

NORTH

of Copenhagen

Feel Rudersdal

Immerse yourself
in green and blue
nature

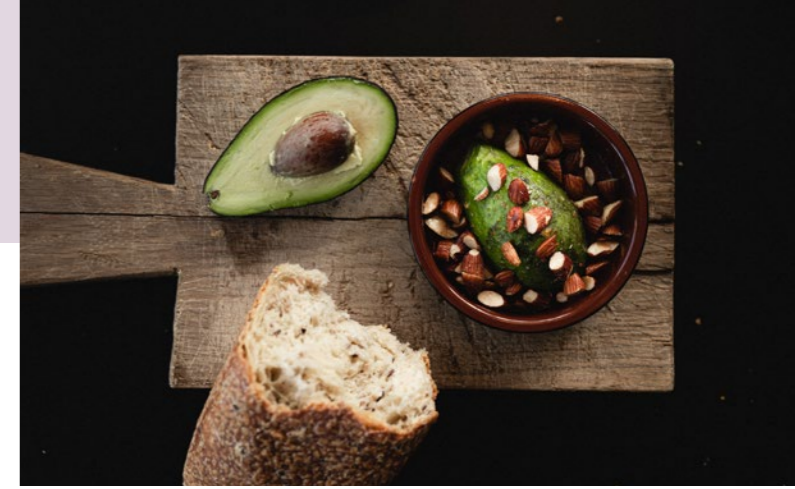
Tickle your
tastebuds

TIME TRAVELER:
From castles and
art to rebellious
women

MAP INSIDE

Summer 2022





Welcome North of Copenhagen

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**OPELV
RUDERSDAL**



Greetings from Rudersdal – a place of relaxation, green havens and royal history. A place to be spoiled and pampered, to listen to the sea, sense the calm and revel in the stillness

With this magazine, we invite you to meet passionate people and enjoy new experiences in our wonderful municipality. From cooks and farmers to historians and artists; stories are everywhere here – and the ones we have collected, will probably surprise and intrigue you!

We are many shades of green and blue

Come and lay in the grass, watch some stars and take a dip in the lakes or sea. Rudersdal is part of the green belt stretching north of Copenhagen and home to some truly unique and wonderful nature experiences. We do our best to take care of the wonderful wild surroundings, we are so fortunate to live in.

We are royally historic

From 'queens of the stone age,' to the overlooked 'queens' of recent day, from Vikings to the first tourists, Rudersdal is filled to the brim with history. Here, aristocracy sought the best and the most alluring, and they build remarkable castles and estates and made gardens to go with them. City dwellers, royalty and artist have for many years found a haven of refuge in Rudersdal. Today an affluent area, and home to many entrepreneurs, creatives, directors and celebrities – this is our own little sanctuary very close to the capital.

We want you to feel good

We invite our guests to feel good here with us, and you don't have to be a bonified 'bon vivant' to appreciate the many ways to spoil yourself in Rudersdal. Take a break from the noise and concrete jungle, experience the luxury of tending to your body, be it taking a refreshing dip in the ocean, going for a spa day or spoiling yourself with some quality cuisine!

Cruise up the scenic beach road or take the train from one of Copenhagen's many stations and visit us – it only takes 20 minutes to get here – and we believe you will return with many new stories to tell...

We hope you will feel inspired to visit us, Welcome to Rudersdal!



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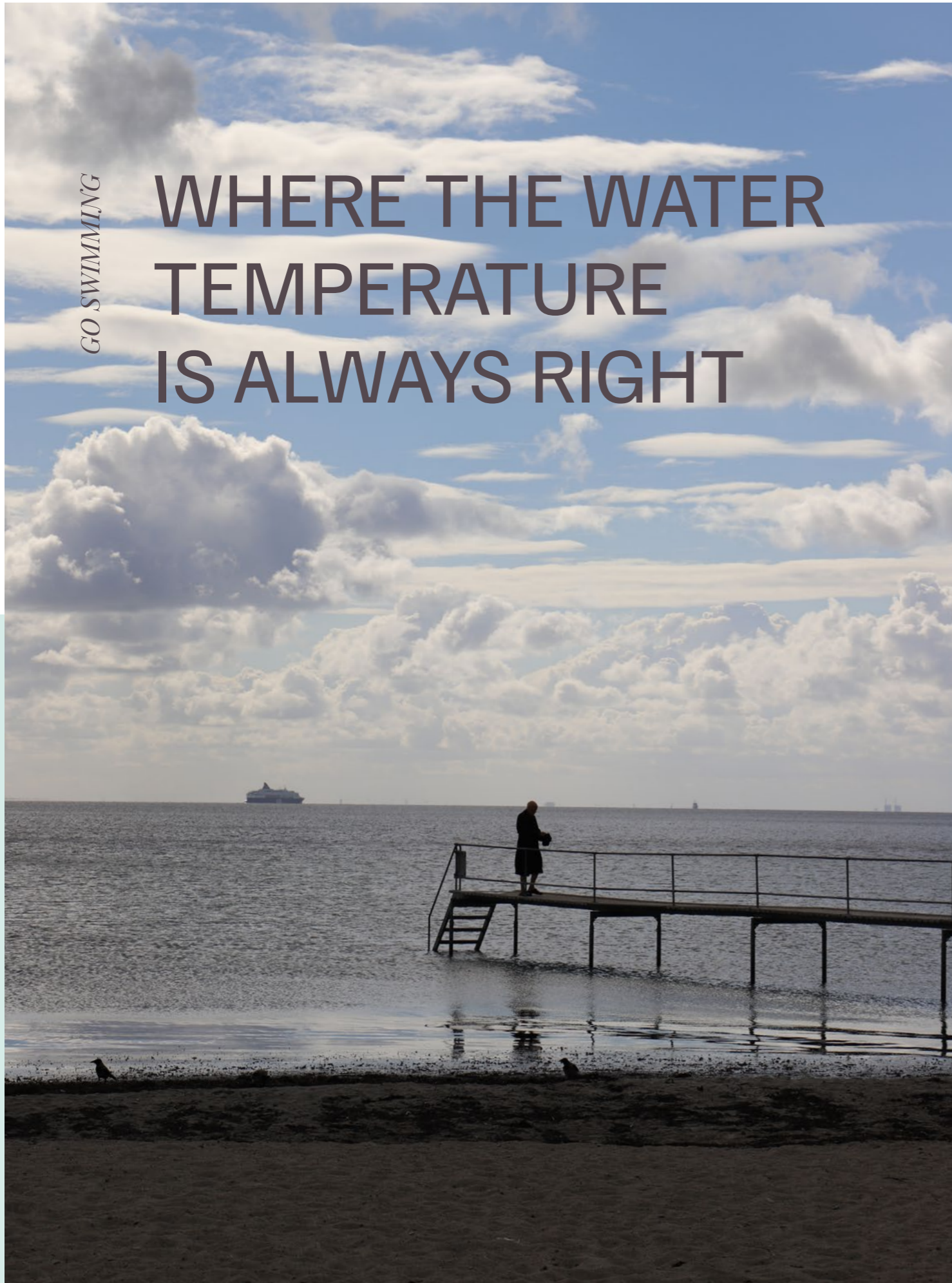
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▼ Mothsgården



WHERE THE WATER TEMPERATURE IS ALWAYS RIGHT



Cruising along the northern coast off of Copenhagen, the sight of groups of people on bathing bridges early in the morning is a given – and not just in the summer time, but also when the temperature drops below zero and the water is freezing. The Danish ‘Vikings’ are addicted to the cold plunge, leaving them exhilarated and ready to start the day!

▼ Susanne Søberg taking a dip



“Hot-cold contrast with year-round swimming makes seasons the perfect way to get just the right amount of healthy challenges”

Rudersdal has long had a love affair with the blue element, and with 7.5 kilometers of coastline and beautiful inland lakes, it is no wonder the place possesses an array of water clubs; from winter bathing Vikings to rowing clubs, water skiers, surfers and sailors. But particularly winter bathing defines the area, leaving no bathing bridge untouched, no matter what the thermometer says. Here, happiness is found in close contact with nature all year round.

Winter bathing, or year-round bathing, is not a new phenomenon, but has been practiced in Scandinavia for ages. Getting out of those robes and descending along the stairs – maybe even naked – into the cold water, just for a dip and a scream, might seem crazy to some, but the benefits for circulation, fat depots, combustion, energy and well-being are undeniable.

HEALTH BENEFITS APLENTY

PhD Susanna Søberg, is the best-selling author of ‘Hop i Havet’ (‘Winter Swimming’) from 2019, currently being translated into 14 languages. The book about winter swimming is an easy read about her research and the health benefits of deliberate cold exposure and sauna, and in addition a practical guide to getting started.

– I started researching the brown fat, as the only thing I knew about it at the time, was that it is activated by cold. So, it was an organ in our bodies, that we did not know much about, and I thought that was wild. But I know now, that it burns calories when it’s activated by cold, e.g. cold water, as it takes up fat and sugar from the blood as fuel, Dr. Søberg explains about her initial thoughts about her research, and continues:

– What happens to the brown fat, when the body has been winter swimming for a long time? Something must regulate the core temperature immediately. And brown fat functions as a radiator with the brain as the thermostat, communicating

to adjust the temperature to survive. Brown fat is activated by cold and heat. By cold you can increase its function and volume, which increase thermogenesis and calorie burning. That’s why you can make it more effective by jumping in the cold water.

Dr. Søberg have, together with other researchers, now proven, that winter bathers become warmer by cold exposure and that is due to higher activation in the brown fat.

– It’s healthier because you get warmer and the brown fat actively burns energy, sugar and fat. Hence, we get a higher energy burn when we are exposed to cold temperatures. You can tune your brown fat and train it like a muscle, she says.

Does it have to be winter bathing or are other seasons as good?

– It is cold enough in the spring and maybe also in the summer in Denmark. In the lab we tried to put a hand in ice water, and we could activate the brown fat in a few minutes, no longer was needed. Which means, that as long as the temperature is colder than the skin temperature, the brown fat is activated. People always ask me what the perfect temperature is, and my answer is: The perfect temperature is to change it! That will challenge the nervous system in a healthy way, train your resilience and make more mitochondria in the fat cells. So other seasons are a perfect contrast to the winter. Hot-cold contrast with year-round swimming makes seasons the perfect way to get just the right amount of healthy challenges, Dr. Søberg clarifies.

OUT OF THE BLUES

The physical benefits are proven, but are there any benefits for our mental health?

– It benefits our mental well-being because we activate – and this is perhaps specifically due to the cold water – the sympathetic and para-

→

sympathetic nervous system. The sympathetic nervous system is what makes us fight or flee, and here 'the danger' is the cold. The body is activated and you begin to hyperventilate. But the parasympathetic is, as mentioned, activated as well, and that makes you relax. Your breath becomes shallow, and you get a higher heart rate, right when you get into the water – but it does not take many seconds before it becomes stable again, because the two systems work against each other. On the one hand with calm, and on the other hand with struggle. But the parasympathetic system wins by habituation. And it results in a kind of Zen-state. Therefore, you train the nervous system to be calm, and that you can use in other stressful situations in your life to calm yourself down. In the cold water you segregate serotonin, dopamine and endorphins. You become happier, more comfortable and achieve a more stable mental balance. And you can get addicted to it, just like with physical exercise. You simply get a swimmer's high afterwards, Søberg says and continues:

“It gives you a good feeling in the body, but there are many aspects, that make people love it”

– We do not yet know, if winter swimming can treat depression, we only have case studies so far, but it is definitely a good direction. It would not surprise me, if cold-heat therapy is a wonder package, that can do good on all parameters. Perhaps it is evolutionary, since we are born out of heat and cold stress – we are simply formed in these challenges. Using heat and cold is a condition for cells to get better. We have the theory, that we all started in the sea and later went on land. Therefore, the climate is also a challenge. Modern man is believed to have originated in Africa, and we migrated out of there due to temperature changes, such as the ice age.

HOW TO START

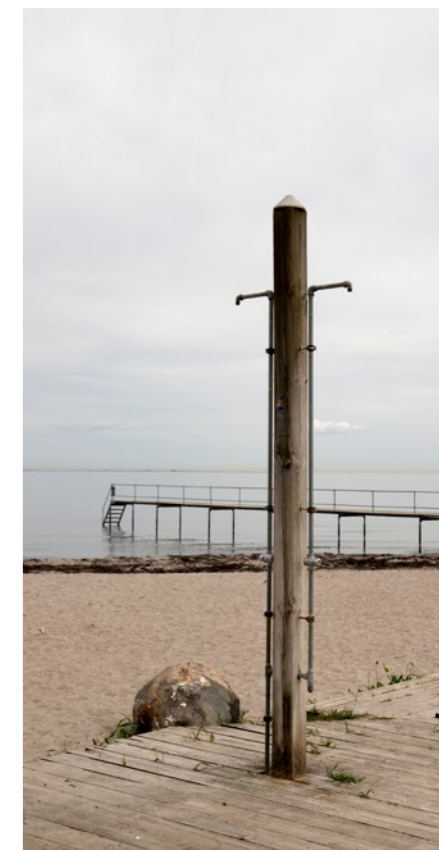
Why do you think winter bathing has become so popular?

