

VARÐAGØTU GONGUTURA KONSEPT

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SENDISTOVAN



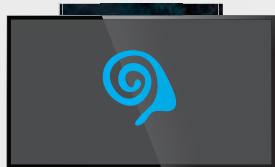
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GONGUTÚRAR

TORLEIKASTIG

» TORLEIKASTIG

Torleikastig á gongutúrum skal frammyvir greinast í litum. Leisturin at flokka torleikastig við litum kenna vit m.a. frá skíðbrekkum í Evropa.



1.0
Easy



2.0
Medium



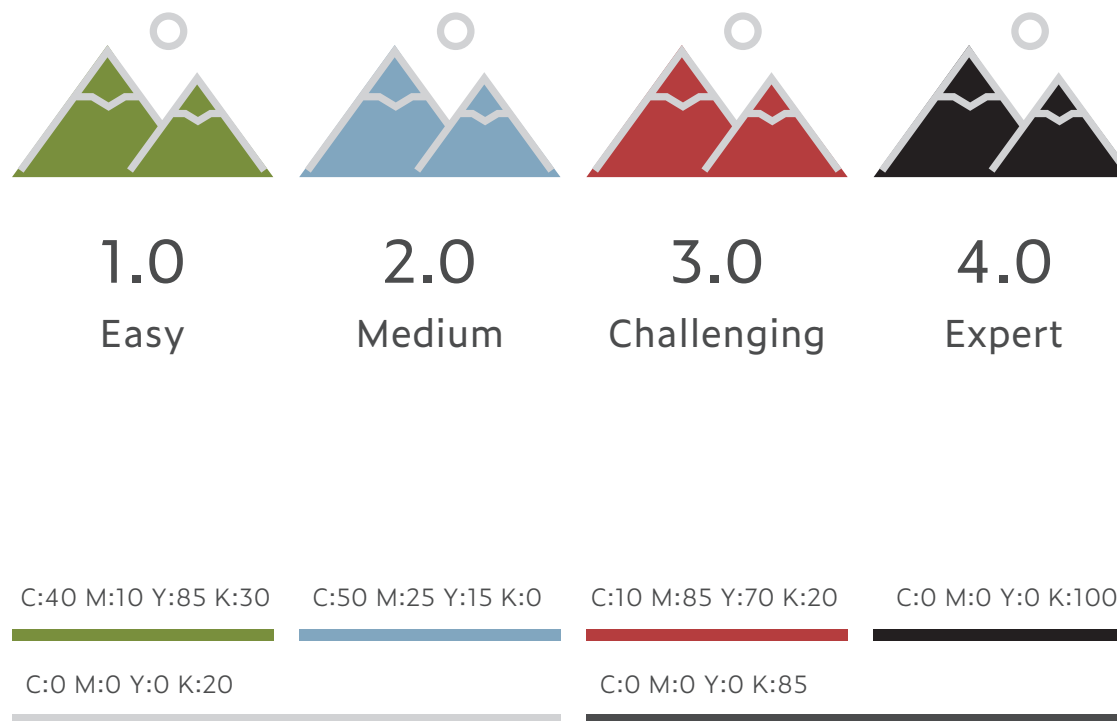
3.0
Challenging



4.0
Expert

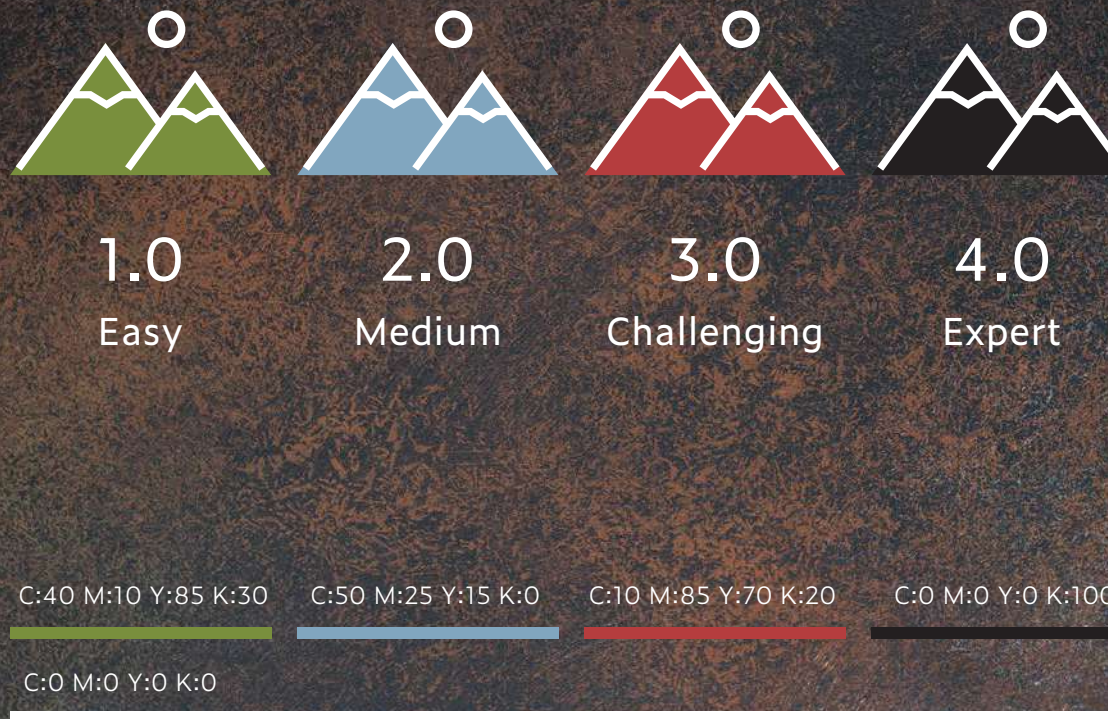
» TORLEIKASTIG

Litsmanseting á torleika
piktogramm á prentlutum.



