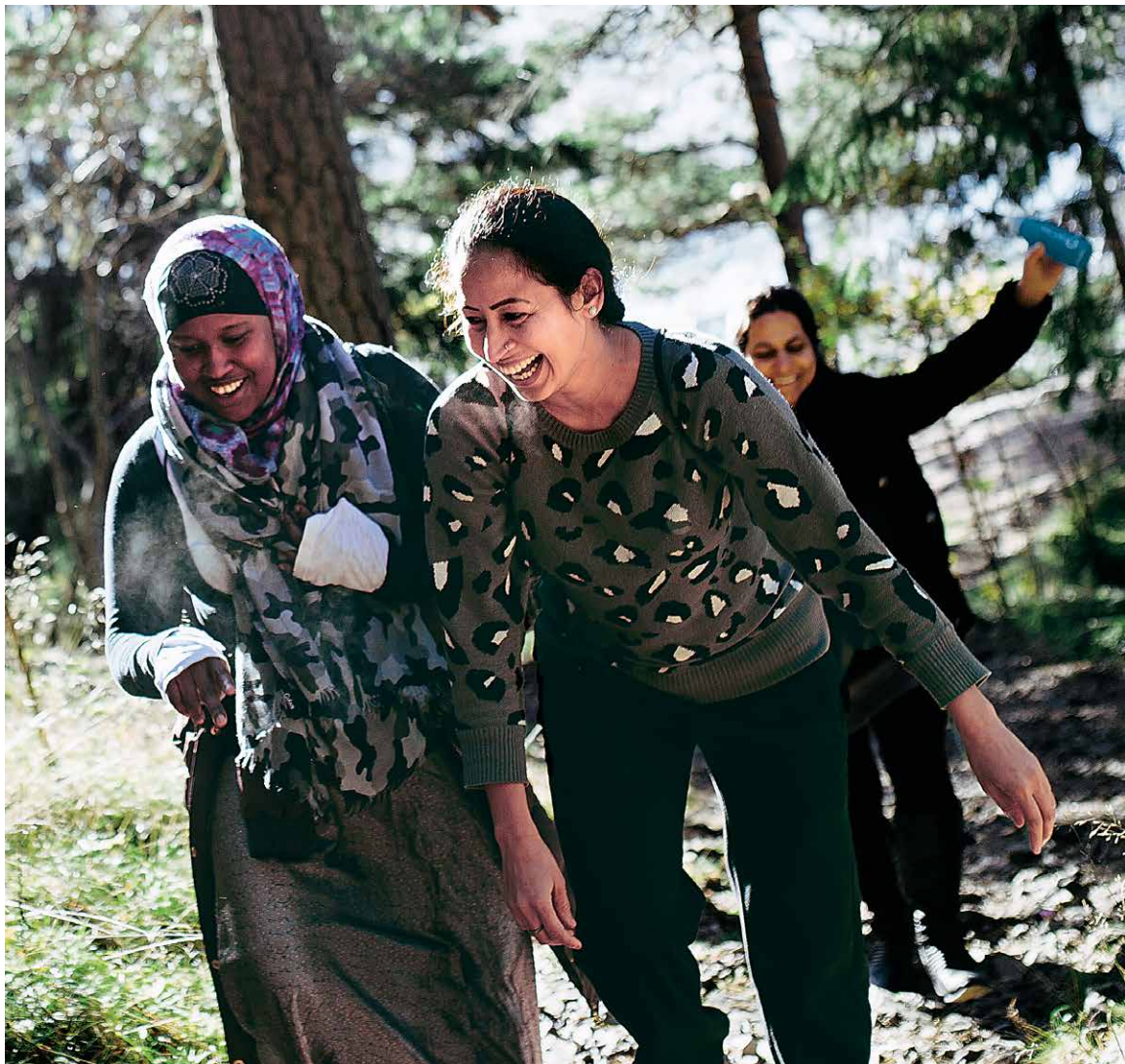


AN INTRODUCTION
TO NORWAY'S
WALKING CULTURE

GOING FOR A WALK





WHY WE GO FOR WALKS

Many people in Norway enjoy going for walks, whatever the season. This could be anything from strolling around the neighbourhood, walking in the local park or in the forest, to more difficult hikes in the mountains.

