



WELCOME TO FJORDLANDET TOUR DE FRANCE – GRAND DÉPART

Float on the wings of history, experience a unique fjord landscape, and explore an exquisite array of local experiences and world-class attractions. In Fjordlandet, you get up and close with the mythical kings and Vikings, who used to rule the region a thousand years ago.

Fjordlandet – let the saga begin.

INTRODUCTION TO FJORDLANDET

Fjordlandet is the green front yard of Copenhagen – the scenic region covering Roskilde, Frederikssund and Lejre. The region offers many unique experiences – from a UNESCO World Heritage site in the form of Roskilde Cathedral to the life of Vikings in Lejre Land of Legends, the Viking Ship Museum and the Frederikssund Viking Games –

and spectacular nature in the National Park Skjoldungernes Land. Here, you will get a brief introduction to our amazing region – merely 30 minutes from the capital.

Fjordlandet is boiling over with the presence of history! As the birthplace of our kingdom, it offers magical myths and legends, and an ice age landscape, which transports us a thousand years back in time. Discover your inner Viking and explore Denmark's largest King's Hall, or sail Roskilde Fjord in an authentic Viking ship. With its 1000-year history, Fjordlandet offers world-class sights and attractions.

Fjordlandet also has an abundance of high-quality culinary experiences. Many foods and ingredients are grown and produced locally – often in an organic and sustainable manner. Many of the ingredients are supplied to gourmet restaurants all over the country.

Experience the taste of Fjordlandet as you visit the many farm shops, at the microbreweries, and the many delicious eateries.

In Fjordlandet, you will get grass on your knees, which will create a natural framework for outdoor activities, playtime, and creativity. You will find hikers, bicyclists, fishermen, and adventurers all year round. In Fjordlandet there are infinite possibilities if you want to go sailing and fishing on the fjords or swimming in the clean forest lakes. There are plenty of routes at all difficulty levels for those who wear hiking boots as well as for those who want to experience Fjordlandet on a bike. Quickly, you will sense the calm and contact with nature, and you have every opportunity to fall asleep under a clear starry sky, when you spend the night outdoors in one of the many shelters or at one of the camping sites all over Fjordlandet.





THROUGH FJORDLANDET ON TWO WHEELS

Fjordlandet offers all kinds of bicycling opportunities. With its unique and hilly ice age landscape, there is an infinite number of experiences to be had for the skilled bicyclist. Former World Road Race Champion, Mads Pedersen, is from the area, and he has been on the roads in Fjordlandet countless times, and he has practiced on its hills. Grab your bike and ride in the path of the former world champion, explore some of the more family-friendly routes for young and old – or try out the winding forest paths on a mountain bike.

In Fjordlandet, we have an easy time understanding why the Grand Départ riders will pass through Copenhagen's front yard; because, with its scenic landscapes, challenging hills, and rich culture, Fjordlandet has "the whole package", according to former World Road Race Champion, Mads Pedersen.

With its varying nature, many small towns, farm shops, and short distances, Fjordlandet is also perfect for both short and long rides for the entire family. With plenty of marked bike routes and good bike paths, Fjordlandet is a popular bicycling destination. If you prefer hilly forest paths and challenging and scenic mountain bike routes, these can also be found in Fjordlandet.

Fjordlandet has it all when it comes to cycling, which is one of the best ways to experience the area. It is easy to get around, and it is simple to rent any kind of bike, if you are not bringing your

own. There is an abundance of bike-friendly accommodation – regardless of whether you prefer sleeping in a shelter, a camping site, a summer cabin, or a hotel.

You will always be met by friendly and helpful locals, which are happy to fill up your canteen with cold and refreshing water. Feel the freedom on two wheels and experience a completely different kind of intimacy and an authentic experience that is at eye-level with the locals.

Get inspired here: www.visitfjordlandet.com/cycling



Must-see attractions in Fjordlandet

Roskilde Cathedral – UNESCO World Heritage and royal tombs

Bishop Absalon commenced the construction of Roskilde Cathedral c. 1170. Several chapters have been added through the ages, each of them typical of their period. This is why the cathedral was added to the UNESCO's World Heritage List in 1995. See the burial monuments for rulers including Margrethe I and Christian IV – and many others. You can even get a glimpse of the future resting place for our present queen, Margrethe II.

