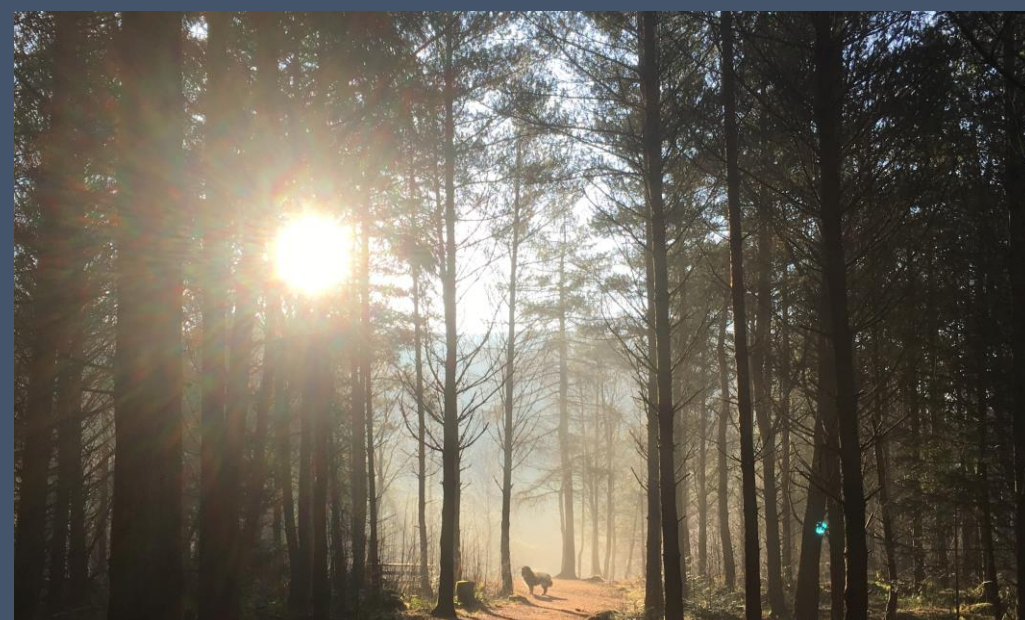
