



INTERNATIONAL  
MOUNTAIN CLIMBING  
SCHOOL

# ICELAND TREK LAUGAVEGUR & FIMMVÖRÐUHÁLS

July 15 – 23, 2026

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# IMCS ICELAND TREK LAUGAVEGUR & FIMMVÖRÐUHÁLS

## Dates

July 15-23, 2026

## Route

Laugavegur & Fimmvörðuháls (6 days trekking, 9 days total)

## Accommodations

lodging included in Reykjavik; simple mountain huts

## Group Size

6-10 trekkers

## Distance & Elevation

80 km and 600 m of elevation

## Guides

IMCS Lead Guide and Professional Icelandic Local Guides

## Experience the incredible landscape of Iceland!

Join the International Mountain Climbing School Guide Craig John for an incredible trek of the Laugavegur and Fimmvörðuháls trails in Iceland, experiencing stunning landscapes, canyons, mountains, and waterfalls.

Trekking in the southern highlands, from the geothermal hot spots in Landmannalaugar to the lush green landscape in Þórsmörk valley, is even more beautiful in person. We'll take you in between vibrant yellow rhyolite mountains, over black sand deserts and past majestic canyons during this adventure. In the evenings, you will relax and rejuvenate in cozy mountain huts and enjoy delicious Icelandic meals.

The magical and diverse landscape, combined with the long and bright Icelandic summer days, will capture your nature-loving heart. It is not a coincidence that this trail was named as one of the 20 best treks in the world by National Geographic.



## Why Choose IMCS

- **Decades of Guiding Experience:** Our world-renowned IMCS guides have led hundreds of treks and expeditions worldwide.
- **Ethical and Expert Local Support:** You will be joined by an in-country team of guides designed to ensure your trek is safe and successful.
- **Small Group, Big Experience:** With only 6–10 climbers, you'll receive personalized attention and foster a strong team dynamic.
- **Safety First:** Daily health checks, supplemental oxygen, and emergency evacuation plans are standard.
- **Complete Support:** From pre-trip training plans to packing guidance, we help you every step of the way.



### **Craig John** **IMCS Lead Guide**

Craig John is a world-renowned mountain guide, with 60+ expeditions to Alaska, the Himalaya, the Andes, and beyond.

# Named one of the 20 best treks in the world by National Geographic



The Laugavegur and Fimmvörðuháls Trek traces **one of Iceland's most iconic highland corridors**, linking the geothermal valleys of Landmannalaugar with the lush lowlands of Þórsmörk, before crossing the dramatic volcanic pass between Eyjafjallajökull and Mýrdalsjökull.



## Daily Trekking Expectations

- **Distance:** ~6–15 miles per day
- **Time on trail:** 4-7 hours daily (including breaks)
- **Elevation gain/loss:** Rolling terrain with some sustained climbs and descents
- **Pace:** Moderate, with regular rest stops and a supportive group rhythm

# Expedition Overview

## Day 1–2 | Arrival & Orientation

- Arrival in Reykjavik. Transfer to hotel.
- Pre-trek briefing and gear check.
- Relax or self-tour in the afternoon. Group Dinner.

## Trek Day 1- Reykjavik – Hrafninnusker

- Take the public bus from BSI bus terminal at 07:00, passing by the Hekla volcano and other volcanoes in the Dómadalur area.
- Arriving in Landmannalaugar at noon, we have a lunch and then head south into the mountains.
- The trail takes us past small gorges, steaming hot springs and yellow mountain ridges.
- Arrival at Hrafninnusker mountain hut, where we will stay the night, in the late afternoon.
  - **Distance:** 12 km (7.5 mi)
  - **Walking time:** 4 – 5 hrs
  - **Ascent:** 470 m (1540 ft)

## Trek Day 2 - Hrafninnusker – Hvanngil

- Descend down in the gullies of Jökultungur with hundreds of steaming hot springs and mud pools.
- Enjoy fascinating views to the south of the Álftavatn area (Swan Lake), and the Mýrdalsjökull and Eyjafjallajökull glaciers.
- In the afternoon we arrive at Hvanngil hut where we stay the night.
  - **Distance:** 16 km (10 mi)
  - **Walking time:** 6-7 hrs
  - **Descent:** 490 m (1610 ft)

