

## Welcome to the Lysefjord

The Lysefjord offers some of the world's most iconic hikes. The classics Preikestolen, Kjerag and Flørli are most known, but the 42 km long Lysefjord is also home to a wide range of other more off the beaten track hikes, all with great vistas.

On the map (→), we have selected our local favorites in the Lysefjord: the **top 10 hikes** with a fjord view.

Preikestolen is also part of the **Lysefjorden Rundt** Trail, one of the country's most spectacular multi-day hiking trails. It connects Preikestolen with Kjerag and Flørli, running from fjord to mountain, and back down again several times. It winds past old mountain farms, disused hydropower settlements, mountain lakes, gorges and rock cliffs, over bedrock and through lush forests. In addition to beautiful nature, you can discover many cultural-historical treasures.

More information about our top 10 hikes and the Lysefjorden Rundt Trail can be found at [lysefjorden365.com](http://lysefjorden365.com).



**LYSEFJORDEN  
RUNDT**



## Ryfylkebyen Jørpeland

Just 12 km from Preikestolen, Jørpeland, aka the "City of Ryfylke", is the largest settlement around the Lysefjord. It is a typical peaceful Norwegian village, surrounded by mountains and fjords, with pleasant and friendly locals. Offering accommodation, restaurants, shopping and many outdoor activities, Jørpeland is the perfect basecamp for day trips to Preikestolen and many other attractions in the region.

Jørpeland has frequent bus connections with Stavanger, Tau and Preikestolen. Besides a hotel in the city centre, and plenty of private homes available for rent throughout town, Jørpeland also offers a campsite, guest harbor and motorhome facilities.

Jørpeland also has an extensive hiking trail network. For more information about the variety of hiking opportunities and other points of interest, go to [ryfylkebyen.no](http://ryfylkebyen.no).

Jørpeland, Preikestolen and the Lysefjord are part of the Ryfylke region, which in their turn are part of the wider Fjord Norway region. Check the following websites for more information:



[fjordnorway.com](http://fjordnorway.com)



**Visit  
Ryfylke**

[ryfylke.com](http://ryfylke.com)



## PREIKESTOLEN



**Map & Info**



## PREIKESTOLEN 365

### Preikestolen Trail

<b>Difficulty</b>	moderate
<b>Distance</b>	4 km (one way)
<b>Duration</b>	1 hour 45 min (one way)
<b>Total elevation gain</b>	500 meters
<b>Summer season</b>	May - October
<b>Winter season</b>	November - April

Preikestolen is the most iconic natural landmark in Norway. Atop the 604 metres high cliff, you will find the most dramatic views Fjord Norway has to offer. The trail has significant shifts in terrain, and includes marshes, forests and stone stairways built by Nepalese Sherpas.

For more information, please visit:

[www.preikestolen365.com](http://www.preikestolen365.com)



**Norwegian  
Scenic Hikes**



## Parking & Facilities

Preikestolen Parking is located 12 km from Jørpeland.

- Parking facilities for cars, busses, motorhomes, motor cycles and bicycles.
- Charging station for electric vehicles.
- Toilet facilities.
- Tourist information.

Please follow and respect all instructions. The parking fee can be paid with creditcard at the parking lot machine, located in front of the toilet facility building. Preikestolen Parking is managed as a non-profit organisation: revenue is used to improve the trail and facilities on-site.

Prices and other information can be found at [www.preikestolen365.com](http://www.preikestolen365.com)



**Overnight camping in a motorhome, caravan, car, tent, or in any other way is not allowed.**

For camping, accommodation and restaurants, please visit our closest neighbours Preikestolen BaseCamp and Preikestolen Camping, or check out other hospitality operators in Jørpeland (Ryfylkebyen) and the Lysefjord area.

[www.preikestolenbasecamp.com](http://www.preikestolenbasecamp.com) | [www.ryfylkebyen.no/en/](http://www.ryfylkebyen.no/en/)  
[www.preikestolencamping.com](http://www.preikestolencamping.com) | [www.lysefjorden365.com](http://www.lysefjorden365.com)

## Share your experience with us!

At Preikestolen365, it is our goal to provide visitors with a safe, memorable and sustainable experience.

We would love to hear about your experience, and are open to any feedback, positive or negative.

By scanning the QR code below, you will open an anonymous questionnaire at [lysefjorden365.com](http://lysefjorden365.com). You can use your own device to fill it out here and now, or at any time and place that suits you.



**Thank you!**



In case of emergency, call  
**112 (police) or 113 (ambulance)**

## Respect the following rules



No littering. Take nothing but pictures, leave nothing but footprints. There are no garbage bins along the trail. If you can carry it up, you can carry it down. This includes banana peels, empty cans, cigarette butts, paper tissues; in fact everything you bring.



Visit the toilet before your hike. There are no toilets along the trail. Do not poop in nature.



Preikestolen is a de facto no-drone zone, as it is not allowed to fly above the fjord or crowds. Respect the safety of (ambulance) helicopters and the privacy and nature experience of your fellow hikers.



Do not make rock piles (cairns) as they litter the landscape, and will confuse hikers.



Consisting of barren rock, adjacent a 600 meter sheer drop, while being visited 24/7, year-round, Preikestolen is not a suitable location for camping.



From April 15 - September 15, a general ban on bonfires applies. In addition, do not use disposable barbecues at all. No fires at Preikestolen at all.



Do not play music on loudspeakers. It is most often experienced as disturbing by other hikers who want to enjoy nature and/or do not like your taste of music.



**PREIKESTOLEN 365**

## For your safety and wellbeing



Plan your trip according to ability, current conditions and weather. The weather can change fast / a lot.



Listen to local advice.



Bring a backpack with food, water, extra clothes and necessary equipment. In snow, you need crampons.



Stay on the trail and pay attention to signs. Be on the lookout for cairns of rock or red T's.



Keep your dog on a leash at all times - year-round. Other hikers and animals may be afraid of your dog, no matter how small and/or kind your dog may be. Bring a little bag to collect your dog's waste, and do not leave it in nature.



You hike at your own risk. Turn around in time.

