

THE OCEAN RACE

STOPOVER AARHUS 2023

Sustainable Visitor's Guide



Roar Paaske 

THIS IS A SELECTIVE GUIDE.

Applying a sustainability perspective, the guide highlights a number of local experiences, all of which depend on innovative climate solutions and/or elements of green transformation.

The guide also reflects the hope of inspiring others to develop creative climate solutions through sharing of green knowledge.

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These years, the world is facing major challenges with climate change and plastic in our oceans – this calls for immediate action. The Ocean Race is a strong international platform for addressing these challenges and for communicating the need for sustainability and the protection of future life on earth.

*Charlotte Kirk Elkjær,
Stopover Director Aarhus*

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TRIFORK.
STOPOVER
PRESENTING PARTNER

**AARHUS
DENMARK**
HOST CITY

 **THE
OCEAN
RACE**



TRANSPORT

Electric scooters and bicycles



REBIKE

A bicycle shop that sells only second-hand bicycles upcycled from citizens and abandoned bicycles found in Aarhus.

- 📍 Mejlgade 105, basement, 8000 Aarhus C
- 🕒 Monday-Thursday: 10 am - 5 pm
Friday: 10 am - 4 pm
Saturday: 10 am - 1 pm
- 📍 Visit the shop for more information
- 📷 @rebike_aarhus

Bring your own bike, rent at your hotel (if possible) or rent from one of the bike renters in town. Aarhus has an efficient system of public transport offering a choice between different modes of transport, including buses, trains, and the light rail system, Aarhus Letbane. Download the 'Rejseplanen' (Eng. 'Travel planner') app to get a full view of the departure times and stops on your journey.

VOI

Offers electric scooters available at selected locations. To use one of these electric scooters, you need to download Voi's app and register as a user.

The app will show you the available scooters and their locations. When you reach the electric scooter, you must unlock it in the app to activate it.

- 📍 Various locations in Aarhus
- 🕒 Monday-Sunday: 9 am - 9 pm
- 💰 DKK 10,- on start-up, and after that DKK 1.50,- per minute.
- 📝 *NOTE! You must be 18 years old to use the scooter.*
- 🌐 <https://www.voiscooters.com>

REFURBISHBIKE

RefurbishBike offers to buy bicycles otherwise destined for scrap. Then they refurbish and legalise the bicycles with a 100% service check and put them up for rent.

This way, they extend the bicycles' useful lives by keeping them in circulation instead of allowing them to be scrapped.

- 📍 Hveensgade 5A, 8000 Aarhus C
- 📞 Phone [+45 31 36 20 27](tel:+4531362027) to hear more or complete the contact form on the website.
- 💰 DKK 179,- per month including service
- 🌐 <https://refurbishbike.com/>

CYCLING AARHUS

Offers bike rides with guides, yet it is also possible to rent without. Bookings must be made online on their website.

Once you have booked and paid, the code to the lock is forwarded to you by mail.

Pick up the bike in the courtyard at the location site. Also possible to rent kids seats or wagons.

- 📍 Frederiksgade 78, 8000 Aarhus C
- 🕒 Mon-Sun: 9 am - 9 pm
- 💰 DKK 110,- per day
- 🌐 www.cycling-aarhus.dk/rent-a-bike

DONKEY REPUBLIC

Download the app and find a bicycle nearby. Use your mobile phone to rent and unlock the bicycle.

You can make a stop and lock the bicycle whenever you like and come back later to unlock it and continue your trip.

To end your rental, return the bicycle to one of the many drop-off locations shown in the app.

- 📍 Vester Allé 3, 8000 Aarhus C
- 🕒 Always open
- 💰 DKK 100,- per day
- 🌐 <https://www.donkey.bike/da/>



TRANSPORT

Public transport and car



Henning Bagger

GREEN MOBILITY

Offers car share rentals in both Aarhus and Copenhagen. Download the app and enter your personal information, after which your driver's license will be verified. The app then shows the nearest available car.

The cars are 100% electric. Park the car inside the drop-off zone or make a stopover wherever you like. Use the app to end your trip.

- 📍 Various locations in Aarhus
- ☎ +45 70 77 88 88
- 💰 Standard rates start at DKK 1.50,- per minute. (includes charging, insurance, parking in the drop-off zone)
- 🌐 www.greenmobility.com

BUS

Midttrafik is the regional bus service operator in the Aarhus area.

