

Hiking the Faroe Islands

JOURNEY TO EUROPE'S BEST-KEPT SECRET



TRIP DATES

2024

June 22-29, 2024

July 13-20, 2024

August 10-17, 2024

2025

June 21-28, 2025

July 12-19, 2025

August 9-16, 2025



Wilderness Travel

Hiking the Faroe Islands

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JOURNEY TO EUROPE'S BEST-KEPT SECRET

Set in the North Atlantic halfway between Iceland and Norway, the Faroe Islands are remote and absolutely breathtaking. This otherworldly landscape has mountaintops wreathed in clouds, soaring cliffs plunging over 2,000 feet into the ocean, and emerald moorlands rising from valleys painted with bright-colored villages and ringed by black-sand beaches. On this cultural and hiking adventure, we pair wonderful hikes with the welcoming Faroese people for an unforgettable journey in the “Land of Maybe.”

On Mykines and the Vestmanna sea cliffs, we'll witness the unforgettable sight of thousands of nesting seabirds, including puffins, soaring along the edge of cliffs. Our hikes bring us across wild, grassy hillsides alongside the hardy sheep that outnumber the human residents 2:1, and we'll walk in the footsteps of postmen who had to cross rolling these mountains to deliver the mail. We'll hike the high pastures of Ambadalur above the charming village of Gjógv, visit turf-roofed houses on our hike from Saksun to Tjørnuvík, and savor tasty traditional waffles when we arrive in this charming village. Our meals include outrageously fresh fish, and we'll have the chance to sample lots of traditional Faroese cuisine and drink beer from the island's oldest brewery. In Tórshavn, Europe's smallest capital (and with a great food scene), we'll wander past the colorful wooden buildings of Old Town and explore the lively marina where local fishermen sell their day's catch.

Our overnight bases between hikes are in cozy hotels and a charming guesthouse where we'll get to experience traditional Faroese singing and unique chain dancing. Along the way, you'll be entertained with island legends and Viking history, and spend time with knitters, cooks, beer makers, artists, and farmers—all of whom have a story to share in this delightful archipelago.



Wilderness Travel

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Itinerary

DAY 1

VÁGAR / TRÆLANÍPA / BØSDALAFOSSUR

We arrive on Vágur Island, home to the Faroes' only airport. We'll gather for a quick orientation before heading out for one of the most stunning hikes in Europe. Our trail leads along the edge of Sörvágsvatn Lake, the largest lake on the islands, resting in a cradle high above the Atlantic and flanked by towering headlands. From our vantage point high on the sea cliffs, we look back to see the mirror-smooth lake, which appears to be suspended in the sky, hovering between the turquoise-blue ocean and the high sea cliffs. The soaring sea stacks of the Vágur, Streymoy, and Sandoy islands are in view on the horizon, and the sound of seabirds are all around us. Reaching the end of the lake, we descend a trail to the cliffs' edge to see the 100-foot-high Bøsdalafossur waterfall, where the lake's waters plunge to the sea. We retrace our steps and head back to Sörvágur for our Welcome Dinner. Overnight at Hotel Vágur, a comfortable hotel set on the edge of Sörvágur near the airport. With only 12 flights a day, planes are not a distraction but more of an event, and our hotel gives us great access to our hikes...D

Hiking Details: 4.5 miles, 3 hours, 1,200 feet ascent/descent

DAY 2

MYKINES ISLAND / THE POSTMAN'S WALK

Stretching out in a spine of glorious bluffs and sheer cliff faces, Mykines is the most westerly island of the Faroes, and a photographer's and ornithologist's paradise. Weather permitting, we'll boat to the island, walking through the colorful fishermen's village with its grass-roofed houses and have a chance to spend some time with the permanent residents—puffins! Our hike leads us up the moorlands where thousands of bright-colored puffins soar through the air, preen on grassy tussocks, and stand on the cliff edges ready to launch themselves out to sea. Our hike then crosses the narrow cable known as the "Bridge over the Atlantic" to Mykines Hólmur, where sheep graze on the lush guano-manured grass, and brings us to a red-topped lighthouse that dominates the western end of the island. Built in 1909, the lighthouse was run by three lighthouse keepers who lived on this isolated spot with their families. From this vantage point, you can see gannets nesting on the southern sea stacks before we circle back to the village via the northern cliff line.

