

LAUGAVEGUR TREK HANDBOOK



Get ready for an incredible journey through Iceland's highlands as you explore the renowned Laugavegur trail. This guide has all the essentials to help you prepare. We can't wait to share this adventure with you!

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THE LAUGAVEGUR TRAIL

INFORMATION

The Laugavegur Trail is a famous 55-kilometer (34-mile) hike in Iceland, stretching from Landmannalaugar to Þórsmörk Valley. It leads trekkers through a variety of landscapes, including volcanic deserts, hot springs, glaciers, and lush valleys, offering breathtaking views of colorful mountains, geothermal regions, and expansive plains—making it a must-visit for nature enthusiasts and hikers.

Arctic Adventures offers guided treks on this incredible trail, available daily from mid-June to mid-September. Choose between staying in rustic Icelandic mountain huts or embracing nature with our 4-day camping option.

This information packet provides all the details you need to prepare for your adventure. We can't wait to share this experience with you on the trail!



THE LAUGAVEGUR TRAIL

CONTINUED

ITINERARY



DAY 1 LANDMANNALAUGAR

Day Highlights

- Landmannalaugar
- Stóri Hver Hot Spring
- Mount Brennisteinsalda

Trek Information

- Distance: 8 km (4.9 mi)
- Walking time: 4 hrs
- Ascent: 470 m (1540)



DAY 2 LANDMANNALAUGAR TO ÁLFTAVATN

Day Highlights

- Reykjafjöll Rhyolite Mountains
- Hrafninnusker Obsidian Desert
- Jökultungur Summit
- Fjallabak Nature Reserve
- Álftavatn Lake

Trek Information

- Distance: 24 km (14.9 mi)
- Walking time: 9 hrs
- Ascent: 900 m (2952)



DAY 3 ÁLFTAVATN TO EMSTRUR

Day Highlights

- Mælifellssandur black sand desert
- Volcano views
- Eyjafjalla- and Mýrdalsjökull glacier views
- Markarfljótsgljúfur Canyon

Trek Information

- Distance: 15 km (9.5 mi)
- Walking time: 6-7 hrs
- Descent: 40 m (130)



DAY 4 EMSTRUR TO ÞÓRSMÖRK

Day Highlights

- Emstrur
- Mount Einhyrningur
- Þórsmörk Valley
- Glacier views

Trek Information

- Distance: 15 km (9.5 mi)
- Walking time: 6-7 hrs
- Descent: 300 m (985)

THE LAUGAVEGUR TRAIL

CONTINUED

ITINERARY



DAY 5 FIMMVÖRÐUHÁLS - MAGNI & MODI

Day Highlights

- Fimmvörðuháls
- Famous volcano eruption site of 2010
- New craters Magni and Móði

Trek Information

- Distance: 15 km (9.5 mi)
- Walking time: 7-8 hrs
- Descent: 800 m (2600)



DAY 6 ÞÓRSMÖRK

Day Highlights

- Mt. Útgönguhöfði hike
- Húsadalur Valley for a slower hike
- Langidalur Valley

Trek Information

- Distance: 6 km (3.5 mi)
- Walking time: 3 hrs





PICK UP AND DROP OFF

PICK UP

MEETING POINTS

Here is the list of meeting points and times for the tour. If you haven't yet informed us of your preferred pickup location, please email us at info@adventures.is to update your booking.

Please be ready and on time at your chosen meeting point, but note that the bus may take up to 30 minutes to arrive.

Reykjavík - Pick up starts at 07:00 a.m

- Reykjavík City Hall (Ráðhúsið) on Vonarstræti
- Hallgrímskirkja Church
- Reykjavík Campsite

Outside of Reykjavík - Pick up

- Selfoss N1 gas station - 08:15 a.m.
- Hella Bus Stop - 09:00 a.m.

DROP OFF

MEETING POINTS

Please note that pickup and drop-off at accommodations are not available for this tour. For the 4-day tours, we typically return to Reykjavik around 10 PM, while for the 6- and 8-day tours, the return time is approximately 6:30 PM.

