, where youth art is exhibited on weekends.
- Discover the hidden cultural environments in the centre. The doors will open to several lovely courtyards during the event Gömda glömda gårdar (Secret Forgotten Courtyards) in October.
- Stroll around the district of Rävgiljan, situated on a hill a mere stone's throw from Hasselbacken and home to historic wooden houses in an environment that emerged during the 19th century.
- When you're in the city centre, look up to discover the many details found on the historic facades.



that to light now," explains Ulrica Wallin, head of operations at educational organisation Studieförbundet in Uddevalla. Uddevalla's history is long and eventful. The city has been on fire nine times and changed nationality seven times. After the worst fire in 1806, only one house remained in the city centre. The reconstruction gave the city its current grid structure with wider streets to prevent the spread of fire. The design of the walkway along the river Bäveån was inspired by the boulevards of Paris.

Materials tell the story

One of Sweden's oldest squares, Kungstorget was established in 1498. As it is being restored, along with the streets that surround it, the city's history will come to life. The streets are restored using Bohuslän's famous granite and Corten steel reminiscent of the shipbuilding industry. The city's magnificent street lamps have been renovated and more will be manufactured by using original moulds. "The new square environment needs to be both functional and have the feel of a historic square. It is clearly connected to the Hasselbacksparken by the riverside walk. Here, a new circular staircase made from Bohus granite offers seating for spontaneous meetings, music and theatre performances and much more," says Stefan.

Garden revival in Hasselbacksparken

Between Kungstorget and Hasselbackshuset (Hasselback House), parts of a 20th century garden has been recreated, offering visitors an opportunity to read about historical events in the square and about interesting people who lived in Uddevalla. One of the history connoisseurs and innovators of the city centre redevelopment team is Ulrica Wallin. She has collaborated with Stefan on several cultural and historical projects in Uddevalla, previously in the role of head of public culture at Uddevalla Council. They are behind popular events such as Häng på Hamngatan (Street party at Hamngatan) and Gömda glömda gårdar (Secret Forgotten Courtyards). "The interest in Uddevalla's history has grown recently, even among younger residents," says Ulrica. Both Stefan and I are passionate about telling the story of all the brave people who has meant a lot for this city and nation.

Telling the history of women

Ulrica points out that it is high time that the city's strong women are celebrated. Women who are not mentioned in history books and who have rarely given names to streets and squares. For example, photographer Maria Lundbäck who had

her own studio on Lagerbergsgatan in the early 1900s and whose pictures are valuable to the Bohuslän Museum. One idea is to build 'Maria Lundbäck's Place' where her story will be told in some shape or form. "At the beginning of the last century, there was a female artist collective in Uddevalla that included Maria Lundbäck and her life partner Hildur Andersson, as well as the then-famous adventurer Tekla Nyberg. Several of them were prominent in the fight for women's voting rights," Ulrica says.

Arena for culture and meetings

Stefan and Ulrica are inspired by other cities that have succeeded in creating vibrant and attractive centres. Borås and Norrköping are two role models that invest heavily in culture in the city centre. They both travel a lot and is inspired by European cultural cities of all sizes. They also share a great interest in culture, music and history and they often have similar ideas. Ulrica is, among other things, involved in the textile activist group Kraftvirk whose members surprise Uddevalla residents with colourful messages in the urban environment. "We would like Uddevalla's city centre to be used as an arena for culture and meetings, an environment where people enjoy themselves and want to stay longer. To fully succeed, the council works closely with property owners, associations, businesses, educational organisations, Bohuslän's Museum and others involved in the development of tourism and city centres," Stefan explains.

"It's finally happening"

The restoration of Uddevalla's city centre is multitier project. The first part, which includes Kungstorget, Hasselbacksparken and lower Kungsgatan, will be completed this spring. Later this year, work will start on Norra Drottninggatan and the Sundberg neighbourhood. After that, Norra and Södra Hamngatan will be upgraded. The entire city project is set for completion in early 2020s.

"Naturally, the work affects everyone who lives and runs a business in the centre. That's why we make sure we provide regularly updates on what we're doing and why. At the same time, everyone realises that the town needs a facelift. We feel a growing optimism for the city's future," says Stefan.

"Uddevalla's potential has been apparent to us for a long time, and now it's finally happening – thanks to clear guidelines from our politicians. The upgrade will be a big boost, but the fact is that a city is never be finished. We have a lot of ideas and dreams about how the city can be further developed. And there are already plans for the renewal of the city's parks," say Stefan and Ulrica.

Tips to do

UDDEWALLA SALUHALL

is an indoor marketplace and popular meeting place for anyone who loves food. Here, you can try exciting combinations of food and drink, eat Lunch of the Day, buy locally sourced meat, cheese and fish products, enjoy a glass of champagne with your friends and listen to the music performance of the evening. Saluhallen is run by well-known people with a genuine interest in food.

STRANDPROMENADEN

Uddevalla's pride and joy, is a spectacular wooden deck that winds along the steep rock walls along the coastline. Many walk this route to the charming heritage site Gustafsberg – Sweden's first health spa resort which was built in the late 1700s. Jogging and walking the route Svenskholmen-Skeppsviken-Gustafsberg-Lindesnäs has become a favourite Uddevalla pastime that is also enjoyed by visitors. During the summer season you can catch the bath boat m/s Sunningen back and experience the wooden board walk from a distance; the perfect view for Instagram images.

SHOPPING

In Uddevalla's unique range of interior design and gift shops. Lifestyle Shop Living Room is perfect when you need a gift for a friend or something special for yourself. Here you will find jewellery, home decor, clothes and beauty products. Himla Fint offers great interior decoration and clothes for young and old. Don't miss Sagolika Hem, a lovely gift and design store that sells unique and unusual things. Also visit Museibutiken at Bohuslän's Museum, which has a hand-picked selection of arts and crafts, Swedish design and products from Bohuslän.



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BOKENÄSET

In the middle of Bohuslän



BOKENÄSET is Bohuslän in a nutshell. The peninsula offers both contrasts and harmony. Dark green deciduous and pine forests are home to excellent hiking trails, while blue-grey rocks and beaches are always nearby, framed by Havstensfjorden, Nordströmmarna and Gullmarsfjorden. Bokenäset has a pronounced cultural landscape with historic remains and other trails from early settlers. 800 years ago, Dragsmark monastery was a centre of spirituality, education and culture.

Whether you come to Bokenäset by boat, car or bike, you will find many nice places to enjoy nature in peace and quiet. For example, at the top of Havstensklippan, 119 meters above sea level, offering spectacular views of Uddevalla in the east and the outer archipelago in the west. Did you know that Oden chose Havstensklippan as the home for his ravens Hugin and Munin from where they collected news about the world? It seems to have been a wise choice, as there is always something exciting happening at Bokenäset.



Håkan transformed the family farm into a popular excursion

During the course of just a few years, Stallgården Krog och Café (Bar and Café) has become one of Bokenäset peninsulas' most popular excursions. Along with interior design store Två Fröknar and the delicatessen Stallgårdens Chark & Skaffereri, it attracts thousands of visitors all year round.

The 17th century farm, Svälte, sits in a beautiful and peaceful setting overlooking Lanesund. You hardly notice its strategic proximity to road 161 between Uddevalla and Lysekil. Construction contractor Håkan Nilsson realised in the early 2000s that the farm had potential as a visitor destination and bought the property in 2005.



"I got a great surprise when I found out that the farm had been owned by my family since the 17th century, with the exception of some 60 years from the middle of the 20th century," says Håkan.

Interior design store Två Fröknar opened first

The first project was to rebuild one of the farmhouses to make room for interior design store Två Fröknar – run by Håkan's partner Lillemor Johansson and EvaLena Swartswé. The store opened in the spring of 2008 and quickly became a popular excursion destination. For several years, they also ran a café in the store, but the demand for coffee became so great that combining it with the retail business didn't work.

