

# LANDMANNALAUGAR TREK

## *Landmannalaugar Trek*

Discover Iceland's most famous adventure - the truly exceptional Laugavegur Trail. Journey from an active geothermal world of lava fields, Rhyolite mountains and snow-covered passes. Cross through a black sand desert and reach a new world of lush enchanting Icelandic forests. Leave behind the stresses of modern day life and connect to the dramatic Icelandic nature. Join a small group of like-minded travelers under the guidance of an expert leader and discover the hidden gems of this truly wild area, including rare flora and fauna, typical Icelandic food and hot springs. This back to basics camping trek follows a rhythm designed to maximize your connection to and enjoyment of this unique environment.

 <b>Region</b>	Reykjavík & Reykjanes South Iceland The Highlands
 <b>Activity</b>	Hiking Off-season Summer
 <b>Duration</b>	8 days
 <b>Group</b>	1 to 12 people
 <b>Code</b>	EISLT2VA
 <b>Price</b>	From €2,095
 <b>Level</b>	3/5
 <b>Comfort</b>	1/5
 <b>Language(s)</b>	English

# ITINERARY

## Day 1 Reykjavik



Welcome to Iceland! We will greet you at the airport and escort you to your accommodation in the capital city. Enjoy an evening to explore Reykjavik at leisure - why not join a walking tour of the capital city? Or perhaps you'd like to visit a museum or eat at a local restaurant? We have lots of recommendations for your first evening in Iceland.

*Accommodation: Guesthouse or youth hostel*

*Transport: Bus, 35 miles*

## Day 2 Landmannalaugar



This morning we head to the multi-coloured massif of Landmannalaugar in the heart of the beautiful Fjallabak Nature Reserve. We will take the famous Dómadalur route and stop to marvel at Hekla, one of Iceland's most active volcanoes. After we have set up camp, depending on the conditions and our motivations, we can walk to Ljótípollur or climb Bláhnúkur. Ljótípollur means 'ugly puddle' but contrary to its name it is this stunning crater lake famous for its bright colours and visible lava layers. Bláhnúkur translates as 'blue peak' and is an impressive volcano with views of five glaciers in good conditions. This evening we can dip our feet and relax or swim and splash about in Landmannalaugar's warm river before bed.

*3 hours of walking (+340m/-340m if we climb Bláhnúkur)*

*Accommodation: Camping*

*Transport: Local bus, 120 miles*

## Day 3 Climbing Brennisteinsalda



Today is our first full day exploring the extraordinary Landmannalaugar area. A world of active geothermals, lava fields and Rhyolite Mountains... Get ready for a day of stunning views as we hike along Sudurnamur ridge and summit Brennisteinsalda, the most colourful volcano in Iceland. On our descent we will explore the vast lava fields of Laugahraun and the beautiful Graenagil gorge. We can end the day by swimming or relaxing in a warm river near to our accommodation.

*4-6 hours of walking, +550m/-550m*

*Accommodation: Camping*

## Day 4 The Laugavegur Trail



Today we start our trek - our journey through the beautiful Rhyolite Mountains in one of the most active geothermal areas on the planet begins. We will explore the glacier topped volcano of Hrafninnusker and find ourselves in the heart of its vast collapsed caldera. Today's hike ventures through a series of small hidden valleys at the foot of the Tindfjöll Glacier. Tonight we camp near the stunning Lake Alftavatn.

7-8 hours of walking, 15 miles, +750m/-600m  
Accommodation: Camping

#### 📍 Day 5 **Crossing Emstrur Desert**



Today we cross Emstrur Desert, a vast landscape of black sand which is periodically interrupted by impressive bright green conical mountains. These lonely imposing mountains jump out of their monochrome surroundings creating truly unique views. We will explore the impressive Hattafell cone before arriving at our campsite.

5 hours of walking, 10 miles, -50m  
Accommodation: Camping

#### 📍 Day 6 **Into Þórsmörk valley**



Þórsmörk, or Thorsmörk to use the English spelling, is known as the 'the woods of Thor' named after the god of thunder it is a lush area vastly different from yesterday's desert landscapes. As we descend into Þórsmörk valley, little by little the harsh landscape around us softens into an Alpine circus of lush green slopes and gullies...