If the weather is unsuitable for the boat ride to Mykines, we'll hike the Postman's Walk, where the postman traversed the mountain between Bøur and Gásadalur—the only route connecting the two villages—three times a week until a tunnel through the mountain was constructed in 1993. The path takes a zigzag route upwards, revealing sweeping views of the giant sea stacks at Dranganir and distant Mykines. Other villagers used this walk, carrying coffins over the mountain from Gásadalur to be buried in Bøur. We'll pass "the body stone" where coffins could safely be put down so the bearers could have a well-deserved rest from their toil. Arriving at the crest of the hill, we'll see the verdant hanging valley below, with its colorful collection of houses sitting above the Dalsa River that plummets down the cliff face 300 feet into the Atlantic. It is absolutely stunning and one of the iconic sights of the Faroe Island. In



TRIP DETAILS AT-A-GLANCE

Length:	8 days
Arrive:	Sörvágur, Faroe Islands
Depart:	Sörvágur, Faroe Islands
Lodging:	7 nights hotels and guesthouses
Meals:	All meals included except 1 dinner (B=Breakfast, L=Lunch, D=Dinner)
Activity:	Hiking / Trekking
Trip Level:	1 2 3 ④ 5 6 6 hiking days on moderate to strenuous trails, some steep sections, 2-4 hours most days

HIGHLIGHTS

- Discover the Faroes' stunning coastal hikes and rich seafaring heritage
- Sample Faroese cuisine, including superb fresh-caught fish
- Sip beer at the oldest brewery on the islands
- Meet artisans, dine with local families
- Enjoy welcoming hotels and guesthouses—some hikes start right from the front door!

Itinerary (cont'd)

