



7-DAY ADVENTURE

## LAUGAVEGUR TREK – LITE

Iceland

Join Kandoo Adventures as we take on Iceland's most iconic journey, the Laugavegur Trek. Showcasing the most jaw dropping scenery of southern Iceland, this route will take you through the forests of Thorsmörk, across the Emstrur desert and to the summit of Bláhnúkur, the blue peak. We will spend 5 nights sleeping under canvas amidst staggering natural beauty and wide open spaces. At the start of the tour there is time to explore the capital city of Reykjavik with its mix of traditional and modern architecture, fascinating museums and delicious cuisine. On our 'Kandoo Lite' trips your service will end once you leave the group at the end of your trek, providing with you with more flexibility in your travels.

## TRIP HIGHLIGHTS

- Climb to the summit of Brennisteinsalda
- Explore the valley of Thorsmörk
- Camping in phenomenal locations
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### WELCOME TO ICELAND

Welcome to Iceland! We will meet you at our hotel in the capital city. Enjoy an evening to explore Reykjavik at your leisure. Why not join a walking tour of the city, visit the iconic Hallgrímskirkja, or perhaps try some authentic Icelandic foods such as fermented shark at Cafe Loki (other food options available!) A pre-trek briefing will be held this evening at your hotel.

Accommodation: **Hotel**

## DAY 2

### LANDMANNALAUGAR

This morning we head to the multi coloured massif of Landmannalaugar in the heart of the beautiful Fjallabak Nature Reserve. We travel 120 miles using a local bus, passing through outstanding scenery and native settlements. Make sure to keep an eye out for the Icelandic horses that arrived with the first Norwegian settlers 1100 years ago! On arrival we follow the famous Dómadalur route and stop to marvel at Hekla, one of Iceland's most active volcanoes. After we have set up camp, depending on the conditions, we can walk to Ljótípollur or climb Bláhnúkur. Ljótípollur means 'ugly puddle' but contrary to its name it is a stunning crater lake famous for its bright colours and visible lava layers. Bláhnúkur translates as 'blue peak' and is an impressive volcano with views of five glaciers from the summit in good conditions. This evening we can relax and take a swim in Landmannalaugar's warm river before bed.

Hiking time: **3 - 4 hours**

Ascent: **300 m**

Descent: **300 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 3

### BRENNISTEINSALDA

Today is our first full day exploring the extraordinary Landmannalaugar area. A world of active geothermals (prepare yourselves for the sulphuric smells), lava fields and Rhyolite Mountains. Get ready for a day of stunning views as we hike along the base of the mountains, past steaming hot springs. If you listen closely you can even hear the water bubbling below the surface! We will then make an exciting ascent up the Sudurnamur ridge and summit Brennisteinsalda, the most colourful volcano in Iceland. On our descent, we will explore the vast lava fields of Laugahraun and the beautiful Graenagil gorge, before ending the day by swimming in a warm river near our campsite.

Hiking time: **5 - 6 hours**

Ascent: **600 m**

Descent: **600 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 4

### THE LAUGAVEGUR TRAIL

This will be the first and only day we will be trekking on snow, even in August! We will journey through magnificent, orange streaked, rhyolite mountains and bubbling geysers, traversing the pockets of snow that sit between them. The contrast between rocky ash and stark white snow is a sight to behold! We will then explore the breath taking, glacier-topped volcano of Hrafninnusker and find ourselves in the heart of its vast collapsed caldera. Here we will have some lunch and take in the 360-degree view of this awe-inspiring landscape. Our hike proceeds to venture down Jökultungur, through a series of small hidden valleys where it is possible to catch glimpses of Iceland's three largest glaciers. Crossing the Grashagakvisl river we then make camp near the stunning Lake Alftavatn.

Hiking time: **7 - 8 hours**  
Ascent: **900 m**  
Descent: **950 m**  
Accommodation: **Camping**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 5

### THE EMSTRUR DESERT

This morning we begin to wander across the Emstrur Desert, which ironically begins with some river crossings. The first is the Brattthalskvisl river so get ready to roll up your trousers, pop your water shoes on and get your feet wet! Several crossings later, via traditional foot bridges or on foot, we then continue through the vast landscape of black sand. The ashen terrain is periodically interrupted by impressive, bright green, conical mountains. These lonely, imposing peaks jump out of their monochrome surroundings creating truly unique scenery. We will explore the impressive Hattafell cone before arriving at our campsite in a small valley tucked away in the beautiful Icelandic wilderness. Choose your hilly spot and pitch your tent for the night.

