

Iceland



Highlands Trek



Activity: Trek Grade:  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 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.



Detailed Itinerary



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



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Trekking Information

Our treks are graded from 1 (Moderate) to 5 (Extreme). This trek is Grade 3. Our terrain varies from dirt or shale paths to lava and rock. There may be snow patches. It is rough underfoot though paths are well-maintained. There are steep inclines, up and down. We recommend you are a fit, confident walker with a good level of experience on mountainous terrain.

What's Included

The tour cost includes flights and transport, accommodation and all meals except two as specified, and all camping equipment (except sleeping bag and sleeping mat). Experienced Discover Adventure leaders and doctor (depending on final group size) are also included, with a support crew of local guides and drivers.

It does not include personal travel insurance, airline fuel supplement if charged by the airline, meals as specified, tip for local crew or any optional activities you may wish to enjoy. Bear in mind that alcoholic drinks are more expensive than in the UK.

We strongly recommend you carry a credit card in case of personal emergency.

Weather

Iceland's weather is notoriously changeable; be prepared for lovely sunny skies, strong winds and rain all in the same day! Average summer temps in Reykjavik range from 7-14°C.

Detailed Itinerary (cont)

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.

(Lunch not included)

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

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Passport & Vaccinations

A ten-year passport is essential, valid for the duration of your stay. British Nationals do not require a visa. UK routine vaccinations should be up-to-date.

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Accommodation & Food

We stay at a good, well-located hotel in Reykjavik in twin-share rooms. Please be warned that hotel rooms in Iceland are traditionally small! On trek we camp in shared two-man expedition tents. The group helps to set up and break camp.

All food is included except two meals as specified. The meals on trek are generous and tasty, and we get involved as a team in camp. Please let us know any dietary requirements in advance.



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