[Link to Roskilde Cathedral](#)

The Viking Ship Museum – original Viking ships

The Viking Ship Museum in Roskilde is the home of five world famous Viking ships and is beautifully located at Roskilde Fjord and consists of the Viking Ship Hall, the Museum Island with its boatyard and workshops, and the museum harbor.

The museum is known for the unique synergy between the exhibition of the original Viking ships and the museum's interactive environment, in which you can experience reconstructed Viking ships, magnificent boatbuilding, and specialized, maritime crafts.

Here, tales of Denmark's maritime past are gathered in a living and modern museum, allowing museum visitors to become involved in history through active participation and dialogue.

[Link to The Viking Ship Museum](#)

Lejre Museum

Lejre Museum is situated in the scenic Old Lejre, which contains some of Denmark's most exciting and important legends and archeological discoveries from the Danish Iron Age and Viking Age. Lejre was the centre of power and the seat of the king for more than 500 years.

In the area surrounding the museum, you will find some of Denmark's most well-preserved Viking Ages finds, including a ship setting and five large King's Halls, the largest of which has been reconstructed at Lejre Land of Legends.

The area is also famous for being the home of the fabled kings, Skjoldungerne, and the famous heroic poem, "Beowulf".

[Link to Lejre Museum](#)

Lejre Land of Legends – Denmark's largest Viking Hall

Land of Legends has reconstructed the largest King's Hall that we know of from the Viking Age in Denmark. With its more than 600 square meters, the large King's Hall is a unique testimony to the culmination of Nordic architecture and the craftsmanship of the Viking Age.

Land of Legends is an interesting and special destination for the entire family. Here, you will find houses and environments from the Stone Age, the Iron Age, the Viking Age, and the 1800's, as well as textile and pottery workshops, and old animal species.

A visit to the park is an experience for all senses. Whether you choose to take a stroll on your own or with somebody else, there will be ample opportunity to witness a wide palette of activities or to take part in a teaching experience. As such, stimuli for both the mind and body will take centre stage in your experience.

[Link to Land of the Legends](#)

RAGNAROCK – Museum of pop, rock and youth culture

A contemporary cultural history museum of pop, rock, and youth culture.

RAGNAROCK is an exciting interactive museum that explores the colourful history of music and youth culture.

Learn about the history of youth culture in Denmark from the 1950's to today through the lens of music at RAGNAROCK, its iconic gold façade and red-carpeted entrance, which will whet your appetite for the sensory adventure that awaits inside. Learn about how today's young people create their own culture, communicate globally through music, and heavily impact the development of society.

[Link to RAGNAROCK](#)

Willumsens Museum

Enjoy the Danish artist's symbolist and expressionist paintings, sculptures and pottery, as well as the Old Collection, a selection of works from Willumsen's private collection.

J.F. Willumsens Museum was inaugurated in 1957, established by a deed of gift to Frederikssund Municipality from the artist himself (1863-1958). The gift included his own work as a painter, sculptor, potter, photographer, and architect – in addition to his private art collection, the Old Collection. Stylistically, Willumsen worked with naturalism, symbolism, and expressionism, but his strong, expressive colors attest to the fact that he had his own distinct style.

The museum has a long tradition of hosting special exhibitions, for which contemporary artists are invited to enter into a dialogue with Willumsen and his art.

[Link to Willumsens Museum](#)

Selsø Castle Manor House Museum

Abandoned for almost 150 years, Selsø Castle has been beautifully restored and is a fine example of a historic Danish manor estate.

Selsø Castle, which dates back to the Middle Ages, was first mentioned in the 13th century, specifically in 1288, as part of the Diocese of Roskilde. In 1829, when its last resident, Agathe von Qualen Plessen, died, the furniture was auctioned off, the door was locked, and the castle was forgotten for almost 150 years. Left to decay, many of the rooms and buildings were used for agricultural purposes. For example, grain was stored in the Knight's Hall, the reception room became an apiary, and chickens lived in the area by the rear staircase, turning the magnificent castle into a large pigsty.

