

LAUGAVEGUR TREKKING - 4 DAY TOUR



Duration: 4 days / 3 nights

Level: moderate

Available from June - September

Total Hiking Distance: 55 km (34,18 mi)

Hiking through nature formed by great glaciers and volcanoes. Chosen for “20 Best Hikes in the world” by National Geographic.

From the geothermal wonderland of Landmannalaugar to the birch forests of Þórsmörk. This four-day trekking in Iceland tour is the perfect Laugavegur hike following the ancient trail! Discover the legendary places and stunningly majestic scenery of the rugged Icelandic highlands.

Tour Highlights:

- Landmannalaugar
- Laugavegur Trail
- Þórsmörk (Thorsmork Valley)
- Hiking

Price 2019: 175.990 ISK per person

Included in price:

- Transport
- Guiding service
- Accommodation in mountain huts
- All meals from lunch on day 1 to lunch on day 4
- Luggage transport from hut to hut

Optional add-ons, price per person:

- Hiking boots rental for the whole duration of the tour: 2500 ISK
- Hiking poles rental for the whole duration of the tour: 2500 ISK
- Luggage storage in Reykjavik: 2500 ISK
- Sleeping bag rental for the whole duration of the tour: 4000 ISK
- Special food for the whole duration of the tour: 4000 ISK
- Waterproof jacket: 2500 ISK
- Waterproof pants: 2500 ISK

Guaranteed departure dates for 2019: Mo, Tues, Thu, Fri, Sun

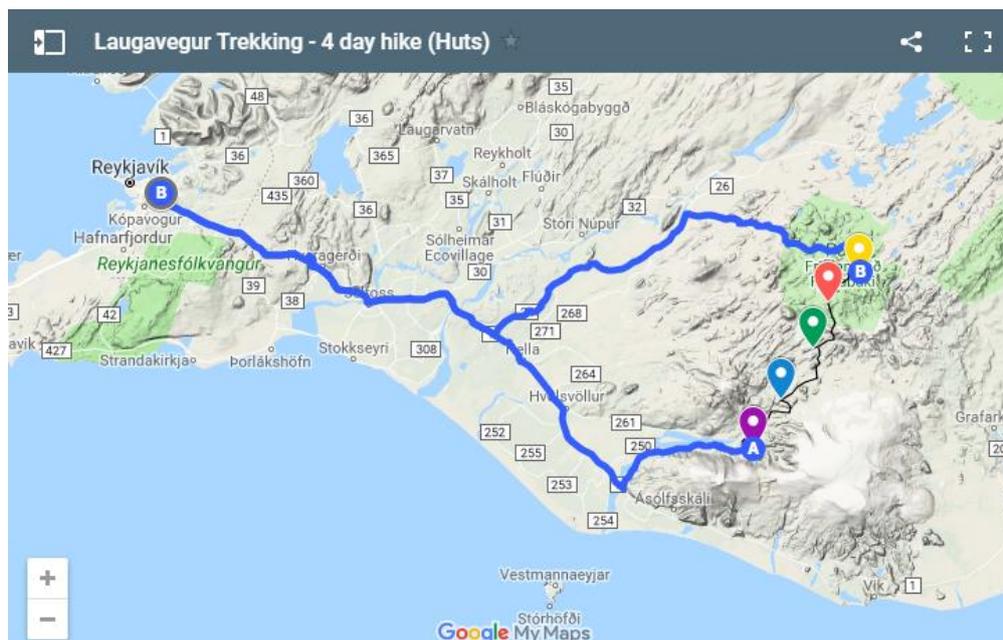
June departures: 15, 16, 17, 18, 20, 21, 23, 24, 25, 27, 28, 30

July departures: 1, 2, 3, 5, 7, 9, 11, 12, 14, 15, 16, 18, 19, 21, 22, 23, 25, 26, 28, 29, 30

August departures: 1,2, 4, 5, 6, 8, 9, 11, 12, 13, 15, 16, 18, 19, 20, 22, 23, 25, 26, 27, 29, 30

September departures: 1, 2, 3, 5, 6, 8, 9, 10, 12, 13, 15, 16

All departures with an English speaking guide.