After the trek we offer drop off at:

- Hvolsvöllur N1 gas station
- Hella bus stop
- Orkan gas station on Miklabraut (by Kringlan Shopping mall)
- Reykjavík Campsite
- Bus Stop #1 - Reykjavík City Hall (Ráðhúsið) on Vonarstræti



4 DAY LAUGAVEGUR

CAMPING OR HUTS

[CLICK HERE TO FIND OUT MORE - TENTS OR HUTS](#)

INTRO

Embark on a 4-day adventure along Iceland's iconic Laugavegur Trail, exploring geothermal wonders, highland lakes, black deserts, canyons, and the lush Þórsmörk Valley, with stunning glacier views.



ITINERARY

Day 1: Reykjavik - Landmannalaugar
Day 2: Landmannalaugar - Álftavatn
Day 3: Álftavatn - Emstrur
Day 4: Emstrur - Þórsmörk - Reykjavík

HIGHLIGHTS

- Landmannalaugar
- Álftavatn
- Emstrur
- Þórsmörk

INCLUDED

- Accommodation on Days 1–3 (Mountain Huts / Tents)
- All Meals from Lunch on Day 1 to Lunch on Day 4
- Free bus Wi-Fi
- Transport to/from trek
- Luggage transfers
- English-speaking guide

EXCLUDED

- Flights to/from Iceland
- Pre/post-tour accommodation
- Personal hiking gear & sleeping bag (rental available)
- Hut showers (1000kr each, on-site)
- Breakfast on Day 1

5 DAY LAUGAVEGUR

+ GLACIER HIKE & SOUTH COAST

[CLICK HERE TO FIND OUT MORE](#)

INTRO

Hike the famous Laugavegur trail over a 4-day period, and end your journey exploring the southern coast of Iceland—embarking on a hike at the Sólheimajökull glacier.

ITINERARY

Day 1: Reykjavik - Landmannalaugar
Day 2: Landmannalaugar - Álftavatn
Day 3: Álftavatn - Emstrur
Day 4: Emstrur - Þórsmörk - Hella
Day 5: South Coast & Glacier Hike - RVK

HIGHLIGHTS

- Landmannalaugar
- Hrafninnusker
- Álftavatn
- Emstrur
- Þórsmörk
- Sólheimajökull Glacier Hike

INCLUDED

- Mountain Hut Accommodation (Days 1–3)
- Hotel Accommodation (Day 4)
- All Meals from Lunch on Day 1 to Lunch on Day 4; Breakfast on Day 5
- Guided glacier hike with safety equipment
- Free bus Wi-Fi
- Transport to/from trek
- Luggage transfers
- English-speaking guide

EXCLUDED

- Flights to/from Iceland
- Pre/post-tour accommodation
- Personal hiking gear & sleeping bag (rental available)
- Hut showers (1000kr each, on-site)
- Breakfast on Day 1
- Dinner on Day 4-5

6 DAY LAUGAVEGUR

+FIMMVÖRÐUHÁLS

[CLICK HERE TO FIND OUT MORE](#)

INTRO

Embark on a 4-day hike along the world-famous Laugavegur Trail, followed by two additional trekking days in Þórsmörk – including the iconic 2010 eruption site along the Fimmvörðuháls Trail.

ITINERARY

Day 1: Reykjavík–Landmannalaugar
Day 2: Landmannalaugar–Álftavatn
Day 3: Álftavatn–Emstrur
Day 4: Emstrur–Þórsmörk
Day 5: Þórsmörk–Fimmvörðuháls -
Þórsmörk
Day 6: Þórsmörk–Reykjavík

HIGHLIGHTS

- Landmannalaugar
- Hrafninnusker
- Álftavatn
- Emstrur
- Þórsmörk
- Fimmvörðuháls Pass
- Magni and Móði craters

INCLUDED

- Mountain Hut Accommodation (Days 1–5)
- All Meals from Lunch on Day 1 to Lunch on Day 6
- Free bus Wi-Fi
- Transport to/from trek
- Luggage transfers
- English-speaking guide