5 hours of walking, 10 miles, -300m  
Accommodation: Camping

#### 📍 Day 7 **Þórsmörk valley - Reykjavik**



Today we can enjoy a final day of hiking in the enchanting forested area of the dramatic Þórsmörk valley. Then we head back to Reykjavik for a final evening at leisure, we have lots of recommendations for your last night in Iceland. Why not enjoy some local food in an authentic Icelandic restaurant? Or perhaps you want to visit some of Reykjavik's famous landmarks or museums?

3-5 hours of walking

Transport: Local bus, 100 miles

📍 Day 8 **Farewell Iceland**



Breakfast and airport transfers included. Free time in function with your flights.

The details in this indicative programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

***Other trips you may like***



Scenes of Iceland: Become part of the landscape and explore the ultimate selection of Iceland's most famous hiking locations with maximum freedom and flexibility. Camping accommodation coupled with vehicle hire is a combination which enables total freedom, then add our carefully planned suggestive itinerary and you have a winning formula...

## DATES & PRICES

### ***International departures:***

---

No departure for now

Trip code: EISLT2VA

### ***Included***

---

- All in country transfers, as detailed in itinerary
- Accommodation - camping plus, 2 nights in a guesthouse/hostel in Reykjavik
- Full board (except 2 evening meals in Reykjavik)
- Full supervision by an English speaking Altai guide
- Luggage transfer between campsites

### ***Not included***

---

- International flights
- Registration fee: €18 (free for under 12s)
- 2 evening meals in Reykjavik
- Tips and personal expenses

### **Additional Options**

Please let us know if you would like to reserve any of the following optional activities:

- Icelandic meal in traditional restaurant: From €20

### **Museums in Reykjavik**

There are lots of museums in Reykjavik, our personal favourites are:

- The National Museum of Iceland: €16 (free for under 18s)
- Aurora Reykjavik Northern Lights Centre: from €10
- Reykjavik City Museum and Settlement Exhibition: from €15 (free for under 17s)

Please let us know if you would like to plan museum visits to these museums or any others in Reykjavik ahead of time. Reservation in advance is not necessary.

### ***Notes***

---

#### ***Difficulty 3/5 Moderate***

Daily walking time: 5 to 6 hours

Daily elevation: 500 to 800 m

Preparation: You practice endurance sporting activity at least once a week.

Experience: You walk regularly and you are in good physical condition. You enjoy walking and being active for several days in a row. You are ok with an average of 5 to 6 hours of activity per day (15 to 20 km) with vertical differences of up to 800 metres. You enjoy nights in camping in the heart of nature.

Please note that our difficulty ratings may vary depending on the weather.

### ***Terms and conditions***

---

#### ***Inscription***

Booking a trip with Altai Iceland implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### ***Facturation***

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

## ***Annulation***

If for any reason you have to cancel your trip, we require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

## ***Modification du contrat***

If you wish to make a change to your booking please contact Altaï Iceland in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Iceland may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

## ***Prix et révision des prix***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

## ***Cession du contrat***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

## PRACTICAL INFO

### **Staff**

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Icelandic team know the country inside out. All activities are lead by our qualified guides who are all English speaking, all practicing outdoor practitioners and all passionate about the country they live in, Iceland.

### **Food**

This trip includes full board - we are proud of the varied, fresh and frankly delicious food we provide on our camping trips. Meals are based on a selection of local products and you will have the opportunity to try Icelandic delicacies such as skyr, smoked salmon and leg of lamb...

Each day will start with a hearty breakfast accompanied by plenty of tea and coffee. Between us, we will prepare and carry a picnic lunch for the day including an array of options - everyday there will definitely be salad, sandwiches, fruit and cakes among the other options. Each three course evening meal includes meat, fish and vegetables - we offer fresh fruit and vegetables everyday.

Your help in the kitchen is expected and much appreciated, particularly in the evenings. We like when the whole group work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together.

Alcohol is very expensive in Iceland and you can only buy beer which is stronger than 2.25% alcohol in state run liquor stores. If you want to enjoy an evening drink after your days adventures, we recommend buying Duty Free alcohol in the airport. The tap water in Iceland is of very high quality and it is delicious.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

### **Accommodation**

First and last nights in Reykjavik in guesthouse / hostel accommodation close to the city centre, shared dormitories, bathroom and kitchen facilities.

The remaining nights will be spent camping in different rustic campsites. Our carefully selected, fabulous locations put us in the heart of Icelands wild landscapes. We will provide you with state of the art 3 man tents, 1 per 2 people for maximum space and comfort plus a spacious mess tent for communal moments and mealtimes. Hot showers are normally available for a small fee. Electricity is not always available and you will be charged a small fee.

