



Outdoorlife Norway AS
outdoorlifenorway.com
booking@outdoorlifenorway.com
(+47) 51 88 03 88

Information - Preikestolen Autumn Hike

THANK YOU FOR JOINING OUTDOORLIFE NORWAY ON OUR PREIKESTOLEN AUTUMN HIKE! PLEASE READ THE FOLLOWING DOCUMENT THOROUGHLY, AS IT INCLUDES IMPORTANT INFORMATION ABOUT YOUR HIKE.

TOUR INFO

The tour's total duration is approximately 9-10 hours. The hike itself takes 5-6 hours, including breaks. You will be hiking through mountainous terrain that may be covered in snow and ice. Changes in weather conditions should be expected.

Included in Ticket Price:

- Use of hiking poles
- Ferry crossings - 2
- Professional guide with navigation, safety, and emergency equipment
- Necessary outdoor equipment (spikes, snow shoes, etc.), as needed
- Hot beverage and a snack during the hike
- Post-hike warm soup & freshly-baked bread (Oct. 1 – Dec. 15)
- Swords in Rock Viking monument visit (if being dropped-off in Stavanger)

MINIMUM SIZE REQUIRED FOR PARTICIPATION

**AS STATED IN OUR GENERAL CONDITIONS OF CONTRACT, TO BE ELIGIBLE TO JOIN THIS TOUR, ALL PARTICIPANTS IN YOUR GROUP MUST BE OVER:
15KG/33LBS. AND 105CM/3FT.6IN.**

IMPORTANT:

Norwegian traffic law requires that passengers under 36kg/79Lbs. AND 135cm/4ft.5in use child safety seats while being transported in land vehicles.

If this rule may apply to anyone in your group, it is important that you communicate this to us no later than 12 hours before the start of your tour. If you didn't choose to add a child safety seat(s) while booking, please send an [email](#) specifying the number of guests who may require seats. Doing so will ensure that your guide brings along all necessary equipment.

If any member of your group falls below our minimum size requirements, and/or you fail to communicate your need for child safety seat(s) in a timely manner, Outdoorlife Norway reserves the right to partially or fully deny the participation of your group on the tour. In the event that this happens, no refunds will be given.

MEETING POINT

YOUR GUIDE WILL PICK YOU UP AT THE TIME & MEETING POINT YOU SELECTED WHEN BOOKING*, WHICH IS STATED ON YOUR PDF TICKET WE SENT TO YOU BY EMAIL. OUR GUIDES DRIVE VOLKSWAGEN TRANSPORTERS.



Outdoorlife Norway AS
outdoorlifenorway.com
booking@outdoorlifenorway.com
(+47) 51 88 03 88

PLEASE BE ON TIME!

DUE TO FERRY SCHEDULES, THE GUIDE CANNOT WAIT FOR LATE ARRIVALS.

Use the following links to view your pick-up location on Google maps:

[Thon Hotel Maritim - back entrance facing Bergelandsgata](#)

[Stavanger Bed & Breakfast](#)

[St. Svithun Hotel / Hostel](#)

[Frogner House Apartments](#)

[Clarion Hotel Stavanger](#)

[Radisson Blue Atlantic Hotel](#)

[Stavanger Tourist Information](#)

[Clarion Collection Hotel Skagen Brygge](#)

[Kanelsnurren Bakery](#)

[Scandic Stavanger City - back entrance facing parking lot](#)

[Lilland Hotel \(Tau\)](#)

[Verkshotellet \(Jørpeland\)](#)

[Preikestolen Mountain Lodge / Trailhead](#)

NOTE | Airbnb Locations

- Airbnb pick-up locations are limited to Stavanger city center
- After completing your booking, you must **send us** your Airbnb address no later than 12 hours before the start of the tour. We will confirm or assign you an alternative pick-up location (see next point). *Please make sure to check your email for any changes.*
- Unfortunately, certain Airbnb locations are not easily reachable by car. When this is the case, we ask guests to meet their guide at the closest alternative pick-up location.

***If you don't remember your meeting point and/or time, or would like to change it, please contact us by [email](#).**

COME PREPARED

REMEMBER TO EAT A PROPER BREAKFAST BEFORE THE HIKE TO ENSURE YOU'LL HAVE ENERGY THROUGHOUT THE DAY.