That prompted the idea to start a restaurant and café, right next door to Två Fröknar.

White Guide attracts long-distance guests

Håkan turned the farm's old residential building into a restaurant and in 2015, Stallgården Krog och Café opened its doors. In just a few years, it has gained a loyal clientele, both from the local area and from the wider region. Stallgården being featured in the prestigious restaurant guide White Guide has also contributed to an increasing number of long-distance guests.

Since 2017, restaurant manager Marina Olsson runs the restaurant with chefs Hanna Wistrand and Anders Blom.

Only Swedish produce

"We serve well-made lunches and coffee every day of the week, all year round, except for a few days around Christmas, New Year and Midsummer," Marina says. "We cook and bake everything from scratch and use only the best Swedish ingredients. We want to keep track of what we serve and have chosen to cooperate with local growers and meat producers such as Bokenäset's Gröna Gårdar (Green Farms).

Håkan and Marina support a new proposal to introduce origin labelling of food for restaurants.

"Our guests appreciate that we serve Swedish meat. It does cost more than imported produce but we think it is important to support Swedish farmers – especially after last year's record-dry summer," Marina says.

Sustainable kitchen solutions

Marina and her dedicated employees also work purposefully to reduce food waste and think about sustainability in the kitchen.

"We don't like to throw away food and help each other to find creative solutions. For example, if we have potatoes left over after lunch, we will use it to bake bread the next day. At the moment, we are introducing more vegetarian dishes to the menu. Not only because more guests are asking for it, but because it's climate-smart food," says Marina.

Well-stocked delicatessen

On a nice summer's day, Stallgården has more than 250 guests for lunch and coffee. During the winter months, regular guests come during the working week, while it's a popular weekend destination for groups of friends and families of all

Håkan and Marina's best Bokenäset summer tips

Pack a picnic and enjoy a nice evening swim at one of Bokenäset's great swimming spots, such as Hälleback and Rörbäck.

Check in at the five-star, award-winning campsite Hafsten Resort, offering plenty to do regardless of the weather.

Discover the old "rövarstigen" (robbery trail) in Lanesunds forest and walk on the path that was one of Sweden's most dangerous roads during the 17th and 18th centuries. Ask for directions at Stallgården.



Tips to do

FISHING

Fish are plentiful in most of the water around Bokenäset and Uddevalla, but at Skår and Hälleback they seem to bite particularly often. Rent a boat at Hafsten Resort and try your fishing luck. Why not try to reel in a Turbot. Look for "leopard bottom" shallows where the sand and gravel bottom is mixed with tufts of seaweed. Fishing For Sea Trout is popular in Bohuslän, particularly in the shallow waters of the inner archipelago. The sea trout can be caught on both spinner and fly. A good fishing spot for Trout is a shallow inlet or beach where the bottom slopes gently for a couple of dozen metres and then slopes steeply to deeper water. Trout like to stay just on this "edge".

TVÅ FRÖKNAR is a cosy shop with both interior design goods and clothing. Beside it sits the Stallgården restaurant, which also sells organic ingredients from its own shop, Stallgårdens skaffereri. Marsipanladan sells handmade marzipan confectionery and other sweet things. It lies 900 metres before Skaftöbron on the road to Fiskebäckskil/Grundsund. Hantverksglädje at Bokenäset – a summer craft market in Bokenäs community centre. Bokenäs kyrka is great and really worth a visit.

FLY ABOVE THE TREE TOPS IN HAFSTEN RESORT'S ZIPLINE

Flying along northern Europe's longest zipline a hundred meters above the ground is a wonderful and fast adventure spanning 900 metres. Afterwards, relax with a bite to eat, a nice spa or ocean swim at Hafsten Resort. Here you can also stay in a cabin or at the campsite.

My ambition with Stallgården is to give our guests a complete experience. Here, they can combine a good meal with buying delicacies and shopping for interiors and clothes.

ages. Guests were given another reason to visit when delicatessen Stallgårdens Chark & Skaffereri opened just before Christmas 2017. The store is filled with locally produced meat and charcuterie which has been cut and prepared on the farm. There is a seasonal selection of game meat, cheeses from Almnäs Bruk, eggs from the neighbour's farm and a number of other high-quality delicacies. "The idea is that customers should be able to pick up a whole meal in the store. We listen to what they want and develop the range step by step," says Håkan.

Broadening the concept

"My ambition with Stallgården is to give our guests a complete experience. Here, they can combine a good meal with buying delicacies and shopping for interiors and clothes at Två Fröknar. It's not un-

common for guests to stay with us for several hours," says Håkan.

Stallgården also arranges day conferences, private parties, wine and champagne tastings, catering and after work with live music. There are lots of ideas and plans for the future, especially with the new 125-household residential area Furuhall emerging a few hundred meters from the farm.

Exciting future plans

"Our location at Bokenäset gives us both advantages and challenges. We have to make more of an effort because we are further away from the city," says Håkan, who lives nearby.

"This summer, we're planning a big concert on the farm and we are thinking of keeping the restaurant open on Friday and Saturday nights. And who knows, in a few years we might be building a large party room or an art gallery in the barn."

"We are particularly pleased to have a superb team of talented and creative employees. We are like a big family at Stallgården. Many of them live on Bokenäset and feel strongly about the area and the farm. That means a lot," says Marina.



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LJUNGSKILE

Where the sea meets the mountain



Against the backdrop of the impressive Bredfjället, the charming little community Ljungskile is set along the inlet. Indeed, the word "kile" means inlet, while Ljung was once the name of the parish. Ljungskile has a protected position in the strait between Orust and the mainland. Many visit Ljungskile to enjoy swimming, boating and hiking, just like the visitors did at the end of the 19th century when Lyckorna was a popular bath and spa health resort.

The summer guests came here to socialise and rejuvenate themselves with hot and cold baths. They were attracted to the "remedial climate" which was attributed to the mix of pine forests and sea air. The Cold Sea Baths (Kallbadhuset) and several of the beautiful summer villas from the 19th century still exist. And even though the olden spa culture belongs to a bygone era one can only agree that there is something about Ljungskile.



Multisporters from Ljungskile inspire people to get moving

If you buy a bike at LO Multisport, you are guaranteed to get a bunch of bonus knowledge and tips. "We want to make it easy for everyone to be active. We don't just sell equipment but also organise training sessions, competitions and offer inspiration for all ages and types of people," says David Thylén who owns and runs the company.



Customers from all over western Sweden come to the multisport store in Ljungskile. Some are looking for something very specific, like a race bike to enhance their perform at the famous bike race Vättern-

rundan, while others want a reliable ladies bike for everyday use, or wish to hire mountain bikes for a day well spent at Bredfjället in Ljungskile. The shop does also have a bicycle workshop and offers a wide verity of equipment - pretty much anything that you can imagine, no matter if you are training for a triathlon or just doing regular exercise.

David only bought the company five years ago and two years later he moved it to Ljungskile. "The store was about to be sold and I saw the opportunity to combine my interest in fitness with work. I have always exercised a lot. First as an elite football player, at Ljungskile SK among other clubs, and for the past 10 years I have been hooked on different types of endurance sports - preferably in some extreme form," says David.

Drawn to extreme sports

No competition seems to be too challenging for David. His competition record is

impressive. In recent years, for example, he has participated in close to 25 marathons, 8 Ironman competitions, several long swim races and the world's longest ski race, 220-kilometre long Norden-skiödsloppet. Together with a friend, he has also completed five Ironman competitions in five days.

We've got the ocean with fantastic opportunities to kayak, sail and swim, wonderful mountain with beautiful forest and terrain, and thousands of great bike paths and tracks to explore.

Training and competing give him ideas and energy to develop and refine his company. It can be anything from developing new competition concepts that attract athletes of various ages, to establishing a new type of bike hire on the West Coast. The basic idea is to inspire and attract people to exercise together.