### **Transportation**

We will use Icelands local bus services for all transfers in this trip. Local buses are generally punctual and comfortable; they are designed for Icelands rough terrain, in more rural areas it is not uncommon for local buses to cross rivers and follow roads which are more like tracks.

### **Budget & exchange**

The currency in Iceland is Icelandic Krona (ISK). Please budget for:

- Meals in Reykjavik (2500-5600ISK)
- Showers and electricity use in campsites (around 500-600ISK per shower)
- Drinks, tips & personal expenses

### **Tips**

Although the custom is not widespread in Iceland, if you are satisfied with the services of your guide tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### **Supplied equipment**

- 3 man dome tents (1 per 2 people for maximum space and comfort)
- A self-inflating sleeping mat

- A mess tent with table, stools and cooking equipment

## ***Vital equipment***

---

- A warm sleeping bag (comfort 0°C)
- Walking boots (sturdy - ankle support necessary)
- Waterproof jacket (with a hood)
- Waterproof trousers
- A warm jumper or two
- Suitable underwear, t-shirts and walking trousers
- Thermals - top & long johns
- A swimsuit
- Warm gloves and hat (even in the summer - evenings can be chilly)
- Sunhat and sun cream
- Sunglasses (UV 400)
- Any personal medication
- Towel & toiletries
- A water bottle
- A small rucksack to use as a day bag with waterproof protection
- Warm pyjamas
- Water shoes to cross the glacial rivers
- Head torch & spare batteries (although it is nearly always light in the summer months)

## ***Material***

---

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm:

Winter in Iceland can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference.

We recommend: No cotton Bring dry spares of everything, even underwear and gloves

Wear multiple layers including:

1. warm breathable base layer
2. second thermal layer
3. Wind and waterproof protective out layer

## ***Helpful equipment***

---

You may also consider packing

- Your camera
- Binoculars
- A notepad and pencil
- A thermos flask
- Plastic bags for wet/dirty clothing
- A comfortable evening outfit
- Walking poles
- Inflatable pillow
- Insect repellent

## ***Luggage***

---

Please bring a small rucksack to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a larger bag to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet

weather.

## **Medicine**

---

Your companion has a first-aid kit during the tour. However, we recommend that you bring your medications:

- Personal medication
- Anti pain medication Paracetamol
- Diarrhoea drugs
- Intestinal dressing
- Sun screen with strong protection for the lips and the skin
- Eye drops for the eyes
- Moisturizing cream for the treatment of superficial burns (blisters and sunburns)
- An adhesive elastic band
- a box of adhesive plasters and disinfectant compresses
- Double skin for blisters

## **Passport**

---

Most travellers require a passport that is valid for at least three months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements by clicking the following link provided by the Icelandic government: [www.utl.is/index.php/en/](http://www.utl.is/index.php/en/)

## **Visa**

---

EU citizen do not need a visa as Iceland is part of the Schengen cooperation.

Travellers of other nationalities please check the following link of the Icelandic government to check: [www.utl.is/index.php/en/visas](http://www.utl.is/index.php/en/visas)

## **Mandatory vaccines**

---

There are no specific health risks

## **Weather**

---

Contrary to the name 'Ice-land' the weather in Iceland is relatively mild considering its location. In summer the average temperature is 10-13°C (50-55 °F) but warm summer days can reach 20-25°C

From June to September it is nearly always light with the return of night and the first Northern Lights appearances towards the end of August.

## **Electricity**

---

Iceland uses Northern European electrical standards (50Hz/220 volts) and the standard Europlug socket with two round prongs.

Please be aware that some of our more remote campsites and refuges charge for electricity use.

## **Local time**

---

Iceland uses Greenwich Mean Time (GMT) like the United Kingdom but does not observe daylight-saving time in the summer

## **Topography**

---

**Area:** 39,768.5 m<sup>2</sup>

**Population:** 334,252 inhabitants (2016)

**Capital:** Reykjavik

**Languages:** Icelandic (English is widely spoken)

**Regime:** Parliamentary Republic

Iceland is 20 million years old and is a volcanic island with around one eruption every 5 years. 11% of the island is covered with ice, 1% of the land is cultivated, 20% is grassland, 2% is lake, 40% is sand and the rest is desert.

## **Sustainable tourism**

---

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.

If you have any questions regarding how to be a responsible traveller or concerning any other subject, please do not hesitate to contact us.