– It gives you a good feeling in the body, but there are many aspects, that make people love it. You become happy, it's social, you are out with friends, and maybe meet up in a club. And it can kill boredom; we also saw an increase in winter bathing during lockdown.

If you want to start winter bathing yourself, Søberg advises to be careful, if you have any cardiovascular disease or high blood pressure, because that could come in conflict with the nervous system, and it could be an issue if your cardiovascular system is already challenged.

– Children can also do it, but be aware that their surface is smaller, so they get cold faster. They can dip quickly, and then put on warm clothes or go to the sauna afterwards. But they cannot stand to be just as hot as adults either. Use your common sense and try a couple of seconds to minutes in the water if you are an adult, Dr. Søberg advises.

In September you can read Søberg's book in English, German and Spanish. ■



GET DIPPIN'

There are public beaches along Rudersdal's coastline and bathing lakes with good bathing conditions several places:

- Vedbæk Nordstrand
- Vedbæk Sydstrand
- The beach at Lokeshøj
- Skodsborg Strandpark
- The beach at Struckmannparken
- Sjælsø Beach
- The bathing area at Birkerød Sailing Club
- The bathing facility at Holte Rowing Club
- Kinabugten in Furesøen

Don't go swimming alone and look at the digital signs on the beach for safety. Do not go swimming the first 24 hours after a heavy rainfall, or if the water is so unclear, that you cannot see your toes, when you are standing in water to your knees.





The Par Force Hunting Landscape in the forests of North Zealand is a unique and authentic example of the exchange and development of European values in landscape design in the 17th century.

JÆGERSBORG
HEGN

KEEPERS OF THE KING'S GATES

NORTH of Copenhagen

Once upon a time in the small kingdom of Denmark there was a great forest, filled with oak trees, birdsong and wild deer. The autocratic king decided that this would be spectacular hunting grounds for him and the royal family. Consequently, he ordered the forest fenced in, and keys made for the gates.

Dyrehaven (The Deer Park) north of Copenhagen is a large nature park filled with forest areas, small lakes and open plains. Today a protected, but popular recreational area, you will, as the name reveals, most likely meet a deer or two in the park. No less than 2,000 wild deer graze the historic grounds, fenced in by king Frederik III in 1669 and subsequently used as royal hunting grounds. King Christian VI's hunting castle, the Hermitage Castle still overlook the grounds and Øresund from the heart of the area. Dyrehaven borders to Jægersborg Hegn in Rudersdal in the northern end, which until 1832 was part of the park.

Today the fence is gone, but you can still see the old red gates, restored through time. But that would not have been the case in Jægersborg Hegn, unless some dedicated locals had not offered to help.



GREENS & BLUES



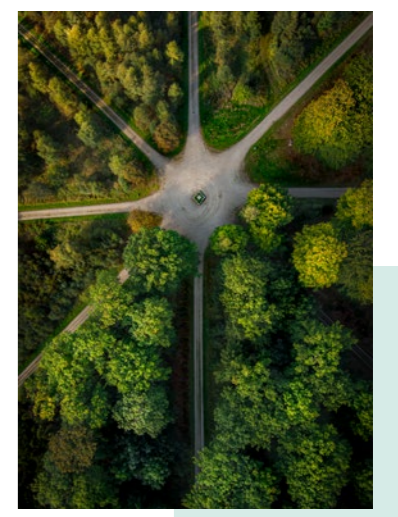
^ UNESCO in Denmark works for core values such as democracy, freedom of expression and education for all – and not least the protection of cultural heritage such as UNESCO World Heritage Site: The Par Force Hunting Landscape.

“This area is so historic, so we felt it was wrong”

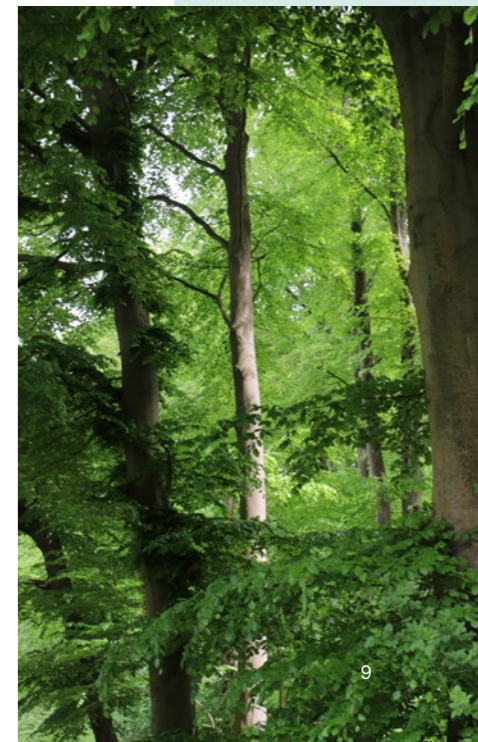
– The Danish Forest and Nature Agency had decided to take down the red gates in the northern part of the old Deer Park, and people were shocked by this, even in Jutland people discussed this. This area is so historic, so we felt it was wrong, master carpenter, Henrik Ehrenreich shares and elaborates:

“There was a lot of interest and soon we were 200 members, organized with private sponsors”

– This decision seemed meaningless and when a lot of letters from readers began popping up in the local newspaper, I saw that there was a need for someone with my abilities. I have lived in Rudersdal for 32 years, and since I am a carpenter, it just made sense. I wrote directly to the newspaper that we needed to form an association as citizens. There was a lot of interest and soon we were 200 members, organized with private sponsors. We wanted to re-instate and take care of the historic red gates.



^ The Par Force Hunting Landscape seen from above by photographer Peter Leschly



THE PAR FORCE HUNTING LANDSCAPE

Frederik III died in 1670 and when his son, Christian V, took power, he had even bigger plans for the green playground. Inspired by his time with the Sun King, Louis XIV, in France where he experienced a new form of hunting, the Par Force Hunt, he decided to adapt the landscape in Dyrehaven to this type of hunting. By this, he demonstrated his wealth, ability and power over nature, and he expanded all the way to Jægersborg Hegn in Rudersdal. The fenced area grew to 1600 acres and farmers already living there was thrown out, receiving three years of tax exemption in return.

“The fashionable and macabre hunting form, the Par Force Hunt, and the staging of the Danish royal power at the end of the 17th century, together left an imprint on the North Zealand forest areas”

The fashionable and macabre hunting form, the Par Force Hunt, and the staging of the Danish royal power at the end of the 17th century, together left an imprint on the North Zealand forest areas. Today you can still see the long straight trails, combined in a star-shaped system using the finest mathematical sciences of the time, and since 2015 the landscape has been inscribed on the UNESCO World Heritage List. It is thus not the hunt, where a red deer was selected and hunted for hours, until it was eventually so exhausted that it sank, and the king then easily killed it with a short hunting sword (a Hirschfænger), but the landscape, that is declared a World Heritage Site. Even sadder, they couldn't even eat the stag afterwards, because it was inedible due to the lactic acid that had built up in its muscles from running for hours. It was pure spectacle.

Around the fence, red gates were dotted, but only those with a key, the royals, could enter. Therefore, some of the names of the roads in Nærum was named – and still is – something like ‘walk around’ or ‘skip around road’ (Rundforbivej/Springforbivej) as peasants and other commoners could no longer cross through the forest, but had to walk all the way around it.

THE JOY OF HELPING

On April 13th 2016 the association ‘De Røde Porte’ (The Red Gates) was formed and it continues to help ensure the re-establishment, maintenance and renewal of the red gates in and around Jægersborg Hegn, part of the old deer park and Par Force Hunt Landscape. Not many members do any practical work, they mainly support the association, but being a carpenter for 40 years, vice chairman Ehrenreich is very hands on:

– We collaborate with the Forest and Nature Agency that approved the conservation project. We rebuild the gates that had been taken down and refurbished others. The gate at Rundforbi we moved in a little and that took a building permit. But they look great now.

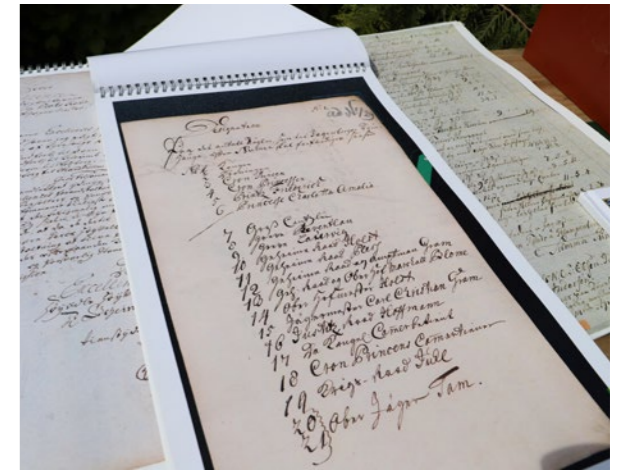
“The managers of the forest have realized that the users are very interested in the wellbeing of the forest in all aspects”

Why do you put all of this effort into this?

– It's simply the joy of standing there a Saturday morning and watching local bike riders and other people happily using the area. The managers of the forest have realized that the users are very interested in the wellbeing of the forest in all aspects. I think they underestimated that, when they started taking down the gates, he says.



< Ehrenreich in a ship container workshop for the gates.



^ Copy of the document from 1729 with a list of people who were to have a key to the gates.

AWARD WINNER

People all the way from Jutland consequently wrote to Ehrenreich, explaining how wonderful they found his initiative:

– I even went to the city hall in Randers to receive an award, ‘Niels Ebbesens Venners Pris’, that supports diverse projects. (Niels Ebbesen was a Danish freedom fighter.) Now I have also done projects on Aarhus Cemetery, Kaj Munk's House and helped in the memorial park in Silkeborg and renovated grave monuments on Vester Kirkegård for fallen airplane fighters during World War II. I am very interested in history and culture, Ehrenreich explains.

“I convinced my dear wife Lene to go to the National Archive, where she found a document from 1729 in which the king is ordering new keys for the gates”

Right now, he is busy at his workshop, renovating the old Rundforbi gate, that is going to the Danish Open Air Museum (Frilandsmuseet) in Lyngby. Here it will stand permanently as a new rear entrance to-

wards Brede. Last year Ehrenreich and the association made a new gate for Rundforbi.

– The old gate could be saved, and maybe next year we will restore a small gate in Nærum called Allélågen. After that, we will have completed our repairs in Jægersborg Hegn. All gates and ports have the same design and are all placed historically correct, he says and concludes:

– I convinced my dear wife Lene to go to the National Archive, where she found a document from 1729 in which the king is ordering new keys for the gates. Here it is listed who possessed keys and therefore access to the king's hunting grounds. It's just so interesting to see and feel history up close.

The Royal Danish par force hunt was discontinued in 1777, but about 85% of the hunting trails made in the 1600s still exist in Gribkov Forest and the Great Deer Park today. ■

EXPERIENCE THE PAR FORCE HUNTING LANDSCAPE

- If you want to experience the World Heritage Par Force Hunting Grounds and The Red Gates in Rudersdal, you can visit Jægersborg Hegn in Nærum. Open 24-7 all year round, there is free access for everyone on foot, on horseback or by bike.
- You can see an original Par Force Hunting horn, a set of the keys and a hunting sword (a Hirschfænger) at the museum Mothsgården in Søllerød. Here you can also get the story of Matthias Moth, who was Christian V's most trusted official and unofficial brother-in-law, since Matthias' sister Sophie Amalie was the king's recognized mistress.
- The forest playground Krohnhjorten next to Skodsborg Station is a unique opportunity for children to experience the story of the king's hectic and violent Par Force Hunts in a larger climbing work of dogs, horses, hunters, King Christian V and a red deer.

∨ Hunting scenes, Tåntzer, Dansk Jagt- og Skovbrugsmuseum



INTO THE WILD

Fancy a walk in a diverse little haven of biodiversity? Look no further. The green, protected area 'Vaserne' in Rudersdal is like stepping into a tranquil fairytale come alive.

VASERNE

> Nature has been re-established by clearing scrub, grazing with cattle and establishing water holes for rare aquatic insects, which has resulted in a high level of biodiversity in Vaserne.



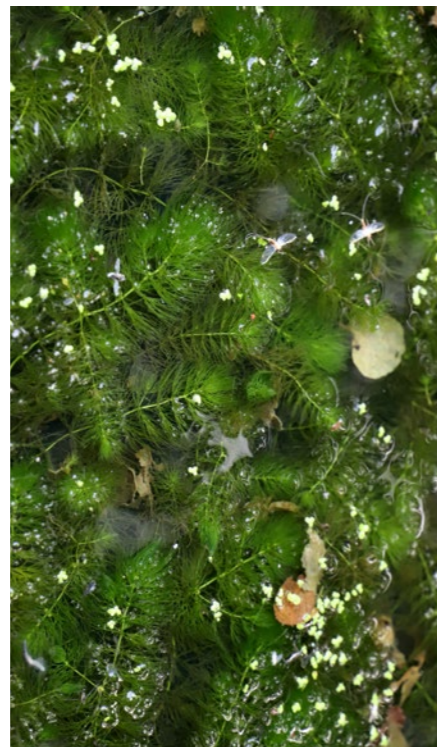
Imagine a symphony with only two instruments, or a dinner with only two ingredients – not that appealing, huh? Aside from this, we all know by now the gloomy predictions we realize in regards to climate change and loss of biodiversity, and hence the dire consequences this entails.

