

Trips and Sights around Årjäng



Trips and Sights around Årjäng





The troll is 8 meters high and his feet are 3,5 meters long.

Welcome to Årjäng

If you are looking for adventure, you have come to the right place! Årjäng and its beautiful surroundings has something for everyone. How about canoeing in our unique lake system, taking quiet walks in our fantastic nature or challenging yourself in Glaskogen Nature Reserve, the choice is yours. We can also offer you a different way to travel: welcome to ride a trolley between Bengtsfors and Årjäng.

Fishing and sports

Whether you are an experienced angler or just looking for relaxation, fishing suits almost everyone. We cannot guarantee a catch, but with 1000 lakes the chances are pretty good. Golf fans can look forward to a beautiful 18-hole course and for our sporty guests there is a tennis court, a gym and illuminated ski and jogging trails. Årjäng even has its own trotting track!

In the middle of everything

Located in the south-west of the Värmland region, between Oslo and Karlstad, the municipality of Årjäng is just a 3-hour drive from Gothenburg. It has about 10 000 inhabitants and consists of the villages Årjäng, Töcksfors, Lennartsfors and Svensbyn.

A wide range of companies

Crafts and the manufacturing industry have a long tradition in Årjäng. Especially the production of advanced products for the electronic and mechanical industry.

A friendly troll

The landmark of our town is a friendly smiling, huge troll. Based on an idea by the popular Swedish entertainer Thore Skogman, the troll was designed by Erik Hermansson and built by Arvika Plastindustri together with other companies.

In the summer of 1972 the troll was finished and since then not only the children enjoy it (they can use the troll tail as a slide) but also all residents and visitors.

Information - visitarjang.se

Holiday planning is almost as much fun as being on holiday! So if you would like to learn more about our sights, activities, events or accommodations, please take a look at the English version of visitarjang.se.

You can also follow us on **Facebook** for tips and inspiration. This page is only in Swedish.

Our tourist operators also have brochures and the staff have good knowledge of the sights and activities in the area.

At the **Shopping Center in Töcksfors**, you will find a shelf with lots of tourist information.

You can reach us **Monday-Friday** from 9 a.m. to 4 p.m. on +46 (0)573-141 36. Or send us an e-mail to: turist@arjang.se

We wish you a pleasant holiday in the friendly, beautiful municipality of Arjäng!

Welcome to our Info Points. Here you find a selection of tourist brochures about our area and you can get personal tips for your stay in Årjäng.



**Hotell Årjäng
ICA Sillerud
Nära Dej Östervallskog
Bergstugan Lennartsfors**



Silbodal/Årjäng

Silbodal is a parish in the municipality. It stretches from the shores of lake Västra Silen to the forests at the border to Glava. Silbodal is first mentioned in year 1396.

1. The nature reserve Tegen

Southeast of Årjäng lies the nature reserve Tegen. The meadow flora is very rich and the remains of farmyards, cairns and roads testify to the small-scale and varied agriculture of the old days.

2. The Silbodal Homestead Museum

Consists of a manor house, a store house, a baker house, a barn, a wood shed and a soldiers croft. All the buildings have been moved here from other locations. The manor house is a two-storeyed house from Görnsbyn in the parish of Holmedal. The ground floor is from the 18th century. The staircase, built of boards on the gable, is characteristic for this area. You can also see furniture, tools etc there. A memorial to the local homestead investigator Edvard Rönnfors can also be seen here.

3. The Old Court House of Långelanda

This is the oldest courthouse in Sweden. It was built during 1801-1804, and was in use until 1935. Next to the court house there is also a small prison- and archive building. The interior is interesting partly because in the courtroom the judge sits opposite the semicircular bench of the jurymembers.

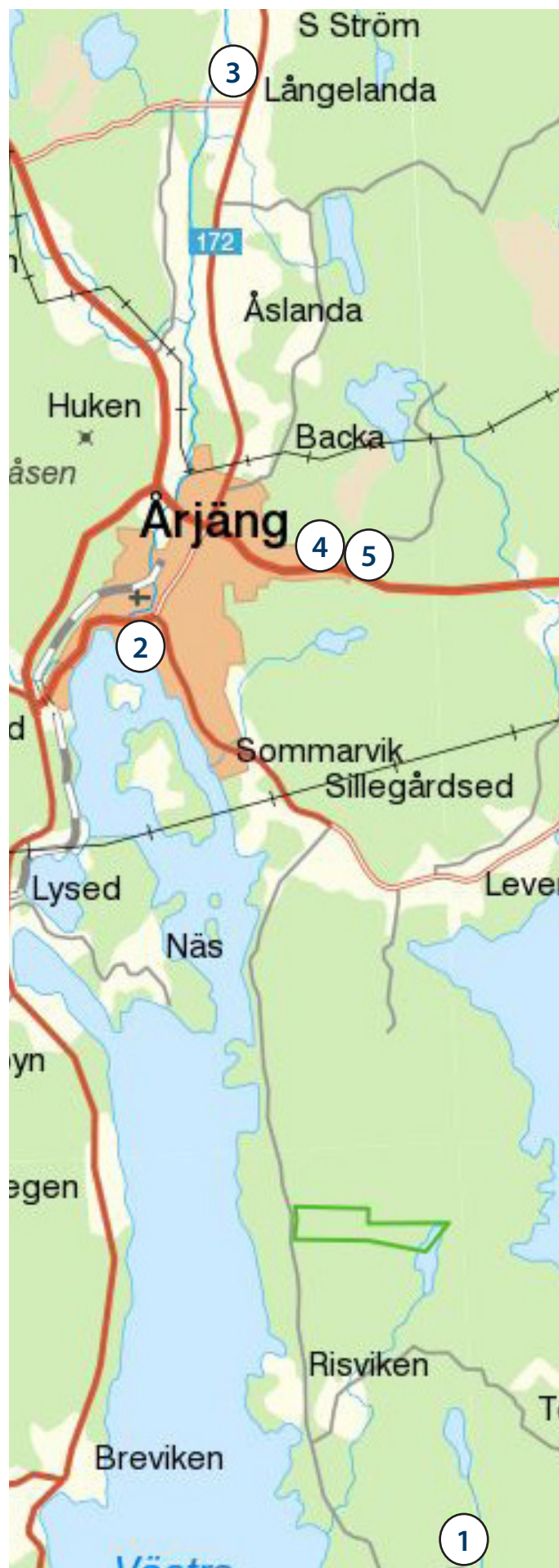
Along the main street in the village Långelanda you will see many well preserved houses, in which the judge and the members of the law were accommodated during court sessions, which sometimes could go on for weeks.

