

THE CHALLENGE OF A LIFETIME,  
FOR THE CHARITY OF YOUR CHOICE...

# ICELAND REMOTE HIGHLANDS TREK

EXPLORE THE REMOTE  
BEAUTY OF ICELAND



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[GLOBALADVENTURECHALLENGES.COM](http://GLOBALADVENTURECHALLENGES.COM)

# KEY INFO

Duration: 5 days

Distance: 55 km approx.

Challenge Grade: Challenging ①

Location: Iceland

# CHALLENGE HIGHLIGHTS

- Wade through glacial rivers and across lava fields
- Discover the breathtaking scenery of the Thórsmörk Valley
- Camp under a starry sky free from light pollution
- Go for a dip in the world-famous Blue Lagoon
- Celebrate your achievement in Reykjavik

# THE CHALLENGE

Join us on this breathtaking trekking challenge as we explore the remote highlands of Iceland. We'll trek from the popular and stunning region of Landmannalaugar, known locally as the 'hiking hub', across lava fields and multi-coloured mountains next to shining glaciers, to one of the pearls of Icelandic nature – Thórsmörk Valley. You'll experience stunning topography from start to finish on the trek - so join us and discover Iceland, land of fire and ice, on this fantastic long weekend challenge!

## Day 1

### Landmannalaugar

We depart the UK on our flight to Reykjavik, upon arrival we meet our local guides and transfer to our first nights camp. On our transfer we drive towards the highlands, passing Mt. Hekla, Iceland's most famous active volcano, which last erupted in the year 2000. We will make a stop at Ljótípollur crater and

hope for a great view over the highlands, spotting Iceland's biggest glaciers before arriving in Landmannalaugar, 'Pearl of the Highlands' at around 600m above sea level. We will spend the afternoon in Landmannalaugar getting acquainted with our surroundings and relaxing in the hot springs!

## Day 2

### Landmannalaugar to Álftavatn

We start our challenge early this morning and trek through the rough lava field of Laugahraun. From here we ascend up the beautiful hills by the colourful mountain Brennisteinsalda, and on to a plateau. The colours are out of this world! Ancient rivers and streams mark the land so we will be going in and out of small gullies quite a lot. We can also expect snow piles at this point, that we'll need to traverse.

We continue our trek along the hills of Reykjafjöll, through gullies until we get to Jökultungur, where the landscape changes from dark mountains to shining glaciers. We then descend into a green oasis - a pleasant contrast to the rough landscapes we've left behind. From here we trek to our campsite on the northern shore of the stunning Lake Álftavatn, a place of great serenity.

**Trekking distance – approx. 24km**





## TREK FROM LANDMANNALAUGAR TO REYKJAVIK!

### Day 3

#### Alftavatn to Emstrur

A slightly less challenging day awaits us when compared to yesterday. We'll trek Brattháls hill and head east for the Hvangil gorge where we cross the Bratthálskvísl River on foot - there will be a change of footwear required today! We continue our trek to Kaldaklofskvísl and cross the stream via the bridge then head for the hut and campsite of Emstrur. On our way we cross the river of Bláfjallakvísl once more.

We push on with our trek and cross between two sandy hills, where we'll soon see our destination for the night. If people are up for an evening walk after dinner we can take a peek at the unbelievable Markarfljótsgljúfur Canyon. The canyon is 200m deep, and the powerful Markarfljót River flows through it.

**Trekking distance - approx. 16km**

### Day 4

#### Emstrur to Thórsmörk

We start our day's trek down a crooked path to the Syðri Emstruá River, which we'll cross via a bridge. After our crossing we'll head south to the area of Almenningar. The landscape starts to change once again, and we'll see peaceful streams covered in arctic birch and flowers. After more refreshing river crossings we leave Almenningar behind us, and enter Thórsmörk valley, a beautiful woodland area with stunning landscapes that are truly inviting.

From the valley we have a 40 minute walk to Langidalur hut. This part is wonderful as vegetation has spread over the area. Thórsmörk is undeniably one of the pearls of Icelandic nature – an amazing place to finish our challenge! After celebrating our achievements, we take the transfer to the bright lights of Reykjavík for a celebratory dinner and party Iceland-style!

**Trekking distance - approx. 15km**



### Day 5

#### Reykjavik

We have some free time this morning before we transfer to the airport. We'll take a trip to the Blue Lagoon, Iceland's premier hot geothermal baths - said to have wellbeing properties! This must-see attraction is out of this world, and the perfect way to end our challenge. We then catch our flight back to the UK.

**(Please note, this is a complex itinerary and subject to change)**

# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This challenge has been graded as challenging (1) on our challenge grading scheme, meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 3 consecutive days so a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other participants and train together prior to the event.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

The accommodation on this challenge is camping; all camping equipment will be provided. Day 4 will be an overnight stop in a hotel.

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some trekking poles you do not need any specialist kit.

## Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as water, camera, change of footwear etc.) and your luggage will be carried from each campsite to the next by a support vehicle. Soft holdall type bags are preferable for this challenge.

## Food Matters...

Icelandic cuisine is influenced by both Scandinavia and Europe, and as would be expected fresh fish can be eaten all year round. One speciality of Icelandic food is Pylsur, a type of hot dog made from lamb, beef and pork. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

## What's included?

- Return flights from a London airport to Reykjavik
- All accommodation
- Luggage transfers
- Local English-speaking guide/s
- All accommodation and all meals, from dinner on day 1 to breakfast on day 5
- Global Adventure Challenges leader from the UK
- Comprehensive first aid/medical kit

## What's not included?

- Travel insurance
- Tips and gratuities
- Alcoholic drinks
- Cost for showers at the campsites
- Breakfast and lunch on Day 1, lunch and dinner on Day 5

## What support is there on the challenge?

This is a fully supported trek. There will be a strong support team with a Global Adventure Challenges Leader from the UK, as well as local guides. Comprehensive medical kits will be taken and satellite/mobile phones are used to ensure safety and security at all times.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember this is not a race!

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested... what do I do now?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

# #BELIEVEYOU CAN

## REGISTER ONLINE TODAY!

[WWW.GLOBALADVENTURECHALLENGES.COM](http://WWW.GLOBALADVENTURECHALLENGES.COM)

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