



8-DAY 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!

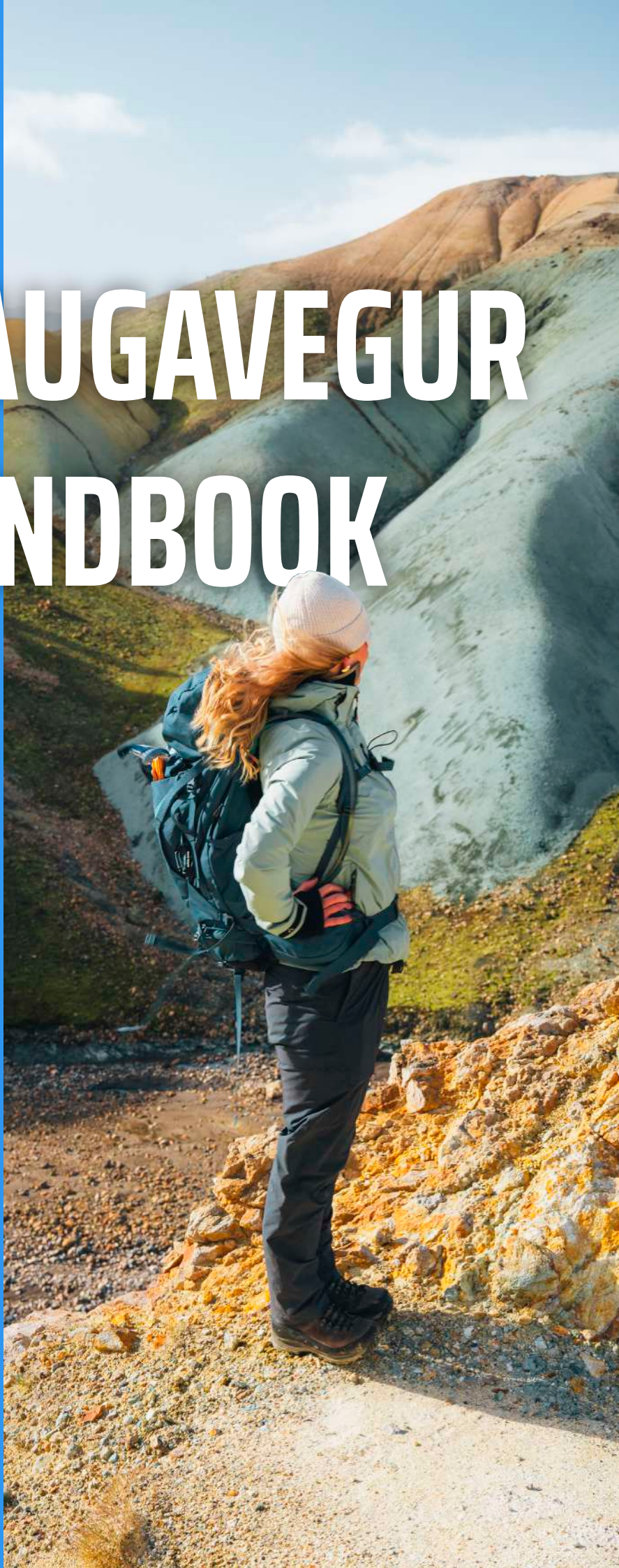


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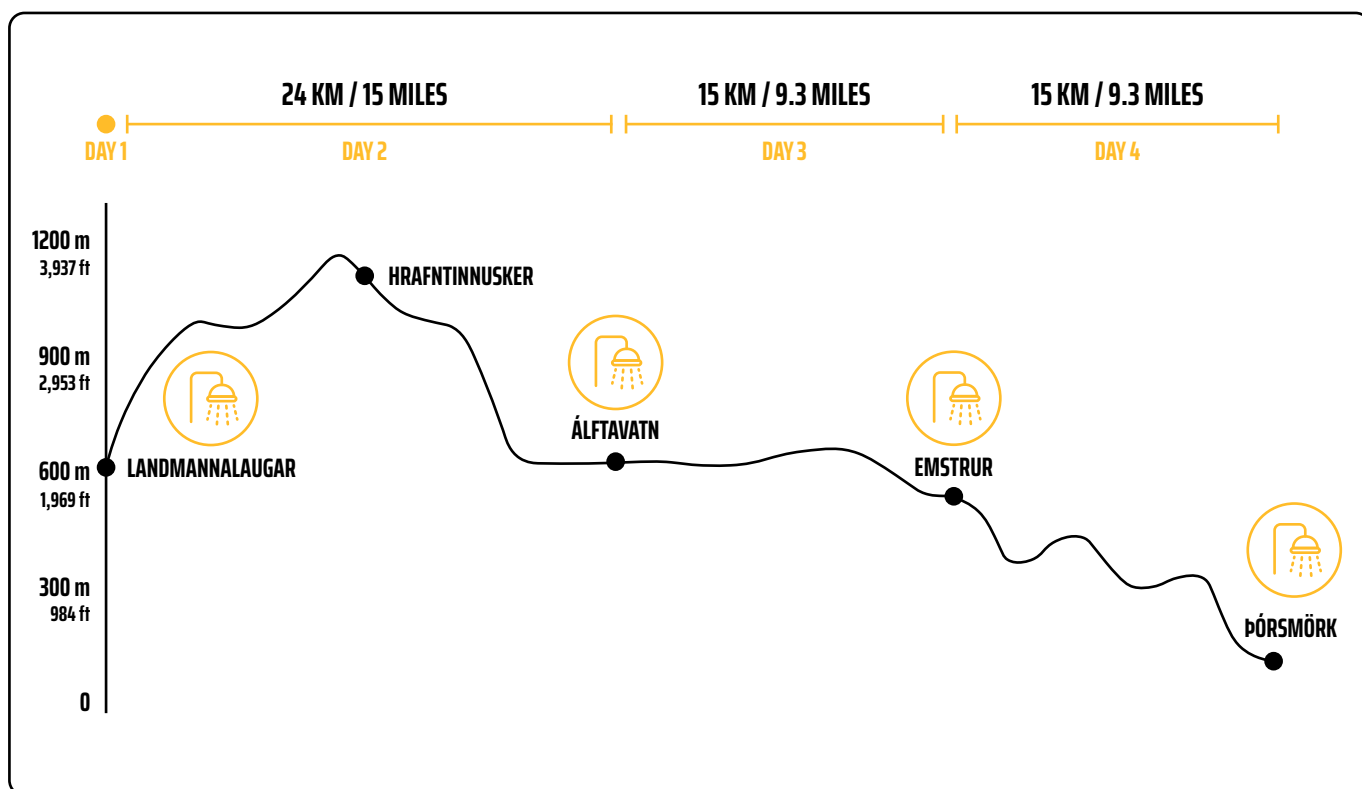
THE LAUGAVEGUR TRAIL

