

# FURTHER INFORMATION

## THE REMOTE HIGHLANDS TREK

This breathtaking trekking challenge explores the remote highlands of Iceland. Starting in the popular and stunning region of Landmannalaugar, locally known as the 'hiking hub', we trek for 55km over three days through lava fields and across multi-coloured mountains next to shining glaciers...this trek has some of the best topography we could ever want in a trekking challenge. From the bright lights of Reykjavik, to the tranquil warm waters of the springs and rivers of the region, come and join our team in Iceland on this long weekend challenge.

“BELIEVE YOU CAN”



# THE REMOTE HIGHLANDS TREK



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## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).

## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.



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## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising

event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 15.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is normally between 25 - 30 participants.



## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



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## CHALLENGE HIGHLIGHTS

- Trek across the vibrant coloured mountains and hills of Iceland.
- Witness stunning glaciers and the 'dark' mountains.
- Take a dip in the natural thermal rivers.
- Celebrate in Reykjavik.



## A FEW NOTES ON ICELAND

With just a three hour flight time from London this challenge in the Icelandic Highlands will see you trekking the Laugavegar trail, a famous trekking route in south-west Iceland. The trail stretches from the hot springs area of Landmannalaugar to the glacial valley of Thórsörk. Along the way is a varied landscape: mountains in almost every colour of the rainbow, great glaciers, roaring hot springs and big rivers and lakes. We undertake the trek in 3 days. Before we start our trek we will have the opportunity to visit the famous Blue Lagoon, a wonderful geothermal spa. After we have finished our trek, we will get to spend the evening in Iceland's vibrant capital Reykjavik.

### Fact File – Iceland

- **Population:** 315,281.
- **Capital City:** Reykjavik.
- **Local Name:** Lydveldid Island.
- Natural hot water supplies much of the population with cheap, pollution-free heating.
- **Time difference to GMT:** Iceland is on GMT (UTC+0), the same as Ireland and the UK. However, Iceland does not observe Daylight Saving Time, and as such does not change clocks to summer time (Daylight Saving Time) at all. Iceland stays on GMT throughout the year.



**Local Way of Life** - Many Icelandic people believe in myths, fables and folklore and it is fascinating to take the time to talk to your local guide about these stories. Icelandic people are also proud of their heritage and language and again our local guide is very knowledgeable and will be delighted to share this with you.

## USEFUL TIPS

- Pack light.
- Your bag or everything in your bag should be waterproofed, especially your sleeping bag.
- It can be cold at night, so pack some thermals.
- It can even snow on the high parts of the trek so remember some good waterproof gear.
- Ensure you have some Icelandic Krona coins for the shower!



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## CLIMATE, TEMPERATURE & HUMIDITY

The climate of Iceland is more temperate than would be expected for a latitude just south of the Arctic Circle, because temperatures are moderated by the North Atlantic and Irminger currents. However, the weather can be notoriously variable and it is not uncommon in July for there to be a blizzard at the high points of the trek on day 1 and to be basking in sunshine the next.

The average July temperature in the southern part of the island is 10-13°C (50-55°F). Warm summer days can reach 20-25°C (68-77°F). Annual average sunshine hours in Reykjavík are around 1,300 which is similar to towns in Scotland and Ireland. Reykjavik will also experience rain showers around 20 – 22 days per month.

Month	Average Max Temp (F)	Average Min Temp (F)	Average Rain Fall (mm)
Jun	52	45	20
Jul	55	48	20
Aug	55	46	30
Sep	48	41	40

\*The temperatures and rainfall measurements stated above are for Reykjavik.

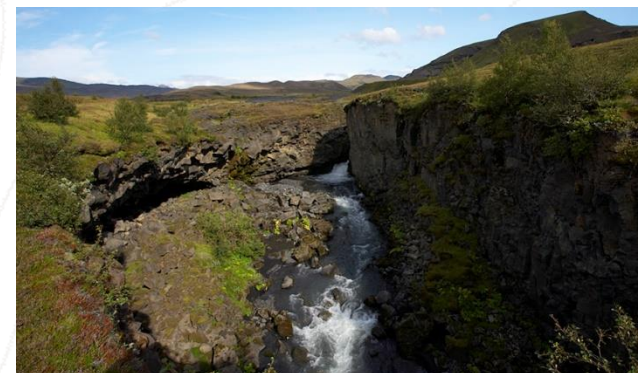
## SNAKES AND BUGS

There are spiders and other ‘creepy crawlies’ that inhabit the area, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!



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## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history**. Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 70 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor confirming you have been prescribed this medication.

We also recommend you use a high factor sunscreen and re-apply regularly.

## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.

- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

**Credit card for emergencies** – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

## CURRENCY

The unit of currency is the Icelandic Krona ISK. This can be exchanged at the bank for the going rate or withdrawn from an ATM on arrival at the airport. If you prefer, you can order currency before you arrive in Iceland. Remember to shop around for the best rate. Credit cards are also accepted in Iceland, but watch for fees that can increase your cost.

