

# Danish naturism

**Ever fancied a naturist holiday in Denmark? Admittedly, it's probably not your first impulse, but give it a second thought. It is close. It has beaches, heaths, bogs and woods – not to mention sea, inlets and lakes. It has established naturist campsites, naturist beaches and naturist activities across the country. And the climate in the summer months is lovely and perfect for leaving the clothes behind! Else Marie Lehman toured the Scandinavian country to offer *H&E naturist* readers the bare highlights.**

## Naturists in Denmark

Danish naturists come in as many shapes and sizes as naturists do anywhere else. Some are organised into national or local organisations, whereas others practise their passion alone in the backyard. The main tendency nowadays, however, is a growing interest and participation from younger people in their 20s and 30s, so the stereotypical image of a naturist as a middle-aged man wearing sandals is about to be profoundly challenged.

Danish naturists have a couple of national organisations that they can join, and most regions in the country have local groups that organise activities and social networking for those interested. It is also these organisations that work to disseminate knowledge and educate the general public about naturism.

Rules and regulations are not worries to Danish naturists. Denmark does not have a specific law that states what naturists can and cannot do. And in practice, only few limitations to the practice of naturism exist. For instance you can bathe naked at most beaches across the country – unless signs specifically tell you otherwise, which in practice only excludes a few places.

The rule of thumb when practising naturism in Denmark is to be considerate and act thoughtfully. Respect your surroundings, do not cause offence – and you will be safe.

## Naturist campsites

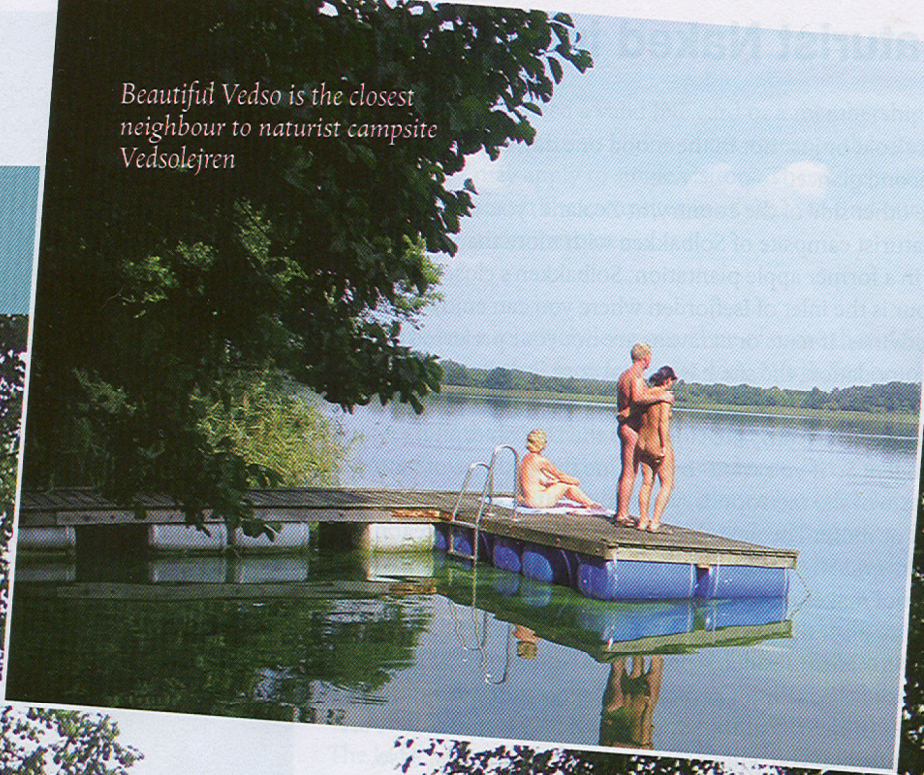
If you are looking for naturist accommodation where you can get back to basics, head for the naturist campsites. They are situated across the country and vary in size as well as location. They provide all the modern campsite facilities that the comfortable camper would want and are located in lovely countryside surroundings, allowing you to be close to nature and away from prying eyes.

Right beside the idyllic lake Vedso in Jutland (close to the city of Viborg) is Vedsølejren. It is the smallest – and oldest – of the Danish naturist campsites with just over 30 pitches. Among the pastimes on offer here is a morning swim in the lake, pedaloes and fishing. Campers are urged to leave clothes in their tents, but





Beautiful Vedso is the closest  
neighbour to naturist campsite  
Vedsølejren



Permanent residents  
Michala and Jacob enjoying  
the view of Vedso



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if you are cold or just not in the mood one day, nobody will give you a second glance.

