



Sejerø Bugt



Nature management on Vesterlyng



THE GATEWAY'S FACILITIES

- Access to hiking and cycle routes
- A map of the area
- Information about cultural and nature activities
- Folders with suggestions for activities from local businesses

- Wi-Fi
- PC with internet

- Access to water and toilets
- Drying facilities
- Meals

- Cabins for rent
- Tent ground
- Covered shelter
- Campfire site

- Tools for minor repairs of bicycles

- Baggage transport

- Euros and credit cards accepted



OUTDOOR GATEWAY – WHAT IS IT?

An Outdoor Gateway is a node to active experiences in the surrounding landscape. Here you can get help and inspiration for hiking, cycling, riding, or possibly sailing, as well as various forms of service in connection with your tour.

- 1 LØNNEBJERG**
Søndervangsvej 39, 4583 Sjællands Odde
Tel. +45 2925 3981
- 2 SOMMERLAND SJÆLLAND**
Gl. Nykøbingvej 169, 4572 Nr. Asmindrup
Tel. +45 5931 2100
- 3 VESTERLYNG**
- 4 HOLBÆK FJORD**
Sofiesminde Alle 1, 4300 Holbæk
Tel. +45 4182 4569
- 5 URHØJ**
Urhøjvej 14, 4480 Store Fuglede
Tel. +45 5959 7200
- 6 KONGSKILDE FRILUFTSGÅRD**
Skælskørvej 34, 4180 Sorø
Tel. +45 5784 9277
- 7 HEJREDE FRILUFTSGÅRD**
Hejredevej 26, 4990 Sakskøbing
Tel. +45 5477 8826
- 8 RØDBY LYSTSKOV**
Strandvej 3, 4970 Rødby. Tel. +45 4218 4750



Layout: BJ Lideklame. Foto: GEON. Photo: Siff Petersen, Ibent Nikolajsen, Vesterlyng Camping, GEON, Biomedia



SEJERØ BUGT





Dunes on Vesterlyng



View over Sejerøbugten



Vesterlyng

OUTDOOR GATEWAY VESTERLYNG

The gateway is at Vesterlyng Camping, in a beautiful location with beaches and great outdoor experiences. Lone and Torben will welcome you in the reception with suggestions and guidance for how you can explore the magnificent natural surroundings.

From the Outdoor Gateway, there are good possibilities for hiking and cycling, kayaking, diving, kitesurfing, and windsurfing – you must bring your own equipment. The shore is perfect for children, with a sandy beach and shallow water.

Vesterlyng Camping has both caravans and cabins for rent. You will have access to information PC, and you can use the camping ground's facilities – which include a good café with healthy food. When the reception is open, you can buy cycle and hiking maps and have access to various brochures and personal service.

Outdoor Gateway Vesterlyng arranges a number of activities in which you can participate. The Kite Festival is a recurring event. A day devoted to birds of prey has also been on the program, where BirdLife Denmark (Danish Ornithological Society) has taken guests on tours to see the hunters of the air. There have also been guided tours of Vesterlyng where its nature and cultural history was described. Keep your eye on our calendar.

Outdoor Gateway Vesterlyng lies in the midst of many experiences – welcome!

THE LANDSCAPE

At the end of the last Ice Age, Sejerøbugten was a flat lying melt-water plain in front of a glacier. When the ice melted, the plain was flooded due to rising sea level which also transgressed the Vesterlyng area. The whole area bears witness to the processes and landscapes that are formed by a glacier front with end moraines, sub-glacial ground moraines, and dead ice.

After the subsequent uplift of the land, Vesterlyng became Sjælland's largest coastal heath. Grazing animals help to keep the heath from being overgrown. You also find migrating dunes that bear witness to a nature that is constantly changing.

This landscape and nature are so unique that the whole area was protected in 1945.

SIGHTS AND ATTRACTIONS

Vesterlyng is in itself a fantastic natural and cultural experience. Along the coast there are dunes that gradually pass into heath, alternating thickets of juniper or hawthorn, grasslands, and marshes. You can study birds and plants on both heath and in the wet areas. Some of the birds you may see are oystercatchers, red shanks, and great plovers. There are small pasque flowers and several species of orchids. Or you can look for the flower-covered hills made by meadow ants.

In 2009, a mushroom hunt on Vesterlyng led to the discovery of a completely new species of mushroom. It is called "the grey-misted tear sheet" and is probably poisonous.

All of Vesterlyng is fenced, and during the summer you can meet free-range cattle and horses, which constitute an important part of the area's nature management.

ROUTES AND TOURS

If you are hiking on **Nordsørutten**, you will pass by Outdoor Gateway Vesterlyng. The gateway is the starting point for two stages of **Sjællandsleden: Sanddobberne-Eskebjerg Vesterlyng and Eskebjerg-Vesterlyng-Jyderup** (also called Bjergstien).

Alleshavebuen offers a delightful hike from Vesterlyng to Saltbæk Vig. From the path you can see over the reclaimed Saltbæk Vig, which today is a very important habitat for birds and plants and is therefore protected, without public access.

Two partially marked routes cross Vesterlyng, a **green trail**, which passes a number of burial mounds, and a **brown trail**, which goes out to a migrating dune.

From the gateway you can cycle or walk to Havnsø and take the ferry to **Nekselø**, a lovely little island in Sejerøbugten. No cars are allowed, but two walking paths will bring you all around the island, which has a completely unique nature with rare plants and animals.

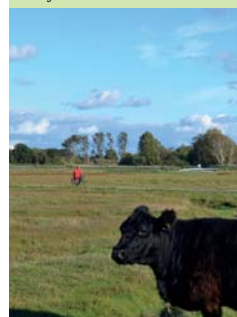
From Havnsø you can take a tour around Nekselø in a **sea-going kayak**. You can also sail along the coasts that ring Sejerøbugten.



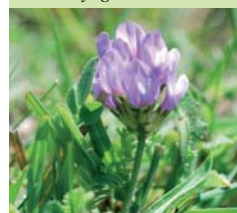
Nekselø



Sejerø



Vesterlyng



Milk Vetch

Alleshave was formerly the eastern boundary of Saltbæk Vig (cove), but when the cove was reclaimed (filled in) it became connected to the mainland, so the inhabitants of Sejerø lost their natural harbour. Today Alleshave is a good starting point for fishing sea trout, flatfish, or – in May – garfish.

Nekselø is such a small island that you can walk all around it in a day, and the tour is well worth it. If you hop on the little ferry to Nekselø, a really special nature experience awaits you. Nekselø's special climate gives warmth to plants that are rare on our latitude, such as "svalerod", mallows, and mountain meadow seseli. The island is known for its toads, which are among the most threatened animals in northern Europe.

Since 1951, the whole island has been protected because of its distinctive nature.

You can reach **Sejerø** in an hour's sail from Havnsø. The island offers rich opportunities for cycle tours or hikes. You can also take a guided riding tour on Icelandic horses through Sejerø's beautiful nature.

GeoPark Odsherred lies not far from the gateway and tells the story of the landscapes that were formed during the last Ice Age (the Weichsel-ice age), in particular the geology in Odsherred. Visit the exhibition in the schoolroom of Dragsholm Slot (castle), or climb Vejrhøj and enjoy the view over Sejerø Bugt.

"Stenslangen" is the name of a long ridge with a view all the way to Nekselø and Sejerø. To the northeast you can see Bjergene, which is the southern part of a series of high hills in Odsherred.