Contact Exchange

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

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<th>Name</th>
<th>Nationality</th>
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WALK 1 (To and from)

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

/ :

WALK 2 (To and from)

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

/ :

WALK 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 booklet.

Contact

FAROESE POLICE
Yvíri 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

+298 666 555
info@visitfaroeislands.com
www.visitfaroeislands.com

Stay safe in the Faroe Islands

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

Visit Faroe Islands
Gøngin 9
FO-110 Tórshavn, Faroe Islands
+298 666 555
info@visitfaroeislands.com
www.visitfaroeislands.com
CLOTHING AND EQUIPMENT

Prepare to experience all four seasons in one day

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

Gather information about the hike before you start.

- Be sure that the length of hike and difficulty level is suitable
- Keep informed about seasonal farming and hunting activities
- Be prepared for all types of weather
- Don’t go hiking if there is limited visibility due to fog or if it’s getting dark
- It is recommended to hike with others
- Stay on designated paths at all times
- Refrain from walking too close to cliffs - no picture is worth dying for
- If you are met with unexpected fog on a trip, it is particularly important to stick to cairns and paths. If you cannot see from one cairn to the next, wait by a cairn and keep warm
- Good weather conditions, sticking to designated paths and not walking in steep areas will increase the likelihood of getting emergency help, if needed

If you cannot see from one cairn to the next, wait by a cairn and keep warm.

It is prohibited to fly a drone here.

Drones must NOT be flown within 150m of a village, town or city, within 150m of main roads that connect villages or within a 5km radius of Vágar Airport.

Preparation is Key

Safety isn't expensive, it's priceless

- Notify your host about where you plan on hiking.
- We advise you to fill out the form on the back of this booklet and leave it with your host or inside the windscreen of your car
- More information about safe hiking

RESPECT NATURE AND LOCALS

Nature is fragile. It should be treated well and protected for future generations

- Always travel on designated paths to minimize disturbing sheep, wildlife and nature
- Never build or take down ancient cairns - they function as landmarks that help guide you so you don’t get lost
- Always bring your rubbish with you
- Be thoughtful of the locals and respect their privacy
- Camping is only permitted at designated campsites
- Please have virðing for the forces of nature.

Safe surfing in Tjørnuvík requires specialised knowledge as sea currents can be strong and change rapidly.

Sheep flocks divide into small groups that range and graze across past this point.

The Avens who grow very slowly can become up to 100 years.

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

Please have virðing for flora in this area.

Please have virðing for the birdlife in this area by walking only on the designated path and by keeping a safe distance from breeding and feeding habitat for an estimated 250,000 pairs of terns, especially during breeding season from May to July.

Grassy slopes, sea cliffs and the surrounding sea provide breeding and feeding habitat for many species of birds and mammals.

Steep cliffs that become increasingly dangerous in heavy fog.

Be aware that the surface might be slippery.

Traveling on designated paths is intended to minimize the possibility of leaving scree, stone and rock on the route.

Remember to close all gates behind you.

Refrain from walking here without guidance.

In Faroese: ‘Virðing’

Please have virðing for drone regulations in this area.

Drones must NOT be flown within 150m of a

radius of Vágar Airport, which means

you may encounter in the fields by

walking only on the designated path.

The Avens who grow very slowly can become up to 100 years.

Fjallabrúður (Mountain Bride), also called Mountain Avens is a species that grows in Fjallabak Nature Reserve.

Please have virðing for flora in this area.

Faroese: ‘Virðing’

For more information on safe hiking,

please scan code.

For more information on Trælanípa,

please scan code.

For more information about the Faroese fauna,

please scan code.

In Faroese: ‘Virðing’

Mind the weather and be especially careful when hiking in areas with loose stones and rocks.

Be particularly careful when hiking in

the coastal areas of these islands.

In Faroese: ‘Virðing’

Refrain from walking past this point.

Please have virðing for this area,

particularly when hiking in

areas with loose stones and rocks.

For more information

please scan code.

Please have virðing for the

forces of nature.

Please have virðing for the

forces of nature.

Please have virðing for drone

regulations in this area.

Illegal drone flying in the Faroe Islands can result in a DKK 5000 fine.

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