At the other side of the country, at Zealand, you will find the larger naturist campsite of Solbakken with more than 100 pitches located in a former apple plantation. Solbakken's closest neighbour is the inlet of Isefjorden where you can enjoy most water activities. If tents or caravans are not your preferred form of accommodation, the site has several cosy little cottages for rent.

Tysmosen is the campsite closest to the Danish capital Copenhagen. So if you want to combine the cosiness of nature with a taste of the metropolis, you may want to stay here for a few days or more. The next door bog (Tysmosen) is a great place for bird lovers. The site has no seaside or lake nearby, but a heated pool makes up for this. A sports ground, petanque court and bonfire place are also among the facilities here.

Local permanent residents praise the cleanliness and good conditions of the facilities at the Danish campsites. Many even go so far as to claim that the standards and atmosphere here are way beyond what you will find at the textile campsites. Also, they are particularly proud of the thoughtfulness and willingness of people to help each other that permeate the campsites. The pleasant and casual atmosphere is why they come back again and again.

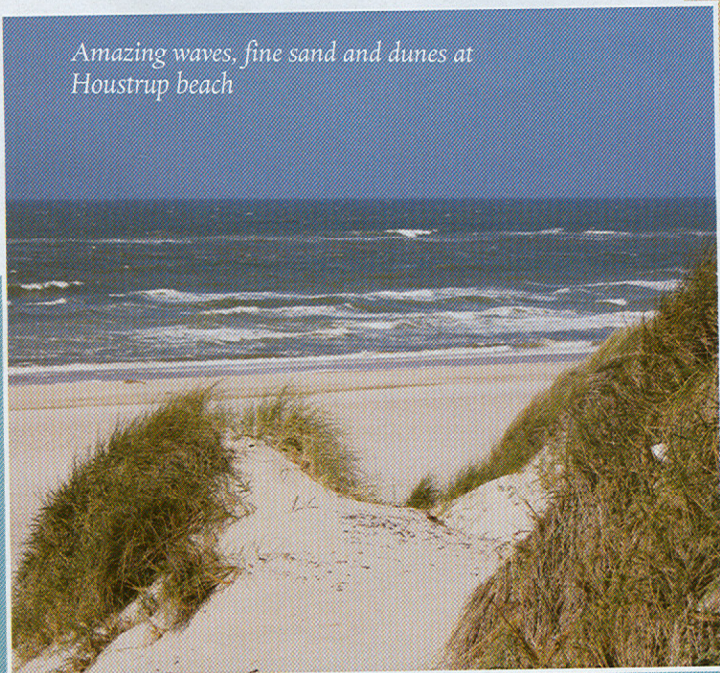
At all campsites across the country you will find permanent residents as well as visiting guests from Denmark and abroad. If you are in the mood for company, communal activities are arranged at most sites. Communal cooking and eating, bonfires and various sports tournaments are among the most common activities that you will find – but in practice all ideas are welcome and anything can happen.

More campsites can be found across the country. In Jutland, you can find the NFJ Naturist campsite in the north (Kysing) and Lyngboparken on the west coast (Henne). If you want to stay in the middle of the country, the island of Funen offers naturist camping at the Lillebaelt (Middelfart) and Bojden (Bojden). Be

*Grenaa beach is perfect for a relaxed afternoon, recommend Troels and his dog Baloo*

