Welcome to a beautiful landscape at Ängslyckan in the historic area of the Vendel and Viking eras. We are located at the bird-rich lake of Vendel, only 40 km north of Uppsala, in a genuine rural setting. Ängslyckan offers a unique combination of traditional bread and food in a biodiversity rich landscape.

**Enjoy our historic meal:**
A blend of historic dishes from the Vendel and Viking eras with a variety of authentic foods including roast pork, skyr with wild herbs, roast turnips, traditional cheese, smoked herring, old grain & fruit porridges and traditional bread, including the Viking drink mead.

Choose from following activities:
1. A fascinating presentation of the global and Swedish history of bread, combined with tasting a variety of ancient and traditional breads.
2. A guided bird walk in the garden by lake Vendel’s birdlife in nature-based pastoral land.
3. A short baking course/activity – sourdough bread, traditional Swedish “knäckebröd” (thin bread), outdoor Viking bread baked over an open fire. Mill your own flour by hand and learn more about ancient grains.

**Activity facts**
- **Type of company:** Bird walks, bread baking outdoors or in bakery, try it yourself, small shop
- **Location:** 40 km north of Uppsala
- **Duration:** Meal + one activity 3 hours, Meal + two activities 4.5 hours
- **Season:** April - June, August - October
- **Target group:** 40+ groups with interest in historic food, bread baking and bird watching
- **Min/max no. of participants:** 8 - 20

**Level of activity/previous knowledge required:** None

**Language:** Swedish, English.

**Contact details**
- **Name of company:** Ängslyckans Café & Bakery
- **Contact person:** Karin Gerhardt: Bread historian & baker, sustainability researcher at the Swedish University of Agricultural Sciences.
  Nature guide and ornithologist, Anders Arnell
- **Phone:** +46 769 43 05 43
- **Email:** angsllyckanscafe@gmail.com
- **Web:** angsllyckanscafe.n.nu