



## Hede Byfest - Program 2018

**G - The event is free to participate! !! Please note that the activities are mainly in Swedish !!**  
**>> Swimming in the pool at the Hede Camping is free from June 15th till September 15th! <<**

### WEEK 29

#### Friday July 20th

**10:00-16:00 | Market Day Hede Hembygdsgård** (arr: Hede Hembygdsförening)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**17:30 | Soul Light Meditation**

Suitable for everyone! No pre-notification. **At Hede Camping.** (Arr: Soul light academy)

#### Saturday July 21th

**10:00-16:00 | Pop-up store OPPINILS in Långå**

Farm products, local products and recycled products. (arr: OPPiNILS)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**12:00 | Long-term Veteran & Cruising**

A fun day for all ages! Put off your veteran! Bad location Stortjärn in Långå. (The start starts at 2 pm)

**G** = Children under 15 years of age participate for free! (arr: Enjoy & Fun and Long IF)

More info are available on facebook: Long-term Veteran & Cruising

#### Sunday July 22th

**09:00 | Ica battle Golf Competition in Hede** (arr: Hede Vemdalens Golfklubb)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**10:00-16:00 | Pop-up store OPPINILS in Långå**

Farm products, local products and recycled products. (arr: OPPiNILS)

**10:00-15:00 | Långå-by-By-Loppis (Flea) G** Loppis at various farms in the village Långå.

Sales of Fika and food. (arr: Långårårn & Tjårngården)

**14:00 | City walk in Hede**

Booking: 070-3691086. Price: 100 SEK / person incl. Fika. (arr: Hede Hembygdsförening)

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### WEEK 30

#### Monday July 23th

**10:00 | Inger Grannes leden (about 10 km.)**

Guided tour. Info / Booking: 070-2060573 (arr: Guide & Nature)

**10:00-16:00 | Pop-up store OPPINILS in Långå**

Farm products, local products and recycled products. (arr: OPPINILS)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**11:00 | Children's Tips Round (approx. 1.5 km.) Start at 11-14 at Hede Tourist Information, match at Hede Camping. G** (arr: Hede Tourist Information & Hede Camping)

**11:00-15:00 | Lunch buffet:** Theme - Kurdish/Turkish

Lunch with different themes during the week (arr: Restaurang Norran)

**14:00 | SomaMove G** With Paula at Hede Hembygdsgård (arr: Korpen i Hede)

**18:00 | Sing A Long** at Hede Hembygdsgård (arr: PRO Hede Vemdalen)

**18:00 | Bridge on the log** at Hede Hembygdsgård (arr: Hede Vemdalens Bridgeklubb)

#### Tuesday July 24th

**09:00 | Bear-battle** Golf competition in Hede (arr: Hede Vemdalens Golfklubb)

**10:00 | Shiatzu Group**

Suitable for everyone! No pre-notification. **At Hede Camping.** (arr: Soul light academy)

**10:00-15:00 | Långå-by-By-Loppis (Flea) G** Loppis at various farms in the village Långå.

Sales of Fika and food. (arr: Långårarn & Tjærngården)

**10:00-16:00 | Pop-up store OPPINILS in Långå**

Farm products, local products and recycled products. (arr: OPPINILS)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**11:00-15:00 | Lunch buffet:** Theme - Italian

Lunch with different themes during the week (arr: Restaurang Norran)

**14:00 | City walk in Hede - Norra Hede** Carpooling in cars is required.

Booking: 070-3691086 Price: 100 kr / person incl. Fika. (arr: Hede Hembygdsförening)

**15:00 | Hiking to Tjärnberget** Guided tour. Info / Booking: 070-2060573 (arr: Guide & Nature)

**17:00-21:00 | Pool party with barbecue dinner at Hede Camping = swimming is free! G**

Grill and swim with us! Non-alcoholic drinks (arr: Hede Camping)

**18:00-21:00 | Stick-Café Outdoors at OPPINILS in Långå**

Old-fashioned coffee but also a "regular" coffee table. (In bad weather in Lusthuset) (arr: OPPINILS)

**18:30 | Strength pass G** With Kajsa at Hede Hembygdsgård (arr: Korpen i Hede)

**19:00-21:00 | Angle competition in Hede Viken**

at Ljusnan Bridge in Hede Viken (arr: Hede Viken City Development & Trosavik)

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### Wednesday July 25th

**10:00 | Hiking to Nyvallen to Nysäteren** Collection at Hede Tursitinfo, call to Nyvallen.

Info / booking: 070-2060573 (arr: Guide & Nature together with Korpen)

**10:00-16:00 | Pop-up store OPPINILS in Långå**

Farm products, local products and recycled products. (arr: OPPiNILS)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**11:00 | Five-fight for children (5-10 years) G**

A fun five-match at Hede Hembygdsgård. No pre-notification. (Arr: Raven)

**11:00-15:00 | Lunch buffet: Theme-Thai**

Lunch with different themes during the week (arr: Restaurang Norran)

