

## Iceland Trek

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Iceland is a beautiful country and IMG is excited to run this custom trek for you! Leading our Iceland Trek will be IMG Senior Guide Craig John, a veteran of IMG programs all over the world. Craig has visited Iceland on our reconnaissance trek program and is looking forward to returning!

We have designed our program to see the various sights of Reykjavik, as well as 9 days of real hut to hut trekking through some of the world's wildest volcanic landscapes. This trek has everything EXCEPT high altitude! Prepare yourself for a huge variety of terrain and weather.

For each day of the trek, you will only need to carry your day pack, as your duffel bag will be transported ahead to the next hut. The huts are designed for hikers to use their sleeping bags in them and have stoves for heating. It's nice to know that you'll have a nice hut waiting for you each evening to warm up and dry out in, if the event that the weather outside is inclement. July among is the best times of the year to visit, but for the Iceland weather, we've come to know that you must hope for the best and plan for the worst!

Please read the information below and let us know if you have any questions. We are excited to share Iceland with you and look forward to working with you on custom options for this great trip!

## Iceland Trek Itinerary

<b>Day 1</b>	Arrive Reykjavik	Meet at hotel and settle in. Afternoon gear checks. [Hotel]
<b>Day 2</b>	Reykjavík	Finish Gear Checks & City Tour [Hotel]
<b>Day 3</b>	Drive to trail head in Landmannalaugar area. Trek to Ljótípollur Crater	It's about a 4-hour drive to the trailhead. Once on the trail the 7.5mi hike takes us to Ljótípollur, a red crater, filled with amazing blue water. We'll stay at a hut in the Landmannalaugar area and have the option for a hot spring soak! [5-6 hours / 7.5 miles - Landmannalaugar Hut]
<b>Day 4</b>	Day hike to Suðurnámur	Suðurnámur is mountain rich in Rhyolite. From the top we'll enjoy big views of the Landmannalaugar area: Mt. Kirkjufell, Laugahraun lava flow, Blahnukur Volcano, etc. [6 hours / 7 miles - Landmannalaugar Hut]
<b>Day 5</b>	Trek to Hrafninnusker	After breakfast we take a nice hike through the Laugahraun Lava Field. We'll pass by the colorful Brennisteinsalda Mountain and enjoy our geothermal surroundings. We'll cross an obsidian desert and right by the Stórihver hot springs. Our hut is one of the most remote in Iceland. [5-6 hours / 7.5 miles - Hrafninnusker Hut]

<b>Day 6</b>	Hrafninnusker to Álftavatn	We'll leave the Reykjafjöll mountains and drop down into the Jökultungur area which is famous for the yellow and red landscape caused by geothermal activity. This is contrasted by our hike up to Mt. Haskerdingur for breathtaking views of glaciers, mountains and volcanoes. From here we'll drop down to Lake Álftavatn spending the night in the hut by the lake. [5 hours / 8 miles - Álftavatn Hut]
<b>Day 7</b>	Álftavatn Lake to Emstrur	If the coffee didn't wake you up the stream crossing to start the day will. The day takes us past Storasula Volcano and into the Maelifelssandur Desert. We'll take pictures of the strange, flat-topped Hattafell Volcano. The day wraps up with a walk through the black glacial desert into the lush and green Emstrur area. We'll stop just before the hut and have a look at the 650ft. deep Markarfljotsfljufur Canyon. We'll sleep in the Botnar hut. [7 hours / 10 miles - Botnar Hut]
<b>Day 8</b>	Emstrur to Thorsmork Valley	We'll spend some time trekking near the very unique & picturesque Mt. Einhúningur. The day wraps up birch forest of the Thorsmork Valley which sits right near the Mýrdalsjökull and Eyjafjallajökull glaciers [7 hours / 10 miles – Basar Hut]
<b>Day 9</b>	Day Hike	We'll explore the beautiful Thorsmork area. We could check out the Songhelir Cave, hike down into the Stakkholtsgja Canyon or possibly climb Valahnukur. [4-6 hours / 4-6 miles – Basar Hut]
<b>Day 10</b>	Thorsmork – Fimmvörðuhals	Early morning departure for a great hike up to the Fimmvörðuhál pass between the Mýrdalsjökull and Eyjafjallajökull glaciers. Along the way we'll stop at a couple new craters (formed in 2010) & pass by a newly formed lava field before crossing the high pass to get to the hut which rests between the two glaciers. [6 hours / 8 miles – Fimmvörðuhals Hut]
<b>Day 11</b>	Fimmvörðuhals – Skógar – Reykjavik	From the hut we'll follow the Skoga River checking out some of the gorges, canyons and waterfalls along the way. We'll reach the trailhead in the early afternoon and make our way back to Reykjavik for late afternoon showers & a nice dinner. [7 hours / 6 miles + 3-hour ride back to the hotel in Reykjavik]
<b>Day 12</b>	Reykjavik	Casual morning followed by an afternoon Puffin Boat tour. [Hotel]
<b>Day 13</b>	Depart Reykjavik	Go Home!