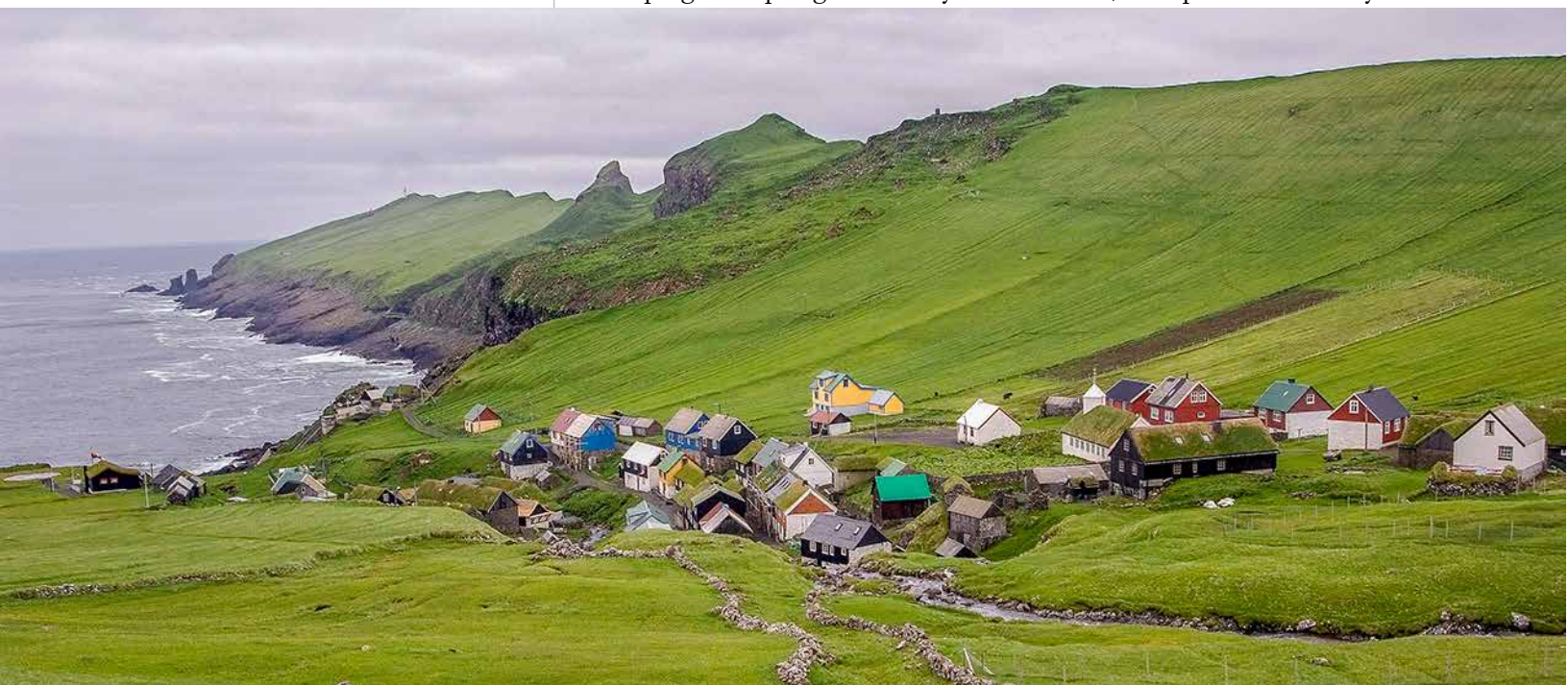


Gásadalur, we'll enjoy a warm drink in a local home before continuing on to the War Museum in Miðvágur and learn about the strategic importance of the Faroe Islands during World War II. Before dinner in a cafe set within an old family home, we'll head out to Múlafossur Viewpoint to catch a glimpse of one of the Faroes' most famous waterfalls. Overnight at Hotel Vágar...BLD
Hiking Details (Option 1): 3 miles, 4 hours, 700 feet ascent/descent
(Option 2): 3.5 miles, 3 hours, 1,200 feet ascent, 1,400 feet descent
Transportation Time (Option 1): 2 hours by boat
Driving Time (Either Option): 1.5 hours

DAY 3

VESTMANNA SEA CLIFFS / EYSTUROY HIKE

A tunnel 300 feet under the Sound of Vestmanna brings us to Stremoy, the largest island of the Faroes. We'll visit the old town of Kvívík, where excavations have revealed the remains of Viking longhouses, then boat out to the Vestmanna sea cliffs, which soar 1,000 feet above sea level, for fantastic wildlife viewing. Wind and weather have sculpted these dark, volcanic rocks into columns of craggy arches, sea stacks, and grottos, and they are home to thousands of nesting birds including guillemots and razorbills—not to mention hundreds of daring sheep that feed on near-vertical grassy patches along the cliff face. Gjáargarður Guesthouse in the quaint village of Gjógv on the island of Eysturoy is our charming accommodation for the next three nights. Named after a deep cleft in the coastal rock, Gjógv is situated in one of the island's most peaceful and enchanting settings. From the back door of our guesthouse, a steep and rugged hike takes us from the "infields," where the sheep are kept in winter, through the "outfields" (the source of our baseball terms!) with views overlooking Ambadaldur, where skuas wheel overhead and hundreds of birds nest in cliffs. With high mountains on two sides, and the ocean and a sweeping u-shaped glacial valley on the others, this spot feels far away from



the cares of the world. For the ambitious hikers, you can opt to hike to the top of Ambadaldur as well. The family-run guesthouse with Scandinavian-style rooms is a welcoming home base...BLD

Hiking Details: 3 miles, 3 hours, 1,500 feet ascent/descent

Transportation Time: 2 hours by boat, 1.5 hours by van

DAY 4

EIÐI VILLAGE / HIKING ON EIÐISKOLLUR AND SLÆTTARATINDUR

A short drive to Eiði, a small village arcing along the northwest tip of Eysturoy, brings us to the church that dates back to 1881, where we will be met by local artist Sigrun Gunnarsdóttir. Sigrun was born in Eiði and trained at the Royal Danish Academy of Fine Arts before returning to Eiði. She'll share the story of the recent interior restoration project of the church, which she helped coordinate (and paint). We'll also be welcomed to see her light-filled studio that looks across the water towards Slættaratindur (2,893'), the highest mountain in the Faroes that towers over the hills and valleys below.

From Sigun's door, we'll hike up nearby Eiðiskollur and hear stories and legends from the land including that of Risin and Kellingin. These two most famous Faroese sea stacks are said to be the remains of a giant and giantess who came at night to drag the Faroes to Iceland. However, the sun rose before they could finish and they were turned to stone by the light. From just over 1,000 feet, we'll look down at the waters crashing against the feet of these sleeping giants before descending back to Eiði for lunch in a nearby café.

