

SEVEN HIGHLIGHTS

Situated in the heart of the Faroe Islands, South Streymoy boasts a unique blend of old and new cityscapes. You'll find cosy city walks and breathtaking hiking within a small and accessible area.

The well-connected road network is easily travelled by car or public busses, but why not rent an e-bike and embark on an exciting adventure? You could also board ferries and visit the islands of Hestur or Nólsoy for a tranquil getaway. Just make sure to plan ahead to avoid any inconvenience.

From wide and windswept landscapes to narrow historic passageways, here are seven must attractions in South Streymoy that you don't want to miss.



TINGANES AND REYN

– Historic Tórshavn

Tinganes peninsula is the historic centre of Tórshavn. On this flat rocky outcrop, parliament convened every summer from around 900 A.D. to discuss issues of national importance. Today, the Faroese government is located here, making it one of the oldest parliamentary meeting places in the world still in use.

Explore the nearby areas of Reyn and Undir Ryggi, home to black tarred wooden houses with white framed windows and grass roofs dating back to the 14th century. People still live in these historic houses. Please respect their privacy.



NORÐRADALUR

– Picture perfect

The isolated village of Norðradalur, Faroese for "North Valley", is the home of just 10 residents. The connecting road reaches more than 300 metres in altitude and can be difficult to travel during cold winter months.

Since there is currently no public transportation to Norðradalur, renting a car or a bike is the easiest way to enjoy the scenery. Following the winding road down to the valley, you'll be struck by a world-class view of the valley with the characteristic island of Koltur behind.

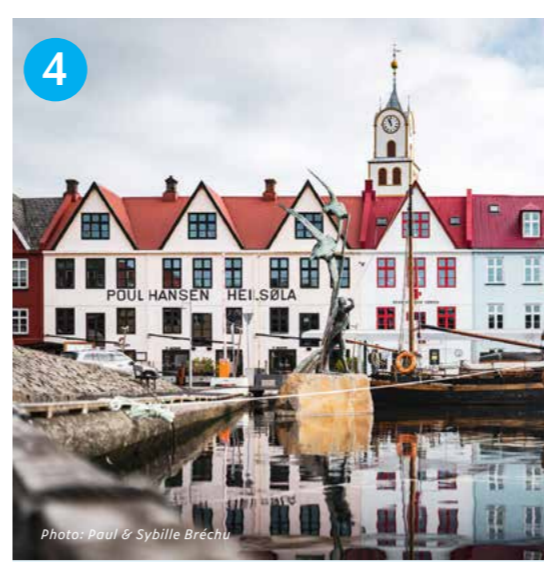


KIRKJUBØUR

– Take a step back in time

Once a flourishing cultural centre and the bishop's headquarters, this village has a rich history waiting to be uncovered. The main draw is the St. Magnus Cathedral, constructed in the 1300s and a symbol of the area for centuries. Legend has it that Bishop Erlendur (1269-1308) was the creative force behind this building, and there is still some debate as to whether the building was ever fully completed.

Moreover, Kirkjubøur is home to St. Olavs Church, the only medieval church in the Faroe Islands still in use.



VÁGSBOTNUR

– The heart of Tórshavn

The commercial Vágbotnur district has maintained its historical charm, with buildings such as Poul Hansen's wholesale firm, now reincarnated as the beloved TARV restaurant, and the Seamen's home, now Hvonn, standing tall as a testament to the past. These architectural contrasts imbue the area with a unique character, making it a desirable gathering spot for locals. With a bustling fish market, an array of lively restaurants, cosy cafes, and a vibrant nightlife scene, Vágbotnur is always alive and pulsating with activity.



BORÐAN, NÓLSOY

– Stroll the scenic route to reach the lighthouse

Embark on a journey to the island of Nólsoy and take the five-hour roundtrip trek from the village to the stunning landmark, Borðan lighthouse, on the southern tip. This adventure is perfect for all ages. The landmark lighthouse was built in 1893. Back then, the lens was one of the largest of its kind in the world.

One of the highlights of Nólsoy is its incredible Storm petrel colony – the world's largest – and during the summer, you might even catch a glimpse of a few puffins!



HOYÍKSGARÐUR

– Open-air museum and garden

Nestled in a lush valley just outside Tórshavn, Hoyíksgarður museum is a must-visit for history enthusiasts. Explore the meticulously preserved farm now part of the National Museum of the Faroe Islands, located 15 minutes walking distance away. And don't miss the botanical garden, showcasing native flowers of the Faroe Islands. Together, the farmhouse, museum and garden preserve and tell the cultural and natural history of how the Faroese survived, lived and thrived throughout the ages.



