

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)

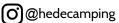
10:00-15:00 | Långå-by-By-Loppis (Flea) G Loppis at various farms in the village Långå.

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

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: Långårårn & Tjärngården)

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)

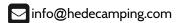
18:30 | Strength pass G With Kajsa at Hede Hembygdsgård (arr: Korpen i Hede)

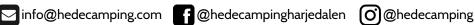
19:00-21:00 | Angle competition in Hedeviken

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













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Wednesday July 25th

10:00 | Hiking to Nyvallen to Nysätern 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

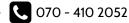
Get around in the wheel and get bingo! Start from Hede Folkpark. (arr: Hede Folkparksförening)

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

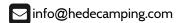
Booking: 070-2385760 (arr: Hede Folkparksförening)

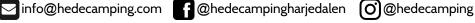
20:00 | Summer afternoon at Hede Folkpark - 2 sitting

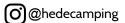
Booking: 070-2385760 (arr: Hede Folkparksförening)













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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

Hede Folkpark (arr: Hede Folkparksförening)





