

Mount Hekla + Highlights of the Highlands + Fimmvörðuháls Mountain Pass

- 6 Nights in Mountain Huts, 1 Night in Skógar & 1 Night in Reykjavík.

Rough Itinerary:

Day 1: Arrival. Transfer to Þjórsárdalur valley. Night in Rjúpnaveilir.

Day 2: Climb Mt. Hekla. Drive to Landmannalaugar. Night in Hut.

Day 3: Hike from Landmannalaugar to Hrafninnusker. Night in Hut.

Day 4: Hike from Hrafninnusker to Álftavatn. Night in Hut.

Day 5: Hike from Álftavatn to Emstrur. Night in Hut.

Day 6: Hike from Emstrur to Þórsmörk. Night in Hut.

Day 7: Hike from Þórsmörk to Skógar. Night in Hótel Edda.

Day 8: Drive to Reykjavík. Free afternoon in Reykjavík.

Day 9: A Blue Lagoon visit and Departure.

Included:

Transfer from and to the airport & a 6 day guided trekking trip. Accommodation for 8 nights (hotels and campsites) & meals as listed below.

Meals: Day 1: D Day 2: B,L,D Day 3: B,L,D Day 4: B,L,D Day 5: B,L,D Day 6: B,L Day 7: B,L,D. D8: B

Detailed Itinerary:

19th July 2014: Arrival in Keflavik airport where you will be picked up by your guide. Drive to Rjúpnaveilir cabins at the foot of Mt. Hekla. You will have a meeting with your guide after dinner and go through the next days of adventures!

20th July 2014: Height: 1491 m **Estimated ascend time:** 3-4 hours. **Vertical alteration:** ~1040 m

Mt. Hekla is undeniably Iceland's most famous mountain. It is the second most active volcano in Iceland and has erupted many times in historic times, including one in February 2000. The mountain towers over South Iceland at roughly 1500 meters. The height changes due to movements of the earth crusts and seismic movements. For hundreds of years the mountain was believed to be the gateway to hell and no one dared climbing it. Until, Eggert Ólafsson, a famous Icelandic biologist, decided to throw caution to the wind and succeeded in summiting the mountain in the summer of 1750. Since then hiking to the top of Mt. Hekla has become a popular route. The view from the top of Mt. Hekla is wide and beautiful; you can see all of Fjallabak mountains, up to Vatnajökull glacier

(Europe's biggest glacier) not to mention all the evidence of recent and longstanding volcanic activity. *Night in Landmannalaugar Hut.*

21st July 2014: Landmannalaugar – Hrafninnusker Distance: 11km Estimated travelling time: 4-5 hrs Vertical alteration: ~650 m

We start our Laugarvegur journey late morning in Landmannalaugar. From the mountain hut by the campsite we stroll through the rough lava field of Laugahraun. From there on up the beautiful hills by the colorful mountain Brennisteinsalda and onto a plateau. The colors in this part are out of this world. Ancient rivers and streams mark the land so we will be going in and out of small gullies quite a lot. At this point we have reached a rather high altitude and therefore you can expect snow piles that we'll have to traverse. At Hrafninnusker there is a mountain hut where we will spend the night.

Night in Hrafninnusker Hut.

22nd July 2014: Hrafninnusker – Álftavatn Distance: 13km Estimated travelling time: 5-6 hrs Vertical alteration: ~(-750 m)

Lots of obsidian scattered around gives Hrafninnusker mystic appearance. When the weather permits the view from the hut is amazing. Above 1000 m there is nothing much but bare rocks and wasteland, the immense Icelandic highland desert. Along the hills of Reykjafjöll we continue walking through gullies until we get to Jökultungur. There are some changes in the landscape and we face dark tuff mountains and glaciers. We also start to see some stubborn plants scattered around. We decent down some steep slopes into a green oasis, which is a pleasant contrast after the rough landscapes behind us. From there the walk to a campsite at the northern shore of lake Álftavatn is easy.

Night in Álftavatn Hut.

23rd July 2014: Álftavatn - Emstrur (Botnar Distance: 16km Estimated travelling time: 6-7 hrs Vertical alteration: ~40m

After yesterday's long journey this is going to be an easy and pleasant day. We cross Brattháls hill and head east for Hvanngil gorge. There we have to cross Bratthálskvísl River on foot. Soon after that we get to Kaldaklofskvísl that we cross via bridge. From there we head for the hut and campsite of Emstrur and on our way we cross the river of Bláfjallakvísl. Yeah, we're sure going to give our feet a refreshing wash today. We cross between two sandy hills and soon after that we'll see our destination for the night. If people are up for a nice evening walk after dinner we can take a peek at the unbelievable Markarflótsgljúfur canyon. The canyon is 200 meters deep and through it flows the powerful Markarflót River.

Night in Emstrur Hut.

24th July 2014: Emstrur (Botnar) - Þórsmörk Distance: 15km
Estimated traveling time: 6-7 hrs Vertical alteration: ~300m

The day starts with a crooked path down to Syðri Emstruá River which we'll cross on a bridge. While crossing the river we'll have to be very careful, as this is one of the riskiest places on the way. After our heroic crossing we'll head south to an area called Almenningar. The landscape now starts to change once again and we'll be seeing peaceful streams covered in arctic birch and flowers. More refreshing river crossing, a bit more demanding than before (Þröngá) is necessary but that's fine because we'll be experts by then. On the other side of this river we have left Almenningar behind and entered Þórsmörk valley. From there we have a 40 min walk to Langidalur hut in Þórsmörk and from there on to Básar hut where we'll spend the night. This part is wonderful as vegetation has spread over the area and Þórsmörk is undeniably one of the pearls of Icelandic nature.

Night in Básar Hut.

25th July 2014: Þórsmörk - Skógar Distance: 24 km Estimated traveling time: 10-12 hrs Vertical alteration: 1030 m

Today we'll take on Fimmvörðuháls mountain pass. This is the famous hiking trail that links two of South Iceland's most breathtaking places; the Þórsmörk highland valley and Skógar waterfall. From Þórsmörk we ascend up the foothills of the two great glaciers of the South Coast; the Eyjafjallajökull and Mýrdalsjökull, and see two volcanic craters formed in an eruption in 2010.. The path leads us past several more waterfalls and provides amazing views over the two glaciers. We come down by the 60 meter high Skógar waterfall.

Night in Skógar.

26th July 2014: Transfer to Reykjavík with some sightseeing on the way. Drop off at your Guesthouse in the afternoon.

Night in Hótel Cabin in Reykjavík.

27th July 2014:

Blue Lagoon visit, airport transfer and departure.