



## Laugavegur Trek - Landmannalaugur and Thorsmork

Iceland's best known hiking trail, the Laugavegur Trek, named one of National Geographic's 20 Best Hikes in the World! A five-day vehicle assisted trek from hut to hut. This trail takes adventurers from the geothermal valley of Landmannalaugur and the southern highlands, south to the Þórsmörk valley, at the foot of world famous Eyjafjallajökull volcano.



YOUR  
ADVENTURE  
AWAITS

5 days/4 nights

### ITINERARY

#### Day 1: Reykjavík-Landmannalaugar-Hrafninnusker

The hiking trail crosses many spectacles including the third biggest geothermal zone in the world, through yellow rhyolite mountains, over black deserts, past great canyons and finally into the verdant valley of Þórsmörk. It is no coincidence that the "Laugavegur" hike attracts travellers from around the world in addition to being a great favorite among local hikers. Come see what all the fuss is about! Accommodation is in mountain huts, on a shared basis. 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 travellers from the group.

Minimum age: 16 years

Total walking distance: 56 km. (35 miles)

Altitude: 200-1100 m. (650-3600 feet)

Maximum Ascent: 600 m. (1900 feet)

We take the regular bus 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: 12km (7.5 mi)/Walking time: 4-5 hrs / Ascent: 470 m (1540 ')

#### 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 Mýrdalsjökull and Eyjafjallajökull glaciers. In the afternoon we arrive at Álftavatn hut where we stay the night.

Distance: 12km (7.5 mi)/Walking time: 4-5 hrs / Descent: 490 m (1610 ')

#### 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: 16km (10 mi)/Walking time: 6-7 hrs / Descent: 40 m (130 ')



#### 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 kilometres away. At the end of the day the vegetation starts to grow thicker and higher as we descend in to Þórsmörk's (the woods of Thor) green valleys filled with arctic birch forests and colourful flowers. Night in one of the huts in Þórsmörk.

Distance: 17km (10.5 mi)/Walking time: 6-7 hrs / Descent: 300 m (985 ')

#### 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 Central bus Station at 19:20, where the trip ends.

As an alternative, a slightly longer 6-day hiking tour departs from Reykjavik on Fridays. The 6-day tour will be the same as the 5-day tour outlined, except on Day 5 you'll hike up to Magni and Móði, the volcanos on Fimmvörðuháls and back down to Þórsmörk. on Day 6, after a short hike in Þórsmörk, you will head back to Reykjavík. Please ask us for pricing details for this extended tour.

### Details

**Group Size:** Min. 6 / Max. 16

**Trip Code:**

007674-W15

### INCLUDED

- Transfers between Keflavik and Reykjavik
- Pick up and drop off from/to Reykjavik guesthouse at the beginning/end of the tour
- 5-day guided hike
- Meals for 5 days (from lunch on day 1 to lunch on day 5)
- Cooking gear
- Mountain hut fees
- Transfer of luggage

### NOT INCLUDED

- Airfare to/from Reykjavik
- Sleeping bag rental
- Shower fee, paid locally
- Gratuities to guides
- Travel insurance
- Visa and passport fees, if required
- Items of a personal nature

### TOUR NOTES

*Disclaimer: We do our utmost to ensure that information posted on our website is correct at the time of publication, however trip details are subject to change without notice by the suppliers and operators involved. We update the information as soon as possible when changes are advised to us, however, we cannot assume responsibility for such changes made by the suppliers and operators.*

### ROUTE MAP



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