

## Fill out form

Please leave your contact details and hiking plans with your place of accommodation or place this pamphlet inside your car windscreen, this side facing up.

Name

Nationality

Phone Number

### HIKE 1 (To and from)

Please contact me if I am not back by (date and time)

### HIKE 2 (To and from)

Please contact me if I am not back by (date and time)

### HIKE 3 (To and from)

Please contact me if I am not back by (date and time)

If you go on more than three hikes, please fill out a new pamphlet.

### Emergency contact

Name

Phone Number

## Contact

### FAROESE POLICE

Yviri við Strond 15-17

FO-110 Tórshavn

Phone no.: (+298) 351448 or 114

Open all day, every day. Direct line to police, rescue service and fire brigade

### IN CASE OF EMERGENCY, CALL

1

1

2

### Hiking guidelines

# Safe travel

Following these simple yet essential guidelines will help to ensure an enjoyable and unforgettable journey in the Faroe Islands



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**POLITI**



Visit Faroe Islands  
Official Tourist Board of the Faroe Islands

## Safety guidelines

# PREPARATION IS KEY

Safety isn't expensive, it's priceless

- Always hike with others. It's recommended to hike with a local guide
- Gather information about the hike and weather conditions before you start
- Stay on designated paths at all times
- Don't go hiking if there is limited visibility because of fog or darkness
- Keep informed about seasonal farming and hunting activities
- Refrain from walking too close to cliffs – no picture is worth dying for
- Notify your host about where you plan on hiking. We advise you to fill out the form on the back of this pamphlet!

Following these simple guidelines will increase the likelihood of getting emergency help, if needed



More information about safe hiking



More information about the weather



Find hiking routes at [visitfaroeislands.com](http://visitfaroeislands.com)



## Better safe than soaking

# CLOTHING AND EQUIPMENT

Prepare to experience all four seasons in one day

- Dress in layers (thermals and wool)
- Good hiking boots
- A warm jacket. Hat and gloves are recommended
- Hiking trousers (preferably not jeans)
- Wind- and waterproofs. Nylon clothing and rainwear not recommended as it can be slippery
- A fully charged phone, food, drink, sweet snack and a map of the route



## Responsible travel

# RESPECT NATURE AND LOCALS

Nature should be treated well and protected for future generations

- Minimise disturbing sheep, wildlife and nature by walking on designated paths
- Never build or take down ancient cairns – they function as landmarks so you don't get lost
- Leave nature untouched. Always bring your rubbish with you
- Respect locals' privacy
- Camping is only permitted at designated campsites
- Drones must NOT be flown within 150m of a village, town or city, within 150m of main roads, or within a 5km radius of Vágar Airport

You will see signs with guidelines like these while travelling in the Faroe Islands



The district of Tórshavn is the oldest part of Tórshavn. Tórshavn was - and still is - one of the first parliaments in Europe.



Be aware that the surface might be slippery.