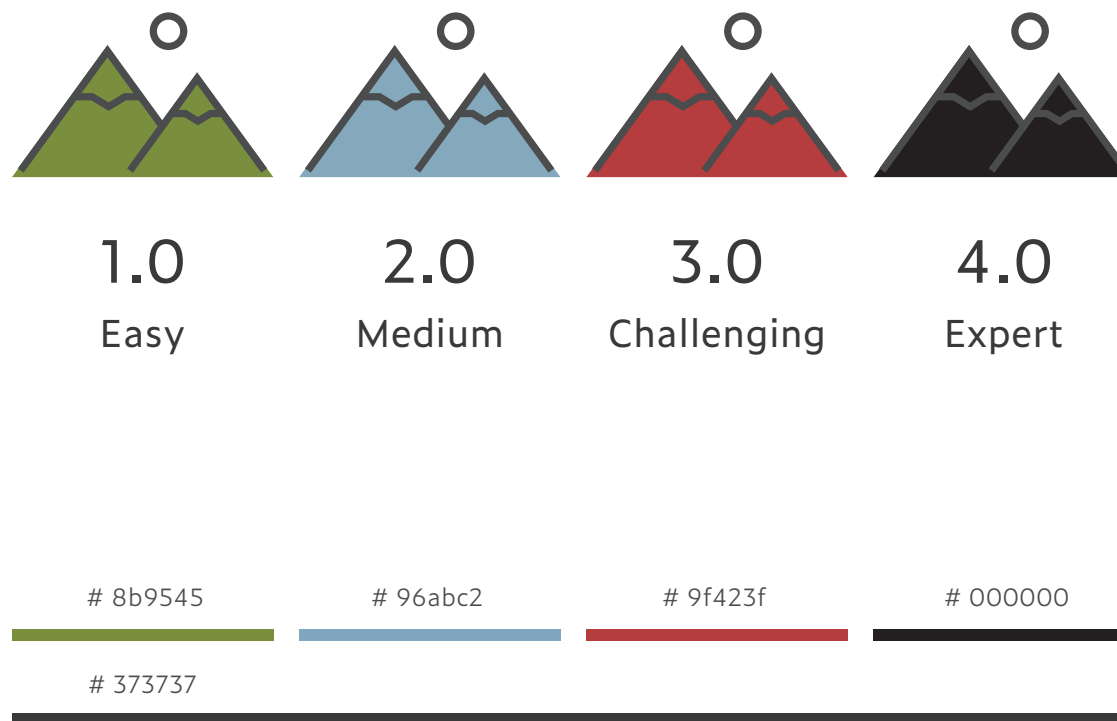
» TORLEIKASTIG

Litsamanseting á torleika
piktogramm á bygda- og
gongutúraskeltum.



» TORLEIKASTIG

Litsamanseting á torleika
pikrogram á alnótini.



GONGUTÚRAR

STEYRAR

» STEYRAR

Steyrin verður grundaður hvítur, soleiðis at teir fýra litirnir standa sterkari.



» STEYRAR

Litsamanseting á steyrum
í trád við torleikaleist.

1.0
Easy

2.0
Medium

3.0
Challenging

4.0
Expert

NCS S 3030-G50Y

NCS S 2020-R90B

NCS S 3050-R

NCS S 9000-N

10 cm



» STEYRAR

TVÆR STØDDIR

Steyrarnir eru í tveimum hæddum. Støddirnar eru 50 og 60 cm.

Val av stødd er treytað av, hvussu djúpt lendið er.

