

The challenge of a lifetime,  
for the charity of your choice...

# Iceland Remote Highlands Trek



01244 676 454

[globaladventurechallenges.com](http://globaladventurechallenges.com)

# Key Information

Duration: 5 days

Trekking Distance: Approx. 55 km

Challenge Grade: Tough ②

Location: Iceland

# Challenge Highlights

- Trek across vibrant coloured mountains
- Wade through glacial rivers
- Camp under the moon and stars
- Discover the stunning glaciers and raging rivers of Thórs mörk Valley
- Take a dip in the natural hot springs including a visit to the famous Blue Lagoon
- Celebratory meal in Iceland's charming capital Reykjavík

# The Challenge

Join us on this breath taking 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 – Thórs mörk 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!

## What's included

- Return flights from a London Airport to Reykjavík
- All accommodation
- Dinner on Day 1, breakfast, lunch and dinner on Days 2,3,4, and breakfast on Day 5
- Camping equipment – high quality 4 season tents
- Transfers
- Entrance fee to the Blue Lagoon
- Vehicles for back up and support (transfer of camping equipment and luggage)
- Local English speaking trekking guides
- Water for trekking
- Global Adventure Challenges Leader from the UK



# Get Signed Up!

The sooner you register, the sooner you can start training and fundraising. Just head over to our website [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) to get signed up, and leave your footprints across Iceland.



## Explore volcanic landscapes and great glaciers on this enchanting Icelandic trek!

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Landmannalaugar</b></p> <p>We depart the UK on our flight to Reykjavik, upon arrival we meet our local guides and transfer to our first nights camp.</p> <p>On our transfer we drive towards the highlands, passing Mt. Hekla, Iceland's most famous active volcano, which last erupted in the year 2,000. 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. We will spend the afternoon in Landmannalaugar getting acquainted with our surroundings and relaxing in the hot springs!</p>	<p><b>Landmannalaugar to Alftavatn</b></p> <p>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 onto 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. Also at this point we can expect snow piles that we'll have to traverse.</p> <p>We continue our trek along the hills of Reykjafjöll, through gullies until we get to Jökultungur - where the landscape changes from dark tuff mountains to shining glaciers. We'll then descend into a green oasis - a pleasant contrast after the rough landscapes we've left behind us. From here we trek to our campsite on the northern shore of the picturesque Lake Álfvatn, a place of great serenity.</p> <p><b>Trekking distance – approx. 24km</b></p>	<p><b>Alftavatn to Emstrur</b></p> <p>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 have to cross the Bratthálskvísl River on foot - there will be a changing of footwear required today!</p> <p>We continue our trek to Kaldaklofskvísl and cross the stream via the bridge, we'll then head for the hut and campsite of Emstrur and 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 a nice evening walk after dinner we can take a peek at the unbelievable Markarfljótsgljúfur Canyon. The canyon is 200 meters deep and the powerful Markarfljót River flows through it.</p> <p><b>Trekking distance – approx. 16km</b></p>	<p><b>Emstrur to Thórsmörk</b></p> <p>We start our days trekking down a crooked path to the Syðri Emstruá River which we'll cross via a bridge. After our crossing we'll head south to an area called Almenningar. The landscape now starts to change once again and we'll see peaceful streams covered in arctic birch and flowers. After more refreshing river crossings then we leave Almenningar behind us and enter the Thórsmörk valley, a beautiful woodland area with stunning landscapes that are truly inviting.</p> <p>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 to our Iceland challenge! After celebrating our achievements, we take the transfer to the bright lights of Reykjavik for a celebratory dinner and party Iceland style.</p> <p><b>Trekking distance – approx. 15km</b></p>	<p><b>Reykjavik</b></p> <p>We have some free time this morning before we take our transfer to the airport.</p> <p>We'll take a trip to the famous Blue Lagoon, 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 end our Icelandic challenge. We then catch our flight back to the UK.</p> <p><small>(Please note this is a complex itinerary and subject to change, including the daily distances in this brochure)</small></p>

# Your questions answered....

## Is this challenge for me?

ABSOLUTELY! This trek is suitable for people of all abilities, with the correct training! Minimum age requirement is 18 years old (or if aged between 14 and 17 you must be accompanied by a parent or legal guardian). Whether you're looking to take part as an individual or as part of a team you will be amongst other like-minded people with team spirit flying high.

## How fit do I need to be?

This challenge has been graded as tough (2) 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.

## What will the food be like?

Icelandic cuisine is influenced by both Scandinavia and Europe, 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 all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed.

## 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 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!

## What support is there on the trek?

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.

## Can I stay in Iceland after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first come first served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing [customer.care@globaladventurechallenge.com](mailto:customer.care@globaladventurechallenge.com). There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

## How do I go about raising the sponsorship?

Once you have signed up you'll receive a fundraising pack from your chosen charity to help you with your fundraising, you'll also receive a few tips and ideas from us to help you on your way.

## I'm interested - how do I sign up?

You can register online via our website at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and return it to our offices as soon as possible as places are limited and allocated on a first come first served basis. You are required to pay a registration fee at the time of booking on to your challenge. All costs and payment options are explained on the enclosed sheet and on our website. Once we receive your registration we'll send you a welcome pack full of helpful details and further information on what to expect in the lead up to and on your challenge of a lifetime. Your chosen charity will also be in contact with you to discuss your fundraising.

## Register Online Today!

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