In Rudersdal efforts are made to accommodate biodiversity not least by the lake Furesøen, where we find the most important nature area in the municipality: the almost 120 hectares nature preserve 'Vaserne'. The habitat and bird protection area is a so-called Natura 2000 zone according to EU legislation, and consists of a mosaic landscape of different and rare habitats like reed forest, willow thicket, deciduous forests and meadows, alder swamps, bogs and old peat pits from WW2. This concentration of biodiversity in flora and fauna has been fully protected since 1947, and here you can discover many rarities.

One can feel completely relegated to places like The Everglades, as large parts of Vaserne are wetland, where the alder trees grow in the water, resembling exotic mangrove forest.

“So ‘welcome to the jungle’, where nature its left to flourish on its own terms, stepping into a tranquil fairytale come alive“

So ‘welcome to the jungle’, where nature its left to flourish on its own terms, and you will feel refreshed as you hint the scent of the cool lake water, sense the shade of the trees and hear the sound of birds singing. With about 170 different species of birds, go and see which you can spot – maybe the rare silver heron or sea eagle?



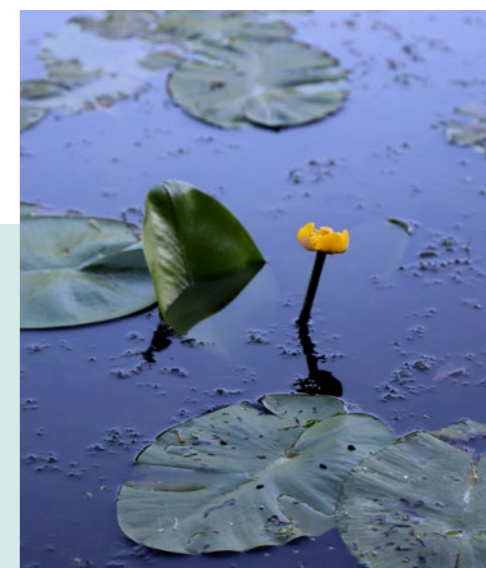
BIODIVERSITY AND VASERNE

- The biodiversity crisis is as immense as the climate crisis, and with a sharply declining number of species, there is international agreement, that this development must be stopped.
- Over the past few hundred years, many wetlands have been drained, closed or relocated and are now endangered. This is problematic, because the areas help to reduce nitrogen and phosphorus emissions and provide a richer nature.
- Different habitat types are needed if different species of flora and fauna are to survive and the alder swamp is an important biotope, because it holds great biodiversity.
- Stopping forestry and creating more untouched forest, where nature takes care of itself helps. If a tree falls in Vaserne, it will be left there, and so it provides a new home for animals and a clearing in the forest.
- Not only important for survival, a diverse nature gives us undefinable experiences and quality of life, an opportunity to see beauty, experience scents, light, and the joy of movement outside. And also, as many biologists and philosophers believe: Nature has a justification in itself.

Vaserne are looked after by Rudersdal Municipality, Aage V. Jensen's Nature Fund and the Bird Conservation Foundation.



^ Nature is ever changing, and the experience in Vaserne will differ from day to day.



v The path system through the area, the tower (accessible by wheelchair) and the hiding place for viewing birds, is designed to keep the wildlife as undisturbed as possible.





DE RUNDE HAVER

Since drones has arrived, the gardens have also become a popular place for air photographers, like this attractive pic by Kasper Villumsen Kjærgaard, @fromalittleabove.



HOW GARDEN ARCHITECTURE KEEPS THE PEACE

Every summer, a number of tourists visits Nærum specially to admire De Runde Haver – round allotment gardens floating like small islands on a green lawn.

> Look for rare fauna and flora in Vaserne



NORTH of Copenhagen

On the outskirts of Nærum, next to Jægersborg Hegn, you find an exciting allotment garden area, namely the famous round gardens (De Runde Haver). The round or rather oval grounds were designed by world-famous Danish professor and garden architect C. Th. Sørensen in 1948. The gardens constitute a unique landscape and are a good example of Danish folk culture.

PEACE, PLEASE

The idea was to create an allotment garden park where each allotment garden tenant could be by themselves without a hedge community, and therefore no one would have to argue about the height of the hedge. And that was probably the first of its kind. Sørensen himself said about the shape of the gardens:

“Neighbors always quarrel about the common hedge. How should it be cut? How high should it be? Here they each get their own hedge with a no man’s land in between”

“Neighbors always quarrel about the common hedge. How should it be cut? How high should it be? Here they each get their own hedge with a no man’s land in between. Then they do not have to quarrel about it!”

And they don’t. So naturally, today there is a waitlist to get an allotment here, yet only open for residents of Rudersdal Municipality.

The garden association was founded in 1946, and in 1948 the land where the gardens are located was leased to the allotment garden association until the year 2000, since extended to 2024. The gardens were protected in 1991 and are visited every year by garden and landscape architects from Europe, US and Japan.



WELLNESS PIONEERS



Considered the first tourist town in Denmark, coastal Skodsborg has attracted wellness crowds since the late 1800s. At the end of the 17th and the beginning of the 18th century, an increasing emphasis on health, not to different from what we see today, arose. Prompting guests to come back to nature for healing, Skodsborg Badesanatorium soon became a very trendy place.

In the 1870s, the internationally renowned seaside resorts Skodsborg Søbad and Hotel Øresund opened on the coast of Skodsborg. Skodsborg Badesanatorium followed in 1898, becoming an instant success with its advanced water treatments – and to a lesser extent due to its vegetarian diet. It was Danish physician and health advocate, Carl Ottosen, who established the sanatorium in 1898 with a group of like-minded. He took part in pioneering the movement ‘vitalism’, focusing on the healthy body through excluding alcohol and smoking and swearing off meat – and he wanted to share this advice through the bath sanatorium in Skodsborg.

Taking his cues from the American Adventists, he had learned his methods in J.H. Kellogg’s (yes, the Kellogg) sanatorium in Battle Creek, USA. Challenging the established medical world, the message was that the body could be kept healthy the natural way with vegetarian food, clean water, exercise and fresh air – and without artificial stimuli and toxicity from modern life. Balance

and good health were to be found in nature itself, and therefore Skodsborg, with its location in the countryside, was absolutely perfect.

“Balance and good health were to be found in nature itself, and therefore Skodsborg, with its location in the countryside, was absolutely perfect”

Consequently, city dwellers with enough money in their pocketbooks – and luxury of being able to take time of work – migrated to Skodsborg for treatments with baths, light therapy, electricity and fresh air. Carrying a skepticism towards medicine, physical exercise and a vegetarian diet were prescribed to detoxify and rebuild the body of those with ailments or mild illnesses. In addition, fancy treatments that we today would call wellness (but with cold water), massages and solariums – this was before skin cancer was known – was on offer.

SCANDINAVIA'S BIGGEST RETREAT

Coming from a time where paleness and corsets were in vogue, now the body should now unfold itself the fresh air, and the young, strong and tanned figure was worshipped. Not every guest bought into the whole ideology, but they liked to get the treatments anyway, going for a long, relaxing stay in Skodsborg. The sanatorium also extended a helping hand to those overweight, with ‘bad nerves’ (stress or mild depression) or overstimulated by the civilization and busy city life of the 1800s – and for beautification.

Even though established and traditional doctors shook their heads, the sanatorium became such a success, that by the 1920’s, after many

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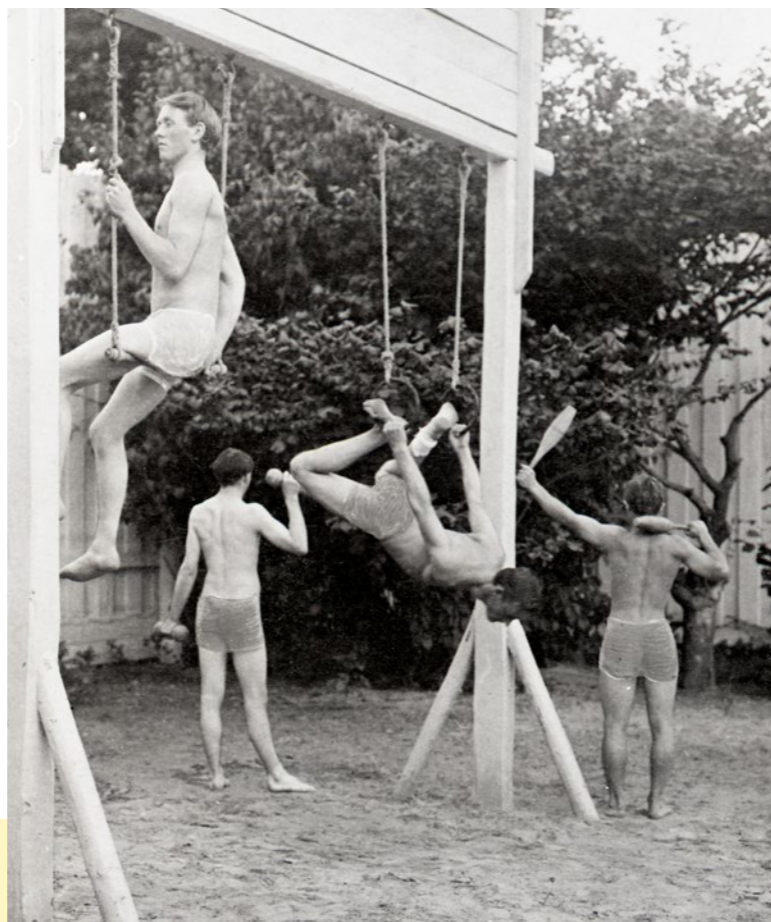
expansions, the place was recognized as the biggest retreat in Scandinavia. The atmosphere from the good bathing life of past times is still felt in the sanatorium's buildings, which today houses a renowned spa hotel.

Skodsborg Sanatorium, now Kurhotel Skodsborg, was on Adventists hands until 1992. Today the place carries on the Nordic wellness traditions of clean living as a luxurious wellness hotel with an award-winning spa and fitness area... smoking is still prohibited though.



^ Villa Rex

> At the sanitarium there was a courtyard where men could train naked – later on underpants were drawn onto the picture for propriety...



RUDERSDAL – A HISTORIC HOLIDAY DESTINATION

For hundreds of years Rudersdal has been a popular excursion and summer holiday destination. At first for royals and rich Copenhageners longing for light, fresh air and nature. In the 1660s Frederik III's queen Sophie Amalie got the whole area Rudersdal as goods and build a country house by the lake where she cultivated outdoor life. Around the same time, when the autocratic king handed out of his possessions north of the capital, the prosperous bourgeoisie was also given the opportunity to make the Rudersdal region their favorite summer destination, and the first country houses appeared, from Mothsgården to Gl. Holtegaard and Næsseslottet. Here the great merchants and the highest officials of the kingdom could spend their summers close to nature and in the fresh air. All in all, just a little day trip from the crowded and dirty capital.

The fishermen's Airbnb

From the 19th century it was no longer reserved the most affluent to seek out the fresh air and water in the summertime. The better bourgeoisie now vacationed in the countryside, away from the cholera-affected Copenhagen. The Øresund coast was popular, and with a fixed steamship connection to Co-

penhagen from the 1840s, development also reached Vedbæk and Skodsborg, Denmark's first tourist town. From the 1890s, the steamship had 30 departures a day to and from Copenhagen, and the better citizenry flocked to the fashionable beach hotels.

At the end of the 1800s, Vedbæk was a small fishing village, attractive for excursions and summer nights away from the city. From the year 1900, the rentals for actual mass tourism grew, so the fishermen and craftsmen moved out to their sheds or attics and began renting out their houses in true Airbnb style. Every nook and corner was occupied by happy 'landliggere', meaning people vacationing in the countryside. Thus, the house prices rose and the owners used the money to build bigger houses and making more money.

At the same time, Copenhageners also opened their eyes to Birkerød's scenic beauty. Here the villagers rented into the farms. They took to the countryside in mid-May and first moved back to the city on September 1st.

A GLAMPING MONARCH

Built in the early 1700s, and owned by different aristocrats, the country house Countess Danner's Mansion, the lengthy building in the middle of what is now Kurhotel Skodsborg, has a long history before becoming a spa hotel. None the less, it was still a place where the inhabitants could retreat to calm, natural surroundings.

King Frederik VII acquired and expanded the building in 1852. He wanted to get away from the gossip and tabloids in Copenhagen, not least since his wife, Countess Danner, was a commoner and frequent target of slander. He was an outdoorsy man – of a quite substantial figure – but loved going riding, fishing and was interested in archeology, and the couple spent long relaxed summers at the mansion.