Know the customers' needs

"The driving force is to give our customers a good overall solution. Because

we ourselves are active, we can understand what they need and appreciate. We don't just sell bicycles; we live for bikes and exercising.

"I set long-term goals for both the company and for my own training. I am supported by a great group of employees, friends and training buddies who are also active at different levels," David points out.

From smoker to multisporter

One of them is his friend Angela Barck, who is also the company's financial manager. In a short time, she has become a dedicated multisporter. From not having trained at all as an adult, she started walking six years ago when she gave up smoking. But one rainy day, she joined a friend at the gym instead.

"It turned out to be a lot more fun than I had thought, so I got a gym membership and started going six days a week. After a while, a friend convinced me to come for a run and surprisingly I managed to run 2 km without stopping," Angela says. As Angela is an all-or-nothing kind of person, it wasn't long before she managed to run 10 kilometres.



David & Angela recommend full-day excursions in Ljungskile

Hire a bike and ride along Ljungskile's beautiful waterside promenade. Have a dip in the ocean at Lyckorna and continue to Anfasteröd Gårdsvik for a coffee break. Grab a stone oven-baked pizza and enjoy it on a rock or at Kallbadhuset.

Hire a stand up paddle board at LO Multisport and experience Stora Skarsjön on Bredfjället. Or start from Kallbadhuset and glide through the beautiful Ljungskileviken. Finish the evening by eating fresh mussels at Musselbaren.

Tips to do



MUSSELEXPEDITION

Join m/s Märta to the vast mussel farms in the fjord outside Ljungskile. Harvest fresh blue mussels that you then prepare together with talented chefs and enjoy in the clock tower. The popular Mussel expeditions have fixed departure times from Lyckorna in Ljungskile from April to October. Mussel expeditions can also be tailored to suit your needs. www.musselbaren.se



LYCKORNA GOLF CLUB

enjoys a great location by the sea. The scenic hilly 18-hole course trails through beautiful deciduous forest and along the fjord. You'll find challenges, whether you are an elite player, mid-range golfer or beginner. In addition to Pay & Play, driving range, ocean-front practice area and two putting greens, there is a newly built hall with indoor gym. Of course, there is also a golf bar and a well-stocked golf shop. www.lyckornagk.se



STROLL ALONG

the beautiful bay on Ljungskile's promenade between Lyckorna Brygga restaurant & bar and Laxbutiken. Go to Stora and Lilla Skarsjön that are on the edge of Bredfjället's nature reserve. There is a wonderful 9 km walking trail around Stora Skarsjön and canoeing, fishing and swimming are available.

Looking for new challenges

"I got a ticket to the Midnattsloppet in Stockholm and never thought I could do it. But it went well, which gave me a real boost. Since then, I have continued to try new types of competitions such as marathons and the Swedish Classic. This year, I'm aiming to do an Ironman - that is, swim, cycle and run in one event. That's a real challenge for me who haven't even learned to do the crawl yet," says Angela.

Customer meetings on the run

Angela's and David's lifestyles mean that their working days become a creative mix of work and workouts. "It's not unusual for me to have meetings with customers and suppliers along Bredfjället's exercise tracks," says David. "It's much better than sitting around a conference table - my best ideas appear when I move."

Both of them have noticed that the interest in multisport competitions and exercising more broadly has increased in recent years. The demand for competitions and training events from athletes at all levels is very high. This summer, LO Multisport is organising the Gummigubben (Rubber Man) event for the fifth

time, where everyone can try to do a real Ironman based on their abilities.

Gummigubben: fun for all

"Gummigubben isn't a competition, but just for fun. In the most recent one, both my mother and one of my children participated along some of Sweden's elite triathletes. It's the mix of people that makes it so amazing," David says. Together with other enthusiasts and entrepreneurs in the area, they want to attract more people to stay active outdoors all year round.

"We have lots of ideas about new competition formats and events. This summer, there's a group of entrepreneurs that is arranging the Ljungskile half marathon and in May we'll hold an inspiration day just for girls."

Ljungskile - perfect for multisporters

"Ljungskile is the perfect place to live and run a business from, for what we want to do," says David who has lived here since 2009. "We've got the ocean with fantastic opportunities to kayak, sail and swim. We have a wonderful mountain with beautiful forest and terrain, and thousands of great bike paths and tracks to explore. The only thing we lack is an outdoor gym, but we should be able to arrange that."

UDDEWALLA SALUHALL

GERHARDS OST, SALUHALLENS FISK, KUSTCHARKEN, KNAPES DELIKATESSER



KÖTT, FISK, VIN, OST, DELIKATESSER



Välkommen till mötesplatsen i centrum!

Kvarteret Kålgårdsbergsgatan 2 - Norra Hamngatan 9
451 30 Uddevalla

www.uddewallasaluhall.se

Konditori Snäckan



Välkommen till Snäckan på anrika Gustafsberg.

Café och restaurang, med havet som granne. Å la carte och fullständiga rättigheter.

För info ring 0522-380 80 eller besök www.konditorisnackan.se

Kanelsnäckan AB, Gustafsberg 475, 451 91 Uddevalla

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www.backamohusvagnscenter.se

Logos for Polar, WEINSBERG, RIMOR, CHAUSSON, SOLIFER, LMC.

Även små barn kommer flytta hemifrån.

Välkommen att prata barnspar med oss.



Välkommen till vårt kontor i Uddevalla
Vi har öppet alla vardagar mellan 10.00 - 15.00 samt till 18.00 på Torsdagar

Kundcenter Privat 0771-22 11-22
eller besök www.swedbank.se

Swedbank

BOHUSLÄNS MUSEUM

RE:USE!

25 maj 2019 - 29 mars 2020

Missa inte världens första 3D-printade utställning i 100% återvunnet material!

The Great Longing - The Act of Painting

4 maj 2019 - 1 september 2019

Upptäck variationsrik abstrakt konst från svenska- och nederländska konstnärer.

Fri entré, Museigatan 1, Uddevalla Tel: 0522 65 65 00 www.bohuslansmuseum.se Följ oss på Facebook & Instagram.



VÄRMEPUMPAR!

Fuji Electric

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FUJI ELECTRICS NORDIC 52 LM9 SLIM

Kyl-/värmearbning

Extremt god energieffektivitet som uppnår energiklass A++. Detta tack vare den effektiva DC rotary kompressorn, en expanderad yta på värmväxlare och en innovativ inverterstyrning, på så vis utnyttjas energin mer effektivt.



FUJI ELECTRICS NORDIC 57

Sänk energiförbrukningen - öka komforten!

En driftsäker och energibesparande investering, tillverkad för vårt nordiska klimat. Hög värmekapacitet ger god inomhuskomfort även vid -30°C ute. Lättplacerad inredning passar alla rum..

Installation ingår!

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FUJI ELECTRICS NORDIC 72 PREMIUM

Anläggning i toppklass

19.990 kr
Ord. pris 23.495 kr

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UDDEVALLA Frölandsvägen 2A
Tel: 0522-339 00

STENUNGSUND Strandvägen 52
Tel 0303-651 50

www.electroluxhome.se

Måndag-Fredag 10:00-18:00
Lördag 10:00-14:00
www.electroluxhome.se

Samtliga priser är inklusive standardinstallation (efter ROT avdrag, exkl elinstallation) samt nedmontering av gammal pump. Just nu får vi inget betalt för retur av gammal luftvärmepump, värde 1.500 kr. Vi har egna certifierade montörer. Gäller vid köp i fysisk butik till 30 sep 2019. Vi reserverar oss för eventuella tryckfel.



KASTA LOSS!

