



Laugavegur Trek Classic (Huts)

The rumors are true! Trekking in the southern highlands, from the geothermal hot spots in Landmannalaugar to the lush green landscape in Þórsmörk valley, is even more beautiful in person. Your highly experienced and knowledge trekking guide will take you in between vibrant yellow rhyolite mountains, over black sand deserts and past majestic canyons during this adventure. The magical and diverse landscape, combined with the long and bright Icelandic summer days, will capture your nature loving heart. Your guide will show you all the popular sites and hidden gems along this trail and tell you stories and folklore. In the evenings, you will relax and rejuvenate in cozy mountain huts and enjoy delicious Icelandic meals. We top off this amazing adventure with a celebratory BBQ on the last night in Þórsmörk. It is not a coincidence that this trail was named as one of the 20 best treks in the world by National Geographic.

Tour overview:

Availability: Jun – Sep

Group size: 6 – 16 participants

Minimum age: 14 years

Walking per day: 4 – 7 hours

Duration: 5 days

Language: English (French & German on some departures)

Accommodation: Mountain hut

Total distance: 56 km (35 mi)

Meeting point: BSI Bus terminal at 07:30

Difficulty: Challenging

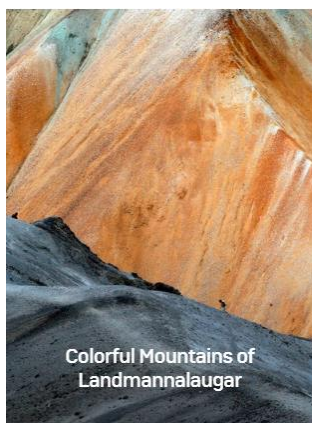
Max Ascent: 600 m (1900 ft)

Travel dates 2021: Guided in English

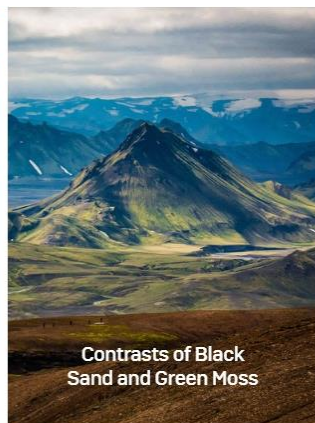
From 16th June to 09th September departures on Wednesdays, Fridays & Mondays

Departures with French & English speaking Guide: always on Monday departures

Departures 18 June & 30 July with German & English speaking Guides.



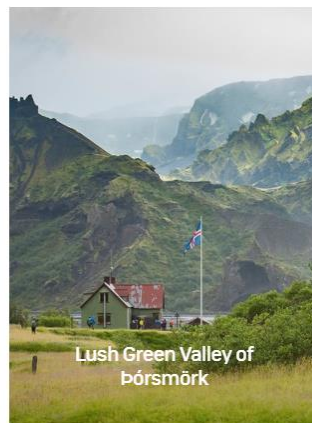
Colorful Mountains of
Landmannalaugar



Contrasts of Black
Sand and Green Moss



Travel with a
Qualified Guide



Lush Green Valley of
Þórsmörk

Price Laugarvegur Trek Classic 5 days:

224.900 ISK per adult, 17 years and older

195.700 ISK per youth, 14 – 16 years

Included:

- Experienced and qualified guide
- Mountain hut sleeping bag accommodation in dormitories
- Transport at the beginning and end of the trek by public transport
- Breakfast 4x, Lunch 5x, Dinner 4x
- Transfer of luggage through the trek

NOT included:

- Sleeping bag
- Showers in huts (payable on site)
- Airport transfers
- Accommodation in Reykjavik

WANT MORE?

If 5 days is not enough, add the Fimmvörðuháls trek (Þórsmörk - Skógar) to your itinerary and go for the 7 day Combo Trek from Landmannalaugar to Skógar. See info page 8 - 10.