For the entry code, please call:

+46 573 141 00 or +46 573 142 85

Famous Murder Trial

In the middle of the 19th century a very famous trial was held against a vicar of the Silbodal parish. He was accused for having murdered several of the poor parishioners by poisoning the sacramental wine. He was found guilty and sentenced to death, but committed suicide before the execution. His motive: He thought that his victims were a burden to his parish.





4. Årjängstravet - The Trotting track

In Årjäng you will find one of the most beautiful trotting tracks in Sweden. Every year there are several racing days arranged here, the peak of which is the V75 race in July. In Årjäng trotting is not only a sport, but a mere lifestyle that has put its distinctive character to the whole district. It is customary that whole families go to the trotting races for an outing.



Popular Race Days

The second week of July each year is the absolute trotting highlight on the tracks, Stortravet with doubles on Friday and Saturday and on Saturday it is V75 and Årjängs Stora Sprinterloppet with about 10.000 visitors. Stortravet is part of the horsepower weekend which is a festival over several days with veteran car shows, rally sprint and trot.

5. Nordiska Trvmuseet

The Nordic Trotting Museum is run by a non-profit association. It is the only trotting museum of its kind in northern Europe and was opened in 1998. Here you find the Hall of Fame with a large number of national and nordic trotting stars and a collections of coachmen dresses, a library connected to harness racing, a museum shop and a cafeteria.

Did you know...

- U Six professional trotting coaches work at Årjängstravet, together they are responsible for about 120 horses.
- U Årjängstravet also has 100 hobby coaches working with about 230 horses.
- U There also is a very popular trotting school with allmost 90 trotting beginners.
- U Ponnytravet is the name of the junior section with about 30 active kids.
- U Arjäng can even boast a world champion: Callit, who won the World Championships in the USA in 1987, and with a Deby winner: Gazza Degato, who won the Derby at Jägersro in Malmö in 2004.



Sillerud

Sillerud is the largest parish of the municipality of Årjäng. It offers a beautiful and varying landscape. North from the E18 you will find forests dotted with placid lakes and tarns, many of which are situated within the Glaskogen Nature Reserve. To the South from E18, towards the lakeside of Östra Silen, you will travel through a settled countryside of small holders with villages, farms and crofters cottages. Furthermore, the beautiful Dalsland Canal stretches its north-eastern branch into Sillerud at the locks in Krokfors.

1. The Water Tower in Sandaholm

In Sandaholm you may visit the water tower. This is a relic from the years 1928-1954, when the railway connected the town of Åmål with Årjäng. At that time the trains were pulled by steamlocomotives that needed to refill water two times on their 69 km long journey.

2. Playing Golf in Årjäng

Årjäng's Golf Club offers an 18-hole course. It is beautifully situated at the lake Svensbysjön 10 km east of Årjäng. The course has a club house with a restaurant.

3. Ture Alfredsson

Ture Alfredsson, a small holder in the village of Gängene who was born in 1896, produced several remarkable sculptures. Ture was a man who never threw anything away. Instead he created new things from all his collected material.



4. Silleruds Station - ICA/Shop/Hotel

Restaurant/cafe, an interior shop and a little hotel that offers accommodation in beautiful former railway sleeping carriages.

5. Silleruds Hembygdsgård

Silleruds Old Homestead Museum was built in Snarkil in 1812. In 1947 it was moved to Svensbyn in the same parish. The second floor was built in 1858. Besides the main building there are barns from Egenäs and a store house from Häljebyn as well as a cottage from the vicarage of Sillerud. The homestead museum of Sillerud has several objects which belonged to the famous preacher and missionary Peter Fjellstedt (1802-1881).

6. Gerds Sjösala

Here you can find exhibitions of Gerd and Anna Wahlström's ceramic products and other artists' works. One of Gerd's specialities are Engobe paintings on pottery. She has also makes a Sillerud candlestick, which is a nice souvenir to bring back home. Recently boutique AnnaMaja, selling cloths for children and women, moved in. Sjösala is beautifully situated at lake Svensbysjön.

7. The Church in Sillerud

The church in Sillerud is a white stone church and was built in 1888. It is remarkable because of its octagonal form. The clock tower is placed in the center and surrounded by four small side towers. There are only a few similar churches in our country. The architect is C. V Langlet.