There are many reasons why people in Norway enjoy going for walks and being in the countryside. Some people do it to relax and improve their mood, others for **better health**. Absolutely everyone can go for a walk. You don't need to have a special reason, but many people like to go for a walk and harvest mushrooms or berries, or to go fishing.

In Norway, children begin to take walks in the countryside with their whole family from when they are very young, and often on Sundays. We call this a **Sunday walk**. Going for a walk can be a great way of spending time with others, but going for a walk on your own can also be enjoyable.

When you are out for a walk, it is **common to greet** the people you meet. It is often easier to get in contact with other people when you are out walking. Many people have backpacks with them. They're carrying **food and drink**, preferably something hot in a thermos, and perhaps some chocolate and an orange.

ALLEMANSRETTE

In Norway, we have a legal right that is known as the **allemannsretten**. This is the right that allows everyone to spend time in the outdoors, regardless of who owns the forest, mountain or beach. It allows you to use the countryside, go for walks and sleep outside almost anywhere you want in the whole of Norway. It is also **allemannsretten** that allows you to pick berries and mushrooms.

THE OUTDOOR ACCESS CODE

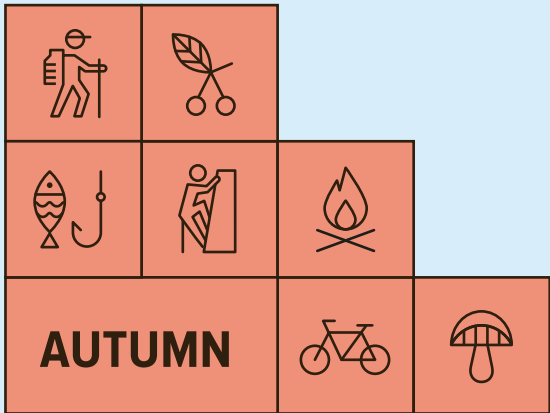
The Outdoor Access Code applies to everyone in the countryside. For example, you are **responsible** for being respectful of others, and **not throw litter** in the nature. This is called **leaving no trace**, and is to make sure it is pleasant for everyone to return to a particular place.