# Expedition Overview

## Trek Day 3- Hvanngil – Emstrur

- We pass at the foot of the green conic volcano of Stórasúla before entering the black deserts of Mælifellssandur.
- Heading towards another ancient and verdurous volcano, the Hattfell, we enter the Emstrur region where farmers used to graze their sheep in summer.
- Before arriving at the Botnar hut where we stay the night, we visit the magnificent Markarfljót canyon cut almost 200 m down into the rocks south of Hattfell.
  - **Distance:** 12 km (7.5 mi)
  - **Walking time:** 5 – 6 hrs
  - **Descent:** 40 m (130 ft)

## Trek Day 4- Emstrur – Þórsmörk Básar

- We continue up and down through the small valleys and gullies of Emstrur, where the great Mýrdalsjökull glacier rises only a couple of kilometers away.
- As our hike is coming to an end for the day, we descend into Þórsmörk's (the woods of Thor) green valleys filled with arctic birch forests and colorful flowers.
- Reorganize pack for overnight in remote Fimmvörðuháls hut.
  - **Distance:** 19 km (11 mi)
  - **Walking time:** 6 – 7 hr
  - **Descent:** 300 m (985 ft)



# Expedition Overview

## Trek Day 5- Básar – Fimmvörðuháls

- We start the hike in the magic landscapes of Goðalönd, the abode of the Gods. Nesting at the foot of two glaciers is a wonderland of ridges and cliffs covered by a multitude of flowers and grasses.
- We continue up the hills leading to the pass of Fimmvörðuháls enjoying the view of the lava stream that flowed down from the Fimmvörðuháls volcano in March and early April 2010.
- As we gain height above Morinsheiði we come to the two craters Magni and Móði.
  - **Distance:** 12 km (7.5 mi)
  - **Walking time:** 4 – 5 hrs
  - **Ascent:** 900 m (2953 ft)
  - **Descent:** 900m (2953 ft)

## Trek Day 6- Fimmvörðuháls – Skógar – Reykjavik

- We continue up and down through the small valleys and gullies of Emstrur, where the great Mýrdalsjökull glacier rises only a couple of kilometers away.
- As our hike is coming to an end for the day, we descend into Þórsmörk's (the woods of Thor) green valleys filled with arctic birch forests and colorful flowers.
- Reorganize pack for overnight in remote Fimmvörðuháls hut.
  - **Distance:** 12 km (7.5 miles)
  - **Walking time:** 5 – 6 hrs
  - **Descent:** 1000 m (3280')

## Departure Day

- Transfer to hotel. Departure from Reykjavik.

# Packing List Highlights

**A detailed packing list will be sent after booking.**

**Gear included with your trip:**

- Group tents, dining setup, tables/chairs, kitchen gear, porter services, meals.

**You Bring:**

- 30–45 L daypack
- Sleeping bag (rated to 0°F or colder)
- Insulated down jacket, waterproof shell, hiking boots
- Trekking poles, gloves, hats, gaiters
- Headlamp, personal toiletries, small medical kit



# Practical Information

## Luggage

Luggage will be transported by vehicle and participants will not have access to it until they reach the accommodation in the afternoon. Please advise not to bring hard suitcases, duffel bag is preferable and do not exceed 18 kg per person. There are luggage lockers in centrally located places in Reykjavik where you can store your extra luggage <http://www.luggagelockers.is/>.

## Food

The food is purchased in Reykjavik, with the emphasis on fresh product and easily-prepared meals. The trip leader, will prepare the group's evening meals and will be grateful for any assistance from group members. Local specialties predominate, including excellent sea-fish and Icelandic lamb, as well as fresh Arctic char.

Breakfasts consists of porridge, muesli, bread, jam, cheese, ham, tea and coffee. At breakfast, snack items and sandwich materials will be made available for the group members to make their own lunch packs.

Please note that there are very few possibilities to buy refreshments, snacks or drinks in the huts or anywhere during the trek.



# Accommodations

## Mountain Huts

Dormitory style rooms with single and double bunk beds or mattresses. In some huts, single participants may need to share a double mattress. A sleeping bag is necessary and can be rented upon request.

Huts are equipped with gas stoves, kitchen utensils and running cold water. Toilets are in separate huts at each location.