**13:00 | Gåbingo** Start between 13:00-14:00 at PRO's activity house. (arr: PRO)

**15:00 | 2-person scramble** Golf competition in Hede (arr: Hede Vemdalens Golfklubb)

**17:00 | City walk in Hede - Eastern tour**

Booking: 070-3691086. Price: 100 SEK / person incl. Fika. (arr: Hede Hembygdsförening)

**17:00-21:00 | Pool party with barbecue dinner at Hede Camping = swimming is free! G**

Grill and swim with us! Non-alcoholic drinks (arr: Hede Camping)

**18:00 | Ankrace** Ankrace in Ljusnan! (arr: Hede SK)

**20:00 | Soul Light Meditation**

Suitable for everyone! No pre-notification. **At Hede Camping**. (arr: Soul light academy)

### Thursday July 26th

**10:00-16:00 | Pop-up store OPPINILS in Långå**

Farm products, local products and recycled products. (arr: OPPiNILS)

**10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G**

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

**11:00-15:00 | Lunch buffet: Theme - Swedish**

Lunch with different themes during the week (arr: Restaurang Norran)

**12:00-15:00 | Children's Park G** One day for the kids with toys, games, inflatable obstacle course!

(arr: Hede Folkparksförening)

**14:30 | Yoga for pregnant women**

Suitable for all pregnant women! No pre-notification. **At Hede Camping**. (arr: Soul light academy)

**15:00 | Yoga for the kids**

Try Yoga for kids, about 30 min. No pre-notification. **At Hede Camping**. (arr: Soul light academy)

**18:00 | Wheels Bingo**

Get around in the wheel and get bingo! Start from Hede Folkpark. (arr: Hede Folkparksförening)

**18:00 | Summer afternoon at Hede Folkpark - 1 sitting**

Booking: 070-2385760 (arr: Hede Folkparksförening)

**20:00 | Summer afternoon at Hede Folkpark - 2 sitting**

Booking: 070-2385760 (arr: Hede Folkparksförening)

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### Friday July 27th

#### 07:00 | Morning walk along the church path (ca 10km)

Carpooling from Hede. Info / Booking: 070-2060573 (arr: Guide & Nature)

#### 09:00 | Hede Golf Open - Day 1 Golf competition in Hede (arr: Hede Vemdalens Golfklubb)

#### 10:00-16:00 | Market Day Hede Hembygdsgård (arr: Hede Hembygdsgård)

#### 10:00-16:00 | Cross party on the Kupan / Red Cross in Hede (arr: Red Cross Hede)

#### 10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

#### 11:00-15:00 | Lunch buffet: Theme - Mexican

Lunch with different themes during the week (arr: Restaurang Norran)

#### 13:00-16:00 | Open House: Project Sonfjället G

HFG has an open house and shows the buildings and plans

Location: Hede Tourist Information (arr: Hede Företagargrupp)

#### 17:00-21:00 | Pool party with barbecue dinner at Hede Camping = swimming is free! G

Grill and swim with us! Non-alcoholic drinks (arr: Hede Camping)

#### 19:00 | Football match: Team 2000 - Hede Vemdalen's ladies

Location: Söderåsens IP (arr: Hede IK)

#### 21:00-02:00 | Home endings pub at Hede Folkpark (age 18 years)

From 21:00 - Grill plate from Hede Kött & Chark. At 21.30 - Music Quiz!

Music: Regnander & Göransson duo and Peder Persson (arr: Hede Folkpark)

### Saturday July 28th

#### 09:00 | Hede Golf Open - Day 2 Golf competition in Hede (arr: Hede Vemdalens Golfklubb)

#### 10:00 | Folkrace competitions Halvfari Motor Stadium (arr: Hede Motorklubb)

#### 10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

#### 12:00-17:00 | Meat & Beer party with local products!

Hede Hembygdsgård (arr: Hede IK & Hede Homestead Association)

#### 17:00-20:00 | Picnic with music on the outdoor scene Hede Hembygdsgård (arr: Hede Hembygdsgård)

#### 19:00 | PRO dance (till 22:30) Hede Folkpark (arr: PRO Hede-Vemdalen)

#### 22:00-02:00 | Logdans to STRIKE The log at Hede Hembygdsgård (arr: Hede Hembygdsgård)

### Sunday July 29th

#### 10:00-17:00 | Outdoor pool with water slide. Swim FREE in the pool at Hede Camping! G

The pool is unattended. Children should have their parents! (arr: Hede Camping & HFG)

#### 10:00 | Folkrace competitions Halvfari Motor Stadium (arr: Hede Motorklubb)

#### 18:00 | Car Bingo (the gates open at 16:00) We play 10.000 SEK on Freeplay!

For more information on different prizes and prizes, see: [www.hedefolkpark.se](http://www.hedefolkpark.se)

Hede Folkpark (arr: Hede Folkparksförening)

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