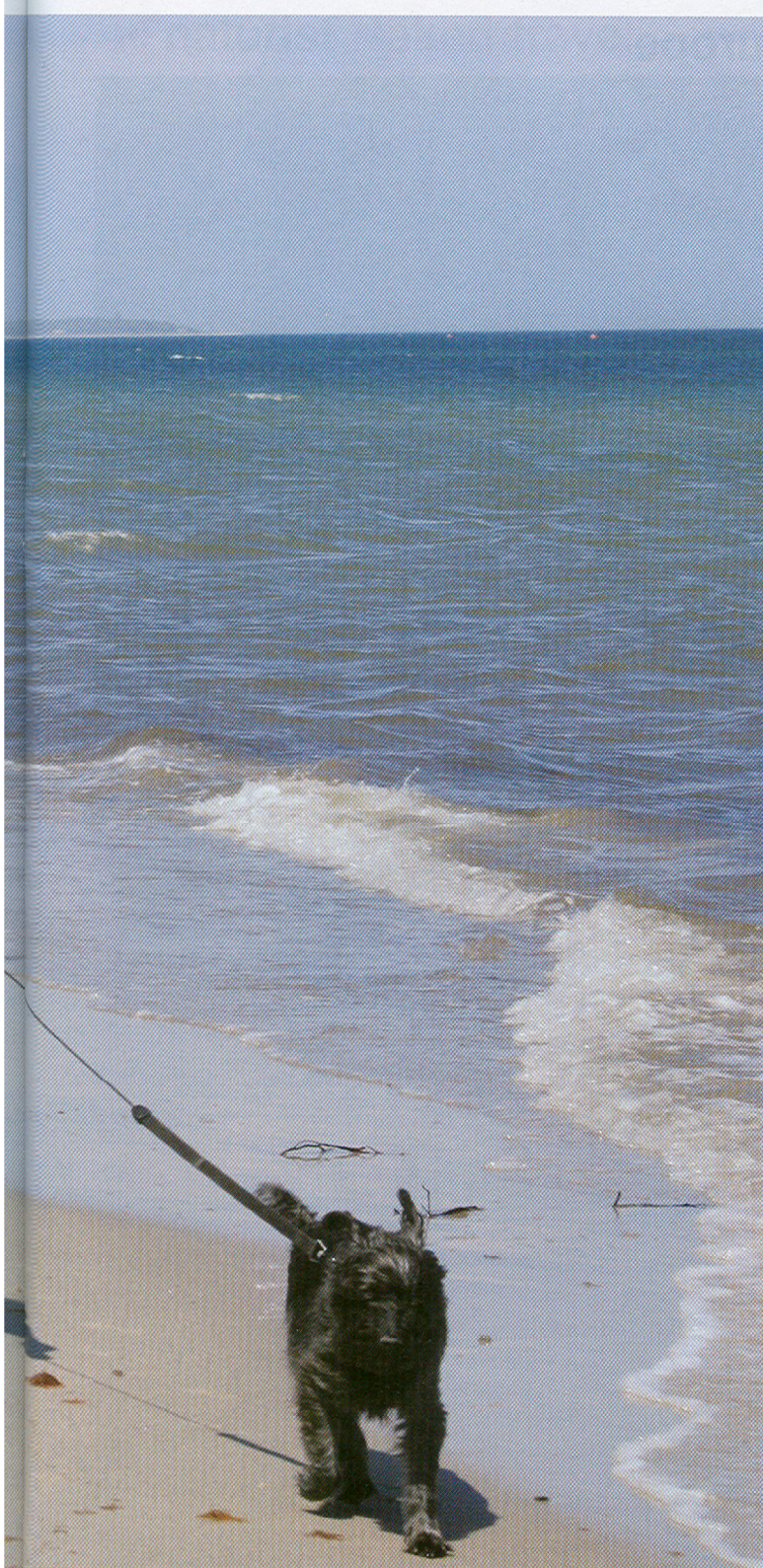


*Amazing waves, fine sand and dunes at Houstrup beach*



For further details, try the following websites:  
[www.visitdenmark.dk](http://www.visitdenmark.dk) (the Danish tourist organisation)  
[www.dansknaturistunion.dk](http://www.dansknaturistunion.dk) or [www.naturister.dk](http://www.naturister.dk) (the two national Danish naturist organisations)  
[www.strandguide.dk](http://www.strandguide.dk) (for information about Danish beaches)  
[www.dmi.dk](http://www.dmi.dk) (for weather details and forecasts)





aware that you do need a valid INF card or a membership card from the Danish Naturists Union to get access to the sites. And specific rules may apply to single visitors. Therefore it is advisable to contact the campsites in advance to find out just what their requirements are.

### Beaches

Denmark has a relatively long coastline of more than 4,500 miles. The country is famous for its wide North Sea beaches of fine sand and large belts of dunes that provide warmth and shelter from the wind. The powers of the North Sea can be overwhelming and demand respect and care, but if you feel adventurous and are not afraid of a somewhat cold skinny dip, it will be a thrill. Houstrup beach, close to Lyngboparken, is a dedicated naturist beach where you can get a great taste of what the Danish North Sea is all about.