Showers are available in all huts except for the first night of the trek. The fee to use these is 500ISK (~\$4) per 5 minutes payable by cash or card) at the warden's hut. You will receive a ticket or coins in exchange for using these facilities. Please note that hair dryers are not available at the huts.

As there is no electricity in any of the huts along the way, there is no means of charging electronic devices through power outlets. Please make sure to bring enough power banks with you. Battery packs are also sold at the huts at your own expense.

## Hrafntinnusker

This hut accommodates 52 people 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 charcoal grill can be found outside.

A toilet with latrines and sinks is behind the main hut, with a big patio surrounding the hut and connecting the hut and the latrines. There are no showers in the area. Since the hut is almost inaccessible by vehicle, all guests are asked to take their trash with them and leave nothing behind at the hut.

# Accommodations

## Hvanngil

The hut in Hvanngil can accommodate up to 60 persons in total, in four dormitories. The hut is on two floors with a nice patio with picnic tables outside. On the ground floor there is a small kitchen and two dormitories, each equipped with bunk beds, tables, and chairs. On the upper floor there are two more rooms with mattresses, tables, and chairs.

The kitchen is equipped with gas stoves, utensils and running cold water, and charcoal grill can be found on the patio outside. The restrooms can be found in a separate house, as well as showers (accessible for a fee).

## Emstrur – Botnar

There are three small huts that can accommodate 60 people 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 also connected to a patio that leads to the toilet house. The showers (accessible for a fee) are found in the toilet house.



# Accommodations

## Thórmsörk – Básar

At Básar, two cabin style huts are available. The first consists of two floors; the 1st floor is an open dormitory for up to 25 people with restrooms and showers located within this building. In addition, there is a large, shared kitchen with utensils and a cooling room for keeping perishables.

On the second floor is an open dormitory of up to 35 people, and additional beds for children accompanying adults. The second cabin consists of a dormitory for up to 20 people. This cabin also has a shared kitchen facility and a private outside deck, with picnic tables.

## Fimmvörðuháls - Fimmvörðuskáli

Fimmvörðuskáli hut is conveniently situated almost at the highest point of Fimmvörðuháls, midway between Skógar and Þórsmörk (Básar). Please note that the altitude of Fimmvörðuháls is more than 1.000 meters. In such an altitude weather can change quickly, even during the summer. Make sure that your clothing and equipment is adequate for any circumstances, check the weather forecast. The hut can accommodate 20 people in bunk beds and on mattresses on the loft.

The hut is equipped with dry-WC, gas stove and kitchenware. There is no water supply in the hut. The only water is from rain on the roof and melting snow. Therefore, you need to bring your own drinking water.

## Availability

Please note that all arrangements are subject to availability upon booking. As soon as you pay a deposit we will go ahead and make all the necessary reservations. Please book as soon as possible to minimize the risk of availability problems.

# Preparation & Fitness

This hike is challenging and is suited for those that are physically active and have some background in basic traveling in mountainous terrain with a light backpack. You can expect to walk 6-7 hours per day.

## Recommended Pre-Trip Conditioning

- Regular hiking with elevation gain
- Back-to-back long walking or hiking days
- Strength training for legs, hips, ankles and core
- Cardiovascular conditioning (stairs, hills, cycling, running)

Consistency matters more than intensity.



## Training Tips

**Develop a plan** that can be incorporated into your current exercise regimen. Keep in mind that our guidelines have been gathered from personal experience and guest feedback and are intended as suggestions.

**Consider working with a personal trainer.** Working with a trained professional is the best way to physically prepare, as you can develop a program tailored to your strengths and weaknesses and learn the proper form to avoid injury and maximize workouts.

# Physical Demands of the Trek

this hike is challenging and is suited for those that are physically active and have some background in basic traveling in mountainous terrain with a light backpack. You can expect to walk 6-7 hours per day. It does not require technical mountaineering skills, but it does ask for steady endurance, comfort with uneven ground, and the ability to adapt to weather.

Participants will need to cross some rivers. 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. 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.

## Health Conditions to Consider and Discuss with Your Doctor

- Heart conditions
- Respiratory issues
- Joint problems
- High blood pressure
- Diabetes

## Terrain & Trail Conditions

- Rocky, uneven, and sometimes muddy trails
- Volcanic gravel, lava fields, and sand
- River crossings (generally unbridged; water can be cold)
- Snow patches or icy sections depending on the season
- Narrow trails with exposure in some areas

## Weather & Environmental Factors

- Strong winds are common
- Cold rain can occur even in summer
- Temperatures can shift quickly within the same day
- Limited shelter once on the trail

Being able to stay moving, warm, and mentally steady in less-than-perfect conditions is key.