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***“Everything was highly professional and first class in every respect... I thank you for making possible this once in a lifetime experience for my son and me.”***

—Michael B.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## Expanded Itinerary Details

**Reykjavík**, the capital of Iceland and the world's most northerly capital, is the heart of Iceland's cultural, economic and governmental activity. Established as the first Icelandic settlement in 870 AD, Reykjavík has gone through many changes in its long and storied existence. It's home to the National and Saga museums, tracing Iceland's Viking history. It is also renowned for the late-night clubs and bars in its compact center. The striking concrete Hallgrímskirkja church and rotating Perlan glass dome offer sweeping views of the sea and nearby hills. Harpa, a modern glass honeycomb is worth visiting, it's a concert hall and a conference center and the home to national opera and symphony.

### Reykjavík-Landmannalaugar-Ljótípollur

This morning we get onto a private bus that takes us to the southern highlands and the magical oasis Landmannalaugar. After settling in at the hut we head out for a walk to the Ljótípollur crater in these stunning surroundings.

Accommodation: Landmannalaugar Hut

Room Type: Mountain hut - Shared Accommodation, Sleeping Bag



Landmannalaugar hut is located in the beautiful highland oasis, at the foot of the lavafield Laugahraun.

### Landmannalaugar - Suðurnámur

Today we explore the area further and head out for a walk onto the Suðurnámur. Return to the hut for the night and possible dip in the local hot springs!



## Landmannalaugar-Hrafninnusker

After breakfast we set out for the trek south to Skógar. The trail takes us past small gorges, steaming hot springs and yellow mountain ridges.

Accommodation: Hrafninnusker Hut

Room Type: Mountain hut - Shared Accommodation, Mountain Hut - Sleeping bag required



Hrafninnusker hut is located at the foot of Hrafninnusker hill in the Southern highlands.

## 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.

Accommodation: Álftavatn Hut

Room Type: Shared Accommodation, Mountain Hut - Sleeping bag required



Álftavatn huts are located on the shores of the beautiful lake Álftavatn in the Southern highlands, on the popular hiking trail between Landmannalaugar and Þórsmörk.

## 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.

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*“Well, the trip was everything I hoped for and more! I definitely picked the right company to fulfill my dream... I was so blessed to have found IMG.”*

—Tom F.

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## 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. 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 colorful flowers. Night in one of the huts in Þórsmörk.



Básar huts are located in the Goðaland area of Þórsmörk valley in a dramatic setting of palagonite landscape.

## Þórsmörk Day Hike

Þórsmörk Glacier Valley is a natural oasis that lies just behind the now famous Eyjafjallajökull volcano. The recent eruptions have altered the appearance of the landscape but at the same time created a unique opportunity to witness how the elements of ice and fire constantly shape and reshape the surface of our planet. Only accessible by 4x4 vehicles, a tour into Þórsmörk is truly an experience of nature. It is a valley, full of geological wonders and unique vistas that Icelandic nature lovers have enjoyed for centuries.



## Þórsmörk - Fimmvörðuháls

We set out for the pass of Fimmvörðuhál, 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 safely crossing the lava, we get a view of 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. Transport of luggage to Skógar. Because of difficult access to the hut for vehicles, we will send our extra luggage back to Reykjavik. 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.