Hiking time: **5 - 6 hours**  
Ascent: **300 m**  
Descent: **300 m**  
Accommodation: **Camping**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 6

### THORSMÖRK VALLEY

A stone's throw from Emstrur, we will begin today with a visit to the impressive Markarfljót canyon, whose rapids roar from 200m below! The path then runs along this immense gorge, adorned with basalt columns, for a while before continuing South towards Thorsmök. Little by little, the landscape softens and takes on the appearance of an alpine arena. In the midst of arctic birches and birdsong we reach the pleasant valley of Thorsmörk, meaning 'The woods of Thor', at the foot of the Krossa river. This is where we will camp for the night.

Hiking time: **4 - 5 hours**  
Ascent: **500 m**  
Descent: **700 m**  
Accommodation: **Camping**  
Meals included:  
**Breakfast / Lunch / Dinner**

## DAY 7

### REYKJAVIK

On our final trekking day, we will begin in the surreal setting of "The woods of Thor" and wander through unrivalled scenery.

From black canyons streaked with fluorescent green to the volcanic landscape sculpted by the wind and the spray, the steel-coloured rivers and the sparkling ice cap of Myrdallsjökull, will once again have you amazed. As evening begins to fall, we will then load the bus to return to 'civilization' in Reykjavik.

On arrival back in Reykjavik, you will say goodbye to the group and continue on your onwards travel.

Hiking time: **4 hours**

Ascent: **200 m**

Descent: **200 m**

Meals included: **Breakfast / Lunch**



# TRIP INFORMATION

## DIFFICULTY

This trek is of **moderate difficulty**. You will be required to walk continuously for 6 days, possibly in very cold and wet weather on well trodden paths. The maximum ascent and descent in a single day is 950m. Iceland is notorious for it's adverse weather conditions which can make hiking feel much more challenging. We would recommend heading out into your local hills in the months leading up to your trip to get used to being out for 6-7 hours per day.

As well as hiking you will also be packing away and putting up tents, assisting with cooking and fetching water. There are no porters, cooks or waiters on this trip, you are part of the expedition and must do your share of the work. Although this makes the adventure more demanding, it also adds to the enormous sense of satisfaction and achievement at the end of your journey.

If you have any questions about your suitability or how to prepare for this trip please do not hesitate to contact us.

## FOOD & DRINK

This trip is full board while trekking. We are proud of the varied, fresh and frankly delicious food we provide on our camping trips. Meals are produced with a selection of local products and you will have the opportunity to try Icelandic delicacies such as Skyr, smoked salmon and leg of lamb.

Each day will start with a hearty breakfast accompanied by plenty of tea and coffee. Between us, we will prepare and carry a picnic lunch for the day including salad, sandwiches, fruit and cakes among other options. Each three course evening meal includes meat, fish and vegetables. We offer fresh fruit and vegetables everyday.

Your help in the kitchen is expected and much appreciated, particularly in the evenings with food prep and washing up. We like the whole group to work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together.

Alcohol is very expensive in Iceland and you can only buy beer which is stronger than 2.25% in state run liquor stores. If you want to enjoy an evening drink after your days adventures, we recommend buying Duty Free alcohol in the airport. The tap water in Iceland is of a very high quality.

Please let us know about any dietary requirements when you book your trip, we will work with you to cater for your needs.

## ACCOMMODATION

We provide a high quality 3 man tent per 2 people to allow for maximum space and comfort. We will also provide a self inflating sleeping mat per person and a dining tent for use at meal times and as a communal area.

You will be required to pitch your own tent and assist with the set up and pack down of camp each day. This is a team effort so the more stuck in you get, the less time it will take.

Campsites will normally have hot showers available for a small fee and clean western style toilets. Toilet roll is usually provided but you may wish to bring your own as a back up. Electricity is not always available and you will be charged a small fee for charging.

In Reykjavik we stay in comfortable hotel accommodation in twin rooms with en-suite bathroom facilities.

## TRANSPORT

Our "Lite" trips do not include airport transfers.

A local bus is used to take you to the start of the trek.

## LUGGAGE

During the trek you will be required to carry a small daypack with your lunch, spare clothing (we strongly suggest this includes water shoes), water and any medical supplies or personal items. You should also bring a larger 80-90 litre duffel bag for the bulk of your luggage which will be transported by vehicle. Your large bag must be flexible and not a rigid suitcase.

Please note: the roads and tracks that the luggage transfer driver will have to navigate are sometimes difficult to access due to river crossings, snow or poor conditions. This may mean that on some days you may reach camp before them.

## HOW DO I GET THERE?

You will need to arrive in Reykjavik on Day 1 of your itinerary. Reykjavik's international airport is called Keflavik (KEF) and is located 48km outside the city. The journey from the airport into the city will take around 45mins. Reykjavik's city airport is used for domestic flights only.