Its buses go in and out of Aarhus with lines serving both the regional areas and downtown Aarhus.

Download the [Midttrafik app](#) and enter your information. In the app, you can purchase single tickets and One-day tickets (e.g., an Aarhus One-day ticket at DKK 49,-) and check arrival and departure times.

- 📍 The Main Bus Station, Fredensgade 45, 8000 Aarhus C
- 💰 Find the price of your tickets in the Midttrafik app
- 🌐 www.midttrafik.dk

TRAIN

DSB, Danish State Railways, will take you by train to anywhere in the country.

Download the [DSB app](#) and enter your information. In the app, you can purchase tickets and check train arrival and departure times.

- 📍 The Central Station, Banegårdspladsen 1, 8000 Aarhus C
- 🕒 Opening hours for service office:
Monday-Friday: 8 am – 5:30 pm
Saturday-Sunday: 10 am – 4:45 pm
- 💰 Find the price of your tickets in the DSB app
- 🌐 www.dsb.dk

LIGHT RAIL SYSTEM

Light rail lines L1 and L2 will get you quickly around in Aarhus and often swiftly through busy traffic junctions.

The light rail trams typically depart every half hour and will conveniently transport you all the way from Grenå in the North to Odder in the South.

Download the [Midttrafik app](#) and enter your information. In the app, you can purchase tickets and check arrival and departure times.

- 📍 The Central Station, Banegårdspladsen 1, 8000 Aarhus C
- 💰 Find the price of your tickets in the Midttrafik app
- 🌐 www.midttrafik.dk



CAFÉS, RESTAURANTS AND BARS

Most cafés and restaurants in Aarhus offer vegan and/or vegetarian options on their menus.

The selected locations presented here, however, have a particular focus on vegan and vegetarian food, as well as on local, organic, and sustainable ingredients.



Plant Food

PLANT FOOD

Lunch, dinner, takeaway

Plant Food is a vegan restaurant. Plant Food's vision is to demonstrate how tasty plant-based food can be, by keeping a strong focus on flavours and textures.

Plant Food is committed to offering 100% organic dishes.

- 📍 Graven 16h, 8000 Aarhus C
- 🕒 Monday-Thursday: 12 pm – 8:30 pm
Friday-Saturday: 12 pm - 9 pm
- 🌐 www.plant-food.dk

CAFÉ GLAD

Breakfast, lunch, dinner, takeaway

At Café GLAD, everything is prepared from the ground using fresh ingredients.

Café GLAD focuses mainly on vegan, vegetarian and gluten-free dishes. All food and drinks served at the café are 90-100% organic.

The restaurant's takeaway service uses sustainable packaging.

- 📍 Frederiks Allé 127, 8000 Aarhus C
- 🕒 Monday-Sunday: 9 am – 7:30 pm
- 🌐 www.spisdigglad.dk

MELONE

Lunch, dinner, takeaway

The menu at Melone is 80% organic and 100% vegan.

Melone is a family-owned café offering plenty of options to order your food as takeaway (in sustainable packaging).

Melone also offers an assortment of vegan cakes and desserts.

- 📍 Frederiks Allé 96, 8000 Aarhus C
- 🕒 Tuesday-Sunday: 12 am - 8 pm
- 🌐 www.melone.dk

CAFÉ GAYA

Breakfast, lunch, dinner

Café Gaya keeps a strong focus on organic, vegetarian, vegan, and gluten-free dishes.

All food and drinks served at the café are 90-100% organic – and the café's design also reflects its sustainable philosophy with lots of recycled items.

Other than serving food, the café often hosts live performances of jazz and South American music.

- 📍 N.F. Fjordsgade 2, 8000 Aarhus C
- 🕒 Monday-Thursday: 8 am - 9 pm
Friday-Saturday: 9 am - 10 pm
- 🌐 www.cafegaya.dk

CAFÉ FIKA

Brunch (weekends), lunch, dinner, takeaway

At Café Fika, all food and drinks are 90-100% organic, and the takeaway service uses sustainable packaging.

They have only four items on the menu (salads, sandwiches, corn pancakes and pies), but everything is homemade and mostly vegan.