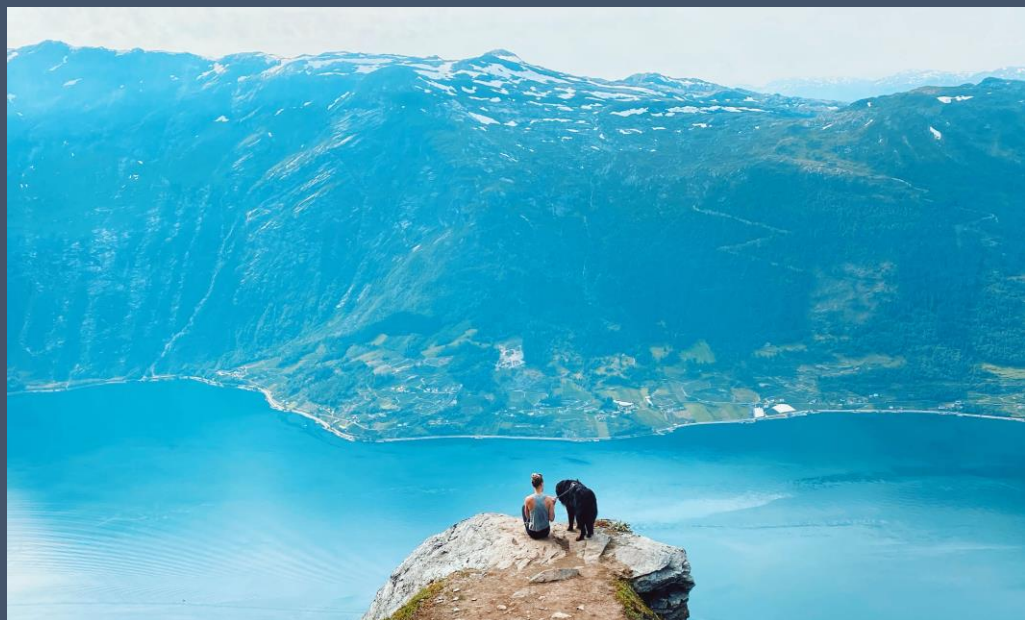
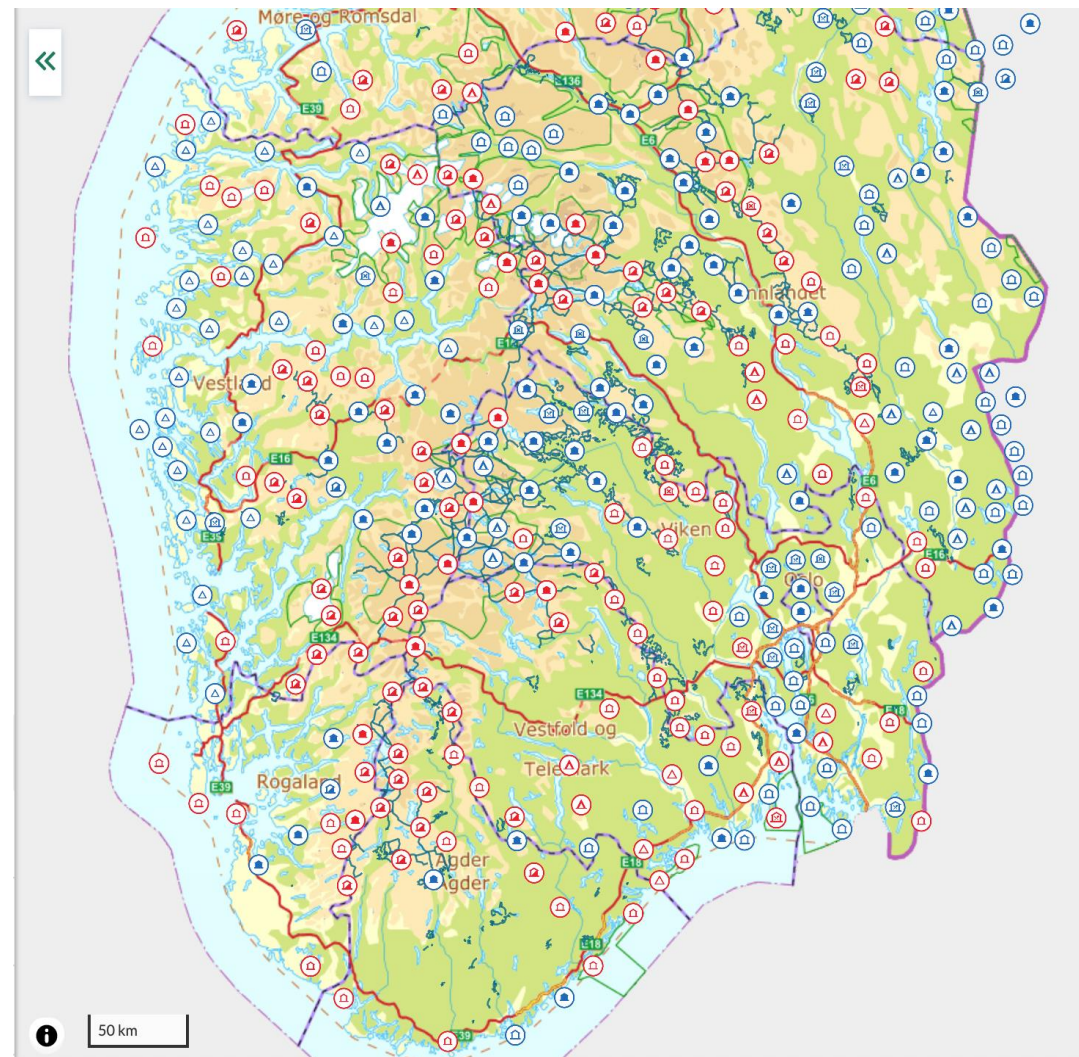