In 1972, journalists and authors Grethe and Bernhard Linder rented the old decaying castle and began to gently restore it – refraining from installing electricity, water and heat. The manor house, open to visitors, appears almost as it did in 1829.

[Link to Selsø Castle Manor House Museum](#)

Jægerspris Castle

Visit the charming, historic hunting lodge that became Frederik VII and Countess Danner's residence.

At the castle museum, you can visit the audience chamber, the king's study with its impressive pipe collection, the tower room and the courtiers' chamber, which contains the king's large collection of weapons, and also Countess Danner's drawing room with its beautiful furniture. The fashion and style-conscious Countess Danner decorated the rooms at Jægerspris Castle according to her tastes at the time. Today, the castle boasts Denmark's only complete 1850's interior.

Additionally, an exhibit tells the story of the orphanage that was established at the castle by Countess Danner, and of the children's living conditions there, spanning from the 1920's to the 1940's. The story of the orphanage's influence on the welfare of children in Denmark is also presented.

[Link to Jægerspris Castle](#)

Outdoor experiences in the fjord landscape

In Fjordlandet, you will discover many experiences both in and by the two fjords, Isefjord and Roskilde Fjord. For instance, you can go on a guided hiking trip to unique and "secret" gems

around Fjordlandet, or you can jump in a kayak or onto a paddleboard and get up close and personal with the gorgeous fjord landscape. If you dare, you can also get a fantastic experience up high – specifically in the tree tops, which offer the most beautiful view of Ledreborg Slot.

[Link to outdoor experiences](#)



Sleep well in Fjordlandet

In Fjordlandet, you can stay at gorgeous hotels, in glamping tents, in shelters and on camping sites with a view of the most beautiful fjords in Denmark.

Here, we have picked out some suggestions:

Camping sites

Roskilde Camping

Roskilde Camping is a good choice if you are looking for a campsite near Copenhagen. The family campsite is located in scenic surroundings with views of the beautiful Roskilde Fjord. On site you will find all modern facilities incl. playgrounds and a fantastic Blue Flag beachside.

DCU Camping – Kulhuse

DCU-Camping Kulhuse is the perfect choice if you are looking for peace and quiet in beautiful surroundings. The Isefjord and Roskilde Fjord form the setting of the campsite, and children will love frolicking in the water and on the inviting sandy beach.

Solbakken Camping

Solbakken Naturistcamping is a three-star naturist park of approx. 7 ha, where you have the opportunity to enjoy life as a naturist. The campsite is located by the Isefjord with a fantastic

view and a large jetty where you can jump into the calm waters of the fjord. The Campsite is just an hour's drive from Copenhagen.

Svanholm Gods, Glamping

Get an experience close to nature in Svanholm's old beech forests in a sting-ray tents between the trees. The tents are within walking distance of a clearing with toilet, water, fire pits, firewood and covered dining areas. In the close-by farm shop, you can forage for bonfire food and order a delicious brunch delivered at the tent.

Hotels

Comwell Roskilde

At Comwell all rooms have either view of Roskilde Fjord or beautiful green areas. The restaurant offer delicious meals in beautiful, quiet surroundings. The hotel's location near the fjord and forest gives you many opportunities to enjoy the surroundings and be active outdoors.

Skjalm Hvide Hotel

Skjalm Hvide Hotel is beautifully situated in green surroundings, and the hotel is an ideal base for outdoor activities and trips. The cozy restaurant serves food from the French-Nordic kitchen, inspired by the season and by local products.

Scandic, Roskilde

Stay in a perfect location in the middle of Roskilde, surrounded by the beautiful Roskilde Ring Park, perfect for business and pleasure. The cozy restaurants offer delicious cuisine made with quality ingredients.

Danhostel, Roskilde

Danhostel Roskilde offers affordable accommodation with 5-star amenities, beautifully situated on atmospheric Roskilde Harbour, close to city parks and downtown Roskilde. First class service is a top priority, and the hostel is open all year.

Bautahøj, Jægerspris

Stay at Bautahøj, which offers a beautiful location overlooking the Isefjord and a restaurant experience at a high level of gastronomy. The surrounding nature incl. a fantastic sandy beach provides many opportunities to be outdoors. All of this is located just 45 minutes away from Copenhagen.