While Louise stayed inside, Frederik preferred to sleep in a tent outside in the garden because he was a former soldier and this of course, as he said, was the country side! A pioneer of glamping, you could say, he also had an artificial cave made on

the hill opposite the house, where he could sit at night and think, smoke his pipe and gaze out over the sea.

In 1848 Frederik was no longer autocratic king, but the first Danish king to rule over a constitutional monarchy. Hence, he still had to participate

“Then all the ministers of state could come to him, and Frederik would have plenty of time to go fishing afterwards”

in state councils with the Ministers of State at the Eremitage Castle, but he couldn't be bothered to ride that far, therefore he built another mansion, Villa Rex, next to Countess

Danner's mansion for the meetings. Then all the ministers of state could come to him, and Frederik would have plenty of time to go fishing afterwards.

The couple spent every summer here until Frederik's death in 1863, where he left the mansion to his widow. Even though she moved to their castle in Jægerspris, she kept Skodsborg until her passing in 1874. ■

Source: Anders Bank Lodahl, historian, Rudersdal Museer



DOWN TO EARTH, ABOVE THE STARS

It was the local priest that in 1677 served food for the first time at Søllerød Kro, for residents and passers-by. Now the protected building is home to a Michelin-starred restaurant of the same name, and is still treasured by both locals and guests from far and wide. Head chef Brian Mark Hansen gives us the lowdown on creating edgy, yet classic cuisine in this calm, historic space.

There can be something slightly intimidating about walking into a Michelin-starred restaurant, not least a legendary one like Søllerød Kro. Unpronounceable for foreigners, yet on everybody's lips on the fine cuisine scene in Denmark and beyond.

My mild intrepidation is immediately deemed unnecessary when head chef Brian Mark Hansen greets me in the sunny courtyard of the inn. It is just before lunch time, and kitchen staff is spilling out of the building to enjoy some food of their own before the lunch rush. The sound of water from the small fountain blends in with the birds' song, and Brian and I find ourselves a seat among the pots of herbs and other greenery. There is a feeling of calm, yet excited energy, ready for the day ahead.

INSPIRING HISTORY

The 360-year-old inn is situated by the old pond in the village Søllerød, so idyllic, you wonder if you have been transported back in time. With a history of inspiring the likes of Edvard Grieg and Hans Christian Andersen, it is no wonder that some of the absolute top chefs of Denmark has made their mark on the restaurant here.

Not least Brian Mark Hansen. For the nine years he has been head chef here, a Michelin star has adorned the inn, and in addition to countless other awards and mentions, he notably won the gold medal at Eu-

ropean Bocuse d'Or in march. Seen as one of the most trailblazing and distinct chefs in Denmark, I ask him why he chose this place:

– I'm originally from Southern Jutland and after training as a chef I spent some time in Skagen under Michel Michaud. I wanted to try something new, and chose to move to Copenhagen with all the exciting things happening on the culinary scene there.

LOVE AT FIRST SIGHT

After working a year in the capital at Kong Hans Kælder, he felt out of place in the city and was missing the fresh air. A job offer from Søllerød Kro in 2007 made him quit the job.

"I fell in love with the inn and the nature and the air out here. Even though this only is 20 minutes from the city, it's a whole other universe"

– I fell in love with the inn and the nature and the air out here. Even though this only is 20 minutes from the city, it's a whole other universe, Brian explains.

He became sous-chef and after some years away, working as a private chef and becoming a father, he returned to Søllerød Kro in 2013 after a phone call from restaurant manager Jan Restorff, asking him to come back and shake things up a bit. Brian became head chef and started working on bringing the kitchen to where he wanted it to be.

– I wanted us to be among the best restaurants in Denmark, and many believe that we are. But the ambitions are high in the kitchen, and I want to do more, and I know that we can, if we get permission. And with this I mean from our guests. We have many returning customers, some weekly, and I am very aware not to scare them away, he says.

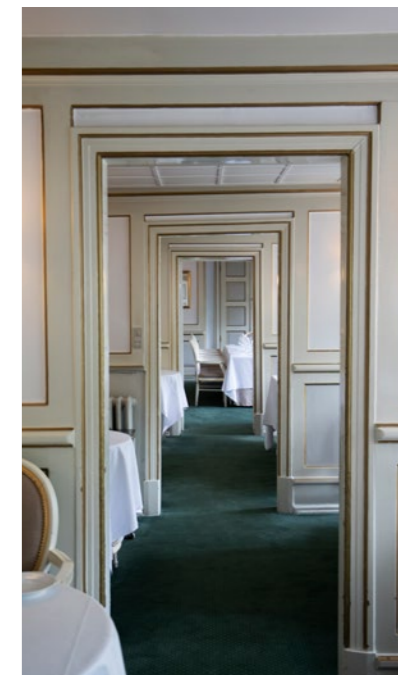
Therefore, in a gentle manner, Brian keeps moving the kitchen in a direction where the guests can follow:

– We need the support, but we will also keep moving, to get where we wish to be. This means to constant refine and excel, and I have the best staff, so it's only the treetops that sets the limits for us and our guests.

THE FOREST ON A PLATE

The surroundings play a large role in what is put on the plate here. Brian is just back from his daily run in the forest, where he gathers herbs every morning.

– Some call us 'New Nordic' this season, but I don't really think we are, I just think we are ourselves, we are Søllerød, out here by the fields. But we utilize and find inspiration in the forest a lot at the moment, with so many wonderful flowers and herbs. And later in the season we use the beach, and game from Jægersborg Hegn and Dyrehaven. We connect with the forest; at the moment we are collecting the last wild garlic of the season, make a green oil on it and save it for winter – that is wonderful, a taste of spring, when its cold and dark out here. In summer we e.g. collect woodruff, it is the Nordic vanilla, but also things like spruce needles for sauces, he says.



^ Inside the restaurant



v Head chef Brian Mark Hansen with one of his chefs





^ Enter the courtyard to the inn, and get ready for creativity on a plate

“This inn has seen many great head chefs and it is widely recognized that the ones who has made anything of themselves has been through here – and that is transmissible”



Climate consideration is also on the table, but with the number of visitors it is not possible for the inn to be 100% organic or biodynamic. Only Danish fish is used though, as well as respect for using what is in season.

When asked about the historic influence of the place, respect is also mentioned, but in a gastronomic aspect:

– This inn has seen many great head chefs and it is widely recognized that the ones who has made anything of themselves has been through here – and that is transmissible. From Francis Cardeneau, Michel Michaud, Paul Cunningham, Jakob de Neergaard, Jan “La Cocotte” Pedersen, Casper Vedel, Christian Ebbe to myself. This is something very special about Søllerød Kro, Brian explains.

It was another great chef, Søren Gericke, that took the inn from open sandwich (smørrebrød) restaurant to gastronomic beacon in the 1970s. Michel Michaud made the first Michelin star shine over the inn. After losing it, Brian reclaimed the star in 2013, holding on to it ever since. But he does not place large emphasis on that:

– It means something in the week up until they hand out the stars, and it’s especially exciting for the foreign guests that enjoy eating gastronomy at this level. But it is not something we think about in our daily work or what motivates us to work 14-16 hours a day, no, it is the happy guests that visit us over and over. That is what makes is all worthwhile, not the star on the door, he says.

WELLBEING IS KEY

When asked about his thoughts on food as pleasure, and the answer is clear:

– We contemplate this a lot: A fish weighs 25 grams, not 30. We put 1,5 spoonful of sauce and five herbs on the plate and so on; because we want to present you with the perfect satiety balance. Everybody is different, so we have bread on the side,

but eating the menu will leave you with wellbeing and ease – so that you will not roll home and still be able to go for a kiss or a cocktail. But the restaurant does not only carry a tasting menu, so you can order as many servings as you like. Nothing is right or wrong here, and we really wish to accommodate the individual guest.

“We wish to be a place where people can come and lower their shoulders, feel pampered by waiters that know what the guest want before they know it them selves”

The head chef emphasizes that the idea of this place is wellbeing:

– We wish to be a place where people can come and lower their shoulders, feel pampered by waiters that know what the guest want before they know it themselves. And that the kitchen will serve the perfect meal. So, yeah, wellbeing is what we want to bring to the table.

Before concluding the interview, I have to ask him: Is food art?

– There are many aspects of this. Of course, we eat to survive. And you can live without eating at Søllerød Kro some say – I don’t believe that though (that Danish irony...). But we don’t consider ourselves artists or philosophers; we are proud craftsmen, we are chefs and we do our outmost every time. It is a passion, as much as making furniture or painting. The guests can decide what we are. ■

To book a table go to soelleroed-kro.dk

RUDERSDAL

- 1 Rosenhuset
- 2 Vedbæk Havn
- 3 Hotel Marina
- 4 Frydenlund Slot
- 5 Bøllemosen
- 6 Cykelmyggens Cykellegeplads
- 7 Kurhotel Skodsborg
- 8 De Runde Haver
- 9 Jægersborg Hegn
- 10 Sjælsø
- 11 Jægerhytten
- 12 Comwell
- 13 Gl. Holtegaard
- 14 Vedbækfundene
- 15 Søllerød Kirke
- 16 Søllerød Kro
- 17 Mothsgården
- 18 Vaserne



A FRUITFUL AFFAIR

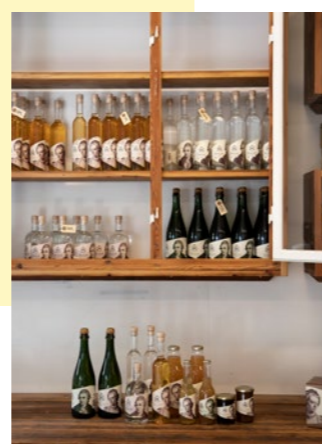


Fruit has been grown in the surrounding plantation ever since King Frederik IV erected Frydenlund Castle 300 years ago. But the site also carries the stories of some very infamous affairs, not least the one between Queen Caroline Mathilde and her husband's physician and minister Johann F. Struensee.

It's early May and most likely the most beautiful time of year to visit the orchard at Frydenlund Castle, nestled in the middle of a residential area in Vedbæk. The apple trees in the 17-acre large plantation is in bloom, the sun is out and the bees are busy, very symbolically, pollinating the flowers.

At the end of a long avenue, you will find the small country castle settled inside an old baroque park, the latter which has changed over the years – from straight lines to romantic winding pathways. We are taking a walk in the adjacent orchard with operations manager, Lisbet Dahl Larsen. Educated horticulturist, she knows her way around a tree or two, and she is part of the entire process from growing the fruit to making and selling the end products.

– This area used to be countryside, a place to escape and hide, not least for those in need of privacy. And sometimes royals needed that, not least when they were doing something they should not. It is believed that Queen Caroline Mathilde and Struensee had their affair in the 18th century here and at Hirschholm Castle in Hørsholm as well, she shares.



^ Some of the tasty products from Frydenlund

that their favorite variety is ripe and ready. Some even knows which trees they prefer to pick from.

So, it's like a healthy pick & mix? – Yes. And it's a nice place to spend the day afterwards, people bring coffee and blankets and sit under the old trees next to the sheep enclosure.

Sometimes Frydenlund also arrange guided tours and tastings. On top of selling fruit by the kilo, the place also produces jams, juices, cider, gin, cava and dessert wine. They make jelly from the paradise apples, too sour to eat, to ensure that nothing goes to waste.

– Paradise apples are scattered around the orchard, because in order to make fruit, you need a foreign pollinator, meaning two different kinds of trees. The bees fly out to gather honey for themselves, and by doing that they transport pollen from one tree to another, thus pollinating our trees and giving us fruit. That is why we are in very big trouble, if we do not look after the bees, Larsen explains and continues:

“We are in very big trouble, if we do not look after the bees”

– The pollination at the moment is the most important part of the process. Our bees fly home with pollen, and later in the season we get honey from them – and you can actually taste the apples in the honey.

Last year the plantation transferred to organic farming, but it takes three years for the soil to be totally converted.

– It's a beautiful place to work, and exiting when you are interested in fruit like I am. There are so many varieties and ways to prune and care for them, she says.

A GARDEN OF EDEN

We pass by the small farm shop where all the products are for sale, except for those containing alcohol,

for that you have to go to the office and production building next door. There is also a webshop, and some of the products are sold in local shops, but a great deal of the zesty products are selling themselves by word of mouth directly from Frydenlund. Case in point, a man from an office community nearby is stopping by to buy a bottle – whispers of the tasty cider has reached him from a coworker.

Inside we meet external sales consultant, Søren Ørnskov, who with a team of experts has developed the products – all approved by the Topsøe family, which now owns the place. One of Søren's first tasks was to seek permission from the Danish Royal family to use a picture of Caroline Mathilde on their labels, which he got.

– We have an amazing product, with a remarkable history, full of emotions. Therefore, it was important to make labels and a logo that articulated that story, and that shows who we are. We have a crown on the labels, but it is closed, otherwise we are not allowed to use it, he explains.

They found a portrait of Struensee at a prince's estate in Hannover, a copper engraving, that they borrowed.

