

Essential guide to the **FAROE ISLANDS**

In the Faroe Islands, the weather is part of the experience. Sun, rain, fog and wind can all occur on the same day, making it essential to travel prepared. This guide brings together important information to help you explore the islands in comfort and safety, while respecting nature and local communities.

With the right preparation and the support of our team, you will be ready to experience Faroe Islands with greater safety, comfort and peace of mind, focusing on what truly matters: making the most of every experience.



THE 3 LAYER SYSTEM

BASE LAYER:

Merino wool or thermal fabric worn close to the body to retain warmth and help control moisture.

MID LAYER:

Fleece, wool or another insulating layer to retain body heat without restricting movement.

OUTER LAYER:

A waterproof and windproof jacket. Waterproof trousers can also be important during walks and on days with greater exposure to the weather.

IMPORTANT:

Wind can completely change how cold it feels. Always keep a waterproof layer close at hand, even when the day starts with good weather.



ESSENTIAL PACKING LIST

FEET:

Waterproof, comfortable hiking boots with good grip. The terrain may be wet, uneven or slippery.

PROTECTION:

Gloves, a hat, scarf or neck protection, and a small backpack for daily outings.

WELL-BEING:

Reusable water bottle, sunscreen, sunglasses and moisturising lip balm.

LEISURE:

Swimwear and a towel may be useful if your itinerary includes swimming pools, hot tubs or other aquatic experiences.

ELECTRONICS:

Mobile phone, charger and power bank. For hikes, always start the route with your phone fully charged.



MONEY AND CONNECTION

PAYMENTS:

Cards and contactless payments are accepted in most hotels, restaurants, shops, petrol stations and other services.

CURRENCY:

In the Faroe Islands, both the Faroese Króna and the Danish Krone are in circulation and have the same value.

INTERNET:

Mobile coverage is well developed in the main inhabited areas, including 4G and 5G networks.

ESIM:

A local SIM or eSIM can be a practical option, especially if your plan does not include roaming in the Faroe Islands.

TIP:

In mountainous areas or during more isolated hikes, coverage may be limited. Do not rely exclusively on your mobile phone.



HEALTH AND SAFETY

TALK TO YOUR GUIDE:

Inform your guide in advance about allergies, physical limitations, special needs or any condition that may affect the planned activities.

MEDICATION:

Bring enough personal medication for the entire trip and keep the most important items in your hand luggage.

MEDICAL PRESCRIPTION:

If you take prescription medication, bring the prescription or corresponding medical documentation, preferably in English.

EMERGENCIES:

The emergency number in the Faroe Islands is 112. In remote areas, access to emergency services may take longer.

LOCAL CONDITIONS:

Weather and road conditions can change quickly. Always follow your guide's instructions and local safety warnings.



GOLDEN RULES IN THE FAROE ISLANDS

STAY ON THE TRAILS:

Use the designated paths and respect the existing signs.

BE CAREFUL NEAR CLIFFS:

Never get too close to the edges. Sudden gusts of wind can occur without warning.

BE AWARE OF FOG:

Avoid starting hikes when visibility is poor. If fog appears during the route, follow the trail markings and local guidance.

RESPECT PRIVATE PROPERTY:

Much of the landscape is privately owned or used for agriculture and livestock farming. Respect gates, fences and signs.

FOLLOW YOUR GUIDE:

Local conditions always take priority over the original plan. If an activity needs to be changed, follow the instructions of your Atelier guide.