Read more about accommodation in Fjordlandet here: <https://www.visitfjordlandet.com/sleep-in-fjordlandet>



A taste of Fjordlandet - Delicious, local food

When visiting Fjordlandet, you cannot simply taste the many raw ingredients from the region, which are also to be found on the plates served at top-level restaurants in Copenhagen. You will also get a sample of the intimate and authentic life in Fjordlandet. Send your tastebuds on an adventure.

Here, we have picked out some suggestions:

Cafés and farm shops

- **Herslev Brewery:** This inn is based on proud traditions for Danish gastronomy, relaxed service and hospitality. Combine your dinner and tasteful experiences with an overnight stay in historic settings at Skoemagerkroen. With only a half-hour drive to Copenhagen, you get an idyllic rural experience at the inn, in a convenient distance to the city. [Link to Herslev Brewery.](#)
- **Friis-Holm Chocolate:** The world's best chocolate. For each of the last 7 consecutive years, Mikkel Friis-Holm and his chocolate has won one or more Chocolate World Championships. Go visit his chocolate factory in Herslev. [Link to Friis Holm Chocolate.](#)
- **Snoremark organic farm and brewery:** The award-winning mead brewery Snoremark is an organic farm that sells home-brewed mead and cider made from local produce. [Link to Snoremark.](#)
- **Svanholm intentional community:** This 800-year-old manor estate is now home to the intentional community of Svanholm. The community runs a versatile organic farm and various companies, including a café and farm shop. In addition to having a shared economy, the members participate in joint meetings and make and share meals together. Visitors are welcome to say hello to the cows and the goats. [Link to Svanholm.](#)
- **Svanholm farm shop and cafe:** The café and farm shop sell a selection of beef and lamb raised at Svanholm, coffee developed in collaboration with Just Coffee, ice cream made by Hansens Is, and homemade apple cider, rye bread, spelt bread, honey – and

much more. Freshly milked organic raw milk is also for sale in beautiful old-fashioned glass bottles. [Link to Svanholm.](#)

- **Hegnsholt:** In the farm shop you will find the farm's own colourful and freshly laid eggs, organic meat, charcuterie and sausages of high quality from Hegnsholt's own lambs and pigs. You can also visit the many animals on the farm. [Link to Hegnsholt.](#)
- **The Raven, Gimle Café:** In the café you can experience small live concerts, lectures, debate evenings etc. Try the place's brunch and the cafe's legendary Gimleburger. The café always has vegetarian and vegan dishes.
- **Hansens Is:** A family-owned company, which will be able to celebrate its 100th birthday in 2022. Its ice cream is sustainably and organically made from high-quality ingredients. In Hansen's Ice Cream Café, all of your ice cream dreams will be fulfilled! The beautiful and historical dairy in Hornsherred is worth a visit. [Link to Hansens Is.](#)
- **Skt. Hans Have:** Visit the unique green oasis with a café and a small shop where you can buy plants and herbs. Enjoy your lunch in the small greenhouse, among the fig, peach, almond, passion fruit, wine and a lot of beautiful herbs and with a beautiful view over the large green park.
- **Café Knarr:** Eat like a Viking! Café Knarr serves food prepared according to the principles of the 'New Nordic Vikingfood' only using the raw materials which were known by the Vikings. The café is part of the Viking Ship Museum in Roskilde and has a beautiful view over Roskilde Fjord.

Restaurants

- **Restaurant Herthadalen:** The restaurant is beautifully situated in the forest in the National Park Skjoldungernes Land. The Restaurant get most raw materials from local producers and pick herbs and flowers daily from their own herb garden and from the surrounding forest.
- **Restaurant Vigen:** Enjoy your dinner in beautiful surroundings with a fantastic view over Roskilde Fjord and Roskilde town with Roskilde Cathedral at the center.
- **Florentz Cafe & Brasserie:** The Café offers café classics as well as delicious evening dishes. You will find the restaurant in a beautiful setting in the middle of Roskilde city-center.
- **Sagafjord:** Take a cruise in the Vikings' wake on Roskilde Fjord with M/S Sagafjord and enjoy the beautiful view while you enjoy the delicious food.