**Remember:** The better prepared you are physically, the more you'll enjoy the experience. We can suggest a training regimen, and guide you on preparatory hikes in the Mount Washington Valley, North Conway, NH.

# Pricing, Payments & Cancellations

**Trip Total:** \$6,400

**Deposit:** \$1,000

## Payments

- \$1,000 non-refundable deposit / admin fee required to confirm booking
- Payments able to be made in installments
- Final payment due 90 days before departure date

## Cancellations

- We understand that life happens. However, the logistics involved in planning expeditions require a tremendous amount of administrative work and time.
- Any cancellation 120+ days prior to the first date of your expedition will be refunded in full, minus the non-refundable deposit
- If you cancel 120-90 days prior to the first day of your expedition you will be refunded 50% of the total, minus non-refundable deposit
- We are unable to refund if you cancel within 90 days of your trip
- No refunds will be given for unused hotel bookings due to schedule changes, late arrivals, etc.

## Cancellations Continued

- IMCS reserves the right to cancel an expedition prior to the departure date. In the event that the expedition is canceled based solely on an internal administrative decision by IMCS, you will receive a full refund minus the non-refundable deposit.
- IMCS Guides reserve the right to alter the route for safety/weather, and would substitute accommodations of similar standard if necessary. We will not compensate for unavoidable changes in the schedule.
- IMCS Guides have the final authority on all safety decisions and reserve the right to terminate the trek for a multitude of reasons. This may include safety, weather, conditions encountered on the route, your personal level of fitness or ability, the abilities of your teammate(s) or any number of other circumstances. There is no guarantee that we will complete the route. There are no refunds if the trek is terminated. Force majeure conditions apply. If we have to cancel the trip due to external factors, such as political upheaval, pandemics, terrorism, or cancellations imposed by foreign or domestic governments, we will not issue a refund.

# Inclusions, Liability & Insurance

## Inclusions

- All meals, hut reservations, and luggage transfers throughout the trek
- Group dinner in Reykjavik on July 16
- Lodging July 15, 16, and 22 in Reykjavik
- Airport transfers

## Not Included

- International flights to and from Reykjavik
- Trip cancellation and health insurance
  - IMCS recommends working with [Global Rescue Insurance](#) for trip insurance.
- Personal hiking gear
- All items of a personal nature such as additional meals, alcoholic and non-alcoholic beverages, activities not specified, curios, etc.
- All services and charges due to early departure from the route
- Any options not described in the itinerary
- All gratuities. Participants should be prepared for 15-20% of the trip's cost in tips.

## Liability

- Limited to gross negligence
- IMCS is not liable for third-party services
- IMCS is not responsible for loss/damage of personal items
- Guests are responsible for their own actions and are liable for willful damage to property/equipment
- Guests must follow guide instructions

## Insurance

- Comprehensive travel insurance is mandatory and must be purchased separately.
- Must include: Emergency medical evacuation (minimum coverage \$500,000); Trip cancellation; Mountain rescue; COVID-19 coverage
- Copy of insurance policy must be received 30 days before departure

## Marketing

- IMCS has the right to take and use photos/videos for marketing
- Client may opt out in writing

## Personal Responsibility

- Clients are responsible for making all necessary preparations to ensure good health and physical conditioning for this expedition. Prior to departure, you are required to familiarize yourself with all pre-departure information and gather appropriate clothing and equipment for your trek.
- Clients must maintain basic hygiene and treat both team members and local populations with respect. Guides retain the authority to remove any team member whose actions jeopardize the health or safety of others during the trip.

