

# SUNBEAMS OVER ÅRHUS



## **By bicycle, running or on foot**

“Sunbeams over Aarhus” are seven different routes radiating from the city of Aarhus like rays of the sun. The seven routes connect the city with the surrounding nature in a new way.



## Go on a trip on the sunbeams and get some unique experiences in the Danish nature!

Pump up your bicycle, tighten your running shoes or lace your boots – on a trip on the sunbeams you will get your pulse pounding and return home healthier in both mind and body. Read more about the different routes and get a route description at [www.solstraaler.dk](http://www.solstraaler.dk).

“Sunbeams over Aarhus” is a project partnership between the Natural History Museum, Aarhus and Nature and Environment, Municipality of Aarhus with financial support from The Outdoor Council.



**The coastal route** (17 km) has its starting point just inside the forest at Chr. Filtenborgs Plads. It follows forest roads and bicycle paths through Marselisborg Skov to Skovmøllen and back. The coastal route is suitable for a cycling trip as well as a run and a walk.

Along the way you might experience:

- Havreballe Skov with trees dating back to the 18th century.
- Skovmøllen, in the winter you can observe both the white-throated dipper and the grey wagtail.
- Ottetals-søen and the moor with remarkable botanical localities.



**The blue route** (25 km) follows Aarhus Å. It starts next to Aarhus Bymuseum in the centre of the city and continues along the pathways around Brabrand Sø and Årslev Eng sø. The route is suitable for a cycling trip as well as a run and a walk.

Along the way you might experience:

- Aarhus Å, which in earlier times was used for brewing beer.
- The old pump house, now an observation and information post.
- Brabrand Sø and Eskelund, both interesting natural resorts.



**The mountain route** (8 km) winds through the green corridor of Skjoldhøj kilen to True Skov and back. The route is best suited for runs and walks.

Along the way you might experience:

- Hasle Bakker, three small “mountains” made from surplus soil.
- “Urskoven”, which resembles a past swamp forest.
- Green tree frogs, which croak during the month of May.

**The park route** (5,4 km) follows a network of paved pathways through the following parks: Universitetsparken , Vennelystparken and Botanisk Have.

The route is best suited for runs and walks.

On the way you might experience:

- The lakes in Universitetsparken with ducks, seagulls and grey herons.
- Botanisk Have with 1100 trees and shrubs from all over the world.
- The greenhouses, offering the opportunity to experience different climate zones – free of charge.



**The pulse route** (3,3 km) follows the red running route through the forest.

On the way you can try out your strength on the exercise equipment placed in the forest. The route is best suited for runs and walks.

Along the way you might experience:

- The ruins in Riis Skov, old trees with fungus, woodpecker holes and creepy-crawlies.
- Ramsons, covering large parts of the forest's floor.
- The rooks of the forest, which have occupied the treetops.



**The forest route** (6 or 11 km) connects three outstanding areas in the northern part of Aarhus: Mollerup Skov, Egå Engsø and Lisbjerg Skov.

The route has two different starting points and is best suited for runs and walks, although some parts can easily be experienced by bicycle as well.

Along the way you might experience:

- Egå Engsø, an eldorado for birds.
- Kirkestien, an old path from Mollerup to the church in Lisbjerg.
- The forest streams in Lisbjerg Skov with some of the cleanest water in Aarhus.



**The countryside route** (23 km) has its starting point in Skejby.

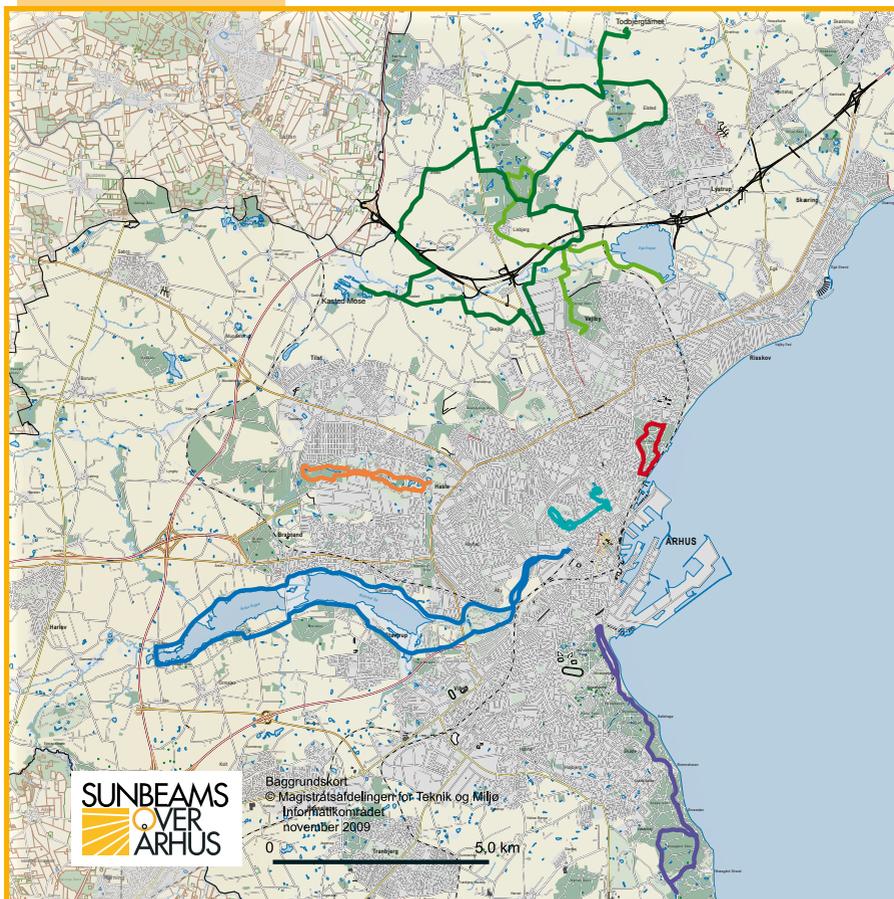
It leads you into the open landscape with fields, forests and small villages. This route is also suitable for a trip to Kasted Mose to the west and Todbjergtårnet to the north. The route is best suited for biking, but runs and walks are possible as well.

Along the way you might experience:

- Gråmølle Bro, one of the few listed stone bridges in eastern Jutland.
- Kasted Mose, a gem for bird and plant lovers.
- Koldkær Bæk with its original meandering course.



Further info: [www.solstraaler.dk](http://www.solstraaler.dk)



Natural History Museum,  
Aarhus

Nature and Environment,  
Municipality of Aarhus

The Outdoor Council



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