50 cm



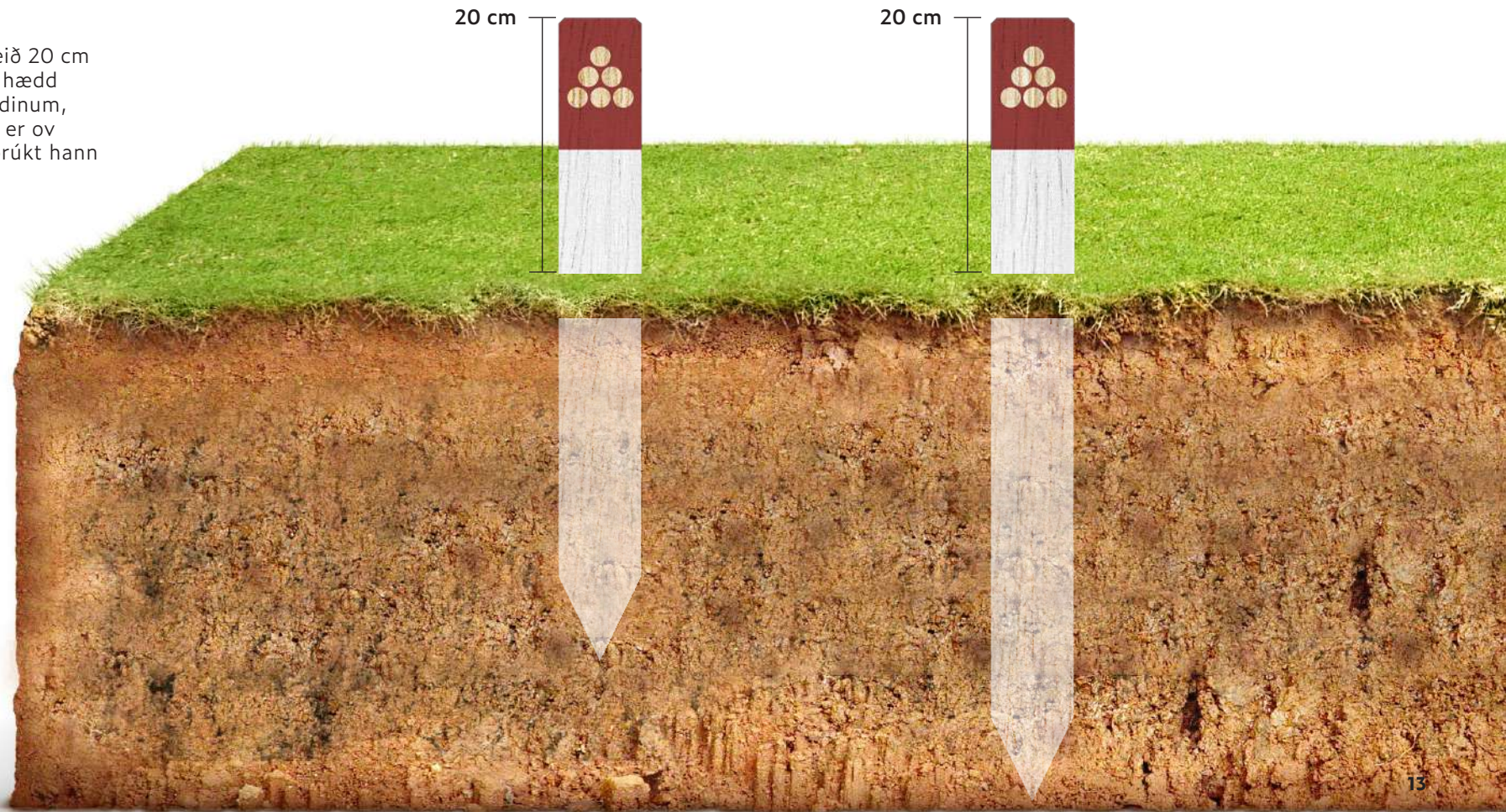
60 cm



» STEYRAR

NIÐURSETING

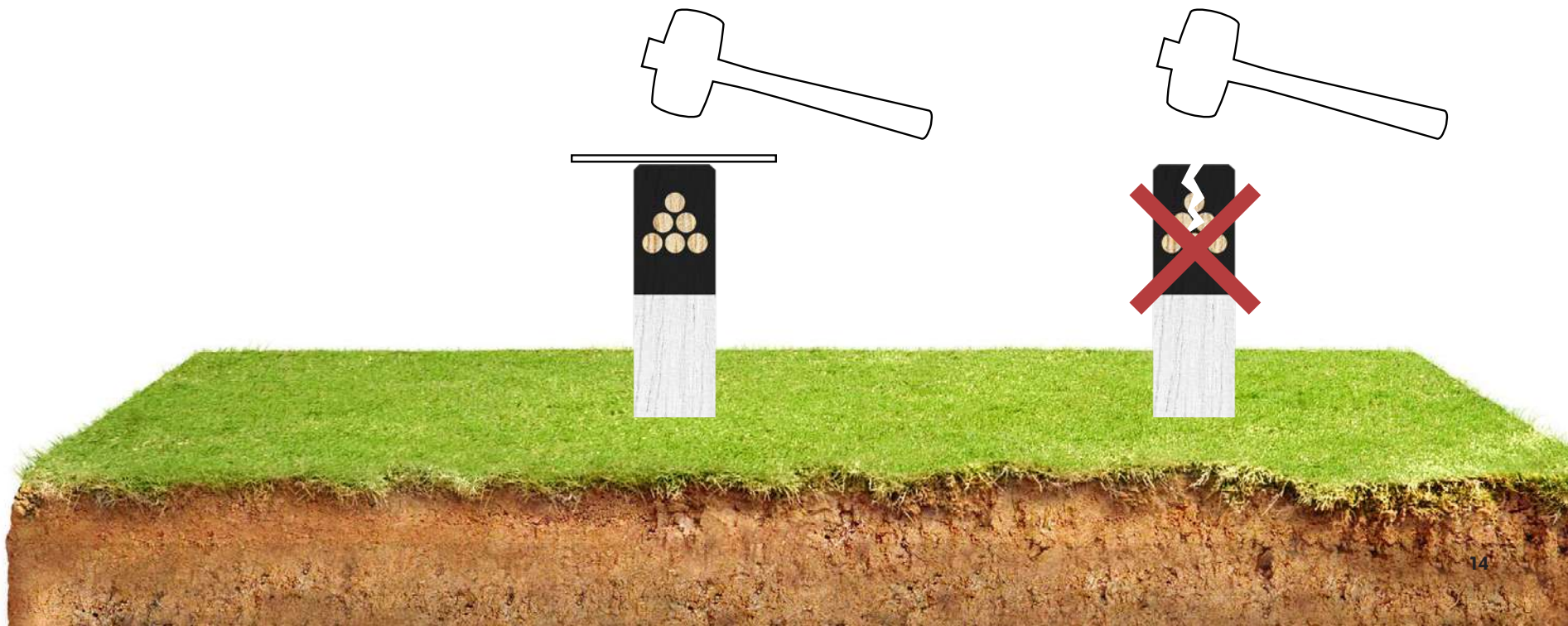
Steyrin skal stinga umleið 20 cm upp úr bønum. Við hesi hædd er steyrin týðiligur í lendinum, samstundis sum steyrin er ov lágur til at seyður fær brúkt hann at skriða sær við.



» STEYRAR

NIÐURSETING

Brúka eina lítla sleggju at sláa steyan niður í bøin. Hav eitt hvørt ímillum sleggju og steyra tá tú slært, soleiðis at steyrin ikki verður skammfílaður og haldføri harvið minkar.





GONGUTÚRAR
SKELTI

» SKELTI

GREIÐARI LEISTUR

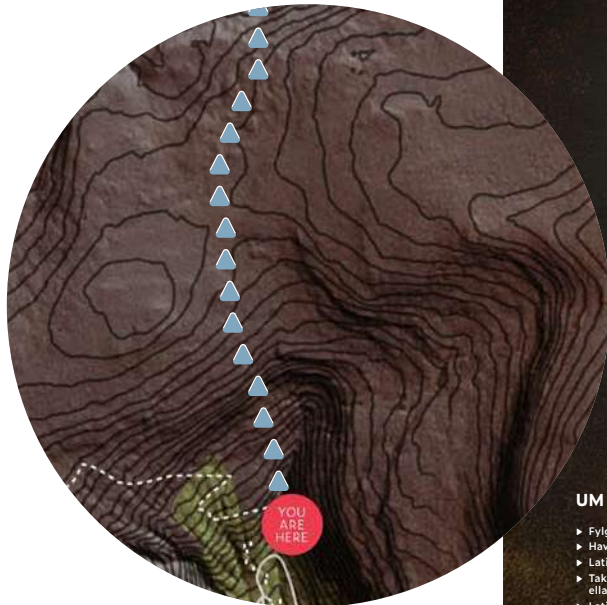
Ein einfaldari og greiðari leistur, at vísa samanhang millum steyrar, rutu og torleikastig.



» SKELTI

DAGFØRINGAR


Skeltini verða dagförd
við nýggjum torleikastigum
og nýggjari rututekning.





GONGUTÚRUR


HIKING ROUTE


DALUR – SKARVANES


 Fylgið varðunum og bláu steyrinum
Follow the cairns and blue post on this route


 2 tímar (einvegis) 2hrs (one way)

 4 km (einvegis) 4km (one way)

 Brekkan er long og lagalig niðaná, oman til
Skarvanes er brekkan nokk so brøtt at enda
*Hike uphill is lengthy but fairly easy. End of
descent to Skarvanes is quite steep*

 297 m

 Túrurin hóskar seg við børnum
The route is suitable for children

 Valla slóð. Seinasti partur av túrinum til
Skarvanesar er gjøgnum eina lið, og har
kann vera váttilt lendi
*Grassy path. Possibility of wet terrain at end
of hike*

UM ATBURÐ / PATH GUIDELINE

- ▶ Fylgið altíð gøtuni
- ▶ Havið ikki hund við í hagan
- ▶ Latið ikki rusk liggja eftir
- ▶ Takið ikki plantur, grót, egg ella ungar úr haganum
- ▶ Latið seyðin fáa frið
- ▶ Farið ikki túrin uttan at onnur vita av hesum
- ▶ Stay on the path at all times
- ▶ No dogs in the outfields
- ▶ Remember to bring your rubbish with you
- ▶ Leave plants, stones, eggs and chicks in their natural environment
- ▶ Keep a distance to any sheep you may encounter
- ▶ Always notify others about where you plan on hiking. It is advisable to fill out and leave your 'safe travel' leaflet at your place of accommodation or in your car

TORLEIKASTIG / TRAIL DIFFICULTY RATING SYSTEM



Please respect our nature, as it is fragile and should be protected for future generations



Please respect flora in this area by not picking the plants and by staying on the path

SAFE
TRAVEL:



HIKING IN
THE FAROE
ISLANDS:



 the Faroe Islands

» SKELTI

DAGFØRINGAR

Skeltini verða dagförd
við nýggjum torleikastigum
og nýggjari rututekning.

