Information -
Preikestolen ‘Off the Beaten Track’ Hike

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

TOUR INFO
The tour’s total duration is approximately 10-11 hours. The hike itself takes about 6 hours, including breaks. You will be hiking through mountainous terrain that may be wet and/or muddy, and in some instances, be covered in snow and ice. Changes in weather conditions should be expected.

Included in Ticket Price:
- Transportation
- Use of hiking poles
- Use of canoe equipment, including life vest
- Professional guide with navigation, safety, and emergency equipment
- Use of shoe spikes, as needed
- Hot beverage and a snack during the hike

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. To ensure that your guide brings along all necessary equipment, please send an email specifying the number of guests who may require child safety seat(s).

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.
If you chose one of our standard pick-up locations, you’ll find Google Map links to each location on the **tour’s webpage** (see green text on the ‘Duration & Pick-up Details’ tab).

**PLEASE BE ON TIME! | The guide cannot wait for late arrivals!**

**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.

**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 (spring, autumn)
- Backpack* containing extra clothing layers to use during the lunchbreak, as needed
- Packed lunch, extra snacks & bottled water

*If you don’t have mountain boots, wind/waterproof pants/jacket, 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
- 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 PACKAGE UPGRADE**

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**
To ensure that all guests enjoy the tour to the fullest, we do not allow the use of drones on our tours. 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**
We cooperate with Preikestolen Mountain Lodge to offer our guests unique overnight accommodation just a stone’s throw from the Preikestolen trailhead.

If you have not yet booked accommodation for before and/or after your hike, we recommend that you consider spending a night or two at this cozy mountain lodge.

*If you added a request for accommodation when booking the tour, we will send you an additional confirmation as soon as the lodge has confirmed your stay.*

*If you have not done so but would like to book accommodation at Preikestolen Mountain Lodge, we would be happy to assist you.*

**Plan on sleeping at the lodge before your hike?**
Your guide will pick you up outside of the reception area. You’ll enjoy more sleep than if you slept in Stavanger =)

**Plan on sleeping at the lodge after your hike?**
Your guide will drop you off right outside the lodge.

**Need assistance? Send us an email.**
For a list of alternative lodging 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?

- 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.

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 | Founder

www.outdoorlifenorway.com
www.facebook.com/outdoorlifenorway
MAKE THE MOST OUT OF YOUR STAY IN STAVANGER
IF YOU WANT TO OPTIMIZE YOUR TIME IN STAVANGER, WE RECOMMEND BOOKING A TOUR WITH OUR TRUSTED PARTNERS, FJORDEVENTS.

To get the best nature experience in the Norwegian fjords, we recommend that you explore it from all perspectives! Join FjordEvents on a fun and exciting speed-boat safari into the amazing Lysefjord. Their seaworthy RIBs will make you feel like you’re flying into the fjord, while being secured by warm and comfortable safety gear. During the summer season, FjordEvents has scheduled daily departures from Stavanger harbor.

Pre-book your tour tickets and get 10% off using our partner code | OLN10

BOOK HERE | WWW.LYSEFJORDSAFARI.COM