About the tour:

Pick-up time: 07:00 am in front of the Tourist Information Center at Reykjavík's City Hall on Vonarstræti or at one of our other *meeting points by arrangement.

Accommodation is in mountain huts. Your guide organizes the meals but assistance from participants is expected. You will meet people from all over the world – enjoy being part of the friendly team!

This four-day trek will really show you the Icelandic highlands. Be blown away by the otherworldly Landmannalaugar landscapes – the extraordinary red and green hues of the rhyolite mountains and soft caramel-colored peaks as surreal clouds of steam rise from the hot spring pool. This is just the appetizer!

For full details of the tour and daily schedules please see the itinerary, a brief outline is as follows:

Day 1: We drive straight to Landmannalaugar arriving around 11:00 then set off on our hike through the stunning colors of the rhyolite mountains. Trekking into the black obsidian desert of Hrafninnusker, with high glaciers shimmering above us, we enter a dramatic black and white world. Accommodation will be at the Hrafninnusker Mountain Hut. Hiking: 12km.

Day 2: Trekking Iceland does not get much better than this! Hiking around the Reykjafjöll geothermal rhyolite mountains and into the area around the Jökultungur peak will give us incredible views over the Fjallabak area. We will need to wade a river on the way to the mountain hut beside the lake at Álftavatn (Swan Lake) where we will be accommodated! Hiking 12 km.

Day 3: Today your trek Iceland journey will begin with wading across the stream as we head closer to some legendary volcanoes. Hiking across Mælifellssandur, and passing the Stórasúla and Hattafell volcanos on the way to Emstrur, will, on a clear day, give outstanding views of the famous and ominous volcano mountain glaciers, Eyjafjallajökull and Mýrdalsjökull. We will see Markarfljótsgljúfur, a 200 m deep canyon shaped by powerful glacier activity before we come to the green oasis area around Botnar. Accommodation at a mountain hut in this area. Hiking 15 km.

Day 4: We will complete the Laugavegur trail to Þórsmörk, stunning scenery will surround you throughout the day and you will not be many kilometers from the majestic glacial twins, Eyjafjallajökull and Mýrdalsjökull, with the famous Fimmvörðuháls (Fimmvorduhals) trail heading up between them. You will come through stunning Almenningar and get great views of Mount Einhyrningur (Unicorn Mountain). Hiking 15 km. You are driven back to Reykjavík, arriving at around 21:30.

Your luggage is transported between the mountain huts, so you can hike with just a light day pack. Accommodation and all meals are included, you can rest assured our knowledgeable guide will show you the very best spots and lead you safe and sound all the way. Laugavegur trek was chosen one of “20 Best Hikes in the world” by National Geographic.

Remember to bring: Please check our detailed equipment list.

Meeting points and times in Reykjavik:

7:00 a.m. – Tourist Information Center at Reykjavik’s City Hall (Ráðhúsið) on Vonarstræti

7:15 a.m. – Hallgrímskirkja Church

7:30 a.m. – Reykjavik Campsite

Meeting points outside of Reykjavik:

8:35 a.m. – Selfoss N1 gas station

9:15 a.m. – Hella- Bus Terminal

*Note that it can take up to 30 minutes before the bus departs the given locations.

Drop off: Please check the tour itinerary for drop off points and times.

ITINERARY

Day 1: REYKJAVIK - LANDMANNALAUGAR - HRAFNTINNUSKER

Today you will finally trek Laugavegur – hike the dream trail!

The drive to Landmannalaugar will take about 3-4 hours, first of all along the south coast and then up into the highlands where we will spend the next few days. The journey itself is fascinating and scenic, taking us by the magnificent volcano mountain, Hekla, the most active volcano in Iceland. This volcano, said by many Europeans in the Middle Ages to be ‘The Gateway to Hell’ has erupted every 10 – 15 years throughout the last century. Landmannalaugar is where we will start the Laugavegur trail which will take us through incredibly varied landscapes all the way to Þórsmörk (Thorsmork), a tender green valley with Arctic birch forests.