EXCLUDED

- Flights to/from Iceland
- Pre/post-tour accommodation
- Personal hiking gear & sleeping bag (rental available)
- Hut showers (1,000 ISK each, on-site)
- Day 1 breakfast
- Dinner on Day 6

7 DAY LAUGAVEGUR

+ GLACIER HIKE & SOUTH COAST

[CLICK HERE TO FIND OUT MORE](#)

INTRO

Experience a 4-day trek on the renowned Laugavegur Trail, followed by two days of hiking in Þórsmörk, where you'll explore the famous 2010 eruption site on the Fimmvörðuháls Trail. Finish your adventure with a visit to Iceland's South Coast and a thrilling glacier hike on Sólheimajökull.

ITINERARY

Day 1: Reykjavik–Landmannalaugar
Day 2: Landmannalaugar–Álftavatn
Day 3: Álftavatn–Emstrur
Day 4: Emstrur–Þórsmörk
Day 5: Þórsmörk–Fimmvörðuháls - Þórsmörk
Day 6: Þórsmörk–Hella
Day 7: Hella–South Coast & Glacier Hike–Reykjavik

HIGHLIGHTS

- Laugavegur Trek: Landmannalaugar, Hrafninnusker, Álftavatn, Emstrur, Þórsmörk
- Fimmvörðuháls Pass
- South Coast: Skógafoss, Seljalandsfoss, Reynisfjara, Vík
- Sólheimajökull Glacier Hike

INCLUDED

- Mountain Hut Accommodation (Days 1–5)
- Hotel Accommodation (Day 6)
- All Meals from Lunch on Day 1 to Lunch on Day 6; Breakfast on Day 7
- Guided glacier hike with safety equipment
- Free bus Wi-Fi
- Transport to/from trek
- Luggage transfers
- English-speaking guide

EXCLUDED

- Flights to/from Iceland
- Pre/post-tour accommodation
- Personal hiking gear & sleeping bag (rental available)
- Hut showers (1,000 ISK each, on-site)
- Breakfast on Day 1
- Dinner on Days 6–7
- Lunch on Day 7

8 DAY LAUGAVEGUR

+ GLACIER HIKE, SOUTH COAST & GOLDEN CIRCLE

[CLICK HERE TO FIND OUT MORE](#)

INTRO

Embark on a thrilling adventure with 4 days hiking the iconic Laugavegur Trail and 2 days exploring Þórsmörk and Fimmvörðuháls, followed by a glacier hike on Sólheimajökull and exploring the South Coast of Iceland. Conclude your journey by exploring the Golden Circle and relaxing at the Secret Lagoon.

ITINERARY

Day 1: Reykjavik–Landmannalaugar

Day 2: Landmannalaugar–Álftavatn

Day 3: Álftavatn–Emstrur

Day 4: Emstrur–Þórsmörk

Day 5: Fimmvörðuháls–Þórsmörk

Day 6: Þórsmörk–Hella

Day 7: South Coast & Glacier Hike–RVK

Day 8: Golden Circle - Secret Lagoon–RVK

HIGHLIGHTS

- Laugavegur Trek: Landmannalaugar, Hrafninnusker, Álftavatn, Emstrur, Þórsmörk
- Fimmvörðuháls Pass
- South Coast: Skógafoss, Seljalandsfoss, Reynisfjara, Vík
- Sólheimajökull Glacier Hike
- Golden Circle: Þingvellir, Gullfoss, Geysir
- Secret Lagoon Geothermal Pool

INCLUDED

- Mountain Hut Accommodation (Days 1–5)
- Hotel Accommodation (Days 6–7)
- All Meals from Lunch on Day 1 to Lunch on Day 6; Breakfast on Days 7–8
- Guided glacier hike with safety equipment
- Golden Circle Tour
- Entry to the Secret Lagoon
- Free bus Wi-Fi
- Transport to/from trek
- Luggage transfers
- English-speaking guide

