



Muscle Power, 15km

A proper cycle tour down the slopes of Linderodsåsen through the villages of Sjököp and Farhult. Mostly gravel roads, rolling hills and varying open country and woodland. Spruce, beech and oak. Dry stone walls typically of the area. Sheep and cattle grazing. The route starts and stops in Långaröds kyrkeby. The turning point is at Vallarum.

1. **Långaröd's wonderful church.** Dating from the end of the 12th Century and, unusually, made of brick burned in a pit in a field to the north of the church. The field is now intersected by the arterial road. In the beginning the church was very small and brick-coloured. The exterior was rendered during the 15th Century at the same time as the vaults were taken down and the valuable interior murals were painted. The disproportional tower built in the 19th Century has engaged people's imagination. The crucifix in the triumphal arch is from the 14th Century while the font is older than the church, carved in the 11th Century.

Once you have seen enough of the church you can imagine yourself in the village with its stores, blacksmith, carpenter, butcher, tailor, roofer, cobbler, seamstress, stone layer, painter and cook. The school is still there for infant and primary pupils. Begin to cycle to Vallarum via Farhult - the old name was Fagerhult, the 'beautiful place in the woods'.

2. **On the right hand side of the road is one of Farhult's four marshes.** Those who live around it own a share. This is how it was in the past as well. All farmers are entitled to a share of every land type. Peat would be dug from the marshes to use as fuel to burn. An association looks after the marsh and its surroundings, organizing walks and open-air activities. Outsiders can be supporting members of the association <http://farhultsmosse.blogspot.se/>. The tour continues at a rapid pace downhill.
3. **Café Vallingsdal and the Muscle Power Museum.** The owner is directly descended from the generations that built the farm in the 16th Century. There is a collection of farming tools from different periods, the earliest being the 9th Century www.cafe-vallingsdal.se. Call 0702 325302 in advance and let them know you are coming! Turn around and cycle back but choose the road around Sjököp this time. It sure is an uphill struggle but you are rewarded by beautiful scenery.
4. **Lake Sjököp** has a barbeque area, tables and benches to rest at. A little farther on is Skököp Farm, the only farm in the village. A Member of Parliament lived here at the end of the 18th Century. He had a quick-witted farmhand called Nils Månsson who also became a Member of Parliament himself. Since he came from the neighbouring village of Skumparp, he had the nickname 'Skumpen'. He campaigned for universal schooling and is often referred to as the 'Enlightened Farmer'.