Accommodation: Fimmvörðuskáli Hut

Room Type: Hut - Shared Accommodation, Sleeping Bag



This hut is conveniently located for those hiking between Skógar and Þórsmörk, situated on the highest point of Fimmvörðuháls.

### 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 get onto a private bus taking us to Reykjavík.



# Program Fees and Payment Schedule

## Iceland Trek Custom Options

[Contact us](#) for custom dates ..... Landcost: \$TBD

**Costs included in trip fee:** 4 nights double accommodation in hotel in Reykjavik per the itinerary (including breakfast), shared accommodation in huts while trekking, breakfast, lunch and dinner while trekking, city tour, puffin boat tour, applicable permit fees, park entrance fees, emergency satellite phone, IMG Guide, Icelandic Local Guide(s), support 4x4 vehicle & driver for transporting equipment and food between huts each day, private transportation to & from the trailhead.

**Costs not included in trip fee:** Flights, applicable visa fees, meals in Reykjavik, transportation to/from airport & to/from hotel, gratuities of any kind, personal clothing and equipment, additional nights before/after the stated itinerary, required travel insurance, single supplements.

**Single Supplement:** The huts are dormitory style so there are no single rooms available. For the Hotel in Reykjavik, it might be possible to get a single room for the 4 nights in town (upcharge will be \$500) IF rooms are available (Note--Reykjavik gets very "booked up" during the summer).

**REQUIRED Travel Insurance:** IMG requires that all International program participants purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts). Recommended insurance options are available on our website: [www.mountainguides.com/travel-insurance.shtml](http://www.mountainguides.com/travel-insurance.shtml). If you need assistance with the various insurance options, contact Becky in the IMG Office, [becky.kjorvestad@mountainguides.com](mailto:becky.kjorvestad@mountainguides.com).

**Tips:** We will collect for a tip pool and ask the members to please contribute \$300. We will collect this in Reykjavik and distribute this during the trip on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly. You may **also** wish to provide additional tip to your IMG Guide (figure 5% if you are looking for a generous number).

## Fee Payment Schedule for Iceland Trek:

**With Application** **\$2,000**

**Three months prior to departure** **\$3,900**

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

## Air Travel

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans.

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*"Could not have been better! The trip was well planned, well executed and lots of fun..."*

—Ace Y.

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# Iceland Trek Personal Equipment List

## Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for your trek. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items. Don't cut corners on the quality of your gear.

### Travel Items

- ☐ Duffel Bag: One duffel will accompany you on the trek and will be transported ahead to the next hut for you. Duffels are required and should be sturdy and waterproof with your name written on bag (in case the tag is lost). You will also store some travel clothes at the hotel while trekking, so a smaller additional bag with a lock might be handy. Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- ☐ Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport.
- ☐ Locks: padlock for duffel while trekking. For international travel we like TSA Locks or zip ties.
- ☐ Travel Wallet: Important for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- ☐ Passport (valid for at least 6 months after the trip ends with enough extra pages for visa stamps and in **same name as airline ticket** (or with endorsement-for women who changed name w/ marriage).
- ☐ Additional passport photos
- ☐ Photocopy of passport and photocopy of flight itinerary

### Trekking Gear

- ☐ Trekking Pole(s): Get collapsible poles that can attach to your backpack and bring rubber tips to protect the delicate vegetation
- ☐ Backpacks: The "day pack" is great for a travel carry-on and may also be big enough for the trek. Figure you need 25 – 40L (1500 – 2500 cu in) capacity to allow sufficient room for your raingear, extra clothes, gloves, gaiters, water, camera, food, etc. during the day while hiking.
- ☐ Pack Cover: Waterproof rain cover for your pack.
- ☐ Small closed cell foam pad to sit on during lunch breaks
- ☐ Sleeping Bag: The huts are heated so it does not have to be very heavy.
- ☐ Sleeping Bag Liner for the final night of the trek.

### Footwear

- ☐ Lightweight Shoes: Running/tennis shoes for around town or in the huts (or hut slippers)
- ☐ Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- ☐ Gaiters
- ☐ River Shoes: Closed toe walking sandals or old running shoes with a good grip along with a pair of warm or neoprene socks for the river crossings. Open sandals or flip-flops will not work.
- ☐ Socks: 3 complete changes of socks, in a combination that you have used and know works for you.