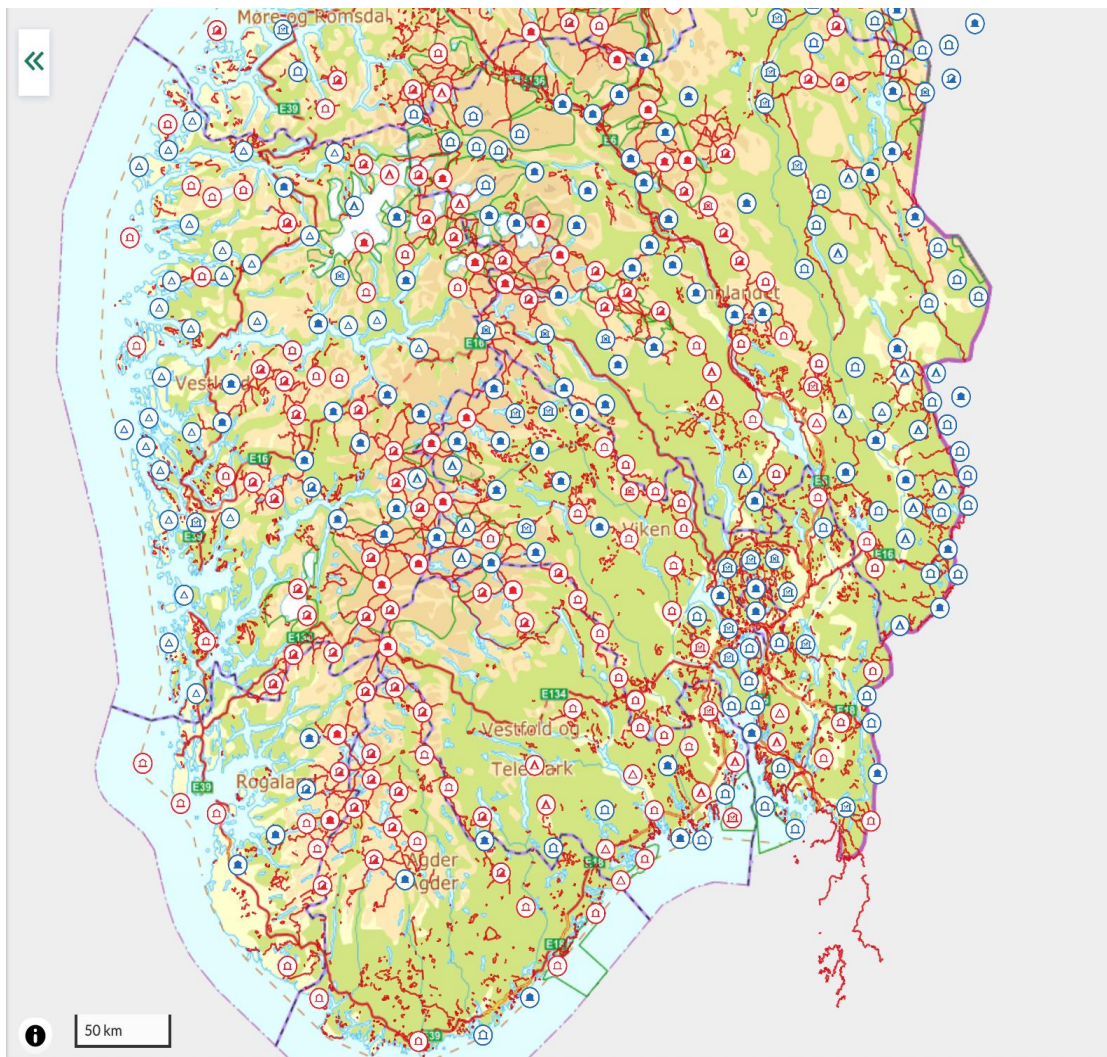


