

# Iceland



Explore,  
Hike and Walk  
Through dramatic  
landscapes in  
South, East Iceland

## Iceland Hiking Adventure



Adventure.com

...2016

This small group walking and hiking offers a chance to explore many of the most impressive trails in South and East Iceland. This 8 day/7 night tour starts and ends in Reykjavik, with other nights in the south and southeast. The five days of moderate hiking and walking includes some of the best known landscapes in a land of great drama - Thorsmork, Landmannalaugur, the Lakigigar craters, Vatnajokul glacier, and Jokulsarlon glacier lagoon -- as well as the must see Golden Circle sights and the waterfalls of the south coast. Experience some of Iceland's great highlights on your own two feet!

### The Daily Itinerary:

#### Saturday

Leave North America for short overnight flight on Icelandair.

#### Sunday:

##### Welcome to Iceland!

You'll arrive at Keflavik International Airport, and then the Flybus shuttle brings you from Keflavik International airport to your hotel Reykjavik. Here you can leave your luggage until it's time for check in and then set out to see some of the capital city. We'll provide your ideas how to explore Iceland's capital on your own.

#### Monday:

##### GoldenCircle (190 km/118 miles)

Your Iceland adventure starts with a 1-2 hour hike through the ancient Viking Parliament area and UNESCO world heritage site of Þingvellir National Park. Then there is a visit to the geothermal area of Geysir, the home of the original boiling water spout. You'll be able to witness Strokkur "the churn" which

erupts up to 25 meters (70 feet) every five to seven minutes. Then you'll travel a bit further east to explore Gullfoss, the beautiful double "Golden Falls" on the Hvita River. You'll continue on to the "Secret Lagoon", a natural hot spring in the village of Flúðir, where you can get a true Icelandic bathing experience. The geothermal pools are enclosed in rising steam which gives a magical feeling to the place. You'll check into your hotel for 3 nights in South Iceland.

Walking today: 1-2 hours, 2-4 km, elevation 100-200 meters

#### Tuesday:

##### LandMannalaugar (290km/180 mls)

Today's highlight is Landmannalaugar, an oasis in the barren highlands, surrounded by colorful rhyolite mountains. Depending on the weather and the groups' hiking experience the group will hike from the hut in Landmannalaugar. The trail goes through a rough lava field to an

amazing hot spring field and up the slopes of Brennsteinsalda with an amazing spectrum of colors. You'll return via Grænagil gorge that can only be described as simply spectacular. Once back in Landmannalaugar you can soak in the well-known natural geothermal stream – so be sure to bring your swimwear and towel. The trip continues close to one of Iceland's most active volcanoes, Mt Hekla. The day ends with a stop at the beautiful waterfall Hjalparfoss in Þjórsárdalur valley, surrounded by extraordinary basalt rock formations.

Walking today: 3-4 hours, 6-7 km, elevation about 300 meters

#### Wednesday

##### Thorsmork (130 km/81 miles)

the day starts at the high but narrow Seljalandsfoss waterfall and continues to Þórsmörk, a wide valley named after Thor, the Viking God of Thunder. This beautiful valley is surrounded on three

These tours (as is common with adventure touring everywhere) are subject to the guides assessment of conditions – if conditions aren't suited for a particular activity the itinerary may be rearranged, as traveler safety always comes first.



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### Wednesday (Continued)

sides by steep mountains and glaciers. Forging raging glacial rivers and gentle streams is a big part of your great adventure. The landscape is dramatic with Eyjafjallajökull volcano towering on one side and the massive glacial river Markarfljót flowing on the other. There's a walk to explore the aftermath of an immense fast flowing flood, caused by the eruption of Eyjafjallajökull in April 2010, which destroyed a glacial lagoon scarred a large area.. Þórsmörk is one of the most popular hiking areas in Iceland and it is breathtaking to stand on top of the many hills and mountains in this region. There are many different hiking options, and today's route will be selected according to the weather and the fitness of the group. If everybody is ready for a 4-5 hour long challenging hike and a maximum of 800 meters ascent, we might be able to enjoy jaw dropping views. You see the mythical Icelandic highlands at its best - volcanoes, glaciers, high mountains, glacier made valleys and canyons, Glacier Rivers, lava fields and many more gems that make up Icelandic nature.

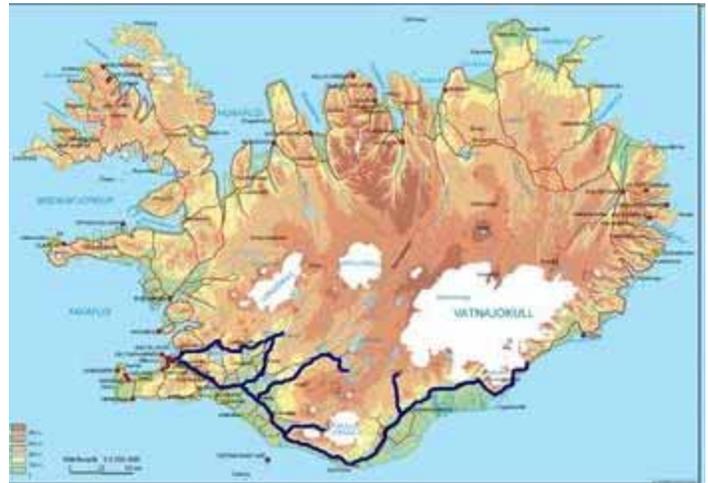
Walking today: 4-5 hours, 7-8 km, elevation about 800 meters



### Thursday

#### Laki(340 km/211 miles)

You'll head out along the south coast of Iceland towards Kirkjubæjarklaustur and then into the highlands. You'll arrive at Laki in a very remote part of Vatnajökull National Park. The Lakagígar, craters were formed in one of the world's largest



eruptions in recorded history, with a vast quantity of lava and substantial amounts of volcanic ash formed a fissure stretching 25 km across the area west of the Vatnajökull ice cap. The craters are a globally unique phenomenon and a fragile protected natural monument.