8. The Old Church Yard in Sillerud

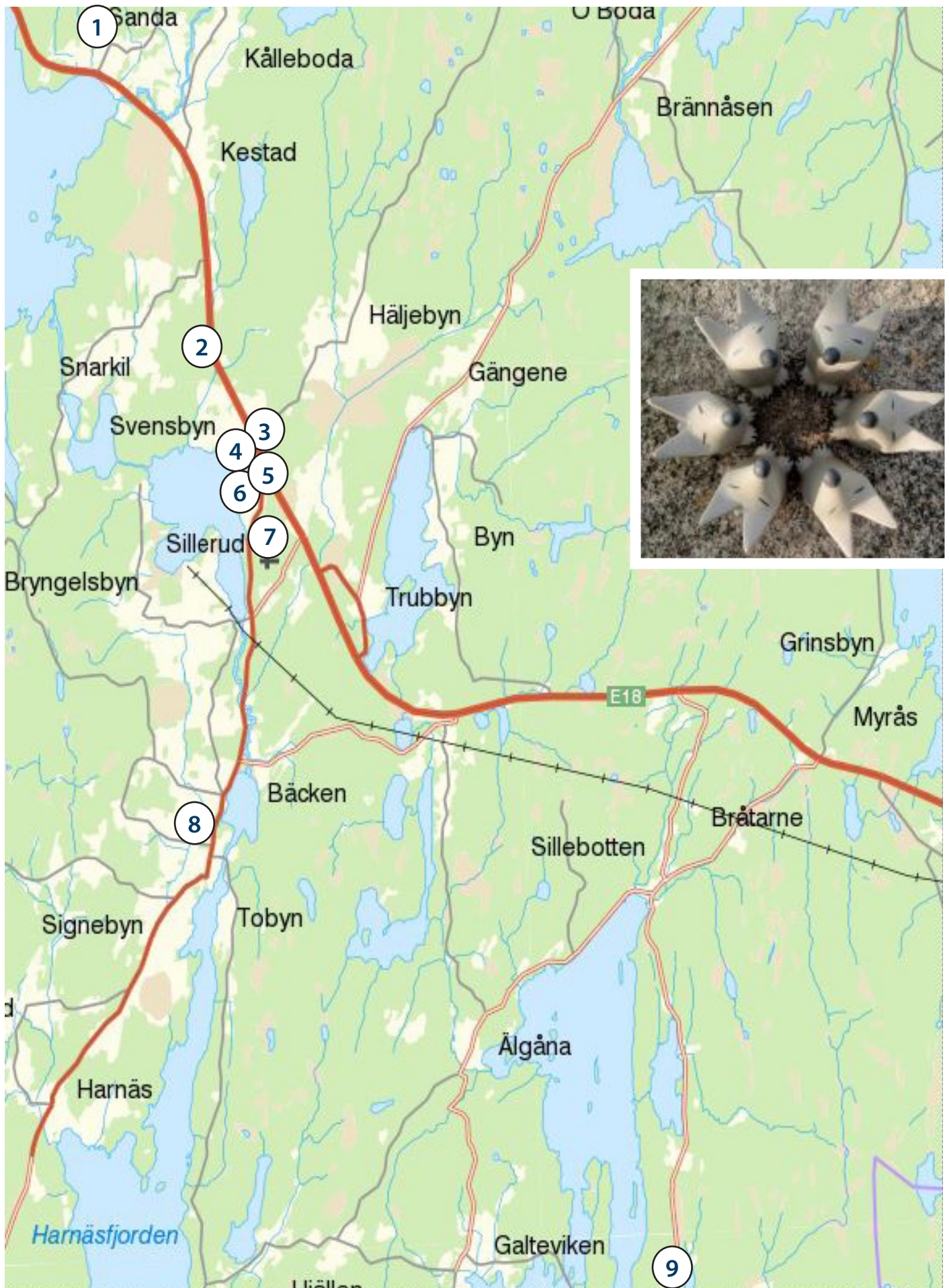
The old church in Sillerud was designed by the former vicar Olav Dahle and was situated here until 1891. A campanile was built in 1970. The bell, dated 1662, comes from the old church. The campanile has a timer that makes the bell toll at 6.30 p.m. every summer evening. It is also a beautiful spot. The old church yard is cared for and is also used for outdoor church services.

On the south side of the wall there are ancient graves from the Iron Age. These can however be difficult to find.

9. Welcome to Studio Skogen

Here Ylva Lundin Andersson, has her own production, exhibition and sale of ceramics and pictorial art. Please call before visiting.

Sillerud



Blomskog

Blomskog is situated between the lakes of Västra Silen, Lelång and Stora Le. The area is known for its large number of lakes and lake systems. Many ancient remains have been found and that indicates that the area was inhabited at an early age.

Population statistics of the parish shows that Blomskog had a population of 2200 in the 1880:s. After this it began to drop, primary due to famines, unemployment and immigration to America.

1. Borgåsgubben (The Borgås man)

In Källtegen you will find Borgåsgubben, a stone statue which can be seen widely around, rising more than three meters high, on top of the small mountain Borgåsberget. Nobody knows for sure when and why it was built but a common belief is that it was built by soldiers stationed in the area during the war against Norway under the reign of Karl XII. Borgåsberget is unusual in the sense that its standing free, surrounded on all sides by plain farmland. To celebrate the millennium, the inhabitants of Blomskog gave the man a wife on the opposite mountain - Stenfrun (The Stone Wife). A hiking path connects the two Statues.



2. The Village of Källtegens/Amerikabrevet

The buildings of Källtegens village are all of old age and are used as background scenes in the play "Amerikabrevet" (The letter from America), a local play about the immigration to America. The play is based on letters written by Anders Nilsson who had left Blomskog for America in 1866. The Story is built on those letters. All the actors are locals.



3. The Church of Blomskog

The present church was built in 1929. It is a white plastered nave building with slate roof and it has a tower with a copper roof rising 30 meters above the ground. The sanctuary has a triptych with paintings made by the artist Olle Hartsberg.

From the entrance to the church there is an impressive view of the new and old cemetery with the beautiful lake Blomskogstjärnet in the background.

4. The Parish Store House

The parish store house is situated in a pine grove next to the Blomskog Parsonage. The purpose of this storehouse was to store grain, usually oats, for the poor people of the parish in bad times.