The café also makes its own gluten-free sourdough bread..

- 📍 Jægergårdsgade 47, 8000 Aarhus C
& Nørregade 28, 8000 Aarhus C
- 🕒 Monday-Friday: 11 am - 8 pm
Saturday-Sunday: 10 am - 8 pm
- 🌐 www.cafefika.dk

LANDCAFÉ

Breakfast, lunch, farm shop

Landcafé focuses on organic products and Danish ingredients. All food and drinks served are 60-90% organic.

Landcafé also prioritises vegan and vegetarian food. In addition, the café sells a range of local products for use at home.

📍 Studsgade 6B, 8000 Aarhus C

🕒 Monday-Saturday: 10 am - 5 pm
Sunday: 10 am - 3 pm

🌐 www.landcafe.dk

FAIR BAR

Bar, snacks

Fairbar is a non-profit bar run by volunteers from the Danish YMCA and YWCA. The profits from Fairbar go to a support project selected by the organisations behind the bar.

Other than serving a wide range of different speciality beers, Fairbar hosts more than 200 events every year – ranging from debate nights and quizz events to stand-up performances and film screenings.

📍 Mejlgade 35B, 8000 Aarhus C

🕒 Monday-Wednesday: 2 pm – 10:30 pm
Thursday-Saturday: 12 pm - 12 am

🌐 www.fairbar.dk

NÖGEN

Brunch & lunch (weekends), dinner

At Nögen, they focus on turning food waste into a unique taste experience.

Nögen offers a 'social dining' concept without a fixed menu – the food is made from surplus ingredients otherwise destined to waste, such as misshaped vegetables or unusual meat cuts.

The ambition is for the food to be made of 80% surplus ingredients.

📍 Banegårdspladsen 4, st. th., 8000 Aarhus C

🕒 Tuesday-Thursday: 5 pm - 11 pm
Friday: 12 pm - 2 am
Saturday: 10 am - 2 am

🌐 www.restaurantnoegen.dk

CAFÉ MELLEMFOLK

Light meals, bar

Café Mellemfolk is run by volunteers and its profits are donated to various projects working towards a more sustainable and fairer world.

Café Mellemfolk serves vegan food, such as paninis, and soup of the day

📍 Mejlgade 53, 8000 Aarhus C

🕒 Monday-Thursday: 10 am - 10 pm
Friday-Saturday: 10 am - 12 am

🌐 www.ms.dk

📷 Domestic

RESTAURANT DOMESTIC

Lunch (weekends), dinner

The one-star Michelin restaurant Domestic focuses on local produce and in-season ingredients.

Domestic is committed to using 100% local produce and shortening the food's journey "from soil to table" as much as possible.

In addition, they have developed the so-called domestic.Lab which experiments with different solutions to minimise meat consumption, alternatives to wine, and ideas for putting food waste to good use.