Weather permitting, we'll also climb Slættaratindur. Translated to "flat peak," Slættaratindur's peak is so level that it's said that Faroese chain dancing (a medieval circle dance) can be done on the summit. The climb is strenuous, up a steep grassy slope, but rewards those who make it to the top with serene views. This evening, we'll trade in our hiking boots for dancing shoes as we enjoy a folkloric celebration with traditional Faroese chain dancing and song. Overnight at Gjógv...BLD

Hiking Details (Option 1): 5 miles, 5.5 hours, 3,000 feet ascent/descent

(Option 2): 8.5 miles, 5 hours, 1,700 feet ascent/descent

Transportation Time (Option 2): 1.5 hours by van

DAY 5

MORNING HIKE / FÖROYA BJÓR BREWERY / BORÐOY AND VIÐOY ISLANDS

Weather depending, our hike this morning will be an off-trail excursion to the hanging valley, Dalur, revealing dramatic views of nearby islands, or a ramble up Villingardalsfjall's steep mountain slopes. Once at the top, we may see the most remote islands of the Faroes: Fugloy and Svínoy, where a mere 40 people live. Later, we head back into Klaksvík for a relaxing afternoon. We'll enjoy lunch at a favorite local restaurant, Fríða Kaffihús, where we'll sample Faroese tapas such as smoked mussels and salmon with rhubarb. An old Faroese proverb says: "Ull er Føroya gull," or "Wool is the gold of the Faroe Islands." Sheep have been a source of food and clothing since the time of the early Viking settlers—today they still outnumber the Faroese people 2:1. You can be sure





where there's a lot of sheep, there will be a lot of wool—and fantastic woolen knits. Known for centuries for the quality of knitting, Faroese take great pride in their wool clothing and crafts, and we'll get a chance to shop for them in the local wool store.

There are two breweries in the Faroes, and we'll visit Föroya Bjór, the oldest brewery in the Faroes, located in Klaksvík, Borðoy. Established in 1888 and still family-owned, Föroya Bjór produces most of the beer on the islands. Using imported hops from Denmark, they brew a selection of European-style pilsners such as their famous "Ram" beer, and if you're feeling more adventurous, try "Black Sheep," a dark all-malt lager. At 5.8% volume, it's packed with a full complex flavor. Tonight's dinner will be in a local family's home, with traditional dishes including items from their garden. Overnight at Gjógv...BLD
Hiking Details: 3 miles, 3 hours, 1,200 feet ascent/descent
Transportation Time: 2.5 hours

DAY 6

HIKE SAKSUN TO TJØRNUVIK / TÓRSHAVN

Lush green valleys crowned with mist lead us to Saksun on the island of Streymoy. This picturesque hamlet of grass-roofed houses with its small white church sits surrounded by high mountains, spectacular waterfalls, and a sandy lagoon, giving the whole area a mystical feel. Our hike follows the old church "coffin route" to Tjørnuvík, traversing the side of a mountain to a saddle between the two bays. We'll keep an eye out for purple and starry saxifrage growing in areas that sheep are unable to nibble, and tiny yellow tormentil as we descend through the green fields right into the village. Sitting in a glacial circular valley, Tjørnuvík's brightly-colored houses contrast beautifully against the jade-colored landscape, while the views face the rock giants of Risin and Kellingin. In the late afternoon, we'll drive to Tórshavn, the Faroe Islands' capital and the smallest capital in Europe—just 20,000 inhabitants. Dinner is on your own this evening. Overnight at hotel...BL

Hiking Details: 4.5 miles, 3.5 hours, 1,700 feet ascent/descent
Transportation Time: 1.5 hours

DAY 7

HIKE KIRKJUBØUR / TÓRSHAVN

Our final hike brings us to Kirkjubøur, one of the oldest settlements in the islands. A gentle climb brings us to a high moorland past grazing sheep, and we'll revel in the expansive views of Hestur and Sandoy islands. In Kirkjubøur, we'll see the whitewashed church, dedicated to St. Olav, the island's patron saint. Behind the church stand the bulky ruins of St. Magnus, a medieval gothic cathedral built in the 14th century, which was once the center of religious power in the Faroes. We'll be welcomed into Kirkjubøargarður, the turf-roofed 11th century farmhouse, the oldest inhabited house in Europe and once the Bishop's residence. The Pattursson family has lived here for 17 generations, and today's custodian, Joannes Pattursson, will share the history of his home as we enjoy a cup of tea and home-baked cake. Back in Tórshavn, the afternoon