TORLEIKASTIG / TRAIL DIFFICULTY RATING SYSTEM



1.0

Easy

2.0

Medium

3.0

Challenging


4.0


Expert





GONGUTÚRUR HIKING ROUTE

DALUR – SKARVANES 2.0 Medium


 Fylgið varðunum og bláu steyrinum
Follow the cairns and blue post on this route


 2 tímar (einvegis) 2hrs (one way)

 4 km (einvegis) 4km (one way)

 Brekkan er long og lagalig niðaná, oman til
Skarvanes er brekkan nokk so brøtt at enda
*Hike uphill is lengthy but fairly easy. End of
descent to Skarvanes is quite steep*

 297 m

 Túrin hóskar seg við børnum
The route is suitable for children

 Valla slóð. Seinasti partur av túrinum til
Skarvanesar er gjøgnum eina liá, og har
kann vera váttilt lendi
*Grassy path. Possibility of wet terrain at end
of hike*

UM ATBURÐ / PATH GUIDELINE

- ▶ Fylgið altíð gøtuni
- ▶ Havið ikki hund við í hagan
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TORLEIKASTIG / TRAIL DIFFICULTY RATING SYSTEM



1.0

Easy

2.0

Medium

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Challenging

4.0

Expert



Please respect our nature, as it is fragile and should be protected for future generations



Please respect flora in this area by not picking the plants and by staying on the path

SAFE TRAVEL:



HIKING IN THE FAROE ISLANDS:



 the Faroe Islands

» SKELTI

DAGFØRINGAR

Skeltini verða dagförd við nýggjum torleikastigum og nýggjari rututekning.

DALUR – SKARVANES

Fylgið varðunum og bláu steyrinum
Follow the cairns and blue post on this route

2 tímar (einvegis) 2hrs (one way)

4 km (einvegis) 4km (one way)

Brekkan er long og lagalig niðaná, om Skarvanes er brekkan nokk so brøtt
Hike uphill is lengthy but fairly easy, End of descent to Skarvanes is quite steep



GONGUTÚRUR
HIKING ROUTE

DALUR – SKARVANES 2.0 Medium

Fylgið varðunum og bláu steyrinum
Follow the cairns and blue post on this route

2 tímar (einvegis) 2hrs (one way)

4 km (einvegis) 4km (one way)

Brekkan er long og lagalig niðaná, oman til Skarvanes er brekkan nokk so brøtt at enda
Hike uphill is lengthy but fairly easy. End of descent to Skarvanes is quite steep

297 m

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The route is suitable for children

Valla slóð. Seinasti partur av túrinum til Skarvanesar er gjøgnum eina lið, og har kann vera váttilt lendi
Grassy path. Possibility of wet terrain at end of hike

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- ▶ Fylgið altíð gøtuni
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TORLEIKASTIG / TRAIL DIFFICULTY RATING SYSTEM



Please respect our nature, as it is fragile and should be protected for future generations



Please respect flora in this area by not picking the plants and by staying on the path

SAFE TRAVEL:



HIKING IN THE FAROE ISLANDS:



GONGUTÚRAR

ÁVÍSING TIL TÚRABYRJAN

» ÁVÍSING TIL
TÚRABYRJAN



» ÁVÍsing TIL TÚRABYRJAN

Pílarnir á ávísingarskeltinum peika á hvønn veg, ein skal ganga fyri at koma til túrin.

Stødd 16x16 cm



Eisini kunnu ávísingarskelti vísa til "view-points".