INFORMATION

The Laugavegur Trail is a famous 55-kilometer (34-mile) route in Iceland, stretching from Landmannalaugar to Þórsmörk valley. This trail crosses volcanic deserts, hot springs, glaciers, and green valleys, with views of colorful mountains, geothermal areas, and wide plains. It's 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. Stay in rustic Icelandic mountain huts along the way.

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!



8 | DAY LAUGAVEGUR

+ GLACIER HIKE, SOUTH COAST
& GOLDEN CIRCLE COAST

READ MORE ABOUT 8-DAY LAUGAVEGUR TREK

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:** Reykjavík–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

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

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



EXCLUDED

- Flights to/from Iceland
- Pre/post-tour accommodation
- Personal hiking gear & sleeping bag (rental available)
- Hut showers (1100 ISK each, on-site)
- Breakfast on Day 1
- Dinner on Days 6–8
- Lunch on Days 7–8

ITINERARY

DAY 1 LANDMANNALAUGAR

DAY HIGHLIGHTS

- Landmannalaugar
- Bláhnjúkur mountain
- Grænagil canyon
- Landmannalaugar pools



DISTANCE
8 KM (4.9 MI)



WALKING TIME
4 HRS



ASCENT
470 M (1540')



DAY 2 LANDMANNALAUGAR TO ÁLFTAVATN

DAY HIGHLIGHTS

- Mount Brennisteinsalda
- Reykjafjöll rhyolite mountains
- Hrafninnusker obsidian desert
- Jökultungur summit
- Álftavatn lake



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
- Eyjafjallajökull and Mýrdalsjökull glacier views
- Markarfljótsgljúfur canyon



DISTANCE
15 KM (9.5 MI)



WALKING TIME
6-7 HRS



ASCENT
40 M (130')





DAY 4 EMSTRUR TO ÞÓRSMÖRK

DAY HIGHLIGHTS

- Emstrur
- Mount Einhyrningur
- Þórsmörk Valley
- Glacier views



DISTANCE
15 KM (9.5 MI)



WALKING TIME
6-7 HRS



ASCENT
300 M (985')

DAY 5 FIMMVÖRÐUHÁLS - MAGNI & MÓÐI

DAY HIGHLIGHTS

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



DISTANCE
15 KM (9.5 MI)



WALKING TIME
6-7 HRS



ASCENT
40 M (130')



DAY 6 ÞÓRSMÖRK - HELLA

DAY HIGHLIGHTS

- Mt. Valahnúkur
- Húsadalur Valley
- Langidalur Valley



DISTANCE
6 KM (3.5 MI)



WALKING TIME
3 HRS



ASCENT
275 M (902')



DAY 7 SOUTH COAST & GLACIER HIKE

DAY HIGHLIGHTS

- South Coast
- Seljalandsfoss waterfall
- Skogafoss waterfalls
- Solheimajokull glacier



DAY 8 GOLDEN CIRCLE & SECRET LAGOON

DAY HIGHLIGHTS

- Golden Circle
- Thingvellir National Park
- Gullfoss waterfall
- Geysir Geothermal Area
- Secret Lagoon natural pool



WHERE NATURE
WRITES THE STORY



PICKUP AND DROP-OFF

PICKUP

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 - PICKUP STARTS AT 7:00 AM

- Bus Stop #1 - Reykjavík City Hall (Ráðhúsið) on Vonarstræti
- Bus Stop #8 - Hallgrímskirkja Church
- Dalur HI Eco Hostel - Sundlaugavegur 34