“History often decides how people are framed and history has been quite harsh on Caroline and not granted her justice”

– History often decides how people are framed and history has been quite harsh on Caroline and not granted her justice. She was actually married to the king at only 14 years of age, but she grew up to be masculine and powerful, she even liked to wear military uniforms. She was a clever power woman, like other great women of the world at the time. And,

—>



< Still from the movie A Royal Affair. Foto: Nordisk Film/Jiri Hanzn

“This area used to be countryside, a place to escape and hide, not least for those in need of privacy”

quite out of the ordinary in aristocratic circles at the time, she looked after and breastfed her own children – one of them is believed to be conceived here at Frydenlund. Both her and Struensee was heavily influenced by philosopher Rousseau, which is why they made so many reforms in such a short time.

And with that said, it is time to taste what hides behind the labels. First is a cider, which is not widely consumed in Denmark, but on the way up.

– It started with some young hipsters in Copenhagen making it from fallen apples. Now there is a cider festival every august in the city, Ørnskov says.

The light, fruity, but unsweet result has come about in collaboration with wine experts and does not disappoint. Made on a mixture of pears and apples, it is produced according to the classic well-known French method used in the Champagne district, the so-called remuage process. – You have to experience it, and not just put it in a mental box of ‘that’s not for me’. It is broad and long in the taste and a little aftertaste of tar. It is a living thing, so each vintage will be a little different, he explains.

A TASTE OF SUCCESS

The product line also includes a special dessert wine made of apples with different grades of sweetness and acidity. The apples are crushed, pressed and poured into a tank. After 24 hours flavor, oils and color extract. Then it is quickly pressed, frozen and rapidly thawed again. The sticky mass ferments, and is then balanced with apple rum.

– You always say dessert wine is either sweet or dry, but this one has a fantastic balance between the two. We believe it’s a new classic. It’s sweet, not heavy, but like apples in your mouth. We had taste samples at a self-picking event and people later brought soda bottles to get it, because it was not bottled yet, but they could not wait, he says and continues:

– We use different varieties of the fruit for different products, like the late varieties can carry more taste nuances, because they stay longer on the tree, so we use those a lot. Our gin is very popular, and our ambition is to keep it as simple as possible, and as high in quality as possible. You can drink it neat, the taste is like a fresh acidic apple, full and with a lingering taste.

We try the delicious sparkling pear juice, the carbon dioxide releasing new taste opportunities.

– Our design, taste and story have to be historic, have quality, exclusivity and be seductive. That is the four dimensions we emphasize. And the last element is difficult, because just like humor, it varies how we experience it, but I believe we have a nice result, Ørnskov concludes.

The castle and garden are not open to the public, but the shop and plantation is.

Read more on frydenlundslot.dk



< Llsbet Dahl Larsen in the orchard



∨ Frydenlund Castle



THE HISTORY OF FRYDENLUND

Queen Caroline Mathilde received the summer castle Frydenlund in 1766 as a wedding gift from her husband King Christian VII. It is believed that the unstable King Christian suffered from schizophrenia which meant that all government decisions during his rule were made by advisers close to him. From 1770 to 1772, his court physician and minister Johann Friedrich Struensee was the de facto ruler of the country, introducing progressive reforms signed by the king, not least freedom of press.

In 1770 Caroline and Struensee started an affair, but Struensee was deposed by a coup in 1772 and sentenced to death, while Caroline Mathilde was sent into captivity in Celle, Germany, where she later died from a fever, only 23 years old. Due to the shame, Frydenlund was left to decay and afterwards sold into private ownership.

After many dramatic and adventurous stories from the 18th and 19th centuries, including the Rewentlow affair, Frydenlund has led a less exposed life and been in countless private hands. In the 1950s famous pianist Victor Borge owned and partied at Frydenlund until 1960, where civil engineer and businessman Haldor Topsøe and his wife Inger took over the estate. After Haldor’s passing in 2013, the place is run under the auspices of the Topsøe family and now consists of private houses and conference rooms for the Topsøe company. The family fund also owns the plantation, which is listed, meaning that fruit must be grown here.

OTHER LOCAL THIRST QUENCHERS

Teedawn Beer

Teedawn in Nærum was established in 2013 as the world’s first brewery with a 100% focus on beer with little or no alcohol. Aiming for a better drinking culture and no food waste, plus including the Sustainable Development Goals in their philosophy, Teedawn brews for a full, pleasant beer experience. The company is subject to the world’s oldest and strictest set of rules for beer brewing – the Bavarian purity decree from 1516, using only pure and unmanipulated spring and tap water, first-class natural hops and malt varieties and unique yeast strains. Teedawn.beer



Craft Soda

With innovative and nuanced flavor combinations, gourmet microbrewery Craft by Tuxen Brewing Co. located in Nærum produces quality, organic sodas, lemonade and shots the old-fashioned way, with lots of freshly squeezed fruits and herbs – completely without the use of concentrates, flavors, dyes, preservatives or additives. Craftsoda.dk



Birkerød Bryghus

Birkerød Bryghus brewed its first beer as a home brew in 2007. The dream was to brew a beer with a taste according to German tradition, but with the same lightness as the English ales. The good result and encouragement inspired further experiments, and in 2011 the Dark Ale was developed and brewed at Bie’s Bryglab in the neighboring town Farum. Afterwards Birkerød Bryghus has developed and produced a large number of beers under the name Birkerød Bryg. The selection varies, but the idea is to have a fixed range inspired by the season, the holidays or other occasions. Since 2018 the brewery has been approved for organic production. Birkebryg.dk



15 delicious places to feast



Jægerhytten

Bakkevej 85, Birkerød - [Jaegerhytten.dk](#)
 Located on the shores of lake Sjølsø, this historic hunting cottage ensures Danish 'hygge' and comfort food combined. Go for traditional Danish food and enjoy a walk in the surrounding nature afterwards. The ambition is to satisfy all kinds of guests, which is why there is deliberately no common thread in the menu.

La Tre

Hovedgaden 50, Nærum - [Latre.dk](#)
 La Tre is an authentic modern Vietnamese restaurant inspired by the cultural mosaics of a country with a long and rich history. Building on the desire to create harmony between the environment, people and the restaurant, La Tre serves up a dynamic and innovative menu with focus on local produce.



Social Foodies

Vedbæk Strandvej 391, Vedbæk - [Socialfoodies.dk](#)
 This little ice cream, coffee and chocolate shop is part of a value-driven company that offers its customers delicious taste experiences, not compromising on quality or social sustainability. Ice cream and chocolate is produced here daily, and for the health conscious, there is an abundance of granola, nuts and honey.

Le Deux

Nærum Hovedgade 87 - [Ledoux.dk](#)
 Stylish, yet cosy restaurant Le Deux opened in 2019, offering locals a place to meet for a quick espresso or a nice meal, be it on weekdays or for special occasions. With loads of classics on the menu, you can also savour them in the courtyard if the weather allows.

La Vecchia Enoteca

Søengen 1, Holte - [Enoteca.nu](#)
 Cozy Italian restaurant La Vecchia Enoteca serves simple, rustic dishes with respect for culinary tradition. The prime ingredients speak for themselves, so there is no excuse not to let handmade pasta be followed by fluffy tiramisu – accompanied by a wine list for any wallet size.

Hestkøbgård Café & Bistro

Hestkøb Vænge 4, Birkerød - [Hkgaard.dk](#)
 First mentioned in 1370, the old farm Hestkøbgård is now a café and restaurant with an adjacent golf course. The current main building was erected in 1902-03 while the half-timbered houses originate from a rebuilding of the farm after a fire in 1827. Once a film location for a couple of classic Danish movies, you can now enjoy dishes like grilled chicken from the rotisserie, pasta with salmon or open sandwiches in this historical setting.



Søllerød Kro

Søllerødvej 35, 2840 Holte - [Soellerod-kro.dk](#)
 One of the best restaurants in Denmark is located in the idyllic village of Søllerød. With a Michelin Star and Bocuse d'Or winning head chef, this is a foodie must. The atmosphere in the 360-year-old inn is relaxing, yet luxurious. Revel in the French inspired gourmet food paired with a superb wine selection.

Marina's Café & Restaurant

Vedbæk Strandvej 391, Vedbæk - [Hotelmariina.dk](#)
 Enjoy the spacious lounge and sink into the comfortable design furniture at the café and restaurant at Hotel Marina overlooking the harbor. Danish dishes and French bistro blends for lunch, while there is a plentiful menu card in the evening, for example fish of the day caught in Øresund. Feast on local goodies for dessert or hit the bar afterwards.

Gastro 27

Hovedgaden 27, Birkerød - [Gastro27.dk](#)
 Inspired by the Nordic and Italian kitchen alike, Gastro 27 keeps their eyes on fresh produce, well cooked meals and god service. The restaurant is very child friendly.



The Kitchen

Trørødvej 70, Trørød - [Thekitchen.dk](#)
 Located in the tiny village Trørød and proud owner of amazing reviews, The Kitchen will make your mouth water the moment you enter the small deli. Get your takeaway from the open kitchen, and enjoy the personal service and great food, made with heart.



Café Rosenhuset

Vedbæk Strandvej 378, Vedbæk - [Rosenhuset.dk](#)
 This cozy cottage on the beach road in Vedbæk is a popular place for brunch, lunch and classic evening dishes. Sit inside the old pink house or chill outside in the garden a stones throw from the sea. Here you can also feast on the Danish classic open sandwiches, 'smørrebrød'.

Restaurant Jægerhuset

Dronninggårds Allé 126, Holte - [Jaegerhuset.dk](#)
 Jægerhuset by the beautiful Furesø was built in 1896 as a forest restaurant and used to be part of the castle Næsseslottet – a rural refuge for Frederik III's queen Sophie Amalie in the 15th century, when life at the autocratic court in Copenhagen became too strenuous. Relish a classic Danish lunch or a sunset dinner on the terrace. Reservation is recommended.

Byens Deli

Holte Stationsvej 10, Holte & Stationsvej 5, Birkerød - [Byensdeli.dk](#)
 Local couple, Sandra and Frederik, desired a real deli with homemade food after living in Copenhagen, which resulted in the opening of Byens Deli. Frederik was the man behind Købbyens Deli, which for three years in a row was nominated for Politiken's 'In the city' award for best take away, and so the burgers at Byens Deli is a development of those from Købbyen. Enjoy the dish of the day, fish'n'chips, salads, butter chicken and other favorites.

Restaurant Nautilus

Vedbæk Strandvej 356, Vedbæk - [Restaurant-nautilus.dk](#)
 Overlooking Øresund, Restaurant Nautilus on Vedbæk Harbor is a perfect place to relax on the large terrace on sunny days. The place offers both lunch, evening menu, a la carte and brunch on the weekend. Of course, seafood is on the agenda – try the whole plaice, it is delish!

Sushi San

Øverødvej 3, Holte - [Sushisan.dk](#)
 Go for a wide variety of sushi in the modern restaurant or simply order takeaway. Find your favorites among uramaki, dragon rolls, hosomaki, futomaki, chicken sticks or vegetarian sushi.



^ The amazing garden Exillion in Søllerød

SØLLERØD

THE ARTISTS' REFUGE: FROM H.C. ANDERSEN TO EXILLION

The area north of Copenhagen has a long history of attracting high society, affluence and therefore artists who would find patrons here – not to mention peace and inspiration. Especially in the village of Søllerød, where the Copenhagen elite has flocked since the 17th century.

You take a church, a rectory, an inn, a pond, some luxury properties, an old hollow road and what looks like a farmhouse, and you get the picturesque village of Søllerød; looking pretty much as it has for centuries. Placed in the countryside north of Copenhagen, which has never been suited for agriculture due to the hilly terrain, this area was the king's hunting playground, especially with the introduction of autocracy in the 1660s. This historic shift also meant an alteration in who had money, land and power – and a new upper class arose, not necessarily born with funds or manors. Now, old and new money could erect their own estates, and therefore, there are many great houses in the area. And this is how Søllerød was created: An environment with pleasure properties, with only one farm by the pond, very different from other villages in the area.

– In Søllerød we have one of the earliest country houses, Mothsgården, built by the Moth family in 1680s, which looks like a farm, but really is a pleasure property. Other great officials, like the mayor of Copenhagen live in the town on the same time as the Moths. A branch of the roy-

al family built Søllerød Castle in the 1700s, which was later torn down – the present building is a copy from the 1920s. On the other side of the road we have the estate Carlsminde from the mid-1700s, Morten Meinert Jensen, head of the local archives at Rudersdal Museums explains. If someone knows the local history of this area, it's him.

– The celebrities gather in Søllerød and it has stayed a bit that way, even though many have moved to the coast. On the time of Moth, the beach road was not that passable, and people were not as attracted to the open sea. Later, when it's possible to quickly travel back and forth with the train or cars to Copenhagen, the properties become year-round housing, he continues.

“In the salon culture in the golden age it is prestigious to surround yourself with artists”

In the salon culture in The Golden Age it is prestigious to surround yourself with artists. Hence the bourgeoisie and wealthy merchants attracted artistic types and the Copenhagen elite hang out in the 17th century Søllerød.