Those who are not entirely comfortable with the waves of the west coast will probably prefer the east coast. Grenaa beach is a mini version of the North Sea beaches with its small dunes and sand, but its waters are much calmer and even slightly warmer. The local naturists park at Katholm Strandvej and hang out at the southern part of the beach.

Situated at the southern part of Hans Christian Andersen's fairytale island, Funen, is the picturesque Thuro with Thuro Rev. From here you can see the islands of Langeland and Taasinge – and some days even the Storebaelt Bridge that leads to Zealand. This place is known to be a naturist beach, so nobody will take notice of you slipping out of your clothes. You will find naked peers as well as dressed locals here. Mostly, Thuro Rev is not crowded and therefore offers the perfect amount of privacy.

### Much more to do

You will probably want to get in touch with the local organisations in the areas that you wish to visit to learn about any activities that will be on offer while you are there. Participating in these will give you an opportunity to meet local naturists and get a taste of the Danish "hygge" (the particular cosy atmosphere that Danes appreciate above all). Indoor activities are planned year round. Some may require membership, but most often naturist guests and newcomers are more than welcome if they announce their intentions in advance.

Swimming and wellness events are among the most popular naturist activities across the country. They take place at public baths at frequent intervals. During these you will be able to

#### Facts about Denmark:

Denmark has a population of 5.3 million people and an area of 16,640 square miles. It has a relatively long coastline of 4,500 miles.

Greater Copenhagen area counts 1.1 million inhabitants. The capital is also the home of the Queen and the Danish Parliament.

Danes speak Danish. Communicating in English is not a problem, though. However, learning a few Danish phrases (like "tak" for thanks) is recommended.

The Danish currency is kroner and oere. 1 krone equals 100 oere. The abbreviation for kroner is kr, or when used in an international context DKK or DKr. The Euro has not been introduced in Denmark, but in some places (especially in Copenhagen) it will be accepted anyway. At the current rate of exchange, 1 GB£ equals approximately 11 kroner.



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enjoy swimming, heated pools, sauna and other facilities in a relaxed atmosphere with like-minded people. Textiles are not allowed during any of these events. Some of the places where indoor swimming can be found are Frederiksberg Svømmehal and Hellas – a privately owned naturist bath in Eastern Denmark, near Copenhagen – and Slotssobadet in the Western part (Kolding). Always contact the baths and book your visit in advance, since you will most likely need to register to participate.

## Weather

The Danish weather is mild and resembles the London climate a lot. July and August have daytime temperatures of about 20°C-23°C and are the warmest months. May and June have the most sunshine hours, so this is often when the local naturists come out of their shells and start flocking to the campsites and beaches. Sometimes the weather allows outdoor naturist activities as early as March and April and into September, so there is still plenty of time to plan and get over there this season. Bon voyage!



## Advertisement feature

# Summer in Sweden

Just north of Denmark is another naturist-friendly Scandinavian country – Sweden. Well worth a visit to sample the hospitality of its friendly natives. To the south of the country – midway between Stockholm on the east coast and Oslo to the west of Sweden – lies one particularly pleasant naturist campsite that remains a firm favourite with visitors from around the globe, year after year.

Set in beautiful, natural surroundings, close to the historic town of Nora, Gustavsbergs Camping offers a relaxing environment for holidaymakers, with generously sized camping sites for caravans, pitches for tents, and rooms or even whole cottages for rent. Facilities include free hot water for showers and dishwashing, a campers' kitchen, activities such as swimming, sauna, volleyball, table-tennis, boules and fishing, plus entertainment on many weekends throughout the summer season.



## Family naturist camping site, beautifully situated on Nora Lake

All are cordially welcome to visit us, to rent a cottage/room, camp, swim, sunbathe to learn about naturism in a natural way, in the right environment.



**Gustavsbergs  
Camping**

Box 86, SE-713 32 Nora, Sweden  
Telephone: +46 73 642 52 82  
[www.gustavsbergscamping.com](http://www.gustavsbergscamping.com)

As a result of the hard work of many members over the years, the Gustavsberg site has had a continuously positive development and is today one of Sweden's most beautiful and well-managed naturist campsites. Work to equip and improve buildings and the outdoor environment is ongoing, ensuring that it remains in tip-top condition whenever you decide to visit.

As July and August is the high season, it is strongly recommended to book your holiday in advance. See the advert on this page for contact details.