A wide-angle landscape photograph of a Norwegian fjord. In the foreground, a person is sitting on the edge of a large, flat, grey rock ledge that juts out over the water. The fjord below is a deep blue, reflecting the sky. The surrounding mountains are steep and rugged, with patches of snow or ice on their upper slopes. The sky is filled with soft, white clouds. The overall color palette is dominated by blues, greys, and whites, with some green vegetation visible on the lower slopes of the mountains.

OUTDOOR IN NORWAY

Hiking all year round





Be prepared!

- Plan the trip / hike / activity
- Always check the weather forecast before heading out – and dress accordingly
- Plan your trip based on your abilities – lots of different routes
- Don't be ashamed to turn around 😊



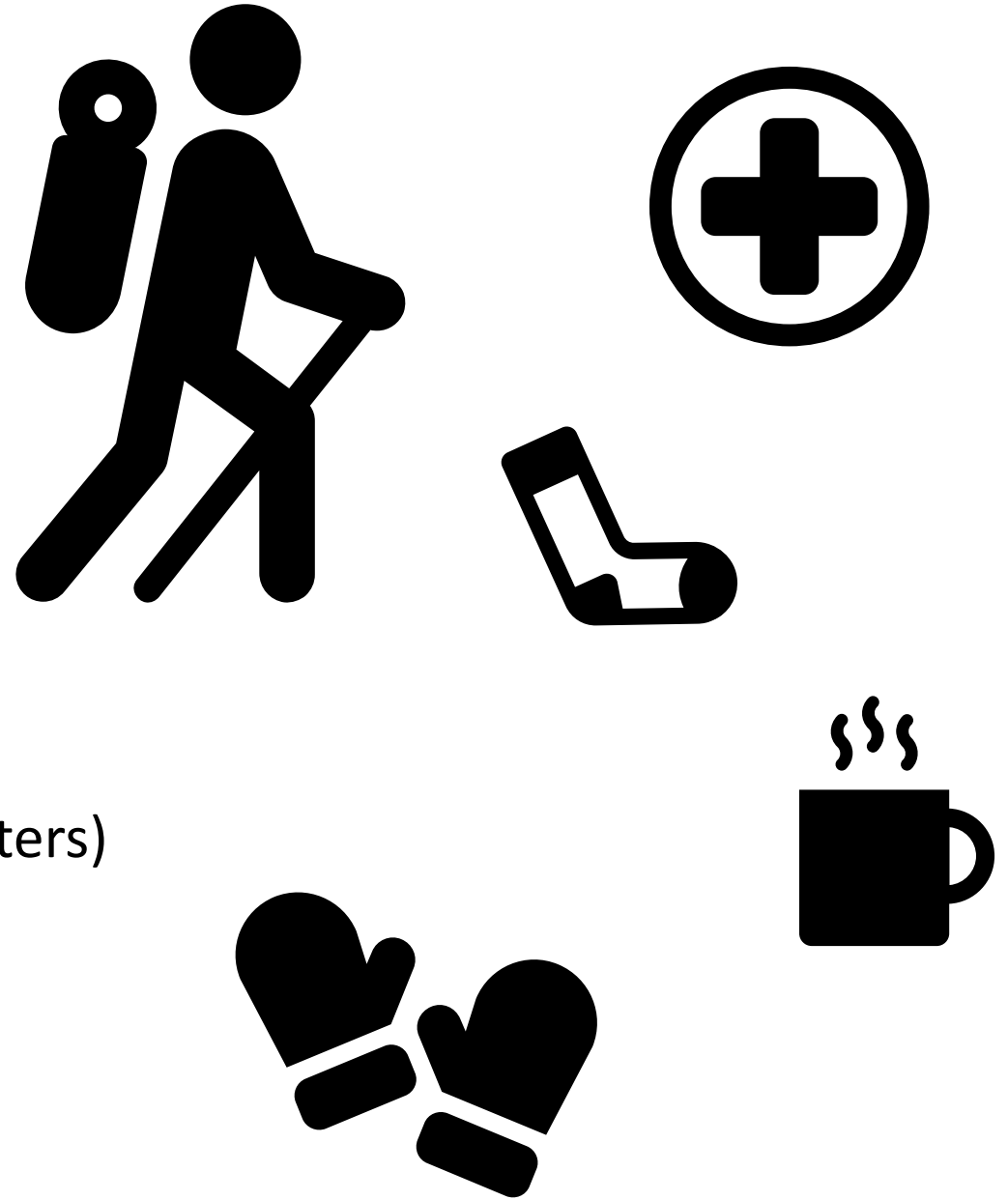
How to dress

- Of course depends on season and weather
- Good hiking shoes (test gradually)
- The three-layer principle:
 - Underwear (wool / thermal)
 - Middle layer (fleece / wool)
 - Outerwear
- Always bring extra clothes



What to bring for a outdoor activities

- Food and drinks
- Extra clothes
- Dry socks
- Map and compass (for hikes)
- Seat pads
- Some first aid equipment (sports tape, plasters)
- <https://english.dnt.no/need-to-know/>



Culture and Leisure – Stavanger Kommune



Recreational activities

52 everyday trips: find tours in Stavanger

Swimming pools

Information about swimming pools in Stavanger.

Voluntary work

The Stavanger Botanic Garden

The Stavanger Botanic Garden was established in 1977 and includes 8 hectares of garden and parkland.

USEFUL LINKS

- <https://english.dnt.no/>
- <https://ut.no/>
- <https://ut.no/kart#7.56/58.579/6.573>
- <https://www.friluftsrad.no/b/7745/tips-til-uteaktiviteter>
- <https://iventureout.com/southernnorway>
- <https://english.dnt.no/the-norwegian-mountain-code/>
- <https://www.stavanger.kommune.no/en/culture-and-leisure/>

A wide-angle landscape photograph of a fjord. The water is extremely still, acting as a perfect mirror for the sky and the surrounding mountains. The sky is filled with soft, wispy clouds, with a pale glow on the horizon suggesting the sun is either rising or setting. The mountains on both sides are dark and silhouetted against the lighter sky. The overall mood is peaceful and tranquil.

BREATHE, RELAX & ENJOY!!