



## Fimmvörðuháls Trek (Huts)

This complete crossing over Fimmvörðuháls is probably the best known hike in Iceland, along with the Laugavegur trek. This popular trail marks the sighting of the first phase of the 2010 eruption of Eyjafjallajökull. Since then, the Fimmvörðuháls hike has become a real hot spot. You will encounter spectacular nature and exciting geological features along the way. Your highly experienced and knowledgeable trekking guide will lead you from the nature reserve of Þórsmörk, up between the two glaciers and over a newly batch of formed lava. From there, you will travel past two popular craters Magni and Móði before descending to the lowlands on the southern side. In the evenings, you will enjoy delicious Icelandic meals and rest in cozy mountain huts. At the end of the hike, you will be greeted by the great Skógarfoss waterfall and a view of the Atlantic coast, which is just a short distance away. The astonishing diversity makes this short trek another favorite in Iceland.

### Tour overview:

Availability: Jun – Aug

Group size: 6 – 16 participants

Minimum age: 14 years

Walking per day: 4 – 5 hours

Duration: 3 days

Language: English

Accommodation: Mountain hut

Total distance: 22 km (14 mi)

Meeting point: BSI Bus terminal at 07:30

Difficulty: Challenging

Max Ascent: 1000 m (3280 ft)

Departures on Fridays:

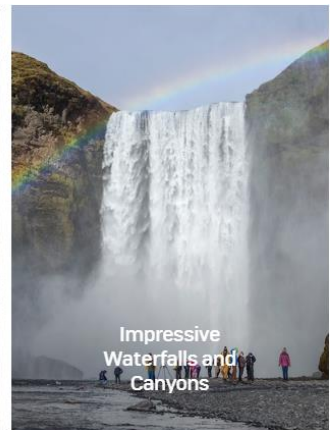
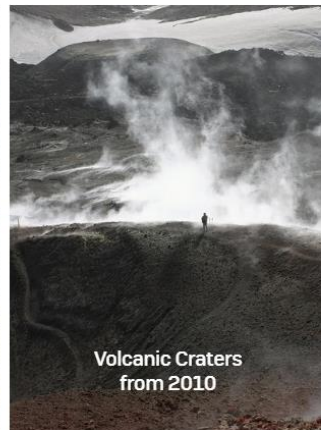
### Travel dates: Guided in English

~~19, 26 June 2020~~

~~03, 10, 17, 24, 31 July 2020~~

07, 14, 21, 28 August 2020

04 September 2020



## Price Fimmvörðuháls Trek (Huts) 3 days:

**104.900 ISK per adult, 14 years and older**

Included:

- Experienced and qualified guide
- Mountain hut sleeping bag accommodation in dormitories
- Transport at the beginning and end of the trek
- Sleeping bag
- Breakfast 2x, Lunch 3x, Dinner 2x

NOT included:

- Showers in huts (payable on site)
- Transfer of luggage
- Airport transfers
- Accommodation in Reykjavik





## **Itinerary:**

### **DAY 1: Reykjavík - Þórsmörk**

From the Reykjavik BSI bus terminal we take the regular public bus at 08:00 am to the beautiful Þórsmörk valley behind the glaciers in the south highlands. We arrive in Þórsmörk around noon and after lunch we'll have the opportunity to explore this natural wonder and enjoy the picturesque scenery. Night in one of the huts in Þórsmörk.

### **DAY 2: Þórsmörk - Fimmvörðuháls**

Leaving Þórsmörk we cross the river Krossá on a footbridge entering the magic landscapes of Goðalönd – the abode of the Gods. Nesting at the foot of two glaciers this is a wonderland of ridges and cliffs covered by a multitude of flowers and grasses, certainly fit for gods and humans alike. Even the elves have made themselves at home here. We continue up the hills leading to the pass of Fimmvörðuháls, walking along the Kattarhryggir ridges with views to the impressive mountain of Útigönguhöfði up to Morinsheiði heath. At the end of the Morinsheiði plateau we enjoy the view of the lava stream that flowed down from the Fimmvörðuháls volcano in March and early April 2010. The lava is all set with different outlets of fuming steam and decorated with green and yellow sulphur. As we gain height above Morinsheiði we come again to the lava and then to the two craters Magni and Móði that erupted prior to the main Eyjafjallajökull crater. We cross the brand new lava just at the foot of the magnificent red craters, through places where the lava is almost glowing warm inside the fissures and cracks on its surface. After crossing safely the lava we get a view to the lava and the craters from a hill on the other side, before crossing the néves of the high pass of Fimmvörðuháls, to get to the hut between the glaciers Eyjafjallajökull and Mýrdalsjökull, where we set up for the night.

Distance: 12 - 14 km (7 - 9 mi)

Walking time: 6 - 7 hrs

Ascent: 900 m (2953 ft)



### **DAY 3: Fimmvörðuháls – Skógar - Reykjavik**

After a night between the two glaciers we head down to Skógar. At the beginning, the path takes us over a desolate heath an old hut that does not offer much shelter any more. We come to the Skógaá River and follow the river exploring its many hidden gorges, and waterfalls all the way to the famous Skógafoss waterfall. The river and its surroundings offer great scenery. The coast seems to be within arm's reach and you can almost feel the surf on your cheeks. Arriving at Skógafoss, we hop on the scheduled bus to Reykjavík. Arrival at Reykjavik BSI bus terminal at 7:20 pm, where the trip ends.

