



Sonfjället, a grand centenary park, worthy of celebrations throughout the year.

Photo: Berit Kristofferson

ONE HUNDREDTH ANNIVERSARY!

Sonfjället is the only national park in Jämtland County and one of the oldest in Europe. In 2009 the park is one hundred years old and we intend to celebrate all year.

In the middle of Härjedalen, in the midst of easily reached mountains, miles and miles of forests, with lakes and streams abundant with fish lie Hede and Vemdalen, together with the other villages in the area forming Destination Vemdalen. Hede is the main centre in the area with grocery store, banks, health centre, dentist, pharmacy, petrol stations, paint shop and ironmonger, hairdressers, florist, hotels, inns, restaurant, pizzeria and more. In Vemdalen the services include groceries, petrol station, sports shops, restaurants, bowling, camping and guesthouse, pharmacy and off-license agent. In the other villages in the area the service offering varies.

Places to visit

The wilderness and the sights are easy to find in summer like in winter and there is something for everyone. In the middle of Destination Vemdalen lies Sonfjällets Nationalpark, the only

national park in Jämtland County and one of the oldest in Europe. In the park and its immediate surroundings live and thrive bears, elks, lynx, wolverines, beavers, otters, capercaillie, black grouse and eagles. In year 2009, the park celebrates its one hundredth year and there will be various activities and events staged to celebrate. The programme is published at www.destinationvemdalen.nu, the tourist information offices and other local venues early in 2009.

The churches in Hede and Vemdalen are well worth visiting; built in the 17th and 18th centuries, respectively. There are guided visits to Vemdalen's church during the summer. Hede Hembygdsmuseum has a unique church ceiling painting, several old log buildings and a large collection of utensils. Summer café and market day on Fridays in July.

Vemdalens Hembygdsmuseum, Äldergården, a beautiful collection of buildings with the main



There are many calm waters around Vemdalen suitable for a family outing. Photo: Berit Kristoffersson

building from the 18th century; Summer café and demonstration of various types of handicraft (Wednesdays during July). Långå Skans by the River Ljusnan in Hede Parish was probably built soon after the war 1644-45

between Sweden and Denmark/Norway. Information boards describe what it may have looked like to the visitor. An exciting visit for all the members of the family
On the eastern slopes of Mount Sonfjället, not far from Hedevisken is **Nyvallens Fäbod**, an active summer farm with cows and production of cheese and butter: a few days a week also café. In Nyvallen is the Naturvårdsverket information centre about Sonfjällets Nationalpark. On the western slopes of Mount Sonfjället is **Nysäterns Fäbod** offering cottage hire, coffee and waffles. Both summer farms are suitable starting points for hikes in Sonfjället.
Near the brook Sömlingsbäcken in the vicinity of Vemhån lies the best preserved **shag tamp** in the county, from 1867, an interesting place to visit in the summer, sometimes with entertainment in the evening. Throughout Destination Vemdalen there are many scenic and easily accessed waterfalls; **Lillrändafallet** in Rändalen, **Rändåfallet** at the western approach to Långå, **Mittåfallet** above Långå, **Fettjeåfallet** in Klövsjö and **Sångbäcksfallet** not far from Storhogna. There are maps in the tourist information centres.

Activities

All over Destination Vemdalen there are gentle peaks easy to reach in summer like in the winter



Contact information:

Destination Vemdalen:
Hede and Vemdalens turistbyråer 0684-302 70
info@destinationvemdalen.nu





Explore the mountains on horseback.

Photo: Peter Lydén

whether you choose to hike, go skiing, snowmobiling, biking or on horseback. The trails are well-marked but we still recommend that you bring a map, making the hike more fun and also providing extra insurance. The maps are sold in the tourist offices.

Hiking: All over Destination Vemdalen there are many scenic hiking trails, such as in Storhogna, Vemdalskalet, Särvfjället and Sonfjället. Hede and Vemdalen also have fascinating nature tracks that attract all the members of the family. Hede Urskog is an interesting nature reserve with a magic atmosphere.

Cross-country skiing and ski touring:

There are fine tracks of varying lengths in Hede, Vemdalen, Vemdalskalet, Björnrike, Vemhån, Storhogna and Hede Viken, some also floodlit. There are excellent opportunities for ski touring in Storhogna, Vemdalskalet/Björnrike, Sonfjället and Särvfjället, often with shelters or waffles cafés.

Snowmobiling: The local snowmobile clubs put in a lot of efforts to ensure that the trails are in good shape. There are guided snowmobile safaris and also rental for those who want to set off on their own. The trail permit and maps are sold in the tourist information offices, at the organisers and other places in the area.

Fishing: The keen recreational fishermen will

find a paradise in Destination Vemdalen. Catches of char, salmon trout and giant graylings are common in our waters. The fishery conservation associations in the area put in a lot of effort into maintaining our fishing waters, clear paths and building picnic sites to make the fishing experience easy and pleasant. Fishing starts in the early spring with ice-fishing and runs until September when the grayling is keen on biting. Fishing permits are sold in the tourist information centres, petrol stations and shops.

