

LAUGAVEGUR HIKE

HIKING ADVENTURE IN ICELAND
JULY 10 - 15 2023





WELCOME

TO ICELAND

Following presentation showcases a once in a lifetime trip to Iceland by Viking Women an exclusive women travel group based in Iceland, operated by local women.

MEET THE TEAM!



Saga is the owner and CEO of Viking Women. She is born and raised in Iceland and has been working as a certified guide in Iceland for the past 9 years.

She has a passion for the outdoors and introducing traveler's to her home.

Saga is a driver guide, trekking and glacier guide with a wilderness first responder certification.

AT VIKING WOMEN WE USE A FLEET OF EXPERTS AS OUR TEAM OF LOCAL GUIDES FOCUSING ON WOMEN ONLY TRIPS.



Rebekka is a project manager at Viking Women and has been working in the tourism industry for over 10 years organising tailor made trips around Iceland.

Her passion is in experience design for all who want to experience Iceland in a unique way.

She is a driver guide, trekking and snowmobile guide with first aid certification.

ARRIVING TO ICELAND

You will land at Keflavík international airport,
a 45 min drive from Reykjavík city.

Below you will find a couple of options for
transit to Reykjavík from the airport.

[Flybus Airport Transfer](#)

[Hreyfill Taxi Service](#) (expensive, better to
share)

[Airport Direct Shuttle service](#)

We recommend arriving the day before or
earlier, not on the day when the tour starts.



MEETING POINT

BUS STOP ONE - CITY HALL

We will meet at bus stop number 1 in front of the city hall in downtown Reykjavík at

07:10 sharp on July 10 ready to depart at 07:30 with the highland bus. Be dressed ready for the hike and have everything you need for the day in your daypack.

This is a public bus so there will be other travellers with us.



After about one hour of a bus ride the bus will stop on the way in Hella town for 40 minutes. There we will put all our main luggage and food boxes in the luggage transporter which will transport it to our next hut; Hrafntinnusker. You will not be able to reach to your luggage until we arrive to the hut in the afternoon. Make sure you will NOT put your daypack in the luggage transporter as you will need for the hike.

We will arrive in Landmannalaugar around 11:30, have lunch, use the bathroom and then start the Laugavegur hike.

LANDMANNALAUGAR



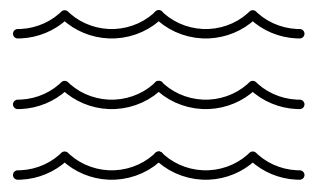
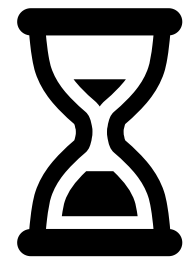
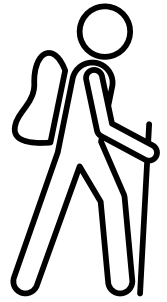
HRAFNTINNUSKER

DISTANCE: 12 km/7,5 mi

ASCENT: 470 m/1540ft

WALKING TIME: 4-5 hours

RIVER CROSSING: zero





HRAFNTINNUSKER HUT

The hut accommodates 52 persons on two floors. On the ground floor there is an entrance hall, a kitchen (with utensils, gas stoves and cold, running water) and a dormitory. On the loft there is sleeping bag accommodation with mattresses. The dormitory has single bunks and double bunks (with mattresses).

A toilet with latrines and sinks is behind the hut and a big patio surrounds the hut and connects the hut and the latrines. There are no showers in the area.

HRAFNTINNUSKER



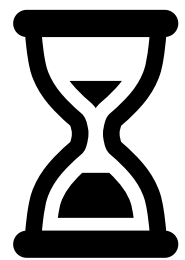
ÁLFTAVATN



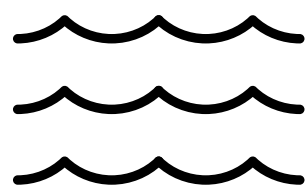
DISTANCE: 12 km/7,5 mi



DESCENT: 490 m/1690ft



WALKING TIME: 4-5 hours



RIVER CROSSING: one





ÁLFTAVATN HUT

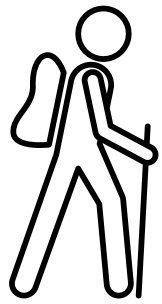
There are two mountain huts by lake Álftavatn, for a total of 72 persons in sleeping bag accommodation. The bigger house has two floors and houses 38 people. Downstairs there is a hall, an open kitchen, dining room and four bedrooms. Upstairs there are two dorms. The smaller hut is divided into a kitchen and a dorm room with tables and chairs where 36 people can sleep.

