

Instructions, Terms & Conditions

Lærdal

By making this booking, you agree to comply with the following terms and conditions.

- Your booking is only valid for the number of guests stated in the reservation. Bringing additional guests without payment is strictly prohibited. Random checks may occur, and unauthorized guests will result in a 2000 NOK fine.
- Entry to the sauna area is only permitted during your booked time slot. Please do not enter before your session starts and ensure you leave the area on time, as new guests may arrive immediately after your booking.
- Do not open the gate or enter the sauna area without having a valid booking. When booking the sauna you will receive an access code. Use the code to open the padlock hanging on the sauna door. Guests are responsible for ensuring that the gate and sauna are properly closed and secured after use.
- Guests may be held financially responsible for damages, theft, incidents or unauthorized access resulting from leaving the gate or sauna unlocked.
- No shoes or flip-flops are allowed inside the sauna.
- Alcohol and coloured beverages are not permitted inside the sauna.
- Smoking, vaping, candles or any open flames are strictly prohibited in and around the sauna area.
- Do not place towels, cloths, buckets, clothing or any other objects within 1 meter of the sauna oven. This presents a serious fire hazard and may be considered gross negligent.
- Only fresh water may be used on the sauna oven. Salt water or other liquids will damage the oven and will result in a 2000 NOK fine. The water bucket may only be filled from the designated water tank, located by the boat house.
- Never dry towels, swimwear or clothing on or near the sauna oven.
- Please close the glass door properly when entering and leaving the sauna to maintain temperature and prevent damage.
- For hygiene reasons, all guests must sit on a towel while using the sauna.
- Please leave the sauna and surrounding area clean and tidy after use.
- Children under the age of 18 must always be supervised by an adult.
- Sauna use and swimming are entirely at your own risk. Wild Sauna Norway, landowner and Lærdal kommune cannot be held responsible for accidents, injuries, drowning, health issues, theft, loss of belongings or consequences resulting from use of the facilities or surrounding area.
- Guests are responsible for ensuring they are physically fit to use the sauna and cold water facilities. Do not use the sauna if you are under the influence of drugs or alcohol, pregnant, or have medical conditions that may be affected by heat exposure unless approved by a medical professional.
- If you feel dizzy, weak, unwell or uncomfortable, leave the sauna immediately.

- Swimming in the fjord is entirely at your own risk. Water temperatures may be extremely cold and natural conditions may vary. Please exercise caution when entering or exiting the water.
- Diving and jumping into the fjord are prohibited unless conditions have been personally assessed as safe by the guest. If you choose to swim, we recommend doing so on the right hand side of the sauna (turn left when walking out the sauna door).
- Wet, icy and slippery surfaces may occur throughout the sauna area, especially during darkness, winter conditions and poor weather. Guests must exercise caution at all times.
- Guests are responsible for their own belongings. Wild Sauna Norway accepts no responsibility for lost, stolen or damaged personal items.
- Any damage to the sauna, gate, furniture, technical equipment or sauna oven must be reported immediately. Failure to report damage may result in police reporting and financial liability.
- In case of fire or emergency, use the fire extinguisher located on-site and contact emergency services immediately if necessary. There is one fire extinguisher located in the changing room of the sauna and one on the boathouse wall.
- We reserve the right to deny access or remove guests behaving dangerously, irresponsibly, aggressively or in violation of these terms and conditions without refund.
- We do not offer refunds due to change of mind, weather conditions or late arrival. However, we are happy to assist with rescheduling where possible.
- We reserve the right to cancel bookings due to severe weather, technical issues, maintenance or safety concerns. In such cases, guests will be offered rescheduling or a refund.