EXCLUDED

- Flights to/from Iceland
- Pre/post-tour accommodation
- Personal hiking gear & sleeping bag (rental available)
- Hut showers (1,000 ISK each, on-site)
- Breakfast on Day 1
- Dinner on Days 6–8
- Lunch on Days 7–8

WHAT TO BRING

RECOMMENDED PACKING LIST

CLOTHES

- ☐ Thermal underwear two sets (top and bottom)
- ☐ Wool or fleece thermal mid-layer
- ☐ Hiking pants (we recommend not using cotton pants)
- ☐ Waterproof and breathable pants and jacket
- ☐ Wool / Fleece hat
- ☐ Wool or synthetic gloves (at least one pair)
- ☐ 2 to 3 pairs of thick wool or synthetic socks
- ☐ Waterproof hiking boots, sturdy with sufficient ankle support and robust sole
- ☐ (Vibram sole or similar)



EQUIPMENT

- ☐ Sunglasses
- ☐ Travel sack for your baggage that is transported between huts/campsites
- ☐ Day backpack, 25-40L
- ☐ River crossing shoes (old sneakers)
- ☐ Waterproof hiking boots, sturdy with sufficient ankle support and robust sole (Vibram sole or similar)
- ☐ Sleeping bag and travel pillow
- ☐ 1 -2 liter water bottle
- ☐ Hiking poles
- ☐ Gaiters (optional)
- ☐ Soda / Beer / Wine (optional)
- ☐ Lunch box for sandwiches

HYGIENE / OTHER ITEMS

- ☐ Sunscreen / after sun cream
- Health supplies and prescription medicine
- ☐ Personal medical kit to include personal medication
- ☐ Towel
- ☐ Toothbrush
- ☐ Earplugs
- ☐ Book (optional)
- ☐ Playing cards and/or games (optional)
- ☐ Power bank / Portable charging device
- ☐ Camera

LAYERING

HOW TO LAYER YOUR CLOTHING

LAYER 1

The base layer, worn next to your skin, wicks sweat away to keep you dry. It should retain insulation when wet and is best made of wool or synthetic materials—avoid cotton. Choose comfortable, non-chafing options, and pack an extra set: one for hiking and one for relaxing or sleeping.

TRANSFER LAYER / BASE LAYER



INSULATING LAYER



LAYER 2

The insulating layer regulates body heat based on activity and weather. Lightweight or medium fleece jackets work well for active days, while fleece or heavy long underwear provides extra warmth in colder conditions. Opt for quick-drying, durable hiking pants—avoid cotton like jeans, which retain moisture. Layering with a down or PrimaLoft jacket offers easy warmth during breaks or evenings.

LAYER 3

The outer shell protects against wind and rain while allowing moisture to escape, keeping you dry inside. Waterproof, windproof, and breathable jackets and pants are essential. Features like hoods and vents can enhance comfort but aren't mandatory. Always keep this layer handy, as weather can change rapidly.

OUTER SHELL



ACCOMMODATION

HUTS

SLEEPING ARRANGEMENTS

Huts on the Laugavegur Trail are dormitory-style with shared rooms. Sleeping areas often include bunk beds or long platforms with mattresses placed side by side, and in some cases, mattresses are double-sized, requiring sharing with another person. The group usually stays in one large room. To ensure comfort, light sleepers should bring earplugs and a sleep mask. These rustic huts provide a communal atmosphere, ideal for connecting with fellow travelers while enjoying the remote beauty of the highlands.



BATHROOM & SHOWERS

Bathrooms are available at all huts and campsites. Showers are available at Álftavatn, Emstrur, and Þórsmörk on the 6-day tour. Shower use costs 1100 ISK, and tokens can be purchased with cash or card at the warden's huts. Bathrooms include toilet paper and hand soap. Bring your own toiletries such as shampoo, towels, and washcloths.

FACILITIES

All huts have a kitchen along with basic utensils and equipment. Electricity at the huts is limited and power outlets are restricted. A portable charger is highly recommended for keeping devices powered throughout the trek.



ACCOMMODATION

CAMPING

SLEEPING ARRANGEMENTS

Campsites are located next to the mountain huts. By default, customers are assigned a two-person tent at booking. Participants can opt for a single tent for privacy; otherwise, tents are shared with a same-gender participant.