» ÁVÍSING TIL
TÚRABYRJAN



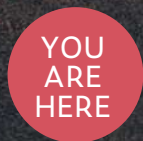
GONGUTÚRAR

PIKTOGRAMM

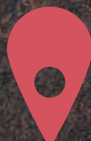
» PIKOGRAMM Á
GONGUTURASKELTUM



Høvuðspiktogramm
Gongutúrur



Túrur byrjar



Túrur endar



Longd í tíð



Hædd á túri



Merkisstaður



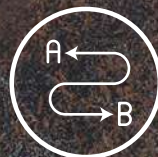
Einvegis túrur



Tak börnini við



View-point



Aftur og fram



Lendisgreinan



Parkering



Torleikagreinan



Gøtan fer í tvíningar

» PIKTOGRAMM

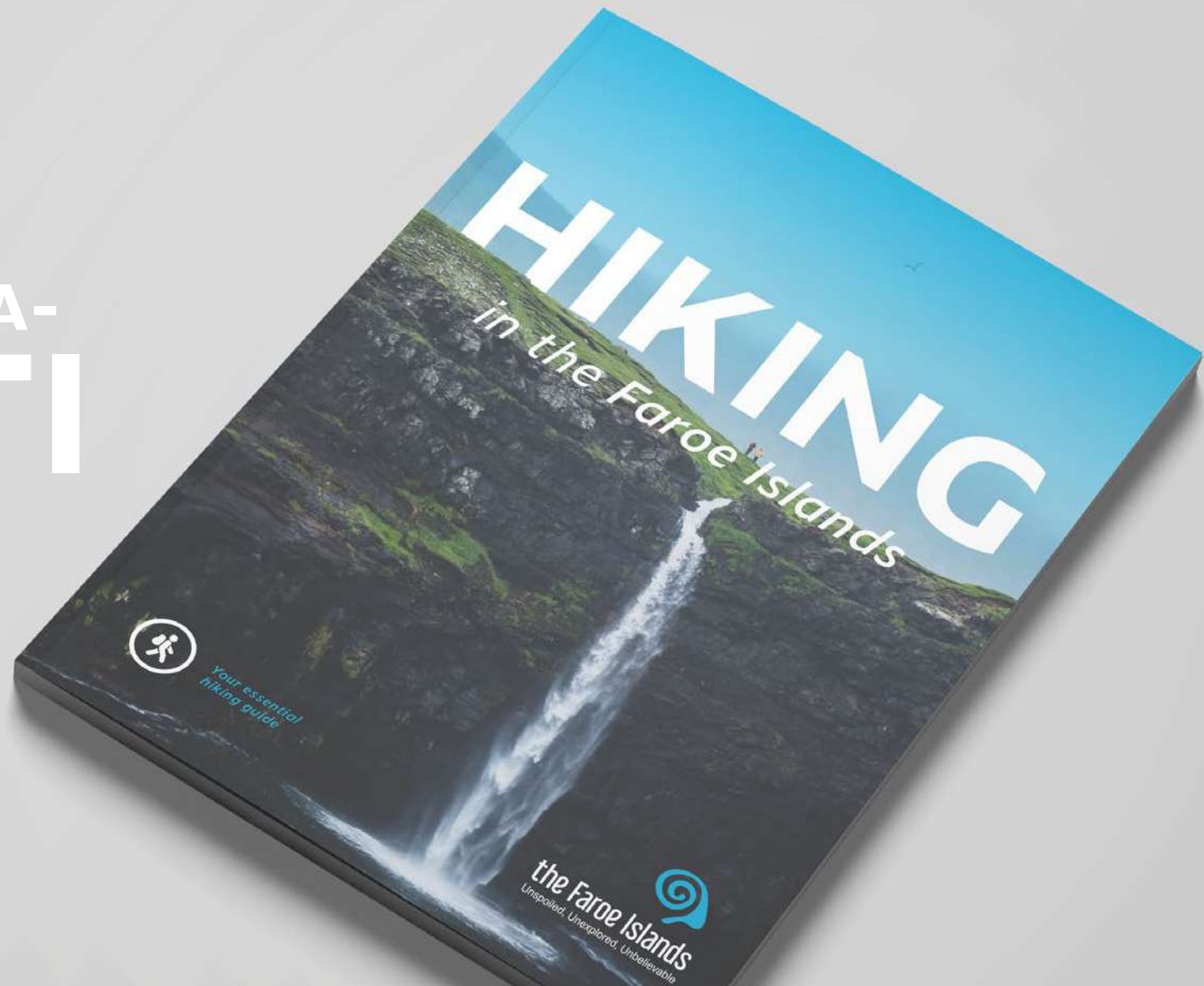


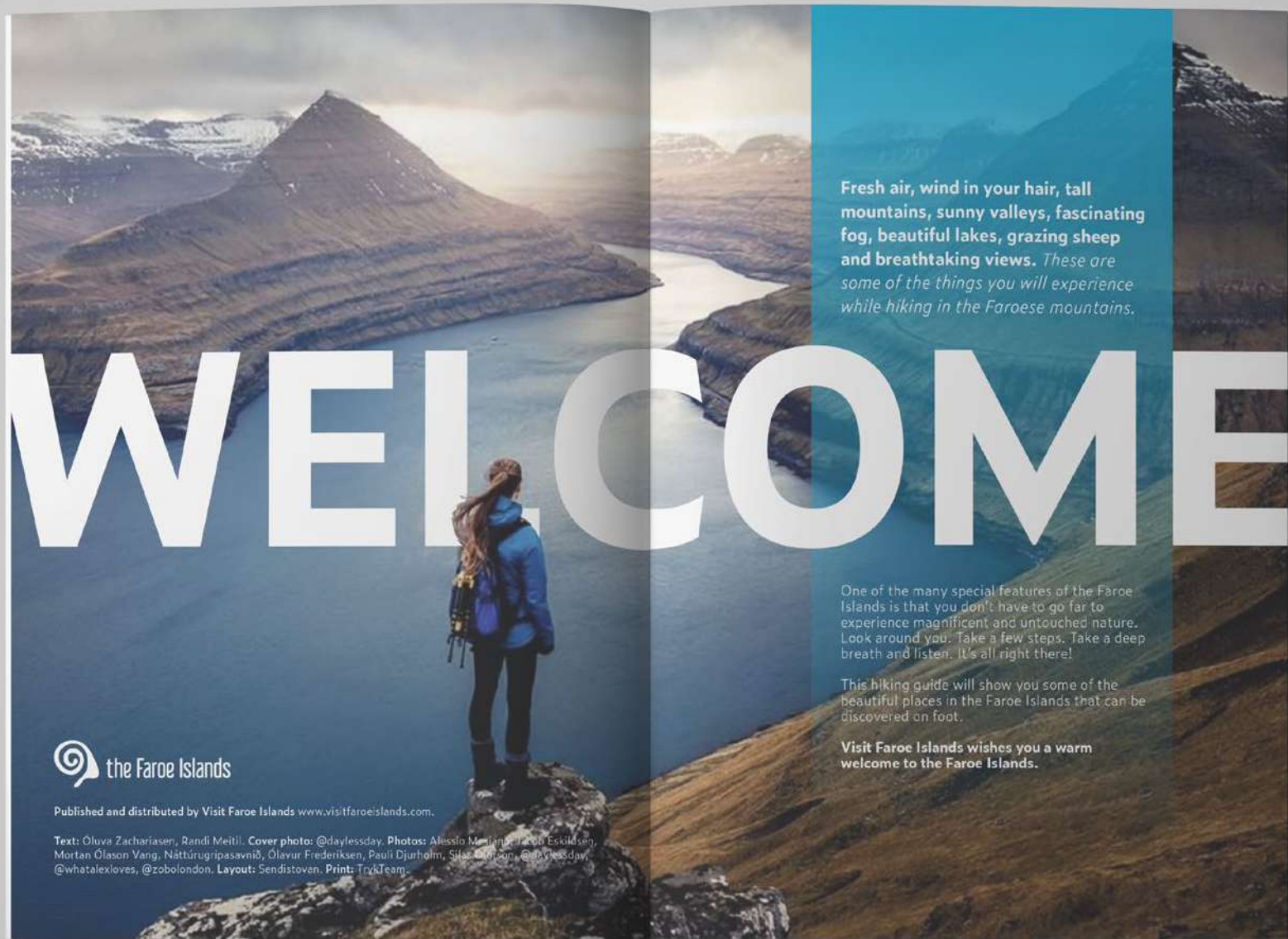
Høvuðspiktoqrammir

Yvirlit yvir piktogramm ið
kundu síggjast á bygdaskeltum,
heimasíðuni v.m.



GONGUTÚRA- HEFTI





Fresh air, wind in your hair, tall mountains, sunny valleys, fascinating fog, beautiful lakes, grazing sheep and breathtaking views. *These are some of the things you will experience while hiking in the Faroese mountains.*

One of the many special features of the Faroe Islands is that you don't have to go far to experience magnificent and untouched nature. Look around you. Take a few steps. Take a deep breath and listen. It's all right there!

This hiking guide will show you some of the beautiful places in the Faroe Islands that can be discovered on foot.

Visit Faroe Islands wishes you a warm welcome to the Faroe Islands.

 the Faroe Islands

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Allir túrarnir hava eitt nummar og her sært tú eitt yvirlit yvir hvar túrarnir eru



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FOLLOW

the cairns

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All the trips are marked with a color and the color indicates the difficulty of the trip



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WHY CAIRNS?

