

LAUGAVEGUR TREK



Map of Laugavegur trekking trail

The Laugavegur is a famous trekking route in South-West Iceland through one of Europe's most exiting and fascinating landscapes. It is noted for the wide variety of landscapes that are experienced in just 55 km. This tour is a five day trek on this famous trekking trail. The hike starts at Landmannalaugar, an area of varied shapes and forms with colorful mountains tinted by rhyolite minerals and ends in Þórsmörk, a charming destination with a series of deep valleys, crisscrossed by numerous fast flowing rivers and glaciers on three sides.

Itinerary:

Day 1: Reykjavík – Landmannalaugar (600m)

Hikers are picked up at 07.15 to 07.45 in the morning from their accommodation in Reykjavík. We drive to the beautiful rhyolite area Landmannalaugar where we will spend the afternoon in a relaxing walk through this colourful landscape. A black obsidian lava stream forms a magnificent contrast to the green, white, red and yellow hills. Here in Landmannalaugar is one of the few possibilities to take a bath in a natural hot pool, surrounded by this fascinating landscape. Meal and overnight stay at the hut in Landmannalaugar.



Day 2: Day Landmannalaugar (600m) – Hrafninnusker (1100m) – Álftavatn (530m)

On the first hiking day we start early, as we have a long day ahead of us. We only carry the things we need for this hikes. At first our hiking path is slowly uphill until we get to the hot spring area of Stórhver which lies fascinating between the yellow, red and black lava. As soon as we've passed Hrafninnusker we will have a great view and walk on the plateau until we descend to the hut at Lake Álftavatn. Walking time about 8 hours. Meal and overnight stay in Álftavatn hut.



Day 3: Álftavatn (530m) – Emstrur (500m)

On the third day we will walk over wide and expanse areas of gravel and sand, crossing few (rather cold) rivers. While walking we can feel the wideness and loneliness of this country. Today's terrain is rather flat but with a wonderful view to the surrounding mountains and glaciers. Walking time: about 6 hours. Meal and overnight stay in the hut at Emstrur.



Day 4 Emstrur (500m) – Þórsmörk/Langidalur (200m)

The walk starts east from the hut through a colorful canyon and we will have a great view to the Mýrdalsjökull glacier. We cross the river Syðri-Emstruá on a bridge and the trek runs easily along the river Markarfljót. The closer we come to the green valley of Þórsmörk the more we understand why Iceland is called the country of contrasts. Before reaching Þórsmörk we'll need to wade the river Þröngá. Walking time: about 6 hours. Grill and overnight stay in the hut at Langidalur in Þórsmörk.



Day 5 Þórsmörk – Reykjavík

Before leaving Þórsmörk we will climb the hill Valahnjúkur for a good view over the valley, the glaciers and rivers here. We will walk into the small canyon Stakkholtsgjá and find there a very beautiful waterfall. The bus will pick us up there and we drive along the green South Coast and arrive in Reykjavík at 18:00.

Included:

- Full board 1st day lunch till 5th day lunch
- Sleeping bag accommodation in mountain huts day 1 – 4
- English/German speaking trekking guide.
- Transfer from Reykjavík to Landmannalaugar as in itinerary
- Transfer from Þórsmörk to Reykjavík as in itinerary
- Luggage transport day 2-4

Pls. note that accommodation in Reykjavík is not included and that in Iceland a itinerary might change due to weather, road conditions and forces of nature.

Equipment necessary for hiking tours:

- Sleeping bag
- Towels
- Warm underwear (no cotton but wool or transtex)
- Walking socks
- Good, used walking shoes
- Shoes for crossing the rivers (slippers, trainers...)
- Shoes to use during the evenings in the huts
- Fleece or angora jackets
- Tracksuit
- Gore-Tex jacket and trousers
- Gloves
- Cap
- Swimsuit

- Toilet articles for personal use; sun protection
- Sunglasses
- Backpack to carry your daily luggage during the walks (2nd pair of clothes, lunch...)
- Walking sticks (is better for your knees and safer when crossing rivers)
- Torch
- Plaster for blisters and medicine for personal use