



**Outdoorlife Norway AS**  
outdoorlifenorway.com  
[booking@outdoorlifenorway.com](mailto:booking@outdoorlifenorway.com)  
(+47) 51 88 03 88

## Information - Preikestolen Winter/Spring Hike

---

**THANK YOU FOR JOINING OUTDOORLIFE NORWAY ON OUR PREIKESTOLEN WINTER/SPRING HIKE! PLEASE READ THE FOLLOWING DOCUMENT CAREFULLY, AS IT INCLUDES IMPORTANT INFORMATION ABOUT YOUR HIKE.**

### TOUR INFO

**The tour's total duration is approximately 8 hours. The hike itself takes 5-6 hours, including breaks. You will be hiking through mountainous terrain that will likely be covered in snow and ice. Changes in weather conditions should be expected.**

Included in Ticket Price:

- Transportation
- Professional guide with navigation, safety, and emergency equipment
- Use of hiking poles
- Necessary outdoor equipment (spikes, snow shoes, etc.), as needed
- Hot beverage and a snack during the hike
- Post-hike soup & freshly-baked bread at Preikestolen Mountain Lodge  
*(February – April, please inform us about any allergies at least 24 hours in advance)*

### 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 24-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 seats.

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.



## Outdoorlife Norway AS

outdoorlifenorway.com

[booking@outdoorlifenorway.com](mailto:booking@outdoorlifenorway.com)

(+47) 51 88 03 88

## 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.**

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!** | Due to ferry schedules, 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!)
- Thermal base-layer/underwear (lower & upper body)
- Fleece or woolen sweater
- Warm hat and gloves\*
- Backpack\* containing extra clothing layers to use during the lunchbreak
- 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)*
- *Wind/waterproof pants or jacket (unisex XXS-XXL)*
- *Hiking gloves (one-size fits all)*
- *Day-pack (30-litre, 2-compartment)*



**Outdoorlife Norway AS**  
outdoorlifenorway.com  
[booking@outdoorlifenorway.com](mailto:booking@outdoorlifenorway.com)  
(+47) 51 88 03 88

**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 cameras, and can take high-quality photos for you. They are familiar with where and how to capture the best shots. The photos are processed by our professional photographer and then made available for download.

**If you would like to add the photography package to your booking, simply send us an [email](#). We'll send you a payment link for the amount due, NOK 299. If necessary, the guide can also accept payment in cash/credit card.**

**If you pre-ordered the photography package, you will receive a link to a zip file.**

### **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**

**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



**Outdoorlife Norway AS**  
outdoorlifenorway.com  
[booking@outdoorlifenorway.com](mailto:booking@outdoorlifenorway.com)  
(+47) 51 88 03 88

slept in Stavanger => *Don't forget to arrange transportation to the lodge: taxi service is available from the Tau ferry to the lodge (25-minute drive) - Strand Taxi +47 51 74 64 11*

### **Plan on sleeping at the lodge after your hike?**

Your guide will drop you off right outside the lodge. *Don't forget to arrange transportation back to Stavanger: Taxi service is available from the lodge to the Tau ferry (25-minute drive) - Strand Taxi +47 51 74 64 11*

**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.**



**Outdoorlife Norway AS**  
outdoorlifenorway.com  
[booking@outdoorlifenorway.com](mailto: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 | Founder

[www.outdoorlifenorway.com](http://www.outdoorlifenorway.com)

[www.facebook.com/outdoorlifenorway](https://www.facebook.com/outdoorlifenorway)