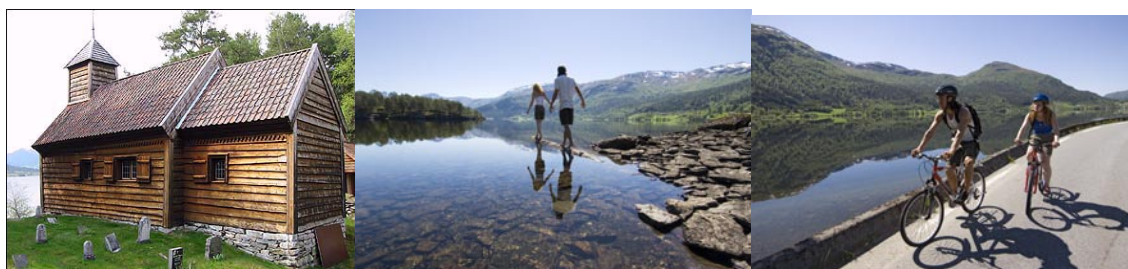


SUNNFJORD OUTDOOR 2011

Saturday 6 August

Bicycle trip along cultural sites trail in Hestadgrend,
bicycle competition for kids and
Mini concert in Hestad church



Join us on a bicycle ride along the south side of Hestadfjorden. A novel way to see unique cultural sites in the countryside. Hestadgrend Cultural Sites Trail was established to inform and aid access to the landscape and cultural sites at Hestadgrend.

We take a break at Nedrestrand old farm and Eikjeland Waterfall. Returning to the startingpoint, there will be a mini concert in Hestad chapel. With fine, sunny weather we can also have a refreshing swim at Øyra.

This trip suits everyone young and old. The very young can ride on a child's bicycle seat or in a bicycle wagon. So get out your bicycle and join in on the ride. Children have to be together with an adult.

There will be a bicycle competition for the children at Øyra (premium for all).

Start

- and parking:** Øyra at Hestad.
End point: Øyra at Hestad.
Food serving: You may purchase food after the mini concert.
Time: 10:30am
Distance: 9 km
Duration: 3,5 hours
Price: Per person Nkr. 150. Children under 12 years free of charge.
Please pay direct to the guide.
Registration: No later than 6pm the day before to the guide.
Guide: Åshild Kjelstad Seljesæter tel. +47 90 59 09 96.

More info, call Førde Tourist
Information Office +47 57 82 22 50

www.sunnfjord.no