

## Northern Lights Winter Trek



Duration: 5 days

Iceland lies on the edge of the Arctic Circle and is home to some of Europe's greatest wild landscapes. A land of incredible contrast and natural 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.

We discover this stunning scenery on this fantastic trekking challenge in southern Iceland, as we trek through a striking mix of geothermal valleys and beautiful mountain scenery, streams and waterfalls. There will be snow underfoot so it's challenging walking, but no technical expertise required as we take advantage of seeing this beautiful region in winter.

Staying in a spectacular environment surrounded by lakes and mountain scenery, miles from the nearest big towns, the dark skies offer a great chance of seeing the spectacular Aurora Borealis (Northern Lights) and we watch each evening – the icing on the cake on this memorable challenge!

This trip generates around **51 kg of CO<sub>2</sub> per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

## DETAILED ITINERARY

### Day 1: Depart London to Keflavik

Depart London on our flight to Keflavik. On arrival we will be met by our guides and transferred (approx. one hour) to our hostel in the small village of Laugarvatn in southern Iceland. Tonight we will hear all about the wonderful challenge ahead and have our first opportunity to look out for the Aurora Borealis (Northern Lights). Appearing in many colours, most commonly pale green and pink, as ripples or clouds of light, they can be vividly bright. Night hotel.

## Day 2: Lake Pingvallavatn, Gullfoss and Geysir

Today we head to the shores of Pingvallavatn, the largest natural lake in Iceland. This area is known for its hiking, and we follow horse tracks and old sheep trails, passing numerous geothermal hotspots. It's a beautiful area, made more dramatic in the winter. The exact route depends on the path conditions, but this is a wonderful introduction to our surroundings. Later, we have the chance to explore the two of Iceland's most well-known natural wonders – Gullfoss waterfall and Geysir, the spouting hot spring. Night hotel.

**Trek approx 4-5 hours**

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## Day 3: Geothermal hike

A short drive away, Nesjavellir is an exciting area of geothermal activity, where heat is pumped up and used for heating houses. Our hike explores this magnificent area, with its lava rocks, mud pots and boiling springs. Depending on conditions, we may use snow-shoes to explore. A short transfer takes us back to base, where we have dinner. In the evening, you can stay at the hostel, or it's usually possible to bathe at a nearby spa – you may be lucky enough to see the Northern Lights from the outdoor hot jacuzzi! Night hotel.

**Trek approx 4-6 hours**

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## Day 4: Reykjadalur Hike

A wonderful day awaits, as we leave the hostel and set off for the hills above Reykjadalur. The smell of sulphur is evident before we see the steam vents, hot springs and bubbling mud pools, surrounded by colourful minerals. It's an impressive sight, and we have plenty of time to explore this dramatic and otherworldly valley. There may be a chance for a dip in a natural pool (for the brave!) before continuing north to Nesjavellir, where we meet our awaiting transport and return to Reykjavík. We head out into this exciting city to celebrate our achievements this week. Night hotel.

**Trek approx 4-6 hours**

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## Day 5: Fly Reykjavik to London

We have the morning free to explore Reykjavik, before heading off to the airport for our afternoon flight.

*[Lunch not included]*

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## WHAT'S INCLUDED

- Return flights from London to Reykjavik (Keflavik)
- All transport and transfers as part of itinerary
- All accommodation in hotel (twinshare) and hostel
- 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
- Airline taxes
- **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 and drinks (bear in mind that alcohol is expensive in Iceland!)
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at the time of writing)
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | YELLOW

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 **YELLOW** 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](#)

## BUY YOUR KITBAG

**Only £45 (inc p&p)** - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



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