Hunting: Hunting permits for small-game hunting on state-owned land are sold in Hede Turistbyrå, the staff can also inform how to join a guided hunting tour.

Canoeing: Here are hundreds of km of exciting waterways along the scenic rivers Veman and Ljusnan. Canoes are rented out in Vemdalen's Camping, Restaurang Vålkojan, and Hede Camping.

Horseback riding: Why not explore the mountains on horseback? Sheer enjoyment for body and mind. Choose between Icelandic and north-Sweden horses. Contact the tourist information office or one of the organisers such as Nysäterns Fjällridning, Särvfjället, 0684-710 70 or Vemhestar in Vemhån 0684-402 21, 070-6240675.

Swimming: Hede Camping has a heated swimming pool and waterslide and au naturel you

can opt for at Vemdalens Camping, Sonfjällscampen in Hede Viken, Vemhån, Halvfari or Stortjärn in Långå, or one of the many waterfalls, see above.

Golf: The area hosts two 18-hole golf courses, in Hede and Klövsjö; both with practise ranges and putting greens. Klövsjö also has a 9-hole short course. For information about playing golf here contact:

Klövsjö-Vemdalens Golfklubb, 0682-234 94 or Sonfjällets Golfklubb 0684-411 42.

Bowling: Bowlinghallen, Sporthuset in Vemdalens, 0684-300 02

Curling: Curling hall at Hede Camping

Biking: Bicycles for hire in Vemdalens Turistbyrå, at Vemdalens Camping and Klövsjö/Vemdalens Äventyr & Konferens 0682-413660/070-6751694. There are biking maps at www.hikebike.se and in the tourist information offices.

Safaris for bear, elk and/or beaver are organised by experienced local guides. Information in the tourist offices in Hede and Vemdalens.

Events

April

Easter market with activities in Vemdalens Village. Vårforum at Vemdalskalet with dancing, to the winter season.

ending

May

National parks' day

June

Sweden's national day celebrations at the homestead museums in the area. Traditional Midsummer celebrations at the homestead museums in Hede & Vemdalens Fairs every week from July until mid-August; in Vemdalens on Thursdays /Hede on Fridays. Horse trotting races at Björnvalle.

July

Hedeveckan with various activities and a lot of music
Folk race, 2 days, Halvfari during the Hedeveckan. Air show at Hedlanda for all the members of the family, also fair and children's activities.



- August** Country festival- music, games, square dance, line dance, food, drinks and fair. Premiere for the annual small-game and bear hunting.
- September** Hunting Fair at Ekbergs in Vemdalen in Hede before the elk-hunting season.
- October** Autumn Fair in Vemdalen
- November** All Saints open in Vemdalen with activities and special deals. Höstforum at Vemdalskalet; the great autumn dancing event.

There are other events as well, such as fly-fishing weeks, angling competitions, ATV courses, summer farm activities, ski races – alpine as well as Nordic, golf events, riding camps and much more. Contact the tourist offices for more information or search www.jamtland.se ■

Food/Accommodations



STAY IN THE COUNTRYSIDE OF BJÖRNRIKE

Tel. 0684-304 00, e-post algot.sandberg@vemdalia.se
www.stugbokning.nu

Location: On the sunny side of the Vemdalsfjällen mountains.
Accommodation: High-standard cottages, 2–6 beds. 6 km to the village of Vemdalen.
Price: 2 people, per night. SEK 400-500. 2 people, per week. SEK 2,500.



OLTJÄRN KURS & FRITID – By Sonfjället Mountain

Tel. 0684-103 10 fax 0684-102 70, bokningen@oltjarn.com
 Book a cottage online at www.oltjarn.com

Location: 3 km from Hede, by the Sonfjället National Park. **Accommodation:** The nicest cottages around, 25-100 sq. m., 3-8 beds, TV, shower/sauna and more. Other: Golf package with free or half greenfee on the 18-hole course in Hede. Winter sports, snowmobile safari, conference, canoeing, golfing, fishing, hiking trails. **Price:** Cabins from SEK 450 night - SEK 2 950 per week.



VMHÅNS FISKECAMP & STUGBY

840 91 Vemhån. Tel./Fax. 0684-400 27. www.fishecamp.com

Location: 36 km north of Sveg, 20 km south of Vemdalen. **Accommodation:** Self-catering in cabins with 3-9 beds and campsite. TV, Internet café. **Open:** 09.00-23.00. Ideal fishing area. Veman: Grayling, whitefish, salmon trout & perch, 3 tarns with char and salmon trout. **Price camping:** SEK 105 per night incl. shower. Cabins from SEK 325 per night, SEK 1,450 per week. Boats for rent. **Misc.:** Icelandic horses, riding camp, riding school, hacks. Tel. 0684-402 21.