



Hiking

Thorsmork Volcano Hike

Super Jeep and Hiking tour

A challenging hike from Thorsmork valley up to Fimmvorduhals pass, the home of the new craters Magni and Modi. If you are looking for a great hike with stunning landscape, then this is the tour for you.

HIGHLIGHTS:

- Þórsmörk (Thorsmork valley)
- Fimmvörðuháls (Fimmvorduhals volcano)
- Eyjafjallajökull (Eyjafjallajökull volcano)
- Seljalandsfoss waterfall
- Small group experience
- Super Jeep experience
- Gígjökull glacier
- Magni and Móði (Magni and Modi craters)

INCLUDED:

- Transport in super jeep with expert driver
- A guided hiking tour

EXCLUDED:

- Meals & Accommodation

Availability: April to October

Duration: 12 to 14 hours

Level: Challenging

Minimum age: 14 years

Ratio: 1:14

Prices per person: 29.900 ISK



ITINERARY

Pick up starts at 8 am from your Reykjavik pick up point. We also pick up at Hveragerdi, Selfoss, Hella and Hvolsvöllur along the way. We will be at N1 gas station in Hvolsvöllur around 9:40 am for a short top if you prefer to meet us there for the tour. Please note that the pick up can take up to 30 min.

Thorsmork, a beautiful valley surrounded by glaciers and mountains, is the setting for today's tour. Your tour starts with a pick you up from your hotel in Reykjavik and from there you will drive out of the city heading towards the east of the island. After passing through a few small villages you will arrive at the first stop of today's tour, the mighty Seljalandsfoss waterfall. Seljalandsfoss is the famous waterfall that is best known for the fact that when conditions are good, you can walk behind it, enjoying it from both sides.

Next, you will pass Gígjökull glacier where you will see some of the effects of the famous Eyjafjallajökull eruption of 2010 before arriving in Thorsmork. From Basar cabin, in the heart of Thorsmork, you will start your hike to Fimmvorduhals, a popular hiking route among locals in Iceland. Here you will see the two craters, Magni and Modi, formed in this infamous eruption. The new lava, large craters, glacier view along with the surrounding mountains and vibrant colors make this hike truly outstanding. The elevation gain is between 700-800 meters and length approximately 16 km in total. The Thorsmork – Fimmvorduhals hike should not be missed by any outdoor enthusiasts visiting Iceland.

Get physically active while you enjoy one of the most scenic places you will ever come across. In Thorsmork, every season has its charm, giving you a great opportunity to visit again and again. The super jeeps seat 5 – 14 persons so our tours are always a small group experience!

Remember to bring: It is extremely important to have warm outdoor clothing, waterproof jacket & pants, headwear and gloves with you. Good hiking shoes are essential for this tour, lunch, snacks and water bottle. Sturdy hiking shoes, waterproof jacket, and pants can also be rented.

Please note that this tour is quite demanding and the conditions in Thorsmork can be hard at times. We expect participants to be dressed accordingly and have good hiking shoes with them.

Available Dates:

April & May: Saturdays

June: Saturdays & 19, 20, 25 and 27 June

July & August: Tues, Wed, Thu, Sat

September: Saturdays & 03, 04, 10, 11, 12 September

October: Saturdays

Extras:

1.000 ISK Hiking poles

1.000 ISK Hiking shoes

1.000 ISK Waterproof Jacket

1.000 ISK Waterproof pants

For this hike, you need to bring a small backpack, optimal 25-40 L, that you will carry on. In your day backpack, you should pack your lunch, water bottle, rain gear and other items you might need for the day such as medication, extra clothing, sunglasses, etc. In general, it is always good to try to keep your pack as light as possible but still bring what you need.



How to dress for Hiking and Trekking

Dressing for Iceland is an adventure on its own, you should keep the following tips in mind and make sure your clothing meets the following criteria:

1. Insulate the body from cold
2. Water and wind resistant
3. Maintain its insulating ability when wet
4. Durable and long lasting
5. Breathable to allow body moisture to escape
6. Light and flexible

7. Packable / compressible

Unfortunately, no single item of clothing exists that fulfills all of the demands listed above. Therefore, the challenge is to find the most efficient selection of clothing that combines all these features, maximizing performance while minimizing space and weight. The solution is layers. When traveling in Iceland it's good to always keep in mind, that layers are key!

1st Layer: Transfer Layer (Base Layer)

Worn directly against the skin, this layer is designed to move or "wick" perspiration away from your body, thus keeping you dry from the inside. When this layer gets wet (from sweating), it is important that it maintains its insulating value while minimizing absorption. For this reason, it is generally made of wool or synthetic materials, and never of cotton. Since this layer is directly in contact with your skin, comfort is also paramount, so consider something that avoids rubbing in sensitive places. Consider packing an extra set so that you can use one for hiking and the other for comfortable evening relaxation and sleeping.

Examples: undershirt, sports bra, underwear, long underwear, socks.

2nd Layer: Insulating Layer

This is the most versatile of all layers and will be determined by activity levels as well as the outside environment. The purpose of the insulating layer is to manage body heat appropriately. Light and medium weight fleece jackets are ideal during the day when activity levels are higher and daytime temperatures are warmer. Hiking pants should be made of light, strong, and quick-drying fabrics. Fleece pants or expedition (heavy) weight long underwear also works well. Again, garments made of cotton such as jeans are a poor option, for their lack of ability to manage moisture. On cold days and during the evenings, two insulating layers work well together to provide extra warmth. A down or PrimaLoft jacket is also a good idea to bring along, for quick access to warmth during stops and lunch breaks, as well as a light and comfortable layer for relaxing in the evenings.

Examples: toque/hat, gloves, fleece sweater/jacket of all weights, hiking pants.

3rd Layer: Outer Shell

This layer is mainly meant to protect you from the two most threatening elements: wind and rain. The other critical function of the outer shell is the ability to allow moisture to escape or "breathe", so as to prevent you from getting wet from the inside as a result of your own perspiration. Additional features such as hoods and zip ventilation systems allow for more precise adjustments and help to maximize warmth and comfort in the outdoors, although they are not essential. It is very important that jackets and pants in this category be waterproof, windproof, and breathable. Keep in mind that favorable weather conditions may often be such that the use of the outer shell is not needed, however it is always wise to have this layer easily accessible as conditions can change quickly.

Examples: sun/rain hat, waterproof/breathable jacket and pants, hiking boots