There are numbers of hiking trails through this volcanic wonderland which will be explored for a couple hours. You will visit Fagrifoss which means "beautiful waterfall" in Icelandic, and after an easy climb you'll see why! You'll stay for 2 nights at the simple but well located Hotel Skaftafell, next to Europe's largest glacier and beneath Iceland's highest mountain.

Walking today: about 2 hours, about 4-5 km, elevation about 300 meters

### Friday

#### Glacier Hike & Glacial Lagoon Visit (140 km/87 miles)

This is a day packed with fun activities and breathtaking scenery. It starts with a moderate 3.5 hour glacier hike in the majestic Svínafellsjökull surrounded by some of Iceland's most spectacular peaks. You will climb the Svínafellsjökull up to the deep glacier valley between the summits of Hvannadalshnjúkur and Hrótsfjall. An experienced glacier guide leads you safely through strangely shaped ridges, deep crevasses, huge water

cauldrons and different ice formations. In the afternoon you'll head to the famous Jokulsarlon glacier lagoon for Zodiac adventure cruise, sailing between the icebergs of all shapes and sizes floating in the clear blue water. After the Zodiac experience there is time to go down to the black sand beach to take a closer look at the icebergs that have floated all the way from the glacier lagoon into the Atlantic Ocean.

Walking today: 3-4 hours, 4-6 km, elevation about 100-150 meter

### Saturday

#### Vatnajökull National Park & the South (340 km/211 miles)

Skaftafell is a part of the Vatnajökull National Park, the largest national park in Europe. The area is nestled under the slopes of Vatnajökull, Europe's largest glacier and is dominated by Iceland's highest peak Mount Hvannadalshnjúkur (2,110 meters). The landscape has been formed through thousands of years by fire, ice and water all in the relatively mild climate of Skaftafell. You'll hike up to the waterfall Svartifoss (Black Fall), which is surrounded by black basalt columns, and from there to Sjónsker (View Cliff) which provides a magnificent view of Mount Hvannadalshnjúkur and the area that was flooded during an eruption under the ice cap in the year 1996.

## Saturday (Continued)

On our return to Reykjavík, you'll cross the sandy desert of the south coast, overlooked by mountainous cliffs, glaciers and waterfalls. There will be a stroll along the black lava beach and bird cliffs near the village of Vík with a stop at Skógafoss waterfall before arriving back at Iceland's capital. You'll have a last night to enjoy some of the many fine restaurants to be found in Reykjavik

Walking today: 2 hours, 5-6 km, elevation about 200 meters

## Sunday

### Time to say good bye ...

The Flybus airport shuttle picks you up at your hotel and takes you to Keflavik airport.

This Iceland Hiking Adventure is a combination of guided hiking through a wide variety of landscape, some cultural highlights and the time to enjoy it all. You'll start and end in the capital city of Reykjavik and spend your other nights in south and east Iceland. This is an ideal tour for those interested - and in shape - for 4-6 hours of moderate hiking each day. You'll stay in comfortable hotels and guesthouses with private baths, breakfast every day. You'll also have 3 picnic lunches during your hikes, 2 buffet dinners in the countryside. For other meals you'll stop at places where you will have a choice of options to purchase meals. You'll want to bring rain gear, good foot wear and some extra layers, but any special equipment needed will be provided by the outfitter. Make sure to bring your camera!

## Iceland Hiking Adventure Dates and Prices 2016

### Travel dates for the tour

leave US	return US
Sat, July 2	Sun, July 10
Sat, July 16	Sun, July 24
Sat, July 30	Sun, Aug 7
Sat, Aug 13	Sun, Aug 21
Sat, Aug 27	Sun, Sept 4
Sat, Sept 10	Sun, Sept 18

### Iceland Hiking Adventure

\$ price per person. 2 travelers double occupancy

June, July, August	<b>\$3,585</b>
September	<b>\$3,469</b>

*Ask about single prices*

**Finer Print:** Price includes international airfare from the US east coast\*, airport transfers 7 nights in double rooms in a choice of hotels, all with private baths, 6 days of guided hiking and touring, with any special equipment needed, 7 breakfasts, 3 picnic lunches and 2 buffet dinners in the country

**\*Flights:** Price includes round trip airfare, including fuel surcharge and US departure taxes to Iceland, from Icelandair's east coast gateways - Boston, New York, Newark and Washington Dulles International. We can also book flights from Icelandair's other gateways: Minneapolis, Denver, Seattle, Portland, Anchorage, Toronto, Edmonton, and Halifax, which may add to the price. Not all gateways have daily departures but we can arrange additional nights' accommodations before or after your tour.

**\*Not included** are Travel Insurance, 4 lunches - a stop will be made to purchase on days when its not included; 5 dinners, other tours not specifically included.

**Finest print:** Please note that our tour prices are subject to revision until you book your tour by making a deposit.

Our contract rates for air aren't always available as we get close to travel dates. While we make every effort to keep prices on our webpages and their PDFs up to the minute, things can change quickly. We welcome phone calls or email about prices and any other details

**Nature fees:** There may be a new Nature Fee imposed by Iceland's government to support its many natural wonders. The fee will probably not be large but it will be an additional cost for travelers. Will know if/when details are settled



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