– In the 1780s's Søllerød parish you have two of the richest men in the country, the wealthy merchant Fabricius De Tegnagel in one end, and De Coninck in the other, both housing artists, Jensen says and goes on to share who some of the creatives taking up housing in Søllerød through the times were:



< Mothsgården 1895



MATTHIAS MOTH (1649-1719)

Mothsgården was the top official and linguist Matthias Moth's summer residence and today a local museum. Moth's mother was given the farmhouse in the early 1680s by Sophie Amalie, dowager queen of Denmark for supporting the royal family. She was married to the autocratic king Frederik III (who passed in 1669) and Matthias Moth's father was the king's personal physician. In addition, Moth's sister was the official mistress to the young king, which brought them even closer to the royals.

Moth was a true 'Renaissance man', who went from a bourgeois family to the highest office, and ended up being involved in everything from secret councils to chancelleries – all legislation in Denmark and Norway goes through him at one point. He also owns a large mansion in Copenhagen, so Mothsgården is his summer cottage. He owns Søllerød Church, the church forest and other houses in the town which he sells and rents out. In the church he has an air chair constructed, so that he can sit elevated above the other churchgoers and the pastor.

When Christian V dies in 1699, Moth loses most of his offices, which gives him extra time to his project: writing the first dictionary of the Danish language, encyclopedia and Danish-Latin translation. Moth asks people to submit words, and uniquely he collects the peasants' and the commoner's words too, their sayings and swear words – even the naughty words. Today you can view one of the volumes of 9,000 handwritten pages at Mothsgården.

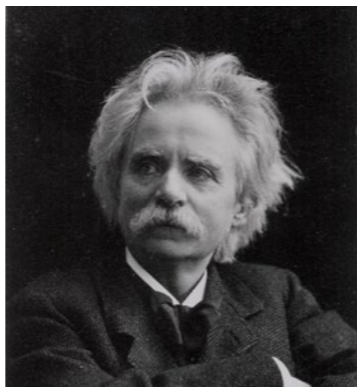




Emil Hornemann og Edvard Grieg, Copehangen 1867

“In the summer of 1864, Danish fairytale author Hans Christian Andersen writes in his diary, that he is not at all content”

H.C. Andersen, Edvard Grieg and Storm P.



H.C. ANDERSEN (1805-1875)

In the summer of 1864, Danish fairytale author Hans Christian Andersen writes in his diary, that he is not at all content. It's during the second Slesvigske War and after The Battle on Dybbøl in April. As always, he is having trouble with his teeth and when he hears about the storm on Als, it affects him deeply.

He is always travelling around and stays where he can – it's all about who you know, and who has the funds. The north railway opens that year, and, being a big fan of travelling by train, he is one of the first to arrive on one to Holte. In Søllerød, on the corner of Søllerødvej and Søllerød Slotsvej, he stays with the de Neergård family. He is working on a story that doesn't turn into anything, but he makes some paper clipings for the family while he's there.

He does visit all the important personalities during his stay, like the priest, and goes to the castle in Lyngby and visits the widow queen. To add insult to injury, he accidentally steps on a court lady's dress. He is in a bad state, and even though he enjoys the area and the nature, he's not feeling good because of the war, his teeth and the embarrassment. (But his whole diary is pretty much like that.)

EDVARD GRIEG (1843-1907)

Norwegian composer Edvard Grieg stays at Mothsgården a few years later, in 1868. He has a Danish wife who is visiting her family in Copenhagen, therefore he stays in Søllerød to work. Two good friends, Emil Hartmann, son of composer I.P. Hartmann and another composer, Horneman lives nearby, and while the wife conveniently is taking care of their newly born, the three friends enjoy themselves at Søllerød Inn. Grieg's visit is as much about having the peace to write his music and he composes the famous piece, Piano Concerto in A minor, while he stays at Mothsgården over the summer.

STORM P. (1882-1949)

Mothsgården also play host to other famous people: In 1919, just after WW1, painter, writer, actor and “inventor”, Storm P. stays there. At the time the country house is owned by the artist Albert Nauer. For Storm P. it is also a time of crisis; he has tried his luck as an actor in the States without results, and he is sick of the city and wants to stay in the countryside for a while. He takes up residence in Søllerød for a longer period and makes a drawing, but he is not productive. He gets weary of this as well, moves back and later becomes closely associated with Copenhagen.



Søllerød Lake 1881, painting by Fr. Chr. Kiærskou (1805-1891)

LANDSCAPE PAINTERS

In The Golden Age in Denmark (early 19th century) landscape painting has a breakthrough, and the Søllerød area was very popular for this. It's close to the city, and a professor Kiærskou from the Royal Danish Art Academy lived here as a young student, and therefore prompts his own students to paint Søllerød Lake. Here motives are plentiful: The dramatic landscape is picturesque – the ideal image in the golden age in Denmark – and the church perches romantically on the hill.

“The dramatic landscape is picturesque – the ideal image in the golden age in Denmark – and the church perches romantically on the hill”

PETER WIBROE (1943 -)

Danish advertising tycoon, Peter Wibroe, is one of the present-day creatives that has chosen Søllerød as his home. Slowly buying up more and more property, his home has gone from modest to amazing. As he puts it, he chose to stop his career in 2000 and go into ‘aesthetic exile’. With ideas from the 17th century he has created and refined an amazing baroque-inspired garden named Exillion, that today hosts concerts and guided tours. ■



Exillion

THE POWER OF ART & THE ART OF POWER

GL. HOLTEGAARD



Contemporary art meets baroque architecture at art gallery Gl. Holtegaard in Holte where Danish artist Malene Landgreen currently holds a solo exhibition. Playing with the architecture, landscaped garden and derived power structures, this critically acclaimed exhibition is specially made for the amazing venue, inside and out. And we have got questions for her!

In a quiet manifestation Malene Landgreen has supplied Gl. Holtegaard's garden's statues of small chubby putties and well-grown Greek Gods with abstract interpretations of demonstration signs. Pillars of plates are stacked for the birds, and new large-scale patterns are interrupting the landscaping. With the exhibition 'Goodness Gracious!' the artist creates a sensory counterpoint to the aristocratic, ornate surroundings of Gl. Holtegaard. We meet her among light, colorful fabrics hung on the walls inside the 266-year-old stately country home overlooking the striking baroque garden.

What do you think of Gl. Holtegaard as exhibition space?

– It is an amazing place because of their programme, they exhibit many great artists. There is always a competent bid on contemporary art or curated exhibitions that are really interesting and relate to the place's own history.

What does your artworks here express, and what do you want people to take from it?

– I wanted to create a flow that breaks the frames of each artwork, but also make something that works on its own and speaks for itself. I thought about the architecture and history of this place, and I wanted to create something that has a volume, a mood, an energy. I want the viewer to get a memorable feeling of being in the moment, where they are pushed a little to a place, they did not know they were going.

It looks like you have been inspired by natural elements?

– It is organic geometry. The fabrics are dipped in color and hung to dry, and from there the geometric shapes spreads and fractalize into new rhythms. Some of them are very landscape-ish, like a geographical map and you wonder; is this a microscope or macro cosmos? The pieces stretch their light fabrics out into the baroque garden, and become physical, like they are draped on a body, and it suits the fabrics on the statues out there.

“Like trying to do something that is also magnificent without actually participating in a power structure”

...and what did you do to the garden?

– I wanted to revitalize an old notion, perhaps with some new ones, try to put all the great perspectives into play, some other forces instead of autocracy, pompous and generous over-consumption. Like trying to do something that is also magnificent without actually participating in a power structure. It is the wind, it is the birds, it is the sun – the power of nature – that puts the big emotions into play as something we both need and want to relate to in the present moment. At the end of the garden, I have suspended a huge sail between the old linden trees. The baroque perspective is also about the infinite view. The whole plot goes downhill, there is actually an eight-meter height difference. So, I play with a new view. The sun is reflected in the surface at noon and shines on the sail until sunset. I have processed it with light-sensitive mother-of-pearl, gold leaf and silver leaf. We can use the light and color of the sun, and thereby activate forces which are something in themselves.



^ Art on a plate at Gl. Holtegaard

You must have visited a lot of flea markets to get all those plates?

– Many! You have to think about recycling and sustainability when you make an exhibition today – do you just produce more, which then just has to be thrown out afterwards? No. It was obvious I could make a fountain because of the baroque allusions, but that is also to consume water – so how do you create something magnificent with life in it? Then I thought of the birds coming to and from as another way of doing something vital and monumental at the same time, and that became the 'bird embassy' with water and food for the birds out front, which is pillars of old plates. The plates in the grass are formations that interacts with the architecture of the park and play with the notion of one grand picnic. It is also a way to interpret abundance for a more humane picnic with room for everyone. The many different plates represent different cultures, experiences and levels of society. Plates carry so many different stories.

So art can emphasize equality, but do you also believe that art can aid our mental health?

– Yes. I have for example decorated the new state hospital in Copenhagen. That work tries to insert something that is unconditionally good or doing its best to embrace the situation – with as much openness and transparency and soft structure as possible. But it's a balance making something on that scale, it's difficult to know how people feel when they see the colors and shapes, there is no recipe, so you have to feel your way, add and subtract.

"I feel most alive when I am present in relation to my surroundings"

What is your own relationship with art, why make it?

– It is the only sensible thing to do. How are we going to spend our time on here on earth? I feel most alive

when I am present in relation to my surroundings. Seeing means an incredible deal to me, and I think I experience again and again, that when I see things, I also see something that touches me. And that feeling of being touched, it's a feeling we also recognize in love. It makes it all worth it.

Malene Landgreen's Goodness Gracious can be seen until July 3rd 2022 at Gl. Holtegaard. Read more on Gl.holtegaard.dk.

∨ The garden is inspired by the French ornamental gardens of the 1700s.



THE HISTORY OF THE HOUSE AND GARDEN

∨ View over the baroque garden to Mariehøj 1757



Gl. Holtegaard was built in 1756 by the court architect Lauritz de Thurah, who wanted a country residence removed from the overcrowding, noise and stench of Copenhagen. As well as parts of the Copenhagen area of Frederiksstad by Amalienborg Palace, de Thurah also designed the winding tower of Our Saviour's Church, the royal hunting lodge The Hermitage Palace, and the now demolished Hirschholm Palace in Hørsholm.

"It is not solely a summer pleasure, easing my mind from my at times irksome, tiresome official duties, but it is even of benefit and use"

De Thurah's last complex, the country residence Holtegaard, was built in a simple, Nordic, late Baroque style in landscaped gardens, inspired by the French ornamental gardens of the 1700s. Opening out from the main house, it is laid out symmetrically along a central axis. De Thurah wanted to create a pleasure garden, and he included everything to make this the epitome of the period. But the garden was not only ornamental. As de Thurah himself wrote: "It is not solely a summer pleasure, easing my mind from my at times irksome, tiresome official duties, but it is even of benefit and use."

The exterior of the main house with its pavilions is largely as it was upon completion in 1756. In the tower are two bells that de Thurah had made in 1756; the clockwork is also original. De Thurah did not, however, have many years to enjoy Gl. Holtegaard. Sadly, he died in 1759, after which time the property had many different owners.

In 1979 Søllerød Council took over and restored and converted the main house into a space for temporary exhibitions. In

1993 the complex was handed over to the foundation Gl. Holtegaard – Breda Fonden to be run as an art institution.

The neighboring cultural center is named after Mariehøjen, a small hill between the two places that de Thurah named after his wife Christiane Marie. From the hilltop they could see far and wide, the woods, fields, lakes, the sea and places like Hven, Eremitagen and Nærum. Today it is a popular place for children to play, there is also an adjacent nature playground. ■

MALENE LANDGREEN



Malene Landgreen (b. 1962) lives and works in Berlin and Copenhagen. She graduated from the Royal Danish Academy of Fine Arts in 1994. Throughout her career, Landgreen has produced more than 75 public and private decorations. She has participated in over 80 exhibitions, and her works are represented in important Danish museums and private collections such as Statens Museum for Kunst, ARoS and Ny Carlsbergfondet. She has created permanent decorations on i.a. Rigshospitalet, DR Byen and Novo Nordisk. Parallel with this practice, Landgreen has also worked with total installations at galleries and art institutions such as Gl. Strand, Kunsthall Charlottenborg, Kunsthalle Baden Baden and the National Gallery of Denmark. She is recipient of the Danish Cultural Ministry's life-long artist's scholarship, from 2011.

THE ART CENTER GL. HOLTEGAARD

- The art center's unique location in the historical buildings and grounds of Lauritz de Thurah's Baroque complex is an integrated part of the exhibition profile with three to four ambitious exhibitions a year.
- The mission is to present contemporary and classical artworks that make history relevant and bring a fresh perspective to the age in which we live.
- Gl. Holtegaard has a diverse year-round programme of events and activities relating to the exhibitions and to the place itself. These include artist talks, performances, debates, garden tours, concerts, and more. Every year cider is made from the many apple trees in the garden.
- There is also a nice design shop at the museum and restaurant, 'Spiseriet', where you can enjoy a traditional Danish lunch in cozy surroundings or on the lovely patio.
- The Vedbæk Finds is located in one of the old side wings of the main house.

