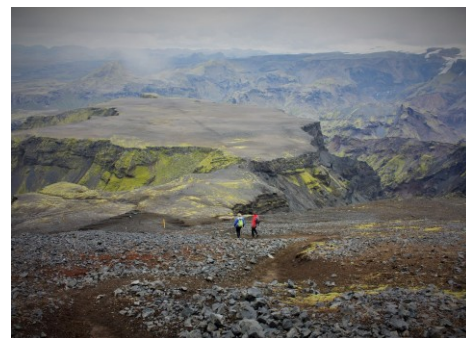


Icelandic Lava Trek

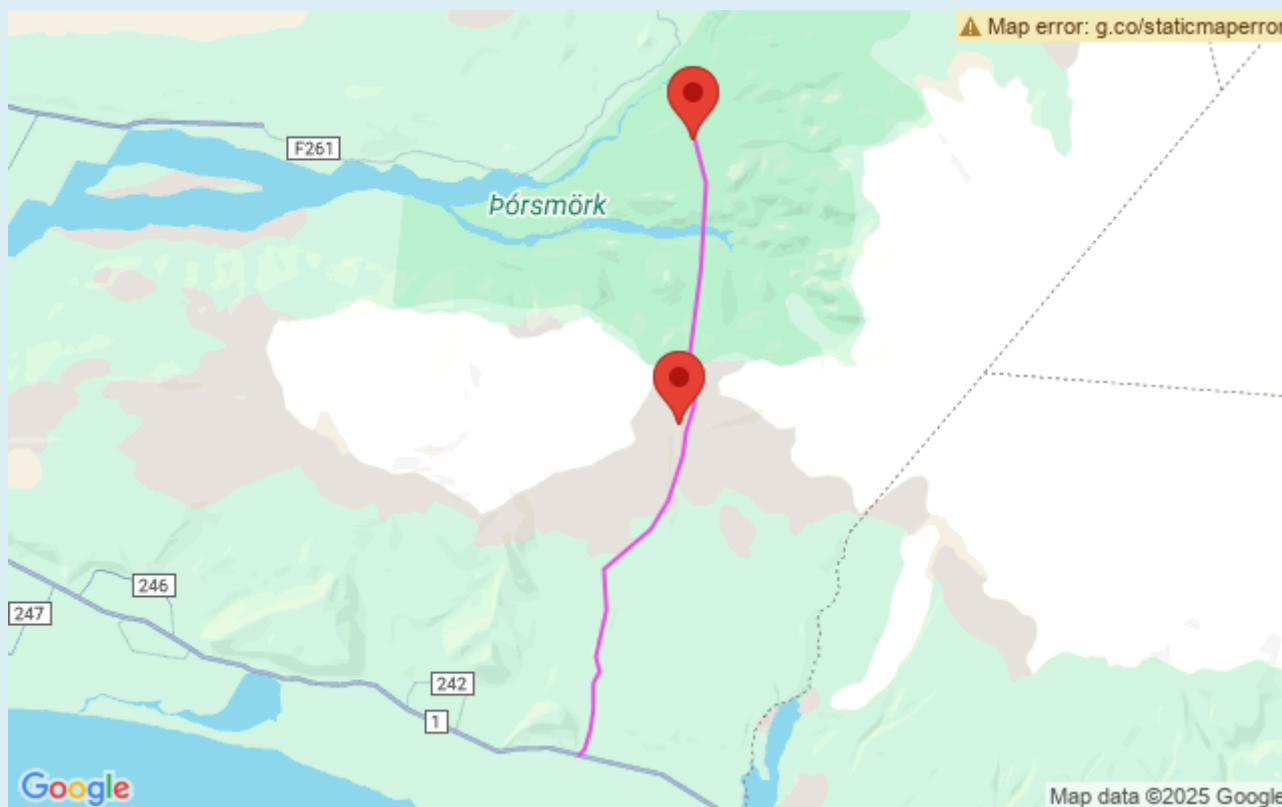


Duration: 5 days

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 highly diverse short trek takes us up to a high pass between two majestic glaciers, taking in the new lava from the 2010 eruption of Eyjafjallajökull. We finish at the beautiful waterfall of Skógarfoss before driving to Reykjavik, where we have some time to explore, or visit the Blue Lagoon thermal spa.

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.

DETAILED ITINERARY



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

We fly to Keflavik International Airport and drive (approx. 3 hours) to magical Þórsmörk (Thorsmork). After time to settle into our hut and prepare our kit, we meet for dinner and a detailed trip briefing. Night hut.

Day 2: Þórsmörk (Thorsmork)

Þórsmörk is a dramatic green valley shaped by the constant interplay between fire and ice. Named for the Norse God Thor, it's a beautiful place to begin our trek. After a hearty breakfast, we head out to explore, heading up to a wonderful viewpoint over to the glaciers of Mýrdalsjökull and Eyjafjallajökull and down to the Krossa River below. It's an inspiring landscape which will whet your appetite for tomorrow, and acts as a wonderful warm-up! Night hut.

Trek approx 6-7 hours

Day 3: Þórsmörk (Thorsmork) – Fimmvörðuháls

We set off, trekking uphill onto Kattarhyggir (Cat's Spine) ridge, with fabulous views back over the valley. We come out onto a wide plateau, where sweeping views await – including the lava fall formed by the 2010 eruption. Our route takes us up a steep, narrow rocky slope, which brings us to the lava field. Here we can see the craters – it's a

fascinating area to explore, and a close-up reminder of the power of nature. We are almost at the pass of Fimmvörðuháls (pronounced *Fimmvorthuhals*), lying at 1043m between the two glaciers. Having walked uphill almost constantly, we have gained 900m in height and the views are awe-inspiring. Night hut.

Trek approx 7-8 hours

Day 4: Fimmvörðuháls – Skógar – Reykjavik

Today we descend from the pass, through tundra-like landscapes, still with great glacier views. After walking over rocky plains, it's magical to drop down into the verdant green hills of the Skógaá River, which we follow for the rest of our trek. We pass several waterfalls and in places the way is lined with thick green moss. Our trek ends at majestic Skógarfoss, one of the most impressive waterfalls in Iceland with a 60-metre drop. It adds yet more diversity to the trek and is a breath-taking end to our challenge. After the obligatory photos, we jump into our waiting vehicles and head to Reykjavik for an evening of celebrations. Night hotel.

Trek approx 8-9 hours

In July 2018 our route deviates a little from this, with a longer, more challenging Day 3 and more time exploring Thorsmork on Day 4. Please contact us with any queries.

Day 5: Fly Reykjavik to London

We have the morning free to explore Reykjavik, or head off for an optional trip to the Blue Lagoon, a thermal spa approx 45 mins away. We then head off to the airport for our afternoon flight. *(Lunch not included)*

WHAT'S INCLUDED

- Flights from London to Reykjavik (Keflavik) return and all transport
- All meals except where specified, and accommodation
- Discover Adventure leaders; doctor (group size dependent); local mountain guides and drivers
- Local support and back up equipment
- Entrance to any sites visited as part of the itinerary
- Airline Taxes

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks (bear in mind that alcoholic drinks are expensive in Iceland)
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at time of writing)
- Fees for any optional sites, attractions and activities - (eg. spa visit - allow approx. £70 if booked well in advance)
- 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](#)



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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 8 Jul 2025, and the challenge is subject to change.