VÄLJ DIN DAGSTUR

VI KÖR TILL KÄRINGÖN, LYSEKIL, ÅSTOL,
DYRÖN, SMÖGEN, BASSHOLMEN

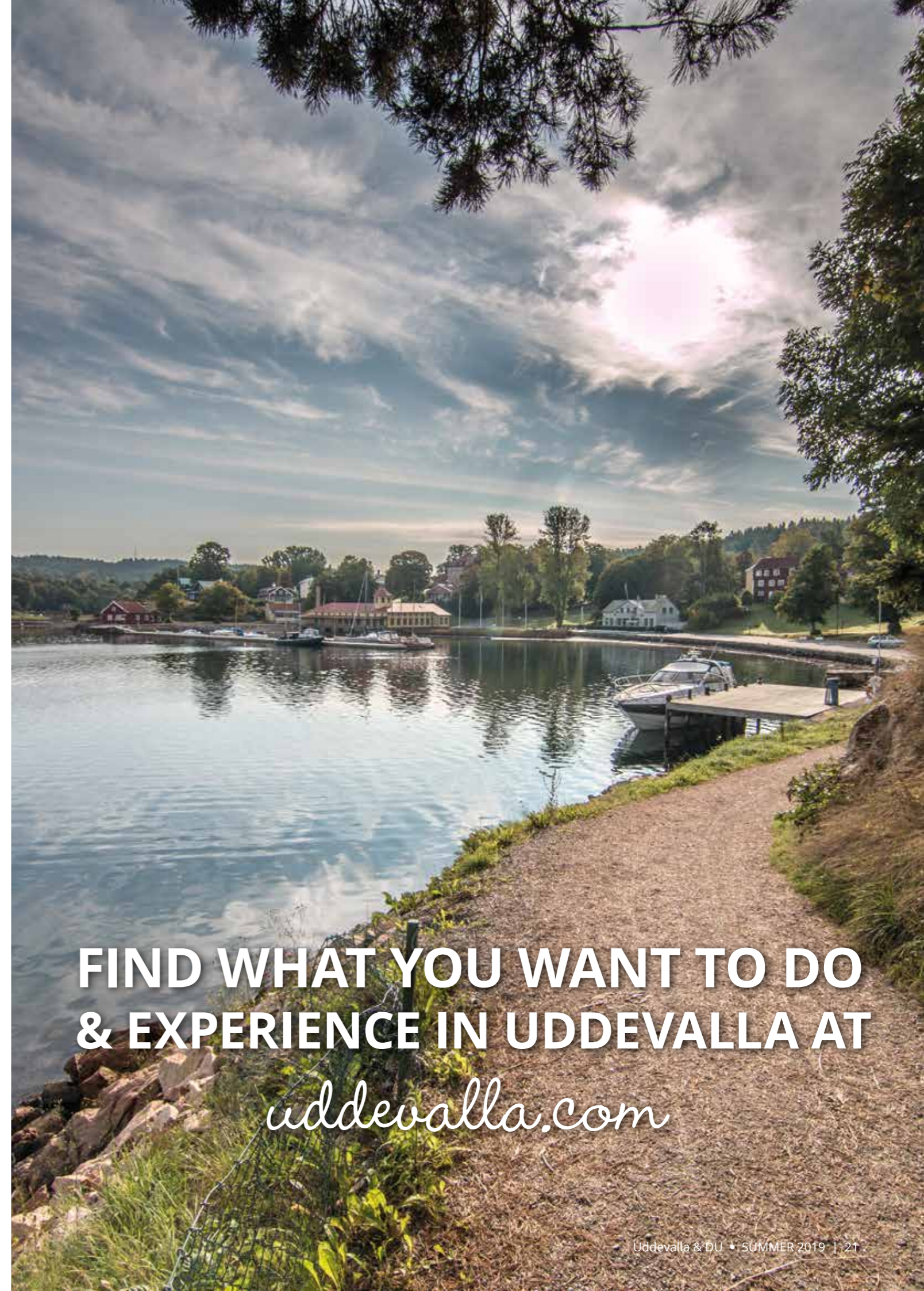
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0522-698480



FIND WHAT YOU WANT TO DO & EXPERIENCE IN UDDEVALLA AT

uddevalla.com



The heart of Bohuslän

The forests, lakes and dramatic nature of **HERRESTADSFJÄLLET** beautifully frames Uddevalla. Go for a walk or a long run along the lovely trails. Fish for perch and pike. Or test the mountain bike courses at Bjursjön.



WE CALL UDDEVALLA THE HEART OF BOHUSLÄN
Not only because it is the region's largest city, but because it is the perfect starting point for discovering all of Bohuslän. During summer, Uddevalla displays its very best features: the seaside location, the exciting history, the great food and sights that can make you stay for a long time. For more information, visit Uddevalla Tourist Center or uddevalla.com.

BOKENÄSET has two nature reserves that are well worth a visit; Svartedalen and Kärlingesund. Both boast stunning nature and lovely, marked walking trails. Kärlingesunds nature reserve is beautifully situated by Nordströmmarna and Bassholmen.



TASTE OF BOHUSLÄN
Fresh shellfish, just-caught fish, organic meat, locally brewed beer, locally grown strawberries, blackberries grown in the wild. There is amazing local produce and delicious flavours in Bohuslän. Make sure you enjoy all the tasty things on offer. In our cosy restaurants and cafés. Pick your own strawberries and vegetables at one of the area's farms. Take your taste buds on a tour of the market in Uddevalla. Bring the children for a picnic by the sea or have a barbecue in the forest. Everything tastes better in the outdoors.

For wilderness and exciting local history, visit **BREDFJÄLLET** in Ljungskile. Bring your fishing rod, and something for the barbecue.



STAY BY THE SEA OR IN THE WILD?
Simple accommodation near nature? Or luxurious and conveniently close to spa and entertainment? In Uddevalla city centre, Ljungskile and Bokenäset, there are a thousand beds or so to choose from. Camping cabins, hostels, apartments, and hotels of all types of standard, including the new luxurious type of camping; Glamping. Those arriving by boat have many guest marinas to choose from. Camp sites and holiday resorts by the sea attract visitors from all over Europe.

SHOPPING THAT STANDS OUT

Uddevalla's status as a trading town is evident in its genuine and broad range of shopping opportunities. Here, you'll find everything from the enormous IKEA store to tiny second-hand stores. The city centre's cobblestone streets are lined with small and personal stores as well as large chain shops.

A bit further away from the city center, shopping center Torp is home to 90 or so shops and stores. In Ljungskile and at Bokenäset you can buy exclusive interior design, furniture, clothes and produce in charming farm shops, garden centres and trendy lifestyle stores.

- Key to symbols
- Mountain bike course
 - Walking trail
 - Fishing area
 - Outdoor gym
 - Shopping
 - Attraction/ sight
 - Bus station
 - Train station
 - Guest harbour
 - Swimming spots

Uddevalla Tourist Center
Södra Hamnen 2
451 42 Uddevalla
+46(0)522 - 698480
info@uddevalla.com
www.uddevalla.com

© Lantmäteriet
© Uddevalla kommun


A selection of the summer events 2019

Find all our events at uddevalla.com

SPRING KICK-OFF WITH CHILDREN'S MARKET MAY 4

A wonderful day in central Uddevalla, with fashion show, music and a large second-hand market with toys, children's clothes, prams and lots more.

NATIONAL DAY JUNE 6



Sweden's National Day is celebrated throughout Uddevalla and surroundings. In addition to all the flags adorning the city, there will be festivities of different types.

MIDSUMMER CELEBRATIONS JUNE 21

Wildflowers, folk music, dance and play around the maypole - in Uddevalla we celebrate midsummer the traditional way.


"NATTSUDD" HARBOUR FEST JUNE 27

Harbour festivities in Uddevalla harbour the night before Pantaenius Bohusracet starts. Enjoy exciting food, activities and music in the south harbour guest marina. City shops are open late and the centre will be bustling with shoppers enjoying outdoor restaurant areas.

