



# ICELAND HIGHLANDS TREK

ICELAND • TREK • TOUGH

## ABOUT THE CHALLENGE

Iceland is a land of incredible contrast and beauty. Its wild volcanic landscapes, mountains, glaciers, hot springs, geysers and waterfalls, combined with its rich history, literature and folklore make it a fascinating country to explore.

This fascinating and diverse short trek takes us through Iceland's classic highland landscapes, with fascinating geothermal areas and wild rugged panoramas, through the magnificent trekking mecca of Landmannalaugar.

This is a tough and challenging trek through a remote and wild environment – and presents a rare opportunity to witness a landscape which is changing before our eyes.

## ICELAND HIGHLANDS TREK • 5 DAYS

Hike the black sand deserts, glacial rivers and deep gorges of Iceland help make a difference to the lives of all those affected by brain tumours.

### Day 1: Fly London to Reykjavik

---

We fly to Keflavik International Airport and transfer approx 45 mins to our hotel in central Reykjavik. After time to prepare our kit, we meet for dinner and a detailed trip briefing. Night hotel.

---

## Day 2: Reykjavik – Emstrur – Álftavatn

After a hearty breakfast we drive to the dramatic highlands, stopping to look at the magical, breath-taking views of Markarfljótsgljúfur canyon, before hiking north with wonderful views to the lake of Álftavatn. We cross Mælifellssandur, an inland desert of black sand, bright green hills rising above it. It's dramatic, beautiful and very wild. We cross a few glacial rivers and streams; the biggest have bridges, but we'll be doing some wading. It's an inspiring landscape which will whet your appetite for tomorrow! We camp by the lake. Night camp.

**Drive approx 3 hours; trek approx 5-7 hours (15km)**

---

## Day 3: Álftavatn – Landmannalaugar

A tough day ahead of us, as we set out on the fantastic trek to Landmannalaugar, an oasis in the middle of the highlands. We ascend steeply up ravines and gullies to the plateau of Hrafninnusker at 800m – this is challenging terrain, but the scenery of multi-coloured hills and rocks is inspiring. From the plateau we can see across the volcanic Torfajökull massif, one of the biggest geothermal areas in Iceland. The smell of sulphur is strong in the air, and the rock is richly coloured with mineral deposits

brought up from the depths of the Earth. The trail eventually descends down between the bizarre, seemingly unnatural rock structures of the Brennisteinsalda lava flow; we'll come across areas of geothermal activity in the form of steaming vents and hot springs. We finally reach the colourful rhyolite hills of Landmannalaugar, a welcome sight after a long, tiring day. Night camp.

**Trek approx 7-9 hours (24km)**

---

## Day 4: Landmannalaugar – Landmannahellir – Reykjavik

Leaving Landmannalaugar's colourful landscapes, we continue our trek across the highlands. Our route is dominated by the beautiful lakes and lava-fields of the Dómadalur valley, an area of black rock and vibrant green vegetation shaped by volcanic eruptions. We drop into stunning gorges, trek between rocky peaks and finally come to grassier meadows. As we approach the end of our trek we should get good views of the moberg (table mountain) of Lodmundur, formed in a volcanic eruption beneath an earlier icecap. After the obligatory photos, we jump into our waiting vehicles and return to Reykjavik for an evening of celebrations. Night hotel. *(Dinner not included).*

**Trek approx 6-7 hours (13.5km)**

---

## Day 5: Fly Reykjavik to London

After free time to explore, we head off to the airport for our afternoon flight.

---

---

## TREK TRAINING WEEKEND

**£160 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

## GRADE | TOUGH (3)

Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They demand good stamina, fitness and a determined attitude.



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 24 Aug 2017, and the challenge is subject to change.