OUTSIDE OF REYKJAVÍK - PICKUP

- Selfoss N1 gas station - 8:15 AM
- Hella Bus Stop outside Olís Gas Station - 9:00 AM

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 outside Olís Gas Station
- Orkan gas station on Miklabraut (by Kringlan Shopping mall)
- Dalur HI Eco Hostel - Sundlaugavegur 34
- Bus Stop #1 - Reykjavík City Hall (Ráðhúsið) on Vonarstræti



WHAT TO BRING

RECOMMENDED PACKING LIST

CLOTHES

- ☐ Two sets of thermal underwear (tops and bottoms)
- ☐ Wool or fleece thermal mid-layer
- ☐ Hiking pants
- ☐ Waterproof and breathable jacket *
- ☐ Wool / Fleece hat
- ☐ Wool or synthetic gloves
- ☐ 2-3 pairs of thick wool or synthetic socks
- ☐ Waterproof hiking boots, sturdy with sufficient ankle support and a robust sole (Vibram Sole or similar)*
- ☐ River crossing shoes (old sneakers)

HYGIENE / OTHER ITEMS

- ☐ Sunscreen / after-sun lotion or gel
- ☐ Health supplies and prescription medicine
- ☐ Personal medication
- ☐ Towel
- ☐ Toothbrush
- ☐ Earplugs
- ☐ Book (optional)
- ☐ Playing cards and/or games (optional)
- ☐ Power bank / Portable charging device
- ☐ Camera

EQUIPMENT

- ☐ Sunglasses
- ☐ Duffel bag that will be transported between huts/campsites (70-80L)
- ☐ Day backpack, 25-40L
- ☐ Sleeping bag and travel pillow
- ☐ 1-2 liter water bottle
- ☐ Hiking Poles*
- ☐ Gaiters (optional)
- ☐ Soda / Beer / Wine (optional)
- ☐ Lunch box for sandwiches



*Included with Trek+ rentals package or individually.



LAYERING

HOW TO LAYER YOUR CLOTHING

LAYER 1 **TRANSFER LAYER / BASE LAYER**

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.



LAYER 2 **INSULATING LAYER**

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, and avoid jeans, which retain moisture. Layering with a down or PrimaLoft jacket offers easy warmth during breaks or evenings.



LAYER 3 **OUTER SHELL**

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.

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. Shower use costs 1100 ISK (~\$7-8), and tokens can be purchased with cash or card at the warden's huts. Bathrooms are stocked with toilet paper and hand soap, but please bring your own toiletries such as shampoo, towels, and a washcloth.

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.

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. Please inform us of any dietary requirements before booking. Meals are a group effort prepared by participants, guides, and the team. Guides typically lead the process, but everyone contributes.

WATER

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



WEATHER + TRAIL CONDITIONS

Iceland's Highlands can change quickly, even in summer. Cold wind, rain, and sudden temperature drops are common, and snow is possible in any month. You'll spend long hours outdoors, so warm layers and waterproof gear are essential. Use the packing list and layering guide in this handbook to prepare.

TOUR EXTRAS

If you're unsure about your gear, the Trek+ rental package includes a waterproof jacket, waterproof pants, hiking boots, hiking poles, and a sleeping bag. Add it under Extras when you book on our website. Already booked? Add gear any time through My Adventures or by contacting the Customer Care team.



GROUP SIZE + TRAVELERS

All tours run in small groups. Most departures have a maximum of 16 participants. Hut accommodations are shared with your group and, at times, other trekkers.

CHARGING DEVICES & CONNECTIVITY

Iceland uses 230 V electricity, 50 Hz, with Type F plugs. Guests from the UK, the US, Canada, or other countries with different plugs or voltage should bring an adapter. Electricity in the highland huts is limited, so a power bank or portable charger is essential. Cell service in the Highlands is also limited, with only occasional 3G or 4G coverage near some huts, and there is no Wi-Fi on the trail. Consider this a truly off-the-grid experience.

FITNESS

The Laugavegur Trek requires a moderate fitness level. The route is not technical, but it does include long hiking days, uneven terrain, and steady elevation changes. Plan for 6–10 hours of walking per day on rocky trails and rough ground.

LUGGAGE TRANSPORTATION

Your main bag, sleeping bag, and sleeping mat are transported between huts or campsites by support vehicle. Pack them in one waterproof duffel bag, 70–80 L in size, to protect your gear during river crossings. During the day, you'll carry only a small backpack, 25–40 L, with lunch, water, rain gear, and river shoes. If you're flying to Iceland, keep your hiking boots and base layers in your carry-on in case checked luggage is delayed.



FURTHER QUESTIONS?

You should now be prepared for your upcoming highland adventure. If any questions come up before departure, please don't hesitate to contact us at info@adventures.is. We're happy to help!

**WE LOOK FORWARD TO
HIKING WITH YOU!**



ARCTIC ADVENTURES

TOGETHER WE ADVENTURE BETTER

