

The Preikestolen: Norway's most beautiful hike? How to avoid the crowds?



# The Preikestolen: Norway's most beautiful hike? How to avoid the crowds?

By Floriane

The Preikestolen hike takes you to the incredible site of **Pulpit Rock**, a granite boulder that falls sheer into the waters of Lysselfjord. One of the most beautiful panoramas of our stay in Norway.

However, the site has been a victim of its own success since its appearance in **Mission Impossible 6**. This is one of Norway's most popular hikes. With this popularity comes the challenge of preparing your visit properly to get the most out of the experience.

**When to start the hike to avoid the crowds? Which route should I take? How do I get to the site? Is it possible to hike with children?** We'll answer all your questions.

We've put together **all the information you need** to plan your trip. You can use our table of contents to navigate through the article and find the information you're

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looking for.

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## The Preikestolen: our opinion

This is one of **our favorite hikes in Norway**, and we did a dozen during our stay, including the famous [Trolltunga](#). We were a little afraid of the difficulty and the world. In the end, by being well prepared, we were able to enjoy our hike to the full.

The distance to the “**Pulpit Rock**” platform is reasonable. An important point to note to encourage you: unlike most hikes in Norway, which climb to the summit steeply, at the Preikestolen the **alternation of ascents and passages on flat areas** allows you to recuperate.

There were only **around thirty** of us on the rock, and we were able to fully appreciate the incredible **panorama** before our very eyes, in a calm atmosphere that we'll never forget. We were delighted with our choice of starting time.

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## Pulpit Rock presentation + map

**Preikestolen**, or **Pulpit Rock**, is a **granite boulder perched at 604 metres**, dropping sheer into the waters of **Lyseljord**. It's a completely crazy place, and the view of the fjord is breathtaking. One of the most beautiful panoramas of our trip to Norway.

The site has become famous in part for being one of the filming locations for **Mission Impossible 6, starring Tom Cruise**. This site attracts **thousands of hikers every year**, so it's important to be well-prepared for the climb so as not to be too bothered by the crowds. We give you **all the tips** and **tricks** you need to make the most of your hike.

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It is located in **south-west Norway**, the nearest town being **Stavanger**, 40 km away. We recommend visiting the [colorful town of Stavanger](#) before or after your climb.

➔ From Stavanger, you can opt for a **Panoramic cruise** to Lysefjord and Preikestolen. From the fjords, the rock is equally impressive.

[More about the cruise](#)

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## Hiking route and topo: our complete guide

### Topography

- **Distance:** 8km return
- **Difference in altitude:** 500m D+.
- **Duration:** 3h30 on average (4h for us with our daughter)
- **Departure point:** Preikestolen parking lot

*The route on the Alltrails website*

### Description of the hiking trail

The trail to the Preikestolen is made up of **3 zones with a steep gradient**, interspersed with **flat areas** for recuperation. The gradient is 500 metres with some fairly steep sections.

To give you an idea of the type of terrain, on the uphill sections, the terrain is made up of **staircases of large boulders**, and on the flatter sections, **wooden footbridges** allow you to cross the marsh, which is really great for recovering a little energy. The path is well **marked** and **maintained**. There are also numerous ponds along the way where you can swim in summer or camp nearby.

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And don't forget to look up from time to time to admire the **brehtaking views!** Before arriving at the famous boulders, there are some nice viewpoints along the way. You can check out our [Instagram reels](#) to give you an idea of the route.

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## Planning your hike is not an impossible mission!

We had to do this one, so don't hesitate to let us know if you've come to know the rock in this way.

### When to visit the Preikestolen?

□ If there's **one thing to remember, it's to choose your departure time carefully.**

We started the **hike at around 4pm**, passing many hikers in the opposite direction. Then, once we reached the viewpoint, there must have been more than thirty of us (early June). We didn't even have to queue to take photos.