The two huts are connected by a patio that also leads to the toilet house used by the huts and the nearby camping site. The showers (accessible for a fee) are located in the toilet house.

ÁLFTAVATN



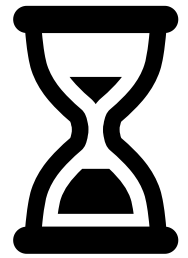
EMSTRUR



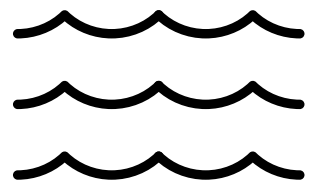
DISTANCE: 16 km/10 mi



DESCENT: 40 m/130 ft



WALKING TIME: 5-6 hours



RIVER CROSSING: two



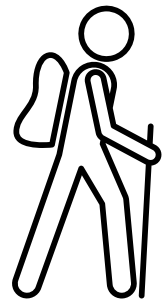


EMSTRUR HUT

There are three small huts that can accommodate 60 persons in total. They are all equipped with gas stoves, utensils and running cold water. The huts are all the same. From a small hall you walk directly into a dormitory with bunk beds where a small open kitchen is also located plus some chairs and tables. Each of the three huts houses 20 people in 10 double bunk beds. The huts are connected with a patio that also connects to the toilet house. The showers (accessible for a fee) are located in the toilet house.

Plan B hut is Mosi hut, located 5 km west of Emstrur. It is a similar hut to Emstrur, only bigger and groups have the hut all by themselves. No showers in Mosi hut.

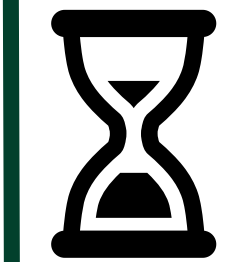
EMSTRUR
⇓
ÞÓRSMÖRK



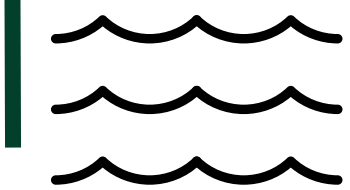
DISTANCE: 17 km/10,5 mi



DESCENT: 300 m/985 ft



WALKING TIME: 6-7 hours



RIVER CROSSING: one





ÞÓRSMÖRK LANGIDALUR HUT

The hut is big and roomy and accommodates a total of 75 persons on two floors. On the ground floor there is a spacious entrance, two kitchens, one big and one small, both fully equipped with all utensils and a running cold water, a big dining hall, and two sleeping halls with bunk beds. On the upper floor there are more bunk beds located in three separate quarters. A big patio with a big barbeque grill and tables and chairs connected to a toilet and shower house with a path. The showers are accessible for a small fee.

Day 5

ÞÓRSMÖRK

Today we will do a hike in the most beautiful place in Iceland; Þórsmörk.

This area has multiple trails in all shapes and sizes. Your guide will pick the best one for your group depending on weather and the groups energy.

We highly recommend hiking up to

Magni and Móði craters up in Fimmvörðuháls, or do the magical Tindfjallahringur circle.

In the evening you will celebrate with a BBQ!





LAST DAY

ÞÓRSMÖRK - REYKJAVÍK

We spend the morning in Þórsmörk and visit the Sönghellir cave (Song cave), climb up the small mountain of Valahnúkur from where this magnificent view can be enjoyed, visit Húsadalur hut area and then pack our bags. At 14:30 it's time to depart with the highland bus. You will arrive back in downtown Reykjavík around 18:30.

WHAT TO WEAR

ON A GOOD DAY LIKE THIS →

- Good hiking boots that are waterproof
- Hiking pants or leggings
- Hiking socks
- Thermal top or lightweight T-shirt
- Mid layer
- A buff (optional)



In your daypack – large enough to carry all the items listed below (around a 25-40L bag).

