



The Church, 8km

A short cycle ride or long walk in the villages of Farhult and Sjököp. 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 the small village of Önneköp. There is a village shop, café, two restaurants, a village shop museum, a cannibal museum and clothes store stocking leather and woolen goods. Find out more at www.onnekop.com. From Önneköp village centre you turn right onto the main road after about 500 metres. From here follow the yellow signs on the left towards Farhult. Once upon a time this place's name was Fagrabult which hinted at the pretty wooded surroundings. This is the biggest of the 19 villages in Långaröd's parish by area.

1. **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 become supporting members of the association <http://farhultsmosse.blogspot.se/>. Continue along the road until you see Sveaskog's white sign for 'Dammvägen'. You turn off here and take the smaller road into hilly pine forest terrain until oaks and other deciduous forest starts to appear and at the crossroads you turn right.
2. **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'.
3. **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'.

When you come across the church, turn back towards Önneköp along the cycle path that Önneköp's Village Association has arranged to ensure the local children can cycle safely to school.

