

## Eclipse Trek



### ACTIVITY

Trek

### ACCOMMODATION

Communal

### CHALLENGE FACTORS

Terrain

### DURATION:

6 days

### GRADE



Iceland is a land of incredible contrast and unique beauty. Its wild volcanic landscape of mountains, glaciers, hot springs, geysers and waterfalls, combined with its rich history and folklore, make it a fascinating country to explore. And, in August 2026, it is one of the best places in the world to witness a total solar eclipse.

We base ourselves in the dramatic valley of Thórsmörk, a spectacular wilderness on the edge of the Icelandic Highlands. Cradled between three majestic glaciers and rivers, its remote environment offers diverse, adventurous hiking with a breathtaking backdrop of wild nature, shaped most recently by the 2010 volcanic eruption.

Leaving this hiking paradise, we travel to the Reykjanes peninsula, one of the best places to experience the eclipse. In a country where every view reminds us of the raw power of nature, it's the ultimate natural phenomenon to round off this trip.

## DETAILED ITINERARY

### Day 1: Fly London to Keflavik; transfer to Þórsmörk (Thórsmörk)

We fly to Keflavik International Airport and drive to magical Thórsmörk. The journey will give us a taste for Iceland's stunning countryside, and we pass through villages such as Selfoss, with its famous waterfall. Reaching Thórsmörk is an adventure in itself, as we cross unbridged glacial rivers accessible only by 4x4 vehicles. We reach our hut, and after time to prepare our kit and settle into our home for the next three nights, enjoy dinner and a detailed trip briefing. Night hut.

*(Lunch not included)*

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## Day 2: Álfakirkja Hike

Thórsmörk means Thor's Valley, named after the Norse God. It is a dramatic green valley shaped by the constant interplay between fire and ice, and a beautiful place to be based. Today we walk up to Álfakirkja – the 'Church of Elves' – a unique rock formation housing a small cave, steeped in folklore. There are several scenic hike options from here to surrounding mountains and valleys; our choice may be dictated by local conditions, but all are stunning, and provide a great warm-up for the next two big days of walking. We return to our hut. Night hut.

**Trek approx. 10-15km; 6-7 hours**

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## Day 3: Fimmvörðuháls Pass

After a hearty breakfast, we set off towards Fimmvörðuháls (pronounced *Fimmvorthuhals*) Pass, trekking uphill onto Kattarhyrggir (Cat's Spine) ridge, with fabulous views unfolding around us. We come out onto a wide plateau, where sweeping views of the rugged highlands await – including the lava fall formed by the infamous eruption in 2010, a dramatic reminder of the ever-changing volcanic landscape. As we trek higher, we reach two newly-formed craters (named Magni and Móði, after Thor's sons), and finally reach the pass, lying at 1043m between two glaciers. Having walked uphill almost constantly, we have gained approx. 1000m in height and the views are awe-inspiring. We relax and enjoy the panoramic views as we descend back to the valley for a well-earned dinner and rest! Night hut.

**Trek approx. 18km; 7-8 hours**

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## Day 4: Tindfjöll Ridge

Our last day's hike offers breath-taking views of glaciers and the Thórsmörk valley. We ascend gradually through dense, shady birch woodlands on well-trodden paths. This relatively easy gradient soon becomes more challenging, as we ascend steeply onto Tindfjöll Ridge. It's well worth the effort – from the ridge we are rewarded with unforgettable 360° views down to Thórsmörk and the Krossa River below, and of the neighbouring glaciers of Mýrdalsjökull and Eyjafjallajökull – both concealing volcanoes. Eyjafjallajökull's eruption caused the ash cloud that notoriously brought European air traffic to a standstill. It may be possible to detour to the summit of Tindfjöll, depending on group ability. We return to our hut in time for a celebration evening with barbecue feast and bonfire. Night hut.

**Trek approx. 8-14km (depending on route); 4-7 hours**

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## Day 5: Thórsmörk – Total Eclipse – Reykjavik

This morning we can take it easy, or explore one of the many trails we still haven't touched! After lunch, we meet our vehicles and head out of the valley towards the Reykjanes Peninsula, aiming for a good spot with clear sky to experience the total solar eclipse at around 16:45. We then drive to Reykjavik. After checking into the hotel, you're free to head out and get dinner with your fellow trekkers – there are plenty of options close to the hotel.

*[Dinner not included]*

**Drive approx. 4 hours**

## Day 6: Fly Keflavik to London

Depending on flight times, we may have more time to explore Reykjavik before transferring to the airport.

*(Lunch not included)*

## WHAT'S INCLUDED

- Return flights from London to Reykjavik (Keflavik)
- All known airline taxes
- Transport and transfers as part of itinerary (private vehicles)
- All accommodation - 4 nights mountain hut (shared dorms) & 1 night hotel (twinshare)
- All meals except where specified
- Discover Adventure crew (number dependant on group size)
- Local mountain guides & drivers
- Vehicle support and back-up equipment
- Entry to any sites visited as part of the itinerary
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

## WHAT'S EXCLUDED

- Travel insurance
- Any meals specified 'not included' in the itinerary
- Personal spending money, souvenirs, drinks and tips for the local guides/support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

# CHALLENGE INFORMATION

## DETAILED INFORMATION

### Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

### Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

### Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local

conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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## Flight Information

Group flights usually leave from London Heathrow or Gatwick but may also depart from regional airports, and are booked through Discover Adventure Ltd under ATOL licence 5636. You will usually receive confirmed flight details several months before departure. We do not always use the same airline for each destination and low cost airlines may be used for short haul flights. If you wish to know the probable carrier and flight times, please call for details.

By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA). Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

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## Accommodation

We stay at a good, well-located hotel in Reykjavik in simple twin-share rooms. Please be warned that hotel rooms in Iceland are traditionally small! On trek we stay in a remote, authentic refuge-style mountain hut, in dorm rooms. Icelandic hut culture is very friendly, but be prepared to muck in and help with shared tasks, even if you're a bit tired and achey. There is no electricity.

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## Roomshare Arrangements

Our trips are sold on a shared accommodation basis. Some nights are usually twin-share. On some nights we are likely to sleep in more communal rooms such as dormitories, huts, local homestays, etc., depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that each person completes the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

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## Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

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## Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

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## Luggage

Your main luggage will remain at our accommodation (camp, hostel or hotel as appropriate) and you will not have access to it until the end of each day. You should carry a small daypack for items needed during the day.

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## Eclipse Information

Maximum totality – where the sun is completely covered by the moon – is expected at 17:47, and will last for around 2 minutes. The entire eclipse event, from start of partial eclipse to end of partial eclipse, will last approximately 2.5-3 hours, depending on exact location.

Iceland is one of the few land-based locations in the path of totality and, due to its low levels of light pollution, is expected to provide one of the best viewing experiences.

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## PREPARING FOR THE CHALLENGE

### Challenge Grading

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[Trip grading explained](#)

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## Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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## Terrain

The trekking terrain varies from dirt and shale paths to lava and rock, often on steep inclines and descents. Even in summer, there may be snow patches and it can be slippery. It is rough underfoot, though paths are reasonably well-maintained. A good level of experience on mountainous terrain will put you in good stead for this challenge. There are some narrow paths with drops that will increase the challenge element for vertigo sufferers. Keep in mind that the views are well worth the effort!

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## Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

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## Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the [NaTHNaC Travel Health Pro](#) website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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## Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

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## Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

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## Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

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## Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a

minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

## Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 30 Jun 2026, and the challenge is subject to change.