We suggest you take cash with you on the trek itself as some of the overnight stops are really small towns and credit card facilities are very scarce.



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## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

If you have a UK passport endorsed British Citizen, British National Overseas or British Overseas Territory Citizen you do not need a visa for stays of up to 3 months. Other types of British national will need a valid Schengen visa to enter Iceland.

For other nationalities please contact the appropriate embassy.

## TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



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## FLIGHTS

Flights normally depart from the UK mid-morning and will arrive back into the UK late afternoon / early evening. Your flying time will be approximately 3 hours on both the outbound and inbound leg.

Your exact flight details will be confirmed in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and be in economy class. If you would like us to look into upgrading you to a different class please contact our Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or call us on 01244 676454.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.

## LUGGAGE & KIT

You will need a 70-80 litre waterproof duffel bag for your main piece of luggage which will be transported by vehicle to your accommodation on each night.

We recommend that your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

Bags will need to be waterproof and ideally the contents within it waterproofed as the trailer that transports your luggage will be crossing rivers and may flood.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

All camping equipment is provided except sleeping bags and mats. Participants are expected to bring their own sleeping bag and mat on the challenge.

## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.





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## ACCOMMODATION

Whilst on trek we will be camping with two people sharing a tent. A mess tent will also be available for dining and for social time in the evenings. It is expected that you set up and take down your own tents and your participation in meal preparations and clearing up is also requested.

Whilst in Reykjavik comfortable guest house / lodge accommodation will be provided.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

## TOILET & WASHING FACILITIES

When staying in hotels or guest house / lodge accommodation we will have washing facilities.

All campsites will have flushing toilets and showers. However you will need to make a payment of 500 ISK to use the shower.

During the day whilst trekking, toilet facilities will be limited so it may be necessary to use 'the great outdoors'. Please bury everything before you leave. It is a good idea to carry a small amount of tissue in a plastic bag in your daypack every day, but please dispose of this appropriately - take matches or a lighter to burn the paper when possible or use 'nappy sacks' and dispose of when you reach a bin. Please keep the region beautiful!

Remember to wash hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.

## TELEPHONE & WI-FI

Telephone and Wi-Fi are readily available in Reykjavik and other major towns or cities we stop at. But due to the type of terrain in the areas we trek through mobile telephone signals can be patchy and will decrease significantly, obviously this varies with the terrain. Please don't rely on being able to use your mobile phone as coverage will be poor to non-existent for significant parts of the challenge.

Wi-Fi will also be very limited along the route. More information can be found on Wi-Fi availability at the hotels and camps we stop at in the Accommodation Information Document.

There will be the opportunity to charge electrical items at hotels so make sure you bring the appropriate travel adapter for the country.



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## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Travel insurance	£37
Spending money	£200 - £250
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach.

**Average costs** - The cost of a can of beer on the trail is about £7 and in the pubs in Reykjavik it is up to £10, however, it is possible to find happy hours and if you do you can half this cost. Souvenirs in Reykjavik are beautiful but pricy. There may be an opportunity, depending on your flight times, to shop on the final day of the trip and certainly at the airport.

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

## TIPPING

Tipping your crew is appropriate, customary and always appreciated. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. We recommend around £30 from each person but this does depend on your budget, and what you feel is appropriate.



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## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 1 (Challenging).

You should feel confident in your ability to walk a full day in hilly terrain for this challenge. The first day of the trek is likely to take around 9 hours and is a bit like climbing Ben Nevis in terms of difficulty. The second and third days are easier but it will certainly enhance your experience if you are reasonably fit, and your boots are broken in.

As mentioned previously this itinerary has been designed to maximise our chances of success, it is worth remembering it is not a race and one top tip you should follow is to trek at a slow steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

### Challenging

A 'Challenging' trek requires a good level of fitness. As a general rule they do not go into altitude, but there are exceptions! They usually involve varied terrain, with some tough long trekking days.

A mixture of hotels/lodges and camping are used, and we are usually never too far away from civilisation.

The weather may also be changeable.

## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential in order to complete these challenges and prior fitness preparation is a MUST! It is important that you are fit enough to complete the challenge.

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Challenging' and we strongly recommend training for this challenge.

### Our training tips include:

- Train in the hills and in particular, on short, steep sections. Lots of step training will also prove to be of massive benefit. If you haven't experienced aching feet then we suggest you probably haven't trained for long enough.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.



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## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK and knowledgeable and experienced local professional mountain guides to look after us.

An air conditioned vehicle/coach will transfer the group on days 1 & 4. A support vehicle will be used to transfer our luggage, tents and other equipment on each day, in addition to supporting an evacuation in the unlikely circumstance of an emergency.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders have as minimum a 16 hour Outdoor First Aid qualification.

## FOOD, WATER AND REFRESHMENT STOPS

All meals will be provided on the challenge from dinner on Day 1 to breakfast on Day 5.

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.

All dietary requirements can be catered for so long as we know in advance.