THE UNCROWNED QUEENS OF RUDERSDAL

Every autumn, Copenhagen culture festival, Golden Days, expands to some of the areas north of the city – including Rudersdal, naturally. This year, under the theme 'Queens', it focuses on history's overlooked women.

With a new theme every year, the festival Golden Days conveys history, culture and science with the ambition of making the material as present and interesting to as many people as possible. The festival experiments with communication, formats and content, in order to activate cultural history in an engaging and actualizing way.

This year, under the simple title 'Queens', Golden Days is directing the spotlight to women, gender and power structures. (His)story is filled with strong, brave and visionary men. But what about women with the same abilities? On the occasion of the Queen of Denmark, Her Majesty Margrethe II's 50th anniversary, in 2022 the festival is dedicated to all the distinctive female figures who have made a special imprint on history. Because we must ask ourselves, why is it so difficult to spot the women in Danish history? Those stories are often few and under-illuminated.

We have our fair share of amazing female trailblazers here in Rudersdal, going centuries back. Many of them had to rebel, and work around the system to fulfil their callings, at times consequently prompting society to judge them and deem them unruly. Whether strong or clever, noisy or quiet, this year's festival aims to shine a light and pay hom-

age to female pioneers in art, culture, politics and science – every conceivable form of queens.

WOMEN OF IMPACT

Rudersdal's local history is full of enterprising female personalities. Some of them gained recognition and are still remembered, while a large part is forgotten today – and perhaps they were even overlooked in their time. The urban space exhibition 'De ville frem!' ('They wanted to move up!') does its part to rectify this. Focus is put on a selection of the women in Rudersdal who made a name for themselves and left their mark locally, nationally and in several cases even internationally. Go explore in central Birkerød and meet, for example, the fencing surgeon pioneer from Søllerød and the enterprising master carpenter from Birkerød.

WELL
BEHAVED
WOMEN
DON'T
MAKE
HISTORY



^ Queen Sophie Amalie

Here are some of the overlooked women of impact in Rudersdal, which historians from the museums in Rudersdal has gathered a list of. The list is exempt from living persons, or women mainly known because of their political career. Queen Sophie Amalie (1628-1685) Great influence on the introduction of autocracy. Locally, she set up the Dronninggård estate. As a landowner, she helped rebuild Birkerød and Søllerød parishes after the Swedish Wars.

Widow Queen Sophie Magdalene (1700-1770)

Gave the farmers in Birkerød self-ownership. Christian VI's (King 1730-1746) Queen. As a widow queen, she had i.e. Hirschholm Castle and carried out the country's first agrarian reforms on her estates.

Ida Dorothea Bureneus (1624-1684)

Owner of Mothsgården. Close to the court around King Frederik III.

Anna Maria Marie de Longueville (b. Köster) (1705-1775)

Owned the estate Enrum 1746-1775. Through her marriages to Michael Fabritius J. F. Weber, she indirectly had a major influence on one of the largest trading houses of the 19th century. She bought land in the area and expanded Enrum's lands.

Hanne Nielsen (1829-1903)

Dairy pioneer in Øverød. She quickly gained considerable recognition. In 1870 she was asked to supply cheese and butter to the court, and in 1875 she was granted permission to designate herself as royal court supplier.

Grete Olsen (1912-2010)

The world's first female plastic surgeon. Medals for her efforts during World War II. In her youth also, Olympic fencer – lived in Holte from the 1940s until her death.

“World famous for proving in 1936 that the earth has a solid inner core”

(Inge Lehmann)

Inge Lehmann (1888-1993)

Seismologist. World famous for proving in 1936 that the earth has a solid inner core. For many years she had a summer house on Søbakkevej in Holte, where she did much of her research in her spare time (most likely because she was not allowed to do research in her position at the university).

Ragna Schou (1879-1945)

Women's advocate, Søllerød

^ Hanne Nielsen



Elna Lassen (1901-1930)

Solo dancer and a big star with a brilliant career until she took her own life as a 29-year-old. Buried at Søllerød Cemetery.

Louise Nimb (1842-1903)

Restaurateur and cookbook author. Ran Ny Holte Kro with her husband before taking over restaurants in the capital. Known for rethinking the restaurant industry, for her cookbooks and for friendships with great cultural personalities – among others Herman Bang. She is buried at Søllerød Cemetery.

Varinka Corinna Muus

b. Wichfeld (1922-2002)

Resistance woman and author. Member of the Freedom Council. Her connection to the area is uncertain, but she is buried at Søllerød Cemetery.

Thora Esche (1850-1920)

Principal. Created a home for “fallen women”, including Skovly in Trørød in 1908. Buried at Søllerød Cemetery.

Johanne Pauline Ottosen (1864-1921)

Norwegian-American, trained nurse, masseuse and dietitian, author of a number of vegetarian cookbooks, created vegetarian health products, among others meat substitutes, active in the abstinence movement and the vegetarian movement, headmaster at Skodsborg Bath Sanatorium and married to Carl Ottosen, who was chief physician there.

Ophelia Drewsen

(b. Rosesing) (1778-1824)

Salon culture with the great cultural personalities of the time at Strandmøllen.

Johanne Manthey-Wagner (1885-1967)

Advocate for the South Jutland case, Nærum.

Eva Rude (1922-2011)

Journalist and women's political activist.



^ Tove Ditlevsen

Tove Ditlevsen (1917-1976)

Author, lived in Birkerød 1951-1962.

If you want to know more about these women, go see the exhibition 'De ville frem!' on Majpladsen in Birkerød from 2-18 September 2022, free admission.



WOMAN, KNOW YOUR HISTORY!

Local MA and Birkerød-citizen Gry Jexen is a power house on the subject of women in history. Not only did she create a podcast and an Instagram account called 'Kvinde kend din historie' (Woman, know your history) in 2018 (currently counting 62,000 followers), but also writing the bestselling book 'Kvinde kend din historie – spejl dig i fortiden' in 2021, receiving The Readers Book Prize in 2022. ■

LOVE IN THE STONE AGE

VEDBÆKFUNDENE



Foto: Thomas Roger Hennichsen/DR

NORTH of Copenhagen



buried with care and are still recognizable, and they were clothed and had objects with them in the graves. They could have left the dead for wild animals, that would have been the easiest way, but they didn't. We can gather a lot of information from the graves, objects from the settlements and the garbage piles, but these new answers also challenge us, and new blank spaces arise.

“Øresund was a coherent cultural area at the time, and it would have been easier to sail to what is now Sweden, than crossing the dense forest and meeting people there”

So how did they find a partner, did they party?

– We know that there was not a lot of people around, therefore not many mates to choose from. And they had to avoid inbreeding, so they did not have kids with family members. Øresund was a coherent cultural area at the time, and it would have been easier to sail to what is now Sweden, than crossing the dense forest and meeting people there. It's hard to say about the process, I don't know if they had parties exactly, but it's a nice thought.

How did they make themselves look attractive for a mate?

– They liked to adorn themselves with teeth from their pray, and the woman buried with the child on the swan wing has the most beautiful piece of jewelry. It has teeth from more than 30 red deer, wild boar, elk – and she also has belt with pearls made from teeth, snail houses and a bear tooth. The woman next to her also has jewelry with special teeth from animals not living on Zealand at the time. That means that the jewelry could have been inherited or maybe have been received from good

As it so often happens, it was while digging out for a new building that workers in 1975 stumbled upon more than just rocks in the town Vedbæk. This was the beginning of the excavation of the 7,000-year-old Vedbæk Finds (Vedbækfundene) consisting of 22 skeletons and their belongings in their graves. One of the most remarkable discoveries was an infant child, gently placed on a swan's wing. Despite the answers they have provided, the findings have also led to new questions... not least, about love in the Stone Age.

Vedbæk is the place in Denmark where the highest number of graves from the Stone Age have been found. Not only at the aforementioned building site for a school, but also e.g. by Hotel Marina, at Maglemosegård and next to the soccer fields. Yet, more than just impressive

in quantity, the findings are remarkable in many other ways. Therefore, we asked archeologist and daily leader of The Vedbæk Finds, Anne Birgitte Gurlev some pressing questions:

How did these unique findings change the way we look at the Hunter-Gatherer Stone Age?

– Because the graves are well preserved, combined with the documentation from the excavations, the material is central for international research, and keep giving us new results and insights into the period. The Vedbæk Finds offers us an opportunity to learn more about the skeletons, and see them as humans, as individuals.

Did love exist in the Stone Age?

– Well it's difficult to say something precisely about love at the time, but it is obvious that there is an element of care, when you see their burial sites. What we do know, is that they held and showed emotions for the ones they buried, because they were

→



ed like us, so I'm sure they had humor. But how it was expressed, I am afraid, I cannot say.

“Women and girls were just as skilled with bow and arrow as the men, which is interesting when we look at past gender roles – maybe we have to think of them differently?”

friends in Sweden. Finally, it is possible that the women had been married off, kidnapped or simply found partners here. We will soon examine their teeth with strontium analyses. In teeth there is like a radioactive GPS, and therefore we might find out if the women were from Sweden.

So, they just wore jewelry to make themselves look attractive?

– It could be to look good, in recent tribal societies young women adorn themselves with jewelry, and when they were done having children, they take them off. Some scientist says, that it could be amulets for protection of women and children, like when wild animals show their teeth. It could also be just to brag, I mean, you don't just kill a bear when all you have is a bow and arrow. But it could also be totem animals for them, being connected to certain animals, which meant something to them. It's hard to say how they dressed up, but what they carried from the animals had meaning. We have a woman wearing a jaw from a forest marten, and that wasn't pretty, so that's probably more about significance than appearance.

How was their physical appearance?

– We would like to map their DNA to see what they looked like, we will do this when we move them to the new museum. We believe they would have been dark skinned and have grey blue eyes. It's already examined by Eske Willerslev's team on five of the ones not on display, and we are excited to see the results.

Women usually like funny guys; did they crack jokes?

– Well, we have no archeological findings, documenting humor in the Stone Age, but they were creat-

different perception of gender than the traditional one. We have a grave on display at the museum, and we always thought it was a family, but had doubts about the gender of one of the persons, who is tall but with slim bones and was killed with an arrowhead. It might both be women, and maybe this is a testament to a different form of family.

Were they monogamous?

– We don't know, we need further DNA-analysis to get a broader picture. But they could have had children with different partners.

Is there something we can learn from them?

– Well, they barely made a climate foot print and most likely didn't overuse the nature; waste returned to nature and nothing was artificial. But mostly, I admire that the elderly was not put aside in their society, but taken care of. They had important knowledge to pass on, and you couldn't just go to the library or google stuff. And there was more time to talk and enjoy each other's company, than we have today. The people in the Stone Age was not starving and worked maybe 5-6 hours a day to eat. It's worth considering, how we have arranged ourselves in today's society – do we spend enough time together?

How were the gender roles?

– We have a big male hunter in his 50's buried with his flint knife, and we can see that he used it for wood carving and meat without tendons, which means the he had his meat served. Women and girls were just as skilled with bow and arrow as the men, which is interesting when we look at past gender roles – maybe we have to think of them differently? We have not been able to identify any leaders on any settlement graves in Europe, so maybe there was gender equality. They are of course buried with things from nature, so it's not about being rich or poor, but there could be difference in status, we cannot deny it, but again, there could also have been a

THE VEDBÆK FINDS

- 7,000 years ago the temperature was 2-3°C higher than it is today, and at the time there was a fjord in Vedbæk, providing shelter, fish, animals, rich nature and access to the world, and it was around this fjord the Hunter-Gatherers from the Vedbæk Finds settled.
- At the museum Vedbækfundene you can see the skeletons and graves, beautiful neckpieces and much more from the time during the Stone Age, where Hunter-Gatherers settled the Vedbæk area.
- Owned by the National Museum of Denmark, the Vedbæk Finds have been exhibited in Holte since 1984, but plans are in place to build a new museum on the grounds of the findings in Vedbæk, thus getting them 'home' and elaborating the story of the relationship between humans and nature, life and death in the past, present and future.

Read more on museer.rudersdal.dk



A day in...

^ Vaserne

We have tailored some daytrips in our wonderful area, with tips on where to eat, shop, move and marvel. Less than half an hour from the central station in Copenhagen, you have absolutely no excuse not to swing by – and we are quite certain that you will not want to leave us again!

HOLTE

1. Go shopping in the **city center**, there is a little, funky mall and many small shops around it.
2. Fuel up with an ice cream by the adjacent lake '**Holte Havn**' or walk up to the castle **Næsseslottet**, built in 1782-83.
3. Take a look at the listed **city hall** designed by famous architects Arne Jacobsen and Flemming Lassen. The building was inaugurated in 1942 during the Occupation.
4. Afterwards go for a movie in the more than 100-year-old cinema, **RepriseTeatret**. Still decorated with old furniture, this art cinema will transport you back in time.
5. For dinner you will be spoiled for choice: Sushi? Italian? Chinese?

GL. HOLTE

1. Start the day looking at art at the **Gl. Holtegaard**, peruse the museum shop, or take a walk in the evocative baroque park.
2. See the 7,000-year-old **Vedbæk Finds** in one of the side wings of the old estate followed by lunch at **Spiseriet** on the other side of the courtyard.
3. If you have children with you, let them lose on the nature playground in the apple plantation next to **Marienhøj Cultural Center**, where you can also go for a round of miniature golf.