On www.visitfjordlandet.com, you can find inspiration for many more memorable experiences.



Cycling routes in Fjordlandet

Fjordlandet offers a wide selection of beautiful cycling routes of all difficulty levels, and when you are on two wheels, you can experience Fjordlandet and the wings of history up close.

Here, we have gathered a small selection of bike routes you can try out:

The Tour de France route

In 2022, the Grand Départ riders will pass through the scenic Fjordlandet along Denmark's most beautiful fjords, Roskilde Fjord and Isefjord. Jump on the bike yourself, try out the route and explore Zealand's first national park, Skjoldungernes Land, a UNESCO World Heritage site, Vikings, and cozy farm shops.

[Link to the Tour de France route](#)

The Fjord path | Route 40 - 275 kilometer

The Fjord path is one of Denmark's most beautiful bike routes. Pass through the green, along the blue, and experience the unique fjord landscape with a history that stretches all the way back to the last ice age. Experience Vikings, a UNESCO World Heritage site, an enchanted peninsula, beaches and forests, idyllic towns and manors, and enjoy good food made from local ingredients along the way.

It is possible to [rent a bike](#) along the route.

[Link to the Fjord path](#)

The panorama route – 27 km

Experience the beautiful ice age landscapes, which characterize Fjordlandet and Skjoldungernes Land National Park. On the 27-kilometer ride, you will be led along Roskilde Fjord, through forests and countryside bliss in, among other places, Herslev, Kattinge, and Sankt Jørgensbjerg. Ride through the beautiful Sankt Hans area, enjoy the view of Zealand, and opt for a break as you try out goodies made by a world champion chocolatier and sip a beer at a local brewery. Along the way, you can also try your luck with the ferry connection between the Roskilde and Lejre municipalities. You will not need a ticket, since you have to use your own strength to pull yourself across the water in a chain ferry.

[Link to the panorama route](#)

The Ice Age route – 390 km – divided into stages

Try Istidsruten (the Ice Age route) and go on a ride through the earliest history of Denmark – a story that is told through the landscape. You will experience up close how the Ice Age, which happened about 20,000 years ago, has shaped the landscape around Fjordlandet. Move through the unique trails from the time when the country was merely rubble and rocks, transported by the ice from Northern skies. On this route, you will pass by abbeys, market towns, estates, cultural history, and ancient monuments.

[Link to Istidsruten/The Ice Age route](#)

The Jyllinge loop – 22 km

Ride past burial mounds that bear testimony to life and death many thousands of years ago, and enjoy the view of the Fjord and the small passage, “the Pepper Trench”, which five Viking ships, the Skuldelev ships, were lowered into around the year 1040. The five original Viking ships, which were excavated in 1962, can be experienced at the Viking Ship Museum at the bottom of the fjord.

On this ride, you will also experience unique church paintings from the 11th century, and you might think you are in the Amazonian jungle, when you experience the bird Eldorado at Gundsømagle Lake and Nature Sanctuary, which is also the largest reed forest in eastern Denmark.

[Link to the Jyllinge loop](#)

The Pontoppidan route – 21,5 km

The Danish author Henrik Pontoppidan (1857-1943) received the Nobel Prize in Literature in 1917 for his authentic portrayal of everyday life in Denmark, including in his short story collection “From the Huts” and the novel “The Promised Land”. Both works are clearly inspired by everyday life among the countryside residents and the experiences Pontoppidan had during the years he lived in Østby with his family.

The bike route offers a ride through the beautiful peninsula Hornsherred the way it appears today. However, while some things are different, the landscape, the church, the prebendal house, and many other things remain the way they were during Pontoppidan's time. The Pontoppidan route will lead you past Selsø Church, with its postcard beauty, through Skibby and onwards to Skuldelev.