TIP: Choose Kanelsnurren Bakery as your meeting point (Monday-Friday) if you would like to buy something delicious to bring along on the hike. *Make sure to arrive early enough to be ready to leave no later than the meeting time. The ferry does not wait for late arrivals.*

TO ENSURE SAFETY AND COMFORT, PLEASE WEAR/BRING THE FOLLOWING:

- Water-proof mountain boots* + warm socks (NO SNEAKERS ALLOWED!)
- An extra pair of woolen socks
- Wind/waterproof pants & jacket* (NO JEANS ALLOWED!)
- Fleece or woolen sweater
- Warm hat and gloves*
- Backpack* containing extra clothing layers to use during the lunchbreak



Outdoorlife Norway AS
outdoorlifenorway.com
booking@outdoorlifenorway.com
(+47) 51 88 03 88

- Packed lunch, extra snacks & bottled water

**If you don't have mountain boots, wind/waterproof pants/jacket, gloves, or a day-pack, we offer these items for an additional charge:*

- *Waterproof mountain boots (Eur. 36-46) – rental NOK 200 per pair/day*
- *Wind/waterproof pants & jacket (unisex XXS-XXL) – rental NOK 150 per piece/day*
- *Hiking gloves (all sizes) – purchase NOK 79*
- *Day-pack (30-litre, 2-compartment) – rental NOK 50 per pack/day*

You can easily add additional items to your booking [HERE](#). Payments are made by credit card.

If you pre-paid for rental of mountain boots and/or clothing, but did not add sizing information, please send us an [email](#) with all relevant information.

PHOTOGRAPHY

FOCUS ON THE EXPERIENCE AND LEAVE THE PHOTOGRAPHY TO US!

To help ensure that you get memorable photos from your hike, our guides carry quality cameras and are familiar with where and how to capture the best shots. Per trip, our guides aim to take between 100-200 photos, including a mixture of landscape, action, group, and posing shots. Post-tour, we'll edit the best 25-40 photos and make them available for download as JPG files.

If you pre-ordered the photography package, you will receive a link to a zip file once the photos are ready for download.

If you would like to add the photography package to your booking, [click here](#).

USE OF DRONES

Unfortunately, the use of drones at Preikestolen is prohibited. We ask that you please respect this and leave your drone at home.

PLEASE NOTE

Our guides are not permitted to handle guests' personal phones and/or cameras.

Our guides' ability to take photos during any given tour is dependent on weather conditions. Although we aim to include a wide range of images in every package, we cannot guarantee that photos will be taken throughout the tour and/or that the photo package will include specific types of images.

ACCOMMODATION

IF YOU HAVE NOT YET BOOKED ACCOMMODATION FOR BEFORE AND/OR AFTER YOUR HIKE, WE WARMLY RECOMMEND SPENDING A NIGHT OR TWO AT ONE OF OUR PREFERRED LODGING PARTNERS:



Outdoorlife Norway AS
outdoorlifenorway.com
booking@outdoorlifenorway.com
(+47) 51 88 03 88

Preikestolen Mountain Lodge offers unique overnight accommodation just a stone's throw from the Preikestolen trailhead. Read more and book [HERE](#).

The backpacker-friendly [Lilland Hotel](#), which is located close to the fjords, is just a scenic ferry-ride outside of Stavanger city center. Lilland Hotel gives guests of Outdoorlife Norway a 10% discount on accommodation. Please send booking requests to booking@lillandhotell.no (use the discount code "OLN").

NOTE:

On the day of your hike, we offer pick-up and/or drop-off at both Preikestolen Mountain Lodge and Lilland Hotel. Other days, guests are responsible for sorting their own transportation to/from these locations.

If your preferred pick-up/drop-off location changes, please remember to notify us.

For a list of other recommended accommodations in the region, please click [HERE](#).

WEATHER CONDITIONS

PLEASE CHECK YOUR EMAIL AND PHONE ON THE MORNING OF THE HIKE.

Due to the possibility of rapidly-changing weather conditions, your hike may need to be rescheduled for another day, or cancelled on short notice. In such cases, we'll send you an e-mail and a text message to the address & mobile phone number you provided when booking.

NOTE:

If you're curious about the weather forecast for your hike, you can check the forecast [HERE](#).

COMMUNICATION DEADLINE

DO YOU NEED TO MAKE A CHANGE TO YOUR BOOKING?

- **Do you need to change your pick-up location?**
- **Did you rent equipment but haven't told us which sizes you need?**
- **Do you have a child in your party that requires a car seat?**
- **Do you follow a special diet or have a food allergy we need to know about?**
- **Do you still need to send us your Airbnb address?**

NO PROBLEM!

However, to ensure that we have the opportunity to accommodate changes to your booking(s) before the start of the tour(s), requests must be received by us no later than 12 hours before the start of the tour. Any requests related to food must be received by us no later than 24 hours before the start of the tour.

Please submit requests for changes via [email](#).

NOTE | Changes to your booking(s) are valid only after we have acknowledged and confirmed the updates.



Outdoorlife Norway AS
outdoorlifenorway.com
booking@outdoorlifenorway.com
(+47) 51 88 03 88

CANCELLATION POLICY

When you booked this tour, you agreed to our general conditions of contract.

For detailed information regarding cancellation, risk, liability, and insurance, please review our policies [HERE](#).

Don't hesitate to contact us in case you have any questions.

WE LOOK FORWARD TO HIKING WITH YOU!

Kind regards,

Johannes C. Apon

Arctic Nature Guide | Owner

www.outdoorlifenorway.com

www.facebook.com/outdoorlifenorway