Blomskog



5. Valekullen & Ofredsboa

In times of war or trouble, fires were lit on the hill Valekullen to warn the inhabitants. From here you have a wonderful view over the settled country and over four lakes. Ofredsboa is a place with small caves. In times of war between Danmark, Sweden and Norway, children and women hid in these small caves surrounded by woods. There is a walking trail to Ofredsboa and Valekullen.

6. The Flour Mill in Ed

The first mill in the rapids of Ed was built in the 18th century. It was destroyed by fire in the 1880s. A second mill was built at the same location. It was used to grind both cereals and fodder. Some of the old equipment used back in the old days can still be seen at the Ed flour mill. There is also a small power plant in Ed.



Lennartsfors

As early as in the 16th century there was a water mill in Ränkeforsen. There are notes from the 17th century regarding a saw mill driven by waterpower. Lennartsfors became the name of the place in 1839 when Lennart Ugglå together with Gustaf Ekman was licensed to establish an ironwork in the area. The output of the ironwork included a variety of products such as: boats, mortars, pots and pans, etc. The ironwork was shut down in 1877.

In 1886 Lennartsfors flourished again as one of Swedens first wood grinding industries was established here, on the initiative of Niklas Biesert.

1. Shell gravel embankments

At Sandviken, about 5 km southwest of Lennartsfors by the lake Stora Lee, there are shell- gravel embankments of great scientific value. They are 130 m above sea level and the highest situated shell-gravel embankments in western Sweden.

2. The church in Trankil

The Church in Trankil, most probably medieval, is standing beautifully on the waterside of the lake Lelång. Here you will find several interesting items such as a 13th century baptismal font in soap stone. Above the font, on the shelf on the south sanctuary wall surrounded by candles, is a linden Madonna sculpture, also from the 13th century. There are also other objects which may be of interest.

S3. Lundvie Keramik

Lundvie produces small series of utility goods in lead-free stoneware of high quality with a plain and simplistic design, with the old pottery tradition as a basis.

4. The lock in Lennartsfors

The locks have been in service since 1868 and they are "burst into the mountain". The lock stairs consists of three locks with 7,5 m difference in level. Above the lock stairs there is a bascule bridge which crosses the canal.

5. Amundserud in Lennartsfors

The name of the homestead museum in Lennartsfors is Amundserud.



6. Lapp-Elisa Quilts

After a couple of years as a quilt collector, Lapp-Elisa decided in 2001 to start her own quilt-shop on the internet. Lapp-Elisas Quilts lies in the center of Lennartsfors, in the old school beside the guest harbor.



7. Gitta's workshop

Unique craft in both design and technique. Gitta weaves shawls and gobelins and paints pictures with a special tempera technique. All her products are unique. The shawls are made of silk, mohair and other especially chosen materials. The shawls are available in a wide range of colours. You can also order your own shawl in your desired material and colour. The

Swedish nature is a big source of inspiration for Gitta in both design and colours. Gitta and her husband also create beautiful wooden bowls, candlesticks and elks.

Töcksfors/Västra Fågelvik

1. Farm Museum "Ögårn" in Dusserud

This old farm dates back to 1819 and is now a museum. Here you can see how the people in this area lived 100-150 years ago. The farm with farmhouse and barns stands exactly as it was left in 1957, when the last owner Maria Stina Aronsson gave it to Västra Fågelviks congregation on the condition that it will be preserved and held as a museum.

In the farmhouse you will find lots of old furniture and other inventories and on the second floor you'll find a typical clothes chamber with beautiful old costumes. The shed is filled with old tools and objects used back in the days. On the door we can still see crosses painted with tar to protect the inhabitants against evil. The oldest house on the farm is the barn from 1777, the stable and cow shed and pigsty dates back to the beginning of the 19th century.

2. Töcksmark's old wooden church

At the beginning of the 19th century the old church was so dilapidated that it had to be replaced with a new one.



In 1819 the new church was built in the same place as the former and with the same layout; a cruciform church which was the common type of churches in Värmland in the 18th century. Inside the church there are ceiling paintings and an altar which top is from 1730 and the lower part from 1822. The baptismal font is an unusual type from the middle of the 12th century made of soapstone. The font is one of the oldest in Värmland. Among other things there is a chalice in the church from the 14th century. Even the old church stables which are still existing and well worth seeing.

3. The Nordmarksstugan Homestead Museum

The museum consists of a manor house, a small timbered cottage and a barn used for flax drying. The buildings have been moved to their present location, the manor house from Tomta in Östra Bön and the barn from Ivarsbyn. The small cottage was built on site in 1912, because more storage room was needed. The Nordmarksstugan Association which administer the buildings has collected a good sample of old things and tools from the surroundings.