HESTUR

– Crystal-clear waters and awe-inspiring caves.

Hestur island is well-known for its many small lakes on the relatively flat mountain top and the remarkable caves along its western coast. Summer boat tours from Tórshavn offer a distinct musical experience deep inside a sea cave with exceptional acoustics.

With less than 20 inhabitants, the island maintains a lively atmosphere thanks to its indoor swimming pool, village hall and historic church.

Ferry departures are limited. Remember to check the schedule before.

WHAT WHEN WHERE

VISIT WHATSON.FO TO SEE WHAT EVENTS ARE IN THE CAPITAL AREA DURING YOUR STAY.

YOUR OFFICIAL GUIDE TO WHAT'S ON IN THE FAROE ISLANDS.



KOLTUR

The island no longer has any inhabitants and is now the site for the first nature reserve in the Faroe Islands. It is a unique place with few invasive species and spectacular nature. There's no public ferry connection to the islands, but options to book private tours are available.

Please contact Visit Tórshavn for further inquiries.



Your online guide to

HIKING

in the Faroe Islands



Scan the code or visit our website visitfaroeislands.com/hiking



DRIVING

All major highways are paved. Many roads and tunnels leading to villages can be very narrow, so please choose a safe speed according to the conditions.

On the map you can see which roads are one-lane roads. To keep traffic flowing, these roads have lay-bys (widened sections formed to one side as to leave the road free for others to pass).

These lay-bys are NOT to be used for parking.

PUBLIC TRANSPORT

Public transport around the islands is efficient and affordable. If you have the time to travel according to the pace of the timetables, you won't need to rent a car.

Timetable for the blue regional buses can be found here:



The red city buses can be found on google maps.



Visit Faroe Islands

MAP OF SOUTH STREYMOY

– yours to unfold



REGIONAL TOURIST INFORMATION OFFICE FOR SOUTH STREYMOY

VISIT TÓRSHAVN
SITUATED IN THE HEART OF TÓRSHAVN

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OFFICE HOURS:
MAY 1ST – AUGUST 31ST
MONDAY – FRIDAY: 09.00 – 17.30
SATURDAY: 09.00 – 16.00

SEPTEMBER 1ST – APRIL 30TH
MONDAY – FRIDAY: 09.00 – 17.00
SATURDAY: 10.00 – 16.00

visittorshavn.fo



WELCOME TO SOUTH STREYMOY

The region around the world's smallest capital offers a surprisingly vibrant city life surrounded by magnificent nature and filled with friendly locals. Take in the stunning views, indulge in local cuisine, and immerse in a diverse and unique cultural scene.

With nearly half of the Faroese population residing here, this region offers a plethora of must-see attractions.









REGIONAL GUIDE

Tórshavn






South Streymoy




SOUTH STREYMOY

-  Bus stop
-  Campsite
-  Charging station
-  Church
-  Ferry
-  Helipad
-  Hospital
-  Information centre
-  Lighthouse
-  Museum
-  Point of interest
-  Service station
-  Toilet
-  Viewpoint
-  1-7 Highlight



-  Two-lane road
-  One-lane road
-  Underwater tunnel
-  Two-lane tunnel
-  Hiking path

2 km 

KOLTUR

- Uppi á Oyggj 477 m
- Norðuri í Gerði
- Heimi í Húsi
- Fjallið 707 m

HESTUR

- Múlin 421 m
- Eggjarok 421 m
- Navirnar 271 m
- Klæmintsgjógv

Trollhevið

KOLLAFOJÐUR

- KVÍVÍK
- STYKKIÐ
- LEYNAR
- Skælingsnes
- Gjáarbotnur
- Marknagjógv
- Dýlan 481 m
- Klandurshella

SKÆLINGUR

- Skælingur 767 m
- Sernifelli 49 m
- Fjallið millum botnar 686 m
- Núgván 667 m

NORÐRADALUR

- Sernifelli 49 m
- Fjallið millum botnar 686 m
- Núgván 667 m

SYÐRADALUR

- Stiðfjall 547 m
- Tunguliðfjall 555 m
- Murufelli 479 m
- Konufelli 491 m

VELBASTADUR

- Fjallið 417 m
- Fossdalsgjógv
- Norðuri í Gerði
- Heimi í Húsi
- Fjallið 707 m

Trollhevið

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HESTSFJØRÐUR

- Múlin 421 m
- Eggjarok 421 m
- Navirnar 271 m
- Klæmintsgjógv

KIRKJUBØUR

- Gamlarætt
- Kirkjubøreyn 351 m
- Kirkjubøkambur 306 m

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- Reynsmúlalág
- Kongavárði
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