

TREK ICELAND – GLACIERS, VOLCANOES, GEYSERS

 **actionchallenge**
challenge events worldwide



ITINERARY

Iceland is a dramatic land of volcanic fire, geyser water and glacial ice and on our 7 day adventure / 5 day trek, the wild volcanic landscapes, mountains, glaciers, hot springs, geysers and waterfalls will all be seen. In the land of midnight sun adding to this eerie atmosphere, we experience the diverse and stunning scenery of an un-spoilt wilderness.

DAY 1 DEPARTURE

On arrival into Keflavik airport we are met by our guides who are going to be with us over the next few days, before transferring to our refuge, approximately 3 hours away in the beautiful Southern Highlands. En route we become acquainted with our new surroundings and enjoy views of lunar like landscapes including Hekla, Iceland's most famous volcano. We arrive at our refuge in Landmannahellir and this evening we enjoy a welcome dinner. It will feel strange going to bed tonight as there is almost 24 hour daylight in July – black out eye masks are highly recommended!

DAY 2 LANDMANNALAUGAR 13.5KM

We depart from Landmannahellir 590m and trek across fields before skirting round the edge of glistening Lake Lodmundavatn. After lunch our trail continues through magnificent lava fields scattered with large eerie boulders. We then drop down to a gorge and exit into a flat sandy plain and we trek along the shores of Lake Frostastaoavatn before ascending the penultimate hill. The last stretch of the day is a steep descent passing the geothermal pools for which this area is known. Overnight camp at Landmannalaugar 575m.

DAY 3 ÁLFTAVATN 25KM

After an early breakfast we begin our challenge by trekking through lava fields and contrasting stark snow fields. Eventually we reach Stórihver, a huge hot spring set in the middle of a field of vents where we stop for some lunch. In the afternoon we experience another change in landscape as we venture through glistening fields of black Opsidium rock all the way to our refuge at Alftvatn. After a long day we can refresh with a swim in the nearby lake, or simply relax in our beautiful surroundings before settling down to our second night under canvas.

DAY 4**EMSTRUR****15KM**

Today we leave the Rhyllite rock landscape and enter a glacial area where we trek through steep gorges and along mountain trails, wading through cold streams that run off the mighty Myrdalsjokull Icecap. All the while we enjoy spectacular views of the vast dramatic landscape. In the afternoon we make our descent to Hvanngil and on to Emstrur where our camp and a hot drink awaits us.

DAY 5**THORSMORK****15KM**

We enjoy spectacular views over to Markarfljot gorge before our route descends through the long, steep valley of Portmork between giant glaciers and raging rivers. Arriving into camp we enjoy a welcomed drink whilst taking in the dramatic landscape that has played host to our fantastic challenge over the last few days.

DAY 6**REYKJAVÍK****12-15KM**

And so to our last day of trekking in this geothermic wonderland. We start the day by hiking to the top of Valahnjúkur a breath-taking viewpoint from where we can see a panorama of Icelandic landscape. We walk along the river Markarfljót down to the canyon of Stakkholtsgjá, where our challenge ends! This afternoon we transfer 2 ½ hours by 4x4 bus back to Iceland's quaint capital with its traditional whitewashed wooden buildings and brightly painted houses. On arrival into Reykjavic, we toast our achievement with a celebratory dinner at a downtown restaurant. explore its vibrant nightlife and celebrate our achievements into the small hours. Tonight we stay in the Hotel Cabin in Reykjavík.

DAY 7**RETURN HOME**

Today we make our way back to Keflavik airport for our flight home.



LOGISTICS

COSTS OF CHALLENGE

From £1695 per person

For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Representative

Action Challenge medic

English-speaking local guides

All accommodation

All meals, except in free time

All participant and luggage transfers

All National Park fees

3 litres of water provided daily

All entrance fees as per the itinerary

Pre-event client support

NOT INCLUDED

Alcoholic drinks

Travel insurance

Visas

Local departure tax

Fuel supplement

TOTAL DISTANCE TREKKED

Approximately 80km

FLIGHTS

This event is based on a low cost airline (Easyjet) flight. There are daily flights to/from London.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

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RATING & FITNESS

This is a moderate/tough challenge and requires a good level of fitness.

ACCOMMODATION

We stay in 2/3* hotels in Reykjavik. Whilst trekking we camp and stay in mountain refuge style dorm accommodation. Upgrade to full dorm accommodation is possible.

FOOD

We will try and bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time. There will be picnic lunches en-route and evening meals will be at the refuge/camp.

WEATHER

Icelandic weather is unpredictable with bright, sunny days reverting to cold, wet and miserable conditions within a matter of hours. Rainfall in Iceland is fairly consistent throughout the year, with snow from September to May. Temperatures drop considerably as you go up into the mountains, particularly around the ice caps.