

Exercising outdoors in Älmhult

Aktivitetshuset is a meeting place and spare time hub for IKEA co-workers and their families.

Our webpage is packed with tips, activities and exercising videos you can enjoy all year round.

At Aktivitetshuset you can for example meet and spend time over a cup of coffee, work out at our gym, play squash or have fun in Multihallen among other things. We have something for everybody!

Many of our events and workshops, as well as our restaurant and bakery are also public and open for everybody who wants to join, not only IKEA co-workers!

Walk & Talk paths

Sometimes it is the small changes in your everyday that makes the big difference, like going for a walk.

Enjoy two marked- up paths around Älmhult. One that takes just about 5 minutes and one that takes about 20 minutes.

You can find more information on our webpage.



Scan the QR code to get the map in both digital and pocketsize format. Print it or have it on your screen!



Follow the hearts when you walk-and-talk.

Haganäsparken

Haganäsparken offers a smorgasbord of activities. You can enjoy the jogging tracks and the kids can enjoy the adventurous playground area.

Or bring a racket for some showdown in the tennis court! There is also a massive disc golf court that you can enjoy together with family and friends.

In Haganäsparken you also have the chance to lift logs and pretend you're Tarzan in the outdoor gym.

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Enjoy the refreshing effects of bathing in Möckeln after your workout.

Möckeln lake

Not far from Västra Bökhult you can find the lake Möckeln and Sjöstugans camping which is increasingly attractive as the temperature rises.

Here you have everything from beaches to beach volleyball and the possibility to rent a canoe.

Bökhult tracks

Starting at the big playground in the newly developed Västra Bökhult area, you can find two marked out tracks. The hill close-by gives you the perfect interval training. The area also has great possibilities for a cycling trip.

Klöxhult

In the scenic Klöxhult area, you will find both jogging tracks and a marked out culture path.

For the athlete, there is an outdoor gym in addition to the tracks that will surely leave you sore the day after.

Klöxhult, which is also the headquarters of the orienteering club OK Älme, will guarantee you a lot of small paths for the perfect cross-country running.



**Scan the QR
code for more
information**

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