STREET PARTY AT HAMNGATAN JUNE 29

A miniature cultural festival will be held in central Uddevalla, when Norra Hamngatan is opened up to outdoor restaurants and lots of activities. Enjoy the atmosphere and music, stop for a coffee and just "hangout" on Norra Hamngatan for a little while.

UDDEVALLA PRIDE 2019 - MAKE EQUALITY REALITY AUGUST 9-10



There will be workshops, lectures, disco and of course a parade! For more info, see Uddevalla Pride on both Instagram and Facebook, look out for events! The event is organized by young organizers with the support of Culture and Leisure Uddevalla Municipality.



FARMERS' AND FOREST DAYS SEPTEMBER 7-8

Backamo Lägerplats in Ljungskile is filled with people, fun activities and eye-catching things for the whole family. Visitors can try driving a horse and carriage, have a nostalgic walk among the old cars, motorcycles, tractors and machines. There is entertainment for old and young.



LJUNGSKILE DAY JUNE 15

Family festivities in central Ljungskile, with lots of activities and entertainment, market, exhibitions and fun run LjungskileSlingan. Organised by local traders and organisations.



Harbour fest

BASSHOLMEN DAY JULY 13

Experience the car-free island Bassholmen situated in the scenic Nordströmmarna currents. Enjoy the scenery, the historic boats, and the boat museum to learn about the island's fascinating history. Catch Skärgårdsbåtarna's archipelago boats here from Uddevalla.



INTERNATIONAL STREET MARKET JULY 31-AUGUST 3

Bon appétit! Buen provecho! Smaklig måltid! Those are the sounds of the International Street Market, during which delicious dishes and delicacies are served by traders from all corners of the world.



GUSTAFSBERG DAYS AUGUST 10-11

Experience the glory days of Uddevalla's historic bathing resort Gustafsberg. Enjoy a massage, try water from the well, see exhibitions and performances. And don't miss the theatrical guided tours about Gustafsberg's fascinating history.

SECRET FORGOTTEN COURTYARDS OCTOBER 5

Discover Uddevalla's unique urban environments. With map in hand, you can wander round the heart of the town and experience genuine places, creativity and culture together with the other visitors. Uddevalla has fantastic courtyards that, for this one day are opened for all to see.



Music

UDDEVALLA FESTIVAL JULY 25-27

The wonderful annual family festival in central Uddevalla, which boasts a party atmosphere for three days straight. Music and entertainment across multiple stages, sing-along, tivoli and activity park for the little ones. When evening comes, the whole city centre transforms into a huge street party.

KÖRPEHÖLSFESTIVALEN MAY 24-25

The prestigious Körpehölsfestivalen is back this summer. Since the 1970s, music association Adrian has attracted well-known and lesser-known bands in the genre heavy/stoner rock. This year's festival is held in its usual location at Kulturhuset Bastionen.

UDDEVALLAKASSETTEN JUNE 8

International artists will offer music experiences of different genres at cultural association Uddevallakassetten's intimate scene Kontoret, which accommodates 35 people who are welcome to bring their own food and drink. This evening, Uddevalla band Suspekt, Doffe and DJ Alderborn will perform.

WEST COAST DANCE FESTIVAL JULY 9-12

Lane Loge hosts the West Coast's largest festival for traditional Swedish music genre "dansband", which is not dissimilar to some country music and which will see happy people of all ages fill the venue to dance to a different band each evening.

PARK SUMMER JULY 11-AUGUST 22

Listen to music, dance, meet friends and grab a bite to eat. During a few Thursday evenings, free music concerts and outdoor cinema will be held in Hasselbacken, in Uddevalla. Swedish artists from across the country and genres will play, with local bands to open each concert.

SUMMER JAZZ WEEK JULY 22-27

L'jazz in Ljungskile offers wonderful music all year round, but nothing beats the traditional summer jazz week, when well-known musicians from near and far play high-quality jazz to large crowds.

UDDEVALLA FOLK MUSIC FESTIVAL AUGUST 3

A festival of folk music that brings together people from all over the world. At Bohuslän Museum, traditional Swedish folk music is mixed with music from other cultures. Those wanting to play get together in spontaneous jamming groups and are inspired by courses, concerts and dance.



Bohuslän Museum Exhibitions

PERMANENT EXHIBITIONS

- **The Boat Hall**
From heritage to recreational boats
- **The Bohus Hall**
Where nature meets art
- **The Starting Point**
Excursion time. Discover new places to visit
- **The Johnson Hall**
Meet the artistic masters Zorn, Hill, Liljefors...
- **Meet The Travellers!**
...and an important part of our history
- **Coastland**
Faith, hope and love by the coast and sea
- **Borderland**
Meet Ingeborg, powerful Nordic duchess
- **The Bernhardson Room**
Among ghosts, magical creatures and merfolk
- **Uddevalla Through The Ages**
Harbour and trading centre in border country

SUMMER EXHIBITIONS

- **The traces of the seafarers - maritime carvings in Bohuslän**
The exhibition tells about the carvings and what they can learn about the seafarers and shipping about 500 years ago. Ongoing to 1 september.
- **The Great Longing - The Act of Painting**
Our summer exhibition features some twenty contemporary artists. Ongoing to 1 september.

BOHUSLÄNS MUSEUM Museigatan 1

Opening hours*
Monday 10-16
Tuesday-Thursday 10-20
Friday-Sunday 10-16

*subject to change during public holidays

**FJORDTRÄFFEN
THURSDAYS EVEN WEEKS
MAY-SEPTEMBER**

Do you like vintage cars, old mopeds and other impressive vehicles? At Fjordträffen, a large number of motor enthusiasts gather at Svensholmen to show off their vehicles or just enjoying others'. Here, enthusiasts meet to for coffee, company and to exchange knowledge. Fjordträffen is held every second Thursday from 6pm-9pm



**DAGNYS CAFÉ
THURSDAYS AT DAGNY'S**

Take yourself back to the fifties with a visit to Dagny's music café – decorated in 1950s style with a jukebox playing all the right music. In addition to the popular shrimp sandwich, there are favourites such as mazarin cakes and hedgehog slices. Outside the cars are lined up. Certain Thursdays also feature live music. Open every Thursday 6-8pm. (9 pm during summer).



**SWEDISH MOTOCROSS
CHAMPIONSHIPS
JUNE 1-2**

The Swedish motocross elite will embark on the motor stadium Glimmingen to battle it out for the Swedish Championships titles in the MX1, MX2, 125U17 and MX-Girls classes. Host club BMK Uddevalla welcomes 150-200 of Sweden's best riders. Take the opportunity to see them in action!



Sport events



**PANTAENIUS BOHUSRACET
JUNE 27-30**

Sailing race along the Bohus coast for both elite and recreational sailors from Sweden, Norway and other European countries. Uddevalla harbour is filled with sailing boats ahead of the start on 28 June. The race finishes in Smögen three days later.

**LYCKORNA SAILING FESTIVAL
JUNE 28**

After the Pantaenius Bohusracet start by the Uddevalla bridge in the morning, the sailing boats will race into Ljungskile. Offering a great view of the race, Lyckorna will offer exciting food, activities and music throughout the day.

Motor events



**WILD AND CRAZY CRUISING
AUGUST 17**

Rock music, impressive American 50s cars and their proud owners, and of course the traditional cruise through town are on the cards at Glimminge motorstadion in Uddevalla this weekend.



**VM MOTOCROSS
AUGUST 24-25**

A round of the Motocross World Championship is held for the 23rd time at Glimminge Motorstadion in Uddevalla. An event that attracts over 20.000 visitors from around the world. The competition fills the whole stadium with international visitors. Don't miss this action filled weekend!

Meet the World Cup drivers signing autographs Friday August 23, at Torp köpcentrum.



**UDDEVALLA CITY RACE
SEPTEMBER 21**

Rally competition that starts and finishes in central Uddevalla. Glimmingen motor stadium is a good spot to watch the rally cars in action.

