

Central Jutland



Easily the largest and most varied of all Danish regions, Central Jutland encompasses dramatically different features, from the calm beaches of the sheltered east coast to the wild and woolly west coast, battered by North Sea winds. Lying in between, offering visual stimulation among the flatness, is the green and lovely Lake District, home to the country's longest river and highest mountains (which may seem more like molehills to those of you from less height-challenged terrain). This is Mother Nature at her most gentle, so it's the perfect place to leave your worries behind and float down a river.

It's true, you may never have heard of Århus, Jutland's main city and Denmark's second-largest metropolis. That's not to say that you shouldn't have. Århus has much of the appeal of big-sister Copenhagen, but without any big-city stresses. It's wonderfully walkable, and has embellished its rich history with the vibrant atmosphere of a university city, humming with great restaurants, bars, boutiques and plenty of live music. This is a city worthy of a few days on your itinerary, and you'll most likely come away impressed with its attitude and attractions, which include a new art museum that would be the envy of larger cities around the globe.

City appeal aside, the beauty of this region is that you can skip between themes depending on your mood. Fancy some Viking history? Set sail for Hobro. How about religious history? Off to Jelling. Want to explore the great outdoors? Head for Rold Skov or Silkeborg. Are you really up to tackling nature's forces? Let loose on the waters of Hvide Sande. And ok, you've suppressed that inner child long enough – make a beeline for plastic-fantastic Legoland, and beware the accompanying pangs of childhood nostalgia.

HIGHLIGHTS

- Exploring the cool neighbourhoods of **Århus** (opposite), then eating superbly and drinking plentifully while sampling the buzzing nightlife
- Revelling in the great outdoors on a gentle canoe trip in the **Lake District** (p276)
- Marvelling at microcosmic Miniland at **Legoland** (p281) before jumping on a few rides
- Feeling the wind in your hair – and sails – while learning to windsurf on the wild **west coast** (p291)
- Feeling the weight of history at **Jelling** (p279), the spiritual home of the Danish royal family