We enjoyed our typically Norwegian **cinnamon rolls** and **shrimp tartines** on the platform level in sublime surroundings. Then, on the way back, we **were almost alone to enjoy the beautiful light at the end of the day.**

→ Another option is to leave at **6am** as soon as the parking lot opens, to take advantage of the beautiful sunrise over the rock faces. This option was not feasible with our 3-year-old daughter. If you'd like to try this adventure, you can make the ascent in the dark with [a guide who knows the terrain well](#).

In terms of time of year, the Preikestolen is best visited from **May to October**, when the days are longer and nature is at its best. **July and August** are particularly popular, but expect more people on the trails. For a more tranquil experience, we recommend visiting in June (like us) or September.

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### **Our tips for your equipment**

In terms of equipment, sturdy hiking boots are a must. The trail can be slippery, especially after rain. And don't forget to bring water, snacks and weather-appropriate clothing. The temperature was around 20 degrees and the ground was quite dry. At the summit, we all donned our fleeces to protect us from the wind.

The weather in Norway can be fickle, so it's best to be prepared. As always, we recommend the **famous** onion **technique**, which involves **layering several layers of clothing**.

Here's a list of clothes you can pack in your suitcase:

- a **warm undershirt** (heattech or wool)

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- **warm sweater**, fleece, waterproof pants
- **hiking boots**, especially waterproof ones

## Safety on the Preikestolen: is it a dangerous hike?

△ This is another point that has come up on social networks: **is the hike to Preikestolen dangerous?**

That's why we've taken the liberty of mentioning it to prepare future hikers. It's worth noting that at the Preikestolen, as on all the hikes we've done in Norway, there are **no safety barriers on the hiking trail or at viewpoints.**

Which was a little confusing for us at the start of our stay. Matthieu is afraid of heights, so he stayed **several metres before the ravine.** Although the photos are impressive, it's also possible to take some nice shots from several meters away. For

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example, below, Matthew (standing) is 15 metres from the tip.

Although the Preikestolen is a **popular tourist destination**, hiking is not to be underestimated. Paths can be slippery, especially after rain. It's crucial to stay on **the marked trails** and **exercise caution**, especially when approaching the summit.

We strongly advise you to keep a safe distance by not venturing too close to the edge, and not to take unnecessary risks for photos...

Some hikers lie down to get closer to the edge. The view must be insane, with the void just a few metres below. We did read that there was an accident on the site in 2013. A tourist got a little too close to the edge to take a photo and fell ...

If **you're careful**, we don't think there's any risk involved.

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→ From Stavanger, you can opt for a [guided hike to the Preikestolen](#), an excellent option if you want to leave with peace of mind!

[Find out more about guided tours](#)

## **Preikestolen with your family: Tips for an accessible hike**

It's also a question you've been asking us a lot on Instagram, **is the Preikestolen accessible with children?** We'll reassure you right away, the Preikestolen isn't just an adventure for seasoned hikers; it's also a **family destination**.

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Many children use the hiking trail on a daily basis. In particular, very young Norwegians who are well equipped and, above all, used to this type of topology, and it shows. Our 3-year-old daughter walked the **first quarter of the route**, with the biggest difference in altitude. There were 2 of us to supervise him and give him a hand on certain parts. Matthieu was relieved, as she walked halfway up the hill. He felt the difference on the last climb with our daughter on his back.

As you can see, we didn't have time to take any photos, as we were too busy helping him. She **would have liked to continue**, but it was a bit tricky to manage her with all the people on the climb.

Ahead of us, a 6 - 7 year-old Norwegian child completed the entire hike at the same speed as the adults. The trickiest part is just before reaching **Pulpit Rock**, where the **path is narrow and on a cliffside**. For this area, children should of course be supervised by an adult, and [the youngest by a baby carrier](#).