📍 Mejlgade 35B, 8000 Aarhus C

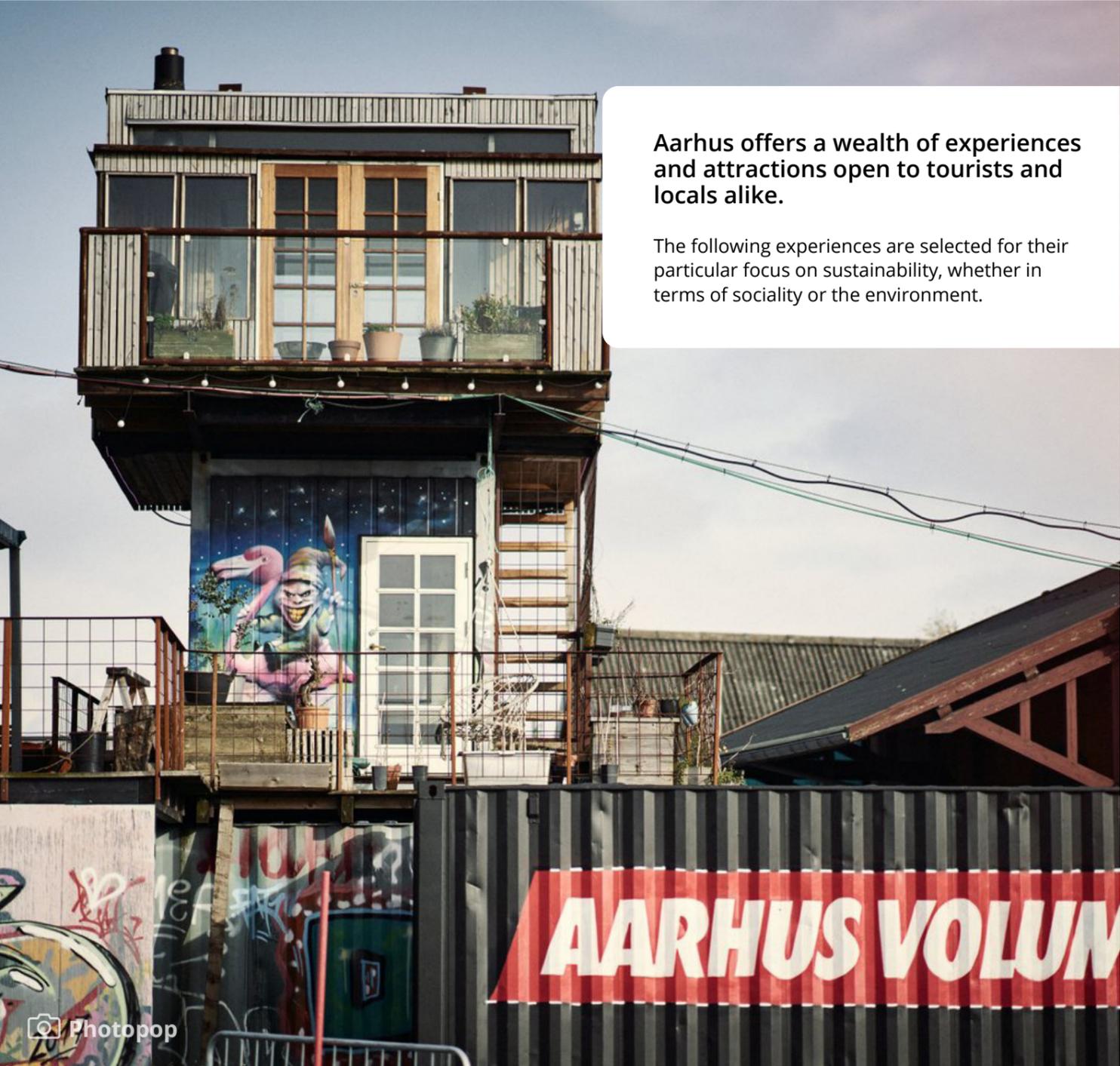
🕒 Tuesday-Thursday: 5:30 pm - 12 am
Friday-Saturday: 12 pm - 12 am

🌐 www.restaurantdomestic.dk





EXPERIENCES



Aarhus offers a wealth of experiences and attractions open to tourists and locals alike.

The following experiences are selected for their particular focus on sustainability, whether in terms of sociality or the environment.

KØN

KØN (Gender Museum Denmark) is a Danish Museum with a focus on the cultural gender history, located in Aarhus' former town hall.

This museum is one of the few museums in the world with a specific interest in gender issues, equal opportunities, body, and sexuality – in the past, the present, and the future.

- Domkirkepladsen 5, 8000 Aarhus C
- Tuesday-Saturday: 10 am - 5 pm
Sunday 10: am - 4 pm
- Adults: € 10
Students (with valid ID): € 8
Children under 18 years of age: Free
- www.konmuseum.dk

POVERTY WALK

Take a walk through contemporary Aarhus guided by a socially marginalised, homeless, or formerly homeless resident.

The walk is based on a personal story about living in the street with its many implied challenges, but also gives an insight into the institutions, public services and meeting places which are essential to the marginalised residents of Aarhus.

- Jægergårdsgade 164B, 8000 Aarhus C
- Booking
- Around € 18 per person, group discount
- www.povertywalk.dk

MUSEUM OVARTACI

Museum Overtaci wants to be known and recognised as the leading museum and research centre on the human mind and mental vulnerability – locally, nationally, and internationally.

Through perspectives of art and cultural history, Museum Overtaci presents a variety of topics related to the human mind, mental disorders and vulnerabilities, mental states, and the whole person.