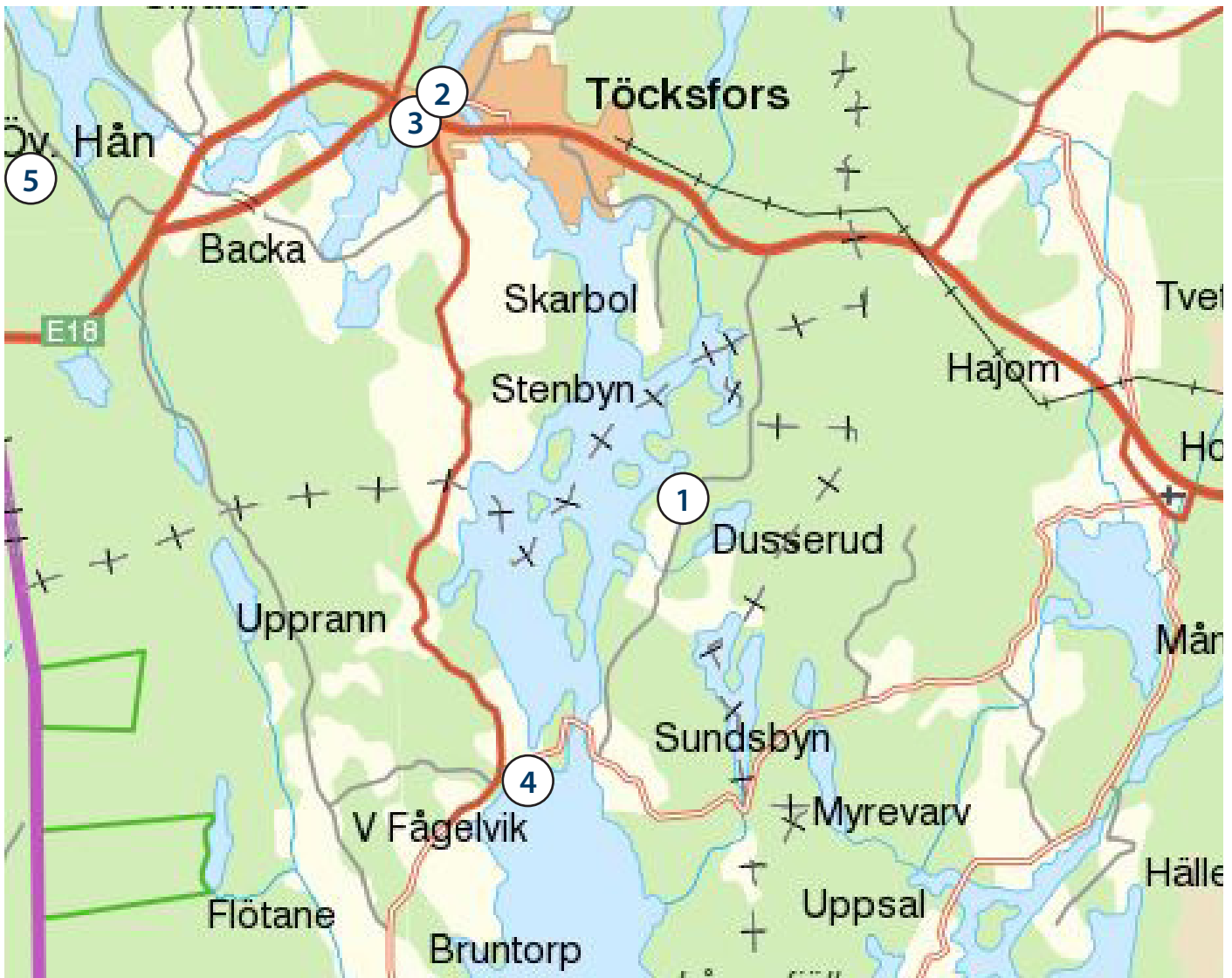
The association was founded in 1911- it is one of the oldest in our region.



4. The Church in V:a Fågelvik

The church in Västra Fågelvik was built during 1859-1860. It is beautifully situated on a cape in the lake Foxen.





5. Hiking

In the area around the border between Sweden and Norway there are many exciting hiking paths. Some were used as fugitive routes during the Second World War. There is also a road which is called the church road. No one

knows for sure how old this road is, but it's probably from the 17th century. At the Gulf petrol station in Töcksfors you can buy the map "Friluftskart i Grenseland" that gives you detailed tour descriptions.



Karlanda

The parish of Karlanda is one of the eleven parishes in municipality of Årjäng and was mentioned for the first time in 1344 as Kaflanda sokn.

1. The Stonebridge in Hämnäs

The stone bridge is built in wedged stone and was finished probably in 1775.

2. The Church in Karlanda

The church was built on the the little hill Bjärnekullen 1776-78. The baptismal font and one of the church bells are from the 13th century. The altarpiece and the chandelier (1737) comes from the old church in Stommen, as well as the Holy Communion silver which is from 1766.

5. The Potholes in Eketjärn

During the melting of the inland ice, waterfalls with rotating stones were created in some places, which dug into the bedrock and formed so-called potholes.

The road is in a bad shape and closed for motor traffic. The last stretch is only accessible by foot.

6. The Charlets in Hålteby

The chalets are placed in a half-circle in the woods of Hålteby and were used until 1935.

