

## RFC Four Days 2025 – Companion Program

*This three-day Companion Program is organized and hosted by **Hadsten Inner Wheel Club**. On each event day, several Inner Wheel members will accompany the group and provide support throughout the activities.*

*A detailed timetable for each day will be shared at a later stage.*



## Day 1

### Hiking in Mols Bjerger (Mols Hills) & Lunch at Gammel Løgten Strandkro

#### Transportation

We will travel by rented bus from **Sabro Kro** to **Mols Bjerger National Park** (approx. 45 minutes).

#### Activity

Mols Bjerger is one of Denmark's most remarkable landscapes, shaped during the Ice Age.

We will enjoy a **5 km guided hike** in Mols Bjerger National Park, led by an experienced guide from **ArosAdventure.dk**.

The hike begins at **Agri Bavnehøj**, the highest point in the Mols Hills, offering a spectacular 360-degree panorama over Mols, Ebeltoft, and the surrounding bays. Here, we will hear fascinating stories about how the Ice Age formed the landscape, how beacon mounds once served as signal posts, and how this hill played a key role in surveying the map of Denmark.

From Agri Bavnehøj, we continue through dry grasslands with grazing animals, pass ancient ridge-and-furrow fields, and enjoy viewpoints that constantly change in character. This is Mols Bjerger at its very best—raw, beautiful, and rich in history, told exactly where it belongs.

More information about the national park can be found here:

#### National Park Mols Bjerger

#### Lunch

Traditional Danish lunch at **Gammel Løgten Strandkro**, a historic seaside inn known for its cozy atmosphere and classic Danish cuisine.

#### Return

We return to the hotel in the mid-afternoon, hopefully in time to welcome the riders back from their bike ride in Mols Bjerger.

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## Day 2

### **ARoS Aarhus Art Museum & Guided Walking Tour: 17 Walls**

#### **Transportation**

Transportation will be arranged based on the number of participants (city bus, cars, or rented bus). Relevant details will be provided well in advance.

#### **Morning Activity – AROS Aarhus Art Museum**

We visit **ARoS Aarhus Art Museum**, one of Northern Europe's largest art museums. AROS is internationally renowned for *Your Rainbow Panorama*, the rooftop installation by Olafur Eliasson, and offers a wide range of classical and contemporary art.

The visit is **self-guided**, with Inner Wheel members present to assist if needed.

More information about AROS can be found here:

#### **Experience world-class art and great views of Aarhus – AROS**

#### **Lunch**

Lunch at a local restaurant in central Aarhus (details to follow).

#### **Afternoon Activity – Guided Walking Tour: 17 Walls**

In the afternoon, we join a **2-hour guided walking tour** through Aarhus, experiencing the public art installation “**17 Walls**”, which interprets the **17 UN Sustainable Development Goals** through murals and artworks across the city.

More information can be found here:

<https://www.17walls.dk/home>

#### **Return**

Arrival at **Sabro Kro** in the mid-afternoon.

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## Day 3

### Living History in *Den Gamle By* (The Old Town)

#### Transportation

Transportation will be arranged based on the number of participants (city bus, cars, or rented bus). Relevant details will be shared in advance.

#### Activity

We visit **Den Gamle By** (The Old Town) in Aarhus, a unique open-air museum that recreates Danish urban life from the 16th to the 20th century. Guests can explore authentic houses, shops, and workshops while meeting costumed interpreters who bring history vividly to life.

The visit is **self-guided**, with Inner Wheel members available for assistance.

More information can be found here:

<https://www.dengamleby.dk/en/>

#### Lunch

Lunch at your own expense, either at the inn or the patisserie, depending on your preference. Information about food places in Den Gamle By will be provided later.

#### Return

After lunch, we meet with the participating Inner Wheel members and return to **Sabro Kro** in time to attend the **wine arrangement with companions**.

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