is at your leisure to explore this tiny, yet vibrant city. Join a walking tour of the Old Town visiting the wooden, turf-roofed government buildings of Tinganes, the remains of Sansin Fort, which once defended the important harbor, and wander through the narrow old streets lined with multi-colored wooden houses. Or, simply relax with a coffee or beer at one of the cafés overlooking the lively little marina and soak up the city's easy-going feel. For our Farewell Dinner, we'll make our way to Velbastaður, where Anna and Oli Rubeksen will host us in their family home for a delightful evening of traditional fare. They use many ingredients produced locally and on their farm, accompanied by local beers and maybe even a taste of Faroese schnapps to round off our adventure. Overnight at hotel...BLD

Hiking Details: 3.5 miles, 2 hours, 200 feet ascent, 800 feet descent

Transportation Time: 1 hour

DAY 8

DEPART

We bid farewell and transfer to Vágar Island (45 minutes) for homeward-bound flights or choose to extend your adventure in Europe...B

Add to your journey with a few days in Iceland, or continue on to Europe. There are daily flights from Iceland to the Faroes; plan a few days in Reykjavík or out in the surreal landscape of Iceland. You can also just unwind from jetlag with an overnight stay at the Blue Lagoon, right near the international airport in Keflavík, Iceland. We can help with hotel suggestions if you are interested. There are also flights to and from Edinburgh, Scotland (the schedule is limited to just a few days a week, though), if you'd like to extend your trip to include Scotland. Daily flights to and from Copenhagen make all of Europe easily accessible as well.



Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2024

\$5295 (10-14 members)

\$5795 (4-9 members)

Single supplement: \$465

2025 Trip Cost: Please call for details

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations
- All meals included except 1 dinner as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- Land transportation and sightseeing as noted

TRIP COST DOES NOT INCLUDE

International airfare, arrival airport transfers, any meals not specified after each itinerary day, airport departure taxes, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessary due to airline schedule changes or other factors, expenses such as medical immunizations (if any), travel insurance, or passports and visas, and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: www.wildernesstravel.com/insurance

Arrival & Departure

Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

If you have booked extra services before or after the trip, an Extra Services Confirmation will be sent with your Final Documents.

ARRIVAL & MEETING PLACE

Sørvágur, Faroe Islands

Suggested Airport: Vágar Airport (FAE)

Suggested Date & Time: Day 1, by midday

Meeting Place: You will meet your Trip Leader in the lobby of Hotel Vágar in Sørvágur at 3:00 pm on Day 1.

Hotel Vágar is located right next to the airport. It is a short 5-minute walk to the hotel or you can take a taxi. Taxis are available right outside of arrivals and the cost should be minimal.

DEPARTURE

Tórshavn, Faroe Islands

Suggested Airport: Vágar Airport (FAE)

Suggested Date & Time: Day 8, anytime

On Day 8, your Trip Leader will arrange airport taxis from Hotel Brandan.

INTERNATIONAL AIR TRAVEL

Trip members are responsible for making your own arrangements for flights to and from Sørvágur. Travel to the Faroe Islands from the US is primarily routed through Copenhagen, with daily flights available on Atlantic Airways and Scandinavian Airlines. Atlantic Airways also offers weekly flights to the Faroe Islands from Reykjavík, Edinburgh, Paris, and Bergen.

Atlantic Airways

www.atlanticairways.com

Scandinavian Airlines

www.flysas.com

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US, or you may be denied boarding.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please forward a copy of the email confirmation that shows your exact flight arrival and departure times so we can reserve your airport transfers. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

Accommodations



HOTEL VÁGAR

Sørvágur, Faroe Islands, Denmark

Days 1 to 2 (2 nights)

Set on the edge of Sørvágur city and surrounded by the intense greens of the hills, Hotel Vágur is the ideal introduction to the remote Faroe Islands. Just a two-minutes' walk along a gravel path from the only airport on the islands, the hotel has simple yet comfortable rooms with wooden floors, free WiFi, satellite TV, and there's a welcoming bar where you can enjoy a drink and watch the fog roll in. And with only 12 flights per day, the planes are never a nuisance, but more of an event. If you have time, enjoy a round at the mini golf course on the hotel's property.