We will hike through the geothermal wonders which make this area so remarkable, admiring the incredibly vibrant colors of the rhyolite mountains and the steaming hot springs. The sights include Mount Brennisteinsalda, the most colorful mountain in Iceland. On the way to Hrafninnusker where we will spend the first night, we will see the Stórihver (meaning large spring) hot spring before crossing over into the obsidian desert, the flinty raven blackness of this area inspired the name, Hrafninnusker, in Icelandic Hrafn means raven. The Hrafninnusker Mountain hut where we will spend the night is in a very remote area of outstanding natural beauty.

We enjoy a delicious dinner, get to know one another better and relax in the beauty and peace of nature.

Distance: 12km (7.5 mi), walking time: 4-5 hrs, elevation gain: 470 m (1540 ft)

Day Highlights

- Landmannalaugar
- Mount Brennisteinsalda
- Stóri Hver hot spring
- Hrafninnusker

Included

- Scenic drive from Reykjavík
- Lunch
- Refreshments
- Dinner
- Accommodation

Day 2: HRAFNTINNUSKER-ÁLFTAVATN

The second day of your trek Iceland begins with a nourishing breakfast before we set off hiking once again.

The vibrantly colored Reykjafjöll rhyolite mountains and the Jökultungur area are at the top of the agenda today. Geothermal activity has turned these craggy gullies into burnt, and sometimes vivid yellows and reds over time, these colors contrasting dramatically with the soft pale sand-toned peaks around them. The top of Jökultungur is a marvelous place to enjoy stupendous views over the whole Fjallabak (behind the mountain) area and Álftavatn, the lake

close to the mountain hut where we will be accommodated for the night. To get there we have to cross a river on foot, this is usually a very exciting experience for overseas hikers who have often never tried this.

We relax with a great dinner and enjoy the beautiful vistas which surround us.

Hiking: 12km (7.5 mi), walking time: 4-5 hrs, descent: 490 m (1610 ft).

Day Highlights

- Mount Reykjafjöll
- Jökultungur area
- Fjallabak area
- Álftavatn Lake

Included

- Breakfast
- Lunch
- Refreshments
- Dinner
- Accommodation

Day 3: ÁLFTAVATN LAKE-EMSTRUR

After a good night's sleep and an energizing breakfast we are ready to set off again.

We begin by wading across another stream as we proceed onto Mælifellssandur and into volcano country. We will pass the Stórasúla and Hattafell volcanoes on our way to Emstrur. If you are lucky, and there is good visibility, there will be absolutely outstanding views of two very famous volcano mountain glaciers, Mýrdalsjökull and Eyjafjallajökull. These ominous twins have delivered some awesome reminders of the power of nature, Eyjafjallajökull is the volcano whose eruptive power sent ash soaring to 30,000 ft severely disrupting air traffic in 2010, and Mýrdalsjökull shrouds the much feared and capricious Katla under its ice cap. On our way to Botnar, a green oasis in the midst of a black sand desert area, we will see Markarfljótsgljúfur, a stunning 200 m deep canyon fashioned by a glacial river. Accommodation will be in this area.

We enjoy our final evening together with dinner and enjoy the spectacular scenery in the gentle light of evening.

Distance: 15km (9.5 mi), walking time: 6-7 hrs, descent: 40 m (130 ft).

Day Highlights

- Black sand deserts
- Volcano views
- Eyjafjallajökull and Mýrdalsjökull glacier views
- Markarfljótsgljúfur Canyon

Included

- Breakfast
- Lunch
- Refreshments
- Dinner
- Accommodation

Day 4: EMSTRUR-THORSMÖRK VALLEY-REYKJAVIK

After our final breakfast together at the mountain hut, we leave the Emstrur area and continue along the trail to Þórsmörk. As we go through the Almenningar, a picturesque gorge by Mount Einhyrningur (the Unicorn Mountain), we will still have a great view of the glaciers as we advance towards Þórsmörk. As we get closer the landscape and nature will change, a few trees begin to appear here and there, setting the tone for the characteristic dense birch forest for which Þórsmörk is famous. You can now celebrate your completion of the world famous Laugavegur Trail!