**Youth tournaments
& festival**

JUNICUPEN JUNE 14-16

Handball tournament drawing youth teams from across the Nordic countries to Uddevalla to meet new friends and, of course, play handball indoors or outdoors. Junicupen is organised by GF Kroppskultur for the 43rd year.



ODDEBOLLEN AUGUST 2-4

One of Sweden's largest youth football tournaments takes place on the grass pitches by Gustafsberg. Organised by IK Oddevold for the 34rd year, it is a real festival!



STADSSTAFETTEN RELAY

A real running party in the middle of town where teams of five participants run a total of four kilometers across five stages. A fun thing to do with friends, colleagues or neighbours. Stadsstafetten is organised by athletics club IK Orient. Keep an eye out for the date on uddevalla.com!



**UDDEVALLA OPEN
AUGUST 30-SEPTEMBER 1**

Uddevalla Open is a new, exciting para sports tournament, Special Olympics. This year, Uddevalla Open also includes several branches, football, golf, bowling, race-running, horseback riding, athletics, judo and swimming. This allows many more sportsmen and women to take part in the tournament.



RS TERA WORLD CUP AUGUST 4-9

Ljungskile Segelsällskap hosts this World Championship for young people who sail one-person-dinghies. One hundred participants from all over the world are expected to compete for the World Cup title in a race around Ulvön island in the bay of Ljungskile. A festive six-day event, it offers a variety of different activities for the whole family.

Nu väntar en solklar framtid

Uddevalla Energi har tagit ett stort kliv på resan mot en fossilfri framtid. Vi vill bidra till vår kommuns utveckling, och uppmuntra till fossilfria alternativ.

Solenergi är en av framtidens viktigaste energikällor, 100 % förnybar och fri att nyttja. Under våren 2019 kommer vi att börja sälja kompletta solcellslösningar för både villa och företag. Vi tar hand om allt från första kontakten med dig till färdig installation på ditt tak.

FÖRDELARNA MED SOLCELLER från Uddevalla Energi är många.

Lokalt - Uddevalla Energi är det lokala energibolaget i Uddevalla. Vi finns alltid i närheten och kan vara snabbt på plats om det uppstår problem med din anläggning.

Lösamt - Vi erbjuder gratis hembesök där vi tillsammans med kunden hittar den optimala lösningen för dig och ditt hus.

Tryggt - Vi är det lokala och långsiktiga energibolaget som kommer finnas kvar i Uddevalla minst lika länge som de solcellsanläggningar vi installerar.

Enkelt - Vi har goda erfarenheter av solceller och hjälper er genom hela resan från idé till egenproducerad lokal förnybar solenergi.

MEG SOLEVALLA GÖR VI EL AV SOLSKEN

För att lyckas med en omställning måste vi också bygga för fossilfri elproduktion. Solevalla solcellspark ligger vid Forshälla Holmen i Uddevalla, väster om E6. Parken är ca 6 000 kvadratmeter stor. Den el vi producerar finns tillgänglig för uddevallaborna via laddstolpar runt om i kommunen, vi kallar dem solstolpar. Elen räcker för att driva 150 elbilar 1 000 mil/år i minst 25 år. Tillsammans skapar vi en solklar framtid.



Energjutmaningen

Sponsring är något vi verkligen gör med hjärtat, därför har vi startat Energjutmaningen!

Det är en självklarhet för oss på Uddevalla Energi att sponsra ideella verksamheter för barn och ungdomar på lokal nivå och det gör vi varje år genom Energjutmaningen.

Energjutmaningen är en sponsringstävling som går av stapeln på våren då vi bjuder in Uddevalla kommuns föreningar att tävla om 100 000 kronor. Föreningarna får göra en film som berättar vad de behöver sponsring till. En jury väljer ut ca 10 finalister som går vidare och får tävla om pengarna. Sedan gäller det för föreningarna att själva fiska röster genom att få uddevallaborna att rösta på just sitt bidrag. Pengarna fördelas procentuellt utifrån antal röster.

Föreningen Uddevalla Sim är förra årets vinnare och är en av de föreningar som jobbar aktivt med barn och ungdomar i Uddevalla.

- Det har varit väldigt roligt att vara med i Energjutmaningen säger Niklas Andersson från Uddevalla Sim. Han berättar också att de med hjälp av vinstpengarna kunnat uppdatera några av sina hjälpmedel till simträningen. Tack vare Energjutmaningen har vi fått möjligheten att utveckla vår förening och dessutom gjort något riktigt kul tillsammans som vi är stolta över.

- Energjutmaningen är en tävling som engagerar, vi märker att föreningarna hittar på nya kreativa sätt för att fiska röster till sina bidrag säger Fredrik Jostby, marknadschef på Uddevalla Energi. Det är också ett bra forum för oss att få träffa föreningarna och höra vad de har på gång framåt. Energjutmaningen kan öppna upp för nya spännande samarbeten! Läs mer om Energjutmaningen på uddevallaenergi.se.

Välj el från din lokala elhandlare

Vår el är lokalproducerad till största delen genom förbränning av dina sopor på Lillesjö kraftvärmeverk. Det betyder att de brännbara sopsorna som du och alla andra uddevallabor slänger kommer tillbaka i form av el, vi kallar det returel. En mindre del kommer bland annat från vattenkraften i den lokala Bäveån. Varen procent av den el som du köper från oss är förnybar och kan gå vidare i kretsloppet – om och om och om igen. Elen är dessutom ursprungsmärkt för att garantera att den är lokalt producerad.

Jonna Billskog är elhandels säljare hos oss på Uddevalla Energi. Hon svarar gärna på dina frågor om elhandel och hjälper dig att bli kund.



- Det kan vara klurigt för kunderna att förstå vad som är vad på elfakturan eller elfakturorna, om man betalar till både ett elhandelsföretag och ett elnätföretag. Och varför blev till exempel elnätfakturan plötsligt högre medan elhandelsfakturan blev lägre? Jag vill såklart reda ut detta för kunderna så att de förstår sina valmöjligheter och vad Uddevalla Energi kan erbjuda säger Jonna.

Hon berättar vidare att Uddevalla Energis elhandel har ett stabilt pris så att kunderna ska kunna känna sig trygga med sitt lokala energibolag.

- Vi vill ha en schyst produkt som är bra ur ett miljöperspektiv och dessutom jobbar vi inte med lockpriser. Det är det roligaste med Uddevalla Energi, att kunna sälja en bra produkt som jag står för.

CHALLENGER ▶ UDDEVALLA

HERRESTAD FJÄLLMARATON

The first race is a challenging run through the varied and stunning terrain of Herrestadsfjället in Uddevalla. Everyone can take part irrespective of your level. In addition to the classic marathon distance of 42 km, there are shorter options at 24 km, 14 km, 7 km or 4 km. Keep an eye out for the 2020 dates!

DALSLANDRUNDAN MAY 19

Challenge your friends or colleagues on an amazing ride on roads through the nature of Dalsland. Dalslandrundan has different classes and distances to suit everyone – whether you want to enjoy a calm bike ride or “warm up” ahead of bigger cycling challenges later in the season.

RUN DIRT RACE KIDZ JUNE 15

This summer, kids from 5-10 will have their own obstacle course in the centre of Uddevalla. Run Dirt Race Kidz runs along Båveån on Norra Hamngatan via Hasselbacken and back along Södra Hamngatan. Entry is free and the event offers lots of fun activities for children.



DO YOU WANT TO TAKE PART IN AN EXERCISE RACE, OR MAYBE TWO OR EVEN TEN?

Here's your chance to test your strength in nine wonderful events organised in Uddevalla. There are now more local competitions than ever – aimed both at the average person and elite sportspeople. All ten are included in the new concept Challenger Uddevalla.

Whether you enjoy cycling, running or swimming, there is a race for you. You decide which level to aim for.

