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## A FIVE DAY TREK IN ICELAND

# LAUGAVEGUR TREK 2020

A five day trek on the famous Laugavegur trekking trail, through one of Europe's most exciting and fascinating landscapes. The hike starts at Landmannalaugar, an area of colorful mountains tinted by rhyolite minerals. The hike ends in Þórsmörk, a fascinating destination with a series of deep valleys, crisscrossed by numerous fast flowing rivers and glaciers on three sides.

The trekking tour includes full board and overnight stay in mountain huts along with transportation of luggage. An experienced Icelandic trekking guide guides small international groups. The minimum number of participants is 6 persons and the maximum is 12 persons.

#### Included:

- Bus transportation from Reykjavik to Landmannalaugar
- Bus transportation from Þórsmörk to Reykjavik
- Transportation of luggage between huts
- Sleeping bag accommodation in mountain huts on days 1-4
- Full board that starts with lunch the 1st day and ends with lunch on the 5th day
- English or German speaking trekking guide

**Price per person**  
**179.900 ISK.**



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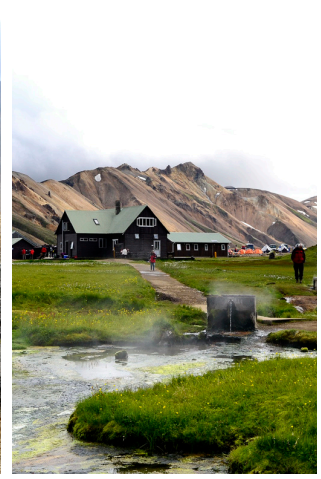


#### DEPARTURES 2020

DATES	TREKKING GUIDE SPEAKING:
26/6- 30/6	English & German
3/7 - 7/7	English
10/7 - 14/7	English
17/7 - 21/7	English
24/7 - 28/7	English
31/7 - 4/8	English
7/8 - 11/8	English
14/8 - 18/8	English







## DAY 1

### Reykjavík → Landmannalaugar (600m above sea level)

Hikers are picked up at 7:15 – 7:45 from their accommodation in Reykjavík. We drive to the beautiful rhyolite area Landmannalaugar where we spend the afternoon and take a relaxing walk through the colorful landscape. A black obsidian lava stream forms a magnificent contrast to the green, white, red and yellow hills. Landmannalaugar is one of the few places where it is possible to take a bath in a natural hot pool, surrounded by fascinating landscape. Participants enjoy a meal and an overnight stay at a hut in Landmannalaugar.

## DAY 2

### Landmannalaugar (600m) → Hrafninnusker (1100m) → Álftavatn (530m)

On the first hiking day we start early, as we have a long day ahead of us. Participants only carry the things they need for the day. The first part of the hiking path is slowly ascending until we reach the hot spring area of Stórhver which lies between the yellow, red and black lava. When we have passed Hrafninnusker we will experience a breathtaking view from the plateau, we will experience a breathtaking view from the plateau, before descending to the hut at lake Álftavatn where we will enjoy a meal and an overnight stay.

Walking time: about 8 hours.

## DAY 3

### Álftavatn (530m) → Emstrur (500m)

Today we will walk over wide and expanse areas of gravel and sand, crossing a few rather cold rivers. While walking we can experience the solitude and vastness of the area. Today's terrain is rather flat but with a wonderful view of surrounding mountains and glaciers. We overnight and enjoy a meal in the hut at Emstrur. Walking time: about 6 hours.

## DAY 4

### Emstrur (500m) → Þórsmörk/Langidalur (200m)

The walk starts east from the hut through a colorful canyon where we will have a great view to the Mýrdalsjökull glacier. We cross a bridge over the river Syðri-Emstruá where the trek runs easily along the river Markarfljót. As we get closer to the green valley of Þórsmörk we get an understanding of why Iceland is called the land of contrasts. Before reaching Þórsmörk we will have to wade the river Þrönga. In Þórsmörk we will be staying in the Skagafjörðsskáli hut which is located in a valley called Langidalur. There we will enjoy a grilled meal. Walking time: about 6 hours.

## DAY 5

### Þórsmörk → Reykjavík

Before leaving Þórsmörk we will climb the hill Valahnjúkur for a good view over the valley, glaciers and rivers. Hikers have lunch before boarding the bus at Langidalur at 14:30 which takes them to Reykjavík, arrival time is estimated 18:00. Walking time: about 2 hours.

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## NECESSARY EQUIPMENT

- Sleeping bag
- Warm underwear – wool or Transtex – no cotton
- Walking socks
- Good used hiking boots
- Shoes for crossing the rivers (slippers, trainers ...)
- Shoes to use during the stays in the hut
- Fleece or angora jackets
- Tracksuit
- Gore-Tex jacket and trousers
- Gloves and cap
- Thermos and lunch box
- Swimsuit
- Toilet articles for personal use and sunscreen
- Sunglasses
- Backpack to carry your daily luggage during the walks
- Walking sticks, gives more safety when crossing rivers
- Plaster for blisters and medicine for personal use
- Flashlight