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*Take nothing but pictures
Kill nothing but time
Leave nothing but footprints
Make nothing but memories*



CORPSE STONES

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You can find corpse stones on these hikes:

- Fuglafjørður - Hellurnar 4
- Kambsdalur - Skálabotnur 5
- Oyndarfjørður - Elduvík 6
- Skálabotnur - Selatrað 7
- Saksun - Tjørnuvík 9
- Bøur - Gásadalur 14

14

TRAIL DIFFICULTY



BØUR- GÁSADALUR

FACTS



2.5 hrs (one way)



3.5 km (one way)



Moderate to difficult. It is steep and difficult to climb Gásadalsbrekkan, and the descent to Gásadalur is also steep



434 m



Not suitable for children under eight to ten years, as the route is steep with many loose stones



Grass path. Down towards Gásadalur, path with stones and small rocks



Map no. 210



Be extra careful on the way down towards Gásadalur, as there are many loose stones, especially if you travel in a group

Hike along the old village path to the beautiful village of Gásadalur, which was one of the most isolated villages in the Faroe Islands until a few years ago

A The route starts in the valley about three kilometres west of the village of Bøur. The path begins about one kilometre south (or left) of the tunnel entrance. You can see the path, which meanders up the Gásadalsbrekkan.

Gásadalur has been one of the most isolated villages in the Faroes. It is difficult to get to the village by sea and it was not until 2004 that the village was connected to the rest of the island by road when the tunnel was built. The people of Gásadalur used to walk this path when they had to go to the neighbouring villages to trade or for other errands. The helicopter service began in 1983.

The first stretch of the path is steep and runs close to the edge of the mountain. B Therefore, walk extremely carefully, but do not forget to enjoy the outstanding view over Sörvágsfjørður, Tindhólmur, Gás-hólmur and Mykines. In 2014, two men managed to climb all five peaks of Tindhólmur.

There is no church in Gásadalur so the school is used for services. The cemetery is from 1873. Before then, people were buried in Bøur and so the coffin had to be carried over the mountain to Bøur from Gásadalur. The trip was very difficult and the only place that the bearers could rest was at the Líksteinurir C (Corpse Stone), which you will come upon halfway through the route.

Further on, you come to the spring Vigdá D. There is a story that a baby in Gásadalur became seriously ill and had to be taken to the doctor in Bøur. On the way to Bøur, the baby's condition worsened



and it was about to die. According to the Lutheran faith, your soul does not gain salvation if you die unbaptised. Therefore, the priest, who was travelling with them, quickly blessed the spring and baptised the baby.

When you continue, you will see Risa-spórið E. There is a legend about two giants. One lived in Gásadalur and the other in Mykines. Once, they quarrelled and the Gásadalur giant wanted to go to Mykines to settle the dispute. He took running leaps along the mountain, took off, and with one leap, he landed on Mykines. He took off so hard that you can see his footprint to this day.

From Skarði, the path twists down the mountainside to the village. Beware of loose stones! The view down to Gásadalur is one of the most beautiful sights you can experience. The small, beautiful village is surrounded by green infield with harsh high mountains. One of them is Arnafjall, which, with its 722 metres, is the tallest mountain on Vágur. In the village, there are ruins from the Middle Ages, called Uppi við Garð and Gæstoftir.

17

TRAIL DIFFICULTY



2.0
Medium

TÓRSHAVN- KIRKJUBØUR

*A nice trip along the old mountain path
to the beautiful old village of Kirkjubøur*



*Most of the houses in Kirkjubøur
are built in the old style.*



A The route starts at the crossroads Landavegur/Velbastaðvegur. From there, follow a path down to Sandá and the farm where the path to Kirkjubøur begins.

First, you go uphill. Once you have come up and turn around, you have a good view of Tórshavn and all of Nólsoy. When you start to walk again, you go round Reynsmúli and then you arrive at Reynsmúlalág. Two small lakes are in front of you. You might see many Kittiwakes there in the summer. Follow the cairns and you will see a dais **B** built of rocks. The dais has been used for open air public gatherings since the 1800s and is still in use today. Public gatherings have been held in this place with flags, speeches and patriotic songs composed for the occasion. It is easy to imagine how crowds of people have sat on the hill before the dais and listened to, amongst others, Jóannes Patursson (1866–1946), a pioneer in the Faroese national independence movement. These outdoor public gatherings are still held in the Faroe Islands, e.g. during the national holiday Ólavsøka on 28–29 July.

FACTS



2 hrs (one way)



7 km (one way)



Ascent and descent are somewhat demanding, stony and wet. Rest of the hike is easy



230 m



The route is suitable for children



Mostly grass path. Stony and wet in some areas



Map no. 408, 508, 509



The church in Kirkjubøur is the oldest church in the Faroe Islands still in use.

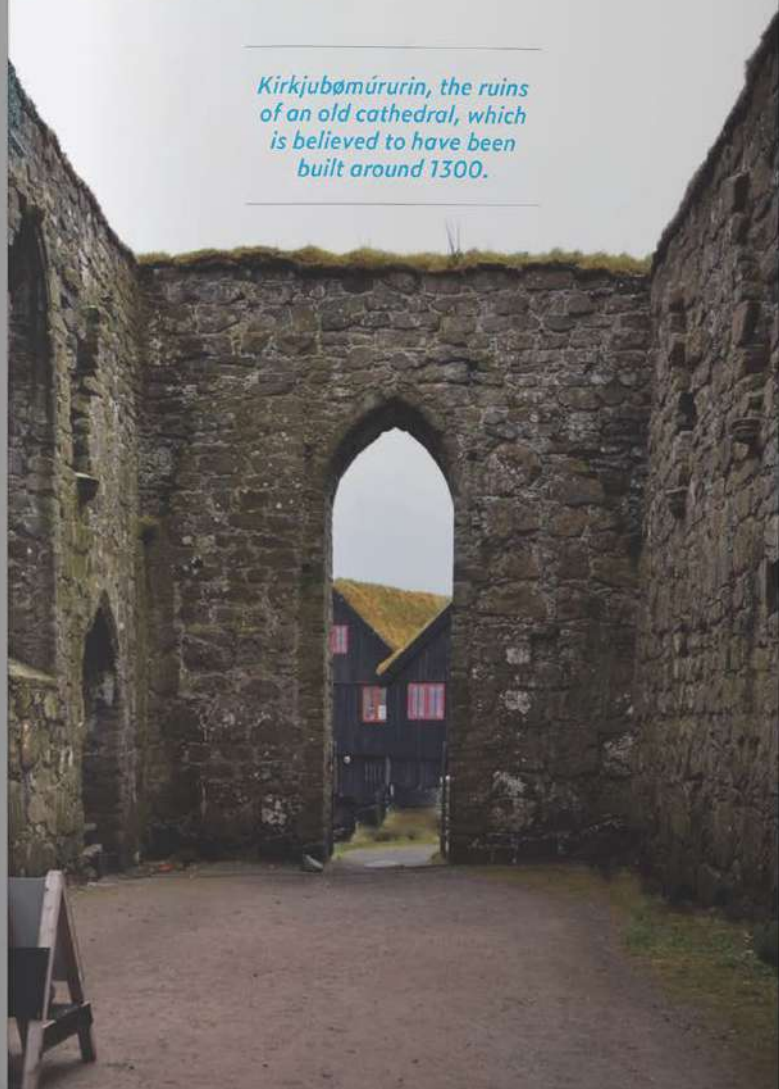
The path continues southwards. On the route, © you have a great view of Sandoy, Hestur, Koltur and Vágur.