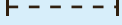


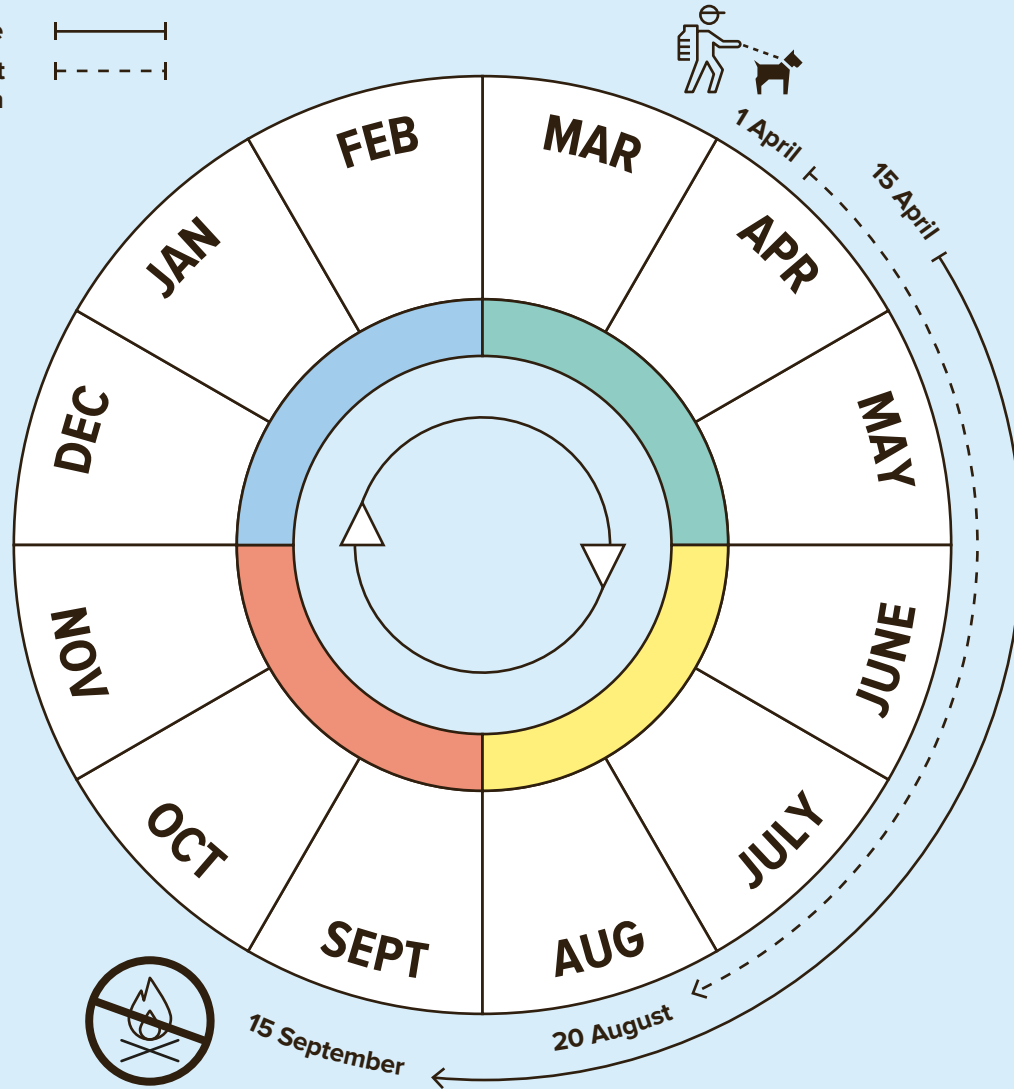


DID YOU KNOW...?

That just **5 minutes** in the outdoors reduces your stress levels and makes you happier.

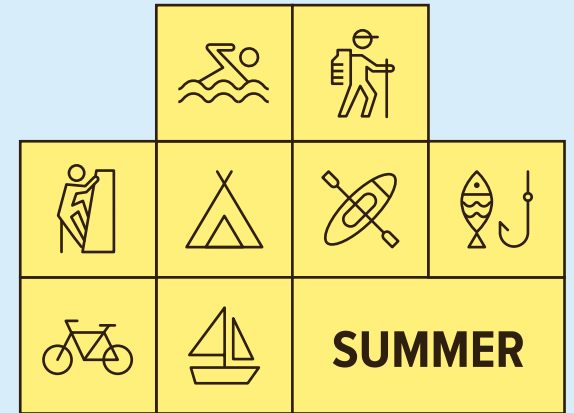


No bonfire 
 Dogs must be kept on a leash 



DID YOU KNOW...?

That there are **lots of paths** to follow when you go for a walk in the forest? These are often signposted so it is easier for you to find the way.



ACTIVITIES AND EQUIPMENT LOANS

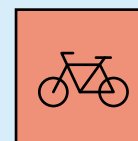
Norsk Friluftsliv is an umbrella organisation for 16 Norwegian outdoor organisations. To the right is an overview of the activities that the organisations offer. Some of them also offer a wider range of activities.

The activities are adapted for children, youths, adults and the elderly. Many of the organisations also have equipment that you can borrow, such as fishing rods, kayaks and canoes. There are also activities that are specially designed for beginners in the outdoors.

If you would like to know more about what activities and opportunities are offered by the various organisations, please visit www.norsk-friluftsliv.no/tur.

There are also many **loan centres** in Norway, where you can reserve and borrow equipment to take with you on walks. More information about this is available at www.bua.io.

ENJOY YOUR WALK!



CYCLING

Syklistenes
Landsforening



KAYAKING /CANOEING/SAILING

Norges Padleforbund,
Forbundet KYSTEN,
Norges Seilforbund



CLIMBING

Norges
Klatreforbund



OUTDOOR ACTIVITIES

Norges Speiderforbund,
KFUK-KFUM Speiderne,
4H, KRIK



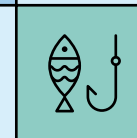
WALKING

Den Norske Turistforening,
Norsk Orientering, Norges
Turmarsj, Norsk Kennelklub,
Norges Røde Kors



SKIING

Skiforeningen



FISHING

Norges Jeger-
og Fiskerforbund

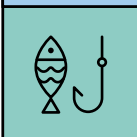
DID YOU KNOW...?

That **90 per cent** of the body's vitamin D production comes from daylight? This is why it's important to get outside all through the year so you don't get tired and worn down.

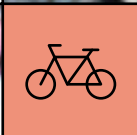




OUTDOORS IN NORWAY



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NORSK
FRILUFTSLIV

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