The aim is to facilitate a better understanding of mental disorders and break the associated taboos.

- Olof Palmes Allé 11, 8200 Aarhus N
- Wednesday-Thursday: 1 pm - 5 pm
Saturday: 1 pm - 5 pm
- Free
- www.ovartaci.dk



Laura Bisgaard Krogh

THE BOTANICAL GARDEN AND THE GREENHOUSES

Explore four different climate zones with beautiful flowers, interesting tales, and fascinating plants.

In the Greenhouses you can enjoy plants from all over the world. From well-known Mediterranean species to rare endemic plants found only in particular regions.

-  Peter Holms Vej, 8000 Aarhus C
-  Monday-Friday: 9 am - 4 pm
Saturday-Sunday: 10 am - 5 pm
-  Free
-  www.sciencemuseerne.dk

MARSELISBORG DEER PARK

The Marselisborg Deer Park was landscaped in 1932 and is a large, fenced-in garden with freely roaming deer, sika deer and fallow deer.

The deer park also includes an enclosure with wild boars. The deer park is open 24 hours a day. Feeding the animals is allowed, so bring lots of apples and carrots for your visit.

-  Ørneredevej 6, 8270 Højbjerg
-  Always open
-  Free
-  www.udflugtssteder.aarhus.dk

AARHUS K

Aarhus K is a new neighbourhood and home to a rich offering of creative and cultural activities.

This broad-minded neighbourhood is centred around the 'Godsbanen' culture production centre located in Aarhus' former freight yard.

Surrounding the centre are creative offices in converted containers, small cafés in former site huts, and the culture platform 'Institut for (X)', a not-for-profit initiative established by the local residents themselves.

-  Skovgaardsgade 3, 8000 Aarhus C
-  Varying
-  Free
-  www.visitaarhus.com



 Frame & Work



FORSTBOTANISK HAVE (ENG. FOREST BOTANICAL GARDEN)

Forstbotanisk Have was founded back in 1913. This is not a garden or park in the traditional sense, as fallen trees and dead plants and animals here are left to decay naturally, fostering, among other things, a rich fungal and insect life.

Forstbotanisk Have is also included in the canon of natural attractions in Aarhus which highlights 10 special natural experiences in and around Aarhus.

You can find more natural experiences as well as hiking routes and maps here: www.aarhus.dk

-  Skovridervej 20, 8000 Aarhus C
-  Always open
-  Free
-  www.visitaarhus.com

INGERSLEV MARKET

Every Wednesday and Saturday, a market is held on the Ingerslev Boulevard Street, where local growers sell vegetables, honeys, flowers, cheese and many other products.

All payments go directly to the growers, and on Saturdays the market is filled also with clothing and interior design items.

If you need a break from the hustle and bustle of the market, you can visit 'Nabo Kiosk' (Eng. 'Neighbourly Newsstand') whose vision is to revitalise the virtues of good neighbourhood.

This newsstand also includes a café and will even let you borrow a power drill or a garden game – and should you happen to run out of sugar, you can drop by and get some, completely free of charge.

-  Market: Ingerslevs Boulevard 1, 8000 Aarhus C
Nabo Kiosk: Ingerslev Plads 1a, 8000 Aarhus C
-  Market:
Wednesday and Saturday: 10 am - 2 pm
Nabo Kiosk:
Monday-Friday: 8 am - 6 pm
Saturday-Sunday: 8:30 am - 6 pm
-  Free
-  www.visitaarhus.com



SHOPPING



Frame & Work

REUSE

REUSE offers free interior items and furniture which their former owners no longer wish to use.

📍 Jægergårdsgade 170, 8000 Aarhus C

🕒 Monday-Sunday: 12 am - 5 pm

🌐 www.kredslob.dk

THE BASEMENT

An interior design shop – for hardcore geeks. Everything in the shop is hand-picked with an eye for contemporary trends, especially within lamps, tables, chairs, etc.

📍 Frederiks Alle 64, Aarhus C

🕒 Thursday-Friday: 12 am - 5 pm
Saturday: 11 am - 3 pm

📷 [@thebasementdk](https://www.instagram.com/thebasementdk)

MÖ & FLÖS

A second-hand shop run by young members of Kirkens Korshær (DanChurchSocial). The shop's concept is to follow the latest trends with upcycled and redesigned second-hand clothing.