Legend talks about Magnus, a young man from Koltur, who courted a girl from Hestur. The girl's father was not to know about this, so they met in secret. Magnus swam from Koltur, when the tidal current flowed southwards, spent time with the girl, and when the tide turned, swam back to Koltur. The girl's father discovered this. One day, as Magnus came ashore, the father stood before him with an axe and threatened to kill him. Magnus was forced to go back, and he was never heard of again. Undoubtedly, a current took him and carried him out to sea. The story goes that after this, the eddy, which is called *Grisarnir*, emerged inside Koltursund. This is said to have been an act of revenge. To this day, this same eddy still exists in Koltursund.

As you approach Kirkjubøur, you will see a small islet, *Kirkjubøholmur*, which used to be part of the mainland and part of the village. Out on the islet, you can still see old ruins of houses.

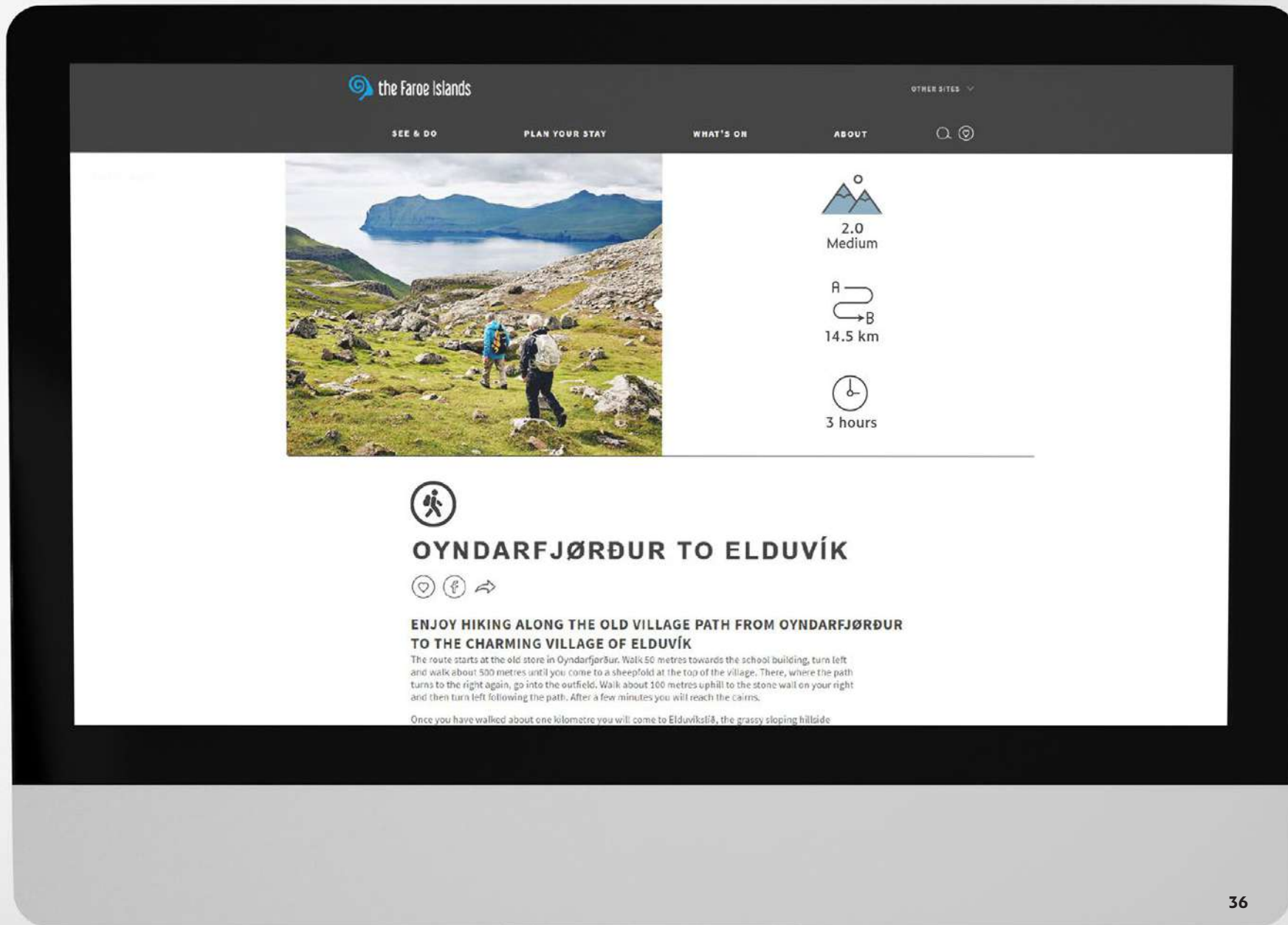
The path now goes gradually down to the village and ends at a cattle grid some 50 metres from the nearest houses. Kirkjubøur is a beautiful and charming village where most of the houses are built in the old style. Kirkjubøur has a wealth of attractions; for example, *Kirkjubømúrin*, the ruins of an old cathedral, which is believed to have been built around 1300. There is also *Stokkastovurnar*, the old farmhouses from about 1350, which are built on the ruins of the old bishop's seat. The church in Kirkjubøur is the oldest church in the Faroe Islands still in use. It was built in the 1200s.

Kirkjubømúrin, the ruins of an old cathedral, which is believed to have been built around 1300.

