



The Cannibal, 16km

This is a diverse route, providing a host of unusual experiences and fires the imagination in a variety of ways. Old-world lanes wind their way along in a quiet, undulating landscape where wood clearings and farmers' fields alternate. Most often with infrequent and low levels of traffic. Dry stone walls enclose or mark out boundaries. Cattle and sheep graze on the land. The route begins and ends in the friendly village of Önneköp with possibilities for room and board, grocery shopping and taking coffee (www.onnekop.com).

1 Arnold the Adventurer's Cannibal Museum. Travel the village road in the direction of Huaröd. After about a kilometer you will see the yellow painted stone of the Cannibal Museum. Book your visit in advance if there are several of you to listen to Arnold the Adventurer tell the strange tales of his travels to remote destinations in more than 160 countries. Or time your cycle trip to coincide with scheduled tours (www.kannibalmuseum.se, 0415 60037).

2 Tormastorp's Self-Subsistence. Now it is time for a longer, varied and pretty stretch – around 10km until the next stop in Tormastorp. Go via Harphult, Bönhult, Ormastorp and Guddastad. In Guddastad you turn left towards Kölleröd and left again after a kilometre towards Bus. After about a kilometre you will see a small (painted over) blue sign on the right that announces this place that is equipped to produce everything needed for a farm or small village to make its own food and clothes. There is a restored flax cabin, a pond, the remains of a mill and of a woodland pigsty and a church path (to Långaröd). You can eat a packed lunch here.

3 Village Shop Museum and Model Village. Travel on to Önneköp. At the square is the Village Shop Museum where there are tours every Saturday between 11am and 4pm, June to August, or by appointment – 0763 636867. And in the outhouse there is a set of miniature sculptures by Ivan Andersson (1880-1960) depicting scenes from the artist's childhood. Some of his larger models can be found outside in the garden behind the museum.