Distance: 15km (9.5 mi), walking time: 6-7 hrs, descent: 300 m (985 ft).

One final highlight, on the way back to Reykjavík you will get a glimpse of the elegant waterfall, Seljalandsfoss!

We will arrive back in Reykjavík at around 21:30. Drop off is available at Miklabraut 101 Orkan gas station (by Kringlan shopping mall), Reykjavík Campsite and at the City Hall on Vonarstræti. Taxis and local bus services are available from these points.

Day Highlights

- Emstrur
- Þórsmörk Valley
- Seljalandsfoss Waterfall

Included

- Breakfast
- Lunch
- Scenic drive back to Reykjavík

Luggage, Clothing & Travel Accessories

Try to pack as light as possible and take only essentials. Keep in mind that there are limits on how much your duffel bag can weigh because the weight restrictions on international and domestic flights is usually around 20 kg.

Luggage for overland journeys and trekking with assistance vehicle

Extra bag clearly marked with your name can be kept at your Reykjavik accommodation..

Day pack (30 to 50 liters)

You will need to bring comfortable and adequate clothing to protect you from cold and wet weather. Wool, synthetics and wool/synthetic blends are good. We discourage the use of cotton, as this does not insulate against cold or wet conditions.

When layering, the innermost layer should be long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic jacket, and/or a good quality Gore-Tex wind/rain parka and over-pants.

For quantities for each item listed, use your own judgment, based on the expected weather conditions and overall packing/weight restrictions for your luggage.

- Regular underwear. Synthetics are easier to wash and dry.
- Synthetic or wool thermal underwear
- Long-sleeved, synthetic or wool shirt

- Short-sleeved synthetic or cotton/synthetic T-shirts
- Medium-weight synthetic fleece sweater or jacket
- Full-length pants, quick-drying synthetic fabric
- Down jacket from mid-August to September (optional)
- Hiking shorts, quick-drying synthetic fabric
- Pile/fleece pants, ideal for around the camp
- Sun & rain hat
- Woolen hat
- Gloves (wool or pile)
- Waterproofed shell gloves
- Medium weight synthetic socks
- Gore-Tex rain/wind parka
- Gore-Tex rain/wind pants
- Hiking boots, medium-weight, all leather, with padded ankle, good arch support, and a lug sole traction. Your hiking boots should be waterproof, well broken in, and suitable for rocky terrain or possibly snow.
- Comfortable shoes to wear when not hiking.
- Optional. Teva-type sandals for river crossing.
- Gaiters. Highly recommended!

Travel Accessories

Swimsuit and towel for hot springs bathing and swimming pool

- 1-to-2 liters capacity unbreakable water bottle or thermos
- Headlamp or small flashlight with spare batteries (from August only)
- Swiss Army-type pocket knife (Must be kept in duffle bag, not in hand luggage, when flying!)
- Toiletry kit, toothbrush, toothpaste and so on.
- Moisturizing lotion. (The air in Iceland is very dry.)
- There are no mosquitoes in Iceland, just midges.
- Sunglasses.
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses (but not only lenses)
- Sunscreen and lip protection (The sun in Iceland is much more intense than you probably imagine)
- Personal first aid kit

Optional Travel Accessories

- Hiking poles. Highly recommended

- Binoculars
- Repair kit with needle, thread, and safety pins
- Reading and writing material
- Your favorite snack food such as raisins or chocolate
- Protein supplements for vegetarian

Note

The walks are easy to moderate, so that anyone able to go for 3-4 hours brisk walk can join the tour. On the other hand we recommend that you exercise during at least the week or two before your tour, for example by taking brisk walks of 1-2 hours, 3-4 times per week.

FAQ

Is there any drinking water along the Laugavegur trail?

Yes, we recommend to bring a water bottle that you can then fill with the tap water at the huts/campsites. It's perfectly safe to drink and delicious. There are also several streams along where people tend to get more water from. It's safe just ask the guide.

Are gaiters necessary on the Laugavegur trek?