We will wake each morning at around 7am, then enjoy coffee or tea, freshly prepared hot porridge or yoghurt, granola or bread and various spreads. Before we leave for the day's trekking participants will be asked to prepare their own packed lunches using bread and fillings provided and also select from a range of snacks. This ensures that everyone gets what they want in their sandwich and as much as they need. We would usually plan to set off around 8am and return to camp well before it gets dark (5-6pm).

We don't have scheduled rest stops but we can stop at any time for water and snacks. Rest stops will be whenever needed and depend on the dynamics of the group.



Every morning you will fill your bottles from taps at the campsites. We will need to drink between 3 and 5 litres per day and will need to have enough containers for up to 4 litres during the day's trek. There are also some streams along the way so bring some purification tablets in case you run out. You should minimise the need to drink from glacial streams because the silt is not good for you.

We recommend you bring some of your own snacks. Tracker bars and fruit sweets such as jelly babies are ideal to give you an extra boost when you find the going tough.



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## TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

## COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

[customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com)



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DAY	TRANSFERS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
<b>Day 1:</b> Depart UK to Landmannalaugar	Approx. 4 hour transfer from airport to campsite.	N/A	N/A	<ul style="list-style-type: none"> <li>Upon arrival in Reykjavik we meet our local guides and take our transfer to the Blue Lagoon. The Blue Lagoon is Iceland's premier hot geothermal baths that are said to have wellbeing properties! This 'must see' attraction is out of this world and the perfect way to start our Icelandic challenge.</li> <li>We will then transfer to our first night's camp. On our transfer we pass Mt. Hekla, Iceland's most famous active volcano. 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 approx. 600m above sea level.</li> <li>We will spend the afternoon in Landmannalaugar getting acquainted with our surroundings and relaxing in the hot springs!</li> </ul>
<b>Day 2:</b> Landmannalaugar to Álftavatn	N/A	Tough	<b>Distance Trekked:</b> 24km  <b>Trekking time:</b> 8 – 10 hours	<ul style="list-style-type: none"> <li>We start our challenge early this morning and trek through the rough lava field of Laugahraun.</li> <li>From here we ascend the beautiful hills by the colourful mountain Brennisteinsalda and onto a plateau. The colours are out of this world!</li> <li>Ancient rivers and streams mark the land so we will be going in and out of small gullies quite often. Also at this point we can expect snow piles that we'll have to traverse.</li> <li>We continue our trek along the hills of Reykjafjöll, through gullies until we get to Jökultungur - where the landscape changes to dark tuff mountains and shining glaciers.</li> <li>We'll then descend into a green oasis - a pleasant contrast after the rough landscapes we've left behind. From here we trek to our campsite on the northern shore of the picturesque Lake Álftavatn, a very tranquil place.</li> </ul>
<b>Day 3:</b> Álftavatn to Emstrur	N/A	Challenging	<b>Distance Trekked:</b> 16 km  <b>Trekking time:</b> 6 – 7 hours	<ul style="list-style-type: none"> <li>A slightly less challenging day. We'll trek Brattháls hill and head east to the Hvanngil gorge where we have to cross the Bratthálskvísl River on foot - a change of footwear is required today!</li> <li>We continue our trek to Kaldaklofskvísl, from here we will head for the hut and campsite of Emstrur and on our way we cross the river of Bláfjallakvísl once more.</li> <li>We push on with our trek and cross between two sandy hills, where we'll soon see our destination for the night.</li> <li>If people are up for a nice evening walk after dinner we can take a peek at the unbelievable Markarfjótsgljúfur Canyon. The canyon is 200 metres deep and the powerful Markarfjót River flows through it.</li> </ul>



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DAY	TRANSFERS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
<b>Day 4:</b> Emstrur to Thórsmörk	Approx. 4 hour transfer at the end of the day back to Reykjavik.	Challenging	<b>Distance Trekged:</b> 15 km  <b>Trekking time:</b> 6 – 7 hours	<ul style="list-style-type: none"> <li>▪ We start our day trekking down a crooked path to the Syðri Emstruá River which we'll cross via a bridge.</li> <li>▪ After our crossing we'll head south to an area called Almenningar. The landscape starts to change once again and we'll see peaceful streams covered in arctic birch and flowers.</li> <li>▪ After more refreshing river crossings we leave Almenningar behind and enter the Thórsmörk valley, a beautiful woodland area with stunning landscapes that are truly inviting.</li> <li>▪ From the valley we have a 40 minute walk to Langidalur hut. This is a wonderful part of the valley, as vegetation has spread over the area. Thórsmörk is undeniably one of the pearls of Icelandic nature – an amazing place to finish to our Iceland challenge!</li> <li>▪ After celebrating our achievements, we take the transfer to the bright lights of Reykjavík for a celebratory dinner and party Iceland style!</li> </ul>
<b>Day 5:</b> Reykjavik to UK	Approx. 25 minute transfer to the airport.	N/A	N/A	<ul style="list-style-type: none"> <li>▪ We will take an early transfer to the airport to catch our flight home.</li> <li>▪ We arrive back into the UK, say our final goodbyes as a group and make our onward journey home.</li> </ul>



