



Laugavegur Trek - Landmannalaugar 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 Landmannalaugar and the southern highlands, south to the Þórsmörk valley, at the foot of world famous Eyjafjallajökull volcano.



5 days/4 nights

ITINERARY

Day 1: Reykjavík-Landmannalaugar-Hrafninnusker

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 into 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.

**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.*

Details

Group Size: Minimum 6 / Maximum 16

2019 Departures:

June: 17, 19, 21, 24, 26, 28

July: 01, 03, 05, 08, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31

August: 02, 05, 07, 09, 12, 14, 16, 19, 21, 23, 26, 30

September: 02, 06, 09

2019 Price:

US\$2,068.00

Prices are shown in US\$ per person and are subject to change based on currency fluctuations of the US\$ to the Icelandic Kronur. Rates are also available in CA\$. Current prices will be quoted at the time of reservation.

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
- Gratuities and items of a personal nature
- Travel insurance
- Visa and passport fees, if required

TOUR NOTES

The 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 verdurous valley of Þórsmörk. It is no coincidence that the "Laugavegur" hike each year attracts travelers from around the world in addition to being a great favorite amongst locals. Come see what all the fuss is about! Accommodation in mountain huts.

Total walking distance: 56 km. (35 miles)

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

Maximum Ascent: 600 m. (1900 feet)

Minimum age 16 years

Mountain huts: All of the huts are heated, some have electricity and some have hot water. They have dormitories with single and twin beds, but no private rooms. All travellers in the group will be in shared dormitory accommodation.

You can extend this trek and go from Þórsmörk over Fimmvörðuháls (right next to the craters from the 2010 eruption) to Skógar.



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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