We always recommend our participants to use gaiters. The weather in Iceland can be quite wet so the trails subsequently get wet as well. They are not necessary but do help a lot and keep you from getting drenched when the rain starts to pour.

Are hiking poles necessary on the Laugavegur trek?

We recommend bringing hiking poles on the trek. However, they are not necessary and it depends on your personal preference. Many people prefer to have them for the river crossings and if you are used to hiking with poles then you should bring a pair with you. It's also possible to rent a pair from us in the booking process.

Are there showers at the huts/campsites on the Laugavegur trek?

Showers are found in every hut/campsite except the one at Hrafninnusker. Using the showers costs 500 ISK and can be paid for at the warden's hut at each hut/campsite.

How are the toilet facilities at the huts/campsites during the Laugavegur trek?

The WC have toilet paper and soap for washing your hands. Anything else you might need for example shampoo, bandages, towels, washcloths, nail clippers etc. you will need to bring with you.

Can you charge electronic devices at the huts on the Laugavegur trek?

Since we are in the middle of nowhere there is very limited electricity at the huts and the access is restricted to a few power outlets if any. Charging costs 1,000 ISK and is often only possible for a very short amount of time (if possible at all). We always recommend bringing a portable charger. If you don't have one and charging is necessary for you while on the trek, you will need to invest in one.

Do I have to share a room with other people / What are the huts like?

The huts are shared. They have dormitories with single and twin bunk beds so do be prepared to share a room with your fellow travelers.

What do I have to carry on my Laugavegur Trek and what is transported for me?

The main luggage is transported between huts by a support vehicle provided by us. You will only need to carry a smaller day backpack with your lunch, water bottle, medication, sunglasses, river crossing shoes, rain gear, and other items or clothing you might need for the day.

Are there any limitations on the size of luggage you can bring on the Laugavegur trek?

There is a limit of 1 piece of luggage for each participant that can weigh up to 20 kg (+ your day backpack). Since there is limited space on the luggage trailer we kindly ask that you try to pack light out of consideration to other passengers on the tour. If you have extra luggage that you would like to leave in Reykjavik, then you can purchase luggage storage in the booking process.

Is there somewhere I can leave my extra luggage while on the Laugavegur trek?

We have the option of getting a luggage storage extra which is for all the extra baggage that you have with you in Iceland but will not be needing on the tour. It will be kept at our headquarters in Reykjavik for storage. You bring your luggage to the pick up locations and we will have a member of staff pick it up and returned to you after the tour.

Why don't you recommend suitcases on the Laugavegur trek?

The supported car will need to cross rivers to get between huts so we recommend a waterproof duffel bag since your luggage can get wet along the way. We also recommend that you put dry clothing and items in a plastic bag.

What is the Special Food Extra option for the Laugavegur trek?

Our standard menu includes milk products, fish, nuts, meat and bread so if you are vegetarian, vegan, gluten-free, have allergies or have other specific food preferences then we strongly suggest that you purchase the special food extra. This will help us in supplying the best meals possible for everyone.

Can I rent a sleeping bag from you to use on the Laugavegur trek?

Yes, you can rent a sleeping bag from us. You can purchase the rental when booking the tour OR you can add it to you booking at least 2 days before the tour starts. Note that a sleeping bag cannot be rented once you are on the tour.

I am a solo traveler, can I stay in a tent by myself?

Yes, you can purchase the single tent rental either when you book the tour or by adding it to you booking at least 2 days before the tour starts.

Is there any information you need from me when booking the Laugavegur trek?

The only information we would appreciate from you is whether you have any medical issues we should be aware of. IF you have any food restrictions, then please have a look at our Special Food Extra.

Is there WiFi or internet connection at the huts on the Laugavegur trek?

There is no WiFi in the huts but there are spots along the trail and by the huts where you can get 3G/4G connections. However, the connection is very flaky so we don't really count on it.

Does the guide prepare the meals on the Laugavegur trek?

The meals are prepared by all participants, guide and team. Although the guide is usually the leader on the project this can go all ways. We have found that this brings the group together and makes a nice, fun and cozy atmosphere. Make food and friends at the same time.