GJÁARGARÐUR GUESTHOUSE

Gjógv, Faroe Islands, Denmark

Days 3 to 5 (3 nights)

Blending into its natural surroundings, the Gjáargarður Guesthouse in the delightful village of Gjógv is a welcoming and authentic Faroese stay. With its grass roof, welcoming staff, and wood-paneled lobby, you'll feel as if you're staying with a local family. Rooms are quaint, with en suite bathrooms and views of the hills and Gjógv. Relax with a cup of coffee in the café and enjoy the convenience of its perfect location for our hikes up the surrounding hill of Fjalli.

HOTELS IN TÓRSHAVN

Tórshavn, Faroe Islands, Denmark

Days 6 to 7 (2 nights)

In Tórshavn, we stay at one of the following properties:



HOTEL HAFNIA

Located in the heart of Tórshavn city—the smallest capital city in Europe—Hotel Hafnia is just a few minutes' walk from some of the city sights and the lively marina where you can watch fishermen sell their day's catch. The guestrooms are small and simple, but have comfortable twin size beds, satellite TVs, hairdryers, and WiFi. After wandering through Tórshavn, be sure to warm up at the hotel's Kafe Kaspar with a cup of tea (or a glass of Faroe schnapps), enjoying the relaxing atmosphere of the area.



HOTEL BRANDAN

Noted for its eco-friendly policies (it received the Green Key certification in 2020), the Hotel Brandan is located just a few minutes' walk from Tórshavn's town square. Both the public spaces and the well-appointed guest rooms are decorated by the striking artwork of Faroese artist Edward Fuglø. Amenities include a fitness center, sauna, and hot tub.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific trips they will be leading, please visit our webpage and click on "Trip Leaders": www.wildernesstravel.com/trip/faroe-islands-hiking-tour/



ANGELA GILLESPIE

Based in a small fishing village in the Northwest Highlands of Scotland, Angela has been leading travelers on adventures for more than 28 years. She has guided in parts of Africa, Asia, Europe, the US, and Canada, but spends the bulk of her summers guiding on mountain and coastal trails in the Northwest Highlands of Scotland, the Faroe Islands, and the Shetland Islands. "I immensely enjoy showing off these wonderful landscapes and wholly individual cultures to our guests. Each visit gives me a new and deeper insight into life in these special places and I am very lucky to be able to share that." Angela dons her snow skis in the winter months to work as a ski instructor in the French and Swiss Alps. Her personal journeys have taken her on a month-long skiing expedition in Greenland, to the snowy peaks of the Lofoten Islands in Norway, and on a sailing adventure from Minorca to Valencia, to name a few. She has a son and a grandson—her newest skiing and mountaineering companion. "All in all I am a very happy nomad!"



PER HANSEN

Per Hansen was born and raised in the capital of the Faroe Islands, Tórshavn. For 20 years, he worked at the National Faroese Tourist Board as head of destination development, and in 2012 he decided to work as a guide, welcoming travelers to his home country. Per has traveled to almost every corner in the island group and loves to hike. He is passionate sharing the history, culture, geology as well as daily life of the Faroese, and has an answer to almost everything you might want to know about these fascinating islands.



ROB NOONAN

Rob Noonan came by his love of nature and the mountains early, adventuring throughout most of the Americas and later earning a degree in environmental studies from Prescott College in Arizona. He began guiding our Patagonia hiking journeys in 1994, and his love of the mountains led him eventually to lead for us in the spectacular realm of the European Alps and in the surreal northern landscapes of Iceland and Greenland. Rob brings a lot to a journey, with his boundless energy and depth of knowledge. He has a keen interest in natural history (he's a self-confessed "bird nerd"), and he enjoys comparing the ecology and geology of the incredibly diverse landscapes that he guides in. His personal connections also open many doors along the way, which adds to the fun of any trip Rob leads. "I love the cultural aspects of having friends all over the world, and it is a true joy in my life to lead adventures in lands I love and respect so passionately." A true global citizen, Rob spends his winters guiding in Argentina and Chile, guides our Europe trips in the summer, and is our "northern ambassador" to Iceland and Greenland! When he's not leading trips for us, Rob lives in Flagstaff, Arizona, where he enjoys hiking and river rafting.

