



## Icelandic Lava Trek ICELAND

 **Activity:** Trek **Grade:** 3 Tough **Duration:** 5 days

Iceland is a land of incredible contrast and beauty. Its wild volcanic landscapes, mountains, glaciers, hot springs, geysers and waterfalls, combined with its rich history, literature and folklore make it a fascinating country to explore.

This fascinating and highly diverse short trek takes us up to a high pass between two majestic glaciers, taking in the new

lava from the 2010 eruption of Eyjafjallajökull. We finish at the beautiful waterfall of Skógarfoss before driving to Reykjavik, where you have some time to explore, or visit the Blue Lagoon thermal spa.

This is a tough and challenging trek through a remote and wild environment – and presents a rare opportunity to witness a landscape which is changing before our eyes.

“*A life changing experience where I have made new friends, discovered new strengths within myself, and achieved a lifetime dream. - Harriette*”

## DETAILED ITINERARY

### Day 1: Keflavik; transfer to Þórsmörk (Thorsmork)

We meet at Keflavik International Airport in time for the transfer (approx 3 hours) to magical Þórsmörk. After time to settle into our hut and prepare our kit, we meet for dinner and a detailed trip briefing. **Night hut.**

### Day 2: Þórsmörk (Thorsmork)

Þórsmörk is a dramatic green valley shaped by the constant interplay between fire and ice. Named for the Norse God Thor, it's a beautiful place to begin our trek. After a hearty breakfast, we head out to explore, heading up to a wonderful viewpoint over to the glaciers of Mýrdalsjökull and Eyjafjallajökull and down to the Krossa River below. It's an inspiring landscape which will whet your appetite for tomorrow, and acts as a wonderful warm-up! **Night hut.**

**Trek approx 6-7 hours**

### Day 3: Þórsmörk (Thorsmork) – Fimmvörðuháls

We set off, trekking uphill onto Kattarhyrggir (Cat's Spine) ridge, with fabulous views back over the valley. We come out onto a wide plateau, where sweeping views await – including the lava fall formed by the 2010 eruption. Our route takes us up a steep, narrow rocky slope, which brings us to the lava field. Here we can see the craters –



### CHALLENGE GRADING

*Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).*

**This trek is graded Tough (3). Main challenges lie in the rocky terrain, steep inclines and some narrow sections with sheer drops.**

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.



it's a fascinating area to explore, and a close-up reminder of the power of nature. We are almost at the pass of Fimmvörðuháls (pronounced Fimmvorthuhals), lying at 1043m between the two glaciers. Having walked uphill almost constantly, we have gained 900m in height and the views are aweinspiring.

**Night hut.**

**Trek approx 7-8 hours**

#### **Day 4: Fimmvörðuháls – Skógar – Reykjavik**

Today we descend from the pass, through tundra-like landscapes, still with great glacier views. After walking over rocky plains, it's magical to drop down into the verdant green hills of the Skógaá River, which we follow for the rest of our trek. We pass several waterfalls and in places the way is lined with thick green moss. Our trek ends at majestic Skógarfoss, one of the most impressive waterfalls in Iceland with a 60-metre drop. It adds yet more diversity to the trek and is a breath-taking end to our challenge. After the obligatory photos, we jump into our waiting vehicles and head to Reykjavik for an evening of celebrations. **Night hotel.**

**Trek approx 8-9 hours**

#### **Day 5: End of service**

Depending on whether the arranged time is suitable, the option to join the main group airport transfer is available.

*Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.*

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