From the UK, there are direct flights to Keflavik from London Heathrow (LHR) with British Airways and Icelandair. Easy Jet also offer direct flights from London Luton (LTN), Manchester (MAN) and Edinburgh (EDI). The flight time is roughly 3 hours depending on which airport you depart from.

For those traveling from the USA, Icelandair have direct flights from New York (JFK), Boston (BOS), Washington (IAD) and Seattle (SEA). Delta offer convenient flights via New York from San Francisco (SFO), Los Angeles (LAX), Phoenix (PHX) and Atlanta (ATL).

A national shuttle bus called *Flybus* runs from Keflavik airport to Reykjavik. It departs 30-45 minutes after each flight arrival and is located right outside the arrivals terminal. Tickets cost £20 / \$27 and you can either buy a ticket beforehand on the [Flybus website](#) or once you've landed at the Flybus desk in the arrivals terminal. If you choose the Flybus+ option you can also choose to be dropped off at your hotel for an additional fee. On departure, please choose your pick up time for 3-4 hours before your plane departure. This should give you enough time to get through the airport and onto your flight. You can get on at any of the numerous Flybus stops or again choose to be picked up from your hotel with the Flybus+ option. If you choose this option please be ready to depart from your hotel 30 minutes before your chosen time.

## Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips whilst in destination. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

[eC02 Flights Calculator](#)

## PRE-TREK BRIEFING

This is held on Day 1 when you arrive into Reykjavik at your pre-trek hotel and is a good opportunity to clarify any questions you may have about the trip.

## BUDGET & CHANGE

The local currency in Iceland is the **Icelandic Krona (ISK)**. For the most up to date exchange rate please visit [www.xe.com](http://www.xe.com).

Iceland isn't a cheap place to visit. Restaurants often have lunchtime special menus which are great value (around £20-30pp for a soup and fish of the day). A meal out for 2 will cost around £60-100 (fish) or £80-120 (meat). When getting around in Reykjavik an exciting and cheap option is to use the electric scooters parked up around town. Simply download the app and scoot away. If this feels too techy, a taxi starting price will cost roughly £4.30 or going on foot is more than appropriate as Reykjavik has a small city centre. Souvenirs can cost anything from ~£5 to £500. It is also worth knowing that as a tourist, you can claim back the value-added tax (VAT) on certain goods over the value of ISK 6,000 (£36) at Keflavik airport before your flight home. As long as this is all on one tax receipt, you can claim back the tax.

## TIPS

Tipping customs vary all over the world and can be very confusing when travelling to a new country. Tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual in Iceland. Tips are not a substitute for good wages: our guides are all well paid and well looked after. If you are satisfied with your guide's services, we recommend a tip between **£30-40 per person** (equivalent to 5000-6600 ISK) for the entire trip. On the other hand, if you receive bad service or have not been treated well, you would not be expected to tip at all.



# FORMALITIES & HEALTH

## PASSPORT

Most travellers will require a passport valid for at least 3 months after your return date. It is your responsibility to confirm your specific requirements and please be aware that proof of onward travel may be required.

## VISA

Travelling to the Iceland is visa free for up to 90 days, for UK and US citizens

## VACCINATIONS

No vaccinations are required.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following itemsPainkillersAnti-diarrhoea tabletsSunscreen (high factor) for lips and skinMoisturising creamElastic bandage and regular bandagesSanitary productsWater purifying tablets or filtersMosquito sprayBlister bandage

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- 1 dome tent per 2 people
- 1 self inflating sleeping mat per person
- Communal dining tent
- Tables, chairs and eating utensils

## CLOTHING TO BRING

- Hat for sun protection
- Hat for warmth
- Scarf or head scarf that can be wet
- Sunglasses
- Long sleeve shirts or cotton t-shirts
- Jumpers, 1 light weight and 1 warm
- Windproof and waterproof jacket with hood
- Breathable fast drying underwear
- Warm gloves
- Comfortable long trousers (fast drying)
- Waterproof trousers
- Thermal long sleeved vest and leggings
- Trainers or sandals for evenings
- Walking socks
- Hiking boots (high rise, sturdy soles)
- Sandals or crocs that can get wet while crossing rivers (Important)
- Swimming costume may be useful

## **EQUIPMENT TO BRING**

- Sleeping bag with minimum comfort rating of 0° C
- 2 water bottles or flasks minimum (1 litre)
- Walking poles (highly recommended)
- Head torch with spare batteries and bulb
- Toiletries (including wet wipes)
- Dry bags for keep clothes dry in your luggage
- Container for any toxic rubbish (batteries, sanitary items etc)
- Duffel bag (80 to 90 litres), flexible and water resistant
- Daypack (30 to 40 litres) to carry with you each day

## **OTHER USEFUL KIT**

- Camera
- Binoculars
- Insect repellent
- Thermos flask

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