BATHROOM & SHOWERS

Customers who opt to camp will use the same bathroom and shower facilities as those staying in a hut. Shower use costs 1000 ISK, and tokens can be purchased with cash or card at the warden's huts. Bathrooms include toilet paper and hand soap. Bring your own toiletries such as shampoo, towels, and washcloths.





THINGS TO NOTE

OTHER IMPORTANT INFORMATION

MEALS AND SPECIAL FOOD + DRINKS

Meals include generous portions of milk products, eggs, fish, nuts, meat, and bread. Refreshments are provided between meals, but we recommend participants bring their own snacks, such as protein bars, if they feel additional sustenance might be needed during the tour. Special dietary options (e.g., vegetarian, vegan, gluten-free) are available for an additional cost. Booking these in advance ensures the best meal experience for all, so please kindly inform us of any dietary requirements before booking.

Meals are a group effort prepared by participants, guides, and the team—a fun way to make food and friends! Guides typically lead the process, but everyone contributes.

WEATHER + TRAIL CONDITIONS

Consider yourself warned! Although it might be summer according to the calendar, Iceland's high-lands are notorious for their unpredictable weather. Conditions can change quickly and often it gets very cold and very wet in this area. It can snow in any month of the year! As we will be spending all of our time either outside or in a tent, it is necessary to bring good gear along. For detailed information on gear, please refer to the Clothing and Equipment checklist and the Notes on Clothing and Equipment section above.

TOUR EXTRAS

If you're unsure about your gear, we offer rentals for trekking tours, including waterproof jackets, pants, hiking boots, poles, and sleeping bags. Book these under "Extras" in the booking widget on our website. Already booked? Add gear by using our customer portal - My Adventures, or contacting our customer care.

WATER

Bring a refillable water bottle. Tap water at the huts and campsites is safe to drink, and there are streams along the trail where you can refill.

THINGS TO NOTE

CONTINUED

FITNESS

The Laugavegur Trek requires a moderate level of fitness. While it's not a technical climb, the trail involves long days of hiking, varied terrain, and significant elevation changes. Hikers should be prepared for 6-10 hours of walking per day, often on uneven, rocky paths and through diverse landscapes.

LUGGAGE TRANSPORTATION

Your main luggage, sleeping bag and mat will be transported between huts or campsites by a support vehicle (included). Please pack light in a waterproof duffel bag (70-80 L) to protect your belongings during river crossings. Each person is allowed one bag, so if you have extra luggage, consider storing it in Reykjavik (e.g., BSI Bus Terminal). For the trek, you'll only need a small daypack (25-40 L) with essentials like lunch, water, rain gear, and river shoes. When flying, we recommend keeping your hiking boots and thermal layers in your carry-on in the event case your luggage is delayed.

GROUP SIZE + SOLO TRAVELLERS

All our tours offer small group experiences. Most tours have a maximum of 16 participants, with the exception of our 4-day Laugavegur camping tour, which allows 14 participants. Hut accommodations are shared with your group and sometimes other trekkers. Campers can rent a single tent for personal use when booking or by contacting us at least 2 days before the tour starts.

CHARGING DEVICES & CONNECTIVITY

Iceland uses 230V, 50Hz electricity with F-type sockets, so visitors from the UK, USA, Canada, or other countries with different plugs, voltage, or frequency should bring an adaptor. Highland huts lack power facilities, and electricity is scarce, so it's essential to pack a power bank or portable charger. Phone coverage in the Highlands is limited, with occasional unreliable 3G/4G spots near huts, and there's no WiFi, making this a truly off-the-grid experience.

TOGETHER WE ADVENTURE BETTER



FURTHER QUESTIONS?

You should now be prepared for your upcoming highland adventure. If you have any questions then please don't hesitate to contact us at info@adventures.is We look forward to an exciting trekking experience together

**WE LOOK FORWARD TO AN EXCITING
TREKKING ADVENTURE WITH YOU!**