# Vaccines, Travel and Visas

## Travel Details

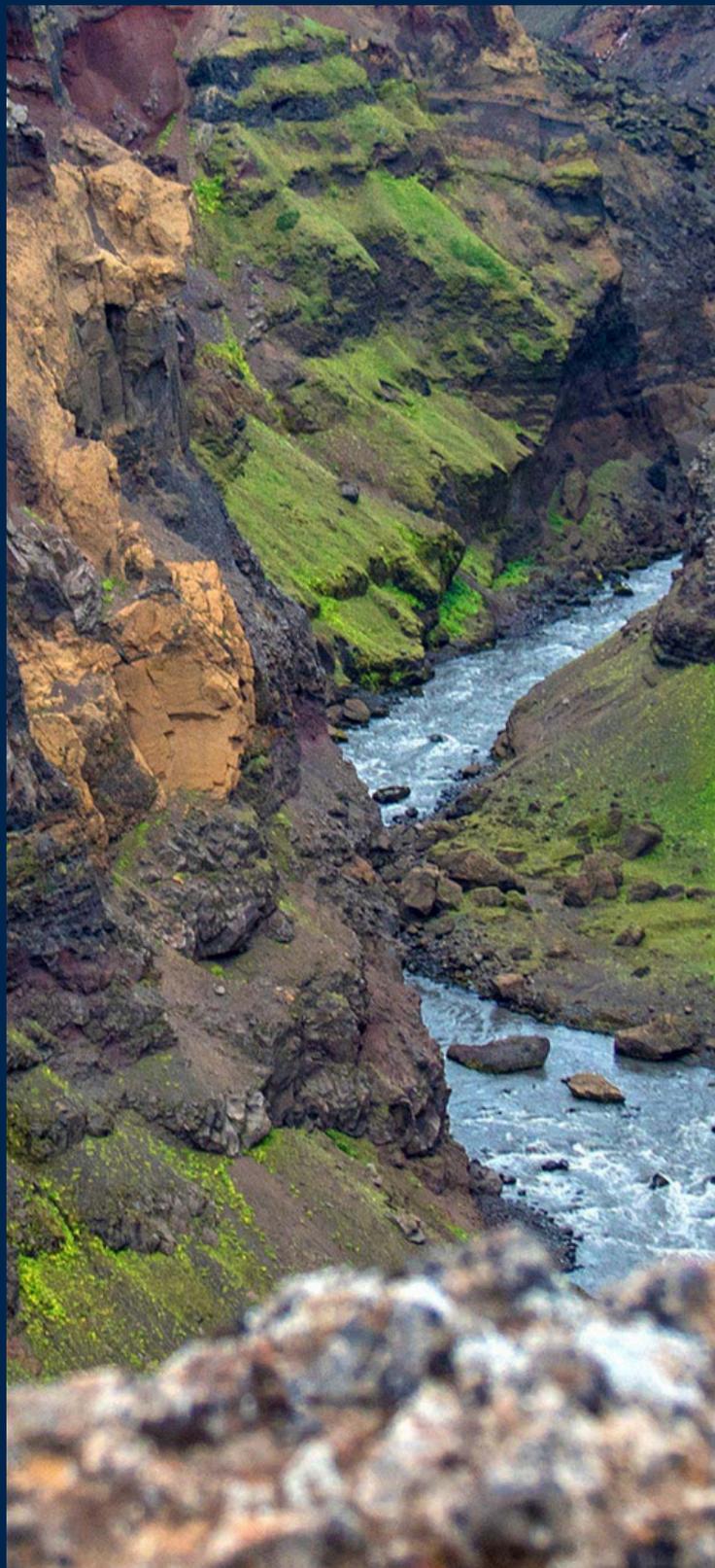
- Arrival airport: Keflavik International Airport (KEF).
- Suggested arrival date: July 15, 2026.
- Departure date: July 23
- We can recommend flights and assist with logistics.

## Visas & Passport

- Visa: Not required for stays less than 90 days
- Passport: Three months required, six months recommended beyond your planned date of departure from the Schengen area.
- Visit the US Department of State travel page for [Iceland](#) for more information.

## Vaccines & Medicines

- Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.
- Visit the [CDC page for Iceland](#) for more information. If you or your doctor need help finding a location that provides certain vaccines or medicines, visit the [Find a Clinic](#) page.



# Next Steps

1. Schedule your Discovery Call to discuss details and reserve your place.
2. Submit deposit to secure your spot.
3. Begin your training and preparation plan with guidance from IMCS!

> [Book Your Discovery Call](#)

> [Register Now](#)

## Let's Trek Together

Iceland is more than a trek – it's a journey that transforms the way you see yourself and the world. We're honored to guide you on that path.



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