Price: 7 day Combo Trek Landmannalaugar to Skógar

294.900 ISK per adult, 14 years and older



Itinerary:

DAY 1: Reykjavik – Landmannalaugar - Hrafninnusker

We take the public bus from BSI bus terminal at 08:00, that during the summer months drives the mountain tracks that lead to Landmannalaugar, passing by the Hekla volcano and other volcanoes in the Dómadalur area. Arriving in Landmannalaugar at noon, we have a lunch and then head south into the mountains. The trail takes us past small gorges, steaming hot springs and yellow mountain ridges. Arrival at Hrafninnusker mountain hut, where we will stay the night, in the late afternoon.

Distance: 12 km (7.5 mi)

Walking time: 4 - 5 hrs

Ascent: 470 m (1540 ft)

DAY 2: Hrafninnusker - Álftavatn

From Hrafninnusker we descend down in the gullies of Jökultungur with hundreds of steaming hot springs and mud pools. Up there we enjoy fascinating views to the south to the Álftavatn area (Swan Lake), and the Myrdalsjökull and Eyjafjallajökull glaciers. In the afternoon we arrive at Álftavatn hut where we stay the night.

Distance: 12 km (7.5 mi)

Walking time: 4 - 5 hrs

Descent: 490 m (1610 ft)



DAY 3: Álftavatn - Emstrur

We pass at the foot of the green conic volcano of Stórasúla before entering the black deserts of Mælifellssandur. Heading towards another ancient and verdurous volcano, the Hattfell, we enter the Emstrur region where farmers used to graze their sheep in summer. Before arriving at the Botnar hut where we stay the night, we visit the magnificent Markarfljót canyon cut almost 200 m down into the rocks south of Hattfell.

Distance: 16 km (10 mi)

Walking time: 6 - 7 hrs

Descent: 40 m (130 ft)

DAY 4: Emstrur - Þórsmörk

We continue up and down through the small valleys and gullies of Emstrur, where the great Mýrdalsjökull glacier rises only a couple of kilometers away. As our hike is coming to an end for the day, we descend into Þórsmörk's (the woods of Thor) green valleys filled with arctic birch forests and colorful flowers. After arriving at the huts in Þórsmörk, we top off this amazing adventure with a barbecue!

Distance: 17 km (10.5 mi)

Walking time: 6 - 7 hrs

Descent: 300 m (985 ft)

DAY 5: Þórsmörk Reykjavík

We spend the morning in Þórsmörk where we walk along one of numerous paths. For example, we can visit to the Sönghellir cave (Song cave), climb up the small mountain of Valahnúkur from where magnificent view can be enjoyed, before taking the afternoon bus to Reykjavík. Arrival at Reykjavik BSI bus terminal where the trip ends at 19:20.

Please note

All of the huts are heated, some have electricity and some have hot water. They have bunk rooms with single and twin beds, participants have to be prepared to share a bunk with other travelers from the group.

The main luggage will be transported by transport vehicle and our clients will not have access to it until they reach the huts in the afternoon, so everything needed for the day's trek must be in a day backpack. Please advise not to bring hard suitcases, duffel bag is preferable which should not exceed 15 kg per person. There are luggage lockers at four centrally located places in Reykjavik where it is possible to store extra luggage <http://www.luggagelockers.is/>

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. 1.500 ISK per day extra.

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.
- Swimwear if you want to bathe in the hot geothermal pool in Landmannalaugar.



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).