7. The Homestead Museum in Karlanda

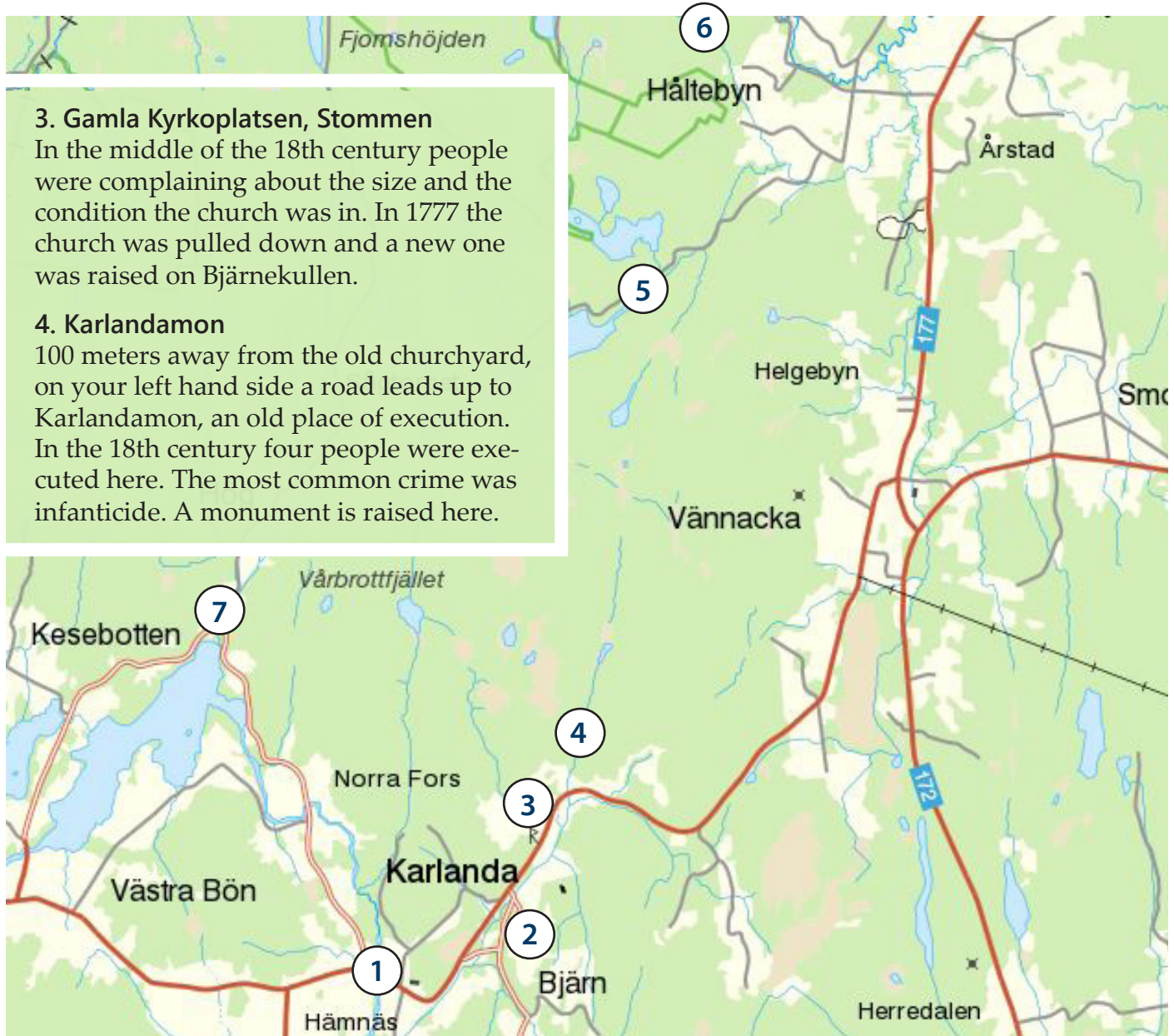
The homestead museum in Karlanda is called Kloppa. Kloppa is an old farm from the 1820s. It has a great collection of old items and is well preserved.

3. Gamla Kyrkoplatsen, Stommen

In the middle of the 18th century people were complaining about the size and the condition the church was in. In 1777 the church was pulled down and a new one was raised on Bjärnekullen.

4. Karlandamon

100 meters away from the old churchyard, on your left hand side a road leads up to Karlandamon, an old place of execution. In the 18th century four people were executed here. The most common crime was infanticide. A monument is raised here.



Holmedal

1. Karl XII's Cottage

When Karl XII prepared his campaigns against Norway in 1716 and 1718, he stayed over the night in Holmedals vicarage several times. He probably stayed in this cottage, which at the time was located elsewhere.

A portrait of Karl the XII and a few ancient household articles are kept in the cottage.

2. The Church in Holmedal

The church in Holmedal was built during the years 1854-1857. The old church was sold on an auction for 123 Swedish Riksdaler. Today there only is a monument that shows where the old church once stood. The beautiful white front door to the churchyard is still there.

3. Holmedals Homestead Museum

The homestead museum consists of two buildings, both are dwelling-houses. The first building has two flats with a simple layout and it has been moved here from Såviken. The house is modernized inside. The other house, the so called Svenstuga from Tveten, is a single flat cabin with two rooms.

4. Graveyard in Selen, Holmedal

The graveyard consists of one mound and 5 round piles of stones. The place was probably used as a graveyard of a village or farm nearby during the Iron Age (400-500 A.D). No actu-



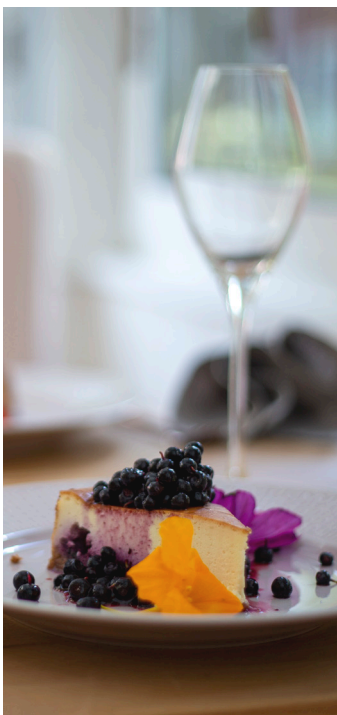
al findings are known, but the report from N G Djurklou tells, that stone jars, cinders and burned bones were found in the largest grave-mound in the beginning of the 19th century.

5. Thorills (Bäckevarv)

Welcome to a teeny tiny restaurant! A farm restaurant with only 25 seats in the countryside between Töcksfors and Årjäng. A first class kitchen with locally produced food. Please book a table bevor visiting!

6. Nordmarkens Destilleri

Manufactures their own whiskey and other spirits. Nordmarkens Destilleri offers exclusive beer- and whiskey tastings. Visitor center with restaurant/café.



Östervallskog

Östervallskog in the northwestern part of the municipality of Årjäng is a beautiful area enriched with lots of lakes.