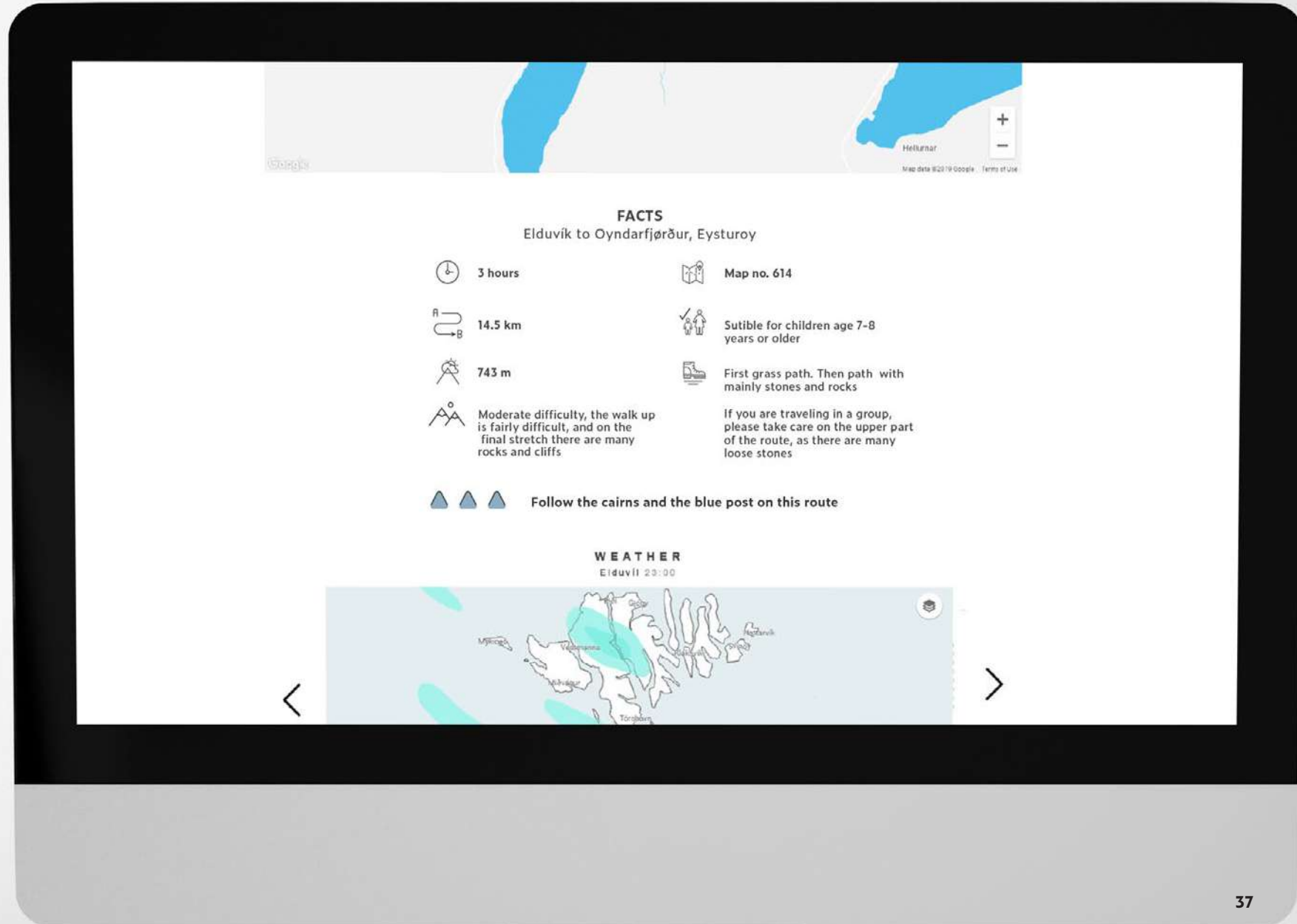


HEIMA- SÍÐA





» HEIMASÍÐA



RELATED HIKING ROUTES

CHOOSE REGIONS
CLEAR ALL

- Eysturoy
- Streymoy
- Vágar
- Norðoyggjar
- Suðuroy
- Nólsoy
- Sandoy
- Tórshavn (capital)

SPECIALITY
SELECT ALL

- Children friendly
- Wheelchair friendly
- All year

CHOOSE DIFFICULTY

1.0 2.0 3.0 4.0

Challenging

CHOOSE DISTANCE
Kilometers

1 5 10 15 20 25 30 35 40 45 50

CHOOSE DURATION
Hours

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

[View All](#) [Map View](#) [Filter](#)

SKÁLAVÍK, SANDOY HOTEL SKÁLAVÍK	TÓRSHAVN, TÓRSHAVN (CAPITAL) HAVGRÍM SEASIDE HOTEL	GÁSADALUR, VÁGAR GÁSADALSGARÐUR GUESTHOUSE	GJÓGV, EYSTUROY GJÁRGARÐUR GUESTHOUSE
<small>The bright and sunny Hotel Skálavík is a stimulating hub for anyone seeking inspiration.</small>	<small>Havgrím Seaside Hotel is a new boutique hotel by the seaside in Tórshavn with 14 bedrooms and is</small>	<small>Rest your head at this cozy guesthouse in one of the most iconic and atmospheric locations in the</small>	<small>Located in the beautiful, scenic village of Gjógv, the charming Gásadalur Guesthouse is the</small>

» ATBURÐSTILMÆLI 7-10

- ▶ Gakk altíð eftir gøtunum
 - ▶ Halt ikki gang í haganum
 - ▶ Steðga ikki á í lundalandinum
 - ▶ Hav ikki hund við tær í hagan
 - ▶ Hav altíð hundin í bandi
 - ▶ Tak altíð burturkast heim við tær
 - ▶ Lat plantur, grót, egg og ungar fáa frið í haganum
 - ▶ Lat altíð portrið aftur eftir teg
 - ▶ Gakk ikki ov nær seyðinum
 - ▶ Flúgv ikki við dronu
- ▶ *Stay on designated paths at all times*
 - ▶ *Keep your voice down*
 - ▶ *Do not pause in the puffin colony*
 - ▶ *Dogs must not be taken into the outfields*
 - ▶ *Dogs should be kept in rope*
 - ▶ *Remember to bring your rubbish with you*
 - ▶ *Leave plants, stones, eggs and chicks in nature*
 - ▶ *Remember to close gates behind you*
 - ▶ *Keep a distance to sheep you may encounter*
 - ▶ *Do not fly drones*

» ATBURÐSTILMÆLI 11-20

- ▶ Tak lesull og annað, ið sløðist úti, við heim
 - ▶ Laða ikki varðar og tak teir ikki niður
 - ▶ Tjalda einans á ávístum tjaldstøðum
 - ▶ Kanna, um líkindi eru at fara í hagan

 - ▶ Ger teg út til alt veður
 - ▶ Hav altíð í huga, at tað er kalt í hæddunum
 - ▶ Far ikki út á eggina
 - ▶ Ansa eftir, at grót ikki losnar og fer á bólt
 - ▶ Far ikki einsamallur á fjøllini
 - ▶ Sig frá, áðrenn tú fert í hagan
- ▶ *It's customary to pick up loose wool and rubbish*
 - ▶ *Do not build or take down cairns*
 - ▶ *Camping is only allowed on designated campsites*
 - ▶ *Check weather forecasts to see if conditions are favourable for hiking*

 - ▶ *Be prepared for all types of weather*
 - ▶ *Beware that it's often very cold in heights*
 - ▶ *Do not go too close to the cliffs*
 - ▶ *Beware of loose stones, especially when hiking in groups*
 - ▶ *Always walk with others*
 - ▶ *Notify someone about where you plan on hiking. It is advisable to leave your 'safe travel' leaflet*

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