Are you a regular person who wants a goal for your everyday training? Or are you an elite sportsperson who want to reach your peak shape through taking part in multiple competitions? You decide how many to take part in! **Join through the individual website of each race.** All ten races are crowd magnets, and most offer fun activities, food and entertainment. Welcome to join Challenger Uddevalla as spectator or participant!

Do you want to test yourself in more than one Challenger Uddevalla race? Check out one of the Challenger packages!

- **Ultra Challenge**
– Tackle the three more extreme races: Herrestad Mountain Marathon (42 km or 24 km) and the longest distances of SWIX Uddevalla MTB and Bokenäs Triathlon.
- **Super Challenge**
– Tackle five Challenger Uddevalla races of your choice during 2018.
- **Youth Challenge**
– Are you under 18 years? Tackle five Challenger Uddevalla races of your choice during 2018.

www.challengeruddevalla.se

BOKENÄS TRIATHLON JUNE 29

One of Sweden's most scenic triathlons for youth and adults is held at Bokenäset. Participants swim, ride and run through varied and beautiful terrain along Gullmarsfjorden.

BOKENÄS SWIMRUN JUNE 30

Why not combine Bokenäs Triathlon with another fun challenge the following day? Or give Bokenäs Swimrun your all? This is a fun race that most people can do.



UDDEVALLA SWIMRUN JULY 27

“Sweden's most beautiful Swimrun”, according to many participants. A fun competition that adds to the festival atmosphere of Uddevallakalaset at the end of July. A great challenge for anyone who can run 10 kilometres and swim 2 kilometres. The competition is open to both amateur and elite runners/swimmers.

UDDEVALLA X-TRAIL

Across marshes and mountains, through forest and sticks, along scenic forest paths; Uddevalla X-trail is a wonderful running challenge at beautiful Herrestadsfjället, both on and off the trails. Open to both average runners and those wanting a tough terrain challenge. Keep an eye out for the date on uddevalla.com!

RUN DIRT RACE JUNE 1

Join an extraordinary challenge! Tackle obstacles, get dirty and exhausted, lift, climb, crawl and balance. Run Dirt Race is a really cool obstacle course for the general public – most people can do it!



STRANDJOGGEN JUNE 6

Celebrate the National Day by running in Strandjoggen along Uddevalla's Strandpromenaden wooden boardwalk. A great fun run for anyone who likes to exercise in scenic settings.



Sport events

MTB TIPS FROM 4X WORLD CHAMPION



Felix Beckeman from Uddevalla Cycle Club is the world champion in MTB 4X and is on hand to give you tips about the great bike trails at Bjursjön in Uddevalla. “Here you find top-class bike trails along a well-developed network of paths providing options for all types of cyclists and young people. Start at Bjursjöstugan which is a wonderful place with several nice paths and new skill development tracks. The blue loop is the most popular one and suits most people,” says Felix.

SWIX UDDEVALLA MTB JULY 13

Wonderful mountain bike ride along single tracks, tractor roads, gravel and some sealed roads. It offers amazing views by the fjord's coastline and lovely forest sections. The 68-km course is very varied and slightly hillier than Cykelvasan.

**SOMMAREN
ÄR SNART HÄR!**

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NATURE ADVENTURES

Summer inspiration

Do you long for saltwater swimming, rocks warmed by sunshine, and luxurious spa hotels? Do you prefer flying along a forest path on a mountain bike, going on a mussel expedition or go glamping? Or do you want gourmet food, live music and dancing? Whatever you want to do this summer, there are a lot of things to experience in Uddevalla, in Ljungskile and at Bokenäset. Why not try something completely new?

FANTASTIC HIKING TRAILS

Walking in an urban environment or hiking in the forest is a great way to explore a new place. You discover so much more along the way. There is a wide selection of hiking paths and walking trails in Uddevalla and the vicinity. Stroll along our central Strandpromenaden, walk along the coastline or through the shady forest.

Around the town of Uddevalla there are several areas for walking with paths leading to beautiful fishing lakes, berry and mushroom woods and barbecue sites. Herrestadsfjället and the Bjursjö area are popular areas. Immediately above the centre of Ljungskile is Bredfjället – a nature reserve with several marked hiking trails and Stora and Lilla Skarsjön where you can fish, swim, paddle or cook food at one of the barbecue sites. Also, try the "Salt and sweet" hiking trail, which takes you to Tjöstelseröd's nature reserve. There are several hiking paths close to the sea on Bokenäset which leads you through shady beech and oak woods. Enjoy the trails in Kärlingesund's cultivated landscape.

You can find facts and inspiration about the Bohusleden, Kuststigen and other hiking trails at uddevalla.com.

Take a hike up to Havstensklippan on Bokenäset. The view is amazing!

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Gustafsberg



Sweden's oldest seaside and spa resort, dating back to the 18th century

SWEDEN'S OLDEST SEASIDE RESORT

At the beginning of the 18th century, Gustafsberg' mineral rich water attracted people who wanted to cure lameness, hysteria and rickets. A glass of spring water every quarter or half an hour would do the trick. For extra beneficial effect, during the 1780s one could complement the spring water with sea water bathing. Gustafsberg was Sweden's first seaside resort and was visited by celebrity guests such as Carl von Linné.

In 1804, the ailing crown prince Gustav, son of King Gustav IV Adolf, came here for the mineral water and seawater bathing cure. The Crown prince recovered and Gustafsberg received a real boost. In 1814 two hot bathhouses were built. One was more elegant, and today is home to Gustafsberg's Hostel. The other hot bathhouse was called the poor bathhouse and is today called Sjöstugan. One can rent more basic rooms there. The royal visitors meant that Gustafs-

berg was a very popular resort, including visits from celebrities such as Fredrika Bremer, during the 1830s. Several buildings were constructed for the summer guests. Gustafsberg was a playground with holidaymakers, musical soirees, theatre performances and glamorous balls. Today the Gustafsberg area is part of a nature reserve and 26 buildings are listed as historic buildings. More about Gustafsberg's history, places to stay and activities: gustafsberg.se



CYCLE through the varied and stunning landscape offered by the rocks, ocean and forest. Explore Uddevalla city center by bike or challenge yourself on the mountain bike trails at, Hafsten or Bjursjön.



BASSHOLMEN is a beautiful island and a nature reserve in the middle of the Nordströmmarna Bokenäset's west coast. The island has an interesting history from the herring fishing period of the 18th century onwards. There is guest marina, a house to rent, a boat museum, a café and sauna rental. The easiest way to get there is with Skärgårdsbåtarna.



GLAMPING at Anfasteröd Gårdsvik is a luxurious form of camping - large furnished tents with kitchenette, beds, shower/WC, heating, sleeping loft and porch. One of the tents is located in the middle of a beautiful beech forest and the other on a cliff. In summer, visitors can catch Skärgårdsbåtarna to Anfasteröd. The boats depart from central Uddevalla and travel through Havstensfjorden, which takes about two hours.



BOOK A GUIDED HISTORY TOUR in central Uddevalla or go on one of the guided Gustafsberg tours during summer - then you can even try drinking from the well.

Recommended guides: Uddevallaguiderna, Bohuslän Guides or Uddevalla Heritage Association.

At the edge of the beach is the **Snäckan's Café**, where you can eat, have a coffee and enjoy the view. Just beside it is the old bath resort's restaurant which is now a popular banqueting suite. Gustafsberg also has a pier that the Skärgårdsbåtarna call at.



LUXURY FOR BODY AND TASTE BUDS

A luxurious evening, weekend or week can start with a visit to one of Uddevalla's many Restaurants serving modern Bohuslän cuisine in different shapes and for all budgets. You can enjoy genuine Bohus äggost (egg cheese) at Kajkanten café and restaurant, indulge in fresh prawns during a shellfish cruise aboard m/s Byfjorden, or savour a gourmet meal at Villa Sjötorp in Ljungskile which also offers accommodation. Down by the water in Lyckorna you will find Lyckorna Brygga Restaurant and Bar where you enjoy the meal overlooking the boats, the bay and the sunset.