The beautiful canal

The lakes Töck, Strömmen och Östen create the northern part of the Dalsland Canal. Töck and Östen are linked through a narrow and beautiful canal stretch, surrounded by trees. A paradise for canoe and boat tourists, but also for car and bicycle tourists. The idyllic country road with two old swing bridges goes partly along the canal. The Dalsland Canal opened 1914 and was at the time an transportation route for the people in Östervallskog. Timber was transported with help of the tugboat "Herbert", passenger traffic was lively and the grocery stores got their goods delivered on the jetties.

1. The old Church Village in Stommen

Until 1874 the church stood here in Stommen. Today only the old churchyard, with some of the remaining cross shaped iron tombstones. The old storehouse, used to keep corn for the poor, lies south of the churchyard. Nearby you can see the so called "Karl XII-stone", a memorial from the visit of King Karl XII. Not far from here you can see Lake Kyrkebysjön with its green water, also called "the green lake".



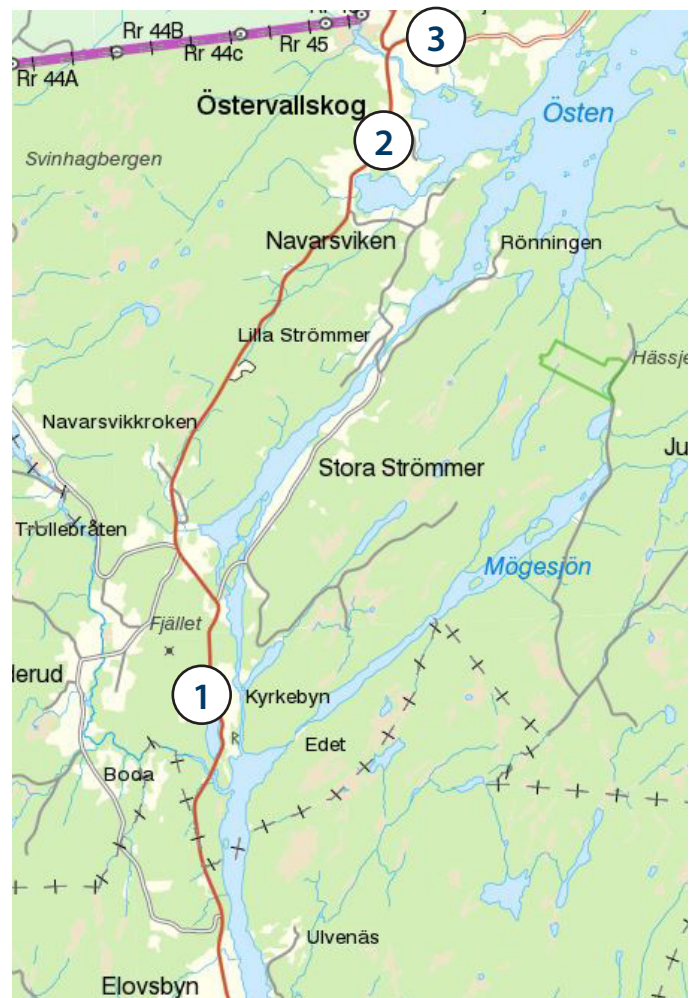
2. The Church in Östervallskog

The old church in Östervallskog was built during the years 1868-73 and was consecrated 1874. It was however destroyed in a fire in 1983. The present church was built 1985. Among a few inventories preserved from fire are a sacramental cup from the year 1733 and a paten from 1746. All other objects are of later dating, several are donated. Before 1868 there was a church in Kyrkoby, likely already from as early as the 14th century.

3. Östervallskog Homestead Museum

The museum was founded in the 1930s when Ingeborg Alfredsson left her beautiful 16th century house to the homestead association. The association has renovated the house carefully and it is now a popular sight and gathering spot in Östervallskog. Midsummer, Craft fairs, barbeque nights, concerts and dances are arranged.

Östervallskog's local crafts group has many skilled craftsmen.



The Glaskogen Nature Reserve

Whether you are a forest lover, angler or canoe fan, the lakes and endless hiking trails of the Glaskogen Nature Reserve are an absolute highlight for all those who love nature activities. The nature reserve is not only the most beautiful in the whole of Värmland it also has an extremely rich and versatile fauna and flora. You will hardly find crowds in the forest – the area has 28 000 hectares. 300 km of hiking trails, ideal for short and long tours, lonely baths, canoeing and fishing lakes, barbecue areas, shelters and huts for overnight stays are waiting for you! Don't forget to buy the Glaskogen card (a nature reserve permit) and a fishing permit for the lakes!

1. Bu'sten

Busten is a big rock with a peculiar shape. The legend tells, that in the early 19th century during Christmas time, a woman and her child were denied shelter in the village. On Christmas day they were found frozen to death sitting beneath the large rock. Still today there are always fresh flowers or branches laid down by the rock.



2. Kalleboda Mill

A mill ruin from the turn of the century consisting of four high stone columns and walls.

3. Sjöands Fortlet

The fortlet is a defense establishment from the Second World War. The establishment was to prevent a military advance towards Glafsforden. This fortlet is one of the largest and best kept in Sweden. The fortlet enclosed about 30 000m² and all over there are well preserved safety devices.

4. Lenungshammar & Café Carl

An information centre, a camping ground and a canoe rental. At Café Carl a nature and culture trail starts.



The Big Elk Tour

This tour will take you through magnificent countryside and give you that real wilderness feeling. The chances are great that you'll encounter elk and other wild animals! A half-day tour, 95 km, takes approximately 4 hours. We recommend you to bring a map of the Glaskogen area.

Starting from Årjäng, take the road south towards **Sillegårdsed**. Continue towards Risviken, Continue to Tegen (15 km south of Årjäng) where there is an old farmstead of major importance. At the crossroads marked "Udden 2" turn left towards **Sillerud**.

