

Advice to hikers in these Corona times

It is still allowed and indeed recommended that you go for a walk outdoors. Whether it's in your backyard, your local park, the woods, on a mountain or along the waterfront. A walk outdoors is beneficial both physically and mentally, and can help to reduce stress. To limit the spread of the corona virus, it is important that we think twice before going out.

The Norwegian Environment Agency, the Directorate of Health and the outdoor recreation organisations have therefore joined forces to give you some general advice for a good and safe trip.

1. **Take trips in your local environment!** Use your imagination and explore new hiking opportunities in places where not everybody else goes. Avoid using public transport wherever possible, use your bicycle or walk.
2. **You don't need to walk alone** — you can go for a walk with your family or a friend, but never with more than 5 in a group.
3. **Take your food and drink with you outdoors and enjoy your trip.** Remember to wash your hands first or use hand disinfectant.
4. **Take care of our nature**, we need it. Respect animal and plant life, and take your garbage with you.
5. **Be aware of the risk of fire!** In several places in the country it is very dry and bonfires are banned.
6. **Use a map and compass** when you walk outside of marked paths and trails. There are also many great apps and trip portals that can help you along the way.
7. **Turn around in time**, and choose low-risk activities. Together we can avoid burdening the rescue and health services.
8. **Smile!** Keep your distance from others, but feel free to say hello and smile to those you meet along your way.
9. **Keep updated** on advice and rules from the health authorities.

Go outdoors and enjoy nature! Have a good trip and a happy Easter!

Read more about outdoor recreation and health in different languages here:

<https://norskfriluftsliv.no/friluftsliv-og-helse-materiell/>

Here you will find tips and inspiration for your trip:

<https://norskfriluftsliv.no/kategori/tema/tips-og-inspirasjon/>

For more translated information about COVID-19, see:

<https://www.fhi.no/nettpub/coronavirus/fakta/generell-informasjon-koronavirus-pa-flere-sprak/>

<https://www.fhi.no/nettpub/coronavirus/rad-til-personer-som-er-smittet-eller-har-vart-utsatt-for-smitte/informasjon-om-hjemmekarantene-og-isolasjon-pa-ulike-sprak/>

<https://www.fhi.no/nettpub/coronavirus/fakta/brosjyre-om-litt-mye-eller-helt-avstand-pa-ulike-sprak/>

<https://helsenorge.no/koronavirus/informasjon-pa-andre-sprak>



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