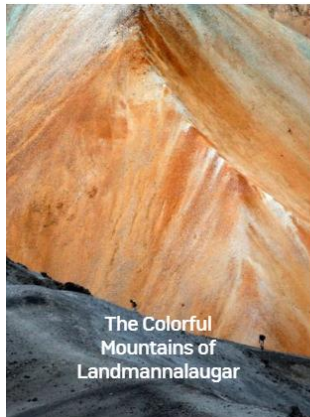
- River shoes – Walking sandals or old running shoes with a good grip are a good choice, along with a pair of warm socks or neoprene socks. Open sandals or flip-flops will not do the job.
- Sleeping bag. A basic sleeping bag with no specific temperature rating is sufficient for this trek since all the 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

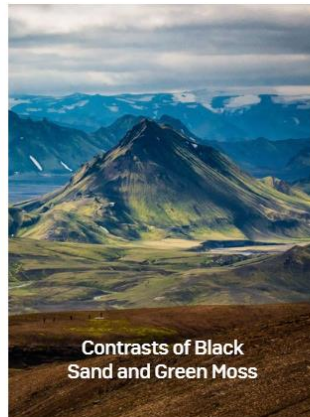
- Walking pole(s). To preserve the vulnerable nature please keep the rubber tip protectors on.
- Power-bank / extra battery for your electronics – small solar cells usually do not work that well in Iceland, so a pre-charged power bank is a better option. Charging your electronics in the highlands often 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 travelers 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 upon arrival in Iceland if you like. Just follow all the Icelanders on your flight, they will take you straight to duty-free!

Laugavegur and Fimmvörðurháls Combo tour

Want to do the full hike? Choose this 7 day Combo tour.



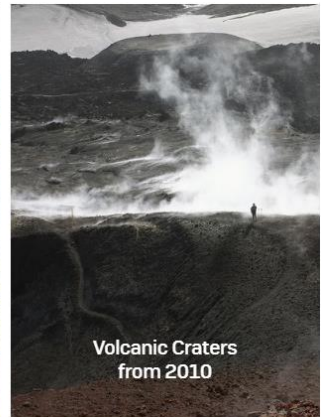
The Colorful
Mountains of
Landmannalaugar



Contrasts of Black
Sand and Green Moss



Lush Green Valley of
Þórsmörk



Volcanic Craters
from 2010

Price: 7 day Combo Trek Landmannalaugar to Skógar

294.900 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 with public transport
- Breakfast 6x, Lunch 7x, Dinner 6x
- Sleeping bag (last 2 nights only)
- Transfer of luggage first 4 days only

NOT included:

- Sleeping bag first 4 nights
- Showers in huts (payable on site)
- Transfer of luggage last 3 days
- Airport transfers
- Accommodation in Reykjavik

Departure dates 2021:

21, 28 June 2021

05, 12, 19, 26 July 2021

01, 08, 16, 23, 30 August 2021

Itinerary:

Day 1 – 4 as per above in Laugavegur Trek

Day 5: Þórsmörk Valley

We spend the day in Þórsmörk where we have an abundance of choice between various paths. For example, we can visit to the Sönghellir cave ("Song cave"), climb up the small mountain of Valahnúkur from where magnificent view can be enjoyed, or hike into the beautifully carved canyon Stakkholtsgjá. This oasis between the mountains also an ideal place to relax and just enjoy nature. We spend the night in one of the huts in Þórsmörk.

Distance: 5 - 10 km (3 - 6 mi)

Walking time: 2 - 5 hrs

Ascent/Descent: NA

DAY 6: 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 névés 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 7: Fimmvörðuháls – Skógar - Reykjavík

After a night between the two glaciers we head down to Skógar. At the beginning, the path takes us over a desolate heath past 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 Reykjavík BSI bus terminal at 19:20, where the trip ends.

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

Walking time: 6 - 7 hrs

Descent: 1000 m (3280 ft)

Please note

Because of difficult access to the Fimmvörðuháls hut for vehicles, we will send our extra luggage to the end of the trek at Skógar. Food and sleeping bags/blankets have been stored in the Fimmvörðuháls hut so we only need to carry our sleeping bag liner and toiletries for the night and a little bit of fresh food.

All of the mountain huts are heated, some have electricity and some have hot water. There are bunk rooms with single and twin beds, participants have to be prepared to share a bed with a stranger.