- A warm hat, cap, and gloves
- Waterproof jacket and waterproof pants
- Sunglasses
- Water Bottle or water bladder
- Sunscreen
- River crossing shoes
- Food and snacks for the day, provided by Viking Women
- An extra fleece sweater or down jacket to put on when we stop for breaks
- Hand sanitiser
- Hiking poles (optional)
- Camera – (optional but recommended)

IN YOUR LUGGAGE

- Sleeping bag (doesn't have to be in your luggage, just attached to it somehow)

Recommended:

- Travel pillow
- Underwear and socks
- Extra clothes for the trail
- Extra clothes for the huts
- Medicine
- Hygiene and beauty products
- Towel
- Headlamp or a flashlight
- Powerbank to charge your devices
- Earplugs and a sleeping mask
- Cash or a debit/credit card

The Huts

On this adventure, you'll spend your nights in simple mountain huts in dormitories with single and double bunk beds or mattresses. The huts are well-heated.

In some huts, single participants might need to share a double mattress. A sleeping bag is necessary. You can rent a sleeping bag in Reykjavík

The huts are equipped with gas stoves, kitchen utensils, and running cold water. Toilets are in separate huts.

There are a few opportunities to buy refreshments, snacks, or necessities during the trek. Most huts sell some necessities like earplugs, second skin, band-aids, crisps, soft drinks, and some sweets. In Álftavatn, there is a tiny highland restaurant. On the last night in Thorsmörk, you can stop by a small shop where you can get wine, beer, sodas, and snacks.

All huts except for the one you'll spend your first night in have showers, and they cost 500 ISK for 5 minutes. You will get a ticket or coins at the warden's huts, where you can pay with cash or card.

There is no electricity in any of the huts along the way, thus no means of charging electronic devices. Make sure to bring enough power with you. Battery packs are sold at the huts.

For obvious reasons, there are no hair dryers available in the huts.

Phone connection can be unstable on the trail and you might have to go to the nearest hilltop to find a network. It is not possible to connect to WiFi in any of the huts, but you might be able to connect to 3G in some of them as well as along the trail.

However, your guide will have access to the huts wifi and in emergencies, she can let you connect to the wifi.

Food

Food is important to your guides. Good and nourishing food makes a good trip even better. All meals and snacks whilst on the trek are included in the tour price. All food is purchased in Reykjavik, with an emphasis on fresh produce and relatively simply prepared meals.

Local specialties predominate, including excellent sea-fish, Icelandic lamb, and salmon. For breakfast, porridge with fruits and various toppings. Snack items and sandwich materials will be made available so that group members can make their sandwiches for the hike.

Your guide will prepare your evening meals, but help with cutting vegetables and doing the dishes is appreciated.

The lack of space and facilities in the huts make it difficult for your guide to prepare numerous complicated dishes. We can cater to vegetarians and those with allergies.

Please remember to bring your own water bottle. The tap water in the huts is very pure and does not need to be filtered. There are also numerous streams and rivers on the way where bottles can be refilled.

Your guide will also prepare some trail snacks for each day's hike, but feel free to bring your own snacks and drinks for the tour.

Luggae

Your main luggage will be transported by transport vehicle, the one on page six, and you will not have access to it until you reach the huts in the afternoon. Everything needed for the day's trek must be in your day backpack. Please try not to bring a hard suitcase. A soft duffel bag, around 60L, is preferable. If you bring a hard suitcase, don't bring a gigantic one as there is not much space in the huts.

There are luggage lockers at four centrally located places in Reykjavik where you can store your extra luggage,

<http://www.luggagelockers.is/>.

The trail and river crossing

The trail is not paved but in some places paths have formed. It is sometimes a bit rocky but easily accessible to those used to hike in uneven terrain. Participants will need to cross rivers every day except on the first day. The water level in the rivers changes from time to time due to seasonal conditions. In some cases we will be able to step from stone to stone to get to the other side. In other cases we will need to take our shoes and socks off, put on river crossing shoes and wade the rivers. Neoprene socks and sandals or neoprene shoes (beach shoes) are the best choice.

Your guide will provide you with advice on river crossing as well as help you to cross the river. Trekking poles might come in handy when wading rivers as well as crossing with a partner.

TAKK FYRIR

OUR WAY OF SAYING
THANK YOU.

We at Viking Women are happy to adventure with you around this mystical island in the North Atlantic and look forwards to creating unforgettable memories together!





VIKING WOMEN