[Link to the Pontoppidan route](#)

Find more cycling routes here: www.visitfjordlandet.com/cycling/best-cycling-routes

Mountain bike paths

If you prefer trying your luck with winding and challenging forest paths on a mountain bike, you will also find those in Fjordlandet. Get inspired here: www.visitfjordlandet.com/cycling



Seize history – Facts about Fjordlandet

- Fjordlandet is a shared term that covers the region around the municipalities of Roskilde, Lejre and Frederikssund.
- You will find Fjordlandet merely 30 minutes away from Copenhagen by car or train– allowing you to get far away in no time.
- Lejre used to be the centre of power and the seat of the king in the Viking Age and the early Iron Age – not just for an individual king or for a short while, but for more than 500 years. This is why Lejre is known as the birthplace of our kingdom and as the home of the fabled kings known as Skjoldungerne.
- In Fjordlandet, you will find Zealand's first national park, Skjoldungernes Land National Park, which is named after the fabled kings known as Skjoldungerne. The 170 square kilometers of

the national park consist of unique nature, cultural history, and one of Denmark's most beautiful ice age landscapes with its wavy hills and large meltwater valleys.

- The Viking king Harold Bluetooth is said to have moved Denmark's capital from Lejre to Roskilde – where he built Roskilde Cathedral (a wooden church at the same location of the current cathedral). Only later did the capital move east to Copenhagen.
- Roskilde Cathedral is on UNESCO's World Heritage list as a structure of unique and universal value for mankind. This is because it is a magnificent example of the passage of time and changing styles. Additionally, the beautiful cathedral contains no less than 40 royal tombs, which is not seen anywhere else in the world. According to the legend, the Viking king Harold Bluetooth is also buried here, but this is not known for certain.
- At Lejre Land of Legends you can experience the "Royal Arena" of the Vikings – a reconstruction of the largest Viking Age King's Hall ever discovered in Denmark.
- In many places, it becomes obvious that Vikings lived their lives in Fjordlandet. At the Viking Ship museum in Roskilde, for instance, you can experience the remains of five original Viking ships, which were excavated in Roskilde Fjord. The unique discovery of the five ships was possible because the ships were intentionally lowered into the fjord to serve as a sailing blockade, aimed at deterring enemy ships from sailing by. The fact that the ships were lowered into water is the only reason they have not deteriorated. At the Viking Ship museum, as the only place in the world, you can fasten a steady grip around an oar and head out on the fjord in a reconstructed Viking ship.
- According to the legend, Roskilde was founded by King Roar (also known as Ro) around the water springs in the city – "spring" being "kilde" in Danish, thus giving the city the name, Ros Kilde. And there are many springs. North of the Alps, Roskilde is the place that has the most water springs, and these are the springs that the city is founded upon. There used to be 12 named springs, and now there are 8 left.
- Ledreborg Allé is part of the Grand Départ route. The avenue is the longest in Denmark, spanning no less than 5,750 meters.
- The oldest oak trees in Northern Europe are found in Jægerspris Nordskov. The oldest oak tree, The King Oak, is said to be between 1,500 and 2,000 years old.
- In Fjordlandet you will find Denmark's biggest intentional community, Svanholm. Here, 85 adults, 46 children, and even more animals reside. Among other things, the cows produce the milk used in ice cream made by local ice cream manufacturer, Hansens Is.
- You have many opportunities to take a bite out of Fjordlandet: There is an abundance of local farm shops, a world champion chocolatier, and beer and mead breweries.
- For a long time, Frederikssund has been nationally recognized for its festive Viking Games. You can also visit the Viking Settlement, which is a kind of free outdoor museum that allows you to visit the quarry houses, which are small, half-buried houses.
- Roskilde is known, in part, for its festival. Roskilde Festival is Northern Europe's largest culture and music festival. Every year, 130,000 people gather for a week of music, beer, camping, and entertainment. The number of participants makes Roskilde Festival Denmark's fourth-largest "city" measured by population.

Useful links

[Cycling experiences in VisitFjordlandet](#)

[The Grand Depart's 2022 official website](#)

[Grand Depart taking place in Roskilde](#)

[The Danish Cyclists' federation](#)

[Cycle superhighways](#) – A network of cycle highways in Greater Copenhagen, where the commuters' needs have been given the highest priority. The project seeks to create routes that offer direct routes as well as comfortable and safe service.



Press Photos

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VisitFjordlandet– International Press

Contact:

Gitte Nielsen

gitte@visitfjordlandet.dk

+45 30 60 50 04

visitfjordlandet.com/press

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