Trip Details

WHAT THE TRIP IS LIKE

This trip is rated a Level 4 (Strenuous) according to our trip grading system. You will need to be comfortable hiking 4.5 miles a day, being on your feet for up to 5 hours a day, and hiking on uneven surfaces including downhill over loose rocks. You will need to be able to keep up with the moderate but steady pace of the group as there are no alternative hiking options available. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

Average Hiking Day

- 3 miles
- 3 hours
- 1,000-1,200 feet gain/loss

Challenge Day

- Day 6: 4.5 miles, 4 hours, and 1,700 feet gain/loss

TERRAIN

Trails are mostly grassy, and with the frequent rain, they can be muddy and slippery. There are sections with jagged rock, and some steep ascents and descents, often without defined trails. The Faroe Islands lack vegetation, so trails are often exposed and there can be occasional wind gusts. We cross one bridge over the ocean – the bridge length is about 120 feet and it is 90 feet above the ocean. Some hikes are through boggy terrain, so waterproof gaiters are recommended, but not required. Hiking poles are necessary for the steep, slippery descents.

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercise. Stair climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in.

WEATHER

Temperatures should be in the mid 50s°F during the day and in the 40s°F at night. The weather can provide spectacular and clear days, but rain is very common. Weather in the Faroe Islands is always unpredictable, so you must come prepared for at least some rain and bring appropriate rain gear. Even on sunny days, expect strong winds. It is unlikely that it will be hot. The weather is a major factor in deciding whether a hike is possible, as strong winds, low clouds, and rain can make exposed hikes too dangerous.

ACCOMMODATIONS

Our accommodations will be in comfortable hotels and in a charming guesthouse while in Gjógv on the island of Eysturoy. Hotel Vagar is extremely simple and isolated with small rooms. Please note that the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Twin beds are often next to each other, but they will have separate bedding. If you prefer a single room, please make your request as early as possible.

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1	3 hour	4.5 miles	+/- 1200'	
2	A: 4 hours B: 3 hours	A: 3 miles B: 3.5 miles	A: +/- 700' B: +1200' / -1400'	A: 2 hours by boat B: 25 minute drive (1.5 hours either option)
3	3 hours	3 miles	+/- 1500'	2 hour cruise, 1.5 hours by van
4	A: 3.5-4 hours B: 5 hours	A: 5 miles B: 8.5 miles	A: +/- 3000' B: +/- 1700'	A: 45 mins B: 1.5 hours
5	3 hours	3 miles	+/- 1200'	2.5 hours
6	3.5 hours	4.5 miles	+/- 1700'	1.5 hours
7	2 hours	3.5 miles	+200' / -800'	1 hour
8				45 min airport transfer

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Tórshavn	41/35	42/36	42/36	44/38	47/42	51/45	53/48	54/49	51/46	48/43	43/38	42/36
RAINFALL - INCHES												
Tórshavn	6.5	5.3	5.1	3.9	3.1	2.7	3.3	3.7	5.2	6.5	6.3	6.6

CUISINE

Our lunches are picnic-style or at local restaurants. Dinners are often taken in the home of locals where they will treat us to an authentic experience and share stories. Faroese cuisine is generally simple, and vegetables are not readily available, so vegetarian and vegan options are extremely limited. Gluten and dairy are also expected at every meal. We'll have the chance to sample a lot of traditional food, including fresh fish and beer from the island's oldest brewery.

TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need for the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Europe Manager or email us at europa@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

Toucan Club Rewards & Discounts

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at www.wildernesstravel.com/toucan.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel insulated stainless steel water bottle by CamelBak and a cozy Wilderness Travel fleece vest by Patagonia (\$130 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$140 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.



MEN'S T-SHIRT



WOMEN'S T-SHIRT



PATAGONIA SYNCHILLA FLEECE VEST
PLUS INSULATED CAMELBAK WATER BOTTLE



PATAGONIA R1 PULLOVER



WILDERNESS TRAVEL HAS BEEN AWARDED:

World's Best Tour Operators: *Travel + Leisure*, 2022, 11-time winner
Best Travel Specialists in the World: *Conde Nast Traveller*, 2022, 3 years in a row
Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row
Best Adventure Travel Companies: *USA Today*
Trip of the Year: *Outside Magazine*, 9-time winner
50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row
Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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