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### Tips for Safe and Fun Hiking

- **Choosing the right timing:** we started the hike at around 4pm, so there weren't many of us to begin the route, and even though we passed a few people going in the opposite direction, we were able to keep up with our daughter's pace.
- **Turning the hike into a fun adventure:** from the first few meters, the trail turns into a hike/climb (welcome to Norway), with small rocks to climb, which was a big hit with our daughter. There's also a lot to look out for on the course.
- **Equipping your child:** in our opinion, it's essential to set off in dry weather, and to equip your child with hiking boots with gripping crampons. Here's the [Decathlon model](#) we had for her.
- **Investing in a good baby carrier:** this is the [physiological Manduca model](#) we've had since our daughter was born, and which has accompanied us on many hikes.

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## Organization of the stay : Accommodation and Transport

### How to get to the Preikestolen

Preikestolen can be reached by **car** or **bus from Stavanger**. From the road, the views over the fjord are already very nice. We went there with our camper van, and there's a service station between Stavanger and the Preikestolen. If you choose to drive, the route already offers some very nice scenery.

□ For a stress-free approach, consider [organized tours](#) that include **round-trip transportation** and, sometimes, **a guide**. [Information and booking for organized tours](#).

If you'd like to know more about the different options for getting to the [Preikestolen from Stavanger](#), we've written a full article on the subject.

### Car and camper parking

There's only one road for the last few kilometers to the start of the hike. There's no option for **free parking**, as spaces are either blocked by stones or by no-parking signs.

The parking lot at the start of the hike can accommodate 1,000 vehicles, and is open from **6 a.m. to 10 p.m.** It is not possible to stay overnight. An employee came to remind us. The cost for a camper, van or car is €22 per day.

### Where to rent a car at the best price?

□ To compare offers and find the **best value for money**, after testing several today, we use the price comparator [Discover Cars](#) a reliable and easy-to-use car rental service.

Don't forget to book as early as possible, especially in high season when demand is strong.

To give you an idea of the price, we found a car for €60 a day through **Alamo**, **depending on the length of your rental**, to be picked up at **Stavanger airport**

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(as this is often the best price). The airport is 14 km away, with a shuttle bus to the center.

☐ [Compare Stavanger airport car rental deals on Discover Cars](#)

### Where to stay?

If, like us, you're leaving in the late afternoon, the best option is to select accommodation close to the start of the hike, around the town of **Jørpeland**, about 20 minutes from the start of the hike. [Book online in advance](#), especially during high season, to ensure you get the best choice.

[Best rated accommodations around Preikestolen](#)

Another option, if you want to explore southern Norway after your hike, is to book [a hotel in Stavanger](#), the largest city in the area.

If you're in a converted vehicle, we've driven here #86332 Park4night, 20 minutes away, quiet, but only about ten spaces. (sold out early June)

### An excursion to the Preikestolen

Here's a summary of the different options for going on a guided tour:

- **Set off at sunrise** : the climb takes place at night, so if you want to try it out, it's best to set off with [a guide who knows the terrain well](#).
- **From Stavanger**, you can opt for a [guided hike to the Preikestolen](#), an excellent option if you want to leave with peace of mind.
- **From Stavanger**, you can opt for a panoramic [scenic cruise](#) the fjords to Lysefjord and Preikestolen. From the fjord, the rock is equally impressive.

[More about the cruise](#)

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Nous espérons que cet article vous a inspiré et donné toutes les informations nécessaires pour votre exploration du Preikestolen. Don't hesitate to explore other wonders of Norway!

We had a **lot of fun** writing this article about this hike, which we absolutely loved. If you have any other suggestions, please feel free to leave a comment below.

Don't hesitate to leave us a **note** or **5 stars** below, to let us know if you're planning this trip, to ask any questions you may have, below we'll answer you with great pleasure. Vous pouvez consulter nos stories sur [Instagram de notre voyage en Norvège](#), pour vous donner un avant gout de ce qui vous attend !

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0 avis (0/5)

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