**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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**WALK 1 (To and from)**

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

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**WALK 2 (To and from)**

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

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**WALK 3 (To and from)**

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

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

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**Stay safe in the Faroe Islands**

**Safe travel**

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

**IN CASE OF EMERGENCY, CALL**

1 1 2

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

**Contact**

FAROESE POLICE  
Yviri við Strond 15-17  
FO-110 Tórshavn  
Phone no.: (+298) 351448 or 114

**Visit Faroe Islands**

Gongin 9  
FO-110 Tórshavn, Faroe Islands  
+298 666 555  
info@visitfaroeislands.com  
www.visitfaroeislands.com
**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.

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**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

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**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
- 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

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**Safety guidelines**

Better safe than soaking

**RESPECT**

Find a map of routes in the hiking guide

**RESPECT**

Please have respect for the forces of nature.

**RESPECT**

Mind the weather and be particularly careful when hiking in foggy weather or at night.

**RESPECT**

Please have respect for the privacy of homeowners in this area.

**RESPECT**

Please have respect for the sheep, especially during breeding season from May to July.

**RESPECT**

Please have respect for the birdlife in this area by walking only on the designated paths.

**RESPECT**

Please have respect for the AVENS who grow very slowly can become up to 100 years.

**RESPECT**

Please have respect for the plant life in this area by not picking the plants and by keeping your distance.

**RESPECT**

Please have respect for this area, please scan code.

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**REMEMBER**

Trælanípa (Slave Cliff) is a perpendicular rock wall that juts 142m above the sea. This area is within a 5-kilometre radius of Tórshavn.

- Please have virðing for the birdlife in this area by walking only on the designated paths.
- Please have virðing for the forces of nature.
- Please have virðing for drone regulations in this area.
- Please have virðing for the sheep in this area, please scan code.

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**Staffed Fragrance is a rare flower in the Faroe Islands that can be found on this area.**

**Fjallabrúður (Mountain Bride), also called Mountain Avens is a rare flower in the Faroe Islands that can be found on this area.**

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**TRAVERSING TINGANES**

The district of Tinganes is the oldest part of Tórshavn. Tinganes is a bumper and historic area of Tórshavn.

- Please have virðing for the plant life in this area by not picking the plants and by keeping your distance.

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**STAYING ON DESIGNATED PATHS**

Traveling on designated paths is intended to minimize the possibility of disturbing sheep, wildlife and nature.

- Please have virðing for the sheep in this area, please scan code.
- Please have virðing for the birdlife in this area by walking only on the designated paths.

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**FAROE ISLANDS TRAVELING IN THE CURRENTS**

Faroese weather is unpredictable and currents can be strong and change rapidly.

- Please have virðing for safe surfing, please scan code.
- Please have virðing for drone regulations in this area.

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**SAMSON**

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

- Please have virðing for the forces of nature.
- Please have virðing for drone regulations in this area.

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**FIND A MAP OF ROUTES IN THE HIKING GUIDE**

- Please have respect for the forces of nature.
- Please have respect for drone regulations in this area.

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**GRASSY SLOPES, SEA CLIFFS AND THE SURROUNDING SEA PROVIDE A WIDE PASTURELANDS**

- It is recommended to hike with a local hiking guide
- 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

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