

The Lutvann Loop – Tour Details & Practical Information

Join a private guided walk through the forest around beautiful Lutvann – a clear, quiet lake in Østmarka, the large forested areas east of Oslo. The route is a little over 5 km and follows a mix of gravel road and forest trails, with several hilly and occasionally steep sections. You'll need solid footwear, weather-appropriate clothing, and a moderate level of fitness.

Along the way, you'll experience the calm of true Norwegian woodland, with fresh air, stillness, and views that feel far from the city – even though we're close. The trail includes scenic viewpoints, signs of wildlife like beavers, and there is also an opportunity to take a swim in the clear waters of Lutvann if conditions allow.

We'll take a break during the walk to enjoy a picnic featuring good, strengthening Norwegian traditional food – simple in style, but far from everyday. The meal ends with a small, sweet Norwegian treat.

The atmosphere is relaxed. There's room for friendly conversation, sharing experiences, asking questions – or simply enjoying the silence and nature. Note that this is a private guided tour—only you and your group (family, friends, colleagues). This allows us to tailor the pace and focus to your needs and requests.

This walk is also suitable for children who are comfortable with a longer hike in varied terrain. **Please note:** This is real, unregulated Norwegian nature. Some parts of the trail pass near steep drops. Children must either be able to follow instructions or be closely supervised by an adult. Everyone should pay attention to where they place their feet.

What to bring:

- Good walking shoes
- Weather-appropriate clothing (If you didn't pack for hiking – let us know in advance. We might have something you can borrow)
- Drinking water
- A fully charged phone or camera – there are plenty of photo-worthy spots along the way.
- Swimwear/towel (bathing is optional!).

Important Information and Guidelines

- We are a small, independent company, and guiding is more like a **side hustle or hobby** for us alongside our regular jobs. We do **not** have separate insurance coverage for customers.

- Please make sure you have valid travel insurance or an EU Health Insurance Card. We assume and hope that you already have this while traveling.
- The nature we explore is **unregulated and wild**. You must be mindful of your footing at all times, listen to the guide and take responsibility for your own safety.
- The trail passes near **steep cliffs and drops**. Children must be able to follow instructions or be closely supervised by an adult.
- In Norway, there's a saying: "**There's no bad weather, only bad clothing.**" We aim to proceed with the hike in most weather conditions, as both sun and rain offer unique experiences of nature.
- If weather or trail conditions make the hike unsafe or impossible, we will **cancel, reschedule, or adapt** the route or activity, in dialouge with you.

Questions or special requests? Get in touch – we'll do our best to help!