SPA, SEA SAUNA AND BEACHES

Many visitors come to our region to swim and relax with spa treatments all year round. Several hotels offer spa, sea-side sauna, beaches, luxurious rooms and really good food. Bohusgården, Bokenäset Hotell & Konferens and Hafsten Resort are but a few. Check in with your best friend, partner or family and enjoy!

OUTSIDE GYM

Do a workout at Bjursjön. There are nice trails in the forest, an outdoor space and a bathing area.

EXPERIENCE IN A KAYAK

Glide out onto Uddevalla's smooth water and experience the archipelago in a sea kayak. Go into shallow inlets and get close to birds and other animals in a way that you never could in a motor or sailing boat. From Uddevalla you can choose any number of great routes regardless of whether you want to paddle a short distance close to the town centre or to take yourself off to an island to camp overnight. A unique experience spring, summer, autumn or winter! In a few hours you can paddle to Ljungskile or to Bassholmen for example.

Skalbankarna

Mounds of crushed shells & a paradise for flowers, butterflies and insects



VISIT THE UNIQUE SHELL BANKS which formed 10,000 years ago. Large amounts of shells from marine invertebrates and skeletal parts of whales, seals and fish gathered just outside today's city center. Visit the Shell bank museum to learn more.



BEER BOAT AND CHEESE & WINEBOAT

M/s Sunningen runs its Uddevalla boat tour each summer and aboard is a bistro. Catch the boat through Uddevalla's stunning inner archipelago while enjoying the views and bistro meals.

If you prefer a day tour or evening cruise, that is on offer too. New this year is the Beer boat and Cheese and Wineboat.

More information at skargardsbatarna.com



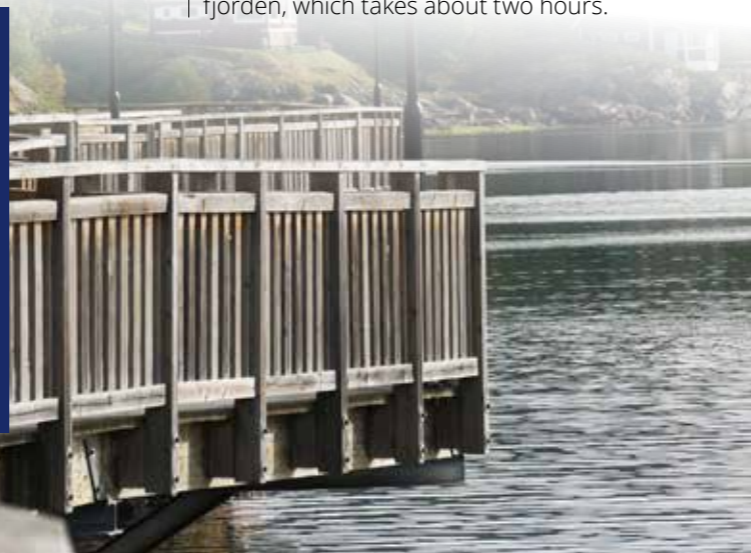
SKÄRGÅRDSBÅTARNA SUMMER TOURS

Park the car, jump on a boat and enjoy Uddevalla's archipelago and many other beautiful locations in Bohuslän. There are lots of routes to choose from. The archipelago tour takes you to genuine coastal communities, great bathing spots, nature reserves, restaurants and cafés. More information and the current timetable are available at: skargardsbatarna.com



Strandpromenaden

Uddevalla's pride and joy, is a spectacular wooden deck that winds along the steep rock walls along the coastline. Many walk this route to the charming heritage site Gustafsberg. Jogging and walking the route Svenskholmen-Skeppsviken-Gustafsberg-Lindesnäs has become a favourite Uddevalla pastime that is also enjoyed by visitors. During the summer season you can catch the bath boat m/s Sunningen back and experience the wooden board walk from a distance.



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SPECIAL PLACES

For the whole family

The idyllic farm **EMAUS LANTGÅRD** in Uddevalla is home to miniature pigs, goats, roosters, chickens and cats – and children can try pony-riding free of charge. Bring a picnic basket as there are great barbecues and picnic spots.



Meet the animals

BOAT AND SWIMMING EXCURSIONS

Hop on Skärgårdsbåtarna (Archipelago Boats) in Uddevalla's beautiful inner archipelago, and step off for a swim or for a picnic at any of the stops.



Try something new

AT BREDDAS WAKE PARK!

Wakeboard, stand-up paddle board, hot tub, beach volleyball and air rifle shooting are just some of all the fun activities you can try at Breddas Wake Park in Norgård, 10 kilometres southeast of Uddevalla. On Sundays, the park is open to the public. Other days you can book a session with an instructor or book a half or full day with your friends. Equipment is available for hire on site.

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BOHUSLÄNS MUSEUM

Always has fun activities for playful children. Several exhibitions are child-friendly, and in the playroom, the kids can steer a steamboat. There are snacks and meals at the museum's restaurant Kajkanten.



MOOSE AF ANNERÖD

If you have never experienced the mighty moose up close, head to the moose park Moose af Anneröd, just outside Uddevalla, where moose live in their natural environment.



CINEMA

A calmer option, is snuggling up in a comfortable cinema seat for a movie at Biostaden in Uddevalla.



GOKART

Test your competition nerves in a gokart on the professional outdoor course at Glimminge motor stadium.

Motocross school



TRY MOTOCROSS AT GLIMMINGEN

Curious about motocross? On Thursday nights, BMK Uddevalla arranges a motocross school for any child who wants to give it a go. Coaches lead exercises at the children's tracks and you also get to try enduro. After the session, everyone gets together for a class on safety, flags etc. The motocross school starts in spring, takes a break in July and continues in August. Thursdays at 5pm-8pm at Glimmingen.



PLAYGROUNDS

The best playground is located in the theater plantation at the guest harbor.

MINIGOLF

For a calmer competition, try out the mini-golf course at Skeppsviken near the Strandpromenaden wooden boardwalk.



Europe's longest zipline

ZIPLINE

Test an exhilarating adventure to glide across the treetops in northern Europe's longest zipline at Hafsten Resort.

For lazy summer days

You can find our most popular bathing places in Uddevalla, Ljungskile and Bokenäset at uddevalla.com. Please visit us at the tourist center for more information.



What is a summer without creek fishing, water slide & ...
... bringing back fishing
... sand between the toes?!

GUSTAFSBERG

There are several great swimming spots while Landbadet offers outdoor pools, playground, beach volleyball court and more.

HAFSTEN RESORT

At Hafsten Resort, you can choose between a child-friendly sandy beach, water slides into the heated pool, or hiring a pedal boat, kayak or canoe.

UNDA CAMPING

Child friendly beach at Unda Camping. There is a water slide, playgrounds and minigolf course.

Tack, alla superhjältar i Uddevalla!

Som medlem i Svenska kyrkan är du med och bidrar till att ge utsatta familjer i Uddevalla ekonomiskt stöd. Du ordnar så att människor i sorg eller kris får rådgivning och hjälp, och du ser till att sjuka och ensamma får besök. Och mycket, mycket mer. Så tack till alla våra medlemmar, ni är riktiga superhjältar!

Vill du också bli en superhjärte?

Besök vår hemsida www.svenskakyrkan.se/uddevalla/medlem

Där kan du även läsa mer om vad medlemsavgiften går till.



www.svenskakyrkan.se/uddevalla

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Vill du tillaga en god högrevsburgare eller grilla en härlig entrecôte så har du kommit rätt – vi har alltid färskt svenskt kött som styckas, mals och paketeras i butiken av våra köttmästare. Om du vill ha råd om vilket kött som passar just dig och hur det bäst tillagas kan du också alltid fråga dem.

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