### Clothing

- ☐ Base Layer: 1 pair synthetic long johns with 2 pairs of synthetic long sleeve trekking shirts: Lightweight or Midweight. NOT cotton.
- ☐ Mid Layers: THREE additional warm layers (wool sweater, fleece jacket, shelled vest, light puffy, etc.) that you can layer together for warmth underneath your raingear for hiking on a cold wet day.
- ☐ Shell Jacket for rain: Waterproof/breathable jacket with hood.
- ☐ Shell Pants for rain: Waterproof/breathable pants (full side zips are best).
- ☐ Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over long johns if it is cold.



- ☐ Casual Clothes: For travel/meals in hotels. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- ☐ Bathing Suit: If you would like to get in the hot geothermal pool in Landmannalauger
- ☐ Trekking Shorts in case it is warm
- ☐ Casual Clothing for the huts: Bring a comfortable change of clothes to wear in the huts after the day of trekking. We like sweatpants and a hooded sweatshirt or comfortable pants.

### **Clothing Accessories**

- ☐ Gloves: Light gloves for hiking and warm ski gloves. A shell mitt works well in rain to keep gloves dry.
- ☐ Hats: Warm wool or heavy fleece hat, sun hat and bandana.
- ☐ A "Buff" or light balaclava to breathe through in the cold dry air and to protect your airway.

### **Camp Accessories**

- ☐ Headlamp: With extra batteries.
- ☐ Water Bottles: 2 water bottles
- ☐ Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- ☐ Camera: With spare batteries and memory cards.
- ☐ Pocket Knife.
- ☐ Towel: Lightweight and packable
- ☐ Pillow case or stuff sack to stuff your puffy jacket into for use as a pillow.

### **Personal Accessories**

- ☐ Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- ☐ Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- ☐ Vision correction: Bring extra prescription eyeglasses or contact lenses (with sufficient lens solution).
- ☐ Skin Care: Maximum SPF sunscreen and lip balm.
- ☐ Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also, you'll want moleskin, tape), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent).
- ☐ Ear plugs and eyeshades for sleeping in huts (it stays light very late in the evenings).
- ☐ Toilet paper, soap and shampoo, small towel.
- ☐ Cash– for the showers, a shower normally costs about 500 ISK (Icelandic Krona) = \$4-5 US dollars.
- ☐ Prescription Medications: 1) Antibiotic for upper respiratory and GI problems (azithromycin) 2) Sleeping pills for jet lag;
- ☐ Cold medicine (Sudafed, etc.), Chloroseptic or Tessalon Perles throat lozenges.
- ☐ Books/ iPod/ Kindle/etc. Also playing cards or games for the huts might be fun.
- ☐ 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 up on arrival in Iceland if you like. Just follow all the Icelanders on your flight, they will take you straight to duty-free!
- ☐ Power bank for recharging your electronics. Solar panels usually do not work very well in Iceland. Charging your electronics in the Highlands is not always an option and can be expensive if available.
- ☐ Power Plugs in Iceland: Type F: also known as "Schuko". This socket also works with plug C and plug E. <https://www.power-plugs-sockets.com/iceland/>
- ☐ Dry bag, case, small plastic box, etc. for protecting your electronics.
- ☐ Several large ziplock bags for lunch food items

### ***Immunizations Checklist***

- ☐ **Tetanus-Diphtheria** - You should already have. Do you need a booster?
- ☐ **Polio** -You should already have. Do you need a booster?
- ☐ **MMR** -You should already have. Do you need a booster?
- ☐ **Meningitis** - Recommended. Consult your physician.
- ☐ **Hepatitis A** - Recommended. Consult your physician.
- ☐ **Hepatitis B** - Not a bad idea. Ask your physician.
- ☐ **Cholera** - Ask your physician. Not usually recommended any more.
- ☐ **Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- ☐ **Rabies** - The new vaccine is easy. Rabies is uncommon in Iceland but can be found in bats.

Consult your physician and visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements or check out the Center for Disease Control Website at [www.cdc.gov](http://www.cdc.gov).



*Summer wildflowers in Iceland (photo: Anthony Nightingale)*