

## 2023 Iceland Trek (Tentative Itinerary)

Dates	Destination	Activities	Comments
Sat Sept 2	Reykjavik	Arrive to Reykjavik Airport in morning Welcome meeting and group lunch Sky Lagoon thermal pools	(L) Transfer on own from airport Overnight Reykjavik
Sun Sept 3	Trek Day 1: Reykjavik- Landmannalaugar- Hrafninnusker	We take the regular bus from BSI bus terminal at 08:00, that during the summer months drives the mountain tracks that lead to Landmannalaugar, passing by the Hekla volcano and other volcanoes in the Dómadalur area. Arriving in Landmannalaugar at noon, we have lunch and time for a quick soak in the hot springs and then head south into the mountains. The trail takes us past small gorges, steaming hot springs and yellow mountain ridges. Arrival at Hrafninnusker mountain hut, where we will stay the night, in the late afternoon. Distance: 12km (7.5 mi) Walking time: 4-5 hrs. Ascent: 470 m (1540 ')	(B, L, D)           Overnight Hrafninnusker hut
Mon Sept 4	Trek Day 2: Hrafninnusker- Álftavatn	From Hrafninnusker we descend in the gullies of Jökultungur with hundreds of steaming hot springs and mud pools. Up there we enjoy fascinating views to the south to the Álftavatn area (Swan Lake), and the Mýrdalsjökull and Eyjafjallajökull glaciers. In the afternoon we arrive at Álftavatn hut where we stay the night. Distance: 12km (7.5 mi) Walking time: 4-5 hrs. Descent: 490 m (1610 ')	(B, L, D)           Overnight Álftavatn hut
Tues Sept 5	Trek Day 3 Álftavatn-Emstrur	We pass at the foot of the green conic volcano of Stórasúla before entering the black deserts of Mælifellssandur. Heading towards another ancient and verdurous volcano, the Hattfell, we enter the Emstrur region where farmers used to graze their sheep in summer. Before arriving at the Botnar hut where we stay the night, we visit the magnificent Markarfljót canyon cut almost 200 m down into the rocks south of Hattfell. Distance: 16km (10 mi) Walking time: 6-7 hrs. Descent: 40 m (130 ')	(B, L, D)           Overnight Botnar hut
Wed Sept 6	Trek Day 4 Emstrur-Þórsmörk	We continue up and down through the small valleys and gullies of Emstrur, where the great Mýrdalsjökull glacier rises only a couple of kilometers away. At the end of the day the vegetation starts to grow thicker and higher as we descend in to Þórsmörk's (the woods of Thor) green valleys filled with arctic birch forests and colorful flowers. Night in one of the huts in Þórsmörk. Distance: 17km (10.5 mi) Walking time: 6-7 hrs. Descent: 300 m (985 ')	(B, L, D)           Overnight hut in Þórsmörk
Thurs Sept 7	Trek Day 5	We spend the morning in Þórsmörk where we walk along one of numerous paths. For example, we can visit the Sönghellir cave (Song cave), climb up the small mountain of Valahnúkur from where magnificent views can be enjoyed, before taking the afternoon bus to Reykjavik. Arrival at Reykjavik BSI bus terminal where the trip ends at 19:30. Transfer to hotel on own. Or continue on to the South Coast add on.	(B)           Overnight Reykjavik
Fri Sept 8	Flights Home	Flight home	(B) Transfer to airport on own

## 2-day South Coast Iceland (Add-On)

Thurs Sept 7	Hella	Itinerary as above. Take afternoon bus toward Reykjavik. Get off bus at Hella stop.	(B, D)  Overnight Hella
Fri Sept 8	Day 1:	We start the day by visiting Seljalandsfoss waterfall, a unique waterfall as it is possible to walk behind it for a breathtaking view. Next, we head to Skógafoss waterfall, one of the most famous waterfalls in Iceland with a height of 60 meters and a width of 25 meters. After that, visit Reynisfiara beach, a black sand beach with breathtaking views and unique rock formations. End the day with a hike in Fjaðrárgljúfur Canyon, where we will explore the beauty of the canyon and enjoy the stunning views of the surrounding landscapes.	(B, D)  Overnight Skaftafell
Sat Sept 9	Day 2:	Today we hike to Svartifoss waterfall, known for its unique basalt columns. Then on to Jökulsárlón lagoon, with a stunning glacier and floating icebergs in the lagoon. Take a zodiac boat tour and experience the beauty of the glacier and its surroundings up close. We finish the day with a visit to Diamond Beach, a black sand beach with ice chunks washed up on the shore and the stunning views of the surrounding landscape. Return to Reykjavik in the evening.	(B) Dinner on Own  Overnight Reykjavik
Sun Sept 10	Flights Home	Flight home	(B) Transfer to airport on own