At **Signebyn**, you will pass the beautifully situated burialground once used by Sillerud. Turn off towards Bäckén and drive on to the E18 highway. Take E18 1,5km back towards Årjäng and turn off towards **Finntorp**.

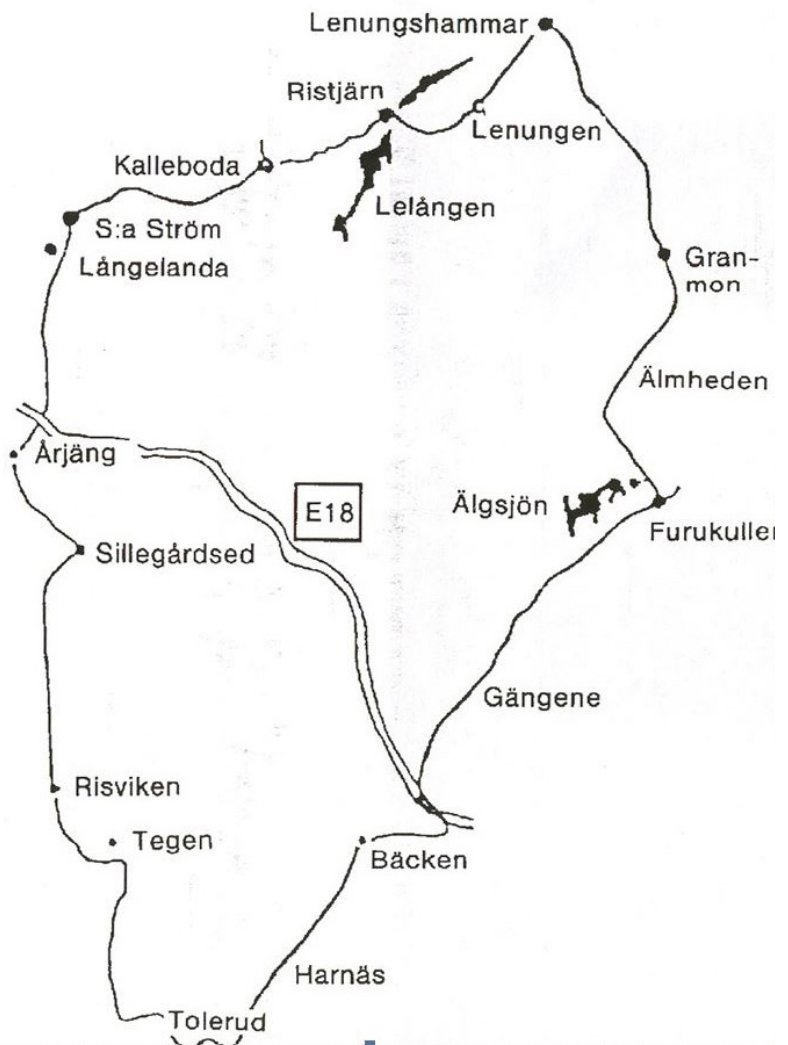
Before Finntorp, take the road to **Lenungshammar**. The trip continues through untouched wilderness teeming with elk and other game. Enjoy the view at Hedene, where there is a good lay-by place and a public toilet. In Lenungshammar you'll find an information centre, camping ground and Café Carl.

Now continue towards Södra Ström - follow the signs towards Lenungen - until you reach **Sjöändan** between the lakes Ristjärn and Lelången. This is a nice spot with a windshelter, a prepared grill site, a toilet and a beach. After your break continue to the southern end of lake Holmtjärn, here you'll find a defence area from the second world war. On the road towards Södra Ström you will pass by the Bu Stone, of which a tragical tale is told. Before returning to Årjäng, we suggest you to drive through **Långelanda**, where you can see one of Sweden's oldest courthouses in an idyllic village setting.



Some facts about elks

The elk ranges all over Sweden except on Gotland. It's favorite grounds are woods with swamps and lakes. During summer time it feeds on leaves (up to 30-50 kilos every day). The calves are usually born in May or June. Each cow has 1-3 calves, and they stay with their mother until the following spring. The bull stands about 2,5m high at the shoulders and is about 2,8m long. He weighs up to a possible 520 kilos. An elk may achieve an age of about 25 years.



The Dalsland-Nordmarken Lake District

The Dalsland-Nordmarken Lake District is an almost 10 000 squarekilometre big area with countless lakes connected by the Dalsland Canal.

The area stretches from Lake Vänern in Dalsland up to the municipality of Arjäng. Dalsland - Nordmarken is one of the most beautiful lake districts in Europe with clean air, clear water and rich nature. Here are countless lakes and waterways waiting for you, perfect for canoeing adventures, large and small. Paddle over mirror like lakes and find your way between the islands. Make yourself comfortable on one of the many camp grounds with shelters and enjoy the silence of nature. You may hear the lonely call of a black-throated diver on a summer night, or maybe spot a moose on the shore.

Depending on the weather, the wind and your own ambitions canoeing can be both a test of strength and pure relaxation. On our crystal clear, extensive lakes, the canoe is an excellent means of transport.

The Nature Conservation Card

To make it easier for paddlers and landowners, there are over 100 prepared camp grounds in the area and rangers who can help with information and advice if needed. This extra service is financed by the sale of the nature conservation card. It costs 60 SEK per person per day. The proceeds are used for compensation to landowners and for setting up and maintaining the camp sites.

Guide book Canoe Country

For planning your canoe tour we recommend the English paddle guide "Canoe Country" with maps and lots of useful information. You can buy it at all the canoe rentals and online at dalslandnordmarken.se.



The municipality of ÅRJÄNG