^ RepriseTeatret, Holte



> Exhibition for kids at Mothsgården



< The nature playground Kronhjørten in Skodsborg

^ You can eat at Rosenhuset from morning to evening

THE RUDERSDAL ROUTE

The Rudersdal Route is a continuous trail system that winds through Rudersdal Municipality. The route is 42,195 km (the official marathon distance), and stretches from Vedbæk in the east to Birkerød in the west and from Sjælsø in the north to Mølleåen in the south. Walking, running or cycling, the route can of course be enjoyed in smaller stretches.

The trail is for everyone and aims to provide the best opportunities for activity and great nature experiences all year round. The Rudersdal Route runs along existing paths through a varied landscape and passes through forests and open areas, and along the way there is a changing terrain, nature and cultural experiences.

At the establishment in 2006, the Rudersdal Route was Denmark's first permanently signposted marathon route. Since the establishment of the main route, the Rudersdal Route has been joined by a number of theme routes. You can download the app, 'RudersdalRutens Univers', in the App Store and Google Play, which guides you around the routes, also partly in English.

VEDBÆK

1. If you arrive by train, take a look at the now listed **station building**, built in 1896-97 by the state railway's famous architect Heinrich Wenck.
2. Take a walk in the historic bog **Maglemosen**, where the 7,000-year-old settlement from the Stone Age was excavated in 1975 (**The Vedbæk Finds**, now exhibited in Holte) or go fishing in **Enrum Pond**.
3. The beach road, **Strandvejen**, is a good place to stroll and look at the magnificent millions-of-kroner villas and old summer residences. There is also a small shopping street and good **restaurants** along the harbor for lunch or dinner.
4. Adjacent to the beach there is a **picnic area** with campfire sites. Here you will also find an **outside gym** where you can work out and grab a refreshing dip in the **sea** afterwards.
5. Pack your toothbrush and stay at **Hotel Marina** for the night. Recently renovated and previous host to the Danish national soccer team, what could be better?

BIRKERØD

1. Start out with a visit to the old parish church in the town center, which was built in the second half of the 12th century. **Birkerød Kirke** houses some of Denmark's most interesting frescoes from the mid-14th century. Then check out some al fresco art in and around the park by the old rectory, **Birkerød Gl. Præstegaard**, which houses some fine sculptures, among others, **Skulpturbroen** (The Sculpture Bridge).
2. Browse the shops and get a bite to eat on the main street, **Birkerød Hovedgade**.
3. Bring your skateboard and get that body moving doing some runs and tricks at the 1800 square meters large skatepark next to **Birkerød Sports Center**. For trained riders there is also a bowl.
4. If you dare, end the day with a walk in the area **Ebberød** outside town. A beautiful green historic site with a dark history.

NÆRUM

1. Start out at **Sommer's Automobile Museum** containing approximately 60 extremely well-maintained vintage cars, several marine and car engines and more than 2,000 model cars.
2. Check out the small shopping area **Nærumvænge Torv**, designed in the 1950's by Palle Suenson and grab a bite for lunch or shop for a picnic in **Biblioteksparken** (The Library Park).
3. **Grisestien** (The pig trail) follows the almost 4 km long stretch from Nærum to Vedbæk on the disused railway line. It is a beautiful walking and cycling path and part of the continuous path system Rudersdal-Ruten. You pass by one of **De Røde Porte** (the red gates) and if you go through it, you can take a walk in the forest **Jægersborg Hegn**.
4. On the outskirts of Nærum you can visit **De Runde Haver** (The Round Gardens), which were designed by professor and garden architect C. Th. Sørensen in 1949.
5. Swing by the village pond and end the day with dinner on the main street, **Nærum Hovedgade**.

SØLLERØD

1. Visit **Søllerød Church** from the Middle Ages, surrounded by a beautiful cemetery with the listed rectory as neighbor.
2. Peruse the small regional museum **Mothsgården**, whose main building is from the 17th century. From the 1680s until 1719, this country house belonged to Interior Minister Mathias Moth, whose sister was King Christian V's official mistress.
3. Go for a Michelin-starred lunch at **Søllerød Kro**.
4. Follow the old hollow road behind the church down to some attractive village houses by **Søllerød Lake** and walk off the cuisine in the protected and hilly **Søllerød Nature Park**, a stunning area with lush forests, grazing areas and small lakes. With its 85 meters, the hill **Høje Sandbjerg** is one of Zealand's highest points.
5. In several places in forests **Geels Skov** and **Ravneholm Skov**, nicknamed "The Danish Switzerland" due to the hilly terrain, you can see several parallel hollow roads along the northern side of **Mølleåen**. The hollow roads are traces of human traffic in the forests through time. You can also see the ancient burial mounds, which lie like pearls on a string in an east-west-facing row at the top of the slope.

SKODSBORG

1. The first real tourist town of Denmark is dominated by 'The White Village' including **Frederik VII's mansion** and the luxurious **Kurhotel Skodsborg**. Treat yourself to a stay or a day in the spa. The place also holds a great brasserie, **Carl**. Check out **Frederick VII's cave**, an artificial cave, which the king had built in the park to use on festive occasions.
2. The town's **train station** was designed by Heinrich Wenck in a kind of Swiss style that, at the time it opened in 1897, signaled international tourism. This and several other buildings in Skodsborg are listed. Right behind the station you will find the amazing deer themed wood playground **Kronhjørten** and a **forest fitness track**.
3. Jægersborg Hegn forms the northern part of Dyrehaven (The Deer Park) and a true nature gem here is the bog **Bøllemosen** (bølle=bully) named after the plant Mosebølle and later adopted into the Danish language as a name for bullies because of a group of young vagabonds living in the bog the 1880s and being a nuisance to the locals, therefore prompting the name 'bølle'. The hills down to Raadvad and Mølleåen in the south, where Jægersborg Hegn and Dyrehaven meet, are exceptionally beautiful.
4. **Skodsborg Strandpark** is a popular place to swim and enjoy the sun in summer – or in winter, if you are a viking! The park is a popular recreational area with a lawn and bathing jetties, located next to the old Skodsborg Søbad.
5. On the east side of the beach road in the northern part of Skodsborg you find **Struckmannparken**, a favorite picnic spot and beach area, named after one of the pioneers in Danish nature conservation, the painter Erik Struckmann. ■



HOW LITERATURE IS TEACHING DANISH CHILDREN HOW TO RIDE A BIKE



Most people would argue, that you cannot learn how to bike from a book, but based on a classic children's story, 'Cykelmyggens Cykellegeplads' (The Bicycle Mosquito's Bicycle Playground) is a colorful educational outdoor space where cycling games, storytelling and imagination unite.

The beloved literary figure 'Cykelmyggen Egon' sets the framework for design, activities and complementary learning tools throughout the universe around Cykelmyggens Cykellegeplads. The children can cycle through a giant nostril, slalom with one hand in the Minivan's Music Grove and educators can borrow bicycle equipment from a bright orange circus car, while learning is supplemented through a booklet and an app. All over the bicycle playground there are educational boards with stories, pictures of characters from the books and encouragement to play different cycling games. In an amusing way, this strengthens traffic safety amongst the youngest.

However, Cykelmyggens Cykellegeplads is more than just a physical setting for cycling training. In the project, fantastic stories and drawings are combined with cycling motor skills and cycling games – a combination that ensures cycling pleasure from an early age and contributes to children's cycling skills and personal

development. This playful approach to cycling training is an educational tool for a more fun, safe and eventful cycling culture.

“This playful approach to cycling training is an educational tool for a more fun, safe and eventful cycling culture”

BICYCLE TRAINING THROUGH PLAY

The storybook 'Cykelmyggen Egon' from 1967 is one of the great classics of Danish children literature, loved by generations. It was writer, musician, moviemaker and illustrator Flemming Quist Møller's (1942 – 2022) debut as a children's book author, and later he wrote the sequel 'The Bicycle Mosquito and the Dancing Mosquito'. In the stories, we meet the mosquito, Egon, who is hatched with very special abilities on his beautiful racing bike. Møller created a fantastic universe with enchanting drawings and an exciting and fun story for children of all ages, later made into cartoons and theater. He has received an array of awards and distinctions in his time. Sadly, he passed in January 2022.

– The bicycle playground is a safe space where children securely can move around. It helps to promote their gait, and often it surprises the parents, how much the children

themselves can do on a bike, when they are allowed to unfold in a safe environment. In addition, educators and teachers experience that there are fewer conflicts between the children than they usually see, as the children are busy focusing on keeping their balance and not running into anything, says Lars Wiskum, development consultant on the project.

RECOGNIZABLE ELEMENTS

The playground came about in a cooperation between different departments in the municipality and Flemming Quist Møller and his son. Vice principal at the school, where the playground is located, Jesper Voss Jacobsen, was also deeply involved in the establishment in 2017.

– We liked the idea of good old children's literature combined with movement, that is of course very fitting for a school, he says.

– We have staff doing activities with the kids, and the children find it really entertaining training on their bikes there – it's challenging and fun for them. They easily recognize elements from the story, plus we usually read it to them before we go to the playground, and talk to them about it, when we are there. It's important to train children's biking abilities before and during their time in school, and to do that in a universe most of them know, is a fun experience for them. And that should be part of going to school, having good experiences, Jacobsen concludes. ■



Q&A LOUISE SYLVESTER

Rudersdal-based freelance illustrator and graphic designer Louise Sylvester drew the map and the illustration for 'Love in the Stone Age' in this magazine. With a good eye for detail, and a penchant for simple graphic expression, her illustrations can bring a smile to most people's faces. But what makes her smile about living and working here? Get the lowdown plus her best insider tips on Vedbæk below.

Why have you chosen to live in Vedbæk?

– It was actually a bit of a coincidence that we moved to Vedbæk. I grew up in Rungsted and was familiar with the area. Originally, we were only supposed to live here for a couple of years, but we settled in so well and are so happy with the place, that we now prefer not to live anywhere else.

Why do you work from home in Vedbæk?

– I like the freedom of working from home, and I really enjoy the peace and quiet. My work often feels a bit like stepping into my own little fantasy world, and I love sitting at the computer with my coffee and my music, not having to relate to too many

people. However, I am affiliated with a Danish design company as a permanent freelance graphic designer, and therefore I leave the house a couple of days a week. It gives me a social network, so I do not end up being completely lonely and weird.

“I especially love being by the sea and taking a break from work to jump into the water, is a luxury I value highly”

Why drawing and illustration?

– I am a third-generation graphic designer or advertising artist as it was called in the old days. My grandfather had one of the big advertising agencies of the time, Harlang & Toksvig, and my parents worked as self-employed graphic designers throughout my upbringing, so it has always been the most natural path for me to choose. I trained as a graphic designer at an art and design school in Barcelona, and the years I spend there opened my eyes to art – and especially to illustration. I always drew a lot as a child and after I got my degree as a graphic designer, I started to get more and more illustration assignments and today I live both from my graphic work, as well as illustration and animation assignments.

Where do you find your inspiration?

– I can find inspiration everywhere. But nature makes my system relax

and my senses open up, so my creativity can flow more freely. I especially love being by the sea and taking a break from work to jump into the water, is a luxury I value highly and it also helps me clear my mind and be able to find inspiration and spark creativity.

Best tip for visitors to Vedbæk?

– A perfect day in Vedbæk would start with brunch at Rosenhuset by the harbor; good atmosphere, great food and an absolutely fantastic view of the sea. Then I would enjoy a few hours at the beach or go for a walk in the area behind the station where there are fields, cows, horses and beautiful scenery. In the evening I would either eat the world's best Moules Frites at Rosenhuset or a good dinner at Nautilus.

Best tip for visitors to Rudersdal?

– My best tip for visitors to Rudersdal is definitely to enjoy the very beautiful nature we have. And then I'm also quite happy with Kurhotel Skodsborg, if I need to pamper myself with a little luxury.

What has it been like to draw a map of your own residential municipality?

– It has been an interesting illustration to make and has both made me aware of places I did not know, and will definitely visit, but also reminded me of how grateful I am to live where I live. ■





TAKE A BREAK AT KURHOTEL SKODSBORG

ONLY 20 MINUTES FROM COPENHAGEN, YOU'LL FIND THE WHITE BUILDINGS OF KURHOTEL SKODSBORG, SITUATED BETWEEN THE GREENERY OF DYREHAVEN AND THE BLUE SEA OF THE SOUND. TAKE A BREAK FROM THE CITY AND INDULGE YOURSELF IN THE AWARD-WINNING SPA, ENJOY RELAXING SPA TREATMENTS, TAKE A SWIM FROM OUR PRIVATE BATHING JETTY, TRY AFTERNOON TEA AT THE TERRACE OVERLOOKING THE SEA, AND EXPERIENCE THE FEELING OF DANISH "HYGGE".

STAY A COUPLE OF HOURS OR OVERNIGHT, AND ENJOY KURHOTEL SKODSBORG'S DNA: THE LUXURY OF SIMPLICITY

KURHOTEL SKODSBORG

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