Distance: 12 - 13 km (7 - 8 mi)

Walking time: 6 - 7 hrs

Descent: 1000 m (3280 ft)

#### **Please note**

There is no access for vehicles all the way to the hut on Fimmvörðuháls. Dry food and sleeping bags/blankets have been stored in the huts so we need to carry sleeping bag liner, toiletries, extra clothing and a little bit of fresh food. Both huts are heated, Þórsmörk hut has electricity and showers. They have dormitory with twin bunk beds, participants have to be prepared to share a bunk with other travellers from the group.



## FAQ

### Facilities (showers, WC, water, accommodation, electricity)

- Will we be able to shower on the trek?  
You can shower in the huts that have showers available, some huts do not have any shower facilities. Where showers are available there is a small fee to use them.
- How are the toilet facilities?  
Some huts have flushable toilets others have outhouses.
- Will the huts have running water?  
There will be running cold water in all the huts. You will need to heat water to get hot water.
- Do the mountain huts have dormitory rooms/private rooms?  
The mountain huts have no private rooms available, all rooms are dormitories.
- Do I need to bring my own cooking equipment?  
No, the huts have a fully equipped kitchen.
- Can I charge my phone/camera in the hotels/huts?  
We recommend bringing a power bank to charge your electronic devices. The huts do not have electricity. There is a slight chance the wardens will be able to charge for you for a fee of ISK 500.
- Sleeping bags can be rented at some extra cost.

### Special diets:

- I am a vegetarian/vegan/gluten intolerant, will there be a food option for me, what is it?  
Special dietary supplement, such as vegetarian, pescatarian, vegan, gluten free or other supplements, can be ordered at some extra cost. The supplement will include meals that meet the requirements of your diet. 3.000 ISK extra for this tour.



## Equipment list:

For your own well being and safety, we strongly suggest following the advice of our equipment list, this includes having good quality rain-gear, tops and bottoms! Please respect that cotton clothing is not appropriate for any strenuous outdoor activity. Modern outdoor clothing is by far more comfortable and will greatly improve your experience.

### Boots and Clothing

- Sturdy Hiking Boots – waterproof with good ankle support.
- Long sleeve shirt (thermal underwear) – Wool or synthetic.
- T-shirt (thermal underwear), Wool or synthetic.
- Light wool or fleece sweater (2nd layer).
- Trousers – Strong and light material that dries quickly e.g. soft-shell.
- Jacket with a good hood – windproof, waterproof and breathable, e.g. Gore-Tex or comparable.
- Rain trousers – windproof, waterproof and breathable. Please note that full raingear is mandatory in Iceland, poncho is not useful because of wind.
- Gloves – Wool or synthetic 2 pairs of different thickness.
- Socks – Wool or synthetic. Two or three pairs.
- Warm hat – Wool or synthetic.

### Other gear

- A duffel bag for the transport of your overnight gear between huts. Please avoid bringing a suitcase!
- Day backpack for extra clothes and lunch pack during the day. 25 – 40L (1500 – 2500 cu in).
- River shoes – Walking sandals or old running shoes with a good grip are a good choice, along with a pair of warm socks or neoprene socks. Open sandals or flip-flops will not do the job.
- Sleeping bag. A basic sleeping bag with no specific temperature rating is sufficient for this trek since all the huts are heated.
- Towel – light weight and packable.
- Sunglasses & sun protection.
- Water container – thermos flask, water bottle 0.5 – 1L. or camelbak.
- Headlamp for reading and getting around the hut.
- Change of clothes for wearing in the hut.
- Personal first aid kit – including blister care.
- Prescription medication and other personal health items.
- Toiletries; Toothbrush, toothpaste, soap etc.
- Earplugs.
- Lunch box

## Optional gear

- Walking pole(s). To preserve the vulnerable nature please keep the rubber tip protectors on.
- Power-bank / extra battery for your electronics – small solar cells usually do not work that well in Iceland, so a pre-charged power bank is a better option. Charging your electronics in the highlands often is not an option or will cost you extra. Having converters adapters for 220 V and/or USB will help.
- Gaiters (recommended for departures in June and early July).
- Pocket knife.
- Sun/rain hat or a cap. Shorts.
- Small thermal mat (to sit on for lunch breaks).
- Puffy jacket (e.g. Primaloft or down).
- Dry-bags for electronics and extra clothing.
- Slippers for indoor use.
- Pillow or pillow case (to wrap around your warm sweater or down jacket for a pillow).
- Playing cards and travel games – or other toys you might like and can travel.
- Cash– for the showers, a shower normally costs about 500 ISK.
- Book - to read during the evenings.
- Aperitif or other heart-warming spirits: Liquor laws in Iceland prohibit the sale of alcohol in most places you come by on your trip in the highlands. So, having a flask (preferably plastic or metal) to share with your fellow travels in front of the camp fire (gas heater) can be the crowning of a good day. You can take care of this in the duty-free up on arrival in Iceland if you like. Just follow all the Icelanders on your flight, they will take you straight to duty-free!