📍 Mejlgade 19, 8000 Aarhus C

🕒 Monday-Friday: 11 am - 4 pm

📷 [@moflosgenbrug](https://www.instagram.com/moflosgenbrug)

BOUTIQUE SOUL SHINE

Second-hand shop offering mainly clothing and shoes, and a social "non-profit" project with a social, health and environment policy objective.

The profits from all Soul Shine's projects are reinvested in the projects or in other social and locally anchored projects. You can also visit their café in the backyard.

📍 Graven 24 (the backyard), 8000 Aarhus C

🕒 Monday-Friday: 11 am – 5:30 pm
Saturday: 10 am - 4 pm

🌐 www.soulshine.dk

PRAG

One of the most well-known second-hand shops in Aarhus, often presenting new trends and colourful outfits.

📍 Nørregade 55, 8000 Aarhus C

🕒 Monday-Friday: 10 am - 7 pm
Saturday: 10 am - 6 pm
Sunday: 11 am - 6 pm

🌐 www.pragcopenhagen.com/



Photo990

RAA

A no-packaging grocery store where you can buy organic products sold loose. Bring your own containers or use the shop's free paper bags.

When you buy products loose and put them in your own containers, you save packaging and avoid buying more than you actually need, which helps to prevent food waste.

- 📍 Badstuegade 17, st. th., 8000 Aarhus C
- 🕒 Monday-Friday: 11 am - 6 pm
Saturday: 10 am - 5:30 pm
- 🌐 www.raa-aarhus.com

GRUMS

A local business that explores and creates high quality, sustainable skincare products with local coffee grounds from La Cabra Coffee Roasters in Aarhus.

- 📍 Mejlgade 49, 8000 Aarhus C
- 🕒 Monday-Friday (except Wednesdays): 10 am - 5 pm
- 🌐 www.grumsaarhus.com



📷 Helle Arensbak

LAKOR

Clothing store where almost all the clothes are made from 100% recycled materials, among other recycled plastic bottles.

For every LAKOR product sold, a Mangrove tree is planted in Madagascar. The Lakor store has a deposit system, so when your Lakor clothes become worn-out, you can bring your old clothes to the store and get a discount on new clothes – your old Lakor clothes will be recycled.

- 📍 Graven 25, st. tv., 8000 Aarhus C
- 🕒 Monday-Friday: 10 am - 6 pm
Saturday: 10 am - 3 pm
- 🌐 www.lakor.dk

MIDTBYENS GÅRDBUTIK (ENG. THE DOWNTOWN FARM SHOP)

Midtbyens Gårdbutik is an organic farm shop and café near Aarhus K. The shop is located on Institute for X's premises behind the old freightyard Godsbanen.

The shop sells organic ingredients collected directly from local farmers. Any unsold ingredients are used for cooking the food served to the guests, such as sandwiches, different types of juice and N'ice Cream (that is, ice cream made from 100% fruit).

- 📍 Skovgaardsgade 5c, 8000 Aarhus C
- 🕒 Monday-Sunday: 10:30 am - 5 pm
- 🌐 [Facebook](https://www.facebook.com/midtbyensgaardbutik)



📷 Frame & Work



📷 Grums

Within 14 hours you can reach Aarhus by train from a great part of Europe - Munich, Amsterdam, Brussels, Frankfurt, Prague, Paris, Berlin and Vienna

Accessibility



Billund Airport

- The second largest airport in Denmark
- 84 direct routes & 540 one-stop destinations to the world.
- Amsterdam, Paris, Frankfurt, Warsaw, Brussels, Barcelona, Copenhagen, and Istanbul e.g.
- Transfer time: About 1 hour to Aarhus city centre

Aarhus Airport

- 26 direct routes
- London, Munich, Stockholm, Milan, Oslo, Copenhagen, and Malaga e.g.
- Up to ten daily flights each way to/from Copenhagen Airport.
- Transfer time: 30-40 minutes to Aarhus city centre

**WELL CONNECTED
VIA AIR, RAIL AND ROAD**

CONTACT

 theoceanraceaarhus.com

 toraarhus@aarhus.dk

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